

Title (4-7 Words):	Sound Meditation Wellness Session
Club Name:	Rotary Club of Bhaktapur
Event Date:	14 th February, 2026
<p>News (100-250words)</p> <ul style="list-style-type: none"> - Specialty - Facts & Figures - Budget - Beneficiary Profile - Impact/Outcome 	<p>News: Rotary Club of Bhaktapur, in collaboration with Vygotsky Child-Parent Consulting & Learning Center, Shree Hari Self-Realization Foundation, and Rotaract Club of Bhaktapur, successfully organized a Sound Meditation Session on 14th February 2026 at Mount Valley School, Bhaktapur. The session aimed to promote holistic well-being through guided sound healing and meditation practices focused on mental, emotional, and physical relaxation.</p> <p>The program provided participants with a safe and supportive environment designed to help regulate the nervous system, reduce stress and anxiety, improve sleep quality, and release physical tension. Professional facilitators guided participants through sound-based therapeutic techniques that encouraged mindfulness, emotional balance, and inner calm.</p> <p>Rotarians, wellness practitioners, and participants actively engaged throughout the session, appreciating the peaceful and restorative experience. The initiative highlighted the importance of mental health awareness and self-care practices within the community. Participants expressed positive feedback regarding the calming effects of the session and encouraged the continuation of similar wellness-focused programs in the future.</p> <p>Specialty:-</p> <ul style="list-style-type: none"> • Collaborative wellness initiative organized by Rotary Club of Bhaktapur and partner organizations. • Focused on holistic well-being through guided sound meditation and healing practices. • Promoted mental-emotional balance, stress reduction, and relaxation. <p>Facts & Figures</p> <ul style="list-style-type: none"> • Event Date: 14th February 2026 • Venue: Mount Valley School, Bhaktapur • Organized by: Rotary Club of Bhaktapur • In Collaboration with: Vygotsky Child-Parent Consulting & Learning

Center, Shree Hari Self-Realization Foundation, and Rotaract Club of Bhaktapur

- Session Timing: 4:00 PM – 6:00 PM
- Participant Capacity: 25 Participants

Budget: - 0

Beneficiary Profile: -The beneficiaries included Rotarians, community members, parents, professionals, and individuals interested in improving their mental wellness, emotional balance, and overall well-being through meditation and sound healing practice

Impact/Outcome: -The session successfully created awareness regarding mental wellness, stress management, and holistic self-care practices. Participants experienced relaxation, emotional calmness, and improved mindfulness, while the program strengthened community engagement toward promoting healthy and balanced lifestyles.



[Register Now](#)

Heal Your Soul

THROUGH SOUND MEDITATION

**Balance your body, mind, and soul
through sound healing**

Why sound meditation?

- **Calms** the nervous system
- Reduces **stress, anxiety,** and **mental overload**
- Supports **better sleep**
- Helps release **physical tension**

**25
Seats
Only**

Venue: Mount Valley School, Bhaktapur

Time: 4pm to 6pm

Date: Feb 14th 2026, Saturday

Price: Rs. 1500

Organized By:



