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भारत सरकार
Government of India
परमाणु ऊर्जा विभाग
Department of Atomic Energy

प्रशासनिक भवन
डाकघर : के.ए.इन्दौर-452 013 (म.प्र.)
Administrative Building
P.O. : CAT, Indore-452 013 (M.P.)

राजा रामन्ना प्रगत प्रौद्योगिकी केन्द्र

RAJA RAMANNA CENTRE FOR ADVANCED TECHNOLOGY

Ref : A/SRWS/015/2026/2989

15.06.2026

To whomsoever it may concern

On behalf of Raja Ramanna Centre for Advanced Technology, Indore we sincerely thank **Sahaj Yoga Team from Indore** for conducting a wonderful session on **Sahaj Yoga meditation** for our staff and family members on 15th June 2026 as a part of ongoing International Day of Yoga-2026 celebrations.

During the session, Sahaja Yoga Team, Indore introduced the meditation technique, its importance and benefits in the technologically driven fast growing world. The participants have expressed satisfaction after attending the session. We are sure that they will inculcate the techniques learned from the session in improving the quality of health thereby improving the skills in their area of work.

We sincerely thank Sahaja Yoga Team coming over to this Centre and conducting the meditation session.



(Sajitha S Nair)

Chief Administrative Officer

सजिता एस. नायर/ **SAJITHA S. NAIR**
मुख्य प्रशासनिक अधिकारी/ Chief Administrative Officer
रा.रा.प्र.केंद्र, इन्दौर (म. प्र.)/ RRCAT, Indore-452 013



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सत्यमेव जयते

कार्यालय मुख्य आयकर आयुक्त

OFFICE OF THE CHIEF COMMISSIONER OF INCOME TAX

आयकर भवन, व्हाइट चर्च चौराहा, इन्दौर-452001.

Aayakar Bhawan, White Church Road, Indore - 452001.

On behalf of office of Chief Commissioner of Income Tax, Indore I sincerely thank Sahaj Yoga Team from Indore for conducting a wonderful session on Sahaj Yoga meditation for our staff and family members on 14th July 2026 as a part of ongoing wellness program at the Income Tax office, Indore.

During the session, Sahaja Yoga Team, Indore introduced the meditation technique, its importance and benefits based on a simple and authentic methods that facilitate spiritual awakening. The participants experienced the awakening of inner energy and have expressed satisfaction after attending the session. We are sure that they will inculcate the techniques learned from the session in improving mental and physical health thereby improving the skills in their areas of work.

We sincerely thank Sahaja Yoga Team coming over and conducting the meditation session.

सोम
28/7/26 .
(Dr. Tarun Seem, IRS)

CCIT, Indore

आयकर विभाग में कर्मचारियों ने सहजयोग किया



इंदौर/ आयकर विभाग में सहजयोग ध्यान कार्यक्रम आयोजित किया गया। इसमें मुख्य आयकर आयुक्त डॉ. तरुण सीम और प्रधान आयकर आयुक्त प्रवीण रावल मौजूद रहे। सहजयोग परिवार के रजनीश कुमार श्रीवास (मुख्य विधि सहायक, पश्चिम रेलवे) ने कुंडलिनी शक्ति जागरण और ध्यान के शारीरिक-मानसिक प्रभावों की जानकारी दी। डॉ. सीम ने इसे तनाव मुक्ति व स्वास्थ्य के लिए लाभकारी बताया। आयोजन में अपर आयकर आयुक्त आशीष पोरवाल सहित अनेक अधिकारी-कर्मचारियों ने सहजयोग किया।

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leading to his death.

industry-academia partner-

Joshi also highlighted the in-

ities with IIT Indore.

Sahaj yoga session promotes mental well-being among I-T officials

Our Staff Reporter

INDORE

The staff and officers of the Income Tax Department learned and experienced the awakening of inner energy, relief from mental stress and spiritual peace through Sahaja Yoga meditation at their office on Tuesday.

