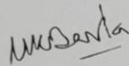


**ARKA JAIN**
University
Jharkhand (Jamshedpur)**Notice No: AJU/BA FD/E055****Date: 23.01.2023****School of Humanities****Department of Fashion Designing****NOTICE**

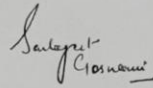
Dear Faculty and Staff of Arka Jain University, This is to notify that **Arka Jain University**, Under the initiative of **75th Azadi ka Amrit Mahotsav** in collaboration with **The Art of Living** and **Sanskriti Mantralaya (Government of India)** is organizing a **"HAR GHAR DHYAN" – Meditation Session** on Saturday 28th January 2023, 8: 30am onwards. Venue: JEH Auditorium, Arka Jain University. **Open for all students, faculty, and staff members** Resource Person – Mrs. Mokshita Gautam (Faculty of The Art of Living Foundation & Entrepreneur) Organizing Departments – BA(H) Fashion Design and B. Optometry

"Purpose: To improve the mental well-being of the Participants"



Program Co-ordinator
School of Humanities

Ms. Usha Kiran Barla
Programme Coordinator
BA(H) Fashion Design



Program Co-ordinator
Department of Optometry
School of Health & Allied Science
ARKA JAIN University, Jharkhand

Mr. Sarbojeet Goswami
Programme Coordinator
B. Optometry

Copy for information & necessary action please: -

1. PS to The Vice-Chancellor
2. PS to The Director
3. PS to The Registrar
4. Controller of Examination for information
5. In charge Web services for Website
6. Notice Board
7. Guard File

Report on –Har Ghar Dhyan- Meditation Session
Held on 28.01.2023

Date of Event	28.01.2023
Name of the Event	Har Ghar Dhyan- Meditation Session
Type of the Event	Life Skills Development Program
Conducted by	BA(H) Fashion Design and B. Optometry
No. of Participant	60

OBJECTIVE:

The Objective of the event was to reconnect people with the meditation. Although yoga and meditation have been an integral part of Indian culture for centuries, but in the last few years, the way in which we have become careless about it in the color of modernity, the result is that a large section of the country is currently in the grip of mental stress. At present, the Ministry of Culture has taken an important step in this direction in the Amrit Mahotsav of Independence, under the joint aegis of Art of living foundation, meditation session was organized in the university campus for the students, teaching and non-teaching staffs.

ABOUT THE EVENT:

On the event of Har Ghar Dhyan – Meditation session, 28th January, 2023 was organized by the Department of Fashion Design & Optometry. The event was coordinated by Mr Anup Kumar Singh [Assistant professor,BA(H) Fashion Design,] and Mr Sarbojeet Goswami [Program Co-ordinator, Optometry] . On this event, Chief Guest Mrs. Mokshita Gautam (Meditation ambassador, Art of Living Foundation) taught about stress free life and types of energy.

She also explained about the importance, process and methods of meditation and also made this in practice.

TAKEAWAY (OUTCOME):

The session was very fruitful for the students, teaching and non-teaching staffs of the university. The minimum spared time from the busy schedule of life gives utmost calm, peace and direction of progress in the future.

