



GOVERNMENT COLLEGE OF EDUCATION

SECTOR 20 - D, CHANDIGARH

BRIEF REPORT

Orientation Programme on 'Indian Knowledge System' in Collaboration with Lokayurved on 'Healthy Life Education through Ayurveda and Alternative Therapies' (21-07-2023 to 27-07-2023)

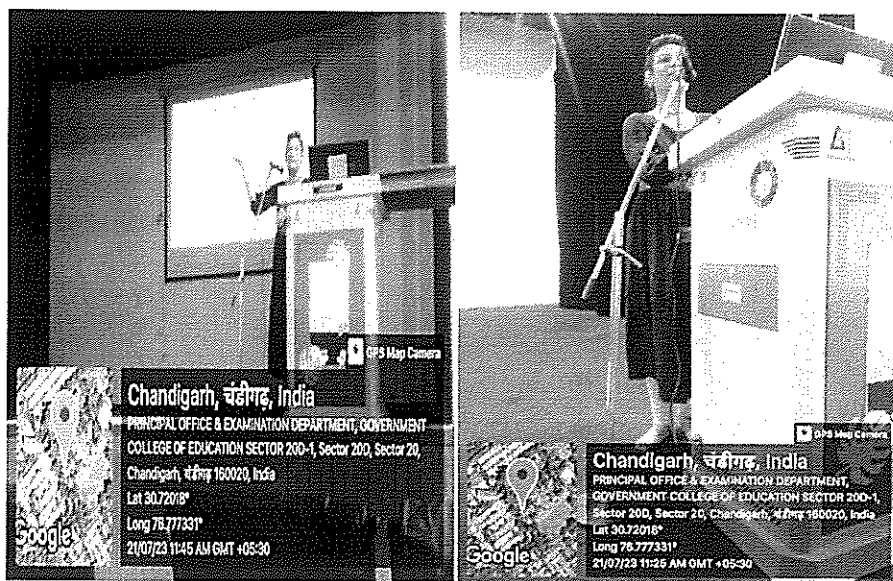
28th July, 2023

REPORT DAY 1 (21-07-2023)

Government College of Education Sector-20D, Chandigarh organised a week long Orientation Programme on 'Indian Knowledge System' in Collaboration with Lokayurved on 'Healthy Life Education through Ayurveda and Alternative Therapies' from 21st to 27th July, 2023. The program was inaugurated by the Principal, Dr. Sapna Nanda. She welcomed and appreciated the resource persons of the program Ms. Shampriyaaa, Lokayurved key catalyst and Captain Harveer Singh, An ex-Army officer and International Speaker for enlightening the students and also congratulated Dean, Dr. A.K. Srivastava and organizing committee members for the initiative.

The session aimed at empowering pupil teachers on the Indian Knowledge System (IKS), in context of Health Life education. The instructor Mrs. Shampriya emphasized that a teacher should possess knowledge about all subjects, including the Indian Knowledge System (IKS), which encompasses Granths, Upanishads, and Vedas. She highlighted that these ancient texts are considered a great source of authentic knowledge and have been created by gods, followed by mahapurashas (great beings), and then passed down by Gurus (teachers). It was stressed that Vedas are free from any errors (truti). She added "HEALTH" is a subject of education and not of medication.

The Vedas play a significant role in enlightening us about Ayurveda, which is derived from the combination of “Ayu” (life) and “Veda” (knowledge). Ayurveda focuses on holistic well-being and considers various components of life, including the body, senses, emotions, and soul.



Furthermore, the Vedas provide life principles and encourage self-awareness, guiding individuals towards a balanced and harmonious life. The understanding of Ayurveda through Vedas promotes a comprehensive approach to health that goes beyond mere physical well-being. Instead, it encompasses mental, emotional, and spiritual aspects, aiming for a holistic and fulfilling existence.

The Vedas, regarded as the oldest scriptures of Hinduism, have been preserved through oral tradition and written texts for millennia. They form the very foundation of Hindu philosophy, rituals, and knowledge. Madam Shayampria expounded on each of the four main Vedas - **Rigveda, Samaveda, Yajurveda, and Atharvaveda**, shedding light on their significance and unique attributes.