The programme was based on a simple, scientifically validated and authentic meditation method that facilitates entry into the spiritual realm through the awakening of the 'Kundalini' energy. On this occasion, Dr Tarun Seem, Chief Commissioner of Income Tax, Pravin Rawal, Principal Commissioner of Income Tax, sen-



I-T officials attending the Sahaj yoga session

ior officials of the department, including commissioners and additional and joint commissioners, along with other officers and staff members, participated in the event.

During the session, partici-

pants experienced the awakening of inner energy, relief from mental stress and spiritual peace through Sahaja Yoga meditation. From the Sahaja Yoga family, Rajnish Kumar Shrivastava, Chief Law As-

sistant of Western Railway elaborated on the physical, mental and spiritual effects of Sahaja Yoga meditation on the human body. He explained that regular meditation fosters balance, concentration, positivity and self-confidence in individuals.

Commending the Sahaja Yoga programme, Dr Seem, Chief Commissioner of Income Tax, highlighted that Sahaja Yoga enables one to lead a blissful life by achieving stress relief, emotional balance and spiritual progress alongside health benefits. All participants experienced the meditation firsthand and described it as highly beneficial and inspiring.

Ahilva Bada project

आग्निबाण



आयकर विभाग में सहजयोग शिविर लगा

आयकर विभाग में सहजयोग ध्यान कार्यक्रम आयोजित किया गया । मुख्य आयकर आयुक्त डॉ. तरूण सीम, प्रधान आयकर आयुक्त प्रवीण रावल की उपस्थिति रही । कार्यक्रम में सभी अधिकारियों एवं कर्मचारियों ने भाग लिया । सहजयोग परिवार की ओर से रजनीश कुमार श्रीवास ने सहजयोग ध्यान के मानव शरीर पर पड़ने वाले शारीरिक, मानसिक एवं आध्यात्मिक प्रभावों पर विस्तार से प्रकाश डाला । उन्होंने बताया कि नियमित ध्यान से व्यक्ति में संतुलन, एकाग्रता, सकारात्मकता और आत्मविश्वास का विकास होता है । कार्यक्रम में बड़ी संख्या में अधिकारियों एवं कर्मचारी उपस्थित थे ।

आयकर विभाग इंदौर में सहजयोग ध्यान कार्यक्रम का सफल आयोजन

सहजयोग से तनाव मुक्ति, भावनात्मक संतुलन व आध्यात्मिक प्रगति के साथ स्वास्थ्य लाभ भी : मुख्य आयकर आयुक्त डॉ. तरूण सीम

■ इंदौर, समाचार लुकआउट

आयकर विभाग इंदौर में सहजयोग ध्यान कार्यक्रम का सफल आयोजन किया गया। यह कार्यक्रम कुण्डलिनी शक्ति के जागरण द्वारा आध्यात्मिक आयाम में प्रवेश की अनुभव जनित, सरल, वैज्ञानिक-शास्त्रसम्मत प्रमाणित ध्यान पद्धति पर आधारित था। इस अवसर पर आयकर विभाग, इंदौर के मुख्य आयकर आयुक्त डॉ. तरूण सीम, प्रधान आयकर आयुक्त प्रवीण रावल की गरिमामयी उपस्थिति रही। इसके साथ इस कार्यक्रम में विभाग के उच्चाधिकारीगण आयकर आयुक्त, अपर/ संयुक्त आयकर आयुक्त सहित सभी अधिकारियों एवं कर्मचारियों ने भाग लिया।

