



CIRCULAR



NATIONAL SERVICE SCHEME

CIRCULAR

Ref. No. AJU-NSS/06/2025

Date: 12.6.2025

Yoga Sangam: Observance of International Day of Yoga-2025

Dear Faculty Members, Staffs and Volunteers

ARKA JAIN University is going to observe International Day of Yoga-2025, 'Yoga Sangam' on 21st June, 2025 in line with the protocol of the Ministry of Ayush, GoI, with an objective to profess a complete system of physical, mental, social, and spiritual development. It will be organized with the theme of 'Yoga for One Earth, One Health'.

Ms. Sharmistha Roy, a certified Yoga Trainer would be with us as the resource person. There will be a talk on 'Yoga for One Earth, One Health' followed by Sukshma Vyayam, Asanas, Pranayam, Yoga Nodra, and performance by Yoga Students.

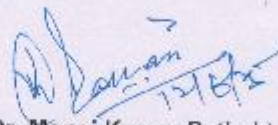
All are supposed to join the International Day of Yoga-2025 event as per the following details:

Date: 21st June, 2025

Time: 6.30 AM

Venue: Moot Court Hall Block E

Note: The buses will start at 5.30 AM from their respective points.


(Dr. Manoj Kumar Pathak)

Nodal Officer, IDY-2025



Copy to:

PS to Hon'ble Vice Chancellor
Pro Vice Chancellor
PS to Director-cum-Registrar
All Deans and PCs
Academic Coordinator
AJU Website
Office File
Notice Board
Volunteers group (WhatsApp)



YOGA SANGAM: INTERNATIONAL DAY OF YOGA-2025

Date of Event	21 June, 2025
Name of the Event	Yoga Sangam: International Day of Yoga-2025
Type of the Event	Observance Day
Conducted by	National Service Scheme (NSS)
Organizing Coordinator	Dr. Manoj K Pathak, NSS Coordinator-in-Charge
No. of Participants	105

OBJECTIVE:

To promote physical, mental, and spiritual well-being through the practice of yoga.

DETAILS:

ARKA JAIN University organized an insightful and rejuvenating event titled “Yoga Sangam”, as per the guidelines of the Ministry of Ayush, GoI, to mark the observance of the International Day of Yoga-2025, under the banner of the university’s NSS. The event aimed at spreading awareness about the physical, mental, and spiritual benefits of yoga, in alignment with the theme “One Earth, One Health.”

The program commenced with an invocation and welcome by Dr. Manoj Kumar Pathak, Nodal Officer, IDY-2025 celebration and NSS Coordinator, who also efficiently anchored the entire event. He highlighted the relevance of yoga in modern life and emphasized its role in achieving harmony between humans and nature.

In his address, Prof. (Dr.) Angad Tiwary, Pro Vice Chancellor of AJU, lauded the initiative and urged students and staff to adopt yoga as a daily discipline for a balanced and healthy life. He remarked, “Yoga is India’s priceless gift to humanity, fostering inner peace and social harmony.”

Dr. Amit Kumar Shrivastav, Registrar, appreciated the efforts of the organizers and the participation of the youth. He emphasized the need to integrate yoga into everyday academic and professional life to boost productivity and reduce stress.

The keynote session was conducted by the distinguished Resource Person, Ms. Sharmistha Roy, a renowned yoga expert and wellness practitioner. In her talk, she elaborated on the concept of “One Earth, One Health,” stressing the interconnectedness of human well-being with environmental health. She conducted practical demonstrations on asanas, pranayama, and yoga nidra, which were enthusiastically performed by the audience under her guidance. Her session was informative, interactive, and deeply inspiring. The yoga students of national reputation performed yogic asanas and filled the ambience with the zeal to adopt it in daily life.



The event also featured a special yoga performance by national-level yoga players, whose grace and discipline left the audience mesmerized and served as a motivating visual example of dedication and practice.

Ms. Usha Kiran Barla, Convenor of the event, coordinated the arrangements and proposed the Vote of Thanks, extending gratitude to all dignitaries, participants, and volunteers who contributed to the success of “Yoga Sangam.”