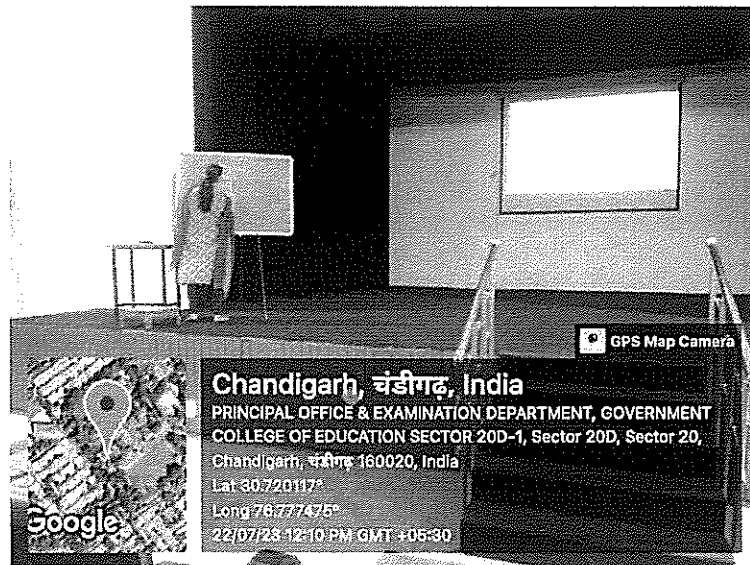


To conclude, Ayurveda a timeless science of life in IKS, aims to achieve good health and provides physical and mental treatments. Together with other ancient texts like Vedas, Upanishads, and Graths, it offers solutions to life's challenges, offering wisdom for various aspects such as health, spirituality, ethics, and governance, guiding individuals to lead a fulfilling and balanced life.

REPORT DAY 2 (22-07-2023)

The second day of the Program started with a brief discussion about previous session by Ms. Shachi, student of B.Ed. third semester. Followed by, Mrs. Shampriya's enlightening session, beginning with "Hari Vandana" to instill a sense of calmness among the participants.

The central theme of the session was realizing that the soul is connected to a higher energy (God – the source of energy) and contributes to the development of intellect. Mrs. Shampriya emphasized that life serves as the foundation for all activities on Earth and should adhere to certain principles for a stress-free and healthy existence. Ayurveda education, known as the Science of Life, acts as a crucial agent in teaching these life principles. The adverse impact of British rule on the Indian education system, reducing the significance of ancient Indian scriptures, was also discussed, emphasizing the importance of Indian Knowledge System (IKS).



During the session, the stages of human life were thoroughly explored, from garbhavastha (conception) to marityuavastha (death), and beyond into the cycle of rebirth (84 yoniyana). This was based on references from the Vedas and Granthas.

Ayurveda was acclaimed as a profound and timeless Science of Life, not limited to being just a treatment. The objectives of Ayurveda were discussed as-Swasthyasya Swasthya Rakshanam (Preservation of health for the healthy) and Aturasya Vikar Prashamanam (Cure of diseases for the afflicted).

The concept of “Ayu” was discussed, comprising four components of life: Sthula/ Bahari Sharir (Physical/ External Body), Indriya/ Gyanaur Karma (Senses/ Knowledge and Actions), Sattva (Mind/ Internal Consciousness), Jivatma (Soul/ Vital Force). Ayurveda is a guiding system for leading a balanced and controlled life, ensuring harmony among these four components. According to Ayurveda, the physical body is composed of five elements: Ether, Water, Air, Fire, and Earth. These elements combine in different ways to form three primary doshas: Vata (combination of Sky and Air), Pitta (Fire), and Kapha (combination of Water and Earth). Imbalance in any of these doshas can lead to various diseases and health issues.

The instructor highlighted scientific ways for a healthy life according to Ayurveda. Shayampria elucidated the following key elements of a balanced dincharya:

1. **Wake up early:** Ayurveda recommends waking up during the "Brahma Muhurta," which is approximately one and a half hours before sunrise, as it is considered the most auspicious time for starting the day.
2. **Tongue scraping:** Gently scraping the tongue with a tongue scraper helps remove

accumulated toxins and bacteria that have built up overnight.



