



DEPARTMENT SCHOOL OF PHARMACY NOTICE

No: AJU/SOHAS/290/24

Date 14th December 2024

It is hereby notified to all the students that World Meditation Day is celebrated every year on 21 December. The United Nations General Assembly had declared this day by adopting the resolution in co-planning with India from the Constitution. The purpose of this day is to increase awareness about the benefits of meditation. This year School of Pharmacy is going to observe **Vishwa Dhyan Divas** under the flagship event of the School **DHYANAM** in association with BHESAJAM the club of Pharmacy and NSS of AJU on **21st December 2024**. The event will be coordinated by Purnima Mahato, Sumanta Sen, Pakhi Chakrabarty, Abhishek Ghosh, Mansi Singh, Sarthak Singh, Dushmantha Mahanta, Ragini Bose, Dr Shweta and Pravash Ranjan Dash. Students from different departments notified herewith to join the event generously. The venue will be multipurpose ground and time will be 9: 30 am. All participants should be with white kurta.


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School of Pharmacy
ARKA JAIN University Jharkhand

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Class Coordinators
Academic Coordinator
ERP Coordinator
In charge website
Office Record
Student Whatsapp group
Notice Board

**DHYANAM A SESSION ON MEDITATION
VISHWA DHYAN DIVAS 2024**

| | |
|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| Date of Event | 21.12.2024 |
| Name of the Event | Dhyanam A Session on Meditation-Vishwa Dhyan Divas 2024 |
| Type of the Event | A Life Skill Development Emphasizing Traditional Indian Knowledge System/ International Commemorative Day Observation |
| Conducted by | School of Pharmacy in association with NSS and Bhesajam the club of Pharmacy |
| No. Of Students Participated | 81 |

OBJECTIVE: World Meditation Day is an international celebration dedicated to promoting the practice of meditation and its countless benefits for mental, emotional and physical health. The day encourages people from all walks of life to stop, take a moment to meditate and connect with inner peace. It is a reminder of the importance of mental health and the positive impact regular meditation can have on individuals and communities.

DETAILS: World Meditation Day is an annual event that celebrates the practice of meditation and raises awareness of its benefits. Meditation is a practice that involves focusing the mind and eliminating distractions to achieve a state of mental clarity and emotional peace. On this day, people are encouraged to meditate individually or in groups, whether they are beginners or experienced practitioners. The day is also an opportunity to learn about different meditation techniques and explore how mindfulness can improve overall well-being. To commemorate World Meditation Day, BHESAJAM the club of School of Pharmacy took a small effort. On 21st December 2024 the students and staff members united in the multipurpose ground and joined the session on meditation DHYANAM. NSS coordinator Dr. Manoj Pathak witnessed the event. The session conducted for 10 minutes during which the students were required to close their eyes with chanting of Omkar. The event was coordinated by Dr. Jyotirmaya Sahoo, Purnima Mahato, Sumanta Sen, Pakhi Chakrabarty, Abhishek Ghosh, Mansi Singh, Sarthak Singh, Dusmanta Mahanta, Ragini Bose, Dr Shweta and Pravash Ranjan Dash.

OUTCOMES: This kind of session helps in reducing stress, improving of mental health, reducing stress related diseases, increasing of concentration, normalizing blood pressure, reducing anxiety, and better working of immune system.



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Poster of the Event

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**NAAC**
GRADE
A
ACCREDITED UNIVERSITY

**India Today-NRRA**
Best Universities 2024 Ranking

RANKED 52ND
BEST PRIVATE UNIVERSITY IN INDIA

**ISO**
2005:2018



**राष्ट्रीय सेवा योजना**
NATIONAL SERVICE SCHEME

SCHOOL OF PHARMACY
IN ASSOCIATION WITH
NSS & BHESAJAM THE PHARMACY CLUB
Celebrates
VISHWA DHYAN DIVAS
2024
UNDER THE FLAGSHIP EVENT OF THE DEPARTMENT
DHYANAM
21ST DECEMBER, 2024
TIME: 09:30 AM ONWARDS
VENUE: MULTI PURPOSE GROUND OF AJU
Emphasizing Traditional Indian Knowledge System
A life Skill Development Event

