

सुनील कुमार श्रीवास्तव
महाप्रबन्धक
SUNEEL KUMAR SRIVASTAVA
GENERAL MANAGER



हिन्दुस्तान एरोनॉटिक्स लिमिटेड
(भारत सरकार, रक्षा मंत्रालय उपक्रम)
उपसाधन प्रभाग, लखनऊ
HINDUSTAN AERONAUTICS LIMITED
(A Govt. of India, Ministry of Defence Undertaking)
ACCESSORIES DIVISION, LUCKNOW

Ref. No. HAL-ADL/GMO/100/2023/28

16th Jan'23

Dear Ms Vibha,

HAL Lucknow organized a Gratitude Joyshop for its senior management team on 4th January 2023. The Joyshop, attended by 27 Senior Officials including Committee of Management (CoM) members, was conducted by Ms. Vibha. She shared about the neuroscience based research regarding physical health, psychological health and social benefits of Gratitude practice. Throughout the session, Ms. Vibha emphasized on 3Ps: PAUSE, PAY ATTENTION, PRAISE and taught ten simple activities.

2) The Joyshop was highly interactive. The participants found the scientific, energy-vibrations and life skills aspects of Gratitude practice interesting and found the activities doable. Our team is now engaged in 21-day gratitude journey with Ms. Vibha through WhatsApp.

3) Overall programme was very fruitful and useful for our senior management. It may be organized in other organization also in the interest of well-being and happiness.

With warm regards,
Suneel Kumar Srivastava.

(Suneel Kumar Srivastava)
General Manager

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