



CIRCULAR



NATIONAL SERVICE SCHEME CIRCULAR

Ref. No.: AJU-NSS/04/2024

Date: 14.06.2024

Online Yoga Session (Countdown Event to IDY-2024)

Dear Volunteer Students, Faculty Members and Staffs,

The National Service Scheme units of the University is going to organize a countdown Online Yoga Session to observe International day of Yoga-2024 on 20th June, 2024 at 7.00 PM to foster harmony in the body, mind, and environment. This would also be professing a complete system of physical, mental, social, and spiritual development.

Ms. Anu Anand, International Certified Yoga Trainer & Founder-Anuyog would be the resource person delivering a talk on 'Yoga: An Alternative Therapy' followed by Warm-up, Asan, Pranayam and Meditation under her supervision.

All are hereby informed to take active participation in it to increase awareness regarding the advantages of engaging in yoga and to foster its comprehensive approach to promoting health and well-being.

Event Coordinators

Dr. Manoj K Pathak (NSS Program Officer)
Dr. Rajeev K Sinha (NSS Program Officer)
Ms. Pinki Dey (NSS Program Officer)

Program Officer/प्रोग्राम ऑफिसर

Copy to:

National Service Scheme/राष्ट्रीय सेवा योजना
ARKA JAIN University/आर्का जैन विश्वविद्यालय

PS to Hon'ble Vice-Chancellor
PS to Director
AJU website
All Deans and PCs
Academic Coordinator
Office file
Notice board
Students group (Email)

Convenor

Paras Nath Mishra

NSS Coordinator

NSS Coordinator/राष्ट्रीय सेवा योजना
National Service Scheme/राष्ट्रीय सेवा योजना
ARKA JAIN University/आर्का जैन विश्वविद्यालय



Online Yoga session

Date of Event	20.06.2024
Name of the Event	Online Yoga Session
Type of the Event	Countdown Event on International Day of Yoga Observance
Conducted by	NSS, ARKA JAIN University
No. of Participants	100 participants
Objective	To foster holistic health awareness
Outcome	Comprehensive approach to Yogic practices

The NSS units of ARKA JAIN University conducted an Online Yoga Session on 20th June, 2024 as a countdown event to observe International Day of Yoga-2024. This was as per the guidelines of the UGC.

DETAILS:

The AJU-NSS of ARKA JAIN University conducted online yoga session with an aim to foster holistic health awareness among the volunteers, teachers and staffs.

The Resurce Person, Ms. Anu Anand, an International Certified Yoga Trainer delivered a talk on 'Yoga: An Alternative Therapy' followed by Warm-up, Asan, Pranayam, and Meditation. Ms. Anu said that Yoga is a complementary therapy that has been used with conventional medicine to help treat a wide range of health problems. She further said that as reported the practice of yoga acts as an alternative therapy to address anxiety for children and adolescents.


Hon'ble Vice-chancellor Prof. (Dr.) Easwaran Iyer in his address said that oga helps students grow in diverse dimensions of their personality such as physical, emotional, and spiritual, and helps them live a full life.


The Director-cum-Registrar Dr. Amit Kumar Shrivastav said that Yoga has many physical and mental health benefits including improved posture, flexibility, strength, balance and body awareness.


NSS Coordinator Mr. Paras Nath Mishra said that we should adopt yoga as a part of daily life practices.


NSS Program Officer Dr. Manoj K Pathak in his vote of thanks wholeheartedly thanked Ms. Anu Anand for her enriching session and encouraged the participants to be regular in yogic practices to get benefitted from Yoga's innate ability to cease the mental chatter and live in the moment which reduces stress and anxiety and lets the life run at ease.


