



CIRCULAR



NATIONAL SERVICE SCHEME CIRCULAR

Ref. No. AJU-NSS/05/2025

Date: 12.6.2025

Online Yoga Session

Dear Faculty Members, Staffs and Volunteers,

This is hereby notified that AJU-NSS is going to organize an online 'Yoga and Mindfulness Session' on 19th June, 2025 at 12.15 PM in Room No. 331, Block C as a part of the International Day of Yoga-2025 observance.

Ms. Anu Anand, a certified and International Yoga Trainer has given her consent to join us as he resource person.

All are supposed to assemble in Room No. 331, Block C on 19th June 2025 at 12.00 PM to attend the session.


(Dr. Manoj Kumar Pathak)

Nodal Office, 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 AND MINDFULNESS SESSION

Date of Event	19 June, 2025
Name of the Event	Yoga And Mindfulness Session
Type of the Event	Life Skill
Conducted by	National Service Scheme (NSS)
Organizing Coordinator	Dr. Manoj K Pathak, NSS Coordinator-in-Charge
No. of Participants	46

OBJECTIVE:

To promote mental well-being, mindfulness, and spiritual awareness among staff through guided yoga practices and reflective insights.

DETAILS:

In observance of the International Day of Yoga week, the NSS Cell of ARKA JAIN University conducted an enlightening online session titled “Yoga and Mindfulness” on 19th June 2025 for all faculty and staff members. The session aimed to promote inner well-being, mental clarity, and spiritual awareness among the university community.

The session was graced by the presence of Ms. Anu Anand, a seasoned yoga practitioner and wellness expert, as the Resource Person. In her talk, she emphasized the deeper dimensions of yoga beyond physical postures—highlighting yoga as a spiritual journey toward self-awareness and inner peace. She elaborated on how mindfulness and yogic practices together can help manage stress, increase productivity, and foster emotional balance.

The practical segment included:

- Sukshma Vyayaam (light warm-up exercises),
- A series of asanas for flexibility and balance,
- Pranayama (breath control techniques) for calming the mind, and
- A guided Yoga Nidra session for deep relaxation and inner connection.

Dr. Amit Kumar Shrivastav, Registrar, in his brief address, appreciated the initiative and urged all staff members to integrate yoga into their daily lives for sustained well-being. Prof. (Dr.) Angad Tiwary, Pro Vice Chancellor, also shared his thoughts, highlighting the relevance of yoga and mindfulness in today’s fast-paced academic and professional environment. He remarked, “The calm mind and healthy body that yoga brings are the foundation of an efficient, happy workplace.”

The program was coordinated by Dr. Manoj Kumar Pathak, NSS Coordinator In-charge, who welcomed the participants and facilitated the smooth conduct of the session.

The session concluded on a positive and serene note, leaving participants rejuvenated and more mindful, with a renewed commitment to holistic health.

OUTCOME: Participants experienced enhanced relaxation, learned practical yogic techniques for daily stress management, and gained a deeper understanding of yoga as a holistic lifestyle practice.

POSTER OF THE EVENT



Fig.1- Poster of the Event

PHOTOS OF THE EVENT



Fig.2- NSS Coordinator-in-Charge Dr. Manoj K Pathak delivering the Introductory Note



Fig. 3- Registrar Dr. Amit K Shrivastav addressing the attendees on Yoga and its Importance

