A 3-day Youth Meet was organized May 3rd to 5th, 2024, as a refreshing break for Aarambh members. Day 1 began with a rejuvenating cleaning practice and a session on the 10 maxims of Heartfulness, focusing on Universal Prayer. Day 2 featured outdoor games, meditation, and a treasure hunt based on the maxims, ending with group meditation and bonding activities. On the final day, participants engaged in volunteering, group meditation, and detox sessions. The event blended learning, fun, and community building, leaving a lasting impact.