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सत्यमेव जयते

अखिल भारतीय तकनीकी शिक्षा परिषद्

(भारत सरकार का एक सांविधिक निकाय)

(मानव संसाधन विकास मंत्रालय, भारत सरकार)

नेल्सन मंडेला मार्ग, वसंत कुंज, नई दिल्ली-110070

ALL INDIA COUNCIL FOR TECHNICAL EDUCATION

(A Statutory Body of the Govt. of India)

(Ministry of Human Resource Development, Govt. of India)

Nelson Mandela Marg, Vasant Kunj, New Delhi-110070

F.No. AICTE/P&AP/FDP-SI SAHAJAYOGA/2019/1092

Dated : 14-06-2019

To

Sh Nischal Kapoor.
National Youth Coordinator,
H.H. Shri Mataji Nirmala Devi Sahajayoga Trust
Qutab Institutional Area.
New Delhi- 110016

Subject: Inclusion of "SAHAJA YOGA" as a part of Student Induction Program.

Dear Sir,

In reference to your mail written to Prof. Rajeev Sangal, Chairman, National Coordination Committee-Student Induction Program, on above subject.

Considering the benefits of SAHAJA YOGA to improve moral values and ethics through inner transformation that leads to improve productivity of teachers and students by enhancing concentration, retention, agility and ability at mental, emotional and physical level. Prof Sangal has informed that SAHAJA YOGA is suitable to be part of Induction Program.

Accordingly, SAHAJA YOGA may be included in Student Induction Program & Faculty Development Program under physical activity or lecture by eminent personalities slots. These services will be provided free of cost by SAHAJA YOGA trust.

You may take up this issue with technical institutions directly.

Regards

Rajiv Kumar

Advisor-I

(Policy and Academic Planning Bureau)



सूचना का
अधिकार

डॉ. राजीव कुमार
उपाध्यक्ष
DR. RAJIV KUMAR
VICE CHAIRMAN

Phones : 23096677, 23096688
Fax : 23096699
E-mail : vch-niti@gov.in



भारत सरकार
नीति आयोग, संसद मार्ग
नई दिल्ली - 110 001
Government of India
NATIONAL INSTITUTION FOR TRANSFORMING INDIA
NITI Aayog, Parliament Street,
New Delhi - 110 001

07th January, 2022

MESSAGE

It gives us immense pleasure to know that National Wing of International Sahaja Yoga is coming up with a campaign to reach out to more than one million youth in India to bring awareness about Yoga & meditation and thus to improve the immunity & lead a hygienic life through Sahaja Yoga meditation.

Also happy to note that unique discovery by H.H. Shri Mataji Nirmala Devi and Her services to mankind is being appreciated worldwide. People from all walks of life has benefited from Her services.

I wish them all the best for the their endeavour in rendering community services to benefit youth at large in India, also congratulate all the volunteers.

(Rajiv Kumar)



NEW DELHI MUNICIPAL COUNCIL
PALIKA KENDRA: NEW DELHI
EDUCATION DEPARTMENT

No. D-12 /DEO(B)/Edn/2018

Dated Feb. 26, 2018

C I R C U L A R

Sub: - Moral Development of Children through Inner Transformation by Sahaja Yoga in easy-to-do total 9 sessions during zero/yoga period

As per approval of the Competent Authority/Chairperson, NDMC H.H. Shri Mataji Nirmala Devi Sahaja yoga Trust is allowed to organize their Workshop for all NDMC & Navyug Schools during the month of April, 2018 with the mutual co-ordination with the HOS of each school as convenient to both regarding dates. The workshop will be organized in 6 Sessions of 35-40 Minutes each per day for students & 3 Session of 30-35 minutes for teachers in Zero Period

2. The agenda of Six Session Yoga Program for Students (30-45 min. each) is given below:

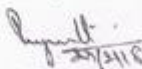
Session I	<ul style="list-style-type: none">• Introduction to Sahaja Yoga• Awakening of the inner Energy
Session II	<ul style="list-style-type: none">• Balancing• Introduction to the subtle system
Session III	<ul style="list-style-type: none">• Raising energy and Protecting oneself• How to Meditate everyday
Session IV	<ul style="list-style-type: none">• Introduction to the Founder and Science of Sahaja Yoga• Vibratory awareness for everyday decision making
Session V	<ul style="list-style-type: none">• Personality improvement• Self-evaluation
Session VI	<ul style="list-style-type: none">• Sahaja Yoga Meditation in everyday life (benefits of regular meditation)• How to help others do meditation

