



नेपाली राजदूतावास, ढाका
EMBASSY OF NEPAL, DHAKA
United Nations Road-02
Baridhara Diplomatic Enclave
Dhaka-1212, Bangladesh

Press Release

Embassy Marks World Meditation Day

The Embassy, in collaboration with the Jeevan Vigyan Foundation, Nepal, organized a programme under the theme “Meditation: Awakening Happiness and Inner Peace” at the Embassy premises today to mark World Meditation Day 2025.

Speaking on the occasion, Ambassador Mr. Ghanshyam Bhandari recalled that Nepal was among the core group of six countries that initiated the resolution declaring 21 December as World Meditation Day, which was unanimously adopted by the United Nations General Assembly in December 2024. Nepal has been a land of contemplation, retreat, and spiritual inquiry for centuries, and meditation in Nepal is not merely a modern wellness practice, but a living heritage deeply rooted in our history and civilization, he stated.

The Ambassador further highlighted the growing relevance of meditation in today’s world, fraught with multiple challenges such as wars and armed conflicts, technological disruptions, social fragmentation, and an escalating climate crisis. Emphasizing meditation as a conscious lifestyle choice of mindful awareness and inner discipline, he dubbed it as a pathway to an individual’s calmness, clarity, and self-understanding, ultimately promoting harmony within communities and societies.

Ms. Anima Bhandari, an instructor from the Jeevan Vigyan Foundation, led the meditation session. She introduced participants to *Swajagaran* (self-awakening meditation), emphasizing mindful breathing and inner awareness. The session included the practices of *Namaskar Pranayama* and *Beej Pranayama*, followed by a guided meditation on experiencing deep relaxation, calmness, and inner peace.

Several ambassadors and high commissioners, members of the diplomatic corps, representatives of Nepali community, business and civil society leaders, and media personnel of Bangladesh participated in the programme.

Dhaka

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