



नेपाली राजदूतावास
ओटावा, क्यानडा
Embassy of Nepal
Ottawa, Canada

Press Release

The Embassy of Nepal organized a Virtual event today to mark the International Wellness Day 2026. The event was aimed to raise awareness of Wellness Day among the Nepali diaspora in Canada as a vital pathway to enhancing quality of life, safeguarding human dignity, and enabling every individual to realize their full potential.

At the outset of the programme, a video message from the Minister for Foreign Affairs of Nepal Honourable Mr. Shisir Khanal on the occasion of International Wellness Day was played.

Delivering his inaugural remarks, H.E. Mr. Bharat Raj Paudyal, Ambassador of Nepal to Canada, welcomed the participants to the first-ever International Wellness Day. He informed the audience that, on 10 March 2026, the United Nations General Assembly proclaimed 15 April of each year as International Wellness Day by adopting a resolution initiated by Nepal.

The Ambassador noted that, in the contemporary world, where attention to physical, mental, and emotional well-being is increasingly essential, wellness serves as an important means of embracing preventive, lifestyle-based, and people-centred approaches.

He further stated that the practice of wellness through various means and methods has existed in Nepal since ancient times, and that it is now our shared responsibility to promote it globally for the good of humanity. He called upon every member of the Nepali diaspora to commit to integrating wellness into their daily lives and to promote it worldwide as a uniquely Nepali brand.

The programme also featured remarks by Mr. Jagannath Sapkota, President of NRNA-NCC Canada, as well as a brief guided Yoga, Pranayam (breathing), and meditation session conducted by Ms. Priyambada Acharya, President of Jeevan Vigyan Canada, and Mr. Thaneshwor Subedi, Vice-President of Jeevan Vigyan Canada.

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15 April 2026