



राष्ट्रीय राजमार्ग अभियन्ता प्रशिक्षण संस्थान  
(पोस्ट, सड़क परिवहन एवं राजमार्ग मंत्रालय, भारत सरकार)

ए-5, संस्थानिक क्षेत्र, सेक्टर-62, एन0एच024 बाई पास, नोएडा-201301 (उ० प्र०)  
NATIONAL INSTITUTE FOR TRAINING OF HIGHWAY ENGINEERS  
(Ministry of Shipping, Road Transport and Highways, Govt. of India)  
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All communications to this office  
should be addressed to the Director by  
designation and not by name

Dated: 19<sup>th</sup> May'09

To,  
The Sahaja Yoga Co-coordinator,  
Sahaja Yoga NCR Chapter,  
New Delhi

**Sub: Appreciation for conducting Sahaja Yoga Meditation Workshops**

Dear Sir / Madam,

We at National Institute of Training for Highway Engineers (NITHE) are sincerely thankful to Sahaja Yoga foundation for conducting Stress Management Workshops using **Sahaja Yoga** for our Trainees & employees.

These workshops are being held regularly almost on a weekly basis for last few months. We have been receiving excellent feedback from various batches, each batch undergoing such a workshop for 1-2 days.

These workshops based on scientific approach have been well understood and appreciated by participants. Apart from instant relief from stress and tiredness, these sessions have resulted in Improved EQ, SQ and providing balance and peaceful mental state for our employees. It was a unique and joyous experience to feel the power on one's own nervous system.

We once again thank your group and more importantly the founder of Sahaja Yoga Meditation, **H.H. Shri Mataji Nirmala Devi** for this excellent gift to humanity in modern times.

We plan to continue with these workshops to cover all our employees. I strongly recommend & request various organizations to invite the group for a presentation Which is absolutely **free of cost** but of **immense value**

Yours Sincerely,

  
( DIRECTOR )