The event concluded with a collective resolve to embrace yoga as a lifestyle choice and spread its benefits far and wide, echoing the spirit of unity and wellness envisioned by the International Day of Yoga.

OUTCOME: Participants gained deeper insight into the global theme “One Earth, One Health”, understanding the link between personal well-being and environmental sustainability.



ARKA JAIN
University
Jharkhand



POSTER OF THE EVENT



INTERNATIONAL DAY OF YOGA-2025

YOGA SANGAM

"Yoga for One Earth, One Health"

21st June, 2025 (Saturday)

EVENTS:
Inaugural Session
Talk on 'Yoga for One Earth, One. Health'
Sukhsma Vyayam | Asanas
Pranayam | Yog Nidra
Performance by Yoga Students



Resource Person:
Ms. Sharmistha Roy
Certified Yoga Instructor

Time : 07:00 am Onwards
Venue : Multipurpose Ground, AJU

Nodal Officer: Dr. Manoj Kumar Pathak | **Convenor:** Ms. Usha Kiran Barla

Fig.1- Poster of the Event

PHOTOS OF THE EVENT



Fig.2- Opening remarks by the Nodal Officer Dr. MSanoj Kumar Pathak.



Fig.3- Lamp Lighting by the resource person and University dignitaries



Fig.4- Audience to the session on 'Yoga for One Earth One Health'



Fig.5- Lamp Lighting by the resource person and University



Fig.6- Sukshma Vyayam Session in Progress on IDY-2025



Fig.7- Sukshma Vyayam session on the outer corridor on IDY-2025



Fig.8- Yogic Ganesh Vandana by Yoga Students



Fig.9- Live Streaming on IDY-2025 on the outer corridor for the staffs and students



Fig.10- Ms. Sharmistha Roy, certified yoga trainer speaking as a resource person



Fig.11-Yoga Students performing yogic formations



Fig.12-Yoga session participants practicing yoga through online streaming beyond the hall



Fig.13-Resource person Ms. Sharmistha Roy guiding during the Yoga session



Fig.14-Anulom-vilom Pranayam being done by the staffs and participants during IDY-2025



Fig.15-Hansasan being presented by the resource person



Fig.16-Yogic formation by yoga students of a yoga academy



Fig.17-Certificate and prize given to the best performer by Pro-VC Prof. Angad Tiwary



Fig.18-Yoga Academy performers with certificates



Fig.19-Yoga T-Shirt presented to Yoga Trainer and academy students



PARTICIPANTS



NATIONAL SERVICE SCHEME

observes

Yog Sangam: International Day of Yoga-2025

21st June, 2025

Attendance Sheet

Sl. No.	Name of the Participant	Enrollment No/ID	Signature
1.	Angad Tiwari		
2.	Arvind Kumar Pandey		
3.	Abhinav Kumar	1083	
4.	Sarbjit Goswami	1122	
5.	Sweta Kumar	1077	
6.	Jasbir Dharyal		
7.	Swati Mohandas	1571	
8.	Ashis Jaiswal	1203	
9.	g : Rajkumar Ghosh	1137	
10.	Shela Kumar		
11.	Bharana	1661	
12.	Priyanka	1473	
13.	Deddyoti	1672	
14.	Ekta Tripathi	50435000	
15.	Sabita	1623	
16.	Aditi	1474	
17.	Divya Paikaray	1102	
18.	Atash Kr Bhagat	1058	
19.	Utkarsh	1531	
20.	Poupi Das	1427	
21.	Aarshi Kumari	1302	
22.	Shazlender Singh	1657	
23.	Shubha Verma	1420	
24.	Snaha Kashyap	1223	
25.	Manushi Kumari	1749	
26.	Samridhi Tiwari	1696	
27.	Prasen Chakraborty	1646	



