

## **CIRCULAR**

No:AJU/SP/145/22

Date2<sup>nd</sup> November2022

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

Dean

**School of Pharmacy** 

Copy to

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

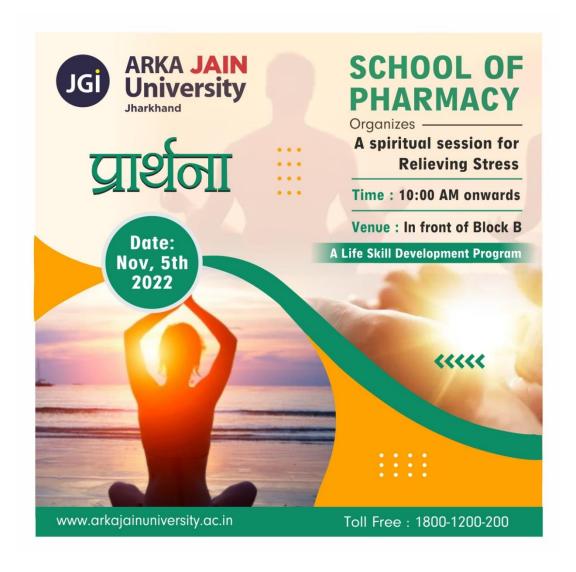
**OBJECTIVE:** PRARTHANA (prayer), is one of the relaxation techniques that helps us to focus our thoughts and to find the peace of mind.

**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 spiritualdirector, 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.



#### Poster of the Event





## **Photos of the Event**





Students attending Prarthana from different departments of SOHAS





Students offering Prarthana



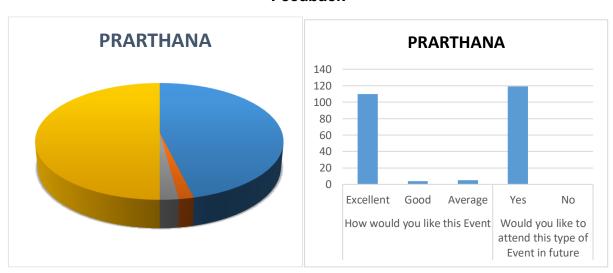
Dean Dr. JyotirmayaSahoo briefing the benefits of Prarthana





Teachers and Students in Prarthana

## **Feedback**





## STUDENTS PARTICIPATED



SCHOOL OF PHARMACY Event Registration com Attendance Form

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