

CIRCULAR


**ARKA JAIN
University**
Jharkhand


NOTICE SCHOOL OF NURSING

Ref. No: AJU/SON/94/26**Date: 28/01/2026**

This is to inform all concerned that, as part of the **Nasha Mukta Bharat Abhiyan (NMBH)**, the **School of Nursing**, in association with the **Anti-Drug Abuse Cell**, will be organizing a **"Yoga and Meditation session"** on **20.02.2026** for the students at **JEH Auditorium, Block Aryabhata**. The programme aims to promote a drug-free campus and to create awareness about the harmful effects of substance abuse, while encouraging healthy lifestyle practices among students.

All activities will be conducted on an equal participation basis by the School of Nursing in collaboration with the Anti-Drug Abuse Cell.


Vice Principal
School of Nursing
ARKA JAIN University


Principal
School of Nursing
ARKA JAIN University

Event Coordinator**Prof Shilpa J (Vice Principal)****Ms Aaisariya Chakraborty (Nursing Tutor)****Copy to:**

PS to Vice Chancellor
PS to Pro-Vice Chancellor
PS to Director
Office of the Registrar
IQA Cell
Dean/PC of University Campus
In charge website
ERP Co-ordinator
Office Record

SESSION: YOGA, AND MEDITATION

Date of Event	20.02.2026
Name of the Event	Session: Yoga, And Meditation
Type of the Event	Life Skill (Yoga & Meditation session)
Conducted by	School of Nursing
No. of Participants	78

OBJECTIVE:

To promote a drug-free and healthy campus environment under the initiative of Nasha Mukh Bharat Abhiyan by creating awareness about the harmful effects of substance abuse and to instil an understanding of the holistic benefits of Yoga and Meditation in maintaining physical fitness, enhancing mental well-being, strengthening self-discipline, and fostering emotional balance among nursing students, thereby supporting their professional competence and overall well-being in the demanding field of nursing.

DETAILS: The School of Nursing, ARKA JAIN University, organized a “Yoga and Meditation Session” on February 20, 2026, under the initiative of the Nasha Mukh Bharat Abhiyan (NMBH) and was conducted in association with the Anti-Drug Abuse Cell at JEH Auditorium, Block Aryabhata, the programme aimed to promote a drug-free campus and create awareness about the harmful effects of substance abuse among nursing students. Coordinated by Mrs Manisha Kumari and facilitated by Prof. Shilpa J., Vice Principal and Certified Yoga Instructor, the session began with an awareness briefing on the physical, psychological, and social consequences of substance abuse, highlighting the crucial role of nurses in advocating healthy lifestyles. The programme included guided Asanas, Pranayama, and mindfulness meditation practices to enhance self-control, emotional stability, and stress management. Students actively participated and gained practical techniques to manage academic and clinical stress while cultivating inner discipline. Dr Manoj Kumar Pathak, Nodal Officer of the Anti-Drug Abuse Cell, was present and actively participated in the session, reinforcing the collective commitment to a healthy and substance-free academic environment. The initiative emphasized preventive lifestyle practices against addiction and strengthened students’ mental resilience, physical well-being, and professional responsibility. The success of the programme reflects the visionary leadership of our Principal, Prof. (Mrs) Ginu Anie Joseph, and the continuous support of our Honourable Chairman, Prof. Dr S. S. Razi, thereby advancing the mission of the Nasha Mukh Bharat Abhiyan toward a substance-free society.

TAKEAWAY (OUTCOMES): The Yoga and Meditation session conducted under the Nasha Mukh Bharat Abhiyan enhanced students’ flexibility, concentration, emotional stability, and overall well-being while creating awareness about the harmful effects of substance abuse. It promoted Yoga and Meditation as healthy preventive lifestyle practices, fostering self-discipline, resilience, and a balanced approach to academic and professional responsibilities.

POSTER OF THE EVENT



SCHOOL OF NURSING

**NASHA -MUKT
BHARAT ABHIYAN**

IN ASSOCIATION
WITH THE
ANTI-DRUG ABUSE CELL
ORGANIZES

**“YOGA AND MEDITATION
SESSION”**



**DATE:20.02.2026
TIME- 9AM ONWARDS
VENUE: JEH AUDITORIUM**

**CONVENER: Prof. Ginu Anie Joseph
(Principal)
CO-CONVENER:Dr. Manoj Kumar Pathak
(Nodal Officer, Anti Drug Abuse Cell, AJU)
EVENT-COORDINATOR: Prof. Shilpa J.
(Vice-Principal)
Ms.Aaisarjya Chakraborty(Nursing Tutor)**

PHOTOS OF THE EVENT



Fig 1: - A warm-up preparatory session conducted by Prof. Shilpa J. before the Yoga & Meditation practice



Fig 2: - A session on the importance of Yoga and Meditation in Nasha Mukta Bharat Abhiyan, conducted by Prof. Shilpa J



Fig 3: - A session conducted by Prof. Shilpa J on various yoga asanas that can aid in drug prevention



Fig 4:- A session focusing on Balasana (Child's Pose), highlighting how this calming asana can support recovery from drug abuse and promote mental peace and emotional stability.



