

## CIRCULAR

**ARKA JAIN**  
**University**  
Jharkhand

### DEPARTMENT SCHOOL OF PHARMACY NOTICE

**No: AJU/SOHAS/196/25****Date 13.07.2025**

It is hereby notified to all the students of M. Pharm, B. Pharm and D. Pharm (2025 admission session) that the induction and orientation AARAMBH 2025 (DIKHSARAMBH) will be conducted from 13<sup>th</sup> Aug 2025 to 28<sup>th</sup> Aug 2025. On this occasion a **Yoga, Health & Wellness Awareness Session** will be conducted virtually by Prof Shilpa J, Vice Principal, School of Nursing, ARKA JAIN University, Internationally Certified Yoga Instructor on 17<sup>th</sup> August 2025 at 7:30 am. Students instructed to stay tuned with the link <https://meet.google.com/wbr-opag-nhr> 10 minutes prior to the session start. Dr. Shweta, Mr Sumanta Sen, Mr Abhishek Ghosh will coordinate the session.

  
Dean  
School of Pharmacy  
ARKA JAIN University Jharkhand**Dean**  
**School of Pharmacy**  
**Copy to**

Vice Chancellor  
Office of the Registrar  
IQAC  
Class coordinators/Faculty Members  
ERP Coordinator  
Academic Coordinator  
Website In-charge  
Office file  
Student Whatsapp group

## AARAMBH 2025: YOGA, HEALTH & WELLNESS AWARENESS SESSION

<b>Date of Event</b>	<b>17.08.2025</b>
<b>Name of the Event</b>	<b>Yoga, Health &amp; Wellness Awareness Session</b>
<b>Type of the Event</b>	<b>Life Skills Development</b>
<b>Conducted by</b>	<b>School of Pharmacy</b>
<b>No. Of Participants</b>	<b>30</b>

### OBJECTIVE:

The School of Pharmacy, ARKA JAIN University is organizing the Induction and Orientation Program **AARAMBH 2025 (DIKSARAMBH)** for newly admitted students of M. Pharm, B. Pharm, and D. Pharm from 13th August to 29th August 2025. As part of this program, a **Yoga, Health & Wellness Awareness Session** aims to promote physical and mental well-being among students.

### DETAILS:

A special Yoga, Health & Wellness Awareness Session will be conducted virtually on 17th August 2025 at 7:30 am by Prof. Shilpa J, Vice Principal, School of Nursing, ARKA JAIN University, who is also an internationally certified yoga instructor. Students are instructed to join via the provided Google Meet link 10 minutes before the session starts. The session will be coordinated by Dr. Shweta, Mr. Sumanta Sen, and Mr. Abhishek Ghosh.

This initiative is a part of the induction program AARAMBH 2025, designed to ensure that students not only adapt academically but also develop awareness about holistic health and wellness practices.

### TAKEAWAY (OUTCOMES):

Students will gain awareness about the importance of yoga, health, and wellness in daily life. They will learn simple practices to manage stress, improve concentration, and enhance productivity. The session will help students develop a healthy lifestyle alongside their academic journey. It will create a foundation for mental and physical discipline, promoting overall well-being during their pharmacy course.

