



Department of Student Welfare
Liberal Education

Govind Ballabh Pant University of Agriculture and Technology,
Pantnagar, Uttarakhand, India
Pin code: 263 145



Dr. Deepa Vinay
Co-ordinator,
Liberal Education

DSW/.....
Date: 30/8/12

**H.H.Shri Mataji Nirmala Devi Sahaja Yoga Trust,
C-17, Qutub Institutional Area,
New Delhi-110016**

Sub: "Workshop on Overall Personality Development & Stress Management through Self Realization"

Dear Sir,


We, the staff and students of G.B. Pant University of Agriculture & Technology express our heartfelt gratitude to the Delhi Chapter of Sahaja Yoga World Foundation for conducting self realization workshop for overall personality development, inner balance, stress management and improved IQ, EQ and SQ for the staff and students of our esteemed University.

The session was presented scientifically based on direct and palpable experience well received and very much appreciated by the faculty and students. Apart from experiencing instant relief from stress and mental tiredness, the participants felt an inner peace, balance and a state of thoughtless awareness never experienced before. It was a very unique, beautiful and a joyous experience to feel the Divine Power on one's own central nervous system and we are very sure that if practiced regularly, Sahaja Yoga Meditation ensures tremendous rich benefits for the practitioners.

We hope to continue these Workshops in future for the benefit of the students and staff members.

Thanking you,

Yours Sincerely,


Deepa Vinay
Co-ordinator, Liberal Education