



CIRCULAR

Ref. No.: AJU/BA FD/173

Date: 19-06-2023

स्वास्थ्य सर्वसाधनम्: International Day of Yoga Observance-2023

Dear students, faculty members and staffs,

The University is going to observe International Day of Yoga on 21st June, 2023 at 06.30 AM in the multipurpose ground of the University.

Ms. Divya Pandey, a certified yoga trainer, would be the resource person.

All are requested to join the event and be a part of the yogic session containing a talk on 'Yoga and its Advantages' and practice of Yog-Kriyā.

Certificate of Participation will be given to the participants.


Mr. Anup Kumar Singh/Dr. Manoj Kumar Pathak
Event Coordinators


Ms. Usha Kiran Barla
Convenor



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PS to Vice-Chancellor
PS to Director
All Deans, PCs, Faculty Members & Staffs
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Students' WhatsApp Group

International Day of Yoga: स्वास्थ्यं सर्वार्थसाधनम्

Date of Event	21 June, 2023
Name and Type of Event	International Day of Yoga: स्वास्थ्यं सर्वार्थसाधनम्
Conducted by	Dept. of Fashion Design & National Service Scheme
Event Coordinator	Mr. Anup Kumar Singh & Dr. Manoj Kumar Pathak
No. of Participants	125
Objective	To cultivate discernment, awareness, self-regulation and higher consciousness in the individual through Yogic practices.
Outcome	Creation of interest in Yoga

The Department of Fashion Design and NSS units of ARKA JAIN University organized **स्वास्थ्यं सर्वार्थसाधनम्: International Day of Yoga** with an objective to cultivate discernment, awareness, self-regulation and higher consciousness in the individual through yogic practices on 21st June, 2023 in the multipurpose ground of the campus at 6.30 AM.

About the Speakers: Ms. Divya Pandey, Yoga Trainer

About the Event:

ARKA JAIN University celebrated the International Day of Yoga with great enthusiasm and participation on June 21, 2023. The event was organized to promote the significance of yoga in maintaining physical and mental well-being among the students, faculty, and staff. The renowned yoga trainer, Divya Pandey, was invited as the resource person to guide and conduct the yoga session.

Event Details:

Venue: The event took place in the spacious multipurpose ground of ARKA JAIN University, which was transformed into a serene and peaceful setting for the yoga session. The ambiance was decorated with vibrant colours and soothing music to create a relaxing atmosphere.

Participants: Students, faculty, and staff members of the university actively participated in the event. The event attracted a large number of participants, reflecting the growing interest and awareness about the benefits of yoga.

Yoga Trainer - Divya Pandey: Divya Pandey, a renowned yoga trainer, served as the resource person for the event. With her vast knowledge and experience in yoga, she guided the participants through various yoga poses and explained their

significance. Divya Pandey is known for her expertise in different styles of yoga, including Hatha, Vinyasa, and Ashtanga.

Event Highlights:

Welcome Address: The event commenced with a warm welcome address by the university's NSS Program Officer Dr. Manoj Kumar Pathak, emphasizing the importance of yoga in maintaining a healthy lifestyle and reducing stress. Mr. Anup Kumar Singh put forth the importance of yoga day observance.

Hon'ble Vice-Chancellor Prof. (Dr.) S. S. Razi addressed the participants and encouraged to adopt yogic practices in daily basis. Director Mr. Amit Kumar Shrivastav said that yoga energizes in all respects to people of all the age groups. Dean, Students' Welfare Dr. Angad Tiwary delivered a short speech on the effective nature of yoga in improving mental and physical health.

Yoga Session: Divya Pandey led an engaging and invigorating yoga session, incorporating a blend of asanas (poses), pranayama (breathing exercises), and meditation techniques. She emphasized the correct alignment and breathing techniques during each pose to ensure maximum benefits for the participants.

Interactive Session: Divya Pandey actively interacted with the participants, addressing their queries, and providing insights into the deeper aspects of yoga philosophy and its positive impact on overall well-being. Her explanations helped the participants develop a deeper understanding of the practices.

Demonstration of Advanced Poses: As a part of the session, Divya Pandey demonstrated a few advanced yoga poses, showcasing the potential for personal growth and physical strength that can be achieved through consistent practice.

Benefits of Yoga: Divya Pandey highlighted the numerous benefits of yoga, including improved flexibility, increased strength, stress reduction, enhanced concentration, and overall mental and emotional well-being. She encouraged the participants to incorporate yoga into their daily lives.

Conclusion:

The observance of International Day of Yoga at ARKA JAIN University was a resounding success, fostering a deeper understanding and appreciation for the practice among the participants. The presence of Divya Pandey as the yoga trainer and resource person added immense value to the event, inspiring the participants to embrace yoga as a holistic approach to well-being. The event served as a reminder of the transformative power of yoga and its potential to improve the lives of individuals. Mr. Paras Nath Mishra, NSS Coordinator, proposed the vote of thanks.