POSTER OF THE EVENT

AARAMBH 25 JGi ARKA JAIN University Jharkhand NAAC GRADE A ACCREDITED UNIVERSITY

**SCHOOL OF PHARMACY**

**Organizes**

**Yoga, Health & Wellness Awareness Session**

**on**

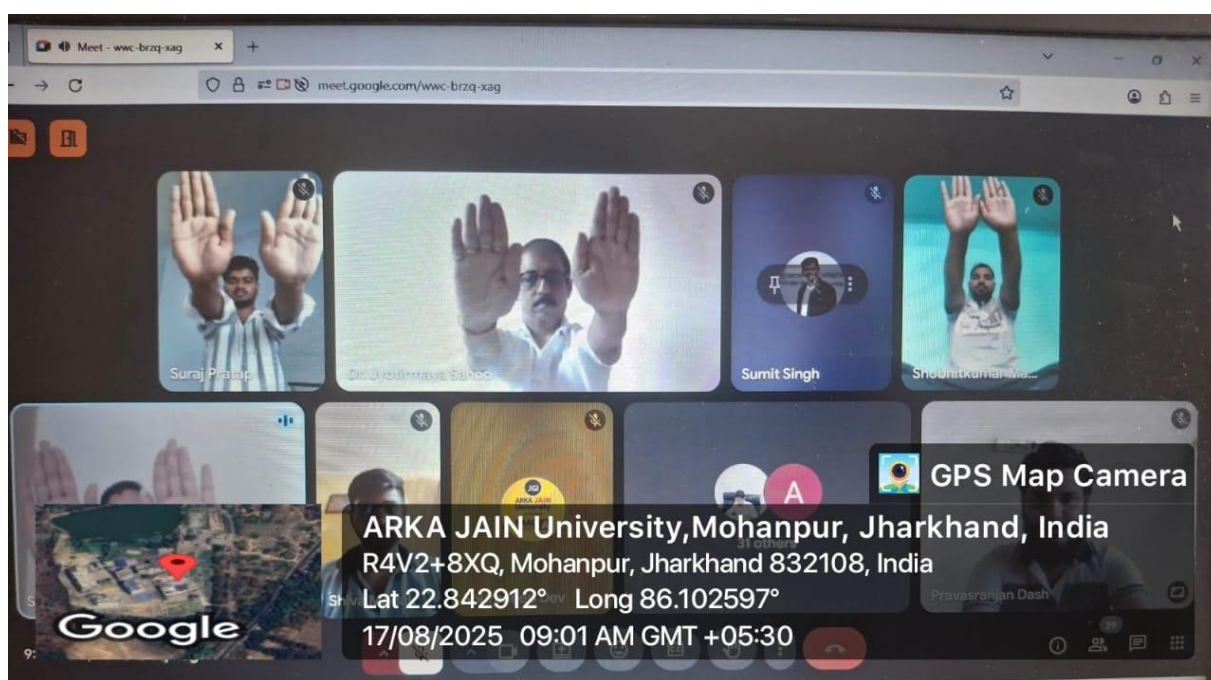
**17<sup>th</sup> August 2025**

**Led by**

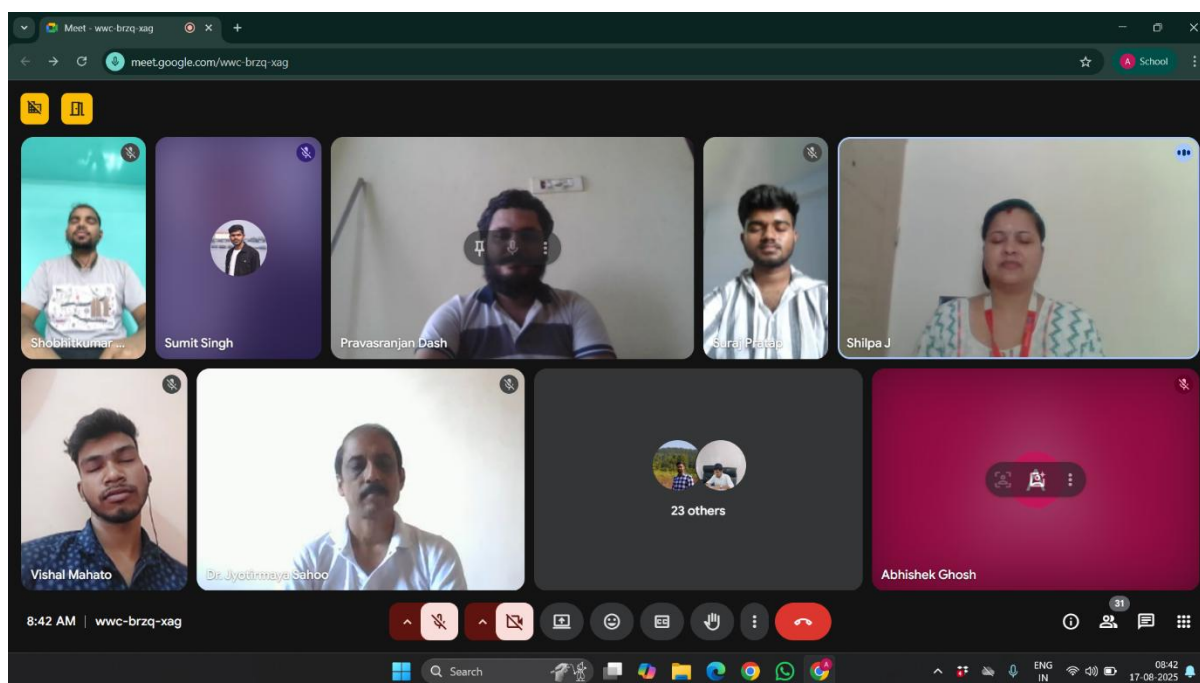
**Prof. Shilpa J**

**Vice Principal, School of Nursing, Arka Jain University**

## PHOTOS OF THE EVENT

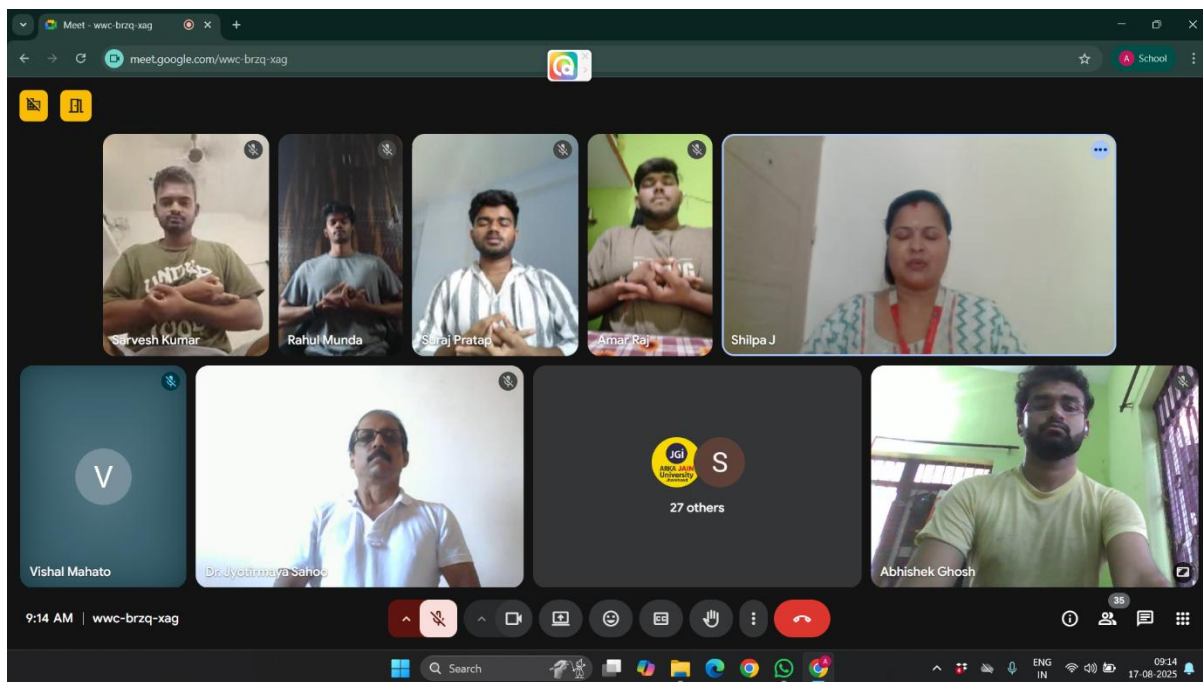


**Fig.1- Practicing meditation**

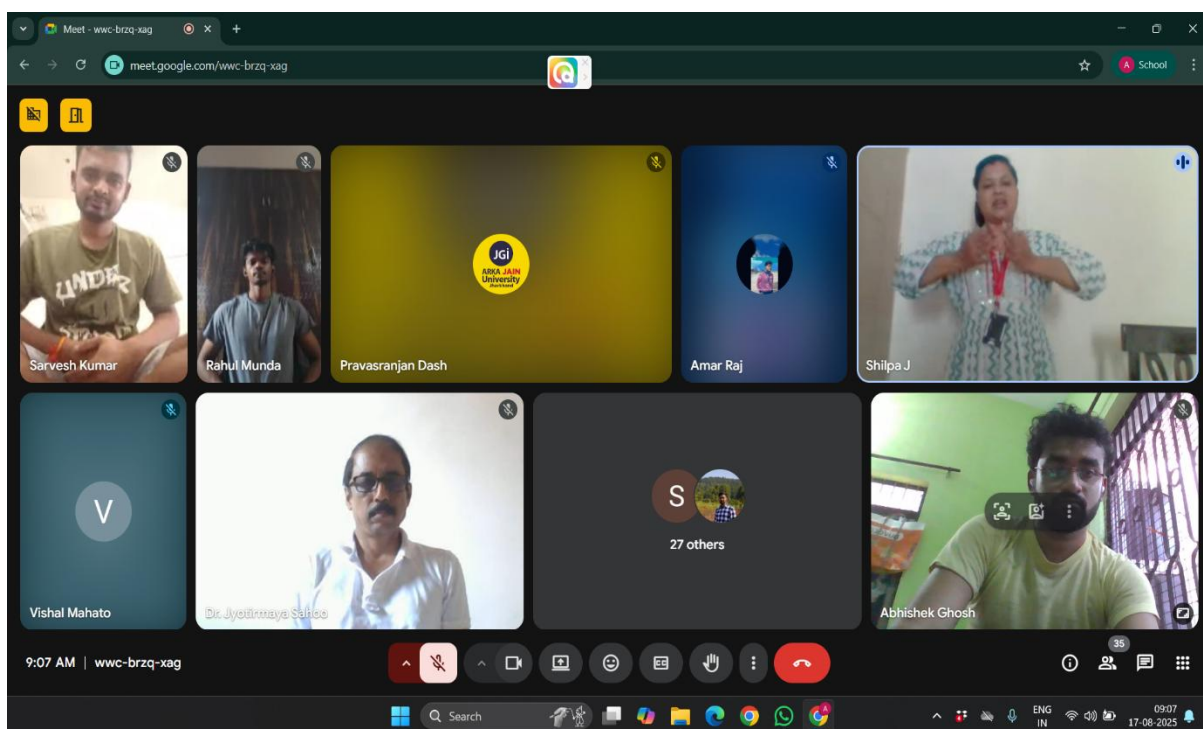


**Fig. 2- Participants are performing yoga attentively**





**Fig. 3- Everyone gets immersed in Dhyana**



**Fig. 4- Instructor teaching the techniques of yoga**

## LIST OF PARTICIPANTS



ARKA JAIN  
University  
Jharkhand



SCHOOL OF PHARMACY  
EVENT REGISTRATION CUM  
Attendance Form

Name of the Event: Yoga, Health & Wellness Awareness Session

Date of the Event: 17-08-25 to 17-08-25

Sl. No.	Name of the Candidate	Enrolment No.	Signature of the Candidate	How would you like this session/event					Feedback		Would you like to attend this type of event/session in future	Attendance							
				E	V	G	A	P	The speaker explained the topic clearly	Y	N	D1	D2	D3	D4	D5	D6	D7	D8
1	Sugmit Kumar	AJU/250116		-					-										
2	Ashwini Kumar	AJU/250076		-					-										
