



# URBANA ASSOCIATION OF APARTMENT OWNERS

Management Office: 783, Anandapur, Madurdaha, P.S.: Anandapur,  
P.O.- East Kolkata Township Project, Ward No. 108, Kolkata 700107  
(Registered under West Bengal Apartment Ownership Act.1972)  
Registration No. 005002023 Of 2023

## Interactive session with world renowned Ayurved Acharya Dr Partap Chauhan

**URBANA**  
ASSOCIATION OF APARTMENT OWNERS

18 January 2025, Saturday  
6:00 PM - 7:30 PM  
Urbana Club Complex, Poolside

**JIVAGRAM:**  
State-of-the-art Ayurveda Centre  
at  
**JAGRITI DHAM**  
Luxury Senior Living

An evening of wellness & wisdom  
**"LIVING DISEASE-FREE WITH AYURVEDA  
COMPLETE HEALTH & HAPPINESS"**

- Boosting Immunity
- Improving Digestion
- Stress Reduction
- Achieving Optimal Health

For Queries Call: Rajesh Singhal: 9007669999 | Sudipa Sarkar: 7596038215  
www.jagritidham.com

**DR. PARTAP CHAUHAN**  
World Renowned Ayurvedacharya,  
Founder of Jiva Ayurveda, Author, & TV Personality

on Saturday, 18<sup>TH</sup> Jan'25 at 6 PM at Poolside Restaurant  
an initiative of **UAAO Welfare Committee**

Massive campaigning for more than a week over WhatsApp, also by displaying over TV networks at all Towers to create awareness.

**FOR URBANA RESIDENTS ONLY**

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Did you know Ayurveda offers powerful tools to boost your immunity?  
Explore the power of herbs, spices, and lifestyle practices to naturally strengthen your immune system and stay healthy all year round.

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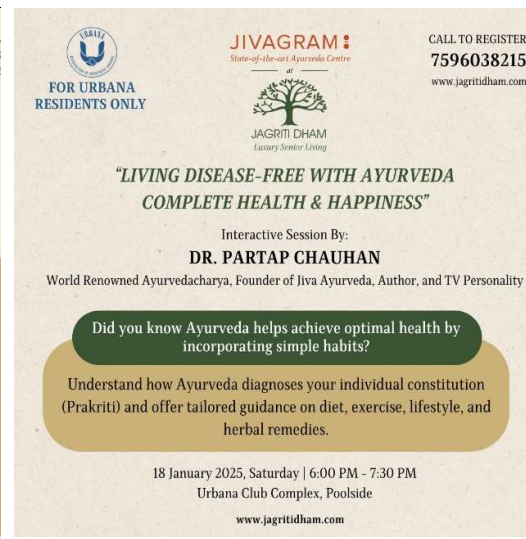
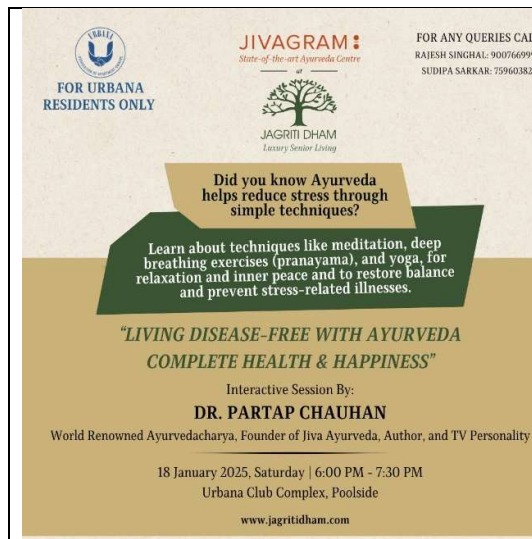
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Did you know Ayurveda offers a holistic approach to improve digestion?  
Learn about dietary guidelines, herbal remedies, and techniques like abdominal massage, promoting optimal nutrient absorption and a healthy gut-brain axis.

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Dr Partap Chauhan is co-founder of Jiva Ayurveda ([www.jiva.com](http://www.jiva.com)) - world renowned Ayurveda clinic, also having fully equipped center at Jagriti Dham, Kolkata

<https://youtu.be/n-4g9tQjcRo>

Urbanites in large numbers, in particular senior citizens attended and were immensely benefitted by the session



Rajesh Singhal. Convenor, UAAO Welfare Committee welcomed Dr. Partap Chauhan. expressed sincere thanks for sharing his expertise with Urbanites..

An evening of Wellness and wisdom with Ayurved Acharya **Dr Partap Chauhan**, organised by Jagriti Dham (an unit of Infinity Group) on 18th Jan'25 at 6 PM at Poolside.

He elaborated the following topics in detail:

- Stress Reduction
- Boosting Immunity
- Improving Digestion
- Achieving Optimal Health





It was well attended and all the Urbanites were fully attentive and absorbing every word of his advice with all sincerity

The most interesting was the Question & Answer session where he addressed individual problem and made recommendation.



He highlighted that every human being has three doshas (**Vata, Pita & Kapha**) in unique proportions, this is known as Prakriti. So, it's very important that every person should first do the Prakriti Analysis to understand his body type and accordingly all food habits and treatment can be done in Ayurveda.

He strongly recommended everyone to conduct **Prakriti Analysis (Vata, Pita & Kapha)** by answering few simple questions at following link:

[https://ayurveda.jiva.com/vpk/?\\_gl=1\\*uulx7g\\*\\_gcl\\_au\\*Mjc1NTUzNjgxLjE3MzU1NTIzNzg.&\\_ga=2.83450454.1153193107.1737730407-1558503540.1735552378](https://ayurveda.jiva.com/vpk/?_gl=1*uulx7g*_gcl_au*Mjc1NTUzNjgxLjE3MzU1NTIzNzg.&_ga=2.83450454.1153193107.1737730407-1558503540.1735552378)

He shared that *Jiva Ayurveda* have set up state-of-art Ayurveda Centre at Jagriti Dham, Near IIM, Joka

[https://clinics.jiva.com/jiva-gram-at-jagriti-dham-wellness-centre-kolkata-ayurvedic-clinic-kriparampur-south-24-parganas-345848/Home?utm\\_source=locator&utm\\_medium=googleplaces](https://clinics.jiva.com/jiva-gram-at-jagriti-dham-wellness-centre-kolkata-ayurvedic-clinic-kriparampur-south-24-parganas-345848/Home?utm_source=locator&utm_medium=googleplaces)



Memento being presented at the end.