



**Centurion
UNIVERSITY**

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

1. Brochure on Yoga and Meditation. (10.07.2018)

**Development of Concentration and Memory:
Application of Raja Yoga in Daily Life**



Year : 2018-19 DT: 10.07.2018

Centurion University of Technology and Management



Pre-requisites: Nil
Course Type : Audit (Workshop)
Duration : 30 Hours

Course Objectives:

- To understand the secrets of concentration and memory culture
- To understand the different mechanisms of Raja Yoga

Learning Outcomes:

- Students will be able to develop concentration abilities
- Students will be able to develop memory power

Module	Contents	Duration
Module-1	The Philosophy of Yoga	6 hours
Module-2	Yoga Sutras of Patanjali	6 hours
Module-3	Theory of Concentration	6 hours
Module-4	Practice of Concentration	6 hours
Module-5	Physical and Mental Obstacles	6 hours
TOTAL		30 hours



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202	KARGIL BIPLAB DHAL	171516100042	171516100042@cutm.ac.in	Bpharm	SoPLS	P
203	ADITYA RATH	171516100043	171516100043@cutm.ac.in	Bpharm	SoPLS	P
204	AMAN KUMAR SAHU	171516100044	171516100044@cutm.ac.in	Bpharm	SoPLS	P
205	DIBYA NARAYAN SINGH	171516100045	171516100045@cutm.ac.in	Bpharm	SoPLS	P
206	SUBHADIP GHOSH	171516100048	171516100048@cutm.ac.in	Bpharm	SoPLS	P
207	PRALOY GHOSH	171516100049	171516100049@cutm.ac.in	Bpharm	SoPLS	P
208	SUNITARANI PANDA	171516100050	171516100050@cutm.ac.in	Bpharm	SoPLS	P
209	KIRAN KUMAR JAYASINGH	171516100051	171516100051@cutm.ac.in	Bpharm	SoPLS	P
210	RAJESH KUMAR PAIKARAY	171516100052	171516100052@cutm.ac.in	Bpharm	SoPLS	P
211	SOMYA RANJAN JENA	171516100053	171516100053@cutm.ac.in	Bpharm	SoPLS	P
212	ABHIJIT SAHOO	171516100054	171516100054@cutm.ac.in	Bpharm	SoPLS	P
213	ASHIS ROUT	171516100055	171516100055@cutm.ac.in	Bpharm	SoPLS	P
214	RAJALAXMI SETHI	171516100056	171516100056@cutm.ac.in	Bpharm	SoPLS	P
215	AMIT BANIK	171516100057	171516100057@cutm.ac.in	Bpharm	SoPLS	P

216	SWARUP DAS	171516100058	171516100058@cutm.ac.in	Bpharm	SoPLS	P
217	JITENDRA KUMAR SAHOO	171516100059	171516100059@cutm.ac.in	Bpharm	SoPLS	P
218	SAGNIK KATARI	171516100060	171516100060@cutm.ac.in	Bpharm	SoPLS	P
219	ROOP RANJAN RATH	171516100061	171516100061@cutm.ac.in	Bpharm	SoPLS	P
220	SAMARENDRA DAS	171516100062	171516100062@cutm.ac.in	Bpharm	SoPLS	P
221	SAI PRAKASH PRUSTY	171516100064	171516100064@cutm.ac.in	Bpharm	SoPLS	P
222	VIDHI SHANKARA	171516100066	171516100066@cutm.ac.in	Bpharm	SoPLS	P
223	KUMARI PRIYANKA	171516100067	171516100067@cutm.ac.in	Bpharm	SoPLS	P
224	CHANDRA KANTA BARIK	171516100068	171516100068@cutm.ac.in	Bpharm	SoPLS	P
225	SUSHREE SAMBITA SWAIN	171516100069	171516100069@cutm.ac.in	Bpharm	SoPLS	P
226	SOURAV SAMBIT	171516100070	171516100070@cutm.ac.in	Bpharm	SoPLS	P
227	TARANISEN PALATSINGH	171516100071	171516100071@cutm.ac.in	Bpharm	SoPLS	P
228	GYANBIR LENKA	171516100072	171516100072@cutm.ac.in	Bpharm	SoPLS	P
229	ABHISHEK MISHRA	171516100073	171516100073@cutm.ac.in	Bpharm	SoPLS	P
230	ANKITA MAHATO	171516100074	171516100074@cutm.ac.in	Bpharm	SoPLS	P




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

1. Report on Yoga and Meditation. (10.07.2018)

Event Details

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 given to the 230 students.



Dt:10.07.2018, Students Practicing Yoga



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