3	Anmol Kumar	AJU/250211		-					-										
4	Surya Sagar	AJU/250248		-					-										
5	Bikash Kumar	AJU/250350		-					-										
6	Pritya Rani Das	AJU/250382		-					-										
7	Kongal Kumar	AJU/250919		-					-										
8	Shakti Singh	AJU/251165		-					-										
9	Tilak Kumar	AJU/251294		-					-										
10	Ashwini K. S.	AJU/251298		-					-										

\*E-Excellent, V-Very good, G-good, A-average, P-Poor

Signature of the Head

Signature of the Event Coordinator



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				E	V	G	A	P	The speaker explained the topic clearly	Y	N	D1	D2	D3	D4	D5	D6	D7	D8
11	Aman Kumar	AJU/251805		-					-										
12	Rupa Kumari	AJU/251826		-					-										
13	Shobhit K. Mahato	AJU/251971		-					-										
14	Labanya Mahato	AJU/252048		-					-										
15	Arighi Mandal	AJU/253018		-					-										
16	Kyran Zia	AJU/250065		-					-										
17	Bonali Pousty	AJU/250526		-					-										
18	Ganiya Parween	AJU/250458		-					-										
19	Sreshth K. S.	AJU/251064		-					-										
20	Tanishk Rana	AJU/2513		-					-										

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Feedback Form - Session																	Date of the Event: 17-08-25 to 17-08-25			
Sl. No.	Name of the Candidate	Enrolment No	Signature of the Candidate	Feedback								Attendance								
