



## SCHOOL OF PHARMACY CIRCULAR

No: AJU/SOHAS/156/23

Date 21.08.2023

It is hereby notified that School of Pharmacy will organize "Dhyanam" a session on meditation on every Saturday. Students are herewith notified to participate and to take the advantage for a stress free spiritual experience.

ARKA JAIN University Jharkhand

**Dean  
School of Pharmacy**

Copy to  
Office of the Registrar  
IQAC  
Class Coordinators  
In-charge Website  
Office file  
Student Whatsapp group

## DHYANAM - A Session on Meditation

<b>Date of Event</b>	<b>2.09.2023</b>
<b>Name of the Event</b>	<b>DHYANAM - A Session on Meditation</b>
<b>Type of the Event</b>	<b>A Life Skill Development and Best Practice (Traditional Indian Knowledge System)</b>
<b>Conducted by</b>	<b>School of Pharmacy</b>
<b>No. of Participants</b>	<b>41</b>

### **OBJECTIVE:**

The objective of conducting meditation sessions in college is to promote the mental, emotional, and physical well-being of students while also enhancing their academic and personal growth. It is considered as an essential component of a comprehensive educational experience.

### **DETAILS:**

**Dhyanam**, often referred to as meditation, is a practice that has been embraced by various cultures and spiritual traditions for centuries. In recent years, there has been a growing recognition of the need and importance of conducting Dhyanam sessions in various settings. This report explores the reasons behind this increasing demand and the significance of incorporating Dhyanam sessions into our daily lives. Dhyanam, derived from the Sanskrit word "dhyana," is a mental practice that focuses on mindfulness, concentration, and self-awareness. It involves sitting quietly, breathing deeply, and directing one's attention inward. Dhyanam sessions can be conducted in various forms, including guided meditation, mindfulness exercises, and yogic practices. The need for Dhyanam sessions has grown significantly in recent times due to several factors. The need and importance of conducting Dhyanam sessions are clear in our fast-paced, stressful world. Dhyanam has the potential to transform lives by promoting physical and mental health, enhancing personal and professional growth, and fostering a more compassionate

and connected society. It is essential for individuals, communities, and organizations to recognize the value of Dhyanam and incorporate it into their daily lives to reap the numerous benefits it offers. Looking into the importance of meditation in our busy lifestyle, Dr. Jyotirmaya Sahoo Dean, School of Pharmacy at Arka Jain University initiated a best practice that needs to be integrated into the students' lifestyle by conducting Dhyanam sessions for the betterment of both students and faculty members. These sessions are scheduled to be held once a week on Saturdays. The inaugural session took place on **2<sup>nd</sup> September 2023**. The session lasted for 10 minutes during which the students were required to close their eyes, and Om chanting was played in the background. The event was conceptualized by Dr. Jyotirmaya Sahoo and was successfully conducted by Mr. Ashutosha and Miss. Purnima.

**TAKEAWAY (OUTCOMES):** The session enhanced the mental, emotional, and physical well-being of the participants. The session contributed to a more positive and productive college experience, better preparing students for the challenges they may face during their academic journey and beyond.