3. **Oral hygiene:** Brushing the teeth, using herbal toothpaste or powders, and rinsing the mouth are part of maintaining oral health.
4. **Oil pulling:** Swishing a tablespoon of edible oil (such as sesame oil or coconut oil) in the mouth for a few minutes can improve oral hygiene and overall health.
5. **Self-massage (Abhyanga):** A daily self-massage with warm oil nourishes the skin, relaxes the body, and improves blood circulation.
6. **Bathing:** Taking a bath or shower, especially after the self-massage, is encouraged for maintaining hygiene.
7. **Exercise and yoga:** Engaging in physical activities, like yoga or moderate exercise, helps keep the body active and fit.
8. **Meals:** Having regular meals at fixed times, preferably warm and freshly prepared, is essential for maintaining good digestion.
9. **Meditation and relaxation:** Taking some time for meditation, deep breathing, or relaxation techniques can help reduce stress and promote mental well-being.

These include waking up early before sunrise to activate the cortisol hormone, improving metabolism and immune system. Going to bed on time in a lying position that aids hormone repair for better health. Drinking water from a copper vessel after waking up helps with its beneficial properties. The right way to use the toilet and maintaining proper orientation was emphasized. Using Datun and Manjan for teeth cleaning provides natural antiseptic and antibiotic benefits, balancing Kaph. Tailored physical exercises based on age, immunity, doshas, geographical location, and food habits are recommended. Body massages help balance Vata and prevent

numerous diseases while enhancing work performance. Ubtan made of besan and multani mitti for bathing is recommended, avoiding plastic buckets, to balance Pitta.



Through interactive discussions, students gained insights into how implementing Dincharya could lead to increased vitality, improved digestion, and overall well-being. Madam Shayampria's guidance enabled attendees to understand how these simple daily routines align with the principles of Ayurveda, supporting a balanced and harmonious lifestyle.

The session was concluded through a discussion with participants. Dean, Dr. A.K. Srivastava motivated students to adopt healthy lifestyle and natural remedies, for overall well-being.

REPORT DAY 3 (24/07/2023)

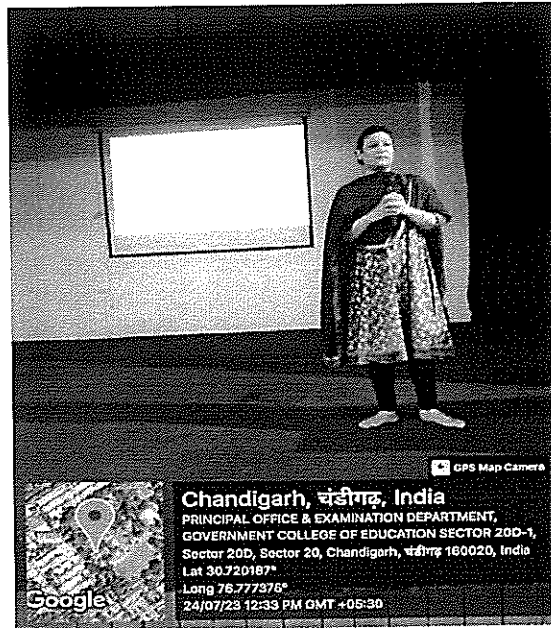
The third day of the session began with a “Naman” to the supreme power, emphasizing self-realization and connecting the soul to God. In continuation to the previous day’s discussion on the five elements (Akash, Vayu, Agni, Jal, and Prathvi), it was highlighted that these components vary in proportions within the body, based on age and the time of day.



Indian systems wisely utilize natural resources for various activities. Ritucharya focuses on the six seasons observed in Bharat: Garishma, Varsha, Sharad, Hemant, Shishir, and Vasant. The seasons are formed by the Earth's rotation at 23.5° around the sun, and the day and night cycles by the Earth's rotation on its own axis. The division of the year into Uttarayan (Shishir, Vasant, Garishma) and Dakshinayan (Varsha, Sharad, Hemant) helps understand seasons based on our geographical location and the sun's position. The body's digestive fire depends on the sun's energy, influencing our food habits and lifestyle.