कार्यक्रम का शुभारंभ अपराह्न 04.00 बजे से किया गया। कार्यक्रम के दौरान सभी प्रतिभागियों को सहजयोग ध्यान के माध्यम से आंतरिक शक्ति के जागरण, मानसिक तनाव से मुक्ति तथा आत्मिक शांति का अनुभव कराया गया। सहजयोग परिवार की ओर से रजनीश कुमार श्रीवास, मुख्य विधि सहायक, पश्चिम रेलवे ने सहजयोग ध्यान के मानव शरीर पर पड़ने वाले शारीरिक, मानसिक एवं आध्यात्मिक प्रभावों पर विस्तार से प्रकाश डाला। उन्होंने बताया कि नियमित ध्यान से व्यक्ति में संतुलन, एकाग्रता, सकारात्मकता और आत्मविश्वास का विकास होता है।

मुख्य आयकर आयुक्त, इंदौर डॉ. तरूण सीम ने सहजयोग कार्यक्रम की प्रशंसा करते हुए सभी को बताया कि सहजयोग से हम तनाव मुक्ति, भावनात्मक संतुलन व आध्यात्मिक प्रगति के साथ स्वास्थ्य लाभ को प्राप्त कर अपने जीवन को आनंदमय बना सकते हैं।

कार्यक्रम में उपस्थित सभी अधिकारियों एवं कर्मचारियों ने ध्यान की प्रत्यक्ष अनुभूति प्राप्त की और इसे अत्यंत लाभकारी एवं प्रेरणादायी बताया। कार्यक्रम में उपस्थित सभी प्रतिभागियों ने सहजयोग ध्यान को अपने दैनिक जीवन में अपनाने की इच्छा व्यक्त की। कार्यालय की ओर से श्री आशीष पोरवाल, अपर आयकर आयुक्त ने सहजयोग परिवार की ओर से पधारे मुख्य अतिथि रजनीश कुमार श्रीवास, मुख्य विधि सहायक, पश्चिम रेलवे व उनकी पूरी टीम के प्रति आभार व्यक्त किया। इस प्रकार सहजयोग कार्यक्रम का सफल समापन सामूहिक ध्यान एवं शांति के संदेश के साथ हुआ।






मुख्य आयकर आयुक्त, इन्दौर
CHIEF COMMISSIONER OF INCOME TAX, INDORE





H.H. Mataji Shri Nirmala Devi





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Let's meditate together and feel the transformation within. ♥

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SAHAJ YOGA – MEDITATION FOR A BETTER LIFE ♥


मुख्य आयकर आयुक्त, इन्दौर
CHIEF COMMISSIONER OF INCOME TAX, INDORE











JAYASWAL NECO INDUSTRIES LIMITED

CIN: L28920MH1972PLC016154

REGD. OFFICE: F-8, MIDC INDUSTRIAL AREA, HINGNA ROAD, NAGPUR - 440016 (INDIA)

PHONES: +91-7104-237276, 237471, 237472

FAX: +91-7104-237583, 236255. E-mail: contact@necoindia.com * Website: www.necoindia.com



Letter of Appreciation

Date: 21st June 2026

To,
The Sahaja Yoga
Meditation Team,

Subject: Online Sahaja Yoga Meditation Program for Jayaswal Neco Industries Limited, Foundry Division, Nagpur.

The Management of Jayaswal Neco Industries Limited, Foundry Division, Nagpur, sincerely appreciates your valuable contribution towards the successful conduct of the Online Sahaja Yoga Meditation Program organized on the occasion of International Yoga Day 21st June 2026.

By the divine blessings of H.H. Mataji Shri Nirmala Devi Ji, Founder of Sahaja Yoga, the session was conducted in a blissful and inspiring manner. We thank Mr. Rajnish Shrivastava Ji for his enlightening guidance and Mr. Deepak Malviya Ji for his excellent technical support, which ensured the smooth execution of the program.

Total of around **hundred office staff** actively participated and greatly benefited from the valuable insights in the program from three different location of our units.

We deeply appreciate your selfless service and dedication which have significantly contributed to the well-being and holistic development of our employees.

We look forward to your continued support in future wellness and meditation initiatives.