				How would you like this session/event					The speaker explained the topic clearly		Would you like to attend this type of event/session in future		D1	D2	D3	D4	D5	D6	D7	
				E	V	G	A	P	Y	N	Y	N								
21	Nitish Kr. Mahto	ASU/250271			✓					✓			✓							
22	Krish Elislael	ASU/250216		✓						✓			✓							
23	Ranjan Kumar	ASU/250149		✓						✓			✓							
24	Mr. Akhil Khan	ASU/250147		✓						✓			✓							
25	Sonali Kumar	ASU/250245		✓						✓			✓							
26	Kundan Kr. Nishad	ASU/250704		✓						✓				✓						
27	Mr. Sajid Ansari	ASU/250720		✓						✓	+		✓							
28	Priyanshu Ghosh	ASU/250835		✓						✓			✓							
29	Dilshad Alam	ASU/250939		✓						✓			✓							
30	Anish Bhargava	ASU/251344		✓						✓			✓							

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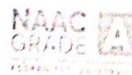
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						E	V	G	A	P	Y	N	Y	N	D1	D2	D3	D4	D5	D6
31	Przem Azad				ASU/251509															
32	Lalita Kumar				ASU/251397		✓				✓		✓							
33	Alok Kumar				ASU/251915		✓				✓		✓							
34	Somenath Pradhan				ASU/251904		✓				✓		✓							
35							✓				✓		✓							
36																				
37																				
38																				
39																				
40																				

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