The three doshas (Vaat, Pitta, and Kaph) also fluctuate with the changing seasons. For example, during Varsha Ritu (monsoon), Vaat increases, suggesting the intake of foods that reduce Vaat. Similarly, some foods are avoided at night due to dosha variations.

In the present Varsha Ritu, Ayurvedic practices like eating Ghewar on Teej help reduce acidity and restlessness caused by the climatic conditions. Consuming fruits, lemon juice, fasting, and avoiding heavy meals at night maintain Vaat and Pitta balance. Engaging in physical activities like swinging (Jhula) and applying mehndi on hands prevent fungal infections during this season. The session left attendees enlightened with practical insights into the significance of Ritucharya in Ayurveda.



According to Ayurveda, everything in the universe, including the human body, is composed of five basic elements or Panchabhootas. These elements are:

- a. **Earth (Prithvi):** Represents the solid state and structure.
- b. **Water (Jal):** Represents the liquid state and cohesion.
- c. **Fire (Agni):** Represents the radiant energy and transformation.
- d. **Air (Vayu):** Represents the gaseous state and movement.
- e. **Ether or Space (Akasha):** Represents the space or void that accommodates the other elements.

These five elements combine in various proportions to form the three vital energies or Doshas - Vata, Pitta, and Kapha. Understanding the balance of these elements is essential in diagnosing the individual's constitution and determining the appropriate treatment.

- **Vata:** Composed of Space (Akasha) and Air (Vayu), Vata is associated with movement, such as nerve impulses, circulation, and breathing. It governs functions related to motion, creativity, and communication.
- **Pitta:** Composed of Fire (Agni) and a small amount of Water (Jal), Pitta is responsible for metabolic processes, digestion, and transformation. It governs functions related to digestion, intellect, and courage.
- **Kapha:** Composed of Earth (Prithvi) and Water (Jal), Kapha provides structure and stability to the body. It governs functions related to growth, lubrication, and immunity.

Madam Shayampria elucidated the following key aspects of **Ritucharya**:

- **Vasant Ritu (Spring):** With the advent of spring, students learned how the body experiences a natural detoxification process. Madam Shayampria emphasized the significance of incorporating light, easily digestible foods, bitter greens, and herbs to support this cleansing and rejuvenating phase.
- **Grishma Ritu (Summer):** As the temperature rises during summer, students were guided on ways to stay cool and hydrated. They learned about the importance of consuming hydrating foods, seasonal fruits, and spice that aid digestion while protecting the body from heat-related ailments.
- **Varsha Ritu (Monsoon):** The monsoon season brings an increase in humidity and susceptibility to digestive issues. Madam Shayampria shared dietary and lifestyle recommendations to strengthen immunity and promote healthy digestion during this time.
- **Sharad Ritu (Autumn):** With the onset of autumn, the body's digestive fire tends to become stronger. Students learned about incorporating nourishing foods, ghee, and warm spices to maintain a balanced digestive system.
- **Hemant Ritu (Pre-Winter):** As the weather transitions into the pre-winter phase, Madam Shayampria explained the importance of boosting immunity to prepare for the colder months ahead. Students were introduced to Ayurvedic herbs and tonics that enhance vitality and protect against seasonal illnesses
- **Shishir Ritu (Winter):** Winter is a time when the body naturally craves warmth and comfort. Students discovered the significance of including hearty, warming foods and spices in their diet to support the body's energy and maintain stability during the cold season.

The instructor encouraged pupil teachers to contemplate ways of integrating Indian Knowledge System (IKS) into their pedagogy. Students actively participated in discussion, giving their point of views on how they can teach the Ayurvedic practices and science behind them in their respective subject pedagogy.

REPORT DAY 4 (25/07/2023)

The speaker's enlightening discourse focused on the importance of leading a fulfilled life through spiritual practices and embracing the wisdom of our ancestors.

The speaker started the session with emphasising the prevalence of mandir/temples in each sector of Chandigarh and shed light on the reasons behind their proximity to residential areas.

