

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



**Venue:** University Auditorium, MGMIHS, Navi Mumbai

**Date:** 6<sup>th</sup> August 2025 to 13<sup>th</sup> 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.