



झारखण्ड केन्द्रीय विश्वविद्यालय
Central University of Jharkhand
(Established by an Act of Parliament of India, 2009)

To,
The Program Coordinator,
Sahaja Yoga International
New Delhi

Subject: **Sahaja Yoga Workshop.**

Dear Sir/ Madam,

With due deference, I in the capacity of the programme officer of the Central university of Jharkhand NSS unit extend my heartfelt gratitude for conducting a 90 minutes' session of Sahaja Yoga Meditation for our e university family employees on 16 April 2019.

The session was extremely useful for all our participants and has definitely shown light of self-realization and inner potential. It was really a unique experience and it will definitely benefit everyone who practices it.

The resource persons promptly and meticulously interacted with all attendees. I acknowledge that their expert guidance definitely helped us. We hope to continue to have many Sahaja Yoga Sessions in future also.

We would like to sincerely recommend Sahaja Yoga founded by H.H. Shri Mataji Nirmala Devi for all organizations and individuals on no charge basis.

Thanks and Regards,

(Sudhanshu Shekhar)

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