



Sahyadri Shikshan Sanstha's

SAHYADRI POLYTECHNIC - SAWARDE

Tal - Chiplun, Dist- Ratnagiri, 415 606. Ph. (02355) 264173, 264215

(APPROVED BY: A.I.C.T.E.DELHI & DIRECTORATE OF TECHNICAL EDUCATION MAHARASHTRA - MUMBAI)

Ref. 184/SPS/2015-16

Date :- 23/07/2015

To ,
Mr.Rajiv Singh
General Manager,
RAYMONDS,
Thane.

Dear Sir

I just want to thank you for coming to speak to our college organization. Your lecture on '**SAHAJ-YOG Expertee**' was interesting and informative. We would like very much to host you again at your convenience time in college for sharing your knowledge to our students. Your speech will benefit a number of students and will be valuable for many years down their line.

I once again thank you for your time and consideration.

With gratitude,
Yours

"Sahyadri Ploytechnic, Sawarde"



Principal
Sahyadri Polytechnic Sawarde
Tal. Chiplun, Dist. Ratnagiri
Ph. 02355- 264173

AICUF MAHARASHTRA
ST. XAVIER'S COLLEGE (AUTONOMOUS), MUMBAI.

SAHAJA YOGA MEDITATION CENTRE
C-17, QUTAB INSTITUTIONAL AREA
NEW DELHI - 110016

AN ONLINE WORKSHOP ON 'STRESS & SELF MANAGEMENT THROUGH SAHAJA YOGA MEDITATION IN THE WAKE OF COVID-19' WAS CONDUCTED FOR STUDENTS OF ST. XAVIER'S COLLEGE, MUMBAI ON 27TH JUNE 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 ENERGISED WHICH WILL DEFINITELY HELP THE PARTICIPANTS TO PERFORM MORE EFFECTIVELY.

IT WAS A UNIQUE EXPERIENCE AND THE FACULTY CONDUCTED THE WORKSHOP 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.

WE ARE WRITING YOU THIS LETTER TO THANK YOU FOR JOINING US IN OUR ENDEAVOUR OF UNFINISHED BUSINESS - A WEBINAR SERIES! SEASON TWO!

WE COULDN'T HAVE DONE THIS WITHOUT YOU AND YOUR SUPPORT. YOUR ENTHUSIASM FOR OUR SERIES MADE US WORK HARDER! UNFINISHED BUSINESS HAS COMPLETED 6 MONTHS OF BEING INTO EXISTENCE AND WE'VE CONDUCTED WEBINARS NEARLY EVERY OTHER DAY AND WE ARE SO GLAD YOU WERE A PART OF IT.

THANK YOU SO MUCH FOR TAKING TIME OFF YOUR BUSY SCHEDULES AND JOINING US IN OUR JOURNEY OF MAKING PEOPLE HAPPIER DURING THE HARD TIME! OVER THE WEEKS WE'VE HAD MORE THAN 8000 PARTICIPANTS AND REGISTRATIONS WHICH IS A BIG THING FOR ANY COLLEGE ORGANISATION ESPECIALLY OURS THAT WORKS TOWARDS MAKING THIS WORLD A BETTER PLACE.

ONCE AGAIN THANK YOU SO MUCH FOR CONDUCTING A SESSION AND WE ARE BEYOND GRATEFUL!

WARM REGARDS,
ANUSHKA AGARWAL,
STATE PRESIDENT,
AICUF - MAHARASHTRA.

ST. XAVIER'S COLLEGE (AUTONOMOUS), MUMBAI.

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