



CONGRESS LEFT NO STONE
UNTURNED TO INSULT
SARDAR PATEL, ANNE BHAU

PREYANKA GANDHI TO JOIN
'BHARAT JODO YATRA' AS IT
ENTERS AN WEDNESDAY



ROHIT SHARMA'S 11-YEAR-
OLD TWEET RESURFACES AF-
TER SURYAKUMAR YADAV'S



National level Seven-Day Faculty Development Program organized by Aggarwal College



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FARIDABAD: An Online National level seven-day faculty development program is being organized on the subject of "Holistic Wellness Management" by IQAC cell of Aggarwal College Ballabgarh. Today is the second day of the FDP. The FDP is being held under the efficient leadership of Principal Dr. Krishan Kant Gupta at Aggarwal College, Ballabgarh. After all the activities came to a standstill due to the Covid-19 pandemic, all the attention was drawn towards holistic wellness. In which there is physical, mental, spiritual, emotional and intellectual development, so that all people can lead a healthy and happy life. Today, on 22nd November 2022, the second day of the program, the keynote speaker was Ms. Manjushree (Yoga Instructor, Telangana and Andhra Pradesh Women's Branch (Mahila Patanjali Yoga Samiti) State President) who spoke on "Emotional and Mental Wellness". She told the participants about holistic wellness. Describing the importance of yoga, she told that only through yoga one can do all-round development. Yoga has a cure for all



THE ONLINE FDP WAS DONE UNDER THE SUPERVISION OF IQAC COORDINATOR WHO WAS ALSO THE CONVENOR OF THE PROGRAM- DR. MANOJ SHUKLA, COORDINATORS DR. SHILPA GOYAL AND DR. INAYAT CHAUDHARY. MORE THAN 200 PARTICIPANTS FROM DIFFERENT STATES OF INDIA ENROLLED IN THE ONLINE NATIONAL LEVEL SEVEN DAY FACULTY DEVELOPMENT PROGRAM.

ailments. She also emphasized that emotional development is more important than intellectual development in life to achieve peace and success. She stated how ones emotions like anger, jealousy, joy, happiness, despair, pain are expressed in one's behavior, has a direct impact on the subconscious mind of man. The Online FDP was done under the supervision of IQAC Coordinator who was also the convenor of the program- Dr. Manoj Shukla, Coordinators Dr. Shilpa Goyal and Dr. Inayat Chaudhary. More than 200 participants from different states of India enrolled in the Online National Level Seven Day Faculty Development Program. Aggarwal College Ballabgarh keeps organising such events from time to time for overall benefit of the society.

