



### Celebration of the International Wellness Day

The Embassy hosted an event today at its premises to observe the first International Wellness Day by inviting officials and medical experts from Maroof International Hospital as well as teachers and students from Roots Millenium School.

The programme started with a video message on the International Wellness Day from the Honourable Mr. Shisir Khanal, Minister for Foreign Affairs, in which he thanked the Member States of the United Nations for supporting the Nepal-led resolution that proclaimed 15 April as the International Wellness Day. The message highlighted that wellness is a multidimensional concept encompassing physical, mental, social, emotional and ecological well-being,

Following the message, medical experts and a yoga teacher from Maroof International Hospital delivered remarks on the critical importance of physical and mental health as well as yoga practices. They emphasized on adopting a holistic approach to wellness in the modern age.

In her address, Ambassador Ms. Rita Dhital underscored that the International Wellness Day was designated by the United Nations following an initiative by Nepal. She expressed her gratitude to the participants and urged them to embrace a lifestyle that fosters all-round wellness.

Finally, the participants went for a walk in the adjoining park in order to demonstrate that the wellness practices should be embraced in daily life.

The United Nations General Assembly adopted a resolution on 10 March 2026, which declared 15 April as the International Wellness Day. The resolution was initiated by Nepal, co-sponsored by 40 countries and adopted with a broad consensus of 143 Member States.

17 April 2026  
Islamabad