



**GOVERNMENT COLLEGE RAJGARH, ALWAR, RAJASTHAN**  
(Affiliated to RRBM University, Alwar, Rajasthan)



**One Week online Faculty Development Programme**  
**on**

**“Life Style Modification for a Stress Free Life”**

**Organized by**  
**IQAC and R & D Cell**  
**under the Aegis of Heartfulness Education Trust**  
**Date: 6<sup>th</sup> October, 2023 to 11<sup>th</sup> October, 2023**  
**Time : 7:00pm to 8:30pm**

**Patron**



**Dr. Sajjan Singh Rao**  
**Principal,**  
**Government College Rajgarh**

**Guest Speaker**



**Mr. Pradeep Kumar Gupta**  
**Heartfulness Facilitator**  
**Local Coordinator**



**Mr. Heera Lal**  
**Trainer, Heartfulness Meditation Centre Rajgarh**

**Topics to be covered:**

**Day-1: Five Life Style Changes to Manage Stress**

**Day-2: Emotional well-being and brighter mind restart**

**Day-3: 5 C's for educators**

**Day-4: Effects of stress on the Digestive System**

**Day-5: Science of Meditation**

**Day-6: Asanas, Prayanama and Mudras**

**Convener**



**Dr. P.C. Meena**  
**Coordinator-IQAC**  
**Organizing Secretary**



**Dr. Ashok Kumar Kakodia**  
**Coordinator-R&D Cell**

**Google Form:**

<https://forms.gle/UfJsyn8iXpcBzjoD9>

**Google meet:**

<meet.google.com/qzg-yvgn-tds>