


CIRCULAR

No:AJU/SP/145/22

Date 2nd November 2022

It is hereby notified that School of Pharmacy will organize PRARTHANA a Spiritual Session on 5th November 2022 at 10 AM in the University campus. Students are herewith informed to participate in the session positively.



Dean
School of Pharmacy
ARKA JAIN University Jharkhand

Dean
School of Pharmacy

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Office of the Registrar
DSW and Campus Director
Class Coordinators
In charge website
Office Record
Student Whatsapp group

Report on– Prarthana : a Spiritual Session for Relieving Stress
Held on – 05.11.2022

Date of Event	05.11.2022
Name of the Event	PRARTHANA a Spiritual Session for Relieving Stress
Type of the Event	Non-academic/Academic(Life skill Development Program)
Conducted by	School of Pharmacy
No. Of Participant	119

OBJECTIVE: PRARTHANA (prayer), is one of the relaxation techniques that helps us to focus our thoughts and to find the peace of mind.

DETAILS: Spirituality encourages practices like charitable giving, caring for the needs of others, and volunteering in your community. These practices facilitate community connections. They can also help foster a spirit of gratefulness for the life you have. There are several ways you can begin to cultivate spirituality, including attending spiritual gatherings, reading spiritual texts, practicing mindfulness, finding a spiritual director, planning a pilgrimage to a religious, sacred, or ancient place, participating in online forums where people are discussing spiritual topics. A healthy mechanism to cope with stress is just one of the many benefits a rich spiritual life can give. PRARTHANA (prayer) is the relaxation response that elicits the relaxation response, which lowers blood pressure and other factors heightened by stress. Prayer can reduce levels of depression and anxiety in patients, according to research. On 5th November 2022 at 10 AM a session on PRARTHANA was conducted by School of Pharmacy. Large number of students and faculties participate in the session. Professor Dr. S. S. Razi the Vice Chancellor of the University on his message shared the importance of PRARTHANA in our daily life and how it is an art of living. Dr. Santosh Singh acknowledged all the organizers for the arrangement of such kind of event.

TAKEAWAY (OUTCOMES): To reduce stress & anxiety and to promote more positive outlook, and strengthen the will for a pleasant life style.



ARKA JAIN
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Jharkhand

Poster of the Event

JGI **ARKA JAIN**
University
Jharkhand

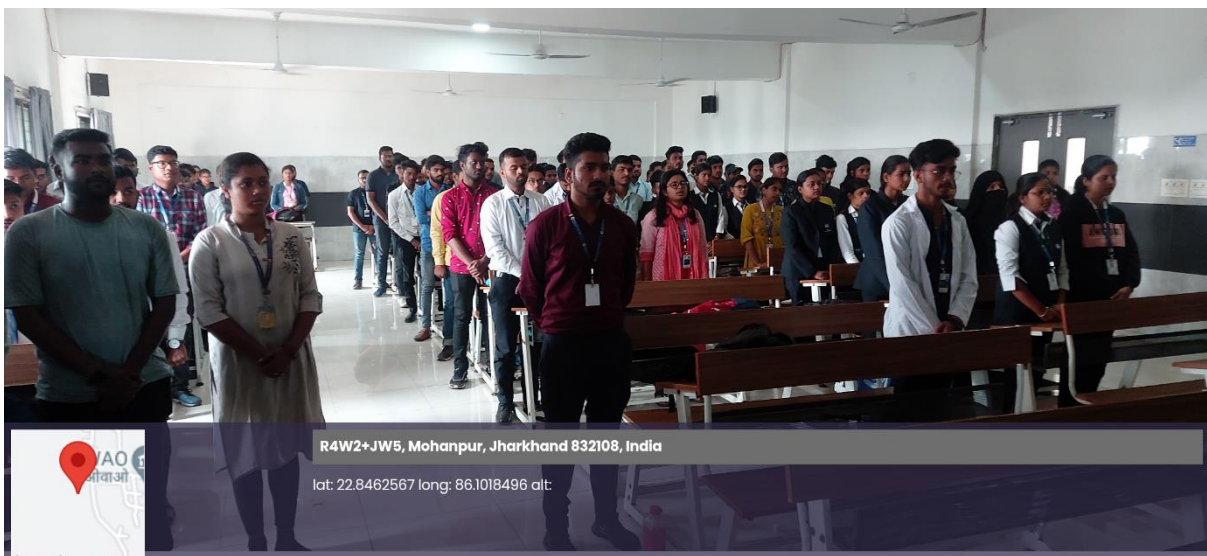
प्रार्थना

Date:
Nov, 5th
2022

SCHOOL OF PHARMACY
Organizes
**A spiritual session for
Relieving Stress**
Time : 10:00 AM onwards
Venue : In front of Block B
A Life Skill Development Program