POSTER OF THE EVENT



ARKA JAIN University
 Jharkhand



NAAC GRADE A
ACCREDITED UNIVERSITY



Outlook
ICARE RANKING 2023



RANKED 3rd
IN "TOP-15 EMERGING PRIVATE UNIVERSITIES IN INDIA" CATEGORY



ISO
9001:2015


JCI
ACCREDITED


AACSB
ACCREDITED







National Service Scheme

Organizes

A Countdown Online Yoga Session

on observance of

INTERNATIONAL DAY OF YOGA

Date : June 20th, 2024

Time : 07:00 PM IST
Mode : Online

Google Meet joining info:
 Video call link:
<https://meet.google.com/sko-vbvp-qsu>

Talk on
'Yoga: An Alternative Therapy'

Warm-up

Āsan

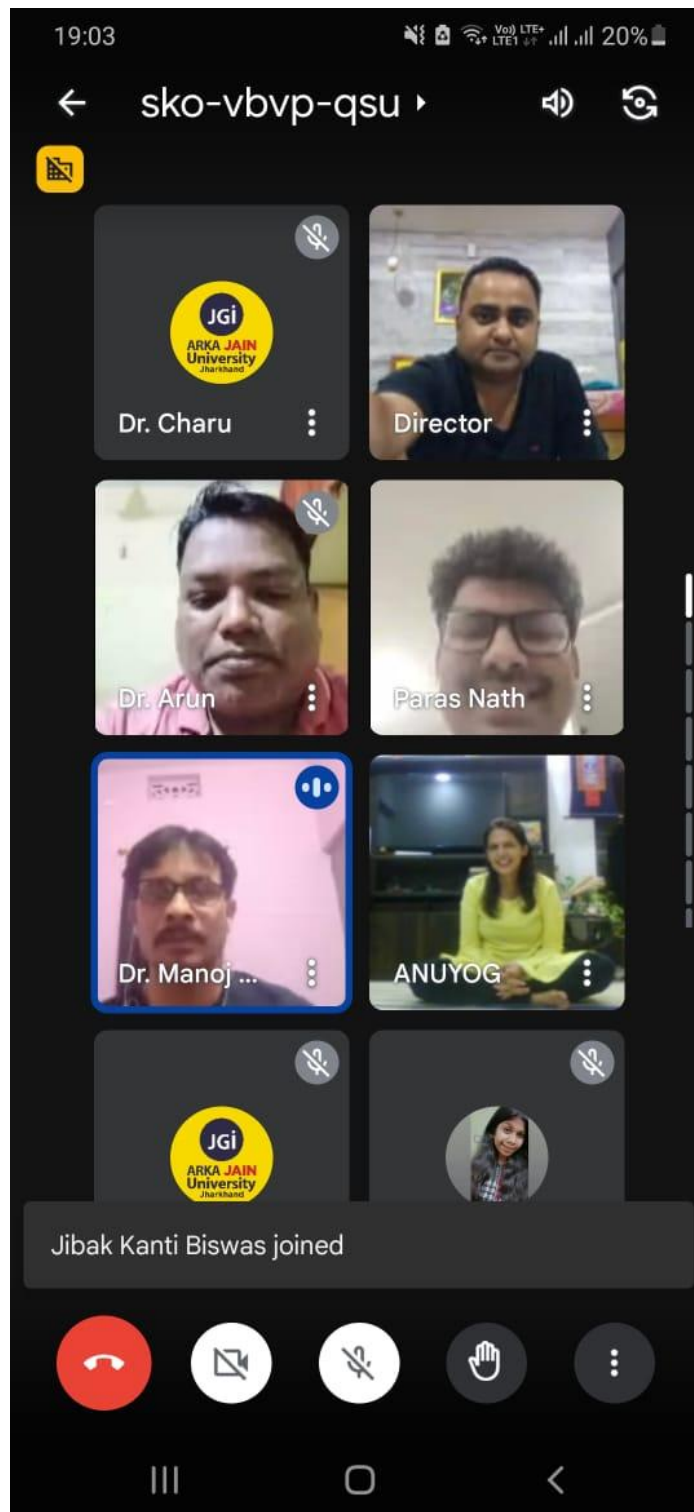
Prānāyām

Meditation

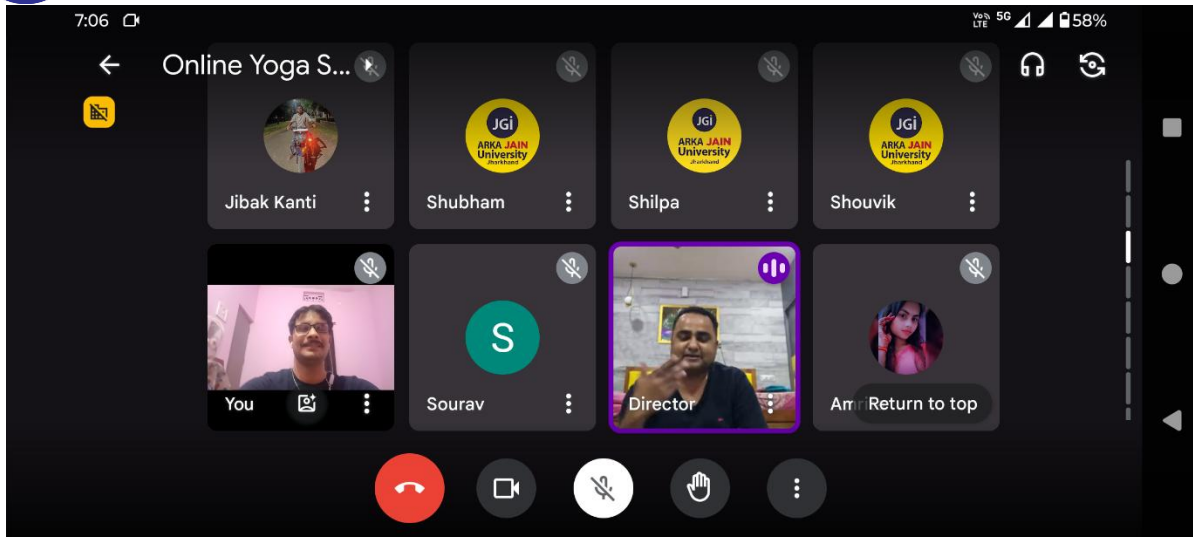
RESOURCE PERSON:
Ms. Anu Anand
 (International Certified Yoga Teacher & Founder-Anuyog)

Convenor : Paras Nath Mishra (NSS Coordinator)
Event Coordinators : Dr. Manoj Kumar Pathak, Dr. Rajeev Kr. Sinha, Ms. Pinki Dey (NSS Program Officers)

SCREENSHOTS OF THE ONLINE SESSION



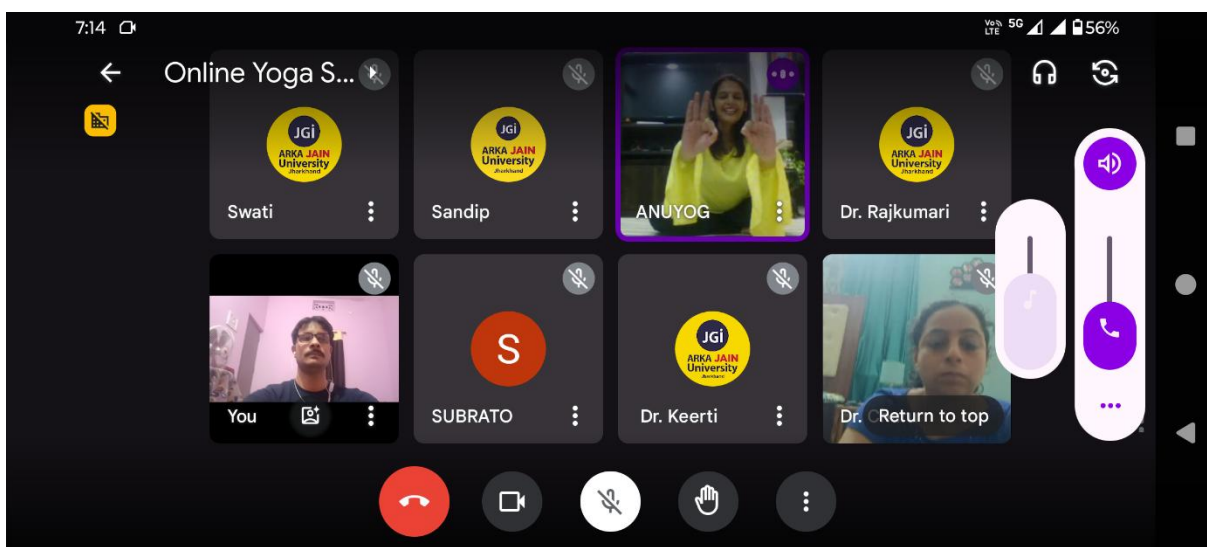
NSS Program Officer Dr. Manoj K Pathak delivering the Introductory Note