**भेषजं**
A Movement of Caring
Health

Photos of the Event



Geotag glimpses of DHYANAM 2024



Inauguration of DHYANAM 2024 with spiritual lamp lighting



Meditation by the participants in the session DHYANAM

Scanned copy of the original attendance

ARKA JAIN University
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 SCHOOL OF TELEMATICS
 EVENT REGISTRATION FORM
 Attendance Form

Name of the Event: Summer Program 2024 Date of the Event: 25.02.24

| No. | Name of the Candidate | Enrollment No. | Signature of the Candidate | How would you like the attendance to be marked? | Feedback | Would you like to attend the type of event in future? | Attendance |
|-----|-----------------------|----------------|----------------------------|-------------------------------------------------|-------------------------------------|-------------------------------------------------------|-------------------------------------|
| | | | | Yes/No | Yes/No | Yes/No | Yes/No |
| 1 | Nishu Singh | AKJ2024001 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 2 | Prachi Singh | AKJ2024002 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 3 | Arushi Singh | AKJ2024003 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 4 | Aditya Singh | AKJ2024004 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 5 | Shruti Singh | AKJ2024005 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 6 | Harsh Singh | AKJ2024006 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 7 | Divya Singh | AKJ2024007 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 8 | Adarsh Singh | AKJ2024008 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 9 | Shikha Singh | AKJ2024009 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 10 | Rishabh Singh | AKJ2024010 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |

Signature of the Head
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Signature of the Event Coordinator

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|-----|-----------------------|----------------|----------------------------|-------------------------------------------------|-------------------------------------|-------------------------------------------------------|-------------------------------------|
| | | | | Yes/No | Yes/No | Yes/No | Yes/No |
| 11 | Indu Singh | AKJ2024011 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 12 | Chandana Singh | AKJ2024012 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 13 | Shreya Singh | AKJ2024013 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 14 | Arushi Singh | AKJ2024014 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 15 | Shruti Singh | AKJ2024015 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 16 | Harsh Singh | AKJ2024016 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 17 | Divya Singh | AKJ2024017 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 18 | Adarsh Singh | AKJ2024018 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 19 | Shikha Singh | AKJ2024019 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 20 | Rishabh Singh | AKJ2024020 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |

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|-----|-----------------------|----------------|----------------------------|-------------------------------------------------|-------------------------------------|-------------------------------------------------------|-------------------------------------|
| | | | | Yes/No | Yes/No | Yes/No | Yes/No |
| 21 | Shruti Singh | AKJ2024021 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 22 | Harsh Singh | AKJ2024022 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 23 | Divya Singh | AKJ2024023 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 24 | Adarsh Singh | AKJ2024024 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 25 | Shikha Singh | AKJ2024025 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 26 | Rishabh Singh | AKJ2024026 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 27 | Indu Singh | AKJ2024027 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 28 | Chandana Singh | AKJ2024028 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 29 | Shreya Singh | AKJ2024029 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 30 | Arushi Singh | AKJ2024030 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |

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|-----|-----------------------|----------------|----------------------------|-------------------------------------------------|-------------------------------------|-------------------------------------------------------|-------------------------------------|
| | | | | Yes/No | Yes/No | Yes/No | Yes/No |
| 31 | Harsh Singh | AKJ2024031 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 32 | Divya Singh | AKJ2024032 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 33 | Adarsh Singh | AKJ2024033 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 34 | Shikha Singh | AKJ2024034 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 35 | Rishabh Singh | AKJ2024035 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 36 | Indu Singh | AKJ2024036 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 37 | Chandana Singh | AKJ2024037 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 38 | Shreya Singh | AKJ2024038 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 39 | Arushi Singh | AKJ2024039 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 40 | Harsh Singh | AKJ2024040 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |

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| | | | | Yes/No | Yes/No | Yes/No | Yes/No |
| 41 | Divya Singh | AKJ2024041 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 42 | Adarsh Singh | AKJ2024042 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 43 | Shikha Singh | AKJ2024043 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 44 | Rishabh Singh | AKJ2024044 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 45 | Indu Singh | AKJ2024045 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 46 | Chandana Singh | AKJ2024046 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 47 | Shreya Singh | AKJ2024047 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 48 | Arushi Singh | AKJ2024048 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 49 | Harsh Singh | AKJ2024049 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 50 | Divya Singh | AKJ2024050 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |

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|-----|-----------------------|----------------|----------------------------|-------------------------------------------------|-------------------------------------|-------------------------------------------------------|-------------------------------------|
| | | | | Yes/No | Yes/No | Yes/No | Yes/No |
| 51 | Adarsh Singh | AKJ2024051 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 52 | Shikha Singh | AKJ2024052 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 53 | Rishabh Singh | AKJ2024053 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 54 | Indu Singh | AKJ2024054 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 55 | Chandana Singh | AKJ2024055 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 56 | Shreya Singh | AKJ2024056 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 57 | Arushi Singh | AKJ2024057 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 58 | Harsh Singh | AKJ2024058 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 59 | Divya Singh | AKJ2024059 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| 60 | Adarsh Singh | AKJ2024060 | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |

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SCHOOL OF DISTANCE EDUCATION
EVENT REGISTRATION FORM

Name of the Event: 10th Annual Day Date of the Event: 21-02-2020

| No. | Name of the Candidate | Enrollment No. | Signature of the Candidate | How would you like the program to be conducted? | Feedback | Would you like to attend the type of program in future? | Attendance |
|-----|-----------------------|----------------|----------------------------|-------------------------------------------------|----------|---------------------------------------------------------|------------|
| | | | | Yes/No | Yes/No | Yes/No | |
| | | | | Y/N | Y/N | Y/N | |
| 1 | Arundhati Singh | 201900001 | Arundhati Singh | | | | |
| 2 | Arundhati Singh | 201900002 | Arundhati Singh | | | | |
| 3 | Arundhati Singh | 201900003 | Arundhati Singh | | | | |
| 4 | Arundhati Singh | 201900004 | Arundhati Singh | | | | |
| 5 | Arundhati Singh | 201900005 | Arundhati Singh | | | | |
| 6 | Arundhati Singh | 201900006 | Arundhati Singh | | | | |
| 7 | Arundhati Singh | 201900007 | Arundhati Singh | | | | |
| 8 | Arundhati Singh | 201900008 | Arundhati Singh | | | | |
| 9 | Arundhati Singh | 201900009 | Arundhati Singh | | | | |
| 10 | Arundhati Singh | 201900010 | Arundhati Singh | | | | |
| 11 | Arundhati Singh | 201900011 | Arundhati Singh | | | | |
| 12 | Arundhati Singh | 201900012 | Arundhati Singh | | | | |
| 13 | Arundhati Singh | 201900013 | Arundhati Singh | | | | |
| 14 | Arundhati Singh | 201900014 | Arundhati Singh | | | | |
| 15 | Arundhati Singh | 201900015 | Arundhati Singh | | | | |
| 16 | Arundhati Singh | 201900016 | Arundhati Singh | | | | |
| 17 | Arundhati Singh | 201900017 | Arundhati Singh | | | | |
| 18 | Arundhati Singh | 201900018 | Arundhati Singh | | | | |
| 19 | Arundhati Singh | 201900019 | Arundhati Singh | | | | |
| 20 | Arundhati Singh | 201900020 | Arundhati Singh | | | | |

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Name of the Event: 10th Annual Day Date of the Event: 21-02-2020

| No. | Name of the Candidate | Enrollment No. | Signature of the Candidate | How would you like the program to be conducted? | Feedback | Would you like to attend the type of program in future? | Attendance |
|-----|-----------------------|----------------|----------------------------|-------------------------------------------------|----------|---------------------------------------------------------|------------|
| | | | | Yes/No | Yes/No | Yes/No | |
| | | | | Y/N | Y/N | Y/N | |
| 1 | Arundhati Singh | 201900001 | Arundhati Singh | | | | |
| 2 | Arundhati Singh | 201900002 | Arundhati Singh | | | | |
| 3 | Arundhati Singh | 201900003 | Arundhati Singh | | | | |
| 4 | Arundhati Singh | 201900004 | Arundhati Singh | | | | |
| 5 | Arundhati Singh | 201900005 | Arundhati Singh | | | | |
| 6 | Arundhati Singh | 201900006 | Arundhati Singh | | | | |
| 7 | Arundhati Singh | 201900007 | Arundhati Singh | | | | |
| 8 | Arundhati Singh | 201900008 | Arundhati Singh | | | | |
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| 11 | Arundhati Singh | 201900011 | Arundhati Singh | | | | |
| 12 | Arundhati Singh | 201900012 | Arundhati Singh | | | | |
| 13 | Arundhati Singh | 201900013 | Arundhati Singh | | | | |
| 14 | Arundhati Singh | 201900014 | Arundhati Singh | | | | |
| 15 | Arundhati Singh | 201900015 | Arundhati Singh | | | | |
| 16 | Arundhati Singh | 201900016 | Arundhati Singh | | | | |
| 17 | Arundhati Singh | 201900017 | Arundhati Singh | | | | |
| 18 | Arundhati Singh | 201900018 | Arundhati Singh | | | | |
| 19 | Arundhati Singh | 201900019 | Arundhati Singh | | | | |
| 20 | Arundhati Singh | 201900020 | Arundhati Singh | | | | |

