





# 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 **21<sup>st</sup> December 2024**. The event will be coordinated by Purnima Mahato, Sumanta Sen, Pakhi Chakrabarty, Abhishek Ghosh, Mansi Singh, Sarthak Singh, Dusmanta 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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Dean School of Pharmacy Copy to Office of the Registrar IQAC Department Heads/Deans 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 21<sup>st</sup> 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.



GRADE

## **Poster of the Event**





# Photos of the Event



Geotag glimpses of DHYANAM 2024



Inauguration of DHYANAM 2024 with spiritual lamp lighting





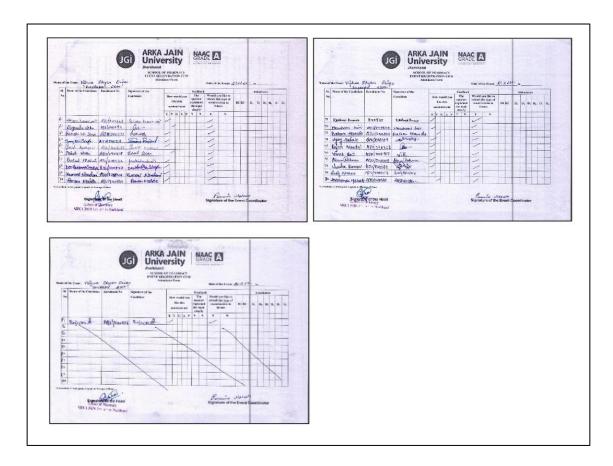
Meditation by the participants in the session DHYANAM



### Scanned copy of the original attendance







**Press release** 



