



नेपाली राजदूतावास, सिओल

Embassy of Nepal, Seoul

주한 네팔 대사관, 서울

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Press Release

The Embassy of Nepal in Seoul organized a hiking programme at Namsan Mountain Park today to mark the 1st International Wellness Day.

Speaking on the occasion, H.E. Dr. Shiva Maya Tumbahangphe emphasized the importance of maintaining physical and mental health in today's fast-paced world. She noted that due to growing professional responsibilities, individuals often fail to give due attention to their physical and mental wellbeing. Highlighting the significance of the day, she remarked that simple activities such as walking, hiking, spending time in nature, and connecting with friends and family can have a positive impact on individuals' overall health.

H.E. Dr. Tumbahangphe also underscored Nepal's aspiration to develop as a global wellness destination. She highlighted the country's potentials in wellness tourism including its serene landscape, majestic mountains, pleasant climate, and rich traditions of yoga, meditation, and Ayurveda, which have positioned Nepal as an attractive destination for wellness tourism. She also believed that the hiking programme would offer the participants a unique experience of both physical and mental wellbeing, bringing them closer to nature, to each other, and to a healthier way of living.

Delivering a vote of thanks to the participants, Mr. Nirmal Prasad Bhattarai, DCM of the Embassy, extended his sincere gratitude to all participants, expressing hope that the program contributed positively to their physical and mental wellbeing.

The programme was attended by approximately 60 participants including representatives of diplomatic missions based in Seoul, members of Nepali communities, media representatives, students, and Korean nationals.

Embassy of Nepal
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