

National Webinar on “Holistic Wellness: Integrated Approach for Sustainable Health” was organized by Women Cell at Aggarwal College Ballabgarh on 24th January, 2022. The Resource person of the webinar was Mr. Arun Sharma a Health and Wellness expert. The talk was highly beneficial as the speaker spoke about the need for women to think about their health and also made awareness for all the arenas of the society to do the same. He discussed the need to change ones mindset towards leading a good and healthy life. He also encouraged the listeners to align oneself with the mother nature which would definitely improve one’s daily lifestyle. Thereby, encouraging all to lead a good and happy life. He spoke about the need to go back to the four verticals: food, yogic science, integrated medicines and Diagnostics. The webinar was a success under the able guidance of Dr. Krishan Kant Gupta, Principal, Aggarwal College Ballabgarh. Dr. Krishan Kant Gupta also spoke about the need to balance the five sheaths of Consciousness: Annamaya kosha – physical sheath, Pranamaya kosha – physiological or energy sheath, Manomaya kosha – psychological or the mind sheath, Vijnanamaya kosha – wisdom sheath, Anandamaya kosha – bliss sheath. The session ended with Vote of Thanks by Dr. Rekha Sain, Coordinator. Other members of the Organizing Committee were Dr. Geeta Gupta, Convener, Dr. Renu Maheshwari as Co-Convener and Members as Ms. Pooja and Dr. Inayat Chaudhary, Assistant Professors and Ms. Simran and Ms. Sanjana as students.