



नेपाली राजदूतावास EMBASSY OF NEPAL

Pretoria,

Press Release The Republic of South Africa

Embassy Organized 'Meditation Program' to Celebrate International Wellness Day 2026

The Embassy of Nepal, Pretoria organized a 'Meditation Program' on 15 April 2026 to mark the first International Wellness Day in South Africa.

The event featured a morning meditation program for about 30 minutes, which was followed by a brief remark from H.E. Prof. Kapil Man Shrestha on the importance of overall human wellbeing and the significance of International Wellness Day celebration. In his remarks, H. E. Prof. Shrestha stressed the individual's wellness on daily life through preventive, lifestyle-based and people centered approaches. The Ambassador highlighted the General Assembly proclamation to observe 15th April every year as International Wellness Day. The Ambassador further highlighted achieving the SDG 3 "Good Health and Well-being" through the productive, healthy, environmentally friendly and sustainable Wellness practices.

He underscored that the Government of Nepal has declared 2027 as 'Wellness Year' placing high emphasis on promoting Nepal as 'Tourism Hub for Wellness'.

On that occasion, H. E. the Ambassador also extended warm greetings of New Year 2083 BS to all Nepali communities residing in South Africa and other countries accredited.

Later, the video message delivered by Hon'ble Foreign Minister Mr. Shishir Khanal on the occasion of International Wellness Day was played.

Organic Nepali food items and drinks was served to the participants from the Government of South Africa, representatives from different diplomatic mission, staffs of Embassy, and members of Nepali Community at the end of the program.



Pretoria

15 April 2026