



**नेपाली राजदूतावास**  
**Embassy of Nepal**  
Brussels, Belgium

### **Press Release**

#### **Celebration of First International Wellness Day**

The Embassy of Nepal organized an event today to observe the First International Wellness Day in Brussels. The event commemorated the historic adoption of a Nepal-led resolution by the United Nations General Assembly, which officially designated 15 April as International Wellness Day, a global observance dedicated to advancing health and holistic well-being. The program was attended by distinguished audience including Ambassadors and diplomats based in Belgium, Representatives from European Union, Friends of Nepal, and Nepali Community organizations in Belgium.

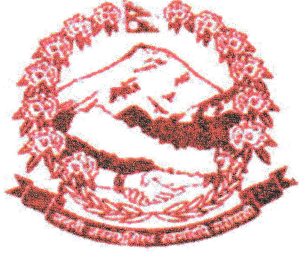
The program commenced with the joint lighting of the traditional ceremonial lamp. During the program, a short video message from the Hon'ble Minister for Foreign Affairs, Mr. Shisir Khanal, was played. In the message, Hon'ble Minister highlighted the importance of wellness and thanked the Member States of UN for supporting this resolution.

The ambassador of Nepal to the BENELUX countries, H.E. Ms Sewa Lamsal, welcomed the distinguished guests in the program. In her remarks, she underlined the significance of this resolution, and elaborated the concept of wellness practice in the country passed down through generations. While stating Nepal's commitment to promoting wellness including celebrating 'Nepal Wellness Year 2027', she encouraged the participants to visit Nepal as it remains a prime destination for wellness tourism.

Mr. Michal Pesta, Acting Head of South Asia Division, EEAS Asiapac6 made a brief remark during the program. He commended Nepal's initiative and highlighted the significance of wellness in the present global context marked by violence, conflict, and uncertainty.

During the program, wellness teachers, the Gurus and Gurumas, briefed the participants on various concepts of wellness and held practical sessions on Pranayama and Meditation.

The founder of Jeevan Bigyan and spiritual leader, Mr. LP Bhanu Sharma in a brief video message, elaborated on what it means to be well and healthy and addressed the participants on the incredible wellness heritage of Nepal.



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Dr. Rabin Adhikari, Senior Consultant and Ayurveda Specialist from the Ministry of Health and Population of Nepal, shed light on 'Nepalese Ayurveda: Tradition, Diversity and Uniqueness', where he highlighted the traditional medical concept of preventive and healthy lifestyle.

The program featured various meditation sessions, including Namaskar Pranayama by Dr. Adhikari, Sound Healing and Aura Meditation by Swami Om Chaitanya, and Vipassana Meditation by Venerable Sayalay Daw Vajranyani and Rev. Buddharapali (Madhubhanini). The guests actively participated in all the sessions and enjoyed the visual journey to Nepal through a video on Wellness tourism prepared by Nepal Tourism Board.

The program concluded with a group photo session and light refreshment.

**Embassy of Nepal, Brussels**  
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