



CIRCULAR



ANTI-DRUG ABUSE CELL

CIRCULAR

Ref. no.: AJU/ADAC/01/2026

Date: 18/02/2026

Yoga and Meditation Session

The Anti-Drug Abuse Cell, in association with the School of Nursing, is organizing a "Yoga and Meditation Session" as part of its ongoing awareness initiatives under **Nasha Mukh Bharat Abhiyan**.

Date: 20 February 2026

Time: 9:00 AM

Venue: JEH Auditorium

The session will be conducted by Prof. Shilpa J, a Certified Yoga Instructor, who will guide participants through practical techniques of yoga and meditation aimed at enhancing mental clarity, emotional balance, and self-discipline.

On this occasion, Dr. Manoj Kumar Pathak, Nodal Officer, Anti-Drug Abuse Cell, will deliver a note on "Role of Yoga and Meditation in Overcoming Drug Addiction", highlighting how mindful practices can strengthen inner resilience, reduce stress, and support individuals in breaking free from substance dependence.

All students, faculty members, and staff are encouraged to attend this enlightening and wellness-oriented session and contribute towards building a healthy and drug-free campus.

Let us unite in the spirit of awareness, discipline, and holistic well-being.

(Dr. Manoj K. Pathak)

Nodal Officer

Anti-Drug Abuse Cell

ARKA JAIN University

Nodal Officer

Anti-Drug Abuse Cell

ARKA JAIN University, Jharkhand

Copy to:

PS to Hon'ble Vice Chancellor
Pro vice Chancellor
PS to Director-cum-Registrar
Deans/Heads/PCs, Cell Coordinators
IQAC
Office File

YOGA AND MEDITATION SESSION

Date of Event	20 Feb, 2026
Name of the Event	Yoga and Meditation Session
Type of the Event	Life Skills
Conducted by	Anti-Drug Abuse Cell, AJU in association with School of Nursing, AJU
Resource Person	Prof. Shilpa J
No. of Participants	78

OBJECTIVE:

To promote a healthy, addiction-free lifestyle among students and staff.

DETAILS:

The Anti-Drug Abuse Cell (ADAC), in association with the School of Nursing, successfully organized a ‘Yoga and Meditation Session’ under the national initiative of the Nasha Mukta Bharat Abhiyan. The program aimed at promoting a healthy, addiction-free lifestyle among students and staff by emphasizing the transformative power of yoga and meditation. The session commenced with a brief introduction to the objectives of the Anti-Drug Abuse Cell and its ongoing efforts to create awareness about substance abuse and its harmful consequences. The event witnessed enthusiastic participation from students, faculty members, and healthcare trainees, reflecting a collective commitment toward physical, mental, and emotional well-being.

The resource person for the session was Prof. Shilpa J, a trained and certified Yoga Trainer. She conducted a comprehensive and engaging session that included breathing techniques (Pranayama), basic asanas, and guided meditation practices. Prof. Shilpa elaborated on the scientific and psychological benefits of yoga, highlighting how regular practice helps in stress management, emotional regulation, improved concentration, and resilience against addictive behaviours.

The program was further enriched by an insightful address delivered by Dr. Manoj K. Pathak, Nodal Officer, Anti-Drug Abuse Cell. In his address, Dr. Pathak emphasized the growing concern of substance abuse among youth and underscored the importance of preventive strategies rooted in self-discipline and inner strength. He encouraged students to integrate these practices into their daily routines and to become ambassadors of the “Say No to Drugs” movement within their communities.

The session concluded with a vote of thanks, expressing gratitude to the resource person, organizers, and participants for their wholehearted involvement.

OUTCOME: Reinforced the message that a balanced mind and healthy body are the strongest safeguards against substance abuse.

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)

Fig.1- Poster of the Event

PHOTOS OF THE EVENT



Fig.2- Resource Person Prof. Shilpa J addressing the participants on the importance of Yoga



Fig.3- Resource Person Prof. Shilpa J addressing the participants on the importance of Meditation