3. The agenda of Three Session Yoga Program for Teachers (30-35 min. each) is given below:

Session I	<ul style="list-style-type: none">• How to solve one's physical, mental and emotional problems through meditation
Session II	<ul style="list-style-type: none">• How to improve productivity and inspire students
Session III	<ul style="list-style-type: none">• How to improve personality and approach towards work and life• How to help others gain from meditation

4. All HOS of NDMC & Navyug Schools may ensure proper discipline during the whole program & also co-ordinate with the representatives/volunteers of Sahaja Yoga.

5. Sh. Vijay Pal, Dy.Education Officer (B) from NDMC & Sh. Nischal Kapoor from Sahaja Yoga will be the Nodel Officers for this programme.


(R. P. Gupta)
Director (Education)

To

1. ALL HOS of NDMC & NAVYUG SCHOOLS.
2. H.H. Shri Mataji Nirmala Devi Sahaja Yoga Trust, C-17,
Qutub Institutional Area, 11nd Floor, Behind Qutab Hotel, N.D.-16

Copy to

1. All DEOs
2. PS to Secretary for information please
3. PS to Chairman for information please



दिल्ली प्रौद्योगिकी विश्वविद्यालय
DELHI TECHNOLOGICAL UNIVERSITY
(Formerly Delhi College of Engineering)

DTU
Delhi Technological
UNIVERSITY

TO WHOMSOEVER IT MAY CONCERN

This is to certify that “**Sahaja Yoga Team**” have participated in first year Students induction program during 3 - 6 August 2019 and conducted meditation sessions which was very much appreciated by the students.

I wish to congratulate and thank the entire team for taking interest in serving the humanity.

7/8/19
Delhi

Dr. T. Vijaya Kumar
Head
Centre for Value based Education



अखिल भारतीय आयुर्वेद संस्थान
ALL INDIA INSTITUTE OF AYURVEDA (AIIA)
(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)
(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

Date: 2-7-2019

To,

The Program Coordinator,
Sahaja Yoga International
New Delhi, India

Dear Sir/ Madam,

Subject: Sahaja Yoga Workshop.

We, at AIIA (All India Institute of Ayurveda, Under the Ministry of Ayush) feel pleasure in expressing our heartfelt gratitude for conducting a 90 minutes' session of Sahaja Yoga Meditation absolutely free of charge for our employees on 29.04.2019 (Saturday).

The session was extremely useful for all our participants and has definitely shown light of self-realization and inner potential. It was really a unique experience and it will definitely benefit everyone who practices it.

The resource persons promptly and meticulously interacted with all attendees. I acknowledge that their expert guidance definitely helped us. We hope to continue to have many Sahaja Yoga Sessions in future also.

We would also like to thank the entire Team along with the speakers Dr. Rajiv Kumar (Vice-chairman of the NITI Aayog), Dr. Vineeta Shankar (Director at Pahle India Foundation) and Presenter Mr. Gaurav Srivastava (Manager in a Power Sector Company)

Based on our strong positive experience, we sincerely recommend this unique system of meditation propounded by H.H. Shri Mataji Nirmala Devi for all organizations and individuals.

Thanks and Regards,

Prof. (Dr.) Tanuja Manoj Nesari
Director, AIIA

दौलत राम कॉलेज

(दिल्ली विश्वविद्यालय)

4, पटेल मार्ग, मौरिस नगर, दिल्ली-110007

फोन: 27667863 फैक्स: 27666990

ईमेल : daulatramcollegedu@gmail.com

वेबसाइट : www.dr.du.ac.in



Daulat Ram College
(UNIVERSITY OF DELHI)

4, PATEL MARG, MAURICE NAGAR,
DELHI-110007

PHONE : 27667863 FAX : 27666990

Email : daulatramcollegedu@gmail.com,

Website : www.dr.du.ac.in

A Star Status by G.O.I & NAAC Accredited 'A' Grade College

DRC/82-CM/2020/

24th July, 2020

Mr. Gaurav Srivastava
Mechanical Engineer
National Head
Power Equipment Manufacturing Company

Subject: Letter of Appreciation

Dear Sir,

We wish to express our appreciation and convey our gratitude to you for conducting the practical session on "**Self Realisation**" during the National Webinar on Sahajayoga Meditation: Discover Inner Peace & Positivity organised by the Commerce Department on 11th July 2020 at Google Meet Platform.

