



VIDUSHI GARGI CENTRE *for* WOMEN DEVELOPMENT



Vidushi Gargi Centre for Women Development organized an event on “Key to happiness- Healthy, Wealthy and Spiritual Living” on 22.09.2023 for all women stakeholders of the university. Dr. Shilpa Agarwal, Founder, Medilink Multispecialty Hospital and Ms. Radhika Rai, Holistic Life Coach & Spiritual Healer were invited as expert speakers for the event which was attended by approx. 150 participants.



The event started with the lamp lighting by the dignitaries on the dais. Ms. Jignasa Acharya, Assistant Professor, GTU welcomed and greeted everyone present in the auditorium. Dr. Komal Borisagar, Associate Professor, GSET-GTU heartily welcomed Dr. Shilpa Agarwal with a memento and Dr. Radhika Gandhi, Assistant Professor, GSMS-GTU heartily welcomed Ms. Radhika Rai with a memento. Further, Dr. Komal Borisagar, in her welcome address, briefed the participants



on the topic of the event and also heartily welcomed everyone.



The event was carried forward with brief introduction of Dr. Shilpa Agarwal followed by her session on “Complete balanced diet with spirituality”. Shilpa Mam rightly pointed out the key points which need to be taken into consideration

to have a balanced approach in your daily diet, dos and donts of handling hormone changes, pregnancy changes, menopause, etc. She further highlighted the importance of early to rise and early to bed concept which is an ages old tradition but still relevant if one follows it well. What food



should be consumed from wake up to sleep? She emphasized that happiness and positivity has a huge impact towards an improved lifestyle.



The event further witnessed the experiential session by Ms. Radhika Rai on “Mindful Living” followed by her brief introduction. Her wonderful session led us to a stage of being mindful in the present; in the very moment. The experience itself was very much enlightening; very rightly explained

the deep connection our mind and our body has. Making all of us actually feel good for the favourite food without having it in real. We also were made aware of what is the importance of mindfulness through the five senses. Importance of ABC - was an amazing experience which has the power to transform our lives. Awareness, body scan from toe to head and the wisdom of choice.



Dr. Radhika Gandhi concluded the event with a vote of thanks to all the stakeholders – esteemed experts, participants, support staff and WDC team for the success of the event.



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