



# St. Xavier's Institute of Education (Autonomous)

Affiliated to the University of Mumbai - N.C.T.E. Recognised  
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NAAC Reaccredited 'A' (2016)

SXIE/Alumni/2023-24/ 51

29<sup>th</sup> April, 2023

To,  
Ms. Seema Mehta  
The Cathedral and John Connon School  
SXIE B.Ed. Batch 2013-2014

Sub: Gratitude for conducting a session on Mindfulness

Dear Ms. Seema Mehta,

Greetings from St. Xavier's Institute of Education!

St. Xavier's Institute of Education wishes to sincerely thank you for conducting the most interesting and inspiring session on the theme, 'Mindfulness Practice' on 29<sup>th</sup> April, 2023 during our Annual Alumni Meet. Our alumni did not just like it but we are sure they are going to practice it daily.

Prof. Dr. Vini Sebastian  
I/C Principal

Prof. Dr. Geeta Shetty & Dr. Elvina Pereira  
Coordinator



Thank you,  
Seema Mehta