With warm regards and best wishes,

For Jayaswal Neco Industries Limited,


(Gary Stacey)

Senior General Manager – HR & IR
Foundry Head, Nagpur

CORPORATE OFFICES:

D-3/1 Central MIDC Road, Hingna MIDC
Industrial Area, Nagpur - 440016 (India)
PHONE : 0712-287330

BRANCH OFFICES:

Neco House D-307, Defence Colony,
New Delhi 110 024 (India)
Phones 011-32041695
Fax No 011-24642190

Unit No. 1804, 18th Floor
One Lodha Place
Senapati Bapat Marg,
Lower Panel, Mumbai - 400013 (India)
PHONE : 022-45164352

Trust House, 5th Floor,
32-a, Chittaranjan Avenue,
Kolkata-700012 India Fax 033-22122560
Phones: 033-22122368 22120502







June 24th, 2026

LETTER OF APPRECIATION

To,

Sahaja Yoga Meditation Team,

Dear Dr. Sanchita Sharma and Mr. Deepak Malviya,

On behalf of Lumax Auto Technologies Limited, we would like to express our sincere appreciation and gratitude for conducting the online meditation session for our employees on June 23, 2026.

The session was insightful, engaging, and highly beneficial for all participants. Your clear explanation of the principles of meditation, combined with the practical experience of achieving a state of inner peace and mental balance, was greatly appreciated and well received by the attendees.

We particularly commend the dedication, simplicity, and passion with which you shared the practices and teachings of Sahaja Yoga. Your efforts have made a meaningful contribution to our employee wellness initiatives and have had a positive impact on everyone who participated.

We extend our heartfelt thanks to both of you and the entire Sahaja Yoga Meditation Team for your time, commitment, and valuable contribution. We truly appreciate your support and look forward to collaborating with you again in the future for similar wellness and employee engagement programs.

With sincere appreciation and best wishes,

Sincerely,

Satish Sundaresan

Senior Vice President & Chief Technology Officer



Lumax Auto Technologies Limited

SHIFT - Smart Hub for Innovation & Future Trends
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New Delhi - 110046, T - +91 11 4985 7832, E - cao@lumaxmail.com



महिला अभियान्त्रिकी महाविद्यालय, अजमेर
(बीकानेर तकनीकी विश्वविद्यालय बीकानेर का संघटक महाविद्यालय)

WOMEN ENGINEERING COLLEGE, AJMER

(A CONSTITUENT COLLEGE OF BIKANER TECHNICAL UNIVERSITY, BIKANER)

Nasirabad Road, Makhupura, Ajmer - 305002

website: www.gweca.ac.in

email: ~~gweca@bikaner.ac.in~~

Ph. No.: 0145-2695535

Fax No.: 0145-2695102

GMECA/Mansi hostel/25-26/146

09.01.2026
12

Letter of Gratitude and Appreciation

This is to certify that **Dr. Neha Nirwaan**, Tapovan College, Surat, Gujrat has the expert session on “**Chaos to Clarity with Sahaj Yoga**” on 09 January 2026 at Campus Hostel of Government Mahila Engineering College, Ajmer under the S.A.M.V.A.D. Monthly Mentorship and Motivation Series.

Her session was highly inspiring and insightful and helped students to understand the importance of emotional balance, inner clarity, and mindfulness in both academic and personal life.

We truly grateful for her valuable time and efforts in nurturing a positive and growth-oriented hostel environment.

P. Trivedi
12/1/2026

Prof. Prakriti Trivedi

Principal

Mahila Engineering College, Ajmer

Dr. Neha
12.1.26







सौजन्य: स्टॉफ बेनिफिट फंड, रतलाम मंडल (म.प्र.)

सौजन्य: स्टॉफ बेनिफिट फंड, रतलाम मंडल (म.प्र.)

