On July 29, 2024, Team Aarambh, Faculty from MGMSBS and volunteers from SRCM Heartfulness Yoga and Meditation Centre attended a Research & Meditation Youth Meet in Sancole, Goa. The participants engaged in scientific discussions and meditation sessions, and had the opportunity to interact with Dr. Kamlesh Patel, the Global Guide of Heartfulness. They shared their research findings and experiences with Heartfulness meditation, receiving valuable insights from Dr. Patel to enhance their work. Dr. Patel praised their efforts and offered encouragement for their continued growth. The meet successfully combined spiritual and academic development.