Nodal Officer-IDY-2025/NSS Coordinator

NSS Coordinator/एनएसएस समन्वयक

National Service Scheme/राष्ट्रीय सेवा योजना

ARKA JAIN University/अरका जैन विश्वविद्यालय



NATIONAL SERVICE SCHEME
observes

Yog Sangam: International Day of Yoga-2025

21st June, 2025

Attendance Sheet

Sl. No.	Name of the Participant	Enrollment No/ID	Signature
1	Umesh Tiwari	1048	[Signature]
2	Kumar Vivek	5064	[Signature]
3	Jyotilal Gosai	5087	[Signature]
4	ADAY KR Mahato	5105	[Signature]
5	DINESH Mahato	1457	[Signature]
6	MD USMAN RAH	1069	[Signature]
7	DEEPAK VESHKARMA	1261	[Signature]
8	Imandeep Mahanta	1321	[Signature]
9	AMIT PAUL	1720	[Signature]
10	Rashmi Tirkey	1239	[Signature]
11	Vishal Dahi	1668	[Signature]
12	Abhishek Singh	1435	[Signature]
13	Debangini	1710	[Signature]
14	Harne Dhare	1551	[Signature]
15	Alka Mahato	1628	[Signature]
16	Anand Singh Samad	1219	[Signature]
17	Rajesh Kr. Gupta	1729	[Signature]
18	Shyam Kumar	1118	[Signature]
19	Tanuj Nayak	1748	[Signature]
20	Pranab Das	1724	[Signature]
21	Kritish Kumar Sahu	1213	[Signature]
22	MV Prasad	1241	[Signature]
23	Parvay Kumar Gupta	1717	[Signature]
24	Dr. AMIT KUMAR	1365	[Signature]
25	B C ANANT	1715	[Signature]
26	Sukhram Mahato	1389	[Signature]
27	Niraj Kumar	1425	[Signature]



Nodal Officer-IDD-2025/NSS Coordinator

NSS Coordinator/एनएसएस समन्वयक

National Service Scheme/राष्ट्रीय सेवा योजना

ARKA JAIN University/आरका जैन विश्वविद्यालय



NATIONAL SERVICE SCHEME
observes

Yog Sangam: International Day of Yoga-2025

21st June, 2025

Attendance Sheet

Sl. No.	Name of the Participant	Enrollment No./ID	Signature
1.	Sanjay Kr. Thakur	1160	<i>[Signature]</i>
2.	Aparajita Dubey	AJU/231368	Aparajita Dubey
3.	Sandhya Kumari	AJU/231505	Sandhya Kumari
4.	Shada Gaurin	AJU/230060	Shada Gaurin
5.	Shreya Tyoti	AJU/231723	Shreya Tyoti
6.	Shreya Dutta	AJU/231865	Shreya Dutta
7.	Pranshi Pandit	AJU/231441	Pranshi
8.	Riya Jiwari	AJU/230489	Riya Jiwari
9.	Prity Legun	AJU/221934	<i>[Signature]</i>
10.	Moti Baisai	AJU/221901	<i>[Signature]</i>
11.	Trisha Tembhurn	AJU/221920	Trisha
12.	Vandana Runda	AJU/221922	Vandana
13.	Sushana Khera	AJU/221925	<i>[Signature]</i>
14.	Sohani Laksh	AJU/221921	Sohani
15.	Tashmine Jamuda	AJU/221923	Tashmine
16.	Sweety Sahu	AJU/222002	<i>[Signature]</i>
17.	Puja Gaudel	AJU/1641	Puja
18.	Vandana Shevastava	AJU/1234	Vandana Shevastava
19.	Saurav Tudu	AJU/231480	Saurav
20.	Mukul Mahla	AJU/232016	Mukul Mahla
21.	Ravi Raj	AJU/242188	Ravi Raj
22.	Roshan Raj Kumar	AJU/240047	Roshan
23.	Rajnish Kumar	AJU/240047	Rajnish Kumar
24.	Manish Kumar	AJU/240043	Manish Kumar
25.	Nitish Kumar	AJU/240042	Nitish Kumar
26.	Hemisha Khandu/ma	AJU/240044	Hemisha Khandu/ma
27.	Madhavi Anand	AJU/240260	Madhavi