www.arkajainuniversity.ac.in Toll Free : 1800-1200-200

Photos of the Event



Students attending Prarthana from different departments of SOHAS



Students offering Prarthana

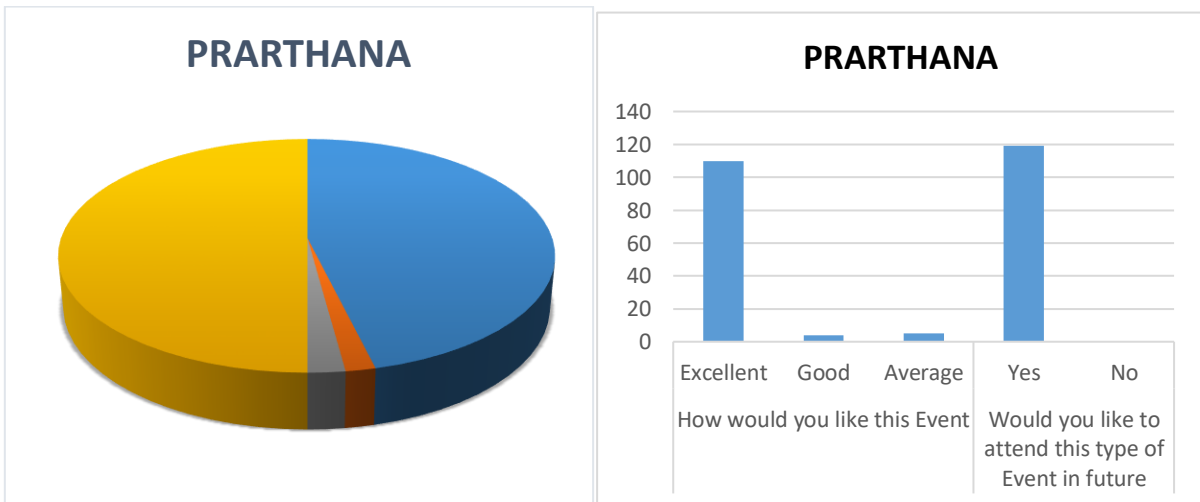


Dean Dr. Jyotirmaya Sahoo briefing the benefits of Prarthana



Teachers and Students in Prarthana

Feedback



STUDENTS PARTICIPATED

Name of the Event: Prarthana

Date of the Event: 05/11/22 to 05/11/22

Sl. No.	Name of the Candidate	Signature of the Candidate	How would you like this session/event						Would you like to attend this type of event/session in future		Attendance						
			E	V	G	A	P		Y	N	D1	D2	D3	D4	D5	D6	D7
11	Gurshreen Kour	<i>[Signature]</i>	✓						✓								
12	Supriya Shaw	<i>[Signature]</i>	✓						✓								
13	Anshika Kouran	<i>[Signature]</i>	✓						✓								
14	Gautsree Bati	<i>[Signature]</i>	✓						✓								
15	Suryaj Kumar	<i>[Signature]</i>	✓						✓								
16	Sandeepkr Mehta	<i>[Signature]</i>	✓						✓								
17	Gulistan Perween	<i>[Signature]</i>	✓						✓								
18	Rachana Manna	<i>[Signature]</i>	✓						✓								
19	Aniket Sarkar	<i>[Signature]</i>	✓						✓								
20	Jaha Kumari Upadhyay	<i>[Signature]</i>	✓						✓								

E=Excellent, V=Very good, G=good, A=Average, P=Poor

Signature of the Event Coordinator *[Signature]*

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			E	V	G	A	P		Y	N	D1	D2	D3	D4	D5	D6	D7
11	Ritika kumari	<i>[Signature]</i>	✓						✓								
12	Sweet Kumar	<i>[Signature]</i>	✓						✓								
13	Shashikant Verma	<i>[Signature]</i>	✓						✓								
14	Rohit Kumar Yadav	<i>[Signature]</i>	✓						✓								
15	Rishikesh Raj	<i>[Signature]</i>	✓						✓								
16	Rahul Ku. Sah	<i>[Signature]</i>	✓						✓								
17	Faisal Hasan	<i>[Signature]</i>	✓						✓								
18	Sonu Pr. Sharma	<i>[Signature]</i>	✓						✓								
19	Mahi Yamoni	<i>[Signature]</i>	✓						✓								
20	Swati Yadav	<i>[Signature]</i>	✓						✓								

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SCHOOL OF PHARMACY
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Attendance Form

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					E	V	G	A	P	Y	N	D1	D2	D3	D4	D5	D6	D7		
1	DEEPAK KUMAR	<i>Deepak</i>	<input checked="" type="checkbox"/>																	
2	Manish Kumar	<i>Manish</i>	<input checked="" type="checkbox"/>																	
3	Rakshita Kumar	<i>Rakshita</i>	<input checked="" type="checkbox"/>																	
4	Rakshita Kumar	<i>Rakshita</i>	<input checked="" type="checkbox"/>																	
5	Purnima Kumar	<i>Purnima</i>	<input checked="" type="checkbox"/>																	
6	Shivani Kumar	<i>Shivani</i>	<input checked="" type="checkbox"/>																	
7	Kishu Kumar	<i>Kishu</i>	<input checked="" type="checkbox"/>																	
8	Riya Das	<i>Riya</i>	<input checked="" type="checkbox"/>																	
9	Sanjay Kumar	<i>Sanjay</i>	<input checked="" type="checkbox"/>																	
10	Shivam Patra	<i>Shivam</i>	<input checked="" type="checkbox"/>																	

