

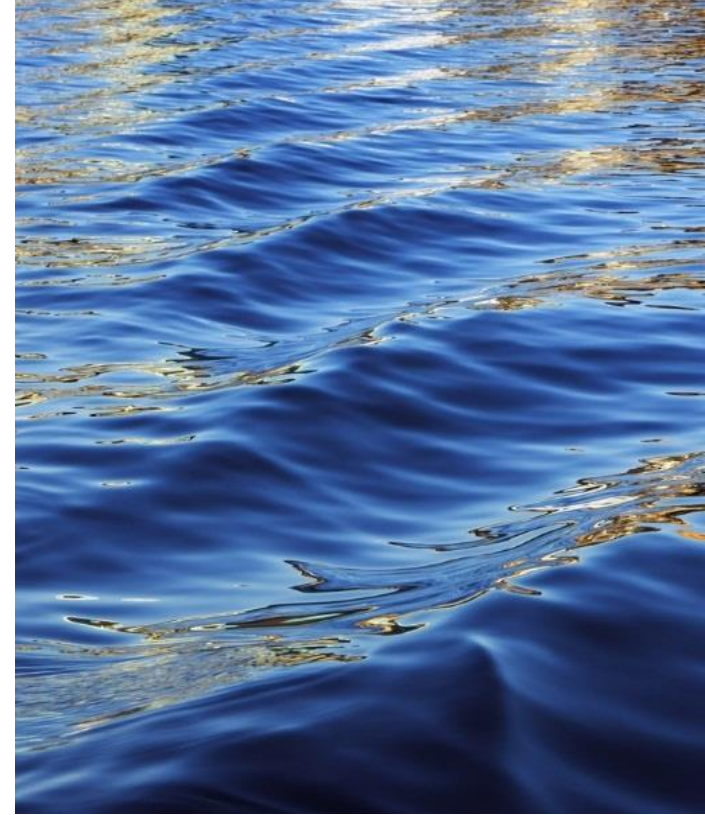


XII International Faculty Development Program

on

**Happy U in 2021-
Wellness and Wisdom in
Post- Pandemic World**

1 - 15 January 2021
6 to 8 PM





Organized by

Grand Academic Portal – GAP

In Association with

- **Lakulish Yoga University**
- **Gokul Global University**
- **Nalanda Nritya Kala Mahavidyalaya**
- **B.M.Institute of Mental Health**
- **Department of Psychology~ Gujarat University**

Concept Note



Change Your Life with this Much Needed Wellness workshop for 2021

New year accompanies another opportunity to turn into your best self. Till the beginning of the year 2020 the mind- body association wasn't something seen as typical in the public arena. Be that is precisely the need of the hour now. In 2021, wellbeing will be viewed as something open to everybody. So here is a portion of the developing 2021 health jackpot that can change your way of life sufficiently.

Importance of Holistic Wellness:

- Wellness means different things to each individual. And being well gives each person the ability to reach their personal goals. After all, when your body, mind, and soul are cared for holistically, you're able to pursue and meet your goals with less resistance. To determine your personalized approach to wellness, reflect on the eight pillars of holistic health and wellness. Figure out which ones most require your attention. And remember, strengthening each one will provide a great foundation for living your best, healthiest life.
- Holistic wellness has been conceived of as the very best state of health a person can possibly be. It is a condition in which the physical, psychological and spiritual states of an individual is optimum and run synchronously with each other, attaining a perfect balance. Holistic wellness is a continuous state which, depending on the prevailing conditions, has the potentials of changing an individual. Holistic relates to the whole of a thing, not just the physical, psychological or spiritual, but how healthy the entire part of a man's being is. The proposed international workshop is designed to address the following 8 Pillars of Holistic Health and Wellness




**As Pandemic shifts,
holistic wellbeing takes
the centre stage**

The current global health crisis is slowly altering how people manage their health from several perspectives, including both, physical and mental wellbeing. The current global health crisis is slowly altering how people manage their health from several perspectives, including both, physical and mental wellbeing. Currently, there is a shift towards living a balanced and healthier life.



PILLARS OF HOLISTIC HEALTH AND WELLNESS FDP WILL COVER ALL ASPECTS



It's never
TOO EARLY
—  —
TOO LATE
 *to work*
towards
• being the •
—  —
HEALTHIEST YOU

GET HEALTHY 

REGISTRATION DETAILS

- **THERE IS NO REGISTRATION FEES**
- **TWO CERTIFICATES WILL BE AWARDED TO THOSE WHO WILL ATTEND ALL SESSIONS AND COMPLETE THE ASSIGNMENT IN TIME.**
- **PLEASE CLICK THE FOLLOWING LINK FOR REGISTRATION**
- **[HTTPS://FORMS.GLE/EDLDRNUWMSF8PWRW9](https://forms.gle/EDLDRNUWMSF8PWRW9)**