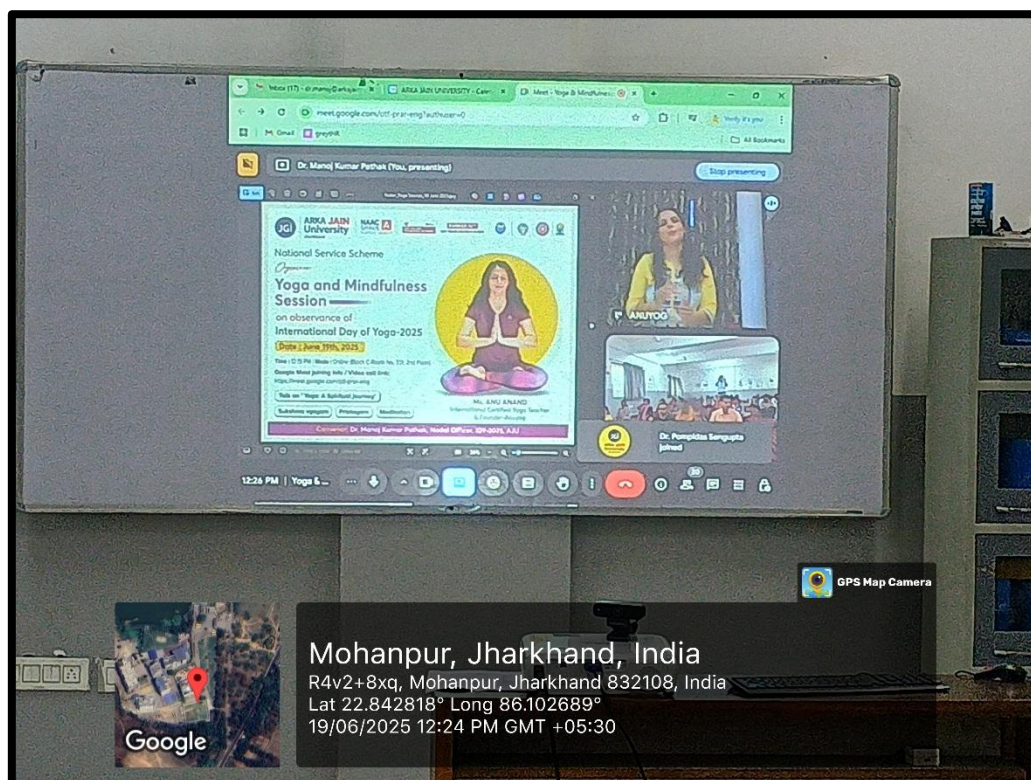


Fig. 4- Yoga Trainer Ms. Anu Anand delivering a talk on 'Yoga as a Spiritual Journey'

