

Training Program conducted on “Exploring new Vistas for Discovering True Potential” for Officers of NAFED

Pratyahara-Department of Spirituality, Consciousness and Research, ABS conducted Half day Training program on “**Exploring new Vistas for Discovering True Potential**” for Officers of NAFED on 23rd October, 2020.

The objectives of the program were to explore the important components that make life complete and explore new vistas for growth and betterment. The workshop included six sessions in the area of Healthy living with a medical perspective, Power of living, Balanced life, Role of pranayama and Meditation and session on measuring Priorities in life.

The speakers were experts from different areas like Medical, Yoga trainer, administrators, academicians and Life style consultants. In total 16 officers from different branches of NAFED across India attended the session and were benefitted with vivid learnings. Dr. Vijit Chaturvedi, Professor gave introduction to the workshop which was having following Sessions as per details given below:

- “Power of Living” by Dr. Sanjeev Bansal, Dean FMS& Director, ABS
- “Healthy Living - The Heartily way” by Dr. Vivek Kumar Sharma Dean, Professor & Head, Department of Physiology, Government Institute of Medical Sciences, King George Medical University Greater NOIDA, UP
- “Balance Diet and Naturopathy Intervention” by Dr. Maya, B. A. M. S
- “Learning the Art of Pranayama” by Dr Sunita, Lifestyle Consultant
- “Measuring Priorities in life” by Dr. Vijit Chaturvedi, Professor & Dr. Rushina Singhi Associate Professor, ABS
- “Meditation as a necessitating tool for holistic living” by Mr. K. C. Jain IRS, Honorary Director, Adhyatma Sadhna Kendra, Delhi

Dr. Vijit Chaturvedi, Professor & Dr. Rushina Singhi Associate Professor took feedback of the participants about the session followed by Vote of Thanks by Dr. Lk Dhillon, Assistant Professor.

Dean FMS & Director ABS addressed the gathering and explained the motive behind the program. Mr. Sanjeev Chadha Managing Director, NAFED addressed the officers and emphasized on role of the programs. Mr. Chadha also proposed that ABS to conduct more programs in the area of Management for the officers of NAFED. Dr. Vijit Chaturvedi, Professor coordinated the event.