

Circular



ARKA JAIN
University
Jharkhand

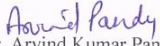
Department of Computer Science & Information Technology

CIRCULAR

Ref. No.: AJU/CS&IT/021-D/2022-23

Date: 20.12.2022

It is notified for information to all the students that the *Department of Computer Science & Information Technology, School of Engineering & IT, ARKA JAIN University, Jharkhand* is going to organize an Extension Activity on **Awareness Campaign on personal health and good habit** on 17th January 2023 for the students of BCA & MCA.


Dr. Arvind Kumar Pandey
Head, Computer Science & IT
School of Engineering & IT
ARKA JAIN University

Copy for information & necessary action please:-

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



AWARENESS CAMPAIGN ON PERSONAL HEALTH AND GOOD HABIT

Date of Event	17.01.2023
Name of the Event	Awareness Campaign on Personal Health and Good Habit
Type of the Event	Extension Activity
Conducted by	Department of Computer Science and IT
No. Of Participant	34

OBJECTIVE: The main objective to conduct this event is to spread the importance of personal health and good habit. The people needs to maintain the personal hygiene and needs to lead a healthy life.

DETAILS:

The Department of Computer Science & Information Technology (CS & IT) at ARKA JAIN University organized an impactful extension activity on the "Awareness Campaign on Personal Health and Good Habits" on January 17, 2023. The event, spearheaded by Ms. Divya Paikaray and Dr. Arvind Kumar Pandey, the Head of the CS & IT department, aimed to propagate the significance of personal health and the adoption of good habits for leading a wholesome life.

To fulfill the objectives of the campaign, students from ARKA JAIN University, accompanied by faculty members, ventured into a nearby village. The chosen location allowed for a direct engagement with the local community, providing an opportunity to impart valuable knowledge on maintaining a healthy lifestyle. During the session, the students and faculty members conducted informative discussions, workshops, and demonstrations on the importance of personal health and cultivating good habits. Topics covered included the significance of a balanced diet, regular exercise, proper sleep, and the maintenance of personal hygiene. life.

Key Facilitators:

Ms. Divya Paikaray: Coordinated the event with meticulous planning and execution.

Dr. Arvind Kumar Pandey: As the Head of the CS & IT department, provided leadership and support to ensure the success of the awareness campaign.

Awareness Session Highlights:

Balanced Diet: The session emphasized the importance of consuming a well-balanced diet comprising essential nutrients for overall health and well-being.

Physical Exercise: Demonstrations and discussions focused on the benefits of regular exercise, promoting both physical and mental fitness.

Hygiene Practices: Practical demonstrations were conducted to showcase proper hygiene practices, including handwashing, dental care, and the importance of a clean environment.

Mental Health: The campaign also addressed the significance of mental well-being, highlighting stress management and the importance of seeking help when needed.

TAKEAWAY (OUTCOMES): The goal is to create awareness among the people to how to lead a healthy life with maintaining good habits and hygienic life. This event successfully contributed to the community's well-being. By sharing knowledge and fostering a sense of responsibility, the event aimed to create a ripple effect, inspiring individuals to adopt healthier lifestyles and cultivate good habits for a better, more fulfilling life. The commitment of the department and its members in organizing such initiatives underscores the university's dedication to holistic education and community development.

