



75
आज़ादी का
अमृत महोत्सव



ग्रुप कैप्टन एम विनय कुमार

कमान अधिकारी

Group Captain M Vinay Kumar

Commanding Officer

दूरभाष/Tele : 079-23242600 / 7600 (O)

टेली फैक्स/Telefax : 079-23200963

मोबाईल/Mob : +91 9499646097/9720587799

मुख्यालय दक्षिण पश्चिम वायु कमान (युनिट)

भारतीय वायु सेना

वायु शक्ति नगर

गांधीनगर - 382 042 (गुजरात)

HQ South Western Air Command (Unit)

Indian Air Force

Vayu Shakti Nagar

Gandhinagar - 382 042 (Gujarat)

SWAC(U)/26190/Pers

08 Jul 24

Sahaja Yoga Team

(Ahmedabad & Gandhinagar)

Gujarat

**SUBJECT: WORKSHOP ON 'WELLNESS THROUGH SAHAJA
YOGA MEDITATION'**

Dear Wg Cdr Bhatnagar and team,

1. This is with reference to an introductory workshop on 'Wellness through Sahaja Yoga' which was conducted at HQ SWAC of Indian Air Force on 04 Jul 24.

2. It is to inform that the session was very educative which brought out the concept of Yoga through Kundalini Awakening very clearly. It was a wonderful experience to feel peace in a stress-free environment. It has motivated the participants to practice this simple and spontaneous form of yoga to relieve their modern-day stress. Keeping in view the overwhelming response, a weekly 'Sahaja Yoga' practice is being planned for the volunteers.

3. On behalf of all ranks, I express heartfelt appreciation and gratitude to the team for benign gesture of conducting Sahaja Yoga workshop which shall surely help our airwarriors in fighting stress and leading a healthy & joyful life.

Warm regards!

Yours Sincerely,