

1. Circular on Yoga Mahotsav. (29.04.2022)

Invitation to Join YOGA MAHOTSAV - 2022 on 29th April,22 (Friday) assigned by MInistryof AYUSH, Govt. of India. 1 message

Tue, 26 Apr, 2022 at 5:44 pm To: All @ CUTM <all@cutm.ac.in>, allfacultv.cit@cutm.ac.in, All @ CIT <all.cit@cutm.ac.in>, ALL Faculty <allfaculty@cutm.ac.in>, **CUTM BBS Campus Students** Group <students.cutm.bbs@cutm.ac.in>, Culture **Sports** Responsibility Cell **BBSR** <csrcell.bbs@cutm.ac.in>, All Gramtarang Staff <all@gramtarang.org.in>, Deans CUTM <deans@cutm.ac.in>, All HOD @ CIT <allhod.cit@cutm.ac.in>, GTET JATNI TEAM <gtet.jatni.team@gramtarang.org.in>, WEB ADMINISTRATION GROUP <web@cutm.ac.in>, MRC @BHUBANESWAR <mrc.bbs@cutm.ac.in>, WARDENS @CIT <wardens.cit@cutm.ac.in>, HostelBBSR <hostel.bbsr@cutm.ac.in>, Administration@CIT <administration.cit@cutm.ac.in>, Event <event@cutm.ac.in> Cc: RABI NARAYAN ROUTRAY <rabinarayan.routray@cutm.ac.in>, Sibakripa Bose <sibakripa.bose@cutm.ac.in>, PadmajaPatnaik <padmaja.patnaik@cutm.ac.in>

Dear All,

Greetings from the Department of Sports and Yoga Wellness !!!Hope

this email will make you excited and happy!

With collaboration of Morarji Desai National Institute of Yoga, Ministry of AYUSH, Govt. of India, our Centurion University is going to organize Yoga Mahotsav-2022 on 29th April (Friday) for promoting upcoming 8th International Yoga Day (on 21st June) and celebrate 75 Azadi ka Amrit Mahotsav.

As per their guidelines, our event will be in two different places, like-

1) Outside the CAMPUS:

Practicing COMMON YOGA PROTOCOL in front of an iconic place

i.e, Venue: Lingaraj Temple, old town, Bhubaneswar.

Time: 6.30 to 7.30 AM

(Morning) Major Invited Guests:

- 1) Dr. Umashankar Dash, IPS, Deputy Commissioner of Police, Bhubaneswar, Odisha
- 2) Dr. U.K. Prusty, Research Officer, Ministry of AYUSH, Govt. of India
- 3) Prof. Jagannath Padhi, Director, CUTM, Bhubaneswar Campus

Followed with a beautiful Artistic Yoga Demonstration with Music

by students of "Cuttack Yoga Association"

Special Arrangement : Free Yogic Diet and buttermilk as morning refreshment.

2) Inside the CAMPUS :

Organise a Seminar on the theme: "YOGA FOR HEALTH, HAPPINESS AND HARMONY."

Venue: Hall No-06, Aryabhatta Building, Bhubaneswar Campus.

Time: 2.00 to 5.00 PM (Afternoon)

Major Invited Guests:

1) Swami Siba Chidananda Saraswati,

President, Sivananda Centenary Boys School, Bhubaneswar.

Area of Talk: Yoga for HEALTH.

2) Dr. Hara Prasanna Das, Life Coach & Motivational SpeakerChief Coach, Manav Adhyayan Kendra, Bhubaneswar

Area of Talk: Yoga for HAPPINESS.

3) **Dr. Indu Mohanty,** Career Counselor & Relationship CoachPhD in Psychology

Area of Talk: Yoga for HARMONY.

Followed with Cultural activities by CENTURION YOGA CLUB students.

So, you all are cordially invited for participation in this **Mega Yoga event** and also inviteyour students, friends and relatives to learn the beautiful path of Yoga towards a happy and healthy life.

We will await your kind presence and helping hand for promotion of Yoga and healthy lifestyle all over the Centurion family.

For more details, kindly check the attachments and for any further queries, please free to Contact.

Mob-+91 7827630445, +84 915161836 (WhatsApp)

Best Regards

Pradeep Kumar Sahoo

Programme Associate (Holistic Health) Yoga, Meditation & Natural Healings Department

of Sports and Yoga Wellness Centurion University of Technology & Management Jatni, Bhubaneswar, Odisha-752050, India Mob-+91 7827630445, +84 915161836(WhatsApp) Email- pradeep.sahoo@cutm.ac.in www.cutm.ac.in



CONVENOR



1. Participants list for Yoga Mahotsav.

| Sl.No | Name | Regd. No. | Branch | School | Present/Absent |
|-------|-------------------------|--------------|------------|--------|----------------|
| 1. | ABHIJIT BEHERA | 190301110020 | Civil | SoET | Р |
| 2. | ADARSHA SWAIN | 210301120026 | Btech | SoET | Р |
| 3. | AFTAB KHAN | 210301120027 | Btech | SoET | Р |
| 4. | ALAN ROONAQ XALXO | 190301110007 | Civil | SoET | Р |
| 5. | ALOK RANJAN BARIK | 201704200012 | BSc MLT | SoPAHS | Р |
| 6. | AMRIT KUMAR HOTA | 201704200011 | BSc MLT | SoPAHS | Р |
| 7. | ARYAN KUMAR BEHERA | 210301120011 | Btech | SoET | Р |
| 8. | ASISH ROUTRAY | 190301110014 | Civil | SoET | Р |
| 9. | AYUSH PRASAD MISHRA | 190301110021 | Civil | SoET | Р |
| 10. | BADAL BISWAS | 201704200002 | BSc MLT | SoPAHS | Р |
| 11. | BISMAYA KUMAR MISHRA | 190301110010 | Civil | SoET | Р |
| 12. | BRIJESH KUMAR NAYAK | 190301110002 | Civil | SoET | Р |
| 13. | DEBASIS DAS | 210301120023 | Btech | SoET | Р |

