

 Circular on Yoga Skills for Promotion towards International Day of Yoga 2022. ( 01.04.2022)

## Yoga Activities in Centurion University for promotion of International Yoga Day-2022

- 1. Regular Practice of Common Yoga Protocol, developed by Ministry of Ayush from 7 to 7.45 AM.
- 2. Make Yoga-Asana Competition during Inter-Campus Sports Meet-2022.
- 3. Go for Outdoor Yoga session once a week.
- 4. Arrangement of weekly Yoga Orientation class among various Schools of studies.
- 5. Perform Yoga Demonstration in University's annual Function and encourage students to be prepared for celebration of International Yoga Day-2022.

**CONVENOR** 



1. Participants list for Yoga Skills for Promotion towards International Day of Yoga 2022.

SI.No.	Student Name	Roll No.	Present/Absent
1	TAMASARANI SAHU	210705110002	Р
2	DEBAJANI SAHOO	210705110003	Р
3	NAMRATA PUSTI	210705110006	Р
4	SUPRIYA SAHOO	210705120016	Р
5	SWETAPADMA SAHU	210705170050	Р
6	SMRUTISWAPNA BHADRA	210705180012	Р
7	DIPTI SUCHARITA SAMAL	210705180014	Р
8	ABHIPSA NATH	210705180018	Р
9	AKANKSHA SAMAL	210705180020	Р
10	SUBRAT SWAIN	210705180027	Р
11	PRIYANKA PANDA	210705180029	Р
12	BHARATI GUPTA	210705180031	Р
13	STHITA PRAJNYA MISHRA	210705180033	Р
14	CHINMAYEE PANDA	210705180047	Р
15	AKANKSHYA PRADHAN	210705180048	Р
16	ARPITA CHOUDHURY	210705180056	Р
17	JYOTIREKHA JENA	210705180057	Р

18	   SHAKTI PRASAD NAYAK	210705180061	Р
	PRIYANKA PRIYADARSHANI		Р
19	SAHOO	210705180067	
20	MONALISHA RAUTARAY	210705180071	P
21	SAI KRISHNA BHOI	210705180073	P
22	LAXMI PRIYA NAYAK	210705180082	P
23	IPSITA MISHRA	210705180086	P
24	DEEPSIKHA DAS	210705180095	P
25	SWATI SALONI SAMAL	210705180107	P
26	FARHAD SK	211704090002	P
27	KARINA PRADHAN	211704090004	P
28	SAI ABHISEK NAYAK	211704200008	Р
29	NUTAN CHOUDHURY	211704290003	P
30	GURUPRASAD JAYASINGH	211704290004	P
31	BISWARUPA PANIGRAHI	211704290005	Р
32	SOUBHAGYA NAYAK	211704290007	Р
33	JITENDRA KUMAR SAHU	211704400003	Р
34	GAYATRI PANDA	211704400004	Р
35	DEBASMITA DAS	211704400006	Р
36	BHASWATI PRIYADARSHINI DEHURY	211704400007	Р
37	SMUTI DARSANI NANDA	211704400008	Р
38	ABHINAV KUMAR	211704400010	Р
39	NEHA KUMARI SAW	211704400011	Р
40	GURUKALYAN RATH	211704400012	Р
41	RUCHISMITA PRADHAN	211704400013	Р
42	SHREYOSI DASH	211704400014	Р
43	ANANNYA DASH	211704400016	Р
44	SANCHITA JANA	211704400019	Р
45	LALAN SA	211704400020	Р
46	PRIYANSHU CHAUDHURI	211704400026	Р
47	SOUMYASHREE PRADHAN	211704400028	Р

48	TRUPTIMAYEE BEHERA	211704400030	Р
49	NIBEDITA SAHU	211704400031	Р
50	ANWESHA PATRO	211704400032	Р

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CONVENOR



1. Report on Yoga Skills for Promotion towards International Day of Yoga 2022.

## Yoga Activities in Centurion University for promotion of International Yoga Day-2022

Date: 01.04.2022

Participants: 50

- 1. Regular Practice of Common Yoga Protocol, developed by Ministry of Ayush from 7 to 7.45 AM.
- 2. Dt: 31.03.2022, Make Yoga-Asana Competition during Inter-Campus Sports Meet-2022.



3. Dt: 01.04.2022, Go for Outdoor Yoga session once a week.



4. Dt: 01.04.2022, Arrangement of weekly Yoga Orientation class among various Schools ofstudies.



5. Dt:02.04.2022, Perform Yoga Demonstration in University's annual Function and

encourage students to be prepared for celebration of International Yoga Day-2022.



6. Dt: 07.04.2022, Share the importance of Yoga during World Health Day

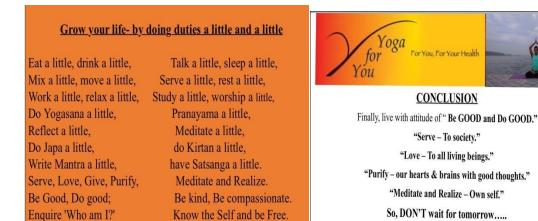


Seminar.

7. Dt:02.04.2022, Perform Drama for making awareness about Yoga for Better Life.



8. Develop students Social Media Group and shares various Yogic quotes, photos and Videos.



9. Dt:03.04.2022, Sharing Videos by our University's YouTube Channel.

Let's start Practicing YOGA from TODAY & now onwards...



10. Planning for connecting with Morarji Desai National Institute of Yoga, New Delhi to be a Part of Organizer towards 100 days Count down of Celebration of International Yoga Day.

- 11. Preparing to arrange weekly (2 times) Yoga & Meditation Discourse with Students till 21st June.
- 12. Planning 3days Yoga Camp within all our Campus and aware all members of University to develop good health and happiness through Yoga.

13. And many more...

**CONVENOR**