Poster of the Event

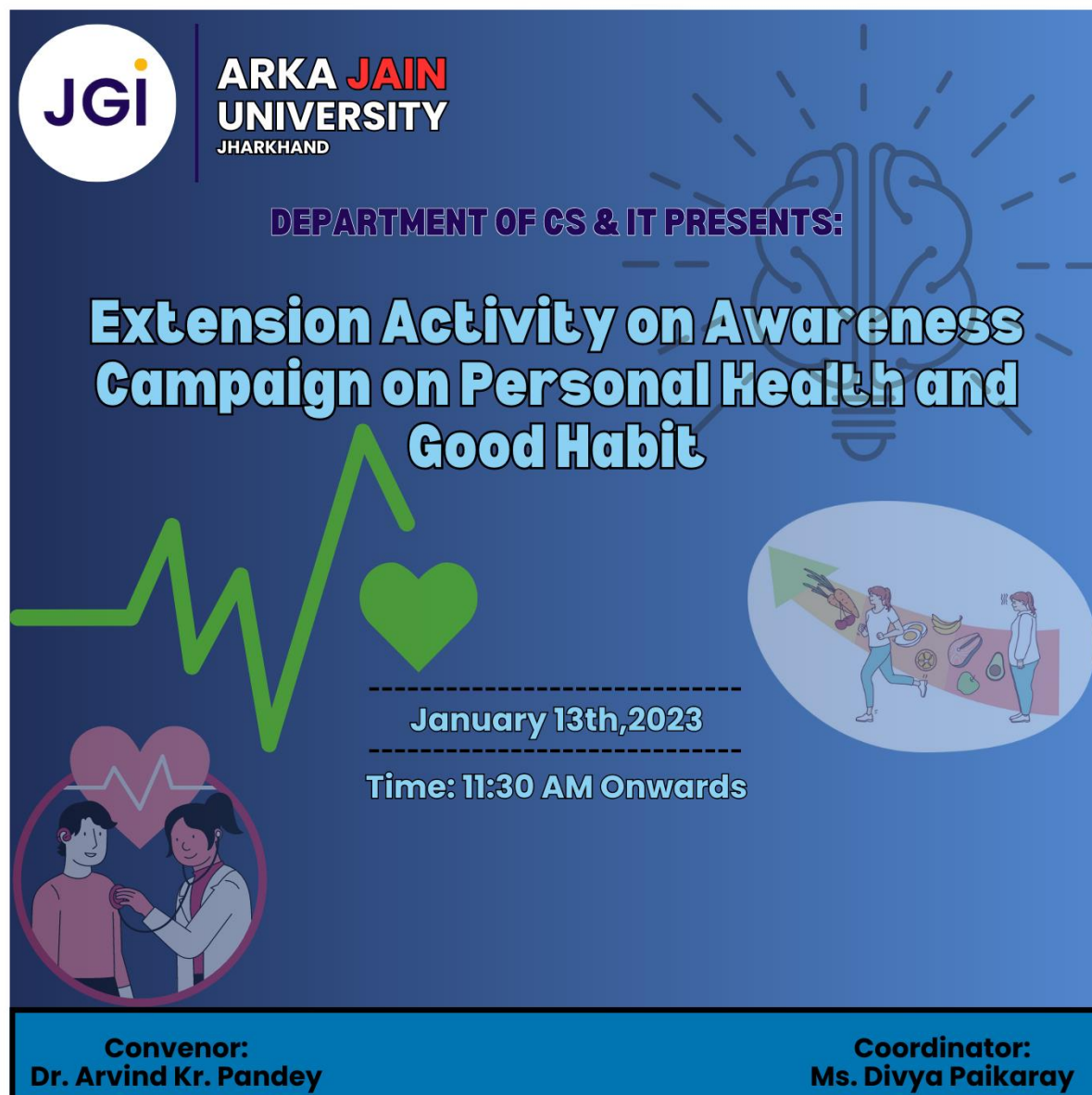


Figure 1: Poster of the Awareness Campaign on Personal Health and Good Habit

Photos of the Event



Figure 2: Photo of the Awareness Campaign on Personal Health and Good Habit



Figure 3: students with the villagers during the awareness campaign



Figure 4: Event Coordinator Divya Paikaray and Akash Bhagat guiding the Students

Sample Attendance Sheet

Arka Jain University, Jharkhand			
Department of CS & IT			
Attendance Sheet			
Awareness Campaign on Personal Health & Good Habit -17.01.23			
SL NO.	Enrollment No.	Name of the Student	Signature
1	AJU/220545	BUBAI GORAI	Bubai
2	AJU/220276	Vishakha Maity	Vishakha Maity
3	AJU/220329	Kunal Pradhan	Kunal
4	AJU/220671	Saakshin Khanam	Saakshin
5	AJU/2201762	Muskan Singh	Muskan
6	AJU/220668	Pallavi	Pallavi
7	AJU/220533	AKASH KUMAR Choudhary	Akash K. Choudhary
8	AJU/220384	Manisha Kumari	Manisha Kumari
9	AJU/220558	Anusha Sharma	Anusha
10	AJU/220372	Sahil Kumar	Sahil Kumar
11	AJU/220440	Sneha Singh	Sneha
12	AJU/220579	Dhendra Kumar	Dhendra Kumar
13	AJU/220123	Pankaj K. Yadav	Pankaj K. Yadav
14	AJU/220222	Jai Prakash Kumar	Jai Prakash
15	AJU/220472	Shivam Jaiswal	Shivam
16	AJU/220074	A RAMA RAO	A Rama
17	AJU/220150	SATYAM KUMAR	Satyam Kumar
18	AJU/220300	Ganesh Giri	Ganesh Giri
19	AJU/220487	Kranthi Lal Puri	Kranthi Lal Puri
20	AJU/220352	AAKASH SAMAD	Akash
21	AJU/220453	Ayush Kumar	Ayush Kumar
22	AJU/220231	Ankita Kumari	Ankita
23	AJU/220223	Muskan Singh	Muskan
24	AJU/220577	Prashant Kumar	Prashant
25	AJU/220664	Manish Kumar	Manish
26	AJU/220824	Alepekha Kumari	Alepekha
27	AJU/220998	Sonal Kumari	Sonal
28	AJU/220835	Akanksha Pri	Akanksha
29	AJU/220696	Shweta Pal	Shweta
30	AJU/220851	Ankita Maity	Ankita
31	AJU/220649	Jaya Munshi	Jaya
32	AJU/220744	Karturi Sharma	Karturi Sharma
33	AJU/220635	Akanksha Kumari	Akanksha
34	AJU/220440	Sneha Singh	Sneha
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A. Prashant
Program Co-ordinator
School of Engineering & IT