

CIRCULAR


**ARKA JAIN
University**
Jharkhand


NOTICE

SCHOOL OF NURSING

Ref. No: AJU/SON/145/26

Date: 19/03/2026

We are pleased to inform you that school of Nursing in association with Women's Cell is organizing a Talk Show titled "Empowering Women's Health: Lifestyle, Awareness & Well-being". The speakers are:

1. Dr. Swati Singhal, Gynaecologist, Srijan, Superspeciality Hospital, Sakchi, Jamshedpur
2. Lt. Col. Sangeeta Sinha (Retd), Clinical Psychologist, Jamshedpur
3. Dr. Pramila Purty, Associate Specialist Dept of Psychiatry, Tata Main Hospital Tinplate

Details of the Program:

- **Date:** March 24, 2026
- **Time:** 11:30 AM
- **Venue:** Block C Auditorium, AJU

The talk show aims to create awareness about women's health, promote healthy lifestyle practices, and emphasize overall well-being.

All are encouraged to attend and actively participate in this informative session.

[Signature]
VICE PRINCIPAL
School of Nursing
ARKA JAIN University
Co-Convener
Prof. Shilpa J
Vice Principal
School of Nursing
ARKA JAIN University

[Signature]
Principal
School of Nursing
ARKA JAIN University
Convener
Prof. Ginu Anie Joseph
Principal
School of Nursing
ARKA JAIN University

[Signature]
Convener
Dr Charu Wadhwa
Chairperson
Women's Cell
ARKA JAIN University

Event Co-ordinators
Pallavi Sharin Topno (Asst. professor) *[Signature]*
Madhumita Mandal (Nursing Tutor) *[Signature]*
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
Office Record
ERP Coordinator

EMPOWERING WOMEN'S HEALTH LIFESTYLE, AWARENESS & WELL-BEING – MARCH 2026

Date of Event	24th March 2026
Name of the Event	Empowering Women's Health Lifestyle, Awareness & Well-being
Type of the Event	Talkshow
Conducted by	Women's Cell, Centre for Capacity Building and Human Resource Development and School of Nursing
Resource Persons	Dr Swati Singhal, Lt. Col- Sangeeta Sinha, Dr. Pramila Purthy
No. of Participants	134

OBJECTIVE: The talk show aimed to create awareness about the importance of women's health and well-being. It sought to educate participants on adopting healthy lifestyle practices and making informed health decisions. Another objective was to break myths and taboos surrounding women's health issues. The session intended to empower women with knowledge and confidence to prioritize their well-being. It also aimed to promote mental health awareness and stress management techniques. Overall, it focused on fostering a holistic approach to health and self-care.

DETAILS: The talk show on *Empowering Women's Health: Lifestyle, Awareness & Well-being* was organized to address key aspects of women's physical and mental health. It featured expert speakers who discussed topics such as nutrition, fitness, reproductive health, stress management, and work-life balance. The session included interactive discussions, real-life experiences, and practical tips for maintaining a healthy lifestyle. Participants were encouraged to ask questions and share their concerns in a supportive environment. The talk show also highlighted the importance of regular health check-ups and preventive care. Overall, it was informative, engaging, and awareness-driven.

OUTCOME: Participants gained valuable insights into maintaining a balanced and healthy lifestyle. They became more aware of preventive healthcare measures and the importance of early diagnosis. The session helped in reducing misconceptions and encouraged open discussions on women's health topics. Participants felt more confident in addressing their health concerns and adopting better habits. There was increased awareness regarding mental well-being and stress management. Overall, the talk show contributed to empowering participants to take proactive steps toward their health and wellness.

POSTER OF THE EVENT



ARKA JAIN
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NAAC
GRADE A
ACCREDITED UNIVERSITY

Date: 24th March, 2026
Time: 11:30 AM Onwards

Empowering Women's Health: Lifestyle, Awareness & Well-being

Organized by :

**School of Nursing
and Women's Cell**



Our Esteemed Panelists:



Dr. Swati Singhal
Gynecologist,
Srijan Superspeciality Hospital



Lt. Col- Sangeeta Sinha (Retd.)
Psychologist



Dr. Pramila Purty
Associate Specialist
Dept. of Psychiatry
TMH Tinplate Hospital

Venue : Seminar Hall , Block C

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  1800 - 1200 - 200

Poster: Empowering Women's Health Lifestyle, Awareness & Well-being - March 2026

PHOTOS OF THE EVENT



FIG 1: PHOTO of Ms. Sangeeta Sinha explaining about how lifestyle affects women's health