Poster of the Event




THE ART OF LIVING

 **ARKA JAIN**
University
Jharkhand


75
Azadi Ka
Amrit Mahotsav

FOR all students, faculty and staff

ARKA JAIN UNIVERSITY
organizes
MEDITATION SESSION

**हर घर
ध्यान**

Saturday 28th January, 2023, 8:30 am
JEH auditorium, AJU Campus

COORDINATING DEPARTMENTS
BA(H)FASHION DESIGN | B.OPTOMETRY

FOR QUERIES
anup.s@arkajainuniversity.ac.in

www.arkajainuniversity.ac.in

Poster of the Event: Har Ghar Dhyani 2023

Glimpse of the Event



Audience assembled for Meditation session 2023



Mrs Mokshita Gautam addressing the Audience



List of Participants

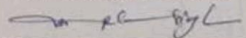
ARKA JAIN UNIVERSITY

HAR GHAR DHYAN- 28th January 2023

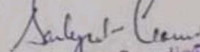
Participants List

Enrollment ID/UID	Name	Signature
AJU/200499	Taishree Samad	Taishree Samad
AJU/210831	Gulistan Niyaz	Gulistan Niyaz
AJU/222028	SITU KUMARI	SITU KUMARI
AJU/220748	Megha Kumari	Megha
AJU/220760	Prityo Das	Prityo
AJU/221537	Ankit Nag	Ankit
AJU/220209	Shama Poruon	Shama
AJU/220464	Kalkasha Daman	Kalkasha
AJU/221807	BALAJI NARAYAN	Balajinarayan
AJU/220808	Nikita Kumari	Nikita
AJU/220473	SONU KUMAR Singh	Sonu
AJU/221802	MUSKAN NAG	Muskan
AJU/220306	Purnea Singh	Purnea Singh
AJU/220610	Shipe Mandal	Shipe
AJU/220994	Tiya Kumari	Tiya
AJU/220102	Jyoti Kumari	Jyoti Kumari
AJU/221670	Preeti Pradhan	Preeti
AJU/220202	Tarandeep Kaur	Kaur
AJU/210622	Pradumna Pradhan	Pradumna
AJU/210371	Oishan Sarin	Oishan
AJU/200268	Suati Sinha	Suati

Event Coordinator- Mr Anup Kr Singh



Program Coordinator



Program Co-ordinator
 Department of Optometry

School of Health & Allied Sciences
 ARKA JAIN University, Jharkhand

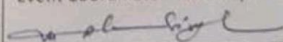
ARKA JAIN UNIVERSITY

 HAR GHAR DHYAN- 28th January 2023

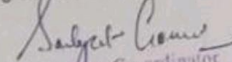
Participants List

Enrollment ID/UID	Name	Signature
AJU/200675	Biswasi Kerau	Biswasi
AJU/200767	Rukhsar Paswan	Rukhsar
AJU/220703	Ravi Kumar	Ravi Kumar
AJU/211870	Akash Kumar	Akash Kumar
AJU/211459	Akash Kumar	Akash
AJU/204760	Ashish Kr.	Ashish
AJU/200941	Deepak Sharma	Deepak Sharma
AJU/220941	Binice Kumar	Binice
AJU/221934	Pooja Lugun	Pooja
AJU/221953	Shivani Kumari	Shivani Kumari
AJU/222084	Aditi Kumari	Aditi Kumar
AJU/221949	Ramesh Sinha	Ramesh Kumar
AJU/220279	Sadurrahman	Sadurrahman
AJU/221984	Ritik Paswan	Ritik Kumar
AJU/221968	Mansi Raj	Mansi
AJU/221974	Kunal Raj	Kunal Raj
AJU/221973	Abhishek Kumar	Abhishek Kumar
AJU/221961	Ashish Kumar	Ashish Kumar
AJU/222026	Samarth Kumar	Samarth Kumar
AJU/221896	Sabika Meaz	Sabika Meaz
AJU/222031	Ankita Kumari	Ankita Kumar