Temples radiate positive vibes and spiritual energy that nurture the soul (aatma). Being in close proximity to such places of worship enables individuals to connect with their inner selves and experience a sense of peace and contentment. The core of the speaker's discussion was the concept of living a life guided by spiritual principles. He stressed the importance of always being in remembrance of the divine and seeking God's guidance and protection in all aspects of life. By incorporating spirituality into daily routines, individuals can find solace and strength, leading to a more fulfilled existence.



During the session, all attendees participated in singing the prayer '*Itni shakti humein dena data*' underscoring the potency of collective prayer. The speaker highlighted that when people unite in prayer; it not only strengthens their faith but also generates positive vibrations that can bring about positive changes in their lives and the world around them. She also drew attention to the unique aspect of India's climate, which consists of six distinct seasons – spring, summer, monsoon, autumn, pre-winter, and winter. She emphasized how these seasons are intricately woven into the country's cultural and agricultural practices, creating a harmonious and sustainable way of life that has been passed down through generations. The concept of the five tatvas, which represent the elements – earth, water, fire, air, and space was also discussed.

The session conducted by the esteemed speaker brought to the forefront the significance of spirituality and traditional wisdom in leading a truly fulfilling life. Through an in-depth exploration of the importance of mandirs, the embrace of spirituality, and active participation in collective prayer, attendees gained invaluable insights into attaining inner peace and resilience. Additionally, the elucidation of India's six seasons and the understanding of the five tatvas demonstrated the remarkable scientific acumen of our ancestors, imparting valuable lessons on

maintaining harmony with nature. The session served as a reminder of the timeless wisdom that can enrich modern lives and lead to a sense of fulfilment and contentment.

REPORT DAY 5 (26/07/2023)

The speaker emphasized the integral relationship between the Physical and Subtle Body in shaping an individual's mental and spiritual state. The Physical Body acts as a vehicle for the Subtle Body, which comprises the mind, intellect, and ego. Understanding this duality is crucial for fostering holistic health and harmony. The workshop also highlighted the great personalities of the Sikh Gurus, who epitomized mental strength and spiritual wisdom. Their unwavering faith in the Divine, resilience in the face of adversity, and dedication to selfless service were inspiring examples for cultivating mental and spiritual resilience.

The life of Maharaja Ranjit Singh was explored, showcasing his exceptional mental prowess and leadership qualities. His ability to unite diverse communities and lead with integrity demonstrated the power of a strong and focused mind. The legendary tale of Abhimanyu from the Mahabharat conveyed a profound message of mental prowess. His bravery and determination in navigating the Chakravyuh, despite the lack of an exit strategy, encouraged the audience to face challenges with courage and resolve.



The life and teachings of ISKCON founder Srila Prabhupada showcased the strength of inner character and devotion. Meera Bai's unwavering devotion to Lord Krishna and her mental

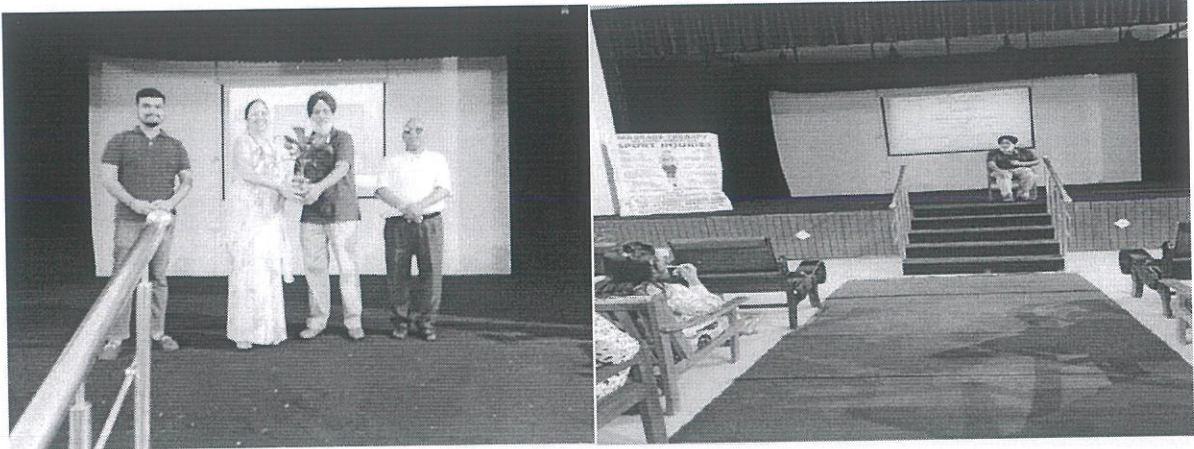
resilience in the face of challenges were highlighted. Her life demonstrated the transformative power of spirituality in attaining mental and spiritual well-being.

