

**Centre for Holistic Wellbeing and Soulful Wellness and Women Cell of
Aggarwal College Ballabgarh organises a Workshop on Stress Relief**

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The Centre for Holistic Wellbeing and Soulful Wellness and Women Cell, Aggarwal College Ballabgarh, organized a workshop on stress relief through yoga, led by renowned yoga experts Dr. Amit Kapasiya and Ms. Deepika under the able guidance of President Sh. Devendra Kumar Gupta, General Secretary Sh. Dinesh Kumar Gupta and Acting Principal Dr. Sanjeev Kumar Gupta.

The workshop, attended by students, focused on the importance of yoga in managing stress and promoting overall wellbeing. Amit Kapasiya, with his expertise in yoga and meditation, guided the participants through various yoga postures, breathing techniques, and relaxation methods.

During the workshop, Dr. Kapasiya emphasized the need to adopt a holistic approach to health and wellness, incorporating yoga and meditation into daily life. He also shared valuable tips on stress management, encouraging participants to prioritize self-care and mindfulness.

The workshop was well-received by the participants, who appreciated the interactive and informative session. The workshop was attended by Dr. Sarika Kanjlia, Dr. Pooja, Dr. Inayat Chaudhary, Dr. Geeta Tripathi. The Centre for Holistic Wellbeing and Soulful Wellness aims to promote holistic development among the college community, and this workshop was a step towards achieving this goal. The Women Cell of

the college also endeavours girl students to adopt a healthy lifestyle and habits.