



नेपाली महावाणिज्यदूतावास Consulate General of Nepal

नोर्बुलिंगका रोड-१३, ल्हासा, तिब्बत, चीन
Norbulingka Road-13, Lhasa, Tibet, China



The Consulate General of Nepal in Lhasa successfully organized a formal program to celebrate the first **International Wellness Day** on April 15, 2026, at the premises of the Consulate General. The event was held in the backdrop of the historic resolution adopted by the United Nations General Assembly at the initiative of Nepal, which declared April 15 of every year as International Wellness Day.

Speaking on the occasion, the Consul General of Nepal to Lhasa, Mr. Laxmi Prasad Niraula, expressed profound pride in Nepal's successful diplomatic initiative at the United Nations to establish International Wellness Day, noting that this global recognition of holistic health showcases Nepal's ancient wisdom to the world and fresh commitment to health and prosperity for all.

During the program, a special video message from the Hon. Foreign Minister of Nepal on the occasion of International Wellness Day 2026 was screened, followed by various promotional and tutorial videos of promoting Nepal as a destination of wellness tourism. Bringing the theme of the day to life, a special wellness session was conducted on the premises where participants actively engaged in the performance of various yoga asanas, meditation and pranayama.

Adding to the festive atmosphere of the gathering, the Consul General also extended warm and heartfelt greetings on the auspicious occasion of the Nepali New Year 2083. The program was attended by a significant number of Nepali nationals, including traders, businesspersons, and members of the diaspora community based in Lhasa.

Consulate General of Nepal

Lhasa

15 April 2026