



नेपाली महावाणिज्यदूतावास, छेन्दु
尼泊尔驻成都总领事馆
Consulate General of Nepal
Chengdu People's Republic of China

Press Release

The Consulate General of Nepal in Chengdu celebrated first International Wellness Day on 15th April 2026 in line with UNGA resolution adopted on 10 March 2026, which was led by Nepal.

The event started with exchange of wishes for the Nepali New Year 2083, that fell on 14th April, 2026. After a brief introduction of the guests and trainers, the national anthem was played. A video message from Hon. Foreign Minister highlighting the importance of wellness day was shown, followed by a video of promoting Nepal as a destination of wellness tourism.

In his remarks, Consul General stressed upon overall wellness- mind, body and soul as well as incorporating these practices as a part of everyday life. A team of highly-qualified trainers led by the duo Ms. San San and Mr. Ci Dan performed an hour-long session on singing bowls and sound healing, mindfulness based cognitive therapy and physical yoga asanas.

The event was attended by Nepali diaspora residing in Chengdu, international communities and local residents from around the consulate.

Consulate General of Nepal

Chengdu

15 April 2026