The workshop emphasized the profound wisdom offered by Indian traditional texts like the Ramayan and Mahabharat. These timeless epics provide invaluable insights into human emotions, actions, and the path to mental and spiritual growth. The Bhagavad Gita, a philosophical discourse between Lord Krishna and Arjuna, was showcased as a timeless guide to achieving mental and spiritual strength. The speaker shared various practices and examples from traditional Indian knowledge that contribute to mental and spiritual well-being. Practices like meditation, yoga, and the art of mindfulness were highlighted as powerful tools for achieving inner peace and harmony.

Controlling the senses is a fundamental aspect of nurturing mental and spiritual health. In the pursuit of inner growth and self-awareness, it is essential to master the art of managing our senses effectively. By practicing mindfulness and self-discipline, individuals can prevent external stimuli from overpowering their thoughts and emotions. Embracing traditional techniques like meditation, yoga, and conscious breathing empowers individuals to develop a deeper understanding of their senses and cultivate a sense of inner harmony.

REPORT DAY 6 (27/07/2023)


On the concluding day, Captain Harveer Singh a renowned massage therapist created awareness on preventive and therapeutic measures for lifestyles (postural) disorders and healing effects of massage therapy. He shared that massage is perhaps one of the oldest healing traditions. He shared about the physical benefits of massage, including reduced muscle tension, improved circulation, stimulation of the lymphatic system, reduction of stress hormones, increased joint mobility and flexibility, improved recovery of soft tissue injuries and heightened mental alertness.



He shared that many ancient people – including the Ancient Greeks, Egyptians, Chinese and Indians – were convinced of the therapeutic properties of massage and used it to treat a variety of ailments.

The organizer of the program Dean, Dr. A.K. Srivastava extended a formal vote of thanks to the resource persons for being the source of spiritual development, the concept of Ayurveda and massage therapy for the perspective teachers. The organizing committee members were Dr. Neelam Paul, Dr. Suman Khokhar, Dr. Rajni Thakur, Mr. Ravinder Kumar, Ms. Sonika and Mr. Manish. The enriched program served as a reminder of the timeless wisdom that can enrich modern lives and lead to a sense of fulfilment and contentment in today's chaotic time.


Dr. A.K. Srivastava
Dean.


Dr. Sapna Nanda,
Principal

C.C: College Website, NAAC, Official Records



गवर्नमेंट कॉलेज ऑफ एजुकेशन, सेक्टर 20डी, चंडीगढ़

**'आयुर्वेद और वैकल्पिक चिकित्सा के माध्यम से स्वस्थ जीवन शिक्षा' विषय पर
लोकआयुर्वेद के सहयोग से 'भारतीय ज्ञान प्रणाली' पर एक सप्ताह का ओरिएंटेशन कार्यक्रम**

(21-07-2023 से 27-07-2023)

गवर्नमेंट कॉलेज ऑफ एजुकेशन सेक्टर-20डी, चंडीगढ़ ने 21 से 27 जुलाई, 2023 तक 'आयुर्वेद और वैकल्पिक चिकित्सा के माध्यम से स्वस्थ जीवन शिक्षा' विषय पर लोकआयुर्वेद के सहयोग से 'भारतीय ज्ञान प्रणाली' पर एक सप्ताह का ओरिएंटेशन कार्यक्रम आयोजित किया। कार्यक्रम का शुभारंभ प्राचार्या डॉ. सपना नंदा ने किया। उन्होंने कार्यक्रम के रिसोर्स पर्सन सुश्री शामप्रिया, लोकआयुर्वेद की प्रमुख उत्प्रेरक और कैप्टन हरवीर सिंह, एक पूर्व सेना अधिकारी और अंतर्राष्ट्रीय वक्ता का छात्रों को ज्ञान देने के लिए स्वागत और सराहना की और डीन, डॉ. ए.के. श्रीवास्तव और आयोजन समिति के सदस्यों को पहल के लिए बधाई दी।

