



Live chat

Top messages  49



GW SURESH DAS YT good evening mam



Debkumar Mal Good Evening one & all. — Dr
Debkumar Mal, Seva Bharati Mahavidyalaya, West
Bengal



Welcome to live chat! Remember to guard
your privacy and abide by our Community
Guidelines.

[Learn more](#)



Gavini Tejaswini Hii good evening



Ranjeet Kumar good evening



Niranjana Swami good evening everyone



Ranbir@Gaming good evening



Ranjeet Kumar Guest Librarian Govt. College, Khertha

Chat...



**Next-Gen Power:
Holistic Wellness -
Building Resilience and
Promoting Balance**

Viji Narayanan
Director Of Wellness Program in IICF Health
Council

Live chat

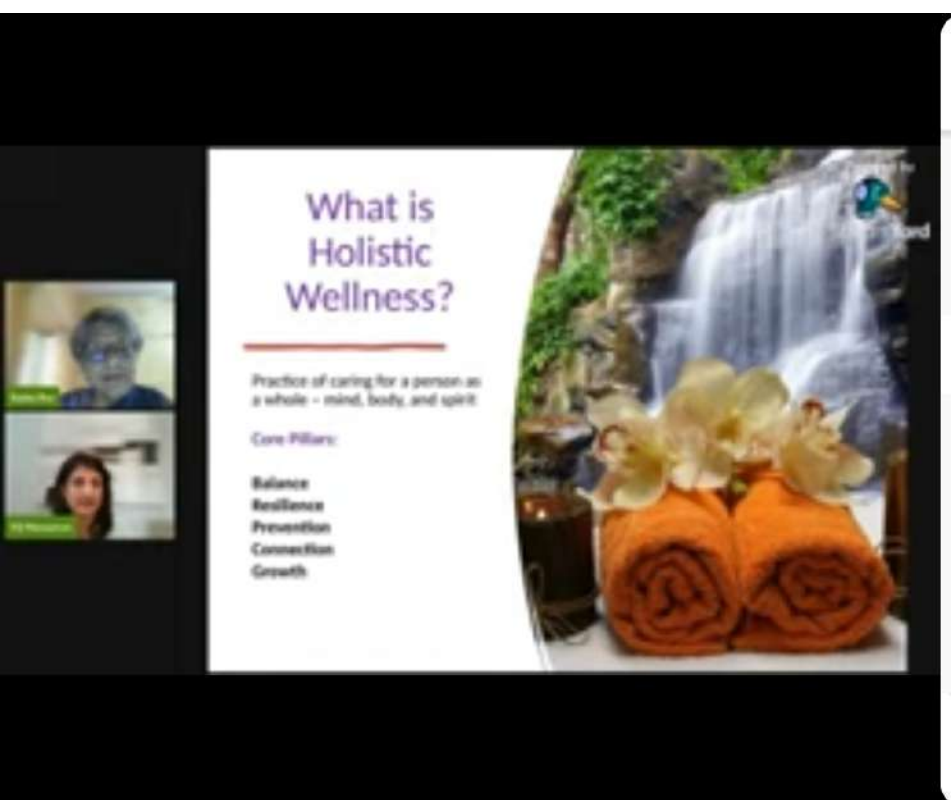
Top messages 56



- Durgesh sakar hi
- Vikas Sharma Vikas Chandra Sharma
Librarian ABESIT Ghazianbad
- Akal . J Good evening Akalya.J,24IT2A
Velalar College of engineering and
technology , Erode -12,Tamil Nadu
- NDL India** Welcome Viewers to today's
Global Event.
- Durgesh sakar I am Durgesh Khertha
college jagat ram
- Brindha S Good evening.. I am
PRUNTHA.S of class 24EE02 on
Velalar College of Engineering and
Technology,Erode-12,Tamilnadu.

Chat...





What is Holistic Wellness?

Practice of caring for a person as a whole - mind, body, and spirit

Core Pillars:







- Balance
- Resilience
- Prevention
- Connection
- Growth

The presentation slide features a background image of a waterfall and two rolled-up orange towels with white flowers. On the left side of the Zoom window, there are two small video thumbnails: the top one shows a man with glasses, and the bottom one shows a woman with dark hair.

Live chat

Top messages  56



-  **Vikas Sharma** Vikas Chandra Sharma
Librarian ABESIT Ghazianbad
-  **Akal . J** Good evening Akalya.J,24IT2A
Velalar College of engineering and
technology , Erode -12,Tamil Nadu
-  **NDL India** Welcome Viewers to today's
Global Event.
-  **Durgesh sakar** I am Durgesh Khertha
college jagat ram
-  **Brindha S** Good evening.. I am
PRUNTHA.S of class 24EE02 on
Velalar College of Engineering and
Technology,Erode-12,Tamilnadu.
-  **Durgesh sakar** Khertha college
Chhattisgarh

Chat...



