



**अखिल भारतीय आयुर्वेद संस्थान**  
**ALL INDIA INSTITUTE OF AYURVEDA (AIIA)**  
(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)  
(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

Date: 2-7-2019

To,

The Program Coordinator,  
Sahaja Yoga International  
New Delhi, India

Dear Sir/ Madam,

Subject: Sahaja Yoga Workshop.

We, at AIIA (All India Institute of Ayurveda, Under the Ministry of Ayush) feel pleasure in expressing our heartfelt gratitude for conducting a 90 minutes' session of Sahaja Yoga Meditation absolutely free of charge for our employees on 29.04.2019 (Saturday).

The session was extremely useful for all our participants and has definitely shown light of self-realization and inner potential. It was really a unique experience and it will definitely benefit everyone who practices it.

The resource persons promptly and meticulously interacted with all attendees. I acknowledge that their expert guidance definitely helped us. We hope to continue to have many Sahaja Yoga Sessions in future also.

We would also like to thank the entire Team along with the speakers Dr. Rajiv Kumar (Vice-chairman of the NITI Aayog), Dr. Vineeta Shankar (Director at Pahle India Foundation) and Presenter Mr. Gaurav Srivastava (Manager in a Power Sector Company)

Based on our strong positive experience, we sincerely recommend this unique system of meditation propounded by H.H. Shri Mataji Nirmala Devi for all organizations and individuals.

Thanks and Regards,

Prof. (Dr.) Tanuja Manoj Nesari  
Director, AIIA