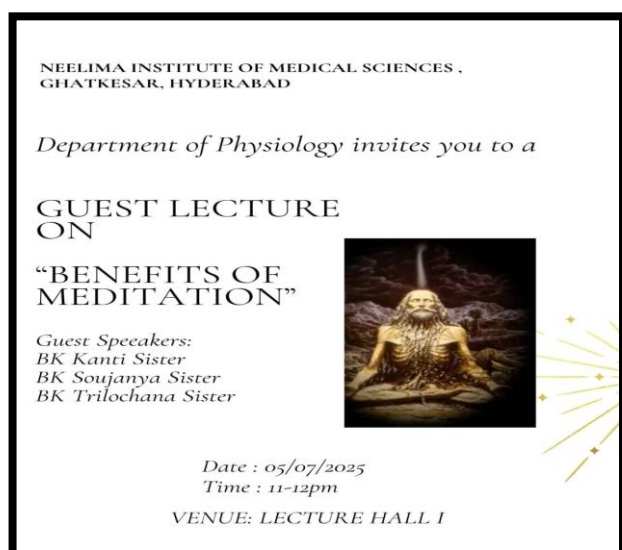


Guest Lecture

Topic: Benefits of Meditation



The Department of Physiology organized a guest lecture on “Benefits of Meditation” for First MBBS students on 5th July 2025. Esteemed speakers from the Brahma Kumaris – BK Kanti Sister, BK Soujanya Sister, and BK Trilochana Sister – shared their insights on how meditation can enhance mental well-being, focus, and overall health.

The session included an enlightening talk followed by a short-guided meditation commentary, allowing students to experience a moment of calm and mindfulness. The interactive session was well-received, and students expressed that it left them feeling refreshed and inspired.