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					E	V	G	A	P	Y	N	D1	D2	D3	D4	D5	D6	D7		
3 ¹	Ashish Datta	<i>Ashish Datta</i>	<input checked="" type="checkbox"/>																	
3 ²	Keerav Sharma	<i>Keerav</i>	<input checked="" type="checkbox"/>																	
3 ³	Nidhi Kumari	<i>Nidhi Kumari</i>	<input checked="" type="checkbox"/>																	
3 ⁴	Anshu Singh	<i>Anshu Singh</i>	<input checked="" type="checkbox"/>																	
3 ⁵	Shivam Kumar	<i>Shivam Kumar</i>	<input checked="" type="checkbox"/>																	
3 ⁶	Ashishak Roy	<i>Ashishak Roy</i>	<input checked="" type="checkbox"/>																	
3 ⁷	Anshuman Nayak	<i>Anshuman Nayak</i>	<input checked="" type="checkbox"/>																	
3 ⁸	Biplob Mandal	<i>Biplob</i>	<input checked="" type="checkbox"/>																	
3 ⁹	Arif Djal Khan	<i>Arif Khan</i>	<input checked="" type="checkbox"/>																	
4 ⁰	Swapnil Mahato	<i>Swapnil Mahato</i>	<input checked="" type="checkbox"/>																	

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			How would you like this session/event					Would you like to attend this type of event/session in future	D1		D2		D3		D4		
			E	V	G	A	P	Y	N	Y	N	Y	N	Y	N		
41	Beanshi Kumar Gupta	<i>Beanshi Kumar Gupta</i>	✓					✓									
42	Hitenisha Kumar	<i>Hitenisha Kumar</i>	✓					✓									
43	Sanghi Komal	<i>Sanghi Komal</i>	✓					✓									
44	Nikhil Kumar	<i>Nikhil Kumar</i>	✓					✓									
45	Nahida Towad Khan	<i>Nahida Towad Khan</i>	✓					✓									
46	Nashwa Zia	<i>Nashwa Zia</i>	✓					✓									
47	Himanshu Kumar	<i>Himanshu Kumar</i>	✓					✓									
48	Sania Khanze	<i>Sania Khanze</i>	✓					✓									
49	Nabhisat Kaur	<i>Nabhisat Kaur</i>	✓					✓									
50	Kushi Kumari	<i>Kushi Kumari</i>	✓					✓									

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			E	V	G	A	P	Y	N	Y	N	Y	N	Y	N		
51	Pranjalika Vishwakarma	<i>Pranjalika Vishwakarma</i>	✓					✓									
52	Kunalika Sharma	<i>Kunalika Sharma</i>	✓					✓									
53	Lakshika Roy	<i>Lakshika Roy</i>	✓					✓									
54	Nisrat	<i>Nisrat</i>	✓					✓									
55	Nabila Afrin	<i>Nabila Afrin</i>	✓					✓									
56	Ritika Verma	<i>Ritika Verma</i>	✓					✓									
57	Shobha Kumari	<i>Shobha Kumari</i>	✓					✓									
58	Prash Kumar	<i>Prash Kumar</i>	✓					✓									
59	Kumar Arjan	<i>Kumar Arjan</i>	✓					✓									
60	Samant Thakur	<i>Samant Thakur</i>	✓					✓									

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Name of the Event: Pracet Pharma

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Sl. No.	Name of the Candidate	Signature of the Candidate	Feedback										Attendance							
			How would you like this session/event					Would you like to attend this type of event/session in future					D1	D2	D3	D4	D5			
			E	V	G	A	P	Y	N	Y	N									
81	Animesh Mahajan	Animesh Mahajan	✓								✓									
82	Ritesh Shastri	Ritesh Shastri	✓								✓									
83	Hemant Pandey	Hemant	✓								✓									
84	Arjun Kumar	Arjun	✓								✓									
85	Avinash Gauri	Avinash	✓								✓									
86	Chandan Kumar	Chandan	✓								✓									
87	Amit Dhal	Amit Dhal	✓								✓									
88	Sugan Pandit	Sugan Pandit	✓								✓									
89	Nutan Dauter	Nutan	✓								✓									
90	Pranav Kumar	Pranav Kumar	✓								✓									

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			E	V	G	A	P	Y	N	Y	N									
91	Abhinav Pradhan	Abhinav	✓								✓									
92	Parasuram Kumar	Parasuram Kumar	✓								✓									
93	Pinku Kumar	Pinku Kumar	✓								✓									
94	Abhinav Shastri	Abhinav	✓								✓									
95	Pranav Kumar	Pranav	✓								✓									
96	Pranav Kumar	Pranav	✓								✓									
97	Avinash Kumar Singh	Avinash Kumar	✓								✓									
98	Pranav Kumar	Pranav Kumar	✓								✓									
99	Pranav Kumar	Pranav Kumar	✓								✓									
100	Santosh Ghosh	Santosh Ghosh	✓								✓									

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