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尼泊尔驻华大使馆, 北京
EMBASSY OF NEPAL, BEIJING



Press Release

The Embassy hosted an event celebrating the **International Wellness Day** at the Embassy premises today. The purpose of the event was to promote awareness about wellness practices to advance the quality life and collective wellbeing while establishing Nepal as a prime wellness destination. The United Nations General Assembly adopted the resolution proposed by Nepal to observe April 15 each year as the “International Wellness Day”.

Delivering welcome remarks, Chargé d'affaires a.i Mrs. Roshan Khanal highlighted the importance of wellness in saving lives, reducing financial burden on healthcare and strengthening global health systems, ultimately contributing to the implementation of the Sustainable Development Goals. She informed about Nepal celebrating “Nepal Wellness Year 2027”. The CDA encouraged the participants to visit Nepal for wellness tourism citing Nepal’s glorious richness in the majestic mountains, long preserved traditional practices, mindfulness, resilience and wellness amenities. The special video message by the Hon’ble Minister for Foreign Affairs of Nepal was also presented on the occasion.

On the occasion, Chief Guest Mr. Wang Xin from the Ministry of Foreign Affairs of the People’s Republic of China appreciated the magnificent natural resources and rich cultural heritages of Nepal. He expressed the willingness of China to deepen cooperation in health, wellness and ecological tourism steering the region to building a trans-Himalayan wellness tourism corridor.

The participants experienced a session comprising yoga, pranayama, meditation and singing bowl healing guided by Guru Amar (Ramesh Sitaula). The participants also enjoyed the traditional and organic Nepali cuisine including bara, buckwheat Momo, sprouted chickpeas and beans, among others.

The program was attended by approximately 70 participants including from Ministry of Foreign Affairs of the People’s Republic of China, National Administration of Traditional Chinese Medicine, diplomats from different embassies based in Beijing, representatives from different Chinese organizations and Nepali community, media as well as the Embassy officials.

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