



Maharaja Agrasen Institute of Management Studies

(A unit of Maharaja Agrasen Technical Education Society)

Affiliated to GGSIP University; Recognized u/s 2(f) of UGC

NAAC Accredited with Grade "A++"

Recognized by Bar Council of India; ISO 9001:2015 Certified Institution

Maharaja Agrasen Chowk, Sector-22, Rohini, Delhi-110086, India

Phone Office: 8448186947, 8448186950 Website: www.maims.ac.in

Date- September 1, 2025

NOTICE

Name of the Event	Begin Within Meditation Programme
About the Event	The <i>HealthEase Society, MAIMS</i> , is organizing Meditation Sessions 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">• Dr. Deepa Kaushik• Dr. Arpita Manchanda
Student Coordinator	<ul style="list-style-type: none">• Abhinandan Bisht
Key Points	<ul style="list-style-type: none">• These sessions aim to reduce stress, promote mental health and maintain a balanced lifestyle.• Students who attend a minimum of 10 sessions under the "Begin Within" Meditation program will receive a certificate from the college.

Prof. (Dr.) Rajni Malhotra Dhingra

Director

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