



Centurion
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*Shaping Lives...
Empowering Communities...*

1. Circular on Free Yoga Training.(12.04.2022)

Join Free Yoga Training Session (morning 7-7.45 AM)

1 message

PRADEEP KUMAR SAHOO <pradeep.sahoo@cutm.ac.in>

Tue

**, 12 Apr, 2022 at 11:05 am To: All @ CIT <all.cit@cutm.ac.in>, All HOD @ CIT <allhod.cit@cutm.ac.in>, CSR Coordinators <csrcoordinators.cit@cutm.ac.in>, CUTM BBS Campus Students Group <students.cutm.bbs@cutm.ac.in>, Culture Sports Responsibility Cell @ BBSR <csrcell.bbs@cutm.ac.in>, allfaculty.cit@cutm.ac.in
Cc: Dr. Sangram Keshari Swain <sangram@cutm.ac.in>, PRAKASH KVD <prakash.kvd@cutm.ac.in>, Padmaja Patnaik <padmaja.patnaik@cutm.ac.in>, RABI NARAYAN ROUTRAY <rabinarayan.routray@cutm.ac.in>, Sibakripa Bose <sibakripa.bose@cutm.ac.in>**

Dear All,

I am so happy to invite you all for our regular Free Yoga and wellness program. Please join us towards your better and beautiful health. Thank you all.

Note: Tomorrow (7-8 AM) we have a Yoga Video Shooting for promotion of International Yoga Day(21 June). Anyone interested, please come and join us at 6.45 AM in front of Aryabhata Building.

Dress code-

Gentle Yoga

or Sports

attire Any

queries,

please

contact-

7827630445

SHARE - CARE - INSPIRE

FREE YOGA TRAINING

Start your day with YOGA & feel the positive experience in Study and work.
No delay ! No excuse ! Start Now !



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1. Participants list for Free Yoga Training.

Sl.No	Name	Regd. No.	Branch	School	Present/Absent
1.	ABANTIKA JENA	210301120080	Btech	SoET	P
2.	ABHISEK SAW	190415100029	Bcom	SoM	P
3.	ABHISHEK NAYAK	190415100031	Bcom	SoM	P
4.	ADITYA DANDASENA	210301120079	Btech	SoET	P
5.	AKANKSHYA PRIYADARSHINI SHUR	210301120089	Btech	SoET	P
6.	AKASH MISHRA	190415100001	Bcom	SoM	P
7.	AMEYA YADAV	190415100026	Bcom	SoM	P
8.	AMIT KUMAR MANGARAJ	210402100021	MBA	SoM	P
9.	ANJALI PRADHAN	210301120103	Btech	SoET	P
10.	ANKIT DALEI	210301120073	Btech	SoET	P
11.	ANKIT DEY	190415100030	Bcom	SoM	P
12.	ANKIT KUMAR BEHERA	210402100015	MBA	SoM	P
13.	ANKIT KUMAR SAHU	190415100010	Bcom	SoM	P
14.	ANNOUSHKA DEO	190415100040	Bcom	SoM	P
15.	ANSHUMAN MALLICK	210301120069	Btech	SoET	P
16.	ANSHUMAN MOHAPATRA	210301120084	Btech	SoET	P
17.	ANSUMAN LENKA	190415100016	Bcom	SoM	P
18.	ANSUMAN PRADHAN	190415100033	Bcom	SoM	P
19.	ANUSHKA BHUT	210402100010	MBA	SoM	P
20.	BARSHA RANI PARHI	190415100020	Bcom	SoM	P
21.	BIBEK KUMAR JENA	190415100041	Bcom	SoM	P
22.	BISWAJIT PARIDA	190415100045	Bcom	SoM	P
23.	BISWOJEET PUHAN	210402100013	MBA	SoM	P
24.	CHINMAYA BEHERA	190415100037	Bcom	SoM	P

25.	DEEPAK JYOTI KAR	210402100012	MBA	SoM	P
26.	DEEPIYOTI MANDAL	210301120072	Btech	SoET	P
27.	DIBYAPRAKASH BAL	210301120107	Btech	SoET	P
28.	GAGAN KUMAR DEY	190415100027	Bcom	SoM	P
29.	HIMANSU KUMAR POLAI	190415100028	Bcom	SoM	P
30.	HRISHIK MEHTA	190415100021	Bcom	SoM	P
31.	ISHAAN SHARMA	190415100008	Bcom	SoM	P
32.	JASHAMOCHAN JENA	190415100034	Bcom	SoM	P
33.	JAWED AKHTER	190415100039	Bcom	SoM	P
34.	JYOTI RANJAN DASH	190301140001	EEE/EE	SoET	P
35.	JYOTIRMAYEE SAHU	210301120099	Btech	SoET	P
36.	JYOUTIRADITYA SATAPATHY	210301120059	Btech	SoET	P
37.	K PRASANT KUMAR	210301120071	Btech	SoET	P
38.	K.DINESH REDDY	210301120063	Btech	SoET	P
39.	KALIVARAPU SAI VASANTH	210301120066	Btech	SoET	P
40.	KAPIL MEHETA	190415100012	Bcom	SoM	P
41.	KIRTI AZAD PRADHAN	190415100024	Bcom	SoM	P
42.	KRISHNA NANDA NAIK	190415100048	Bcom	SoM	P
43.	LAXMI RAJ SINHA	190415100005	Bcom	SoM	P
44.	LAXMIPRIYA PATRA	210402100011	MBA	SoM	P
45.	MADAN MOHAN DAS	210301120061	Btech	SoET	P
46.	MANISH KUMAR	190301140004	EEE/EE	SoET	P
47.	MD AMIR	210301120100	Btech	SoET	P
48.	MOHIT KUMAR BEHERA	190415100023	Bcom	SoM	P
49.	MUNDURU ARUN PRASAD ACHARY	210402100020	MBA	SoM	P
50.	N.SOM SEKHAR CHOUDHURY	210301120057	Btech	SoET	P
51.	NAVEENA SAMA	210402100018	MBA	SoM	P
52.	NEKKANTI TEJASWINI	210301120083	Btech	SoET	P
53.	NITISH JENA	210301120098	Btech	SoET	P
54.	NOOPUR GHRUTAKAUSHIK	210301120105	Btech	SoET	P

