

# पावर ग्रिड कारपोरेशन ऑफ इंडिया लिमिटेड

(भारत सरकार का उद्यम)

## POWER GRID CORPORATION OF INDIA LIMITED

(A Government of India Enterprise)



पावरग्रिड

केन्द्रीय कार्यालय : "सौदामिनी" प्लॉट सं. 2, सेक्टर-29, गुडगाँव-122 001, हरियाणा

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संदर्भ संख्या/Ref. Number

The Coordinator

Sahaja Yoga Centre

C-17, Qutab Institutional Area

New Delhi – 110016

Dear Sir,

We at POWERGRID would like to sincerely thank you for conducting a 3 hour programme on 13.03.16 (Sunday) for our employees and their families which included both a practical guide to "Stress Management through Sahaja Yoga Meditation" as well as wonderful performances by international music & dance artists.

The programme was very well conducted and all the participants could understand theoretical and practical aspects of Sahaja Yoga. The music & dance performance were also very soulful and heart touching. We have received feedback from most of the participants stating that the programme was very well conducted and very helpful for them. Many of our employees would like to practice this meditation with your continued support and help.

We would like to sincerely recommend this unique system of meditation propounded by H.H. Shri Mataji Nirmala Devi for all organizations and individuals.

Thanks & Regards,

(R.N.Singh)

Executive Director

TBCB Group

पंजीकृत कार्यालय : बी-9, कुतब इंस्टीट्यूशनल एरिया, कटवारिया सराय, नई दिल्ली-110016 दूरभाष : 26560121 फैक्स : 011-26560039 तार 'नेटग्रिड'  
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स्वहित एवं राष्ट्रहित में ऊर्जा बचाएं

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