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CONGRESS ACCUSES BJP
OF 'DOCTORING' VIDEO TO
DISCREDIT 'BHARAT JODO'



BRUNO FERNANDES: I
PRAY FOR YOU ALL TO
KEEP BASHING CRISTIANO



Fifth Day of Online National level Seven-Day Faculty Development Program organized at Aggarwal College

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Ballabgarh: An Online National level seven-day faculty development program is being organized on the theme of "Holistic Wellness Management" by IQAC cell of Aggarwal College Ballabgarh. Today is the fifth day of the FDP. The FDP is being held under the efficient and motivating leadership of Principal Dr. Krishan Kant Gupta at Aggarwal College, Ballabgarh. Today, on 25th November 2022, the fifth day of the program, the keynote speaker was Dr. Vijata Arya, CMO, Kaya Kalp Yoga Naturopathy Institute, Sohna, Gurugram, Haryana who spoke on "Spiritual Wellness". She told the participants about holistic wellness through spiritual wellness. She explained to the participants the impor-



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tance of having values, principles and morals in one's life that provide some meaning and purpose and help us to guide our actions. Having a spiritual element in our lives

help us to fight all the physical and mental sufferings. Being more connected to our life purpose and values grounds us into who we are as individuals. This grounding can manifest in a better relationship with ourselves and others around us. Gaining a deeper connection to self leads to increased self-awareness, which supports how we think and behave. Spiritual wellness is a part of balancing your life.