



# नेपाली राजदूतावास

## EMBASSY OF NEPAL

### Yangon, Myanmar

#### Press Release

The Embassy of Nepal, Yangon organized wellness walks, yoga and meditation session on the occasion of 1<sup>st</sup> International Wellness Day at Kandawgyi Park in Yangon today.

Welcoming the guests, Ambassador Mr. Harishchandra Ghimire highlighted the significance of wellness and benefits associated with it. Highlighting the dimensions of wellness, Ambassador Ghimire said, wellness is more than just physical health; it is a balanced state of our mind, body, and soul which influences how we think, how we feel, how we behave and connect with others, and how we contribute to our communities. True meaning of wellness is happiness, prosperity, success, and peace which only can be achieved when we take care of ourselves with well managing all aspects of our life not just individually, but collectively, Ambassador Ghimire stated. He further mentioned that considering the importance of wellness that contributes significantly to saving lives, reduces financial burdens on healthcare and promotes cost-effective solutions to preventive diseases, on 10 March 2026 the UN General Assembly adopted a historic resolution initiated by Nepal proclaiming 15 April as International Wellness Day, he said. Mentioning the announcement to observe Nepal Wellness Year 2027 by the Government of Nepal, Ambassador Ghimire urged the participants to visit Nepal and enjoy not only its natural beauty and cultural heritage but also get energized through practicing traditional wellness in a serene environment.

Wellness walk was held for 45 minutes around Kandawgyi park covering hillside, trekking trails and nice exercising spaces near the lakeside.

After the wellness walk yoga and meditation session was conducted by yoga and meditation trainer Dr. Sirjana Bhandari. During the yoga practices she also highlighted the importance of yoga and meditation and urged the participants to practice it daily for the health benefits.

About 150 people including members of diplomatic community, government officials of Myanmar, representatives of Myanmar private sector and civil society, members of local Nepali community, Nepali expats working in UN agencies and various organizations in Myanmar, Myanmar citizens and family members of the embassy attended the event.

**Embassy of Nepal**  
**Yangon**  
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