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|-----|-----------------------|----------------|----------------------------|-------------------------------------------------|----------|---------------------------------------------------------|------------|
| | | | | Yes/No | Yes/No | Yes/No | |
| | | | | Y/N | Y/N | Y/N | |
| 1 | Arundhati Singh | 201900001 | Arundhati Singh | | | | |
| 2 | Arundhati Singh | 201900002 | Arundhati Singh | | | | |
| 3 | Arundhati Singh | 201900003 | Arundhati Singh | | | | |
| 4 | Arundhati Singh | 201900004 | Arundhati Singh | | | | |
| 5 | Arundhati Singh | 201900005 | Arundhati Singh | | | | |
| 6 | Arundhati Singh | 201900006 | Arundhati Singh | | | | |
| 7 | Arundhati Singh | 201900007 | Arundhati Singh | | | | |
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| 10 | Arundhati Singh | 201900010 | Arundhati Singh | | | | |
| 11 | Arundhati Singh | 201900011 | Arundhati Singh | | | | |
| 12 | Arundhati Singh | 201900012 | Arundhati Singh | | | | |
| 13 | Arundhati Singh | 201900013 | Arundhati Singh | | | | |
| 14 | Arundhati Singh | 201900014 | Arundhati Singh | | | | |
| 15 | Arundhati Singh | 201900015 | Arundhati Singh | | | | |
| 16 | Arundhati Singh | 201900016 | Arundhati Singh | | | | |
| 17 | Arundhati Singh | 201900017 | Arundhati Singh | | | | |
| 18 | Arundhati Singh | 201900018 | Arundhati Singh | | | | |
| 19 | Arundhati Singh | 201900019 | Arundhati Singh | | | | |
| 20 | Arundhati Singh | 201900020 | Arundhati Singh | | | | |

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उदित वाणी

जमशेदपुर, रविवार, 22 दिसम्बर 2024

अरका जैन विश्वविद्यालय में दो सत्रों में विश्व ध्यान दिवस आयोजित



जमशेदपुर: अरका जैन विश्वविद्यालय के एनएसएस इकाई और स्कूल ऑफ फार्मेसी ने दो अलग सत्रों में विश्व ध्यान दिवस पर योग निद्रा सहित ध्यान के कई आयामों पर व्याख्यान का आयोजन किया गया. स्कूल ऑफ फार्मेसी ने डॉन डॉ ज्योतिर्मय साहू के नेतृत्व में परिसर के मैदान में सामूहिक ध्यान का सत्र रखा, वहीं एनएसएस ने एक ऑनलाइन सत्र का आयोजन डॉ मनोज कुमार पाठक के नेतृत्व में किया, जिसमें मुंबई से अंतरराष्ट्रीय योग प्रशिक्षिका अनु आनंद ने योग निद्रा का मार्गदर्शन किया. उन्होंने कार्यस्थल में भी ध्यान के गुर सिखाए. इस अवसर पर कुलसचिव डॉ अमित कुमार श्रीवास्तव ने कहा कि आजकं व्यस्ततम जीवनशैली में योग और ध्यान से हमें मानसिक एवं शारीरिक दोनों ऊर्जा मिलती है. एनएसएस की ओर से डॉ मनोज कुमार पाठक ने समन्वय किया और उन्होंने कहा कि ध्यान दिवस की यूएनओ से घोषणा होने से इसकी महत्ता बढ़ जाती है और हम भारतीयों को इसका अभ्यास अवश्य करना चाहिए. विश्व ध्यान दिवस पर आयोजित ध्यान सत्रों में डॉन छात्र कल्याण डॉ अंगद तिवारी, सभी विभागाध्यक्ष समेत विद्यार्थियों एवं शिक्षकों की उपस्थिति रही.