

27th July 2020

Brief Report

Pursuing Wellness and Health: Issues and Challenges

Prof Girishwar Mishra, former Vice Chancellor and a stalwart in the field of Psychology addressed students on a very relevant and pertinent topic related to Health and Wellness. Around hundred participants- teachers, non-teaching staff and students from all over India attended a live online session which was highly engaging and rewarding. The programme started with a meaningful and inspiring address of the Principal followed by the special lecture by the eminent speaker.

The lecture was an ideal blend of traditional wisdom and modern scientific outlook. It highlighted the various challenges the world faces today due to extreme materialistic pursuits without focus on the humane and the spiritual side. The speaker often quoted from scriptures highlighting eastern wisdom to illustrate to the audience the richness of our culture and heritage and how it can be blended with modern science to solve critical problems.

Dr Pooja Jaggi
Convener