Fig 5:- A session demonstrating the technique of gently rubbing the eyes with warmed palms (palming) as a relaxation practice to reduce stress and support drug abuse prevention



Fig 6:- A session on practicing a cross-legged yogasana with arms resting straight on the knees, focusing on mindful breathing to calm the mind, and support drug abuse prevention.



Fig 7: - A group photo taken after the session with the respected dignitaries, event coordinators and the participants.



Fig 8: - A group photo of selected students performing yoga asana poses that support drug abuse prevention, captured at the conclusion of the session.

LIST OF PARTICIPANTS



LIST OF PARTICIPANTS
YOGA & MEDITATION SESSION
SCHOOL OF NURSING
Date: 20/02/2026

S. NO.	NAME OF THE PARTICIPANTS	ENROLLMENT NO.	SIGNATURE
1.	Kavita Kumari	AJU/242235	Kavita
2.	Rhushboo Kumari	AJU/242236	Rhushboo
3.	Asha Kishan Sooren	AJU/242267	Asha
4.	Himanshu Rai	AJU/242214	Himanshu
5.	Pooja Kumari	AJU/242211	Pooja
6.	Safoni Kumari	AJU/240257	Safoni
7.	Preyoshi (Kumari) (Das)	AJU/242269	Preyoshi Das
8.	Swarni Kumari	AJU/242266	Swarni
9.	Sushmita Mandi	AJU/252827	Sushmita
10.	Mausam Kumari	AJU/252763	Mausam Kumari
11.	Jyotirmoyee Bose	AJU/252669	Jyotirmoyee Bose
12.	Muskani Kumari	AJU/252705	Muskani Kumari
13.	Jitki Kumari	AJU/252618	Jitki
14.	Amisha Kumari	AJU/252650	Amisha
15.	Tanushree Barik	AJU/252619	Tanushree
16.	Saumya Kumari	AJU/252765	Saumya
17.	Snigdha Kumari	AJU/252649	Snigdha
18.	Rupali Mahato	AJU/252651	Rupali
19.	Amisha Kumari	AJU/252650	Amisha
20.	Shweta Kumari	AJU/252614	Shweta
21.	Shushila Chagrai	AJU/252610	Shushila
22.	Aditya Dev	AJU/252697	Aditya
23.	Ashu Kumar Singh	AJU/252592	Ashu Singh
24.	Pratik Singh	AJU/252820	Pratik
25.	Ranuj Kumar	AJU/252770	Ranuj Kumar
26.	Abhishek Kumar	AJU/252616	Abhishek Kumar
27.	MEHRAB ALI	AJU/252823	Mehrab Ali
28.	Sachin Yadav	AJU/252825	Sachin Yadav
29.	AYUSH KUMAR SINGH	AJU/252698	Ayush K. Singh
30.	AMAN DEEP KUMAR	AJU/252613	Aman Deep Kumar
31.	David Kumar	AJU/252760	David
32.	Ayush Kumar Yadav	AJU/252767	Ayush
33.	Satyam Kumar	AJU/252784	Satyam
34.	Rishav Kumar Nirala	AJU/252700	Rishav
35.	Sadarand Malho	AJU/252694	Sadarand Malho
36.	Abhaz Kumar	AJU/252693	Abhaz K.
37.	Sachin Kumar	AJU/242240	Sachin K.
38.	Jitenetra Kumar	AJU/240200	Jitenetra
39.	Mohi Kumari	AJU/240223	Mohi
40.	Debashree Malho	AJU/242191	Debashree

