



Centurion University Technology and Management

Workshop on Swimming

Date: 12-11-2019 to 13-11-2019

Resource Person: Mr. Rabi Narayan Routray

Number of Participants: 84

Venue: Swimming pool

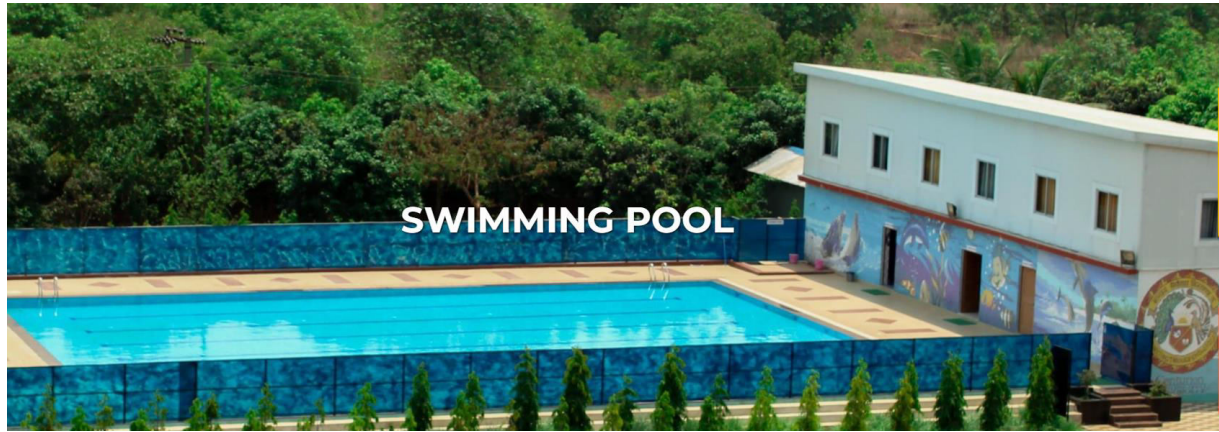
About Resource Person: Rabi Routray is a Director Sports at Centurion University of Technology and Management, Odisha, India.

About the Session: The university endeavors to connect through knowledge and action. Its sports facilities are open to everyone with a formal registration which is mostly free or highly subsidized. Since 2019, the University has started training the students from nearby schools in swimming. Swimming, apart from being a lifesaving skill, becomes requisite in an area constantly hit by tropical cyclones. The training is from novice to intermediate with two different styles; freestyle and backstroke. The pool facility was extended to the government for the Khelo India programme. In order to strike a balance and provide equal opportunity, women participants are always encouraged to utilize the sports facility.

Objective:

- Become oriented to the aquatic environment and move comfortably through the water.
- To build endurance, muscle strength and cardiovascular fitness. helps you maintain a healthy weight, healthy heart and lungs. tones muscles and builds strength.

Outcome: Learning to process these feelings, and continue to be positive and committed is an invaluable skill that will improve your life in and out of the water.



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Organised by
Centurion University of
Technology and Management

Brochure of the Workshop on Swimming



Figure:Clip from the SFS skill Workshop on Swimming

Participant list:



Workshop on "Swimming"

Date: 12-11-2019 to 13-11-2019

Attendance Sheet

SL. NO	NAME OF PARTICIPANT	SIGNATURE
1	ABHISIKTA MAHANTA	Abhisikta Mahanta
2	AISHWARYA SINGH	Aishwarya Singh
3	ALIVA PATTNAIK	Aliva Pattnaik
4	ALOK PRASAD GOUDA	Alok Prasad Gouda
5	AMAN KUMAR BISHI	Aman Kumar Bishi
6	AMAR KUMAR CHOUDHARY	Amar Kumar Choudhary
7	AMARESWAR MOHAPATRA	Amarendra Mohapatra
8	AMRITA GARNAYAK	Amrita Garnayak
9	AMRITA SHADANGI	Amrita Shadangi
10	ANIMESH LENKA	Animesh Lenka
11	ANINDA SUNDAR ROUT	Aninda Sundar Rout
12	ANJANEYA KANUNGO	Anjaneya Kanungo
13	APURWA GOURAV	Apurwa Gourav
14	ASHRUMOCHAN NAYAK	Ashrumochan Nayak
5	ASHUTOSH KUMAR	Ashutosh Kumar
6	ASHUTOSH MAHTO	Ashutosh Mahto
17	ATUL RAJ GUPTA	Atul Raj
8	AYUSH KUMAR PATEL	Ayush Kumar Patel
9	BIKASH CHANDRA DHAL	Bikash Chandra Dhal
20	BIKASH KUMAR PRADHAN	Bikash Kumar Pradhan
21	BIKASHJENA	Bikash Jena
22	BISHNUBIBHABDASH	Bishnubibhabdash
	CHINMAYEE CHIRANJIBI PRADHAN	Chinmayee Chiranjibi Pradhan

