

**HAKSEL SANGGAI- YOUR GATEWAY TO HEALTH- YOGA  
STUDIO AND NATURE CURE CLINIC.**

A unit of Goon Silk Industries pvt. Ltd. Imphal

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TO WHOMSOEVER IT MAY CONCERN

This is to inform to all concerned that Ideal Girl's College, Akampat, Imphal, Imphal East had organized a seminar as well as a one to one interactive session with the students on the topic "Yoga and Meditation: Impact on wellness and health" on 21<sup>st</sup> June 2017, in partnership with Haksel Sanggai- Your Gateway to Health- Yoga Studio and Nature Cure Clinic, Imphal.

The undersigned was the main speaker of the seminar and resource person for the one to one interactive session.

The college had also agreed to conduct such sessions periodically in the interest of the students.

Haksel Sanggai appreciates the keen interest taken by the college for the welfare of the students.



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