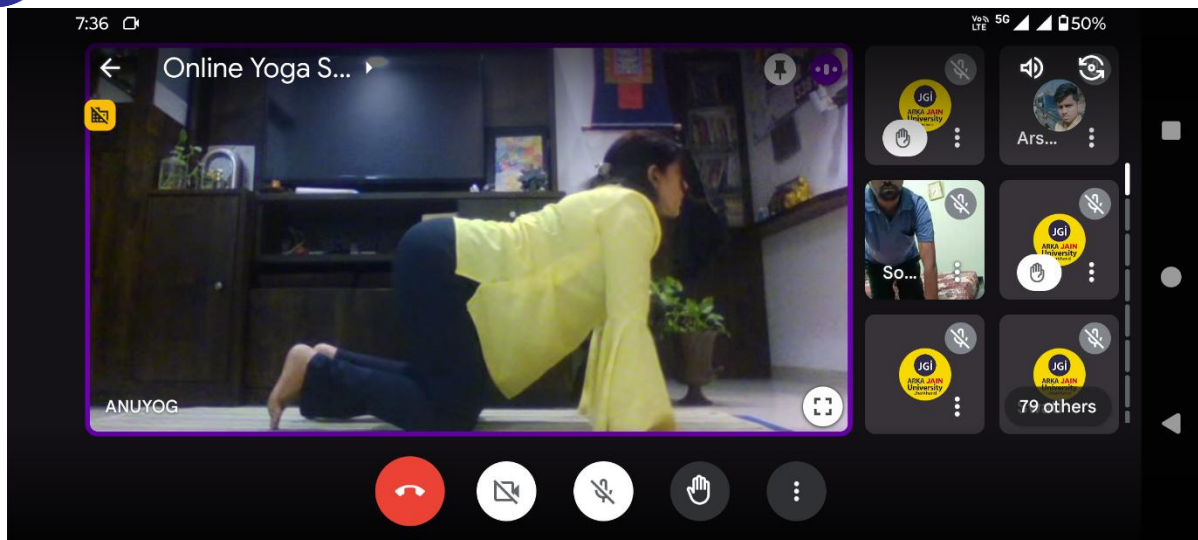
Director-cum-Registrar Dr. Amit K Shrivastav delivering a Talk on Yoga



