



**GOVERNMENT OF INDIA** **MINISTRY OF FINANCE**  
**DEPARTMENT OF REVENUE**  
**NATIONAL ACADEMY OF CUSTOMS, EXCISE AND NARCOTICS [NACEN]**  
1<sup>st</sup> to 3<sup>rd</sup> Floors, Plot No: 3/86-E, ATC STREET, Ambattur Industrial Estate,  
(Near AMBIT IT Park), CHENNAI-600058.  
Telephone No:26250157 / 26250159 Fax No: 26250156 / 26250155 e-mail:nacenchennai58@gmail.com

C. No: IX/17/09/2015-Trg

Dated: 03-08-2015

To

**Shri. Sivakumar Veerappan**

State Cordinator,  
Tamilnadu and Pondicherry,  
H.H. Shri.Mataji Nirmaladevi Sahaja Yoga Trust,  
No:45, Alliance Bougainvillea,  
Srinivasapuram,Paranipuithur,  
Kanchipuram District,- 600 056.

Gentlemen,

Sub: Training in Sahaja form of Yoga - Appreciation – Regarding.

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NACEN, Chennai as you are aware is engaged in imparting training to the officers of Customs, Excise and Service tax department working in Tamilnadu and Puducherry regions. The officers apart from being trained in their respective core areas, are also given training in soft skills like Stress management, Communication Skills, Team building etc. and focussed training in Yoga as a part of their personality development and leadership attributes. During 2014-15, NACEN, Chennai in association with your organisation has trained more than 300 Group-A level officers and around 60 Gazetted Officers of Group-B level belonging to this department in Sahaj Yoga. The feedback received from those trainees with regards to this training was excellent and remarkable.

NACEN, Chennai takes this opportunity to place on record its sincere gratitude and appreciation to your esteemed organisation for all the efforts and support rendered particularly to your good self and your team for effectively coordinating in this regard.

We hope to continue this association in future too.

Yours faithfully,

(P.V.K. RAJASHEKAR)  
Deputy Director