Nodal Officer-IDY-2025/XSS Coordinator

NSS Coordinator/एनएसएस समन्वयक

National Service Scheme/राष्ट्रीय सेवा योजना

ARKA JAIN University/आर्का जैन विश्वविद्यालय



NATIONAL SERVICE SCHEME
observes
Yog Sangam: International Day of Yoga-2025
21st June, 2025
Attendance Sheet

Sl. No.	Name of the Participant	Enrollment No./ID	Signature
28	Vijay Kumar Mahato	AJU/242171	Vijay Kumar Mahato
29	Jitendra Kumar	AJU/240200	Jitendra Kumar
30	Ejaz Akhtar	AJU/242732	Ejaz Akhtar
31	MD. FAIZAN ALAM	AJU/240340	MD. FAIZAN ALAM
32	Nany Sinha	AJU/242201	Nany Sinha
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Nodal Officer-IDY-2025/NSS Coordinator
NSS Coordinator/एनएसएस समन्वयक
National Service Scheme/राष्ट्रीय सेवा योजना
ARKA JAIN University/संस्कृत जैन विश्वविद्यालय

MEDIA COVERAGE

अरका जैन यूनिवर्सिटी के योग संगम में दिखा स्वस्थ जीवन का अनूठा दर्शन



PHOTON NEWS JAMSHEDPUR :

लौहनगरी स्थित प्रतिष्ठित अरका जैन यूनिवर्सिटी में शनिवार को अंतर्राष्ट्रीय योग दिवस बड़े ही उत्साह और उमंग के साथ मनाया गया। इस अवसर पर विश्वविद्यालय में 'योग संगम' नामक एक भव्य कार्यक्रम का आयोजन किया गया। राष्ट्रीय सेवा योजना (एनएसएस) के तत्वावधान में भारत सरकार के आयुष मंत्रालय के दिशा-निर्देशों के अनुसार आयोजित इस कार्यक्रम का मुख्य विषय 'एक पृथ्वी, एक स्वास्थ्य' की अवधारणा को जीवन में उतारना था। इस आयोजन के माध्यम से विश्वविद्यालय के शिक्षकों और छात्र-छात्राओं ने यह संदेश दिया कि 'योग केवल एक व्यायाम नहीं है, बल्कि यह एक संपूर्ण जीवन दर्शन है।'

'एक पृथ्वी, एक स्वास्थ्य' थीम पर केंद्रित रहा योगाभ्यास : कार्यक्रम का मुख्य आकर्षण प्रख्यात योग प्रशिक्षिका शर्मिष्ठा रॉय रही, जिन्होंने प्रतिभागियों को

योगासन, प्राणायाम और योग निद्रा का अभ्यास तो कराया ही, साथ ही 'एक पृथ्वी, एक स्वास्थ्य' की महत्वपूर्ण अवधारणा पर भी विस्तार से प्रकाश डाला। उन्होंने बताया कि किस प्रकार मानव स्वास्थ्य और पर्यावरण का संतुलन आपस में गहराई से जुड़ा हुआ है और योग इस संतुलन को बनाए रखने का एक शक्तिशाली माध्यम है। उनके कुशल मार्गदर्शन में सभी प्रतिभागियों ने पूरे जोश और उत्साह के साथ योगाभ्यास में हिस्सा लिया, जिससे पूरे परिसर में सकारात्मक ऊर्जा का संचार हुआ।

कुलपति ने योग को बताया अमूल्य सांस्कृतिक धरोहर

विश्वविद्यालय के प्रतिकुलपति प्रो. (डॉ.) अंगद तिवारी ने इस पहल की सराहना करते हुए अपने संबोधन में कहा कि 'योग भारत का एक अमूल्य सांस्कृतिक उपहार है, जो न केवल आंतरिक शांति को बढ़ावा देता है बल्कि समाज में समरसता की भावना भी पैदा करता है।'