

Yoga and Meditation Committee AIIMS Bathinda

ORGANISES

'Balance for Bliss'

Learning Practical Tools for Cultivating Inner Stability for Sustainable Happiness
A Mindfulness Workshop for Students

No Fee

Date: 3rd Sep 2025 (Wednessday)
Time: 4-5 PM
Venue: LT 3/Mini Audi

Organizers

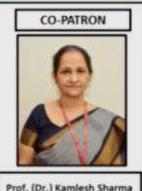


Prof. (Dr.) Neerja Batla President, AlIMS Bathinda

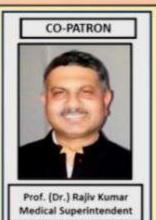


Prof. (Dr.) Meenu Singh Executive Director

Organising Secretary



Prof. (Dr.) Kamlesh Sharma Principal, INER

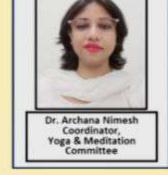


Organising Team





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	Prof. (Dr.) Akhilesh Pathak Dean Academics



Time	Program Schedule	Faculty
4:00-4.10 PM	Introduction to Workshop	Prof. Dr. Akhilesh Pathak (Dean Academics)
4.10-5.00 PM	Workshop	Dr. Archana Nimesh (Resource Person) Dr. Anju Choudhary (Facilitator)
5.00-5.05 PM	Vote of Thanks	Dr. Narinder Walia
5.05-5.15 PM	Valedictory	

Workshop Includes

- Mindfulness Activities to stabilize mind
- · Meditation session



Why to Attend?

- · Releives Stress and Anxiety
- · For Emotional Stability
- · For Building Positive Outlook
- · For Developing Tactful Problem Dealing Skills

Registration: Is free but mandatory.

Register through link: https://forms.gle/F2YCJwH1MH5aicTJ6

Link closes by 27th Aug 2025