On January 25th, 2024, students and faculty from MGMSBS, MGMIHS attended a guest lecture under the Youth Unite movement, organized by Dr. Mansee Thakur. Professor Mohandas Hedge, Director of CREST, Bangalore, spoke on "Urgency of Self-Exploration." The session focused on mindfulness, personal growth, and the pillars of right attitude, liveliness, urgency, and humility. He emphasized the importance of self-discovery in achieving a fulfilling life.