



नेपाली महावाणिज्यदूतावास, ग्वान्जाओ 尼泊尔驻广州总领事馆
Consulate General of Nepal in Guangzhou, People's Republic of China

Press Release

The Consulate General of Nepal in Guangzhou hosted a special event marking **International Wellness Day 2026** under the theme “*Holistic Wellness for All*” in Guangzhou. This event aims to promote accessible, inclusive wellness practices that nurture the mind, body, and spirit, aligning with the United Nations’ recognition of April 15 as International Wellness Day to enhance quality of life and collective well-being.

Mr. Bharat Khanal, Consul General of Nepal in Guangzhou, delivered the opening remarks for the Consulate’s celebration of the first International Wellness Day 2026. Following the opening remarks, a special video message from the Honourable Minister for Foreign Affairs of Nepal, Mr. Shisir Khanal was screened.

Mr. Ramesh Sitaula, popularly known as Guru Amar, a Nepali yoga instructor and practitioner of Himalayan wellness traditions, led an engaging **Yoga Guidance** session. Participants, ranging from beginners to those with some experience, practiced a sequence of gentle to moderate yoga postures (asanas), breathing techniques (pranayama), and mindful movements. Guru Amar emphasized proper alignment, breath awareness, and the connection between body and mind. Immediately after the yoga session, Guru Amar seamlessly transitioned into **Guided Meditation**. He led participants through a calming meditation focused on breath awareness, body scanning, and cultivating inner peace.

The final guided session featured a live **Singing Bowl Demonstration and Sound Healing Experience**. Using authentic Nepali singing bowls, Guru Amar demonstrated the resonant tones and vibrational healing properties of the bowls.

The event concluded with a networking session accompanied by a Nepali lunch.