55.	P KARUNAKAR	210301120104	Btech	SoET	P
56.	PARISHEEMA HEMBRAM	210402100009	MBA	SoM	P
57.	PORAP RAMACHANDRA	210301120058	Btech	SoET	P
58.	PRATYUSH BHUJABAL	190415100036	Bcom	SoM	P
59.	PREETI BISWAL	190415100052	Bcom	SoM	P
60.	PRINCE SHARMA	190415100009	Bcom	SoM	P
61.	PRITAM PATTANAIK	210301120065	Btech	SoET	P
62.	PRIYANSHU KUMAR	190415100043	Bcom	SoM	P
63.	PURUSHOTTAM PATNAIK	190415100049	Bcom	SoM	P
64.	RAJ KUMAR PAL	190301150004	EEE/EE	SoET	P
65.	RAJESH SAHU	210301120077	Btech	SoET	P
66.	RAKESH KUMAR TRIPATHY	190301150001	EEE/EE	SoET	P
67.	RANJAN KUMAR	190301140005	EEE/EE	SoET	P
68.	RANJIT KUMAR JAISWAL	190415100014	Bcom	SoM	P
69.	RAVITEJA PRADHAN	190415100015	Bcom	SoM	P
70.	RINKI PATRA	190415100054	Bcom	SoM	P
71.	RITESH DAS	210301120087	Btech	SoET	P
72.	RITIKA KUMARI SINGH	190415100013	Bcom	SoM	P
73.	RITIKHYA DASH	190415100017	Bcom	SoM	P
74.	SAAYAN SAMANTA	210301120074	Btech	SoET	P
75.	SACHIN KUMAR SAHOO	210402100017	MBA	SoM	P
76.	SAI SATYAPRAKASH NAYAK	190415100011	Bcom	SoM	P
77.	SANDEEP PRIYADARSHAN MOHAPATRA	190301150005	EEE/EE	SoET	P
78.	SARBJEET PARIJA	190415100047	Bcom	SoM	P
79.	SASANKA SEKHAR PANDA	190415100019	Bcom	SoM	P
80.	SASMITA SAHOO	210301120081	Btech	SoET	P
81.	SATYABRATA BARIK	190415100046	Bcom	SoM	P
82.	SATYAJEET BEHERA	190415100032	Bcom	SoM	P
83.	SATYAJIT BEHERA	210402100016	MBA	SoM	P
84.	SAURAV SUMAN	190301150006	EEE/EE	SoET	P

85.	SEIKH TABREJ	210301120078	Btech	SoET	P
86.	SHRABAN KUMAR ROUT	210301120086	Btech	SoET	P
87.	SNEHASHREE CHOUDHURY	210301120060	Btech	SoET	P
88.	SNEHASISH PRADHAN	190301150003	EEE/EE	SoET	P
89.	SOUMEN BHUNIA	210301120102	Btech	SoET	P
90.	SOUMYA RANJAN MOHAPATRA	210301120075	Btech	SoET	P
91.	SUBHADEEP BHADRA	210301120101	Btech	SoET	P
92.	SUBHANKAR BEHERA	210301120082	Btech	SoET	P
93.	SUBHASHREE SAHOO	210402100014	MBA	SoM	P
94.	SUBHASISH SADANGI	210301120085	Btech	SoET	P
95.	SUDIPTA KUMAR MOHARANA	210301120076	Btech	SoET	P
96.	SWAGAT KU PANDA	190301150007	EEE/EE	SoET	P
97.	SWOYAMBHU PRIYADARSHEE	210301120067	Btech	SoET	P
98.	TAPAS RANJAN SATAPATHY	210402100022	MBA	SoM	P
99.	URBEE SAHOO	190301140003	EEE/EE	SoET	P
100.	ZAHEER KHAN	210301120088	Btech	SoET	P




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1. Report on Free Yoga Training.

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing. It also helps in increasing flexibility, muscle strength and body tone. Yoga can help with this, by reducing stress and adding confidence to help make your mind clearer and produce a sense of peace. Many students find that yoga helps with controlling emotions and increases the ability to deal with situations that are frustrating. A total session of 30 hours of training has been given to the 100 students, date: 12.04.2022 .



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