परम पूज्य माताजी श्री विमला देवी प्रमिता

सहजयोग

सहजयोग

अंतर्राष्ट्रीय योग दिवस

21 जून 2026, रविवार • समारोह

सौजन्य: स्टॉफ बेनिफिट फंड, त





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आकाशवाणी एवं दूरदर्शन के समस्त अधिकारी एवं कर्मचारियों के लिए
—> कार्यक्रम <—

सहज योग आज का महायोग



दिनांक: 04 अगस्त 2026
(मंगलवार)



समय: प्रातः
11:00 बजे से 12:00 बजे तक

कार्यस्थल सभा कक्ष में “सहज योग आज का महायोग” कार्यक्रम रखा गया है। सहज योग की क्रियाओं को जानने के लिए व इसकी क्रियाओं को किये जाने के सम्बन्ध में और साथ ही इसके शारीरिक व मानसिक रूप से आपके जीवन में क्या फायदे हैं ये जानने के लिए यह आयोजन रखा गया है।

अतः आप सभी से अनुरोध है कि उपर्युक्त महायोग कार्यक्रम में भाग लेकर अधिक से अधिक लाभान्वित होकर इस कार्यक्रम को सफल बनावें।

आपको क्या लाभ मिलेगा?



मानसिक शांति



तनाव में कमी



एकाग्रता में वृद्धि



शारीरिक स्वास्थ्य
में सुधार



सकारात्मक सोच
व उत्तम जीवनशैली



स्थान: कार्यालय सभा कक्ष, आकाशवाणी, इन्दौर



AFFILIATION NO: 130739

UDISE CODE: 28175000344

INTERNATIONAL DELHI PUBLIC SCHOOL

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AFFILIATED TO CENTRAL BOARD OF SECONDARY EDUCATION, NEW DELHI

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www.idpscherukupalli.com



Mobile: 7799797931, 7799797932

Date - 20/6/2026

Appreciation Letter

Subject: Heartfelt Appreciation for the Sahaj Yoga Meditation Session

Dear Team,

On behalf of the entire school fraternity, we would like to express our sincere gratitude and appreciation for conducting such a wonderful and enlightening Sahaj Yoga Meditation online session for our students and staff.

The session was highly inspiring, engaging, and meaningful. It introduced the participants to the importance of inner peace, self-awareness, emotional balance, and mental well-being through the simple practice of meditation. The calm and positive atmosphere created during the session left a lasting impact on everyone.

We extend our heartfelt thanks to Dr. Gauraiya Chinchalkar and Ms. Palak Yawar for their exceptional guidance and the remarkable way in which they conducted the session. Their inspiring thoughts, dedication, and graceful presentation made the program truly impactful and memorable for all participants.

We believe that this initiative has helped our students develop better concentration, improved emotional stability, enhanced self-confidence, reduced stress, and a greater sense of discipline and positivity. Such values are essential for their overall personality development and academic growth.

We sincerely appreciate your dedication to spreading the message of peace, harmony, and self-realization through Sahaj Yoga. We hope to continue this association in the future and look forward to organizing many more such sessions for the benefit of our students, teachers, and parents.

In our opinion, every educational institution should provide students with opportunities to experience such meditation sessions, as they contribute significantly to building a healthy, balanced, and value-based society.

Once again, thank you for your valuable time, guidance, and inspiring efforts. We look forward to a lifelong association and many more collaborative initiatives in the years to come.

With sincere appreciation and gratitude,

Principal

[Signature]
20/6/26

International Delhi Public School

Principal

INTERNATIONAL DELHI PUBLIC SCHOOL

PONNAPALLI 522 259

Cherukupalli (Mdi) Bapatla Dist. A P

By the grace of Shree
Mataji, approximately
100 professors and
admin staff
from Gujarat
Technological
University, Ahmedabad
received online self
realisation on 7 March
2026.









GPS Map Camera

Pimpri-chinchwad, Maharashtra, India



Jqr5+9f9, Sector 32 A, Nigdi, Pimpri-chinchwad, Maharashtra
412101, India

Lat 18.640945° Long 73.758475°

Sunday, 01/03/2026 07:40 AM GMT +05:30









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