

Under the guidance of Executive Director Professor Dr. Meenu Singh, The Yoga and Meditation Committee, AIIMS Bathinda organized a mindfulness workshop titled “Balance for Bliss” for the nursing students on the theme ‘Learning Practical Tools for Cultivating Inner Stability for Sustainable Happiness’.

The workshop was conducted on 3rd September 2025 with the objective of training students with practical tools to stabilize the mind, foster a positive outlook, and develop tactful problem-solving skills.

A total of 120 undergraduate and postgraduate nursing students participated in the workshop.

The workshop commenced with the traditional lamp lighting ceremony, invoking blessings from the Almighty. This was followed by an inspiring address by Prof. (Dr.) Akhilesh Pathak, Dean Academics, who set the tone for the event with his motivational words. The session included several interactive activities designed by Dr. Archana Nimesh to actively engage both students and faculty. Participants were guided through exercises aimed at enhancing mindfulness for building a happy state of mind under various real time scenarios.

A soothing meditative session provided a calm closure to the workshop, leaving participants refreshed and centred. The event concluded with a vote of thanks and the felicitation of the organizing team for their efforts.

The workshop was met with overwhelming positive feedback from attendees, who appreciated the practical approach and meaningful content. It proved to be a valuable experience in promoting inner stability and sustainable happiness among future healthcare professionals.