



**REGENT  
EDUCATION &  
RESEARCH FOUNDATION**

Letter No. RERF/HRD/Sep/01

Date:03.09.19

TO WHOMSOEVER IT MAY CONCERN

We, at Regent Education and Research Foundation, Barrackpore, West Bengal would like to thank sincerely Sahaja Yoga, West Bengal for conducting Sahaja Yoga sessions for our 1<sup>st</sup> year Engg. students Induction programme as per AICTE during August 24<sup>th</sup>, 31<sup>st</sup> and 3<sup>rd</sup> September 2019.

The sessions were well appreciated by the participants. It was indeed a unique experience for all of them. This session will surely help all participants in managing stress through Sahaja Yoga meditation.

We once again thank Sahaja Yoga, West Bengal for conducting these sessions for the benefit of our institute

Das 3/9/19

PRINCIPAL

REGENT EDUCATION &  
RESEARCH FOUNDATION

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