



SCHOOL OF PHARMACY CIRCULAR

No: AJU/SP/168/22

Date 7.12.2022

Laughing is one of the best alternative system of Medicines. Laughter enhances the intake of oxygen-rich air, stimulates heart, lungs and muscles, and increases the endorphins that are released by brain and helps to relieve stress. BHESAJAM the Pharma Club of School of Pharmacy in association with Discipline and Anti-Ragging Cell of ARKA JAIN University is going to organise **HANSO HARDAM A STRESS RELIEVING SESSION**. All the students of ARKA JAIN UNIVERSITY is hereby notified that **HANSO HARDAM** will be organized on 13th December 2022 at Multipurpose Ground sharp at 9:30 AM. Interested students need to be registered themselves with the provided link <https://forms.gle/Y2iUv8zKS528vtGA> before 12th December 2022 by 10:30 AM. Only registered candidates can participate.

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ARKA JAIN University Jharkhand

Copy to
Office of the Registrar
IQAC
Discipline and Anti-Ragging Cell
Deans and PCs of AJU
Class Coordinators
In charge website
Office Record
Student Whatsapp group
sdcell@arkajainuniversity.ac.in

Dr. Arvind Pndey
Member Secretary
Discipline & anti ragging cell



Report on– HANSO HARDAM A STRESS RELIEVING SESSION
Held on – 13/12/2022

Date of Event	13.12.2022
Name of the Event	HANSO HARDAM A STRESS RELIEVING SESSION
Type of the Event	Life Skill Development Program
Conducted by	BHESAJAM the Pharma Club of School of Pharmacy in association with Discipline and Anti-Ragging Cell of ARKA JAIN University
No. Of Participants	63

OBJECTIVE: When one laughs, body releases feel-good chemicals called endorphins. “Releasing endorphins can help increase the body’s natural painkilling response,” says *Heveran*. It helps in reducing stress, depression and anxiety and makes one feel happier.

DETAILS:Laughter is one of the ways your body can help regulate cortisol. Laughing increases oxygen intake, which stimulates body circulation and decreases cortisol levels. Some studies show that just the act of laughing, without having humour in it— can have positive stress-relieving effects. Introduction Increase in number of laughing clubs itself denote the awareness of laughing medicine among the people. The people who have the regular practice of laughing and free minded, they are the actual healthy people .And the life span increases for the people who smile regularly. In the modern era, all the medical care professionals and patients accept the concept of laughing theory. If our daily life has the practice of laughing, this habit will improve our immune system, it will make our cheeks sore and it will improve our intellectual. Historically, the gains of laughter have been renowned. Laughter has been observed as advantageous for human fitness for a long time, with some of the benefits developmental patterns. Laughter has been regarded as beneficial for human health for a long time, with some of the benefits attributed to laughter including improved endocrinological and immunological responses and amplified pain tolerance. (Extracted from *(IOSR-JBM)*).BHESAJAM the Pharma Club of School of Pharmacy in association with Discipline and Anti-Ragging Cell of ARKA JAIN University organisedHANSO HARDAM A STRESS RELIEVING SESSION on 13th December 2022. Students from different departments participated this event. Faculty organizers explained the students regarding the role of stress free life on family and also advised them to make their family members also stress free by making them always laugh. Finally students engaged themselves with a great laughter session.



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OUTCOMES: Leads to reduce stress, depression and anxiety and makes one feel happier. Keeping the students' academic overload in view it is an effort to make them stress free.

Poster of the Event

JGI **ARKA JAIN**
University
Jharkhand (Jamshedpur)

SCHOOL OF PHARMACY
In Association with
Discipline & Anti-Ragging Cell
Organizes

हंसो हरदम

A STRESS RELIEVING SESSION
Laughing is one of the best alternative systems of Medicines

Venue : Multipurpose Ground
Time : 9:30 AM onwards

A Life Skill Development Program

Date:
Dec, 13th
2022

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



Photos of the Event



Hanso Hardam by School of Pharmacy



Smiley human chain by students spreading the message Hanso Hardam





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Students' Attendance

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 Event Registration cum Attendance Form

