

**Press Release**  
**Aggarwal College Ballabgarh**

A session on "Health and Happiness" was organised by department of English Aggarwal College Ballabgarh on 07.02.2020. Mr. Shashank Kaushik, an investment banker and a social activist involved with Art of Living delivered an informative and spiritual session on how to release stress by managing body, mind and breath. Through small games, he engaged the students of BA-III to help lead a healthy and happy life style. Towards the end, a session on meditation was conducted for a healthy and stress free life. These programmes were conducted under the directions of Principal Dr. Krishan Kant and guidance of Ms. Kamal Tandon. This event was coordinated by Dr. Geeta Gupta, Dr. Sarika Kanjlia and Dr. Inayat Chaudhary.