On December 1st, Aarambh, MGMIHS celebrated World AIDS Day with hospital staff. The event was inaugurated by Dr. Rahul, Medical Director, MGM Hopsital, highlighting its significance. Aarambh organized an energizing yoga session, promoting well-being. Dr. Kapil Thakur’s discussion on the heart-mind connection introduced fresh insights. Participants actively engaged, reflecting the event’s impact.