

## Release of "Healing Through Yoga" by Shovana Narayan

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In the fast paced world of today, stress and life-style diseases are on the rise. Besides physical exercise Yoga and Pranayama have been reckoned as perfect antidote to mental stress and associated illnesses. A number of Yoga experts are helping people face modern day challenges through different yoga techniques.

In this chain Diamond Books has published its new book '**Healing Through Yoga**' written by modern age yoga guru Suneel Singh. The book release function was recently organised by Diamond Books supported by Canvas Art Gallery, Studio Vasant and flaMbe entertainment at Hotel Palace Heights (Zaffaran), Connaught Place, New Delhi. The book was released by Smt. Shovana Narayan, the well acclaimed Kathak expert. On this occasion Yoga Guru Suneel Singh, Narendra Verma (Diamond Books), Vani Tripathi (Actress), Meeta Pandit (Vocalist), Baljit Chadha (Director, Studio Vasant), Arun Bhardawaj (Cricket Coach), Anshuman Pandey (Director, Spandan Communication) and many others were present.

As a practitioner of Asthanyoga since 1985, new age yoga guru Suneel Singh came up with the book "Healing Through Yoga" for all. His book is based on yoga, a system of physical, mental and spiritual development. In this book yoga guru has explained distinctly about different diseases like Asthma, Snoring, Constipation, Diabetes, High Blood Pressure and Migraine, Back Pain, Heart Problem, Gas, Yoga for married couple and office yoga. In this book the other basic practices and underlying principles of Jal Yoga, Tali Yoga, Swar Yoga and Hasya Yoga are explained in detail. It is a kind of a practical manual of simple yoga. Yoga guru Suneel Singh has explained about some Japanese techniques and other subjects, which have not been covered in various books on yoga in the past.

On this occasion Smt. Shovana Narayan applauded the efforts of Yoga Guru Suneel Singh and said this is an excellent book covering all the aspects in very easy way. What I found while reading the book is that his motto is to inspire every single person for a fit & healthy life-style, which is great and unique prospective of Suneel Ji. I find this book a simple yoga manual at very competitive price. She said in this book author tries to motivate reader for a positive frame of mind because when there is any kind of negative vibrations, our mind cannot relax due to which physical ailments come easily. Being an artist we need to be very strong mentally, physically and spiritually and to bind together all these is actually called the Yoga. She said in the book 'Office Yoga' is particularly of special use to all of us. The correct body postures and other needful aspects will prove to be very useful for a person who needs to spend long hours in the office. Smt. Narayan applauded Suneel Singh's effort in late Sh. Harivansh Rai Bachchan's poetry; ***"anginat raahi gaye is raah se unka pata kya, par gaye kuchh log chhod is par pairon ki nishani... ye nishani mook hokar bhi bahut kuchh bolti hai... khol arth panthi is panth ka anumaan kar le...!!!"***

Suneel Singh said, being practitioner of Asthang Yoga my aim is to provide yoga education to as many people as I can, keeping in mind I have written my second book 'Healing Through Yoga', before this Diamond Books also released my Hindi book 'Yoga Se Arogya Yak'. About this book, Suneel Singh says that **"Healing Through Yoga will keep you in a good Health and will improve your life in an unbelievable way."**

Diamond Books' Narendra Verma said, our motto is to provide readers all kind of books at very competitive price and from last 28 years we have published almost 5000 books of different writers. He said before 'Healing Through Yoga' we also published Suneel Ji's book titled 'Yoga Se Arogya Tak' and the response to that book was really great and awesome, keeping in mind the same we have decided to translate it into 11 other languages in which Bengali and Gujarati books will be available on stands very shortly, whereas work on other languages is under process.

During the launch function Narendra Verma welcomed Smt. Shovana Narayan with bouquet of flowers, Baljit Chadha welcomed Narendra Verma and Yoga Guru Suneel Singh and G. Joseph welcomed celebrity guests Vani Tripathi & Meeta Pandit with bouquet of flowers. The function was anchored by Shefali Chaturvedi.

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