

Today, on November 21, 2022, a Seven-Day Faculty Development Program on the topic "Holistic Wellness Management" was inaugurated by Aggarwal College Ballabgarh under the able leadership of Principal Dr. Krishan Kant Gupta. After all the activities came to a standstill due to the Covid-19 pandemic, all the attention was drawn towards holistic wellness. In which there is physical, mental, spiritual and intellectual development, so that all people can lead a healthy and happy life. The program was started with the statement of the college principal. He presented his statement by welcoming all the teachers and administrators from different colleges and universities. He said that the work of teachers is not only to provide education and get good marks by the students, but today the work of teachers is holistic education. He also said that overall development of the students is necessary. He told that in NEP 2020 also emphasis on this holistic approach of education. The program coordinator Dr. Manoj Shukla shared the subject matter of the program with everyone. He highlighted the importance of this programme.

The keynote speaker of this session Manjushree ji (Yoga Instructor, Telangana and Andhra Pradesh Women's Branch (Mahila Patanjali Yoga Samiti) State President) enlightened the participants about Holistic Wellness. She told about the importance of yoga. She told how you can make your holistic development through yoga. She also added that there is a cure for all your ailments in yoga. She also explained the importance of Satvik diet. She Shared her statements through very interesting stories. This program was conducted by the Program Convener, Dr. Manoj Shukla, coordinator Dr. Shilpa Goyal and Dr. Inayat Chowdhary. The stage was conducted by Dr. Dimple. More than 200 participants were registered in this seven day Faculty Development Programme.