POSTER OF THE EVENT

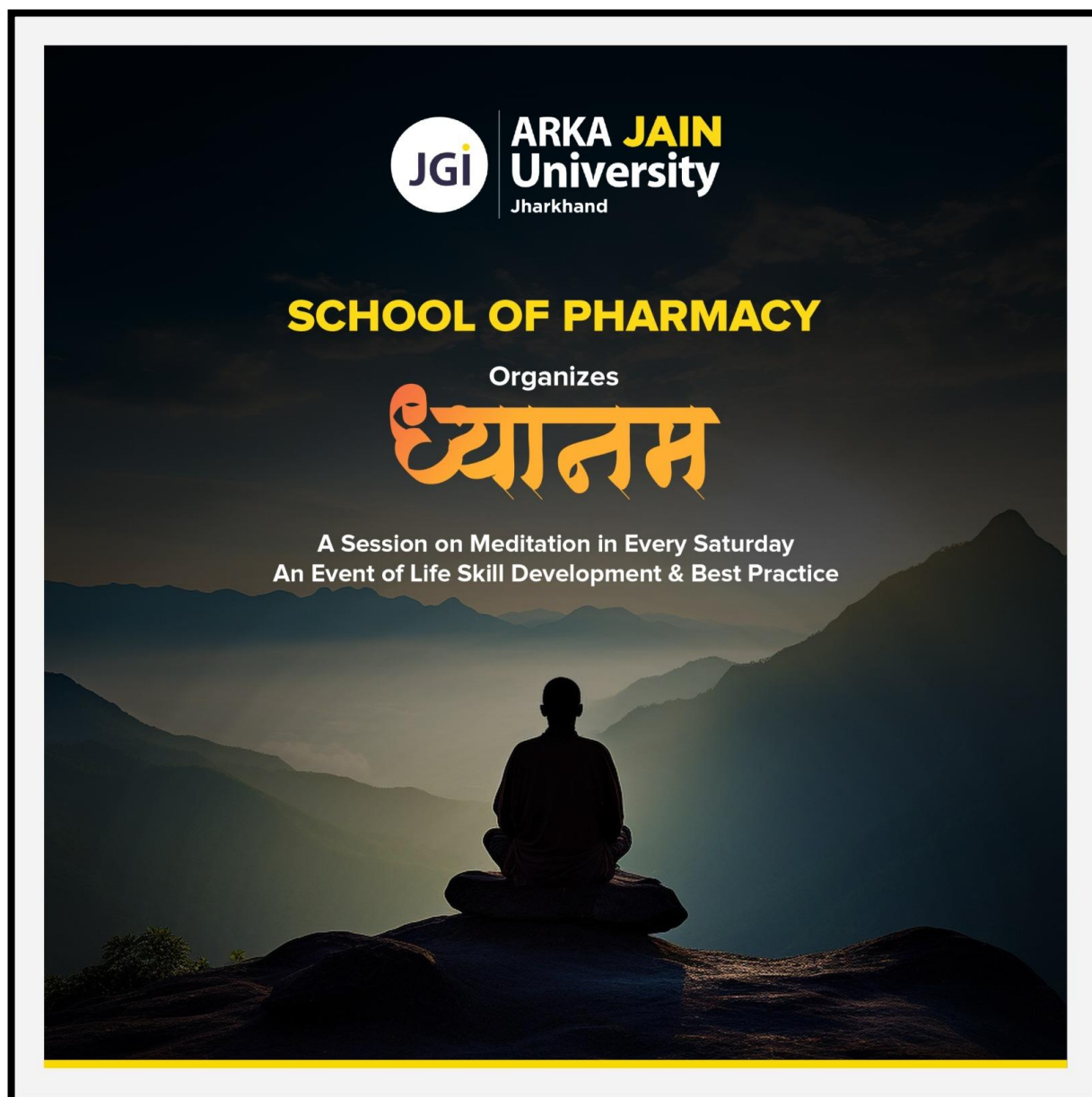


Figure 1: Poster of the event “Dhyanam”

## PHOTOS OF THE EVENT



**Figure 2: Students participating in Dhyanam session**



**Figure 3: Inhale peace, exhale stress: Our College's Dhyanam sessions create a harmonious campus atmosphere**

## LIST OF THE PARTICIPANTS



SCHOOL OF PHARMACY  
Event Registration cum  
Attendance Form

Name of the Event: DHYANAM  
"A session on Meditation"

Date of the Event: 29.23. to \_\_\_\_\_

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	D	D	D	D				
															E	V	G	A
1	Maitanjay Kumar	AJU/230244	Maitanjay Kumar	✓						✓								
2	Seswini Nanda	AJU/230067	Seswini Nanda		✓					✓								
3	Ashwadeh Ranjan	AJU/230807	Ashwadeh Ranjan	✓						✓								
4	Rishav K Gupta	AJU/231650	Rishav K Gupta	✓						✓								
5	Kuldip Mahato	AJU/230645	Kuldip Mahato	✓						✓								
6	MD. FIROZ	AJU/230925	Md. Firoz	✓						✓								
7	Shant Kumar	AJU/230007	Shant Kumar	✓						✓								
8	Vivek Raj	AJU/230207	Vivek Raj	✓						✓								
9	RAT KUMAR YADAV	AJU/230410	RAT KUMAR	✓						✓								
10	Yashraj Mahato	AJU/230413	Yashraj Mahato	✓						✓								

\*E-Excellent, V-Very good, G-good, A-Average, P-Poor

Signature of the Head  
Dean  
School of Pharmacy  
ARKA JAIN University Jharkhand