Name of the Event: Hansa Handam Date of the Event: 13-12-2022 to 13-12-22

Sl. No.	Name of the Candidate	Enrolment No.	Signature of the Candidate	Feedback										Attendance								
				How would you like this session/event					The speaker explained the topic clearly					Would you like to attend this type of event/session in future		D1	D2	D3	D4	D5	D6	D7
				E	V	G	A	P	Y	N	Y	N										
1	Gaithika Purohit	AJU/220441	Gaithika Purohit	✓						✓						✓						
2	Kachana Rana	AJU/220423	Kachana Rana	✓						✓						✓						
3	Nidhi Kumari	AJU/220320	Nidhi Kumari	✓						✓						✓						
4	Shaniqua Jamil	AJU/220409	Shaniqua Jamil	✓						✓						✓						
5	Pranshu Kumar	AJU/220287	Pranshu Kumar	✓						✓						✓						
6	Rohit Kumar Yadav	AJU/220009	Rohit Kumar Yadav	✓						✓						✓						
7	Lakshya Kumar Singh	AJU/220090	Lakshya Kumar Singh	✓						✓						✓						
8	Mohammad Nazim	AJU/221226	Mohammad Nazim	✓						✓						✓						
9	Ranson Kumar	AJU/220396	Ranson Kumar	✓						✓						✓						
10	Nidhi Kumari	AJU/220437	Nidhi Kumari	✓						✓						✓						

*E-Excellent, V-Very good, G-good, A-average, P-poor

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Signature of the Event Coordinator

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SCHOOL OF PHARMACY
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Name of the Event: Hansa Handam Date of the Event: 13-12-22 to 13-12-22

Sl. No.	Name of the Candidate	Enrolment No.	Signature of the Candidate	Feedback										Attendance								
				How would you like this session/event					The speaker explained the topic clearly					Would you like to attend this type of event/session in future		D1	D2	D3	D4	D5	D6	D7
				E	V	G	A	P	Y	N	Y	N										
11	Aarav	AJU/220283	Aarav	✓						✓						✓						
12	Chiranjay	AJU/220165	Chiranjay	✓						✓						✓						
13	Rahul Ka Shek	AJU/220194	Rahul Ka Shek	✓						✓						✓						
14	Abhishek Roy	AJU/220394	Abhishek Roy	✓						✓						✓						
15	Suraj Kumar	AJU/220504	Suraj Kumar	✓						✓						✓						
16	Abhya Das	AJU/220113	Abhya Das	✓						✓						✓						
17	Shreem Kumar	AJU/220425	Shreem Kumar	✓						✓						✓						
18	Aniket Kumar	AJU/220166	Aniket Kumar	✓						✓						✓						
19	Hathik Ray	AJU/220184	Hathik Ray	✓						✓						✓						
20	Pranshu Mahato	AJU/220072	Pranshu Mahato	✓						✓						✓						

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SCHOOL OF PHARMACY
Event Registration cum
Attendance Form

Name of the Event: Hansa Wardam

Date of the Event: 13-12-22 to 13-12-22

Sl. No.	Name of the Candidate	Enrolment No.	Signature of the Candidate	Feedback										Attendance												
				How would you like this session/event					The speaker explained the topic clearly					Would you like to attend this type of event/session in future		D1	D2	D3	D4	D5	D6	D7				
				E	V	G	A	P	Y	N	Y	N														
21	Sifa Parmer	ASU/220200	[Signature]	✓						✓					✓											
22	Shradha Rathore	ASU/220100	[Signature]	✓						✓					✓											
23	Khushi	ASU/221865	[Signature]	✓						✓					✓											
24	Moan Shrivastava	ASU/220004	[Signature]	✓						✓					✓											
25	Prince Kunal	ASU/220007	[Signature]	✓						✓					✓											
26	Kaushik Pahal	ASU/220002	[Signature]	✓						✓					✓											
27	Naakha Zia	ASU/220470	[Signature]	✓						✓					✓											
28	Nahida J. Khan	ASU/221148	[Signature]	✓						✓					✓											
29	Ritika Kumari	ASU/220066	[Signature]	✓						✓					✓											
30	Sweet Kumar	ASU/220018	[Signature]	✓						✓					✓											

