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

1. Circular on Swimming and Yoga.(18.03.2022)

Inter Campus Yoga Rules and regulations and Swimming competition.

1 message

RABI NARAYAN ROUTRAY <rabinarayan.routray@cutm.ac.in> Fri, 18 Mar, 2022 at 11:39 am To: all <all@cutm.ac.in>, All CUTM Students Group <allstudents@cutm.ac.in>, all.cit <all.cit@cutm.ac.in> Cc: Supriya Pattanayak <supriya.pattanayak@cutm.ac.in>, Durga Prasad Padhi <durgaprasad@cutm.ac.in>, Registrar CUTM <registrar@cutm.ac.in>, Atanu Deb <atanudeb@cutm.ac.in>, Chitta Pattnayak <chitta.pattnayak@cutm.ac.in>, Sibakripa Bose <sibakripa.bose@cutm.ac.in>, Kartik Chandra Mishra <kartik.mishra@cutm.ac.in>, Pradeep Sarangi <pradeep.sarangi@cutm.ac.in>, Dr. R S Varma <rsvarma@cutmap.ac.in>, PRADEEP SINGH <pradeepsingh@cutm.ac.in>, Dinesh Kumar <dineshkumar@cutm.ac.in>

**Dear All,
Kindly find the attachment.**

--

Thanks with Regards

CUTM, ODISHA



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1. Participants list for Swimming and Yoga.

Sl.No	Name	Regd. No.	Branch	School	Present/Absent
1.	ARUNDHUTI HALDAR	210409120010	BBA	SoM	P
2.	NILESH KUMAR MAHATO	210409120011	BBA	SoM	P
3.	DIVYA PURTY	210409120012	BBA	SoM	P
4.	FIROJ KUMAR KUNWAR	210409120013	BBA	SoM	P
5.	PRATIKSHYA ROUT	210409120014	BBA	SoM	P
6.	SHUBHAM ADHIKARY	210409120015	BBA	SoM	P
7.	ITISMITA BARIK	210409120016	BBA	SoM	P
8.	SAMBITOSH SAHU	210409120017	BBA	SoM	P
9.	AYUSMAN SAI TRIPATHY	210409120018	BBA	SoM	P
10.	ADITYA RAJ SAHU	210409120019	BBA	SoM	P
11.	AVINASH DUBEY	210409120020	BBA	SoM	P
12.	SAGAR BEHERA	210409120022	BBA	SoM	P
13.	SIBAM ARYAN BEHERA	210409120023	BBA	SoM	P
14.	ROHINI TIRKEY	210409120024	BBA	SoM	P
15.	ISHITA VERMA	210409120025	BBA	SoM	P
16.	JASWINDER KAUR	210409120026	BBA	SoM	P
17.	KHUSHI CHAKRABORTY	210409120027	BBA	SoM	P
18.	MAHI AGARWAL	210409120028	BBA	SoM	P
19.	MRINMOY PAUL	210409120029	BBA	SoM	P
20.	NOSHEEN PARVEEN	210409120030	BBA	SoM	P
21.	SATYAM KUMAR SINGH	210409120031	BBA	SoM	P
22.	AAVYA	210409120032	BBA	SoM	P
23.	PRITESH KUMAR	210409120033	BBA	SoM	P

24.	SOUMYA RANJAN JENA	210409120034	BBA	SoM	P
25.	CHAITRADEV JENA	210409120035	BBA	SoM	P
26.	TANMAY SAHOO	210409120036	BBA	SoM	P
27.	ANISH KUMAR AGARWALLA	210409120037	BBA	SoM	P
28.	MOUSUMI PARIDA	210409120038	BBA	SoM	P
29.	ADYASHA NANDA	210409120039	BBA	SoM	P
30.	MOUSUMI MANSWANI PATRA	210409120040	BBA	SoM	P
31.	SHUJESNA PRADHAN	210705100021	MSc	SoAS	P
32.	SUBHALAXMI DASH	210705100023	MSc	SoAS	P
33.	SMRUTIDEEPA PARIDA	210705100024	MSc	SoAS	P
34.	SHRUTIREKHA TRIPATHY	210705100026	MSc	SoAS	P
35.	ANKITA MISHRA	210705100027	MSc	SoAS	P
36.	ANSHUMAN PANIGRAHI	210705100028	MSc	SoAS	P
37.	SUSHREE MADHUSMITA BEHERA	210705100029	MSc	SoAS	P
38.	ABHILIPSA PRADHAN	210705100030	MSc	SoAS	P
39.	SRUTISHREE MISHRA	210705100031	MSc	SoAS	P
40.	UPASONA PATRO	210705100032	MSc	SoAS	P
41.	ABHIJIT GANTAYAT	210705100033	MSc	SoAS	P
42.	ASHIS KUMAR DASH	210705100034	MSc	SoAS	P
43.	BISWANATH ROUT	210705100035	MSc	SoAS	P
44.	NAMITA SINGH	210705100036	MSc	SoAS	P
45.	ARPITA BEHERA	210705100037	MSc	SoAS	P
46.	SIMRAN BISWAL	210705100038	MSc	SoAS	P
47.	SHIBASMITA SUBHADARSHINI SAHU	210705110001	MSc	SoAS	P
48.	SURAJ BHARTI	190101120081	CSE	SoET	P
49.	SUNIL KUMAR	190101120082	CSE	SoET	P
50.	RUPESH KUMAR	190101120083	CSE	SoET	P
51.	SUJEET KUMAR	190101120079	CSE	SoET	P
52.	RASHID KHAN	190101120112	CSE	SoET	P