*Purnima Mahato*  
Signature of the Event Coordinator

### LIST OF THE PARTICIPANTS



SCHOOL OF PHARMACY  
Event Registration cum  
Attendance Form

Name of the Event: DHYANAM  
'A session on Meditation'

Date of the Event: 29.03 to \_\_\_\_\_

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	D	D	D	D	D						
														E	V	G	A	P	Y
11	HABIBA FATIMA	AJU/230040	<i>[Signature]</i>																
12	Priyanshi Pandey	AJU/230223	<i>[Signature]</i>																
13	SHIKHA KUMAR	AJU/230009	<i>[Signature]</i>																
14	MEGHA JOSHI	AJU/231391	<i>[Signature]</i>																
15	Kaushi Sharma	AJU/230197	<i>[Signature]</i>																
16	ANISH SHARMA	AJU/230170	<i>[Signature]</i>																
17	Abha Sharma	AJU/230161	<i>[Signature]</i>																
18	Balika Singh	AJU/230348	<i>[Signature]</i>																
19	ANUPAMA CHOPRA	AJU/230398	<i>[Signature]</i>																
20	Sangita Bhadani	AJU/230003	<i>[Signature]</i>																

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ARKA JAIN University Jharkhand

*[Signature]*  
Signature of the Event Coordinator

## LIST OF THE PARTICIPANTS



SCHOOL OF PHARMACY  
Event Registration cum  
Attendance Form

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'A session on Meditation'

Date of the Event: 2-09-23 to \_\_\_\_\_

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	D	I	D	D	D					
															E	V	G	A	P
21	Jyoti K. Mahato	AJU/230806	<i>Jyoti Mahato</i>	✓															
22	NAVED RAZA	ASU/220953	<i>Naved Raza</i>	✓															
23	Gourav Singh	AJU/231118	<i>Gourav Singh</i>	✓															
24	KUMAR YASH	AJU/231127	<i>Kumar Yash</i>	✓															
25	Rishabh Bala	AJU/230179	<i>Rishabh Bala</i>	✓															
26	Udit Singh	AJU/230189	<i>Udit Singh</i>	✓															
27	DEEPIKA ANAND	ASU/230067	<i>Deepeeka Anand</i>	✓															
28	A BRYAN AHMED	AJU/230943	<i>A Bryan Ahmed</i>	✓															
29	Bhaskar Prasad	AJU/230084	<i>Bhaskar Prasad</i>	✓															
30	Sudhanshu K.	AJU/230065	<i>Sudhanshu K.</i>	✓															

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Signature of the Head

*[Signature]*  
School of Pharmacy  
ARKA JAIN University Jharkhand

*Purnima Mahato*  
Signature of the Event Coordinator



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SCHOOL OF PHARMACY  
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Attendance Form

**DHYANAM**

Name of the Event: "A session on Meditation"

Date of the Event: 2-09-23 to \_\_\_\_\_


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	D	D	D	D	D							
														E	V	G	A	P	Y	N
31	Satyam Jha	AJU/230830	Satyam Jha	✓																
32	Puhatik Sharma	AJU/230252	Puhatik Sharma	✓																
33	ANISH KR. VADAV	AJU/230203	Anish Kumar	✓																
34	Rahul Mahato	AJU/231337	Rahul Mahato	✓																
35	Srujan Choudhary	AJU/230688	Srujan Choudhary	✓																
36	MADHAV KUMAR	AJU/230163	Madhav KH.	✓																
37	Satish Kumar	AJU/230201	Satish Kumar	✓																
38	NISHANT KUNAR	AJU/230248	Nishant Kumar	✓																
39	Ashish Yadav	AJU/230182	Ashish Yadav	✓																
40	Ashish Kumar	AJU/230162	Ashish Kumar	✓																

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Jharkhand

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Attendance Form

Name of the Event: DHYANAM  
"A session on Meditation"

Date of the Event: 2023 to \_\_\_\_\_

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					
				E	V	G	A	P	Y	N								
41	<u>Shamika Kumari</u>	<u>AJU/230041</u>	<u>Shamika Kumari</u>	✓														
42																		
43																		
44																		
45																		
46																		
47																		
48																		
49																		
50																		

Legend: V-Very good, G-good, A-Average, P-Poor

[Signature]  
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[Signature]  
Signature of the Event Coordinator

## FEEDBACK ANALYSIS