The positive responses to the webinar are a reflection that your presentation was very well received by the participants. The attendees thought that the webinar was highly informative, thought provoking and provided valuable perspective on importance of Sahajyoga meditation.

We know your time is precious and we are grateful that you shared some of it with us. We look forward to a continued association with you for our future endeavours.

Once again, thank you for your contribution in making the webinar successful, and we hope for your continued support.

Yours Sincerely

Sushma Arora
Convenor
National Webinar

Dr Savita Roy
Principal



किरोड़ी मल कॉलेज
दिल्ली विश्वविद्यालय, दिल्ली-११०००७
KIRORI MAL COLLEGE
University of Delhi, Delhi-110007

23 June 2021

TO WHOMSOEVER IT MAY CONCERN

We at Kirori Mal College would like to sincerely thank Mr. Anish Kohli for conducting a session on Sahaja Yoga on the occasion of 7th International Day of Yoga for students, staff and faculty on 21st June, 2021 over zoom under aegis of "Kirori Mal College Alumni network".

The session was quite engaging and appreciated well by the participants; It was indeed a unique experience for all of them. This session will hopefully help all towards their career growth and path forward as well as in managing stress through the amazing technique of Sahaja Yoga meditation. We once again thank Mr. Anish Kohli for holding this session for the benefit of our institute and look forward for more such sessions in the future.

V. Chauhan

Prof. Vibha Singh Chauhan
Principal
Kirori Mal College

Seema Joshi 24/6/2021

Prof. Seema Joshi
Staff Coordinator
Kirori Mal College Alumni Network



Dr. Hemalatha Reddy
Principal

శ్రీ వేంకటేశ్వర కళాశాల
Sri Venkateswara College
(University of Delhi)

Benito Juarez Road, Dhaula Kuan, New Delhi - 110021
Ph.: 011-24112196, 24118590, Telefax : 011-24118535
principal@svc.ac.in

H.H. Shri Mataji Nirmala Devi Sahaja Yoga Trust,
C-17, Qutub Institutional Area,
New Delhi - 110 016

20th April, 2011

Sub: Sahaja Yoga Meditation Workshop

Dear Sir,

We, the Management of Sri Venkateswara College express our heartfelt gratitude to the Delhi Chapter of Sahaja Yoga World Foundation for conducting a 2 day Sahaja Yoga Meditation Workshop for Inner Balance, Stress Management and Improved IQ, EQ and SQ for the faculty, staff and students of our esteemed college.

Both the sessions presented scientifically and based on direct and palpable experience were well understood, well received and very much appreciated by the faculty and students alike. Apart from experiencing instant relief from stress and mental tiredness, the participants felt an inner peace, balance and a state of thoughtless awareness never experienced before. It was a very unique, beautiful and a joyous experience to feel the Divine Power on one's own central nervous system and we are very sure that if practiced regularly, Sahaja Yoga Meditation ensures tremendous rich benefits for the practitioners.

It is indeed gratifying that the Sahaja Yoga Meditation Workshop Team is conducting these highly professional meditation courses that are tailor-made for Colleges, on a completely voluntary basis!

We hope to continue these Sahaja Yoga Meditation Workshops in future on a regular basis for the benefit of our students, faculty and staff.

Thanking you,

Yours Sincerely,

PRINCIPAL



HMR Institute of Technology & Management

(An ISO 9001 : 2008 Certified Institute, Approved by AICTE & Affiliated to Guru Gobind Singh Indraprastha University)

Hamidpur, Delhi-110036 Phone : 27724114-15-16-17-18 Fax : 27724113
E-mail : hmritmdirector@gmail.com

September 24, 2019

To whomsoever it may concern

On behalf of the HMR Institute of Technology & Management, Hamidpur, Delhi, I would like to thank the team 'Sahajayoga Meditation' for conducting a meditation workshop on 20th September 2019 at our institution. The Workshop was really enlightening and relaxing that taught the importance of wellness and inner balance. The session was thoroughly enjoyed and appreciated by all the faculty and staff members attended from our institute.

