



**MANIPAL UNIVERSITY
JAIPUR**



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JAIPUR**

FACULTY OF ARTS

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF ARTS

Invited talk on “Holistic Health”, by Dr Altaf Ur Rahman

Date of Event : 14/11/2022



1. Introduction of the Event

Department of Arts (SCHOOL OF HUMANITIES AND SOCIAL SCIENCES) organized an invited talk on “Holistic Health”, by Dr Altaf Ur Rahman to promote health, fitness for MUJ family and create awareness among the students and faculty members.

2. Objective of the Event

- Holistic living is where one is being mindful of their thoughts, soul, and body.
- Mental health is a behavioural, cognitive, and emotional well-being state.
- Physical Health Exercise is the key not only to physical health but to the peace of mind.
- Spirituality is not an extra-terrestrial thing- it is the essence of human existence.

3. Beneficiaries of the Event

Nutrition, Exercise, Relaxation, Sleep. These pillars work together to keep your mind and body healthy. Nutrition. A healthy diet promotes bacteria in the gut that helps “feel good” signals get through to the brain.

4. Brief Description of the event

Holistic health is an approach to life that considers multidimensional aspects of wellness. It encourages individuals to recognize the whole person: physical, mental, emotional, social, intellectual, and spiritual.

healthcare is complete or total patient care that considers the physical, emotional. Holistic health is about caring for the whole person — providing for your physical, mental, spiritual, and social needs. It's rooted in the understanding that all these aspects affect your overall health and being unwell in one aspect affects you in others.

Photographs



Faculty and students practicing healthy habits on a regular/ daily basis.





Brochure or creative of the event

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JAIPUR

**HOLISTIC
HEALTH**

Venue: Smt. Sharda Pai Auditorium
Time: 1100 AM - 1145 AM
14 Nov 2022

Organized by:
Department of Arts
(Physical Education)
Manipal University Jaipur

Invited Speaker

Dr Altaf ur Rahman
Former Trustee and CEO Holistic Life Care, Bangalore
Former Member Governing Council CCRYN-AYUSH,
Ministry of Health & FW - Govt. of India

Chief Patron

Shri S. Vaitheeswaran
Chairperson, MUJ

Patron

Dr. G. K. Prabhu
President, MUJ

Co-Patron

Dr N. N. Sharma
Pro-President, MUJ

Dr Niku Bhatnagar
Registrar, MUJ



Attendance of the Event

S. no	Name of Institution	Place of Institution	Registration Number	Name of Attendee	Name of Dept
1	Manipal University Jaipur	Jaipur	221106005	ARJUN	Arts
2	Manipal University Jaipur	Jaipur	221106001	UTKARSH SINGH	Arts
3	Manipal University Jaipur	Jaipur	221106003	VAIBHAV VERMA	Arts
4	Manipal University Jaipur	Jaipur	221106004	HARSHIT GAUR	Arts
5	Manipal University Jaipur	Jaipur	221106006	HIMRATNA SINGH RANAWAT	Arts
6	Manipal University Jaipur	Jaipur	221106009	KARNI SINGH SHEKHAWAT	Arts
7	Manipal University Jaipur	Jaipur	201106001	ARYAN BHARGAVA	Arts
8	Manipal University Jaipur	Jaipur	201106011	HIMANSHU KUMAR	Arts
9	Manipal University Jaipur	Jaipur	201106013	PRASHANT KUMAR	Arts
10	Manipal University Jaipur	Jaipur	201106015	DIVYARAJ SINGH RATHORE	Arts
11	Manipal University Jaipur	Jaipur	201106016	DEVENDER	Arts
12	Manipal University Jaipur	Jaipur	201106002	ARYAN GANDHI	Arts
13	Manipal University Jaipur	Jaipur	211106004	LAVANYA RAJAWAT	Arts
14	Manipal University Jaipur	Jaipur	211106005	JAYANT BHATI	Arts
15	Manipal University Jaipur	Jaipur	211106006	ISHAAN YADAV	Arts
16	Manipal University Jaipur	Jaipur	211106007	ASHUTOSH GAUTAM	Arts



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17	Manipal University Jaipur	Jaipur	211106015	RISHAB MODI	Arts
18	Manipal University Jaipur	Jaipur	209301181	Akshat Tyagi	B TECH IN COMPUTER SCIENCE & ENGINEERING (CSE)
19	Manipal University Jaipur	Jaipur	209301209	Manas Jha	B TECH IN COMPUTER SCIENCE & ENGINEERING (CSE)
20	Manipal University Jaipur	Jaipur	209205047	Vidhit Shetty	B TECH IN COMPUTER SCIENCE & ENGINEERING (CSE)
21	Manipal University Jaipur	Jaipur	209301363	Sarthak Srivastava	B TECH IN COMPUTER SCIENCE & ENGINEERING (CSE)
22	Manipal University Jaipur	Jaipur	209302258	Shreyansh Rai	B TECH IN COMPUTER SCIENCE & ENGINEERING (CSE)
23	Manipal University Jaipur	Jaipur	219311321	Vaibhav Yadav	B TECH IN COMPUTER AND COMMUNICATION ENGINEERING
24	Manipal University Jaipur	Jaipur	209302034	Shubhangam Kumar Mishra	B TECH IN INFORMATION TECHNOLOGY

(Dr. Rina Poonia)



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Signature of the Deputy Director