



**Department of Optometry
School of Health and Allied Science**

Ref No: AJU/SOHAS/196/23

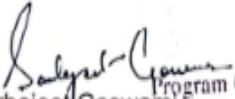
Circular

Date: 26-09-2023

This is to notify the students of ARKA JAIN University that to observe **World Mental Health Day** on **10th October, 2023** an event- **Meditate the Stress Away** is being organized by the department of Optometry. Students are requested to bring their comfortable wear for the day.

▶ **Timings:** 02:00pm onwards.

Venue: Yoga room, Sushruta Block


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

Copy To:

- All concerned
- Academic Coordinator
- Students group (WhatsApp)
- AJU website
- Office file
- Notice Board

World Mental Health Day

Date of Event	10.10.2023
Name of the Event	Meditate the Stress Away
Type of the Event	Life Skill Development Program
Conducted by	Department of Optometry
No. of Participant	38

OBJECTIVE:

World Mental Health Day is celebrated on October 10th to raise awareness, promote mental health education, and encourage mental well-being. Reducing mental illness stigma and prejudice by raising public knowledge and understanding, Spreading knowledge about mental health, mental illness symptoms, and support services, and promoting the creation, funding, and availability of mental health services, treatment, and policies that improve minds and communities are the basic objectives of observing World Mental Health Day.

ABOUT THE EVENT:

38 students from various departments participated in the session where our resource person was Mr Anup Singh, Faculty; department of BA Fashion Design (H) and faculty at The Art of Living Foundation. Mr Anup emphasized on meditation as tool to overcome stress and anxiety. Meditation may help manage mental health issues when combined with therapy, medication, and lifestyle changes. He emphasized on the fact that meditation boosts positivity and reduces pessimism.

TAKEAWAY (OUTCOME):

After the meditation session, the students felt rejuvenated and boosted with positive energy. They focussed their energy on breathing and bodily sensations. Meditation helps in focussing all our energy to the positivity in us and magnify it, while minimizing the negativity around us.

Conclusion:

The session concluded after an hour of meditation and heart to heart conversation with Mr Anup Singh, our resource person. He said the experience will differ from individual to individual but, meditation is beneficial for every person. It helps in instilling positivity and imbibe the goodness of ambience around us.

Poster of the Event

JGI ARKA JAIN
University
Jharkhand

DEPARTMENT OF OPTOMETRY ORGANIZES

MEDITATE THE STRESS AWAY

WORLD
MENTAL HEALTH DAY
2023

'A LIFE SKILL DEVELOPMENT PROGRAM'

10TH OCTOBER, 2023 | 2:00PM ONWARDS

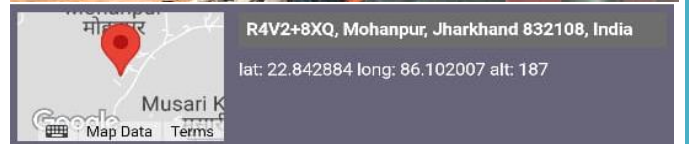
Resource Person- Mr. Anup Singh, Asst. Prof, BA Fashion Design (H)
and Faculty at The Art of Living Foundation.

VENUE :
Yoga Room,
Sushruta Block

Contact: 9123444651 | Email: sarbojeet.g@arkajainuniversity.ac.in

Poster of the Event: World Mental Health Day- *Meditate the Stress Away* 2023

Glimpse of the Event



List of Participants



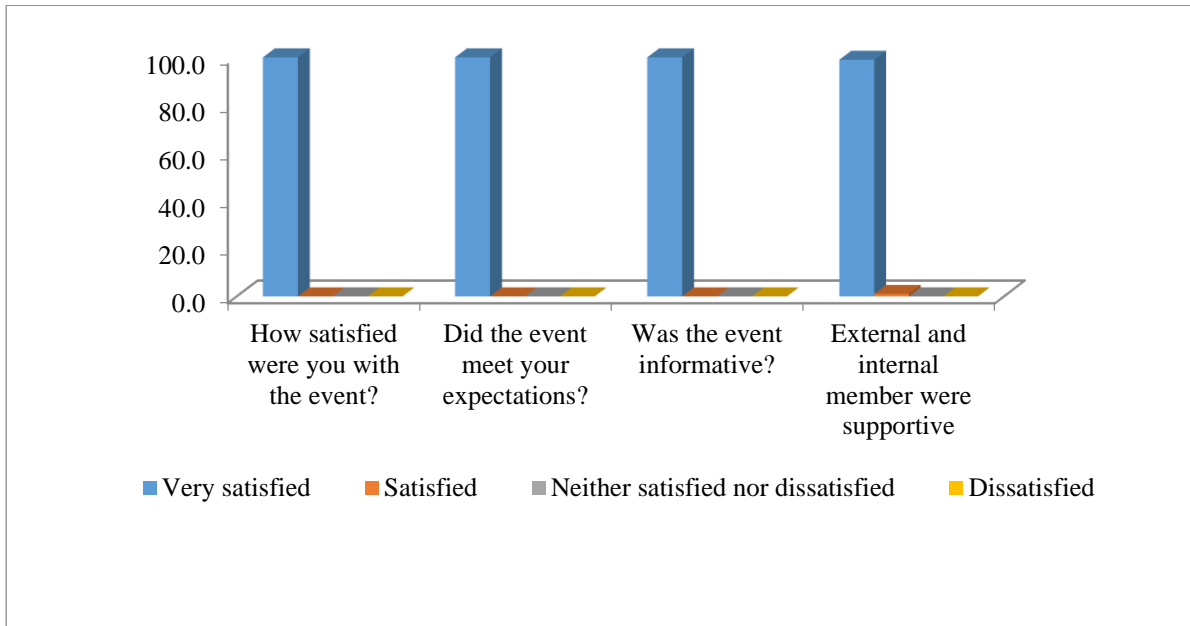
List of Attendees: World Mental Health Day [10.10.2023]