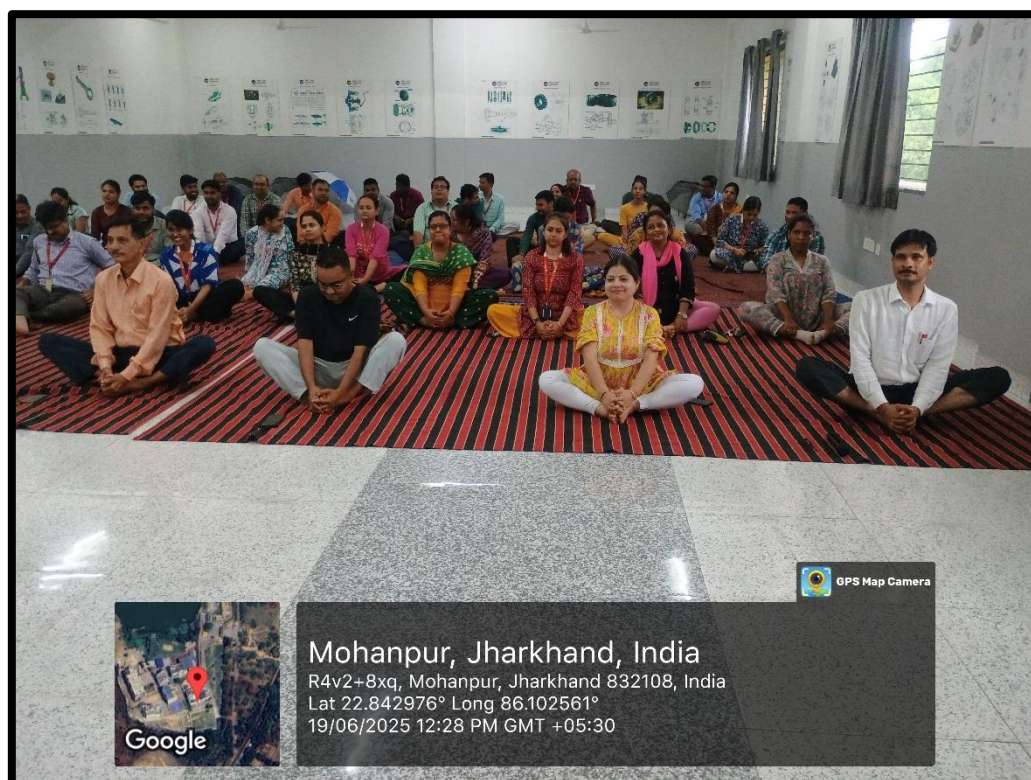


Fig. 5- Attendees doing Sukshma Vyayama



Fig. 5- Attendees doing Pranayam

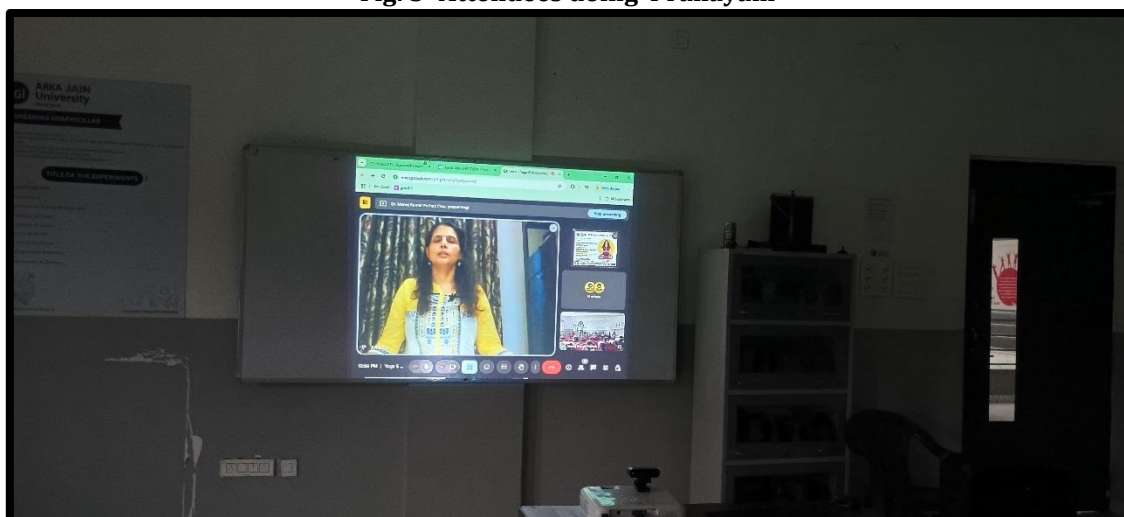


Fig. 5- Ms. Anu Anand showing techniques of Dhyan



Fig. 5- Attendees in Yog Nidra



PARTICIPANTS



NATIONAL SERVICE SCHEME
organizes
Yoga and Mindfulness Session
19th June, 2025
Attendance Sheet

Sl. No.	Name of the Student/Faculty/Staff	Enrollment No./ID	Signature
1.	Mr. Anurag K. Shrivastava	1001	Anurag K.
2.	Achille Kumar	1083	Achille
3.	Mr. Akash K. Bhagat	1058	Akash
4.	Ms. Dinya Paikaray	1102	Dinya
5.	Samrat Bandyspadyay	1078	Samrat
6.	SNEHA KANYAR	1213	Sneha
7.	Debanjan Ghosh	1301	Debanjan
8.	Astha K. Pradhan	1658	Astha
9.	Rajesh K. Gupta	1729	Rajesh
10.	Umesh Tewari	1048	Umesh
11.	Vishal Rimal	1492	Vishal
12.	Aarav Kumar	1302	Aarav
13.	Utkarsh	1531	Utkarsh
14.	Dr. S.K. Agarwal	1207	S.K. Agarwal
15.	Maulini Kumari	1749	Maulini
16.	Anandya Samad	1219	Anandya
17.	Dr. Rajkumar Ghosh	1137	Rajkumar
18.	KUMAR VIVEK	5064	Vivek
19.	Mamatha V	1728	Mamatha
20.	Jayantini D	1770	Jayantini
21.	Sulgit Dasgupta	1172	Sulgit
22.	Dr. Bindu K. Choudhary	1110	Bindu
23.	Dr. P.N. Sumon	1746	P.N. Sumon
24.	Dr. Shela Devi	1205	Shela
25.	Usha Bala	1301	Usha
26.	Rama	1789	Rama
27.	Nilata Kumari	1657	Nilata

[Signature]
Signature of the NSS Coordinator

NSS Coordinator/एनएसएस समन्वयक
National Service Scheme/राष्ट्रीय सेवा योजना
ARKA JAIN University/आरका जैन विश्वविद्यालय



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Sl. No.	Name of the Student/Faculty/Staff	Enrollment No./ID	Signature
23	Dr. Vishnu	1291	
24	Rakhi Jha	1439	
25	Subha Prasad	1796	
26	Nisha Panda	1394	
27	Rashmi Ranjan Das	1165	
28	Sanadip Singh	1782	
29	Vishakh Das	1668	
30	Pravrajyoti Das	1395	
31	Dr. Bhanu Singh	1485	
32	Pankaj Kumar Singh	1717	
33	Sudipta Gouda Das	1716	
34	Dr. Manjiv Pallavi	1098	
35	Ajay K. Mehta	5105	
36	Dr. Souvik Singh Rana	1635	
37	Dr. Chaitanya Mishra	1075	
38	Dr. Keerti Rai	1176	
39	Dr. Anupama Kumari	1094	
40	Dr. Chandraprakash Sahai	1109	
41	Tanvi Singh	1803	
42	Dr. Nidhi Dha	1479	
43	Dr. Suraj Paul	1529	
44	Sanjay Kumar Thakur	1160	
45	MV PRASAD	1241	
46	Swati Mahendru	1511	

Signature of the NSS Coordinator

NSS Coordinator/एनएसएस समन्वयक
National Service Scheme/राष्ट्रीय सेवा योजना
ARKA JAIN University/अरक जैन विश्वविद्यालय