| 14. | DEBASISH SAHU | 210301120015 | Btech | SoET | Р |
|-----|--------------------------|--------------|------------|--------|---|
| 15. | DEEPTI RANJAN SAHOO | 210301120021 | Btech | SoET | Р |
| 16. | DURYODHAN PRADHAN | 190301110022 | Civil | SoET | Р |
| 17. | HALADHAR BEHERA | 210301120014 | Btech | SoET | Р |
| 18. | ITISHREE BISWAL | 201704200017 | BSc MLT | SoPAHS | Р |
| 19. | JYOTIPRIYA DURGA | 201704200008 | BSc MLT | Sopahs | Р |
| 20. | JYOTIRBINDU MALLIK | 210301120020 | Btech | SoET | Р |
| 21. | KRUPANIDHI SAHOO | 201704200010 | BSc MLT | SoPAHS | Р |
| 22. | LAXMIKANTA MAHANTY | 210301120025 | Btech | SoET | Р |
| 23. | MALAY KUMAR SAHU | 190301110003 | Civil | SoET | Р |
| 24. | MANAS KUMAR MUDULI | 210301120022 | Btech | SoET | Р |
| 25. | MANMATHA KUMAR SWAIN | 210301120028 | Btech | SoET | Р |
| 26. | MANOBINA BALIARSINGH | 210301120010 | Btech | SoET | Р |
| 27. | MONALISHA NAYAK | 190301110005 | Civil | SoET | Р |
| 28. | NALINIKANTA MOHAPATRA | 190301110019 | Civil | SoET | Р |
| 29. | NARENDRA KUMAR SAHU | 190301110004 | Civil | SoET | Р |
| 30. | PRABHAS KUMAR MAHATO | 190301110001 | Civil | SoET | Р |
| 31. | PRABIN DHALI | 201704200004 | BSc MLT | Sopahs | Р |
| 32. | PRADYOT KUMAR SHIT | 201704200007 | BSc MLT | SoPAHS | Р |
| 33. | PUJARANI PARIJA | 190301110011 | Civil | SoET | Р |
| 34. | PUNAM SAHOO | 201704200005 | BSc MLT | Sopahs | Р |
| 35. | RAHUL DASH | 201704200016 | BSc MLT | SoPAHS | Р |
| 36. | RAJNISH KUMAR | 190301110015 | Civil | SoET | Р |
| 37. | RATIKANTA MAJHI | 210301120012 | Btech | SoET | Р |
| 38. | RITESH BEHERA | 210301120017 | Btech | SoET | Р |
| 39. | S P SWAIN | 190301110006 | Civil | SoET | Р |
| 40. | SANDEEP KUMAR KULDIP | 210301120019 | Btech | SoET | Р |
| 41. | SANDIP GHOSH | 190301110008 | Civil | SoET | Р |
| 42. | SARTHAK DAS | 190301110023 | Civil | SoET | Р |
| 43. | SATYABRATA SAMAL | 190301110024 | Civil | SoET | Р |

| 44. | SIBU PRADHAN | 210301120016 | Btech | SoET | Р |
|-----|-------------------------|--------------|------------|--------|---|
| 45. | SIKUN SWAIN | 201704200003 | BSc MLT | SoPAHS | Р |
| 46. | SOUBHAGYA KHATUA | 190301110017 | Civil | SoET | Р |
| 47. | SOUMYA PRAKASH PUHAN | 190301110013 | Civil | SoET | Р |
| 48. | SOUMYA RANJAN PATRA | 210301120029 | Btech | SoET | Р |
| 49. | SOUMYA RANJAN SAHOO | 190301110009 | Civil | SoET | Р |
| 50. | SUBHAM JYOTI RAY | 190301110016 | Civil | SoET | Р |
| 51. | SUBHAM PATRA | 201704200013 | BSc MLT | SoPAHS | Р |
| 52. | SUBHANGAM CHOUDHURY | 190301110018 | Civil | SoET | Р |
| 53. | SUCHARITA DAS | 201704200006 | BSc MLT | SoPAHS | Р |
| 54. | SUDHIR KUMAR TUDU | 190301110012 | Civil | SoET | Р |
| 55. | SURYANARAYAN PANDA | 210301120013 | Btech | SoET | Р |
| 56. | SUVENDU KUMAR NAYAK | 210301120018 | Btech | SoET | Р |
| 57. | SWASTIK SAMAL | 210301120024 | Btech | SoET | Р |
| 58. | TAPAN KUMAR SAHOO | 201704200015 | BSc MLT | SoPAHS | Р |
| 59. | UMA SHANKAR RAJ | 190301110025 | Civil | SoET | Р |
| 60. | UMESH CHANDRA SAHOO | 201704200009 | BSc MLT | SoPAHS | Р |



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6) Dr. Indu Mohanty, Career Counselor & Relationship CoachPhD in Psychology Area of Talk: *Yoga for HARMONY*.

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Dt: 29.04.2022, Yoga Mahotsav

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