



DEPARTMENT: SCHOOL OF PHARMACY

CIRCULAR

No: AJU/SOHAS/257/23

Date 28th December 2023

This is to inform all the students of School of Pharmacy that a session on Fundamental building blocks of positive relationships will be conducted on 3rd Jan 2024. Session will address by Dr Ruturaj Dora the Dean of Capital Institute of Management and Science, Bhubaneswar Students need to participate generously.



Dean

Dean
School of Pharmacy
School of Pharmacy
ARKA JAIN University Jharkhand

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"FUNDAMENTAL BUILDING BLOCKS OF POSITIVE RELATIONSHIP"

Date of Event	03/01/2024
Name of the Event	FUNDAMENTAL BUILDING BLOCKS OF POSITIVE RELATIONSHIP
Type of the Event	Life Skill Development Program
Conducted by	School of Pharmacy
No. Of Participant	31

OBJECTIVE: For a happier and satisfied life people should rely upon healthy relationships. Healthy relationships can increase sense of worth and belongingness.

DETAILS: A session on Fundamental building blocks of positive relationships will be conducted on 3rd Jan 2024. Session will address by Dr Raturaj Dora the Dean of Capital Institute of Management and Science, Bhubaneswar. Open Dialogue, Trust, and Vulnerability are the three building blocks of a successful and happy relationship. Strengthening all of these areas in your current relationship creates joy and fulfilment in many other areas of our lives. Dr Dora briefed about execution, collaboration, problem solving, communication and trust. Mr Jasbir Singh Dhanjal witnessed the session and felicitated Dr. Dora offering him a shawl and memento. Dr. Jyotirmaya Sahoo, Dean of SOHAS, ARKA JAIN University introduced Dr Dora to the audience. Among others students and faculty members were the audience

OUTCOMES: The benefits of social connections and good mental health are numerous. Proven links include lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and cooperative relationships.

Poster of the Event



Figure 1: Poster of Fundamental Building Blocks of Positive Relationships

Photos of the Event



Figure 2: Dr. Jyotirmaya Sahoo introducing Dr. Raturaj Dora to the audience



Figure 3: Dr. Raturaj Dora addressing the audience



Figure 4: Joint Registrar ARKA JAIN University felicitating Guest Speaker



Figure 5: Dr. Ruturaj Dora along with members of ARKA JAIN University, School of Pharmacy

Feedback Analysis

