

One-Day Workshop on “The art of living “by under NMBA initiative Held at Aggarwal College, Ballabgarh (31.01.2025)

Under the able guidance of Shri Devender Gupta ji, President of Aggarwal Vidya Pracharini Sabha, Organizing secretary Shri Dinesh Gupta ji and Principal Dr. Sanjeev Kumar Gupta, Aggarwal College, Ballabgarh, was successfully organized a one-day workshop on substance abuse prevention on 31st January in collaboration with “The Art of Living” under the NMBA initiative. The workshop aimed to raise awareness among students about the harmful effects of substance abuse and equip them with effective stress management techniques.

Jonny Goyal, a Chemical Engineer as well as Art of Living Teacher, teaches Sudarshan Kriya Yoga (SKY) meditation programs to adults, children and teens, focused on The Art of Living: Managing Stress, Overcoming Drug Addiction, and Controlling Anger issues as an awareness campaign and how to deal with pessimistic attitude.

During the workshop, Jonny Goyal educated students on emphasizing the importance of mental well-being and healthy coping mechanisms. Interactive sessions, guided meditation, and practical exercises were conducted to help students manage stress effectively.

Students actively engaged in discussions and expressed their gratitude for the insightful session. Many participants found the stress management techniques particularly useful, acknowledging their relevance in daily life.

Dr. Rekha Sain, Convener of the Anti-Narcotics Cell, emphasized on the need of discipline, and overcome addiction, and control anger for a balanced life. Organizing Secretary Ms. Shelly Malik addressed Vote of thanks. The workshop concluded with a strong commitment to a drug-free environment, with over 50 students actively participating.