



संयुक्त राष्ट्रसंघका लागि नेपालको स्थायी नियोग PERMANENT MISSION OF NEPAL TO THE UNITED NATIONS

Press Release on First International Wellness Day Observance

The Permanent Mission of Nepal to the UN and the Consulate General of Nepal in New York, in partnership with the World Health Organization, co-organized a special event to mark the inaugural observance of International Wellness Day at the United Nations Headquarters, New York today.

On this auspicious occasion, Honourable Foreign Minister Mr. Shisir Khanal conveyed a video message, extending warm greetings and best wishes for good health and happiness of all at home and abroad. The Foreign Minister Mr. Khanal acknowledged with appreciation UN Member States for their valuable support to the adoption of the General Assembly resolution initiated by Nepal, proclaiming 15 April as the International Wellness Day. He also highlighted wellness as a holistic approach that encompasses physical, mental, social, cultural, emotional and ecological wellbeing and that fosters the pathways to enhance quality of life, human dignity and the achievement of Sustainable Development Goals.

Welcoming distinguished guests from UN Member States, UN entities, civil society, academia and other stakeholders to the commemorative event, Permanent Representative of Nepal to the UN H.E. Mr. Lok Bahadur Thapa underscored the paramount importance of the International Wellness Day to foster global awareness, solidarity and collaboration on advancing holistic wellness by prioritizing the people and the planet first. Underscoring holistic wellness as a foundation for peace, prosperity and sustainable development, Ambassador Thapa highlighted Nepal's rich wellness traditions and practices rooted in its history, culture and people's way of life.

Professor Tyler J. VanderWeele from Harvard University delivered a keynote speech, shedding light on various aspects of wellness and human flourishing. Besides, he touched up correlation among several factors such as happiness and purpose in life, physical and mental health, individual character, social relationships, financial and material stability that shape the wellness of individuals and communities. Also, he highlighted the findings of global flourishing studies and alluded to asymmetric levels of human wellbeing across nations, gender and age groups.

In his video message, Dr. Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization (WHO), commended Nepal for the initiative to proclaim the International Wellness Day and stressed the value of wellbeing to live with dignity, purpose and hope even amidst challenges of climate change, conflicts and inequalities.



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In addition, Under-Secretary-General H.E. Mr. Li Junhua for the UN Department of Economic and Social Affairs drew attention to compounding impacts of non-communicable diseases, mental health crisis, environmental stress and widening inequalities that underscore the urgency of holistic understanding of wellness for healthier people, stronger communities and resilient societies. He also stressed that the wellness is fundamental not only for achieving SDG 3 but for accelerating progress across all other Sustainable Development Goals.

Likewise, Dr. Benjamin Welsh from Morgan State University shared his insights on the issues related to the wellness economy, wellness-SDGs interlinkages and action-oriented policy frameworks.

Speaking at the event, Consul General Mr. Dadhiram Bhandari emphasized the imperative to integrate wellness into daily lives, national priorities and global partnership frameworks.

In delivering his remarks, Guru L P Bhanu Sharma highlighted the significance of holistic wellness for broader wellbeing of humanity and conducted a brief wellness session.

The Ambassadors and other representatives of UN Member States—co-sponsoring and supporting the International Wellness Day resolution—shared their national perspectives on wellness practices and also spoke about the importance of holistic wellness for promoting global peace, solidarity and inclusive development.



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