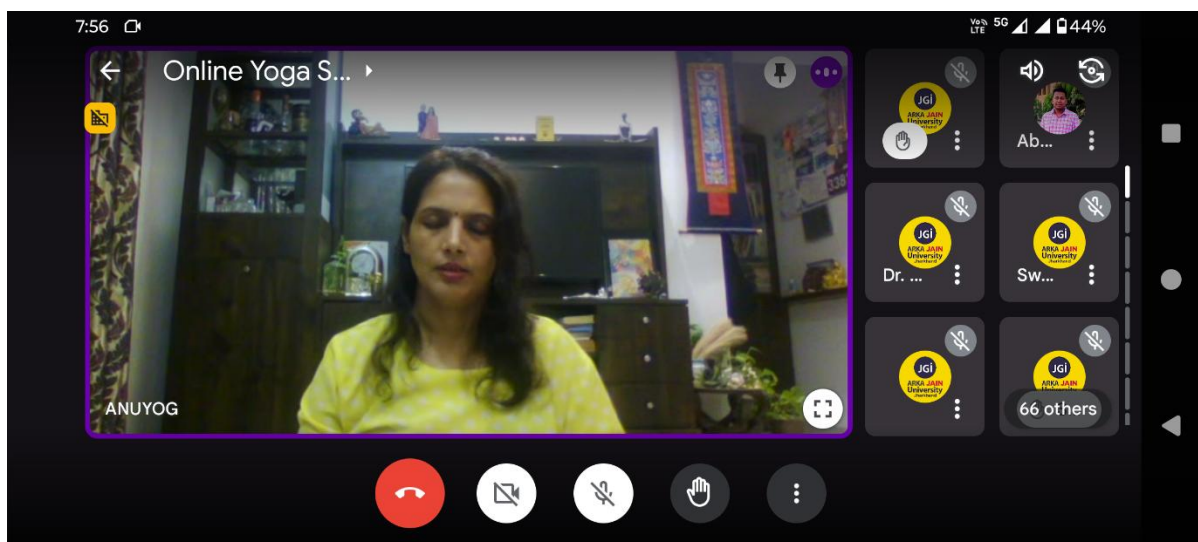
Resource Person Ms. Anu Anand delivering a talk on 'Yoga: An Alternative Therapy'



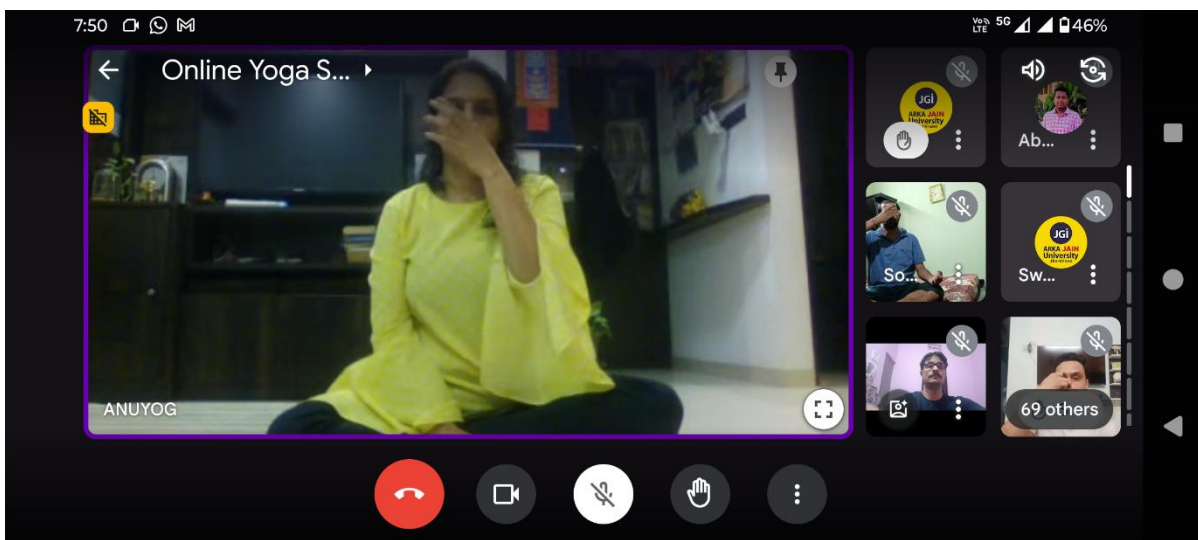
Ms. Anu Anand during Yogic Mudra Session



