



## JAYAMUKHI INSTITUTE OF TECHNOLOGICAL SCIENCES

U.G.C. AUTONOMOUS

(Approved by AICTE & Permanently affiliated to JNTUH)

Date: 31-10-2020

Warangal

To,

Sahaja Yoga Meditation Centre

C-17, Qutab Institutional Area

New Delhi – 110016

Sub: Feedback of Workshop on Stress Management & Immunity Boosting through Sahaja  
Yoga Meditation-reg.

An online workshop on 'Stress Management & Immunity Boosting through Sahaja  
Yoga Meditation' was conducted for our faculty and students on today.

The participants greatly appreciated the session comprising lecture, presentation and  
practical experience. The participants felt peaceful and relaxed, refreshed and energised, with  
a practical guidance to deal with emotional and stress-related challenges, looming large in  
today's world, on a daily basis.

The workshop was conducted in a lucid and scientific manner. The experience was  
very fruitful for which we express our gratitude to Sahaja Yoga Meditation Centre and its  
team for introducing us to this joyful life-experience of busting stress and dealing with the  
challenges of COVID-19 in such a simple way.



M. L. Rao

Dr.M.Lokanadha Rao

Principal

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