53.	ANURAG KUMAR	190101120098	CSE	SoET	P
54.	RAHUL KUMAR	190101120093	CSE	SoET	P
55.	BABLU KUMAR	190101120094	CSE	SoET	P
56.	TEJASVI KUMARI	190101120090	CSE	SoET	P
57.	KISHAN KUMAR	190101120092	CSE	SoET	P
58.	SUNIL KUMAR KAMAT	190101120089	CSE	SoET	P
59.	MANISH KUMAR NIRALA	190101120085	CSE	SoET	P
60.	MANISH KUMAR	190101120086	CSE	SoET	P
61.	NAVIN KUMAR YADAV	190101120088	CSE	SoET	P
62.	UTTAM KUMAR	190101120087	CSE	SoET	P
63.	SATYAM SIDDHARTH	190101120104	CSE	SoET	P
64.	RITIK KUMAR	190101120114	CSE	SoET	P
65.	DHIRAJ KUMAR	190101120113	CSE	SoET	P
66.	RAJ GAUTAM	190101120111	CSE	SoET	P
67.	MEGHA KUMARI JHA	190101120108	CSE	SoET	P
68.	SAKSHI KUMARI	190101120109	CSE	SoET	P
69.	RITESH KUMAR PANDEY	190101120105	CSE	SoET	P
70.	LEKKALA VENKATA RAMANA	190804230001	BSc	MSSSoA	P
71.	ABHISEK GHARAI	190804230002	BSc	MSSSoA	P
72.	LALIT KUMAR ROUL	190804230003	BSc	MSSSoA	P
73.	SONAMIKA SATAPATHY	190804230004	BSc	MSSSoA	P
74.	JAGADISH PANDA	190804230005	BSc	MSSSoA	P
75.	S.SAI PREETI	190804230006	BSc	MSSSoA	P
76.	CHANDAN KHEMUNDU	190804230007	BSc	MSSSoA	P
77.	GARI VENKATA SIVASURYA	190804230008	BSc	MSSSoA	P
78.	SWAYAM PRAGYAN BISOYI	190804230009	BSc	MSSSoA	P
79.	SASUMANTHU SRAVANTHI	190804230010	BSc	MSSSoA	P
80.	CHINMAYEE BEHERA	190804230011	BSc	MSSSoA	P
81.	ANAGANI REVANTH	190804230012	BSc	MSSSoA	P

82.	JANAPAREDDY YAMINI JYOTHIRMAYI	190804230013	BSc	MSSSoA	P
83.	DEBASMITA PATTNAIK	190804230014	BSc	MSSSoA	P
84.	SUBHRA BISWAL	190804230015	BSc	MSSSoA	P
85.	ACHYUTA VAMSI	190804230030	BSc	MSSSoA	P
86.	UMESH CHANDRA RANA	190804230031	BSc	MSSSoA	P
87.	PRACHI PARIJA	190804230032	BSc	MSSSoA	P
88.	CHOKKA ANIL	190804230033	BSc	MSSSoA	P
89.	DEVUPALLI DINEWSRI	190804230034	BSc	MSSSoA	P
90.	SIDDANTAPU HEMANTH KUMAR	190804230035	BSc	MSSSoA	P



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1. Report on Swimming and Yoga.

Swimming Training

The course was offered on the basis of providing knowledge, understanding & appreciation towards the sports in general and to develop satisfactory competency in basic skills such as breathing, exercise, floating, different types of kicks in particular. To develop fundamental skills in swimming was the major thrust of the program.

Advance swimming stamina in all four strokes while maintaining technique was practically demonstrated in the programme. Further, improving efficiency in all four strokes and developing turn technique for all four strokes were also part of the programme. In the programme, special attentions were given to knowledge and understanding of club training practices.

Date: 18.03.2022

Participants: 90



Dt: 18.03.2022, Swimming Training



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