Fig. 4- Yoga session in progress in context to Anti-Drug Abuse Awareness



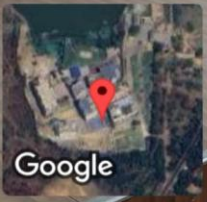
Fig. 5- Participants performing asanas



Fig. 6- Meditation session in progress



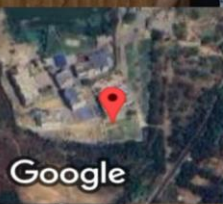
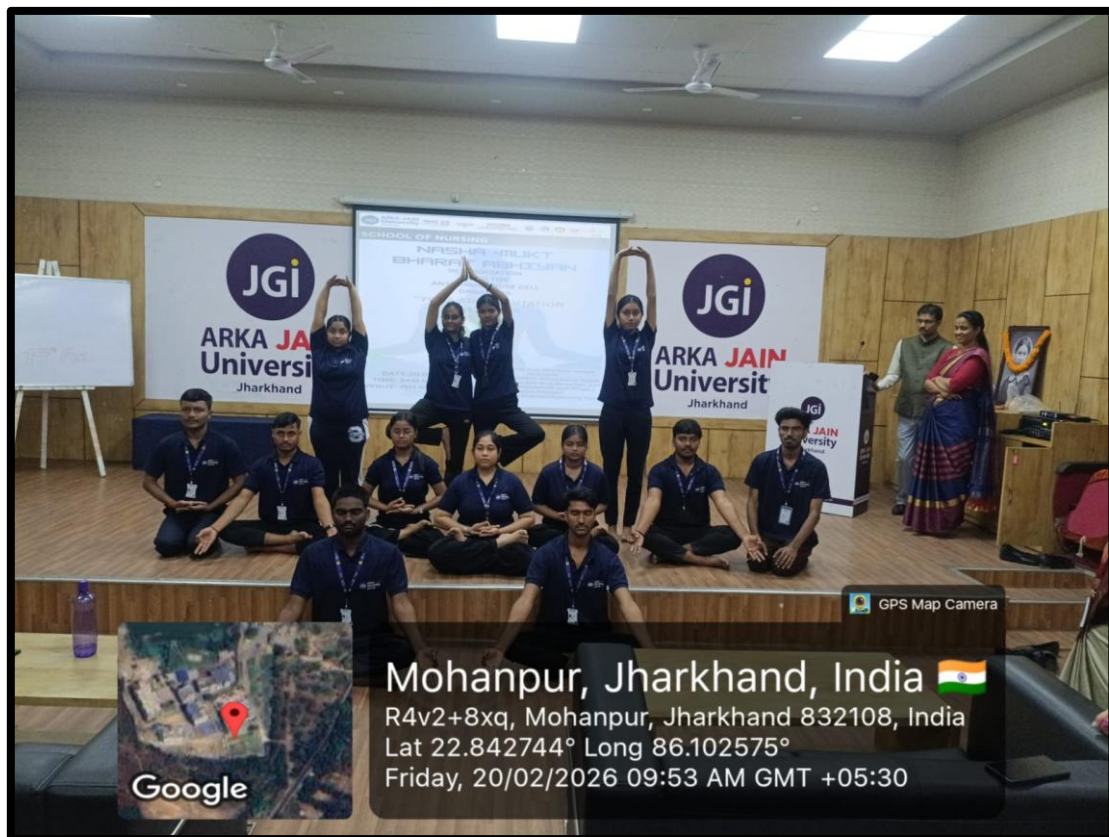
Fig. 7- Convenor Prof. Ginu Joseph and ADAC Nodal Officer Dr manoj K Pathak as Audience



Mohanpur, Jharkhand, India

R4v2+8xq, Mohanpur, Jharkhand 832108, India
Lat 22.842984° Long 86.102299°
Friday, 20/02/2026 09:41 AM GMT +05:30

Fig. 8- ADAC Nodal Officer Dr. Manoj K Pathak addressing the audience on Drug Abuse Awareness and Prevention



Mohanpur, Jharkhand, India

R4v2+8xq, Mohanpur, Jharkhand 832108, India
Lat 22.842744° Long 86.102575°
Friday, 20/02/2026 09:53 AM GMT +05:30

