



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 (Wednesday)

Time: 4-5 PM

Venue: LT 3/Mini Audi

Organizers

CHIEF PATRON  Prof. (Dr.) Neerja Batla President, AIIMS Bathinda	PATRON  Prof. (Dr.) Meenu Singh Executive Director	CO-PATRON  Prof. (Dr.) Kamlesh Sharma Principal, INER	CO-PATRON  Prof. (Dr.) Rajiv Kumar Medical Superintendent
Organising Chairman  Prof. (Dr.) Akhilesh Pathak Dean Academics	Organising Secretary  Dr. Archana Nimesh Coordinator, Yoga & Meditation Committee	Organising Team  Dr. Narinder Walla Member, Yoga & Meditation Committee	Organising Team  Dr. Anju Choudhary Member, Yoga & Meditation Committee

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?

- Relieves 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/F2YCJwH1MH5a1cTJ6>

Link closes by 27th Aug 2025