



# Yoga & Meditation Committee in association with PG mentorship Committee

AIIMS BATHINDA

Invites you to

## 'Virtue Voltage' : A Workshop and Competition

Learning to Craft Circuits of Character and Wisdom Through Brain  
Rewiring for Ethical Excellence in Medicine

For MBBS and MD/MS/MDS students

On 12th Dec. 2025 (Friday), 4:00-5.15 PM, LT 3

### Organizers

CHIEF PATRON	PATRON	CO-PATRON	Organising Chairman	Organising Secretary
Prof. (Dr.) Neerja Bhatla President, AIIMS Bathinda	Prof. (Dr.) Ratan Gupta Executive Director	Prof. (Dr.) Rajiv Kumar Medical Superintendent	Prof. (Dr.) Akhilesh Pathak Dean Academics	Dr. Archana Nimesh Coordinator, Yoga & Meditation Committee & PG Mentorship Committee
Organising Team	Organising Team	Organising Team	Organising Team	Organising Team
Dr. Gargi Kapatia PG Mentorship Committee	Dr. Anju Choudhary Yoga & Meditation Committee	Dr. Sivanantham K PG Mentorship Committee	Dr. Abhinav Kanwal PG Mentorship Committee	Mr. Anand Mohan Yoga & Meditation Committee

Schedule		Topic	Resource Person	Moderator/Facilitator
Welcome Note	4:00- 4:05pm	Dr. Akhilesh Pathak, Dean Academics		
Inauguration	4:05-4.15 pm			
Session 1 of workshop (An interactive session)	4:15- 4.25pm	An insight to the rising mental health challenges among medical students and our role in their resolution	Dr. Akhilesh Pathak Dean Academics	Dr. Sivanantham K PG Mentorship Committee  Mr. Anand Yoga & Meditation Committee
Session 2 of Workshop	4.25-4.45pm	Virtue Voltage: Learning to Craft Circuits of Character and Wisdom Through Brain Rewiring for Ethical Excellence in Medicine	Dr. Archana Nimesh Coordinator: Yoga & Meditation Committee and PG Mentorship Committee	Dr. Abhinav Kanwal PG Mentorship Committee  Mr. Anand Yoga & Meditation Committee
Session 3 of workshop	4:45- 4.50pm	प्रशिक्षणी सत्र (जागत्री के लिए)	By Organising Team	
Session 4 of workshop: Competition Activity	4.50-5.10pm	Symphony of Values	Dr. Archana Nimesh	Facilitators: Dr. Gargi Dr. Anju Choudhary Mr. Anand Mohan
Vote of Thanks	5.10-5.15pm	Dr. Anju Choudhary		
Valedictory and refreshments	5.15 pm onwards			

No  
Fees

Registration is Mandatory: Click on link to register

<https://forms.gle/ZUKifEt2MbXdJoyCA>

The link will close by 8th Dec 2025 (11 am)

Contact Persons: Dr. Gargi and Dr. Anju Choudhary