

Sahyadri Shikshan Sanstha's

SAHYADRI POLYTECHNIC - SAWARDE

Tal - Chiplun, Dist- Ratnagiri, 415 606. Ph. (02355) 264173, 264215
(APPROVED BY: A.I.C.T.E.DELHI & DIRECTORATE OF TECHNICAL EDUCATION MAHARASHTRA - MUMBAI)

Ref. 184 | SPS | 2015-16

Date: 23 07 2015

To, Mr.Rajiv Singh General Manager, RAYMONDS, Thane.

Dear Sir

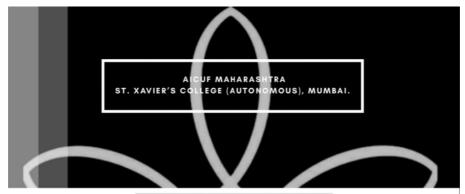
I just want to thank you for coming to speak to our college organization. Your lecture on 'SAHAJ-YOG Expertee' was interesting and informative. We would like very much to host you again at your convenience time in college for sharing your knowledge to our students. Your speech will benefit a number of students and will be valuable for many years down their line.

I once again thank you for your time and consideration.

With gratitude, Yours "Sahyadri Ploytechnic, Sawarde"



Sahwadti Polytechnic Sawarde Tal. Chiplun, Dist. Ratnagiri Ph. 02355- 264173



SAHAJA YOGA MEDITATION CENTRE C-17, QUTAB INSTI<mark>TUTIONAL</mark> AREA NEW DELHI - 110016

AN ONLINE WORKSHOP ON 'STRESS O SELP MANAGEMENT THROUGH SAHAJA YOCA MEDITATION IN THE WAKE OF COVID-19'
WAS CONDUCTED FOR STUDENTS OF ST. XAVIER'S COLLEGE, MUMBAI ON 27TH JUNE 2020.
THE PARTICIPANTS GREATLY APPRECIATED THE WEBINAR CONDUCTED THROUGH PRESENTATION AND EXPERIENTIAL
LEARNING. THE WORKSHOP WAS A SUCCESS. THE PARTICIPANTS FELT THE STATE OF THOUGHTLESS AWARENESS, PEACE
AND BLISS, ALSO REFRESHED AND ENERGISED WHICH WILL DEFINITELY HELP THE PARTICIPANTS TO PERFORM MORE
EFFECTIVELY.

IT WAS A UNIQUE EXPERIENCE AND THE FACULTY CONDUCTED THE WORKSHOP IN AN EXTREMELY LUCID AND SCIENTIFIC
MANNER WHICH HAD A POSITIVE IMPACT ON THE PARTICIPANTS. THEIR EXPERIENCE WAS VERY FRUITFUL FOR WHICH WE
EXPRESS OUR GRATITUDE TO THE SARAJA YOGA MEDITATION CENTRE AND ITS TEAM WHICH INTRODUCED US TO THIS
JOYFUL LIFE-EXPERIENCE OF BUSTING STRESS AND DEALING WITH THE CHALLENGES OF COVID-19 IN SUCH A SIMPLE WAY.

WE ARE WRITING YOU THIS LETTER TO THANK YOU FOR JOINING US IN OUR ENDEAVOUR OF UNFINISHED BUSINESS - A WERINAR SERIES! SEASON TWO!

WE COULDN'T HAVE DONE THIS WITHOUT YOU AND YOUR SUPPORT. YOUR ENTHUSIASM FOR OUR SERIES MADE US WORK HARDER! UNFINISHED BUSINESS HAS COMPLETELED 6 MONTHS OF BEING INTO EXISTENCE AND WE'VE CONDUCTED WEBINARS NEARLY EVERY OTHER DAY AND WE ARE SO GLAD YOU WERE A PART OF IT.

THANK YOU SO MUCH FOR TAKING TIME OFF YOUR BUSY SCHEDULES AND JOINING US IN OUR JOURNEY OF MAKING PEOPLE HAPPIER DURING THE HARD TIME! OVER THE WEEKS WE'VE HAD MORE THAN 8000 PARTICPANTS AND REGISTRATIONS WHICH IS A BIG THING FOR ANY COLLEGE ORGANISATION ESPECIALLY OURS THAT WORKS TOWARDS MAKING THIS WORLD A BETTER PLACE.

ONCE AGAIN THANK YOU SO MUCH FOR CONDUCTING A SESSION AND WE ARE BEYOND GRATEFUL!

WARM REGARDS WARN REVARDS.
ANUSHKA AGARWAL.
STATE PRESIDENT.
AICUF - MAHARASHTEA.
ST. XAVIER'S COLLEGE (AUTONOMOUS), MUMBAI.

