

WORKSHOP ON SPIRITUAL WELL-BEING

ORGANIZED BY CAREER AND
COUNSELLING CELL, GHBC



Resource Person: *Fr. Caleb Laldawngsanga*

Date: *21st March 2022*

No. Of Participants: *70*



Context of the Seminar:

- To address Lifestyle and lifestyle-related health behaviors.
- Aims at understanding the positive impact of spirituality on physical health and mental health as well as on other positive health outcomes such as subjective well-being, health-related quality of life and coping skills.
- To examine the relationship between spirituality, health-related behavior, type of acquired education, and psychological well-being.



Outcome of the Seminar:

- The students became aware that activities associated with wellness are key components of a healthy spiritual life. Like, volunteerism, social responsibility, optimism, contributing to society, connectedness with others.
- The Workshop helped participants gain a deeper understanding of themselves, their values, beliefs, and purpose in life.
- The workshop provided practical tools and techniques for individuals to deepen their spiritual practices. This can include techniques like meditation, mindfulness, prayer, breathwork.
- The workshop facilitated personal growth and transformation. Participants may experience a shift in perspective, values, or priorities, leading to positive changes in their lives.

