

## Press Release

A 'Joy and Wellness Talk' was organised in Aggarwal College Ballabgarh on 19th December 2017 by Ms. Swatantra Chhabra, Founder, Shrishti Wellness. After welcoming the guest, Principal Dr. Krishan Kant Gupta said that being Healthy is not wellness. Wellness comes when we are physically, mentally, intellectually, spiritually and materialistically well.

The Speaker of the day, Ms. Swatantra told about holistic health. She stressed on the fact that avoid medicines and make your food your medicines. She told how to lead a healthy lifestyle by eating right at right time. She further said to think in the present and try to spread love around you for peaceful co existence. She explained all these healthy lifestyle tips through interactive session The stage was conducted by Ms. Supriya Dhanda.