In February 2024, Team Aarambh MGMIHS, along with faculty and MSc & BSc students of MGMSBS, embarked on a transformative journey to Kanha Shanti Vanam for a spirituality gathering. Students participated in daily meditation sessions guided by Dr. Kamlesh Patel. Highlights included exploring the Yatra Garden, the Heartyculture garden, and learning about hydroponics. The trip deepened their connection with nature, spirituality, and sustainable living.