

Chandan Agarwal Convenes the Yoga for Wellness Programme in Kolkata

Chandan Agarwal, Chartered Accountant, convenes Yoga for Wellness Programme in Kolkata



kolkata, Jul 29, 2019 (Issuewire.com) - “Yoga is the journey of the self, through the self, to the self.” – **The Bhagavad Gita**. It’s not about being good at something; it’s about being good to yourself. In truth, Yoga doesn’t take time, it gives time. **The Global Academy**, on **Sunday, 28th July 2019** held ‘**Yoga for Wellness**’ program in association with **Churu Nagarik Parishad** and **Concern for Calcutta** in order to make awareness of the nourishing and blossoming divinity within people.

The morning got embarked with a well-versed talk on the importance of Yoga by **Dr Suresh Kumar Agarwal**, *Founder, Pragyan Foundation*. He made everyone aware that Yoga is an invaluable gift of ancient Indian tradition. It embodies the unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and well-being. Dr Agarwal conversed that attitude of gratitude is the highest yoga. He also added “Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life.” There were enlightened orations by other eminent speakers and guests like **Mr Narayan Jain, Mr Pawan Paharia, Mr Chandan Agarwal, Mr K. S. Adhikary, Mr P. Banerjee, Mr J. S. Baid**. Amongst them, there were up skilled Yoga teachers **Dr Arun Kochar, Dr Rashmi Kochar** and **Mr Kuldeep Manot**. They expressed their verbal talks along with the exposition of Yoga postures, Pranayama, meditation techniques and other health healing shapes and patterns to describe the ways

of controlling our mind and body. In regards to this, Dr Agarwal presented an exclusive Yoga posture “Sweet 16”. This posture eventually meant the longest journey of any person is the journey inward.

Later a photo session was conducted with an exchange of reviews and consultation on yogic healing and got concluded with savoury snacks.



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