

EMBASSY OF NEPAL
23B Mohamed Mazhar Street
Zamalek, Cairo
Arab Republic of Egypt



नेपाली राजदूतावास
कायरो
سفارة نيبال
القاهرة

Press Release

Embassy Marks World Meditation Day

The Embassy of Nepal, in collaboration with the Jeevan Vigyan Foundation, Nepal, organized a meditation session under the theme “*Meditation: One Self, One Nature*” at Al-Horreya Park in Zamalek, Cairo, today.

Speaking on the occasion, Ambassador Mr. Sushil K. Lamsal said that Nepal was among the core group of six countries that initiated the United Nations resolution declaring 21 December as World Meditation Day, which was unanimously adopted by the UN General Assembly in December 2024. As a land of yoga and meditation, Nepal continues to draw upon the wisdom of its ancestors, and which continues to inform and shape the everyday lives of its people, he said.

The Ambassador highlighted the growing challenges posed by multiple global crises, as well as the unpredictable consequences of rapid technological change, and said that humanity needs an anchor to make sense of these profound transformations and to cope with their far-reaching impacts. The most sensible way forward is to introspect and explore the depth and meaning of being human, as the answers to many of our problems lie within our own selves, the perennial source of peace, harmony, and healing, he said.

Mr. Santosh Khadka, an instructor from the Jeevan Vigyan Foundation, led the meditation session. He guided participants through self-awakening meditation, emphasizing mindful breathing and inner awareness. The session included practices focused on deep relaxation, calmness, and inner peace.

Deputy Chief of Mission Ms. Indira Gohiwar Aryal made a presentation on Nepal as a destination for health and wellness tourism, while Second Secretary Mr. Ritesh Shah delivered a vote of thanks on behalf of the Embassy. Third Secretary Mr. Gajendra Rai conducted the program.

Ambassadors and members of the diplomatic corps, members of the Nepali community, representatives of business and civil society, and media personnel from Egypt participated in the program.

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Embassy of Nepal, Cairo

