



Alok Ganguly

Author, Speaker & Coach
(Spirituality, Mythology & Mindfulness)

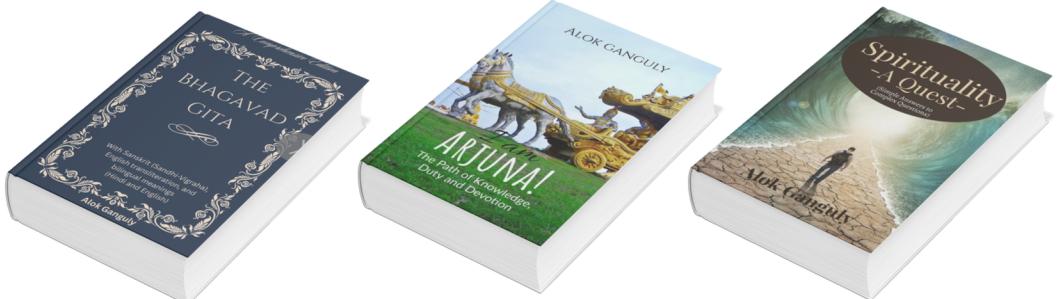
Alok Ganguly is a distinguished spiritual mentor, speaker, and author with ample experience inspiring individuals and organizations through the wisdom of the Bhagavad Gita. He specializes in guiding people on a journey of self-discovery, mindful leadership, and purposeful living.

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**Author's Books
available on,**

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Please feel free to contact me for any questions.

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A Gita Moment By Alok Ganguly

Amidst the relentless pace of today, "A Gita Moment" invites participants on a transformative journey rooted in the enduring wisdom of the Bhagavad Gita. Drawing from the ancient conversation between Krishna and Arjuna, these seminars transcend religious boundaries, presenting the Gita as a living dialogue—an instruction manual for navigating life's complexities with clarity, equanimity, and renewed purpose.

WHAT MAKES "A GITA MOMENT" UNIQUE?

- ✓ Introduction to Bhagavad Gita and its Context
- ✓ Key Themes (Dharma, Karma Yoga, Mind Control, etc.)
- ✓ Overcoming Inner Conflict – The Arjuna Moment
- ✓ Being Your Authentic Self
- ✓ Prioritizing Mental Health in the Workplace
- ✓ Spirituality integrated with practical living.
- ✓ Study selected verses with guided questions.

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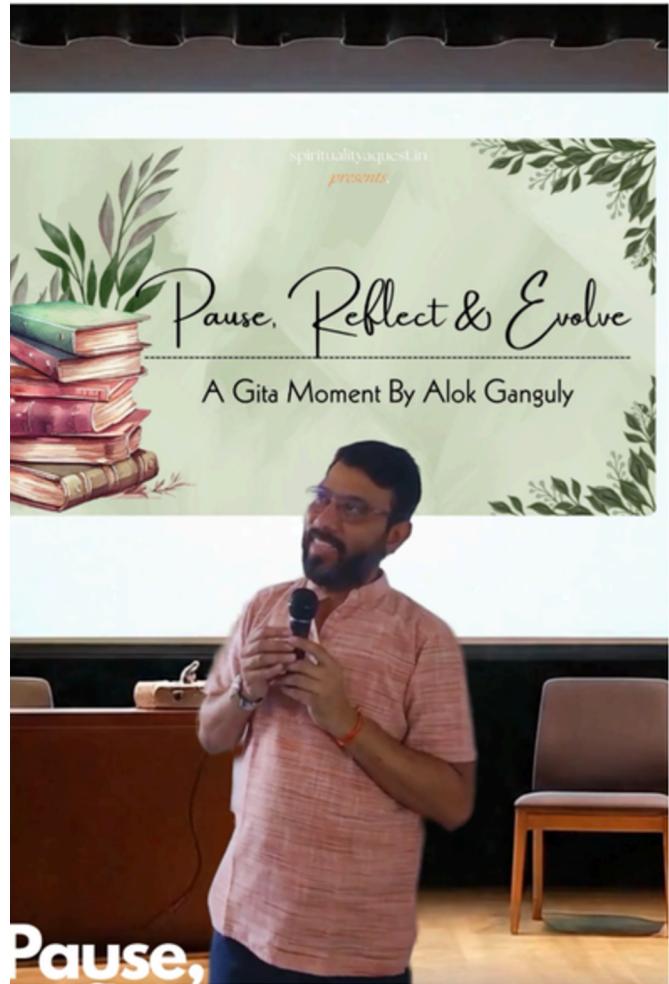
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Event Gallery



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