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Name of the Event: Hansa Wardam

Date of the Event: 13-12-22 to 13-12-22

Sl. No.	Name of the Candidate	Enrolment No.	Signature of the Candidate	Feedback										Attendance												
				How would you like this session/event					The speaker explained the topic clearly					Would you like to attend this type of event/session in future		D1	D2	D3	D4	D5	D6	D7				
				E	V	G	A	P	Y	N	Y	N														
31	Rishi Kesh. Raj	ASU/220057	[Signature]	✓						✓					✓											
32	Rohit Kumar	ASU/220009	[Signature]	✓						✓					✓											
33	Ritik Kumar	ASU/220084	[Signature]	✓						✓					✓											
34	Rohit Rajan	ASU/220163	[Signature]	✓						✓					✓											
35	Sapriya Devi	ASU/220215	[Signature]	✓						✓					✓											
36	Hemant Pratihar	ASU/220149	[Signature]	✓						✓					✓											
37	Gayatri Raj	ASU/220218	[Signature]	✓						✓					✓											
38	Priyanka Sharma	ASU/220142	[Signature]	✓						✓					✓											
39	Mahe Yamani	ASU/220285	[Signature]	✓						✓					✓											
40	Faisal Hasan	ASU/22026	[Signature]	✓						✓					✓											

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SCHOOL OF PHARMACY
Event Registration cum Attendance Form

Name of the Event: 10050 Haridam

Date of the Event: 13.12.22 to 13.12.22

Sl. No.	Name of the Candidate	Enrolment No.	Signature of the Candidate	Feedback							Would you like to attend this type of event/session in future	Attendance							
				How would you like this session/event								Y	N	D1	D2	D3	D4	D5	D6
				E	V	G	A	P	Y	N									
41	Sandeep Kumar	AJU/220141	Sandeep Kumar																
42	Sonu Kumar Verma	AJU/220151	Sonu Kumar Verma	✓															
43	Surej Kumar	AJU/220172	Surej Kumar	✓															
44	Rahul Kumar Sah	AJU/220184	Rahul Kumar Sah	✓															
45	Chandni Pradhan	AJU/220508	Chandni Pradhan	✓															
46	Shreya Kumari	AJU/220578	Shreya Kumari	✓															
47	Deviyaji Dev	AJU/221202	Deviyaji Dev	✓															
48	Sudhanshu Kumar	AJU/221201	Sudhanshu Kumar	✓															
49	Suddeep Mandal	AJU/221792	Suddeep Mandal	✓															
50	Amrit Kumar	AJU/220994	Amrit Kumar	✓															

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SCHOOL OF PHARMACY
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Name of the Event: 10050 Haridam

Date of the Event: 13.12.22 to 13.12.22

Sl. No.	Name of the Candidate	Enrolment No.	Signature of the Candidate	Feedback							Would you like to attend this type of event/session in future	Attendance							
				How would you like this session/event								Y	N	D1	D2	D3	D4	D5	D6
				E	V	G	A	P	Y	N									
51	Srishti Shreya	AJU/210204	Srishti Shreya	✓															
52	Anjali Sahu	AJU/210264	Anjali Sahu	✓															
53	Animesh Mahapatra	AJU/210245	Animesh Mahapatra	✓															
54	Gopinath Mandal	AJU/210093	Gopinath Mandal	✓															
55	Prachi Mahato	AJU/210203	Prachi Mahato	✓															
56	Shikha Mishra	AJU/210183	Shikha Mishra	✓															
57	Annu Sharma	AJU/210289	Annu Sharma	✓															
58	Tyoti Murmu	AJU/210146	Tyoti Murmu	✓															
59	Rana Paul	AJU/210284	Rana Paul	✓															
60	Harsh Kumar	AJU/210244	Harsh Kumar	✓															

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				E	V	G	A	P	Y	N									Y
61	Amr Singh Ka.	ATU/220418	Amr Singh Ka.																
62	Shameel Khan	ATU/221203	Shameel Khan																
63	Piyush Kar	ATU/221333	Piyush Kar																
4																			
5																			
6																			
7																			
8																			
9																			
10																			

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Feedback Analysis

