

Press Release

On 27, May, 2023, the Department of physical Education, Leh Campus, University of Ladakh organised a workshop on C-20 integrated holistic health. The event was conducted by Guest speakers Mr. Narinder Anand and Miss Shweta, National Coordinators, Youth Empowerment Group, Amrita University, Kerala. Shri. Tashi Tundup Consultant Engineer University of Ladakh, Faculties, Non-teaching Staffs and students of leh campus had attended the workshop. The program was started by welcoming the guests by Shri Tashi Tundup, Consultant Engineer with the traditional khataks. Initially experts started their session with screening a short video clip on C-20 integrated holistic health. After screening the video clip a discussion and productive interaction with the students, faculties and staff of the campus on stress related issues and on overall mental health were conducted. The workshop was organized for experts and practitioners to share their knowledge and experiences on integrated holistic health practices. Through the various sessions and discussions, attendees explored the benefits of combining traditional and modern healthcare practices to promote overall health and wellness. Later Students and staff were asked to give feedback and inputs which are going to be presented to G-20 countries as a part of policy pack. In the end the experts had taken a stress management practical session with staff and students for reviving human values and to cope up with their daily life stresses and challenges.

The session was ended with vote of thanks giving by Mr. Lobzang Kunkyab , PTI .



