



पीएनबी हाउसिंग फाइनेंस लि०

pnb Housing Finance Limited

(पंजाब नेशनल बैंक के पूर्ण स्वामित्व में सहायक कम्पनी)

(A wholly owned subsidiary of Punjab National Bank)

December 9, 2009

The Chairperson,
Life Eternal Trust,
C-17, Qutub Institutional Area,
New Delhi.

REG: Stress Management through Sahaja Yoga Meditation.

Sir,

We thankfully convey our appreciation to Life Eternal Trust Sahajayoga Team for conducting "Sahajayoga Meditation Workshop" for the employees of our organization on 1st and 2nd Dec. 2009.

We had around 30 employees (Including Managing Director , Sr, Executrive Vice President , Executive Presidents , Sr. Vice Presidents, Vice Presidents and others) attended the session of both two days anf enjoyed the same. This unique method of meditation based on an experience of the awakening of one's inner potential and process called as Self Realisation has been experienced by all attendees. We are sure this will go a long way in Stress Management and enjoying a balanced life at Physical, Mental and Spiritual level by all the participants. We are thankful to you and your team for conducting the workshop for our employees. All the sessions conducted were very simple and scientific. The feedback has been encouraging. We are planning to have daily meditation for 15 to 20 minutes in our organization to impart the Stress Management and Improved IQ,EQ, SQ through Sahajayoga Meditation.

Yours Faithfully

Sanjiv Sharda
(Sanjiv Sharda)

Executive Vice President – HR