पहले दिन, श्रीमती श्यामप्रिया ने वेदों की अवधारणा, जीवन सिद्धांत प्रदान करने और आत्म-जागरूकता को प्रोत्साहित करने, व्यक्तियों को संतुलित और सामंजस्यपूर्ण जीवन के लिए मार्गदर्शन करने के बारे में बात की। उन्होंने यह भी कहा कि आयुर्वेद, एक कालातीत विज्ञान है। जिसका उद्देश्य अच्छा स्वास्थ्य प्राप्त करना और शारीरिक और मानसिक उपचार प्रदान करना है। वेदों, उपनिषदों और पुराणों जैसे अन्य प्राचीन ग्रंथों के

साथ, यह जीवन की चुनौतियों का समाधान प्रदान करता है। स्वास्थ्य, आध्यात्मिकता जैसे विभिन्न पहलुओं के लिए ज्ञान प्रदान करता है।

दूसरा दिन आयुर्वेद के अनुसार स्वस्थ जीवन के वैज्ञानिक तरीकों पर केंद्रित था। इनमें कोर्टिसोल हार्मोन को सक्रिय करने के लिए सूर्योदय से पहले उठना, चयापचय और प्रतिरक्षा प्रणाली में सुधार करना, लेटने की स्थिति में समय पर बिस्तर पर जाना शरीर में आराम की अवस्था में पैदा होने वाले हार्मोन की मरम्मत में सहायता करना है। जागने के बाद तांबे के बर्तन से पानी पीना जिसमें लाभकारी गुण होते हैं और शौचालय के उपयोग के सही तरीके में भारतीय शौच प्रकृति पर जोर दिया गया। दांतों की सफाई के लिए दातुन और मंजन कफ को संतुलित करके प्राकृतिक एंटीसेप्टिक और एंटीबायोटिक लाभ प्रदान करता है। उम्र, प्रतिरक्षा, दोष, भौगोलिक स्थिति और भोजन की आदतों के आधार पर संसाधक द्वारा अनुकूलित शारीरिक व्यायाम की सिफारिश की गई।

अगले दिन, आयुर्वेद में ऋतुचर्या के महत्व पर संसाधक द्वारा व्यावहारिक अंतर्दृष्टि दी गई। बदलते मौसम के साथ तीन दोषों (वात, पित्त और कफ) में भी उतार-चढ़ाव होता है। वर्तमान वर्षा ऋतु में, तीज पर घेवर खाने जैसी आयुर्वेदिक प्रथाओं से जलवायु परिस्थितियों के कारण होने वाली अम्लता और बेचैनी को कम करने में मदद मिलती है, इस पर भी चर्चा की गई। फलों, नींबू के रस का सेवन, उपवास और रात में भारी भोजन से परहेज करने से वात, कफ और पित्त का संतुलन बना रहता है। झूला झूलने और हाथों पर मेहंदी लगाने जैसी शारीरिक गतिविधियों में शामिल होने से इस मौसम में फंगल संक्रमण से बचाव होता है।

चौथे दिन, भारतीय आहार चर्या, मंदिरों के महत्व की गहन खोज, आध्यात्मिकता को अपनाना और सामूहिक प्रार्थनाओं में सक्रिय भागीदारी शामिल थी, उपस्थित लोगों ने आंतरिक शांति और लचीलापन प्राप्त करने में अमूल्य अंतर्दृष्टि प्राप्त की। इसके अतिरिक्त, भारत की छह ऋतुओं की व्याख्या और पांच तत्वों की समझ ने हमारे पूर्वजों के उल्लेखनीय वैज्ञानिक कौशल का प्रदर्शन किया, जो प्रकृति के साथ सद्भाव बनाए रखने पर मूल्यवान सबक प्रदान करते हैं। आहारचर्या में वात, पित्त, कफ का संतुलन बनाना जिसमें भारतीय व्यंजनों को इस्तमाल करना, तथा 6 रस उचित मात्रा में बना रहे पर जोर दिया।


