



**एनटीपीसी लिमिटेड**  
(भारत सरकार का उद्यम)  
**NTPC Limited**  
(A Govt. of India Enterprise)

सोलापुर / **Solapur**

Ref.:NTPC/Solapur/HR-EDC/RLI/2020-21/

Date: 27 June 2020

The Coordinator,  
SAHAJA YOGA CENTRE,  
C-17, Qutab Institutional Area,  
NEW DELHI – 110 016.

Dear Sir,

A three-day Workshop on “Stress Management through Sahaja Yoga Meditation” was conducted by RLI-Solapur for NTPC personnel from 22<sup>nd</sup> to 24<sup>th</sup> June 2020 through a webinar.

We would like to sincerely thank you for conducting such a wonderful workshop for our personnel and their family members. The participants greatly appreciated the sessions conducted through lecture, presentation and experiential learning. During the workshop, the participants felt the state of thoughtless awareness, peace and bliss as well as refreshed and energized which will definitely help them to perform their day-to-day works effectively.

It was a unique experience and the faculty Sh.Nitin Jindal conducted this workshop in an extremely lucid and scientific manner which had a positive impact on the participants. 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 enhancing our IQ, EQ and SQ in such a simple manner.

Thanks and Regards,

( Dr.A K Dang )

Addl.General Manager (HR-EDC/RLI)

रीजनल लर्निंग इंस्टीट्यूट // Regional Learning Institute

सोलापुर सुपर थर्मल पावर प्रोजेक्ट / SOLAPUR SUPER THERMAL POWER PROJECT,  
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