24	DEBAJANI JENA	Debanani Jena
25	DEBASIS MOHAPATRA	Debasis Mohapatra
26	DEBASISH SUNDARAY	Debasish Sundaraya
	DIPTI PATEL	Dipti Patel
SL.N O	EKANSH SUBHAM	SIGNATURE
27	GHANASHYAM MAHAKUR	Ghanashyam Mahakur
28	HAREKRUSHNA	Harekrushna
29	HARI KISHAN DASH	Hari Kishan Dash
30	ITISHREE MOHARANA	Itishree Moharana
31	JAYASHREE NAYAK	Jayashree Nayak
32	JIBANJYOTI BIDYASAGAR	Jibanjyoti Bidyasagar
33	KHURSID ALAM	Khursid Alam
34	KISAN KUMAR RANASINGH	Kisan Kumar Ranasingh
35	LAXMI SOREN	Laxmi Soren
36	LIPSA SUBHADARSINI	Lipsa Subhadarsini
37	M. SAIPRIYA	M. Saipriya
38	M.BHARATI	M. Bharati
39	MADHUSMITA NAYAK	Madhusmita Nayak
40	MALAYA RANJAN TURUK	Malaya Ranjan Turuk
41	MANAS KUMAR PATEL	Manas Ranjan Sahoo
42	MANAS RANJAN SAHOO	Manas Ranjan Sahoo
43	MRITYUNJAYA MISHRA	Mrityunjaya Mishra
44	N.DIKSHA	N. Diksha
45	NEELAPU LALIT	Neelapu Lalit
46	NISHANT KUMAR SETH	Nishant Kumar Seth
	PRABHU SANKARDARSHI	Prabhu Sankardarshi
47	MOHAPATRA	Mohapatra
48	PRANAYINEE GARNAYAK	Pranayinee Garnayak
49	PRIYANKA ROURAY	Priyanka Rouray
50	PUNAM PRASAD SAHU	Punam Prasad Sahu
51	RAJALAXMI BAHINIPATI	Rajalaxmi Bahinipati
52	RAJESH SETHI	Rajesh Sethi
53	RAMAKANTA SAHOO	Ramakanta Sahoo

54	RAMESH CHANDRA RANA	Ramesh Chandra Rana
55	RIDDHI BARIK	Riddhi Barik
56	RITUSMITA MATAGAJ SINGH	Ritusmita Matagaj Singh
57	ROUSHAN KUMAR	Roushan Kumar
58	SAGAR DEY	Sagar Dey
59	SAGAR KUMAR PANIGRAHI	Sagar Kumar Panigrahi
60	SAKTIMAYEE BASANTIA	Saktimayee Basantia
61	SAMIRA NAHAK	Samira Nahak
62	SARTHAK DAS	Sarthak Das
63	SASMITA DEY	Sasmita Dey
64	SASMITA SAMAL	Sasmita Samal
65	SATABDI DAS	Satabdi Das
66	SATYA PRAKASH PRADHAN	Satya Prakash Pradhan
67	SHANTI DARSHAN RAY	Shanti Darshan Ray
68	SONALI MEHER	Sonali Meher
69	SONALI SUCHARITA JENA	Sonali Sucharita Jena
70	SONALISA SAHU	Sonalisa Sahu
71	SONAM BARAI	Sonam Barai
72	SOUMYA SARTHAK CHAND	Soumya Sarthak Chand
73	SOUMYASHREE PRADHAN	Soumyashree Pradhan
74	SOURAV KUMAR DASH	Sourav Kumar Dash
75	SUBHALAXMI SAHOO	Subhalaxmi Sahoo
76	SUBHASHREE BEHERA	Subhashree Behera
77	SUBHASIS HARICHANDAN	Subhasis Harichandan
	SUBHASISH	
78	DURGESHNANDAN	Subhasish Durgeshnandan
79	SUBHASHMITA SAHOO	
80	SUCHISMITA PRADHAN	Suchismita Pradhan
81	SUDESHNA MISHRA	Suchismita Pradhan
82	SUDHANSHU RANJAN	Sudhanshu Ranjan
83	SULAGNA SINGHDEO	Sulagna Singhdeo
84	T ALEKHYA	T Alekha

Prasanta

Dr. Prasanta Ku. Mohanty
Dean Academic

Prabhat

Prabhat K. Pattnaik
FDP Coordinator