B.Optometry

S.No.	Enrollment number	Name of the Attendee	Signature
01	AJU/231388	Akansha Priya	Akansha
02	AJU/230509	Sueha	Sueha
03	AJU/231410	Vibhakar Prasad	Vibhakar
04	AJU/231832	Sousabh Kumar	Sousabh
05	AJU/230579	Manish Kumar	Manish
06	AJU/231142	Milan Bag	Milan
07	AJU/231366	Asif Raza	Asif
08	AJU/232017	Anvesh Kiknam	Anvesh
09	AJU/231818	Rebekah Mishra	Rebekah Mishra
10	AJU/231892	Aisha Iqbal	Aisha
11	AJU/231971	Komal Kumari	Komal
12	AJU/231400	Sabera Parween	Sabera
13	AJU/231435	Ditsa Pramanik	Ditsa
14	AJU/231286	Sapna Sharma	Sapna
15	AJU/232003	Jyoti Kushwaha	Jyoti
16	AJU/231809	Riya Sharma	Riya
17	AJU/230625	Ratna Kumari	Ratna
18	AJU/230305	Shumaila Perween	Shumaila
19	AJU/210862	Kumar Aditya	Kumar Aditya
20	AJU/210620	Prakash Kumar	Prakash
21	AJU/210104	Kumar Utkarsh	Utkarsh

S.No.	Enrollment number	Name of the Attendee	Signature
22	AJU/231051	DIPIKA KUMARI	Deepika kumar
23	AJU/230273	Sonali Maity	Sonali maity
24	AJU/231454	Shivangi Shingh	Shivangi
25	AJU/231087	Pratima Rana	Pratima Rana
26	AJU/230260	Deepak Kumar	Deepak k
27	AJU/231828	Sadique ALI	sadique
28	AJU/231126	ANAS HAMZA	Anas
29	AJU/231230	Zainab Naaz	Zainab
30	AJU/231499	Achint Kaur Mishra	Achint
31	AJU/230861	Mithilesh K. Mahto	mithilesh Mahto
32	AJU/231875	Anas Mahto	Anas
33	AJU/231204	Subham Nanda	Subham
34	AJU/231037	Abdul Zakhar	Abdul
35	AJU/230027	Tahseen Fatma	Tahseen
36	AJU/231691	Sadat Khan	Sadat
37	AJU/231376	Praveen Yadav	Praveen
38	AJU/231988	Owais Ahmad	Owais

Feed Back



Press Release

अरका जैन यूनिवर्सिटी में ऑप्टोमेट्री विभाग ने मनाया विश्व मानसिक स्वास्थ्य दिवस



Press18 कि खबरे

जमशेदपुर। अरका जैन देने के लिए प्रत्येक वर्ष 10 यूनिवर्सिटी के ऑप्टोमेट्री विभाग अक्टूबर को विश्व मानसिक ने अपने विद्यार्थी एवं शिक्षकों के स्वास्थ्य दिवस मनाया जाता है। लिए ध्यान सत्र का आयोजन यह मानसिक स्वास्थ्य के महत्व किया। अरका जैन विश्वविद्यालय को उजागर करने, कलंक को के ऑप्टोमेट्री विभाग के प्रोग्राम कम करने और लोगों को जरूरत को ऑर्डिनेटर प्रो सर्बोजीत पड़ने पर सहायता और समर्थन गोस्वामी ने बताया की अक्टूबर लेने के लिए प्रोत्साहित करने के की माह में विश्व मानसिक लिए एक महत्वपूर्ण दिन है। स्वास्थ्य दिवस मनाया जाता है। कार्यक्रम के मुख्य अतिथि प्रो मानसिक तनाव आज के समाज अनूप सिंह ने बच्चो को तनाव से में एक बहुत बड़ी समस्या बन बचने के कई उपाय बताए और चुकी है। तेज बढ़ती प्रतियोगिता अपना अनुभव भी साझा किया। के दौर में बच्चे एवं बड़े मानसिक मौके पर ऑप्टोमेट्री संकाय के तनाव के चपेट में आ रहे ही प्रोग्राम कोर्डिनेटर प्रो सरबोजीत जिसके कारण बहुत बीमारियां गोस्वामी, प्रो अनूप कुमार सिंह, भी बढ़ रही है। मानसिक प्रो श्रेया चक्रवर्ती, प्रो चंचल स्वास्थ्य के मुद्दों के बारे में कुमारी भी मौजूद रहे। जागरूकता बढ़ाने और संवाददाता चिट्टू सिंह राजपूत मानसिक कल्याण को बढ़ावा