



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

Press Release

The Embassy of Nepal hosted an event "Practicing Meditation: Connecting Soul and Body" to mark the International Meditation Day. The UN General Assembly had announced 21 December as International Meditation Day in 2024. The programme was organized to promote meditation and yoga culture and spiritual tourism of Nepal in China.

Delivering welcome remarks, Ms. Roshan Khanal, Charge d'affaires a.i. of the Embassy highlighted the importance of meditation and yoga in enhancing physical and mental health. She also stressed how traditional yoga practices have been blended with modern practices of wellness to promote Nepal as an attractive destination for spiritual tourism. Ms. Parbati Aryal, Economic Minister of the Embassy, made a presentation on *Spiritual Connection to Nepal: Mansarovar to Lumbini* highlighting spiritual practices and wellness tourism in Nepal.

Nepali Cultural Week was also announced in the programme which will be held in early January in Beijing. The participants immersed themselves into a unique experience of yoga, meditation and singing bowl therapy, promoting mindfulness and overall wellbeing conducted by Mr. Ramesh Sitaula also known as *Amar Guru*. The event contributed to revival of spiritual connections that have flourished through centuries via exchange of monks, Buddhism and meditational practices between the two countries. The programme was attended by around 70 participants including the representatives of the Chuyuan International Media, Beijing Lonagxiaofei Culture and Company, guests and embassy staff.

**Embassy of Nepal
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