

Prof. (Dr.) Navin Sheth
Vice Chancellor



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GTU/VCO/SahajYoga/2022/490

Date: 24/01/2022

To,
The Principals/ Directors
All Affiliated Institutes
Gujarat Technological University

Subject: Sahaja Yoga Free Meditation for Students & Staff

Dear Sir/Madam,

With reference to the letter received from Sahaja Yoga Free Meditation regarding providing unique technique of Sahaja Yoga Meditation for mental and emotional resilience, personality development and stress management for students and faculties, you are requested to circulate this information among all the students & staff of your institute.

Kindly note that this program is available **at free of cost** so it is suggested to take benefit of such program. For arranging this program you may directly contact to Mr. Harsh Panchal (Mo. 73593 24857)

Looking to the current scenario of COVID19, I believe that yoga/ Meditation will be helpful.

With regards,


Prof. (Dr.) Navin Sheth

Encl:

- Letter from AICTE
- Brief about Sahaja Yoga

Winners of :-SSIP Prashansa Award by Education Department, Government of Gujarat, 2019 ♦ 1st Rank in Gujarat State Institutional Rating Framework (GSIRF) by Education Department, Government of Gujarat, 2019 ♦ Most Upcoming University in Western India The Edumeet & Excellence Awards, ASSOCHAM, 2018 ♦ Best Technical University Award at National Convention of ISTE, 2017

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