FIG 2: PHOTO of the organizers and guests for the event



FIG 3: PHOTO of felicitation of guests



FIG 4: GEO-TAGGED PHOTO of Dr. Charu Wadhwa addressing the panellists

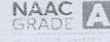


FIG 5: GEO-TAGGED PHOTO of Dr. Purthy on discussing about women's health



FIG 6: GEO-TAGGED PHOTO of talkshow being concluded by Dr. Charu Wadhwa

LIST OF PARTICIPANTS

ARKA JAIN
University
Jharkhand

Women's Cell

&

School of Nursing

Empowering Women's Health Lifestyle, Awareness & Well-being

Date: 24th March, 2026

Attendance Sheet: List of participants

S. No.	Name of the Student/Employee	Enrollment ID/ Employee ID	Dept.	Signature
1.	Sushila Gogoi	AJU/252610	Bsc Nursing	Sushila
2.	Shweta Kumari	AJU/252614	Bsc Nursing	Shweta
3.	Tanushree Borik	AJU/252619	Bsc Nursing	Tanushree
4.	Juhi Kumari	AJU/252618	Bsc Nursing	Juhi
5.	Sneha Kumari	AJU/252649	Bsc Nursing	Sneha
6.	Chandana Mahabo	AJU/252593	Bsc Nursing	Chandana
7.	Lakshmi Kumari	AJU/252601	B-sc Nursing	Lakshmi
8.	Sneha Kumari	AJU/252676	Bsc. Nursing	Sneha
9.	Muskan Kumari	AJU/252705	Bsc Nursing	Muskan Kumari
10.	Shruti Kumari	AJU/252646	Bsc Nursing	Shruti Kumari
11.	Jyotirmoyee Bose	AJU/252669	Bsc Nursing	Jyotirmoyee


 Dr. Charu Wadhwa
 Chairperson, Women's Cell


 Principal
 School of Nursing,
 ARKA JAIN University
 Principal, School of Nursing

S. No.	Name of the Student/Employee	Enrollment ID/ Employee ID	Department	Signature
	Hepsiba Kandulua	AJU/242229	B.Sc Nursing	Hepsiba
	Nitika Sen. Singh	AJU/240242	B.Sc (N)	Nitika
	Md Shabbir Ahmad	AJU/242217	B.Sc (N)	Md Shabbir Ahmad
	Suhani Kumari	AJU/242266	B.Sc (N)	Suhani
	Pueyoshi Das	AJU/242269	B.Sc (N)	Pueyoshi
	Asha Kiran Soren	AJU/242267	B.Sc (N)	Asha
	Ezra Akhtar	AJU/242237	B.Sc (N)	Ezra
	N-H-N-Y	AJU/221845	B.Sc (N)	N-H-N-Y
	Dhyaneshi Kumar	AJU/221946	B.Sc (N)	Dhyaneshi
	Pratibha K	AJU/222004	B.Sc (N)	Pratibha
	Shwani Kumari	AJU/221953	B.Sc (N)	Shwani
	Sujay Maity	AJU/221963	B.Sc (N)	Sujay Maity
	Sahiba Perum	AJU/221941	B.Sc (N)	Sahiba
	Ratika Kumari	AJU/221994	B.Sc (N)	Ratika
	Chandani Mandal	AJU/221902	B.Sc (N)	Chandani
	Nandani Fanni	AJU/221985	B.Sc (N)	Nandani
	Bardana Munda	AJU/221922	B.Sc (N)	Bardana
	Tasmun Jomda	AJU/221923	B.Sc (N)	Tasmun

Dr. Charu Wadhwa

Chairperson, Women's Cell

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School of Nursing
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S. No.	Name of the Student/Employee	Enrollment ID/ Employee ID	Department	Signature
	Seelima Hossa	AJU/221925	B.Sc (N)	Seelima
	Anisha Hembram	AJU/221920	B.Sc (N)	Anisha
	Sohani Lakua	AJU/221921	B.Sc (NUT)	Sohani
	Sakshi Chaudhary	AJU/221947	B.Sc (N)	Sakshi
	Manish Puro	AJU/221968	B.Sc (N)	Manish
	Ramesh Kumar	AJU/221949	B.Sc (N)	Ramesh
	Aditi Kumari	AJU/222084	B.Sc (N)	Aditi
	Pooja Legun	AJU/221934	B.Sc (N)	Pooja
	Moti Bopai	AJU/221941	B.Sc (N)	Moti
	Kanchan Rani	AJU/221913	B.Sc (N)	Kanchan
	Varsha Bharti	AJU/221948	B.Sc (N)	Varsha
	Surkhi Kumari	AJU/222076	B.Sc (N)	Surkhi
	Pooja Kumar	AJU/221969	B.Sc (N)	Pooja

