



# Invitation

Khadak Raj Paudel (Ganesh)

Hon'ble Minister for Culture, Tourism and Civil Aviation  
and chairperson of International Wellness Day 2026 Main Organizing  
Committee cordially invites you to the

## INTERNATIONAL WELLNESS DAY 2026 CEREMONY

15 April 2026, Wednesday  
7:00-9:00 am

Sainik Manch, Tundikhel, Kathmandu

Rt. Hon'ble Speaker Dol Prasad Aryal has kindly consented to grace the  
ceremony as the chief guest.

### Program Schedule

7:00 am - 7:30 am:	Arrival
7:30 am - 7:45 am:	Special Inaugural Mantra Chanting
7:45 am - 8:15 am:	Short Meditation and Yoga Session
8:15 am - 8:30 am:	Launching of Video, Logo and Wellness Tourism Strategy, Declaration of Nepal Wellness Year 2027
8:30 am - 8:45 am:	Special Remarks by Rt. Hon'ble Speaker Dol Prasad Aryal
8:45 am - 9:00 am:	Closing Remarks by Hon'ble Minister for Culture, Tourism and Civil Aviation, Khadak Raj Poudel (Ganesh)

*Considering the environment, you are requested to carry your own non-plastic water bottles.  
We encourage you to be present in comfortable dress with yoga mats.*





Dear brothers and sisters in Nepal and abroad,

On the occasion of the first International Wellness Day (April 15), proposed by Nepal and endorsed by the United Nations (UN), I warmly invite you all to be part of a special campaign.

On April 15, at exactly 1:15 PM—wherever you are—at home, in the office, at school, or in nature—let us take just 15 minutes for ourselves.

Through yoga or meditation, let us calm our minds, strengthen our bodies, and bring balance to our lives.

Our goal is to unite 1.5 million Nepalis at the same moment, spreading a message of health, peace, and positivity across the world.

Your small participation can create a big impact. Let us join hands for a healthy Nepal and a healthier world.

April 15 | 1:15 PM | 15 Minutes | Wherever you are

Thank you.

International Wellness Day 2026 Main Organizing Committee

