

Date- September 1, 2025

**NOTICE**

Name of the Event	Begin Within Meditation Programme
About the Event	The <i>HealthEase Society, MAIMS</i> , is organizing <b>Meditation Sessions</b> to promote mindfulness, concentration, and emotional well-being among students, faculty and staff.
Instructor	Dr. Deepa Kaushik
Day & Date	Every Tuesday and Wednesday (Commencing from September 3, 2025)
Time	2:45 PM – 3:15 PM
Venue	Spiritual Library, 9th Block, MAIMS
Participants	All interested students of MAIMS
Convenors	<ul style="list-style-type: none"><li>• Dr. Deepa Kaushik</li><li>• Dr. Arpita Manchanda</li></ul>
Student Coordinator	<ul style="list-style-type: none"><li>• Abhinandan Bisht</li></ul>
Key Points	<ul style="list-style-type: none"><li>• These sessions aim to reduce stress, promote mental health and maintain a balanced lifestyle.</li><li>• Students who <b>attend a minimum of 10 sessions</b> under the “Begin Within” Meditation program will receive a <b>certificate from the college.</b></li></ul>