Event Coordinator- Mr Anup Kr Singh



Program Coordinator -



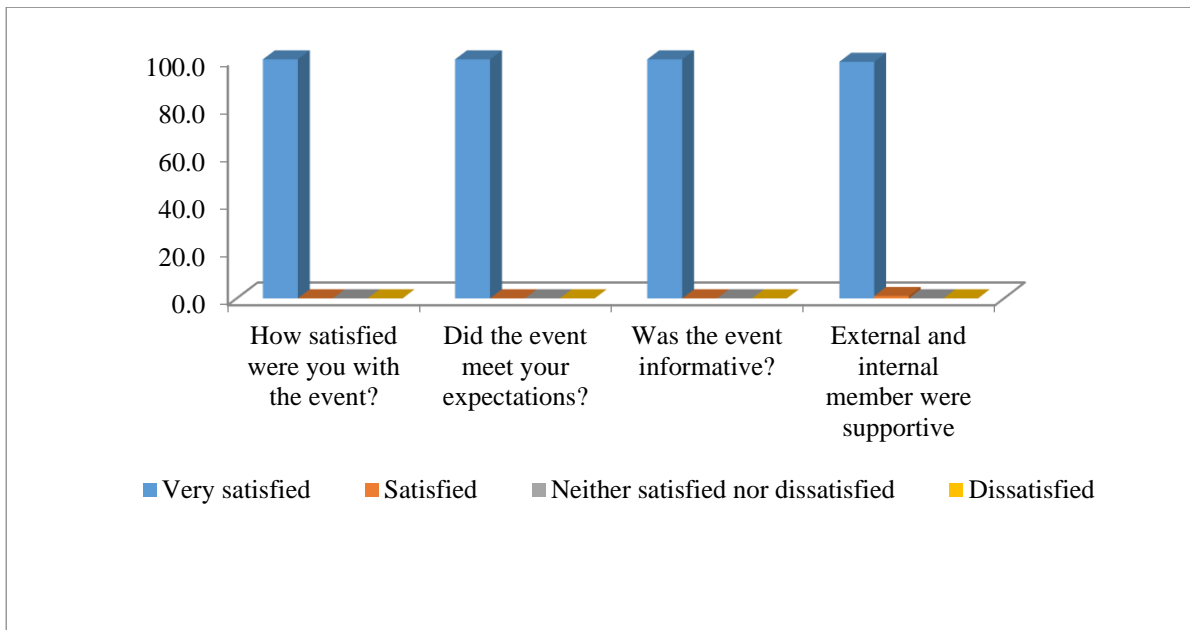
Program Co-ordinator

Department of Optometry

 School of Health & Allied Science
 ARKA JAIN University, Jharkhand

Enrollment ID / UID	Name	Signature
AJU/211598	Priya Rubey	Priya Rubey
AJU/221667	Anjali Kumari	Anjali
Faculty (Engg)	Shatabhisa Simha	Simha
Faculty (Engg)	Dr. Keerti Rai	Keerti
Faculty (Nursing)	Debyapara Gope	Debya
Faculty (NG)	Rajashree Khelari	Rajashree
AJU/5116 Faculty (NSG)	Binita Kumari	Binita
AJU/210623	Vireat Singh	Vireat
AJU/221913	Kanchen Rani Bhagat	Kanchen
AJU/221895	Nandini Taji	Nandini Taji
AJU/222004	Parvati Karmay	Parvati
AJU/200798	Ch. Tejashwini	Tejashwini
AJU/200387	Ashmit	Ashmit
AJU/211495	Debasrija Dasgupta	Debasrija
AJU/210680	Sougelha Singh	Sougelha
AJU/221857	Sana Perveen	Sana
AJU/220612	Manisha Oraon	Manisha Oraon
AJU/220691	Shruti Sharma	Shruti
AJU/221876	Saba Amir	Saba
AJU/220175	Deepa Sharma	Deepa
AJU/220645	Parwati Thakur	Parwati
AJU/210873	Sanju Mahabo	Sanju
AJU/1098	Dr. Manoj K. Palhau	Dr. Manoj K. Palhau
AJU/1137	Rajkumari Ghosh	Rajkumari
AJU/1427	Dr. Pankaj Das Sengupta	Pankaj
AJU/1086	Akhilesh Upadhyay	Akhilesh

Feed Back



Press Release

अरका जैन : शिक्षकों व विद्यार्थियों ने किया ध्यान



जमशेदपुर. अरका जैन विश्वविद्यालय के फैशन डिजाइन और ऑप्टोमेट्री विभाग ने विद्यार्थियों और शिक्षक-शिक्षकेतर कर्मचारियों के बीच ध्यान सत्र का आयोजन किया. आर्ट ऑफ लिविंग फाउंडेशन के संयुक्त तत्वावधान में हर घर ध्यान कार्यक्रम के तहत इसका आयोजन हुआ. आर्ट ऑफ लिविंग के प्रशिक्षक मोक्षिता गौतम ने ध्यान के महत्व, प्रक्रिया और विधियों के संबंध में विस्तार से बताया व अभ्यास भी कराया. मौके पर कुलपति प्रो (डॉ) एसएस रजी, निदेशक अमित कुमार आदि मौजूद थे.