



ARKA JAIN
University
Jharkhand



SCHOOL OF HEALTH AND ALLIED SCIENCE
DEPARTMENT OF OPTOMETRY
CIRCULAR

Ref. No: AJU/SOHAS/142(ii)/24

Date 27-07-2024

It is hereby notified to the 1st semester students that a Virtual Yoga, Health and Wellness Awareness Session will be conducted for all the students of 1st Year, Department of Optometry, School of Health and Allied Science. The session aims to promote mental and physical well-being.

Date: 06-08-2024

Time: 6:00 pm to 7: 00 pm

Platform: Google Meet (<https://meet.google.com/ach-qhsk-vss>)

Instructor: Ms. Shubra Chakraborty

Participants are instructed to wear comfortable clothing and have a yoga mat ready for the session. Please ensure you have a stable internet connection to avoid any disruptions. We look forward to your participations in this rejuvenation session.

HOD
Department of Optometry
School of Health & Allied Science

Sarbojeet Goswami

HOD & Assistant Professor
Department of Optometry
School of Health & Allied Science

Copy to

Office of the Registrar

IQAC

Class Coordinators I n charge

Website

Office Record

Student Whatsapp group