



Indian Institute of Management Lucknow

Prabandh Nagar, IIM Road, Lucknow-226 013 (U.P.) India

भारतीय प्रबन्ध संस्थान लखनऊ

प्रबन्ध नगर, आई आई एम रोड, लखनऊ-226 013 (उ.प्र.) भारत

TO WHOSOEVER IT MAY CONCERN

We at IIM Lucknow would like to sincerely thank **Sahaja Yoga International** for conducting a session for our Management (PGP and FPM) students, defence (DGMP) students, staff and faculty on 20th Feb, 2020 at IIM Lucknow.

The session was quite engaging and appreciated well by the participants; it was indeed a unique experience for all of them. This session will hopefully help all towards their career growth and path forward as well as in managing stress through the amazing technique of Sahaja Yoga Meditation. We once again thank Sahaja Yoga International for holding this Session for the benefit of our institute and look forward to more such sessions in the future.

Shrenik Shah
Event Secretary
Student Council

प्रो० राजेश के० ऐथल
Prof. Rajesh K. Aithal
अध्यक्ष, स्टूडेंट अफेयर्स
Chairman, Student Affairs
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Prabandh Nagar, IIM Road, Lucknow



इंस्टीट्यूट ऑफ इंजीनियरिंग एण्ड टेक्नोलाजी INSTITUTE OF ENGINEERING & TECHNOLOGY

सीतापुर रोड, लखनऊ - 226021 (उ.प्र.) भारत
Sitapur Road, Lucknow - 226021 (U.P.) India

Ref: IET/ ASD/IET/2021-2024

Dated: 20 Dec 2021

Team SahajYoga,
Lucknow.

What a success!

Thank you for delivering such wonderful online Yoga and Meditation session for our first year students in 15 Days AICTE Students Induction Program (eSIP).

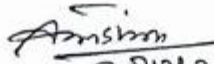
Your energy flow gift, combined with enthusiasm of our students, will help make a positive impact on our community. Your contribution will change lives, shape our community, and get positive bottom line results.

I want to express my sincere appreciation for your whole hearted support in the effort to shape the young minds through Yoga and Meditation. Your commitment as team was incredibly generous and helped reach our fundamental goal of providing support and impacts the lives of our students in all possible ways. You being 'The Trainer' is amazing with such enthusiasm and dedication you captured the hearts of our students and all of us. Keep up the good job!

Today, in this pandemic, the entire world is struggling to cope with the mental stress and anxiety, especially school and college going students who require constant mental and physical nourishment; your contribution was outstanding and well appreciated.

Thank you again for your time and effort, we look forward to many more associations with you.

Yours Sincerely,


Dr SN Mishra
eSIP - Coordinator
IET- Lucknow


Dr R.C.S Chauhan
eSIP - Coordinator
IET- Lucknow



Navyug Kanya Mahavidyalaya, Lucknow

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Date-08.12.2021

TO WHOM SO EVER IT MY CONCERN

We at Navyug Kanya Mahavidyalaya, Lucknow would like to sincerely thank **Sahaja Yoga International** for conducting a session for our students, staff and faculty on 08 December, 2021 at Navyug Kanya Mahavidyalaya, Lucknow.

The session was quite engaging and appreciated well by the participants ; it was indeed a unique experience for all of them. This session will hopefully help all towards their career growth and path forward as well as in managing stress through the amazing technique of Sahaja Yoga International for holding this session for the benefit of our institute and look forward to more such sessions in the future.

Prof. Manjula Upadhyay
Principal,
Navyug Kanya Mahavidyalaya

Principal
Navyug Kanya Mahavidyalaya
Lucknow