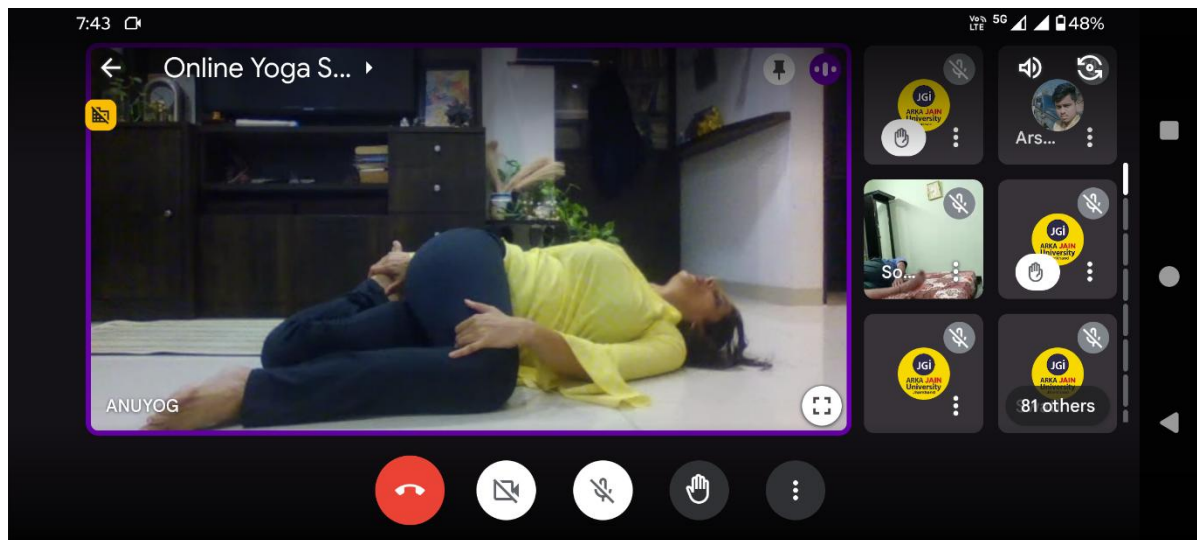
Ms. Anu Anand demonstrating Asana



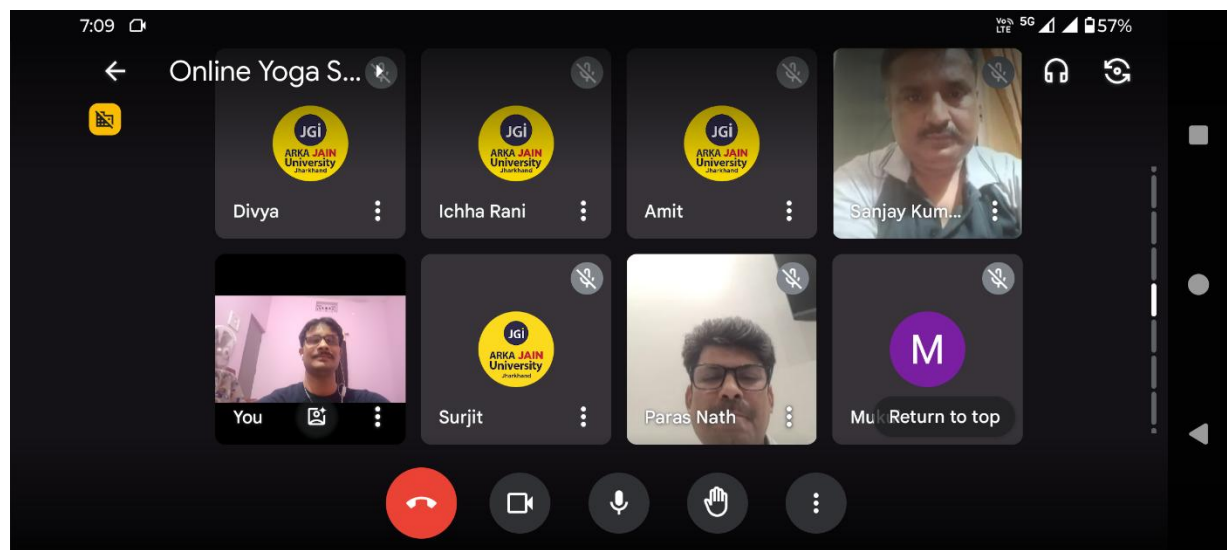
Ms. Anu Anand in Dhyan during the Yogic Session