Global Event

Next-Gen Power: Holistic Wellness

What is Holistic Wellness?
Why does Holistic Wellness Matter Today?
How to Build Resilience and Promote Balance
Future careers in Holistic Wellness

2ND MAY 2025
TIME: 5-6 PM IST

<https://www.youtube.com/watch?v=NFpjc2fMytk>

Join us **LIVE** on

Live

National Digital Library of India

WHEEL global foundation

SCAN TO WATCH ON YOUTUBE

Speaker
Ms. Viji Narayanan
Director of Wellness Programs, WGF
Master in Anthropology and Public Health, Harvard University
Holistic Wellness Coach, Kinnu Agamata Academy
Author of 101 WGF

Moderator
Ms. Sujata Roy
President, WHEEL Global Foundation
Alumni of IIT Kharagpur and IISc
Ex- General Manager, WGF

Live chat

Top messages 56

Kolkata. This was a great knowledge season

Kaviraj Good evening.I am Kaviraj V of class 24IT2A.Vellalar college of engineering and technology,Erode-12, Tamilnadu

Somebody hello I am aubhankar bera from college of engineering and management Kolaghat

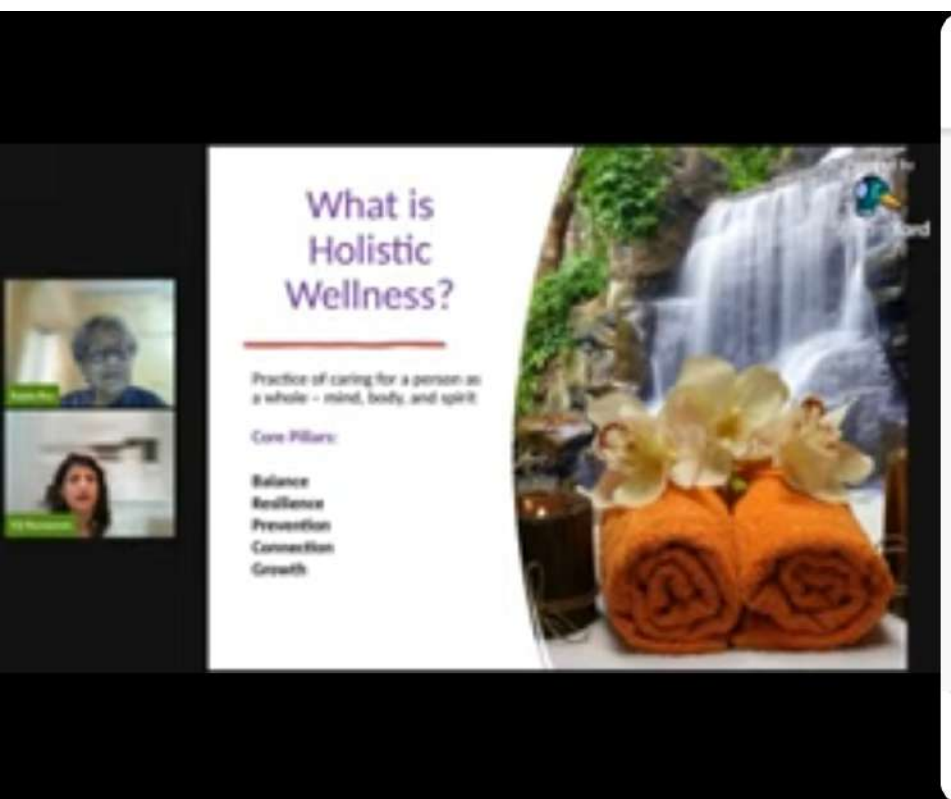
Aafrin nidha Good Evening , I am Aafrin nidha M,24IT2A, Velalar college of engineering and technology,Erode-12, Tamil Nadu

Ravte Komal Govt. College, Khertha

Raja Nandi I am from APS GOPALPUR Odisha

Chat...






What is Holistic Wellness?

Practice of caring for a person as a whole - mind, body, and spirit

Core Pillars:

- Balance
- Resilience
- Prevention
- Connection
- Growth




Live chat

Top messages  56




engineering and technology,Erode-12,
Tamil Nadu

 Ravte Komal Govt. College, Khertha

 Raja Nandi I am from APS GOPALPUR
Odisha

 Yuva Shree Good evening, YUVA SHREE
M, 24EE02,Velalar College of Engineering
and Technology,Erode-12,Tamilnadu.


 Vikas Sharma amit malik abesit library

 Madhumita Guha Good Evening 🙏

 Parneet Kaur San parneet kaur
from Khalsa Coll of Engineering and
Technology Amritsar

Chat...





Deepitha Rk

Vijay Narayanan

Why Holistic Wellness Matters Today?


Life today is fast, stressful, and disconnected - Holistic wellness builds resilience and promotes balance

Prevention is better than Cure - It addresses root causes and not just symptoms

Empowers people to thrive emotionally, physically, and spiritually in this fast-changing world



Street Ward



Live chat

Top messages  78



Student of Brainware University. In my opinion this is a great knowledgeable season 🎉👏👍



Dhanusia V Good Evening, Dhanusia V
EEE Department from VELALAR COLLEGE
OF ENGINEERING AND TECHNOLOGY



Maha Lakshmi Good evening, Mrs.
M.Mahalakshmi, Nadar Saraswathi College
of Arts and Science, Theni.



Deepitha Rk Good evening ,R.k Deepitha ,
24ER02, Velalar college of engineering and
technology ,Erode- 12, Tamilnadu



Shiva Rana Good evening ma'am, klbdav
college for girls Palampur



anjeet Kumar **Ranjeet Kumar** Guest.
Librarian Govt. College, Khertha

Chat...





Sanjay Misra

Ma'am what we can manage the Office mental stress

Live chat

Top messages  72

OF ENGINEERING and TECHNOLOGY,Erode 2 , TAMIL Nadu



deepak katiyar please provide feedback link



Sanjay Misra Good evening ma'am



Dubbendu Chakrabarty Thanks a Lot Viji Ma'am



Sanjay Misra Thanks a lot for your valuable guidance ma'am 🙏



Sweatha V Good evening,Sweatha.V,
24EC2C ,Velalar College of Engineering and
Technology,Erode-12,Tamilnadu.



Dr. Prasenjit Barman, Seva Bharati Mahavidyalaya. Very
informative session, thank you so much.



Welcome to live chat! Remember to guard
your privacy and abide by our Community
Guidelines.

[Learn more](#)

Chat...