संसाधक सुश्री श्यामप्रिया ने किसी व्यक्ति की मानसिक और आध्यात्मिक स्थिति को आकार देने में भौतिक और सूक्ष्म शरीर के बीच अभिन्न संबंध पर जोर दिया। महाराजा रणजीत सिंह के जीवन का उदाहरण दिया गया, जो उनकी असाधारण मानसिक शक्ति और नेतृत्व गुणों को प्रदर्शित करता है। महाभारत की अभिमन्यु की पौराणिक कहानी ने मानसिक शक्ति का गहरा संदेश दिया। इस्कॉन के संस्थापक श्रील प्रभुपाद के जीवन और शिक्षाओं ने आंतरिक चरित्र और भक्ति की ताकत को प्रदर्शित किया और मीरा बाई की भगवान कृष्ण के प्रति अटूट भक्ति और चुनौतियों का सामना करने में उनकी मानसिक शक्ति के लचिलेपन पर प्रकाश डाला गया। आंतरिक विकास और आत्म-जागरूकता की खोज में, अपनी इंद्रियों को प्रभावी ढंग से प्रबंधित करने की कला में महारत हासिल करना आवश्यक है। सचेतनता और आत्म-अनुशासन का अभ्यास करके, व्यक्ति बाहरी उत्तेजनाओं को अपने विचारों और भावनाओं पर हावी होने से रोक सकते हैं। उन्होंने लोगों को ध्यान, योग और सचेतन श्वास जैसी पारंपरिक तकनीकों को अपनाने के लिए प्रेरित किया, जिससे व्यक्तियों को अपनी इंद्रियों की गहरी समझ विकसित करने, नियंत्रित करने तथा सही दिशा में लगाने की और आंतरिक सद्भाव की भावना विकसित करने में मदद मिलती है।

समापन दिवस पर, प्रसिद्ध मालिश चिकित्सक कैप्टन हरवीर सिंह ने जीवनशैली (मुद्रा संबंधी) विकारों के लिए निवारक और चिकित्सीय उपायों और मालिश चिकित्सा के उपचार प्रभावों के बारे में जागरूकता पैदा की। उन्होंने साझा किया कि मालिश सबसे पुरानी उपचार परंपराओं में से एक है। उन्होंने मालिश के शारीरिक लाभों के बारे में साझा किया, जिसमें मांसपेशियों में तनाव कम होना, परिसंचरण में सुधार, लसीका प्रणाली की उत्तेजना, तनाव हार्मोन में कमी, जोड़ों की गतिशीलता और लचिलेपन में वृद्धि, कोमल ऊतकों की चोटों की रिकवरी में सुधार और मानसिक सतर्कता में वृद्धि शामिल है। उन्होंने साझा किया कि कई प्राचीन लोग - जिनमें प्राचीन यूनानी, मिस्रवासी, चीनी और भारतीय शामिल थे - मालिश के चिकित्सीय गुणों के प्रति आश्वस्त थे और इसका उपयोग विभिन्न प्रकार की बीमारियों के इलाज के लिए करते थे।

कार्यक्रम के आयोजक डीन डॉ. ए.के. श्रीवास्तव ने परिप्रेक्ष्य शिक्षकों के लिए आध्यात्मिक विकास, आयुर्वेद की अवधारणा और मालिश चिकित्सा का स्रोत होने के लिए संसाधक व्यक्तियों को औपचारिक धन्यवाद दिया। आयोजन समिति के सदस्य डॉ. नीलम पॉल, डॉ. सुमन खोखर, डॉ. रजनी ठाकुर, श्री रविंदर कुमार,

सुश्री सोनिका और श्री मनीष थे। समृद्ध कार्यक्रम उस शाश्वत ज्ञान की याद दिलाता है जो आधुनिक जीवन को समृद्ध कर सकता है और आज के अराजक समय में पूर्णता और संतुष्टि की भावना पैदा कर सकता है।


Dr. A.K. Srivastava 28/7/23
Dean.


Dr. Sapna Nanda,
Principal

✓ C.C: College Website, NAAC, Official Records