POSTER

JGI ARKA JAIN
University
Jharkhand

Yoga for Harmony & Peace

INTERNATIONAL
DAY OF YOGA

स्वास्थ्यं सर्वार्थसाधनम्

A Life Skills Development and International Observance Day Program

Date : June 21st, 2023

Time : 06:30 AM IST | **Venue :** Multipurpose Ground, AJU

Talk on 'Yoga & its Advantages' | Yog-Kriya | Resource Person

Organizers : Dept. of Fashion Design & NSS | **Ms. Divya Pandey** (Certified Yoga Trainer)

Convenors : Ms. Usha Kiran Barla & Mr. Paras Nath Mishra | **Event Coordinators :** Mr. Anup Kumar Singh & Dr. Manoj Kr. Pathak

Figure 1: Poster of the International Day of Yoga: स्वास्थ्यं सर्वार्थसाधनम्

PHOTOS OF THE EVENT



Figure 2: Introductory Note of the Moderator, Dr. Manoj K Pathak, NSS Program Officer



Figure 3: Felicitation of the Yoga instructor Ms. Divya Pandey by the VC and the DSW



Figure 4: DSW Dr. Angad Tiwary addressing the yoga session participants



Figure 5: Talk on 'Yoga and its Advantages' by the resource person, Ms. Divya Pandey



Figure 6: University officials, faculty members, staffs and students during the IDY yogic sessions



Figure 7: NSS volunteers and NCC Cadets during the IDY session



Figure 8: AJU faculty members and staffs during the yogic sessions



Figure 9: Participants of the IDY observance



Figure 10: Hon'ble VC, Registrar, DSW, Deans and Heads during the IDY observance at AJU




Figure 11: The participants of the Yoga session during IDY observance at AJU



Figure 12: Ms. Divya Pandey conducting the yoga session


PARTICIPANTS

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स्वास्थ्यं सर्वार्थसाधनम्: INTERNATIONAL DAY OF YOGA

21st June, 2023
Multipurpose Ground
Attendance Sheet



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स्वास्थ्य सर्वार्थसाधनम्: INTERNATIONAL DAY OF YOGA



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MEDIA COVERAGE

योग मानसिक-आध्यात्मिक विकास का साधन : दिव्या

जासं, जमशेदपुर : अर्का जैन विश्वविद्यालय के फैशन डिजायन विभाग व राष्ट्रीय सेवा योजना के संयुक्त तत्वावधान में आयोजित योग शिविर में दिव्या पांडेय ने योग के बारे में जानकारी दी। इस अवसर पर कुलपति प्रो एसएस रजी, निदेशक अमित कुमार श्रीवास्तव,

निदेशक परिसर डा. अंगद तिवारी, कुलसचिव जसवीर सिंह धंजल, मनोज पाठक, प्रो. अनूप सिंह ने भी अपने विचार रखे। दिव्या पांडेय ने कहा कि योग शारीरिक, मानसिक व आध्यात्मिक विकास का साधन है। हमें योग को जीवनचर्या में शामिल करना चाहिए।



अर्का जैन विश्वविद्यालय में योग सिखाती दिव्या पांडेय ● जागरण

जमशेदपुर, चमकता आईना, गुरुवार 22 जून 2023

चमकता आईना

अर्का जैन यूनिवर्सिटी में योग शिविर का आयोजन



अर्का जैन यूनिवर्सिटी के फैशन डिजाइन विभाग व राष्ट्रीय सेवा योजना की ओर से आयुष मंत्रालय के निर्देशानुसार योग शिविर का आयोजन किया गया जिसमें जिसमें योग प्रशिक्षिका दिव्या पांडेय रिसोर्स पर्सन के रूप में शामिल हुईं। उन्होंने यूनिवर्सिटी के शिक्षकों,

कर्मचारियों व छात्रों को योग के फायदे के बारे में जानकारी दी व उन्हें यौगिक क्रियाएं करवायीं। यूनिवर्सिटी का संकल्प मंत्र था स्वास्थ्यं सर्वार्थसाधनम् यानि स्वास्थ्य ही सब चीज का साधन है। इस मौके पर अर्का जैन यूनिवर्सिटी के निदेशक अमित श्रीवास्तव,

कुलपति डा. एस एस रजी, डा. अंगद तिवारी, जसवीर सिंह धंजल ने योग के महत्व के बारे में जानकारी दी। योग प्रशिक्षिका डा. दिव्या पांडेय ने कहा कि योग शारीरिक, मानसिक व आध्यात्मिक विकास का साधन है। उन्होंने योग को अपनाने के फायदे बताये और कहा कि योग को हमें अपने जीवन चर्या में शामिल करना चाहिए। यूनिवर्सिटी के प्रो. अनूप सिंह ने योग के बारे में जानकारी दी। शिविर का संचालन डा. मनोज पाठक व धन्यवाद ज्ञापन प्रो. पारसनाथ मिश्रा ने किया।