

Three-Day Yoga Camp Inaugurated in Aggarwal College Ballabgarh (Wing III)

On 15-02-2023, a Three-day Yoga Camp was inaugurated at Aggarwal College Ballabgarh Wing III on the topic "Role of Yoga and Naturopathy in reducing Stress among Youth". Many programs are organized for the all-round development of the students under the dynamic leadership of Principal Dr. Krishna Kant Gupta, who is also the Chief Patron of the workshop. This three-day workshop was organized under the guidance of Dr. Sanjeev Gupta, In-charge Wing III and patron of the program. Mr. Satpal (Yoga Instructor) was present as the Chief Guest on the first day of the workshop. The main objective of this workshop was to remove depression through yoga and naturopathy and make students aware of healthy living. Post graduate students of all departments participated on the first day of this workshop. The program started with lighting the lamp in front of Maa Sharda and Saraswati Vandana. The Convenors of the program Dr. Shilpa Goel, Dean and Head, Department of Management, and Dr. Renu Maheshwari, Head of Hindi Department gave the floral welcome to the guests. At the beginning of the program, Dr. Sanjeev Gupta while greeting everyone explained the importance of yoga and naturopathy and emphasized its inevitability in today's life. He said that yoga provides both physical mental health and wellbeing to human body. Yogacharya Satpal focussed on the topic "Holistic Wellness Management" and explained that the busy lifestyle of the modern times and mental stress are the main reasons for low physical development of the youth. He elaborated on various techniques and yoga asanas and diet control for removal of these problems. About 100 postgraduate students actively participated in this workshop and satiated their queries during the question-Answer round. The stage was conducted by Mrs. Madhu Singla. Mrs. Usha Choudhary, Dr. Renu Maheshwari, Dr. Praveen Gupta, Dr. Sachin Garg were present as coordinators. The co-coordinators were Mrs. Trimesh Kalra, Mohini Verma, Swati and Madhu Singla and technical assistance was provided by Ms. Shilpi Goyal. Dr. Renu maheshwari cast the vote of thanks. Due to the efforts of all the members of the organizing committee, the first day of the workshop was successful and meaningful.