Fig. 9- Yoga Asanas performed by the students to raise awareness



Fig. 10- Participant sharing their feedback at the end



Fig. 10- Participants in a group with the organizers and resource person

PARTICIPANTS



LIST OF PARTICIPANTS

YOGA & MEDITATION SESSION

ANTI-DRUG ABUSE CELL SCHOOL OF NURSING

Date: 20/02/2026

S. NO.	NAME OF THE PARTICIPANTS	ENROLLMENT NO.	SIGNATURE
1.	Kavita Kumari	AJU/242233	Kavita
2.	Khushboo Kumari	AJU/242236	Khushboo
3.	Asha Kishan Sonu	AJU/242264	Asha
4.	Himanshu Rai	AJU/242214	Himanshu
5.	Bejo Kumari	AJU/242211	Bejo
6.	Safoni Kumari	AJU/240257	Safoni
7.	Preyashi Kumari (Dai)	AJU/242269	Preyashi
8.	Suman Kumari	AJU/242266	Suman
9.	Susmita Mondal	AJU/252227	Susmita
10.	Mausam Kumari	AJU/252283	Mausam
11.	Jyotirmoyee Bose	AJU/252269	Jyotirmoyee Bose
12.	Muskani Kumari	AJU/252205	Muskani
13.	Neha Kumari	AJU/252268	Neha
14.	Amisha Kumari	AJU/252250	Amisha
15.	Tanushree Barik	AJU/252269	Tanushree
16.	Saunika Kumari	AJU/252285	Saunika
17.	Snigdha Kumari	AJU/252244	Snigdha
18.	Rupali Kumari	AJU/252265	Rupali
19.	Amisha Kumari	AJU/252250	Amisha
20.	Shweta Kumari	AJU/252284	Shweta
21.	Shushila Chandrai	AJU/252210	Shushila
22.	Aditya Dev	AJU/252297	Aditya
23.	Aashu Kumar Singh	AJU/252252	Aashu
24.	Pratyusha	AJU/252290	Pratyusha
25.	Ravi Kumar	AJU/252270	Ravi Kumar
26.	Pratik Kumar	AJU/252216	Pratik Kumar
27.	MEHRAB ALI	AJU/2522823	Mehrab Ali
28.	Sachin Yadav	AJU/252288	Sachin Yadav
29.	ARUSHI KUMAR SINGH	AJU/252298	Arushi K. Singh
30.	AMAN DEEP KUMAR	AJU/252282	Aman Deep Kumar
31.	David Kumar	AJU/252280	David
32.	Pratyush Kumar	AJU/252267	Pratyush
33.	Satyam Kumar	AJU/252284	Satyam
34.	Rishabh Kumar Nigala	AJU/252280	Rishabh
35.	Sadarand Mahto	AJU/2522694	Sadarand Mahto
36.	Abhaz Kumar	AJU/252293	Abhaz Kr
37.	Sachin Kumar	AJU/242240	Sachin
38.	Jitendra Kumar	AJU/240200	Jitendra
39.	Mohi Kumar	AJU/240223	Mohi
40.	Debaswara Mohan	AJU/242291	Debaswara

SIGNATURE OF EVENT COORDINATOR

(Signature)
 Nodal Officer
 Anti-Drug Abuse Cell
 ARKA JAIN University, Jharkhand

SIGNATURE OF PRINCIPAL

(Signature)
 Principal
 School of Nursing
 ARKA JAIN University



LIST OF PARTICIPANTS
YOGA & MEDITATION SESSION
ANTI DRUG ABUSE CELL & SCHOOL OF NURSING
 Date: 20/02/2026

S. NO.	NAME OF THE PARTICIPANTS	ENROLLMENT NO.	SIGNATURE
41.	Sharanjit Ma Thakur	252696	Sharanjit Ma Thakur
42.	Rohit Jy	252782	Rohit Jy
43.	Lipika Paul	232023	Lipika Paul
44.	Yashika	231983	Yashika
45.	Aparna Dutta	232002	Aparna Dutta
46.	Nancy	242209	Nancy
47.	Anshu Kumar	242239	Anshu Kumar
48.	Naveesh Kori Singh	242238	Naveesh Kori Singh
49.	Suman Majhi	242219	Suman Majhi
50.	Sanjay Sarda	242220	Sanjay Sarda
51.	Hemisha Kundalra	242224	Hemisha Kundalra
52.	Nitish K. Singh	240282	Nitish K. Singh
53.	Laxmi Khatu	242247	Laxmi Khatu
54.	Anshu Kumar	240198	Anshu Kumar
55.	Pooja Kumari Verma	242224	Pooja Kumari Verma
56.	Meha Chakraborty	242207	Meha Chakraborty
57.	A. Manoj Kumar Kallai	1098	A. Manoj Kumar Kallai
58.	Ms. Anam Anand Jais	1277	Ms. Anam Anand Jais
59.	Sandeep Kumar Saha	252758	Sandeep Kumar Saha
60.	Saurabh Kumar	252695	Saurabh Kumar
61.	Vanshika Kishor Varshada Kumar	252605	Vanshika Kishor Varshada Kumar
62.	Pallavi Saha	252694	Pallavi Saha
63.	Anshika Kumar	252761	Anshika Kumar
64.	Lakshmi Kumari Suman	252634	Lakshmi Kumari Suman
65.	Atish Rana	252533	Atish Rana
66.	Anish Kumar	252762	Anish Kumar
67.	Nandini Panigrahi	252820	Nandini Panigrahi
68.	Charadana Mahanta	252592	Charadana Mahanta
69.	Anika Kumar	252766	Anika Kumar
70.	Ranjay Kumar Pandit	252969	Ranjay Kumar Pandit
71.	Nisha Kumar	252606	Nisha Kumar
72.	Saurabh Kumar	252765	Saurabh Kumar
73.	Jyoti Kumari Saha	252767	Jyoti Kumari Saha
74.	Vishal Kumar	252769	Vishal Kumar
75.	Anish Kumar	252714	Anish Kumar
76.	Satish Yadav	252653	Satish Yadav
77.	Prof. Shipa J	1607	Prof. Shipa J
78.	Ms. Nandini Kumar	1780	Ms. Nandini Kumar
79.			
80.			

SIGNATURE OF EVENT COORDINATOR

Nodal Officer
 Anti-Drug Abuse Cell
 ARKA JAIN University, Jharkhand

Principal
 School of Nursing -
 ARKA JAIN University
 SIGNATURE OF PRINCIPAL