SIGNATURE OF EVENT COORDINATOR

SIGNATURE OF PRINCIPAL
Principal
School of Nursing
ARKA JAIN University

LIST OF PARTICIPANTS
YOGA & MEDITATION SESSION
SCHOOL OF NURSING
 Date: 20/02/2026

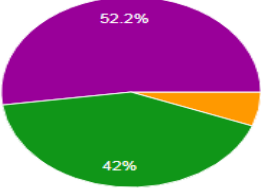
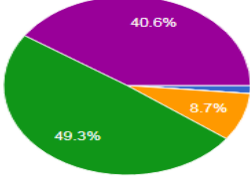
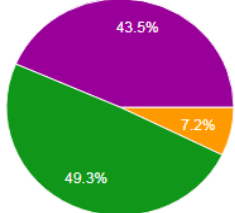
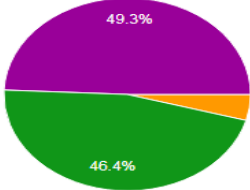
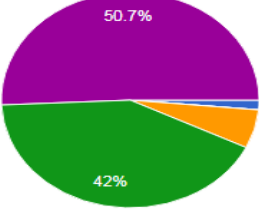
S.NO.	NAME OF THE PARTICIPANTS	ENROLLMENT NO.	SIGNATURE
41.	Dharamraj Mr. Thakur	252696	Dharamraj Mr. Thakur
42.	Rahul Sir	252713	Rahul Sir
43.	Lipika Paul	232023	Lipika Paul
44.	Pitika Das	231987	Pitika Das
45.	Aparna Dutta	232022	Aparna
46.	Nancy	242209	Nancy
47.	Ansh kumar	242239	Ansh
48.	Navlesh Mr. Singh	242238	Navlesh
49.	Suman Majhi	242219	Suman
50.	Saijan Shree	242220	Saijan
51.	Hepsiba Kondulna	242224	Hepsiba
52.	Nitish Mr. Singh	240282	Nitish
53.	Laxmi Purty	242247	Laxmi
54.	Anshu kumari	242193	Anshu
55.	Pravish kumar VERMA	242234	Pravish
56.	Melu Chakr	242207	Melu
57.	Dr. Manoj Kumar Pathan	1098	Dr. Manoj
58.	Mr. Crinu Anne Joseph	1277	Mr. Crinu
59.	Sandeep kumar sara	252758	Sandeep kumar sara
60.	Saumya kumari	252695	Saumya kumari
61.	Vaishnavi kumari	252608	Vaishnavi
62.	Pallavi rath	252699	Pallavi rath
63.	Archana kumari	252761	Archana kumari
64.	Lokesh kumar sonjan	252659	Lokesh
65.	Altaj Raza	252828	Altaj
66.	Ashish kumar	252762	Ashish
67.	Manika pani Khatu	252820	Manika
68.	Chandana Mahanta	252593	Chandana
69.	Ankita kumari	252766	Ankita
70.	SANJAY KUMAR Pandit	252767	SANJAY KUMAR Pandit
71.	Neha kumari	252606	Neha kumari
72.	Saumya kumari	252765	Saumya kumari
73.	Jageshwar kumar sah	252787	Jageshwar
74.	Vishal kumar	252769	Vishal
75.	Ashish sahu	252714	Ashish
76.	Satish Yadav	252653	Satish
77.	Prof. Shilpa J	1607	Prof. Shilpa J
78.	Mrs. Madhika Kumari	1780	Mrs. Madhika Kumari
79.			
80.			

SIGNATURE OF EVENT COORDINATOR

Principal
 School of Nursing,
 ARKA JAIN University
 SIGNATURE OF PRINCIPAL

FEEDBACK

SL.NO.	QUESTION	RESPONSE
1.	The session increased my awareness about the harmful effects of substance abuse.	<ul style="list-style-type: none"> ● Strongly disagree ● Disagree ● Neutral ● Agree ● Strongly agree
2.	The objectives of the session were clearly explained.	<ul style="list-style-type: none"> ● Strongly disagree ● Disagree ● Neutral ● Agree ● Strongly agree
3.	The Yoga practices (Asanas) were easy to follow and beneficial.	<ul style="list-style-type: none"> ● Strongly disagree ● Disagree ● Neutral ● Agree ● Strongly agree
4.	The Pranayama (breathing techniques) helped me feel relaxed and focused.	<ul style="list-style-type: none"> ● Strongly disagree ● Disagree ● Neutral ● Agree ● Strongly agree
5.	The Meditation session improved my sense of mental calmness.	<ul style="list-style-type: none"> ● strongly disagree ● Disagree ● Neutral ● Agree ● Strongly Agree

<p>6.</p>	<p>The Programme helped me understand the importance of a drug-free lifestyle.</p>	 <ul style="list-style-type: none"> ● Strongly disagree ● Disagree ● Neutral ● Agree ● Strongly agree
<p>7.</p>	<p>The session motivated me to adopt healthy daily habits.</p>	 <ul style="list-style-type: none"> ● Strongly Disagree ● Disagree ● Neutral ● Agree ● Strongly Agree
<p>8.</p>	<p>The resource person delivered the session effectively.</p>	 <ul style="list-style-type: none"> ● Strongly disagree ● Disagree ● Neutral ● Agree ● Strongly agree
<p>9.</p>	<p>The session contributed to my physical and emotional well-being.</p>	 <ul style="list-style-type: none"> ● Strongly disagree ● Disagree ● Neutral ● Agree ● Strongly agree
<p>10.</p>	<p>I would recommend conducting more such sessions in the future.</p>	 <ul style="list-style-type: none"> ● Strongly disagree ● Disagree ● Neutral ● Agree ● Strongly agree