

Essar Services India Private Limited

Dear Dr. Bindu,

At the outset, we like to thank you very much for the wonderful health session/ yoga workshop your team conducted for our employees at Essar.

It was a very well planned session with the complete understanding of the subject (Stress Management) and easy tips for overcoming the disease.

Employees have appreciated the yoga workshop as it helped them know various asanas to be practiced for different ailments.

Overall very helpful and look forward to call the team once again!

**All the BEST team Charak!**

Thanks & Regards

**Pooja Nayar** | Senior Manager - Corporate Human Resources |  
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