



दिल्ली मेट्रो रेल कॉर्पोरेशन लि० DELHI METRO RAIL CORPORATION LTD.

(भारत सरकार एवं दिल्ली सरकार का एक संयुक्त उपक्रम)
(A JOINT VENTURE OF GOVERNMENT OF INDIA AND GOVT. OF DELHI)

Dated: 17.11.09

To

Sahajyoga Co-ordinator
Life Eternal Trust
C-17 Qutub Institutional Area
New Delhi – 110017

Sub: Stress Management and improved IQ, EQ, SQ through Sahaja Yoga Meditation.

DMRC would like to sincerely thank Life Eternal Trust Delhi for conducting a workshop on sahaja Yoga meditation for the Metro members in Metro Bhawan Barakhamba Road on 30th Oct. 2009.

Approx 100 members of our organization attended the Sahaja Yoga Workshop on stress management and improved IQ, EQ & SQ. Each session was very well conducted, the scientific approach to the same was well appreciated and understood by the members.

The feedback on the same from all participants was excellent and members have requested for more sessions to be conducted to allow more members to benefit from the technique of Sahaja Yoga meditation and apply the same in their personnel and official life to lead a stress free healthy and balanced life. It was a unique and spontaneous experience of the cosmic energy felt by almost all members and relaxed feeling after the session.

Looking forward to more such meditation session for Metro members.

Yours Sincerely,

17/11/09

(Karan Singh)

Executive Director/HR