The Aarambh MGMIHS team had a fulfilling experience at the Sahaj Marg Sadhana meet on June 4th, 2023, learning about the benefits of meditation, such as reducing stress, improving focus, and enhancing self-awareness. In addition to learning this, Aarambh MGMIHS and Tapas, Pillais volunteered in various activities at the Centre. Through team bonding activities and sharing personal experiences, the team fostered both personal and professional growth.