Once again, I wish to congratulate and thank the entire team for taking interest in serving the humanity

Dr. V.C. Pandey

Director

HMR Institute of
Technology & Management
Hamidpur, Delhi-110036

24/9



Phonics School of Engineering, Roorkee

Phonics School of Business Administration, Roorkee

Dated: 05/04/11

To

H.H. Shri Mataji Nirmala Devi Sahaja Yoga Trust

Qutub Institutional Area

Delhi

Sub: Sahaja Yoga Meditation workshop

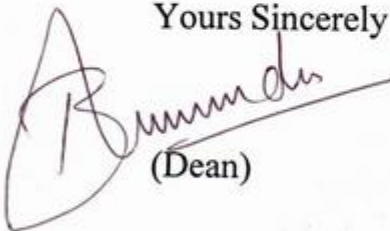
Dear Sir,

We at Phonics Group of Institutions are sincerely thankful to Sahaja Yoga Foundation for Conducting Stress Management Workshop using Sahaja Yoga for our students.

This workshop based on scientific approach has been well understood and appreciated by the participants. Apart from instant relief from stress and tiredness, this Sahaja Yoga technique has resulted in improved EQ, SQ and provided peaceful and balanced mental state to our employees. It was unique and joyous experience to the power on one's own nervous system.

We plan to continue these workshops in future for the overall development of our Students.

Yours Sincerely



(Dean)

Seth Bimal Prasad Jain Trust Group of Institutions

Head Office :

73, New Haridwar Road,
Roorkee-247667 (U.Kd.)

Contact No. :

01332-218219
9756543333

E-mail :

Jain_institutes@yahoo.com



रामानुजन कॉलेज

नैक द्वारा मान्यता प्राप्त ग्रेड 'ए'
(दिल्ली विश्वविद्यालय)
सी.आर. पार्क मेन रोड, ब्लॉक एच,
कालकाजी, नई दिल्ली - 110019

RAMANUJAN COLLEGE

Accredited Grade 'A' by NAAC
(University of Delhi)
C.R. Park Main Road, Block H,
Kalkaji, New Delhi-110 019

Certificate of Appreciation and Gratitude to Sahaja Meditation Centre

Sahaja Yoga Meditation Centre
C-17, Qutab Institutional Area
New Delhi-110016

An online workshop on "Stress Management through Sahaja Yoga Meditation" in the wake of COVID-19 was organized by Women Development Cell and Gender Champions, Ramanujan College, University of Delhi on 10th September 2020.

The participants greatly appreciated the webinar conducted through presentation and experiential learning. The workshop was a success; the participants felt the state of thoughtless awareness, peace and bliss, also refreshed and energized which will definitely help the participants to perform more effectively. The participants stated that they would recommend the same for other college students since it was a unique workshop conducted in an extremely lucid and scientific manner which had a positive impact on the participants. Their experience was very fruitful for which we express our gratitude to the Sahaja Yoga Meditation Centre and its team which introduced us to this joyful life-experience of busting stress and dealing with the challenges of COVID-19 in such a simple way.

Thanks & Regards,

(Dr. S.P. Aggarwal)
Principal

Principal
Ramanujan College
(University of Delhi)
Kalkaji, New Delhi-110019



DELHI HIGH COURT BAR ASSOCIATION

SHER SHAH ROAD, NEW DELHI-110003 TELEPHONES : 011-2338-5562, 2338-5943

Date: 21st April, 2009

The Chairperson
Life Eternal Trust
C-17, Qutub Institutional Area,
New Delhi

Re.: Sahajayoga Meditation for Delhi High Court Bar Association.

Dear Sir,

This is to put on record the three day workshop done in Delhi High Court Bar Association for its members. The 3 day workshop i.e. 30th March, 2009 to 1st April, 2009) on stress management and improved physical, mental and spiritual well being thru sahayayoga meditation was very well conducted and appreciated by all those who attended the workshop.

We are thankful to the Delhi Sahajayoga team to bring this meditation technique by Shri Mataji Nirmala Devi in such a easy to practice method.

I am sure with the large audience of members who participate and attended the session, more such sessions will be conducted in coming months. We are looking forward to similar such sessions for our members and would request the sahayayoga team to be available for same.

I am sure with the stressful conditions in which all members work this simple technique of sahayayoga meditation practiced regularly will bring peace, harmony and good health to all.

Thanking you,

(D.K.Sharma)
Hony. Secretary

Hony. Secretary
Delhi High Court Bar Association