Dr. Charu Wadhwa

Chairperson, Women's Cell

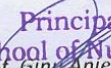
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School of Nursing
Prof. Gita Anil Joseph
ARKA JAIN University
Principal, School of Nursing

Attendance Sheet: List of participants

S. No.	Name of the Student/Employee	Enrollment ID/ Employee ID	Dept.	Signature
12.	Archana Kumari	AJU/252607	B.Sc. Nursing	Archana
13.	Bausha Grope	AJU/231850	B.Sc. Nursing	Bausha
14.	Damyanti Noyak	AJU/232123	B.Sc. Nursing	Damyanti Noyak
15.	Pritika Das	AJU/231987	B.Sc. Nursing	Pritika
16.	Rohini Hansda	AJU/232124	B.Sc. Nursing	Rohini
17.	Babli Mahato	AJU/232038	B.Sc. Nursing	Babli
18.	Sanju Kumari Mandi	AJU/232122	B.Sc. Nursing	Sanju
19.	Aparna Dutta	AJU/232022	B.Sc. Nursing	Aparna
20.	Diya Patraio	AJU/232131	B.Sc. Nursing	Diya Patraio
21.	Saumya Kumari	AJU/252765	B.Sc. Nursing	Saumya
22.	Mausam Kumari	AJU/252763	B.Sc. Nursing	Mausam
23.	Shital Kumari	AJU/232135	B.Sc(N)	Shital
24.	Shruti Kumari	AJU/231686	B.Sc(N)	Shruti
25.	Priya Patra	AJU/232087	B.Sc(N)	Priya
26.	Aakriti Kumari	AJU/252768	B.Sc(N)	Aakriti
27.	Lexoni Tudu	AJU/252803	B.Sc(N)	Lexoni
28.	Manita Rani Mahato	AJU/252810	B.Sc(N)	Manita


Dr. Charu Wadhwa

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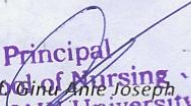

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1	Jagdishwar Kumar Sah	AJU/252787	B.Sc(N)	Jagdishwar Sah
2	RAMU KUMAR	AJU/252970	B.Sc(N)	Ramu kumar
3	Vishal Kumar	AJU/252769	B.Sc(N)	Vishal
4	Ashish Sahu	AJU/252714	B.Sc(N)	Ashish Sahu
5	Allof Raja	AJU/252828	B.Sc(N)	Allof
6	Ayush Kumar Yadav	AJU/252767	B.Sc(N)	Ayush
7	Satish Prasad Yadav	AJU/252653	B.Sc(N)	Satish
8	Anshu Singh	AJU/252532	B.Sc(N)	Anshu
9	David Kumar	AJU/252760	B.Sc(N)	David
10	Dhananjay Pr. Thakur	AJU/252692	B.Sc(N)	Dhananjay Pr. Thakur
11	Ashish Kumar	AJU/252616	B.Sc(N)	Ashish
12	Satyam Kumar	AJU/252784	B.Sc(N)	Satyam
13	Sachin Yadav	AJU/252825	B.Sc(N)	Sachin
14	Rishav Nirala	AJU/252700	B.Sc(N)	Rishav
15	Aditya Dev	AJU/252697	B.Sc(N)	Aditya Dev
16	Aman Deep Kumar	AJU/252619	B.Sc(N)	Aman Deep k.
17	Ayush Kumar Singh	AJU/252898	B.Sc(N)	Ayush k. Singh


