

Where seniors guide, juniors grow (students) – nurturing wellness together



Venue: University Auditorium, MGMIHS, Navi Mumbai

Date: 6th August 2025 to 13th August 2025

Organized By: MGMSBS, Navi Mumbai.

As a part of the **Deeksharambh Induction Program 2025** for newly admitted UG and PG students, **Aarambh: A Science and Wellness Club at MGMSBS** conducted daily Yoga and Meditation sessions. These sessions aimed to:

- Introduce yoga and meditation as tools for holistic well-being.
- Reduce anxiety and stress during the transition into higher education.
- Enhance focus, concentration, and emotional balance among juniors.
- **Foster peer-to-peer mentorship and bonding through a student-led initiative.**
- Empower senior students with leadership, communication, and organizational skills.
- Align with MGMIHS's vision of integrating health, wellness, and education.