Pranayam in continuation during the Yogic Session



Demonstration of Asana during the Online Yoga Session



NSS Coordinator Mr. Paras Nath Mishra expressing his views during the session



PARTICIPANTS

7:16

Vo 5G LTE

55%


←


Online Yoga Session_20 June 2024


People


Information


Activities


 Anup Kumar Singh


 ANUYOG
Visitor


 Archita Mishra
Visitor


 Arshad Khan
Visitor


 Ashish Kumar


 Atul Jha
Visitor


 Atul Pathak


 Basant Kumar Das


 Chanchal Mandal


 Director AJU


 Divya P


 Dr. Aditya Prasad Padhy


 Dr. Amit Prakash Sen


 Dr. Angad Tiwary


















































































 You

 Md. Iqb

+94

7:16

VoLTE 5G 55%

←

Online Yoga Session_20 June 2024

People

Information

Activities

Share joining information

Mute everyone

Search for someone in this call

In call

Dr. Manoj Kumar Pathak (You)

Meeting host

Aamir Shafi

⋮

Aarsi Kumari

⋮

Abhay Kumar

Visitor

⋮

Abhay Kumar

Visitor

⋮

Abhinav Anand

Visitor

⋮

Abhishek Kumar Singh

Visitor

⋮

Adarsha Rana

⋮

Akash Bhagat

⋮

You

ANUYC+94

MEDIA COVERAGE

अरका जैन यूनिवर्सिटी में किया योगाभ्यास



● योगाभ्यास करते लोग.

दो दिवसीय ऑनलाइन व ऑफलाइन कार्यक्रम हुआ

jamshedpur@inext.co.in

JAMSHEDPUR (21 June) :

अंतर्राष्ट्रीय योग दिवस के मौके पर अरका जैन यूनिवर्सिटी में विद्यार्थियों, शिक्षकों और कर्मचारियों के बीच समग्र स्वास्थ्य जागरूकता को बढ़ावा देने के उद्देश्य से योग सत्र का आयोजन किया गया. इसमें रिसोर्स पर्सन के रूप में योग प्रशिक्षक पूनम वर्मा ने चमहिला सशक्तिकरण के लिए योगज विषय पर व्याख्यान दिया. इसके बाद वार्म-अप, योगाभ्यास, प्राणायाम और ध्यान किया गया. पूनम वर्मा ने बताया कि योग महिलाओं के लिए एक शक्तिशाली साधना है, जो ताकत, लचीलेपन और मानसिक कल्याण को बढ़ावा देता है.

व्यायाम के फायदे बताए

इससे पूर्व काउंटडाउन योग सत्र के तहत

पिछले गुरुवार (20 जून) को अंतर्राष्ट्रीय योग प्रशिक्षक अनु आनंद एवं शिल्पा जे ने भी ऑनलाइन सत्र के माध्यम से सूक्ष्म व्यायाम व सूर्य नमस्कार के फायदे बताए, साथ ही इसका अभ्यास भी कराया. उन्होंने बताया कि इसके नित्य अभ्यास से चुस्त, दुरुस्त और निरोग रहा जा सकता है. विश्वविद्यालय की एनएसएस इकाई, स्कूल ऑफ नर्सिंग व फैशन डिजाइन विभाग के समन्वय से इस कार्यक्रम का आयोजन किया गया. इस अवसर पर यूनिवर्सिटी के निदेशक सह कुलसचिव डॉ अमित कुमार श्रीवास्तव ने कहा कि योग का अभ्यास व्यक्ति को शारीरिक शक्ति, दिमागीपन, आत्मविश्वास और प्रतिक्रिया करने से पहले सोचने-समझने की क्षमता प्रदान करता है. डीएसडब्ल्यू प्रो अंगद तिवारी ने कहा कि योग संपूर्णता, उपस्थिति और शांति की भावना का अनुभव करने में सक्षम बनाता है.

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