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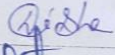
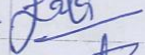
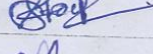
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S. No.	Name of the Student/Employee	Enrollment ID/ Employee ID	Dept.	Signature
18	ABHAY KUMAR	AJU/252693	BSc(N) 1st	Abhay
19	SANJAY KUMAR PANDIT	AJU/252764	BSc(N) 1st	Sanjay
20	MEHRAB ALI	AJU/252827	BSc(N) 1st	Mehrab
21	Oza Shams	AJU/252820	BSc(N) 1st	Oza
22	Ashish Kumar	AJU/252762	BSc(N) 1st	Ashish
23	Lokesh K. Ranjan	AJU/252659	BSc(N) 1st	Lokesh
24	Sadanand Mahato	AJU/252694	BSc(N) 1st	Sadanand
25	Rajni Kumari	AJU/221794	GNM 3rd year	Rajni
26	Saileja Mahato	AJU/222056	GNM 3rd year	Saileja
27	chanchal	AJU/222073	GNM 3rd year	Chanchal
28	Mo. haseem	AJU/220449	GNM 3rd year	Mo. haseem
29	Priyanshu kumar	AJU/231840	BSc(N) 5th sem	Priyanshu
30	Budardhan Mahato	AJU/231745	BSc(N) 5th sem	Budardhan
31	Bishal kumar Mahato	AJU/232070	BSc(N) 5th sem	Bishal
32	Sahil Behra	AJU/231945	BSc(N) 5th sem	Sahil
33	Lipika Paul	AJU/232023	5th Sem B.Sc. N.	Lipika Paul
34	Priince kumar	AJU/232068	5th Sem B.Sc. N.	Priince
35	Divyanshu Ray	AJU/231784	5th Sem B.Sc. N.	Divyanshu
36	Abhishek Yadav	AJU/232026	5th Sem B.Sc. N.	Abhishek

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Prof. Gini Jose Joseph
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S. No.	Name of the Student/Employee	Enrollment ID/ Employee ID	Dept.	Signature
18	Sagarika Barik	1520	Nursing	
19	Madhumita Mandal	1852	Nursing	
20.	Risha Bhattacharya	1929	Nursing	
21.	Dr. Aata Purohit	1603	Nursing	
22.	Sulhashree Gout	1366	Nursing	
23.	Nimola Euka	1446	Nursing	

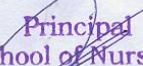
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ARKA JAIN University
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Attendance Sheet: List of participants

S. No.	Name of the Student/Employee	Enrollment ID/ Employee ID	Dept.	Signature
1.	Priti Kumari	1841	Nursing	Pt.
2.	Ms. Rishali	1819	Nursing	Rishali
3.	Ms. Debarshi Biswas	1928	Nursing	Biswas
4.	Pallavi Sharan Topra	1945	XI seg	Topra
5.	Rupali Sahoo	1827	Nursing	Rupali
6.	Shilpa Pradhan	1850	Nursing	Pradhan
7.	Phumita Kumari Pinda	1781	Nursing	Phumita
8.	Susmita Ghosh	1847	Nursing	Ghosh
9.	Nisha Rani Mahro	1779	Nursing	Mahro
10.	Laxmi Marsli	1809	Nursing	Laxmi
11.	Nimola Ekka	1446	Nursing	Nimola
12.	Dr. Aata Purohit	1603	Nursing	Purohit
13.	Kavita Thapa	1400	Nursing	Thapa
14.	Priti Chandrahan	1776	Nursing	Priti
15.	Tanushree Dey	1820	Nursing	Dey
16.	Snigdha Kumar	1928	Nursing	Snigdha
17.	Chinmayee Behera	1851	Nursing	Behera


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S. No.	Name of the Student/Employee	Enrollment ID/ Employee ID	Department	Signature
	Soumya Kumari	AJU/252695	BSC Nursing	Soumya
	Nisha Kumari	AJU/252670	BSC Nursing	Nisha
	Tarannum Naaz	AJU/252677	BSC Nursing	Tarannum
	Amisha Kumari	AJU/252650	BSC Nursing	Amisha
	Rupali Mahato	AJU/252651	BSC Nursing	Rupali
	Neha Kumari	AJU/252606	BSC Nursing	Neha Kumari
	Swati Raj	AJU/222029	GNM	Swati Raj
	Vivek Kandelwa	AJU/220278	GNM	Vivek
	Disha Ojha	AJU/221545	GNM	Disha
	Kakuli Nema	AJU/221674	GNM	Kakuli
	Diksha Kumeri	AJU/221795	GNM	Diksha
	Asomi Jayek	AJU/222083	GNM	Asomi
	Deepak Kumar	AJU/220939	GNM	Deepak
	Reshav Kumar	AJU/220326	GNM	Reshav
	Sandeep Kr Rana	AJU/252758	BSC Nursing	Sandeep Kr R
	Archana Kumar	AJU/252761	BSC(N)	Archana Kumari
	Pallavi Rath	AJU/252699	BSC(N)	Pallavi

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