

Aggarwal College Ballabgarh organised a Health N Happiness Workshop conducted by Ms. Gunjan Jha, associated with Health N Happiness Yoga Academy on 16th November, 2018. The workshop was organized under the guidance of Principal Dr. Krishan Kant Gupta. All the faculty members of wing - I & II actively participated the main / prime agenda of the workshop was to create awareness among all faculty members about Importance of Yoga.

The emphasised on cleaning of mind to ensure mental hygiene. Yoga postures without awareness is not meditation, is what she Illuminated.

"Keeping problem away from you is yoga", says Ms. Gunjan. She drew a parallelism b/w clothes and mind. Both equally need regular cleansing and purification. Irritation, frustration, lust, anger are repercussions if the mind is not released from all the impressions that gradually accumulate in our brain.

The workshop began with "Budhi Shakti Vikas Kriya" which strengthens will power. It involved dropping the head backward with eyes wide open followed by rapid breathing.

The entire gathering could feel soothing, cooling effect in the throat. This was followed by the most rejuvenating Aasan i.e. Bhastrikha often addressed as 'Instant Energizer'. It involves forceful closed fist and equally a forceful exhalation by lifting the arms with open fist.

The entire activity re-energised breaking off all the monotony and lethargic approach of the gathering.

The workshop concluded with relaxation process, which involved completely squeezing the muscles from head and holding on the breath at naval and followed by forcefully releasing it.

The workshop was a great outcome with the cooperation of the staff members, college authorities especially the Principal and other staff members.

It was an appreciating initiative of the college management to organise such stress releasing sessions of yoga.