

**Session on Chakra Healing-‘A Way of Living’ Workshop held on day 3
on 24th February,2023**

Centre for Holistic Wellbeing and Spiritual Wellness Aggarwal College Ballabgarh is organizing a 4 day workshop on ‘Way of Living’ from 22-25 February 2023 under the able guidance of Principal Dr. Krishan Kant Gupta. The workshop commenced with the inauguration ceremony on 22 February 2023 with Dr. Vijata Arya -Yoga and Naturopathy Doctor, Kaya Kalp Yoga and Nature Cure Institute- as the Speaker of the day. The theme of the second day was: ‘Five Dimensions of Meditation’. The keynote speaker was Acharya Hardeep Siwach, Yogacharya, Spiritual Healer, Reiki Master, Hypnotherapist. He gave his power point presentation on meditation and its various benefits. He said that meditation helps gain a new perspective on stressful situations and building skills to manage it. He further added that meditation and yoga aids in reducing negative emotions and increases imagination, creativity, and tolerance. He gave hands- on practice sessions of yoga, meditation to all the faculty present. A total of 50 participants took part in the session.

On the third day, Acharya Hardeep Siwach spoke on ‘Seven Chakras of Healing’. Through his power point presentation on seven chakras and its various benefits he said that we need to open our seven chakras which are the main energy centers of the body. He said that when all of our chakras are open, energy can run through them freely, and harmony exists between the physical body, mind, and spirit.. He gave various experiential practice sessions of seven chakras to all the faculty present. Everyone enjoyed the training as it enhanced the quality of one’s life both spiritually and physically. Principal Dr. Krishan Kant emphasizes on the organization of such pragmatic programmes to sharpen the holistic growth of the staff. Dr. Inayat Chaudhary is the convenor of this 4 day workshop. Around 101 participants benefitted from the programme.

.