

Concept Note

First International Wellness Day Event

Theme: *Advancing Holistic Wellness for Peace, Prosperity and Sustainability*

17 April 2026 | CR 2 | 15:00-18:00 hours.

1. Background and Context

On 10 March 2026, the General Assembly of the United Nations adopted a resolution (A/RES/80/249) entitled **International Wellness Day** initiated by Nepal and co-sponsored by other 39 UN Member States, namely: Algeria, Antigua and Barbuda, Armenia, Austria, Bangladesh, Belarus, Bhutan, Brazil, China, Colombia, Comoros, Cuba, Dominican Republic, Ecuador, Fiji, Germany, Hungary, India, Kazakhstan, Kyrgyzstan, Maldives, Mongolia, Morocco, Nicaragua, Pakistan, Philippines, Portugal, Qatar, Rwanda, Sierre Leone, Singapore, Sri Lanka, Tajikistan, Timore-Leste, Uzbekistan, Vanuatu, Venezuela, Vietnam and Zambia.

This resolution aims to promote global awareness and collaboration on enhancing holistic wellness through preventive, lifestyle-based, and people-centred approaches, while recognizing the potential contributions of the wellness sector (economy) in advancing global peace, health, human dignity and sustainable development. It also reaffirms the steadfast commitment to the purposes and principles of the UN Charter and the centrality of multilateralism under the UN's stewardship. Furthermore, it recognizes the value, diversity of culture and traditional knowledge of local communities as well as the importance of promoting affordable, inclusive and accessible practices of wellness.

Wellness is a dynamic and holistic state in which individuals and societies are enabled to maintain sound physical health, mental wellbeing, emotional resilience, social harmony, spiritual awareness, and ecological responsibility—ensuring everyone lives a healthier and more fulfilling life. The concept of holistic wellness is multidimensional, interdependent and mutually reinforcing. Over time, humanity has achieved unprecedented milestones in poverty reduction, healthcare, education, information and communications technologies, food systems, biodiversity protection, and overall human development. Yet, these gains remain unevenly distributed. Millions of people are still grappling with multiple and interconnected challenges such as conflicts, pandemics, environmental degradation, poverty, hunger, unemployment, mental health disorders, non-communicable diseases, social exclusion, and lack of access to universal health coverage, among others. The growing financial burden of healthcare, lifestyle-related illnesses, and environmental shocks further deepen risks to the governance and health systems. These realities call for a holistic understanding of wellness that encompasses physical, mental, emotional, social, cultural, spiritual, and environmental dimensions, among others and that places human well-being at the centre.

Of late, wellness economy has become one of the fastest-growing sectors worldwide, with its contribution of USD 6.8 trillion to the global economy in 2024 and a projection to

reach USD 9.8 trillion in 2029.¹ This presents a unique opportunity to leverage the growing wellness sector for global peace, health, sustainability, and prosperity. When responsibly managed, wellness-related industries can generate employment, empower women, youths and local communities, promote cultural, environmental preservation, and contribute to poverty eradication.

Against this backdrop, the Permanent Mission of Nepal to the UN in New York, in partnership with UN Member States, intergovernmental organizations, UN entities, civil society, academia and other relevant stakeholders, is hosting a commemorative event to mark the **First International Wellness Day** on 15 April 2026 at the UNHQ. The observance of this Day seeks to respond to these global realities by promoting a comprehensive and preventive approach to the well-being of humanity. It aligns closely with the 2030 Agenda for Sustainable Development, particularly **Goal 3 (Ensure healthy lives and promote well-being for all at all ages)**, while also contributing to **SDG 1 (No Poverty)** through wellness tourism and employment generation, **SDG 4 (Quality Education)** through wellness literacy, **SDG 8 (Decent Work and Economic Growth)** through sustainable wellness industries, **SDG 13 (Climate Action)** through nature-based solutions, and **SDG 16 (Peace, Justice and Strong Institutions)** through inner peace and societal harmony.

2. Objectives of the Event

- Promote a holistic and integrated approach to health and development;
- Advance preventive and promotive healthcare through lifestyle-based solutions, wellness literacy and cost-effective interventions;
- Foster global peace, solidarity and collaboration by bringing together nations, communities, and civilizations in a shared pursuit of human well-being;
- Promote global awareness about holistic wellness through education, cultural exchanges and knowledge-sharing;
- Promote sustainable wellness-related industries and tourism as drivers of inclusive economic growth, poverty eradication, environmental sustainability, and community empowerment;
- Empower women, youths and vulnerable communities by expanding their access to wellness education and inclusive practices.

3. Format: In-person and webcast

4. Expected Output

This event is expected to:

¹ Global Wellness Economy Monitor 2025 <https://globalwellnessinstitute.org/industry-research/2025-global-wellness-economy-monitor/>

- Enhance global awareness and understanding of holistic wellness as essential driver to global health, peace, and sustainable development.
- Support policy integration by embedding wellness principles into national policies and strategies related to health, education, tourism, climate resilience and social development.
- Promote national, regional and international collaboration through establishment of wellness networks for research, education, and policy advocacy on wellness.
- Foster sustainable development impact through contributions to poverty reduction, job creation, reduction of financial burdens on healthcare, and long-term use of resources.
- Complement to achieve national policy goals of inclusive growth and prosperity through wellness tourism as a sustainable livelihood option, especially for rural and vulnerable communities.
- Promote global-scale advocacy for holistic wellness to safeguard peace, human dignity and development.
