

Event Report: World Health Day at CUTM Paralakhemundi

Date: 09.04.2024

Venue: CUTM campus, Paralakhemundi



Banner for the event: World Health Day at CUTM Paralakhemundi

Event Details:

On the 9th of April 2025, a vibrant celebration took place at the CUTM Paralakhemundi campus to mark *World Health Day*. Although World Health Day is observed globally on 7th April, the celebration at CUTM Paralakhemundi was held on 9th April 2025 to accommodate academic schedules and ensure maximum participation. Organized by the **School of Nursing** in collaboration with the **School of Applied Sciences**, the event embodied this year's inspiring theme – "*Healthy Beginnings, Hopeful Futures.*" The day aimed to reflect on how small lifestyle changes and community awareness can build a foundation for a healthier and more hopeful tomorrow.

Welcoming the Guests:

The event began on a gracious note with a warm welcome to our distinguished guests:
– **Dr. G.K. Sahu**, Dean, School of Applied Sciences



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– **Dr. Balaji Padhy**, Associate Professor and Head, Department of Mathematics

– **Prof. S.N. Sandhya**, Vice Principal, School of Nursing

Each of them shared their valuable insights and thoughts on the significance of World Health Day. Their words resonated deeply with the students and faculty, setting a thoughtful and encouraging tone for the rest of the day.

Enlightening Seminar Session:

A highlight of the event was a seminar delivered by **Dr. Balaji Padhy**, titled "*Introduction to Naturopathy and Sidha Medicine.*" His talk beautifully bridged the gap between ancient wisdom and modern healthcare, encouraging the audience to explore holistic wellness and embrace natural healing methods as part of everyday life.

Impactful Skit Performance:

The second-semester students of the School of Nursing presented a heart-touching skit that explored the various ways human behaviour harms both personal health and the environment. The performance creatively demonstrated the consequences of neglect and how conscious choices can lead us toward healing—both ourselves and our planet. It was a performance that moved the audience and left a lasting impression.

Energizing Yoga Session:

After the skit, the entire gathering participated in a lively yoga session. The atmosphere was filled with positive energy as students from different departments came together to stretch, breathe, and connect with themselves. The session reminded everyone of the deep and calming power of yoga in promoting mental and physical wellness.

Health Check-up Gathering:

Adding to the day's impact, a small yet meaningful health check-up camp was organized. Students from various schools took part in offering basic screenings, spreading the message that taking small steps today can prevent larger health issues tomorrow.



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Acknowledgement:

We sincerely thank **Dr. G.K. Sahu**, **Dr. Balaji Padhy**, and **Prof. S.N. Sandhya** for gracing the occasion and sharing their knowledge and encouragement. Our heartfelt appreciation goes to the faculty coordinators **Miss Soumyashree Pradhan** and **Miss T. Sunita**, and the student coordinators **Kiran Prasad Hota** and **Deepsikha Dey**, whose leadership and dedication brought this celebration to life. Their efforts ensured that this World Health Day was not only educational but also inspiring and memorable.



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Photographs of the Event





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Student Participation List



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CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT
SCHOOL OF NURSING, CUTM, PARALAKHEMUNDI
World Health Day
Venue - School of Nursing
Date and Time - 09/04/25, 3 PM Onwards

Sl. No.	Name of the Participant	School	Mobile No.	Signature
1.	U. Divya Jyoti	SON	9439267601	U. Divya Jyoti
2.	Pritya Bairagi	SON	7609093480	Pritya Bairagi
3.	Saumya Sushee Routray	SON	8144879790	Saumya Routray
4.	Bina Kanyee	SON	9434646677	Bina Kanyee
5.	Vadavalasa Yamini	SON	7381477644	V. Yamini
6.	Seema Suryabamini	SON	7326291819	Seema S. Rout
7.	Subhashree Behera	SOAS	9692544473	Subhashree Behera
8.	M. Apurva	SOAS	7735957279	APURVA.
9.	Suman Gouda	SON	7008258373	Suman Gouda
10.	Tarunjeet Raut	SON	8658542277	Tarunjeet Raut
12.	Mukulam Kumar	SON	9110952139	Mukulam
13.	Ayushkumarseth	SON	9851553672	Ayushseth
14.	Aakash Pradhan	SON	9692383109	Aakash Pradhan
15.	Ranjit Kumar Pradhan	SON	7008181803	R.K. Pradhan
16.	Satyaban Baidya	SON	8260926169	Satyaban
17.	Rajin Gouda	SON	826068998	Rajin Gouda
18.	Siba Behera	SON	8249143759	Siba Behera
19.	Gudhul Kumar	SON	7847871339	Gudhul Kumar
20.	Ishit Biswal	SON	8897104811	Ishit Biswal
21.	Sabarnika Gouda	SON	9556853137	Sabarna
22.	Bhugaban Gouda	SON	6372226311	Bhugaban Gouda
23.	Aakash Pradhan	SON	9237259467	A.K.P.
24.	Smritinisha Tirot	SON	6370116649	Smritinisha
25.	Saradee Sethy	SON	897123494	Saradee
26.	Budhadava Noun	SON	9348135176	Budha
27.	Deeprikha Deb	SON	6370785403	Deeprikha
28.	Jyoti Sarker	SON	9078131749	Jyoti



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Sl. No.	Name of the Participant	School	Mobile No.	Signature
29	Tejalwini Bishwal	SON	7998846959	Tejalwini Bishwal
30	Ashish Choudhary	SON	8165251278	Ashish Choudhary
31	Apaykash	SON	7902973954	_____
32	Mithunlal C	SON	8137856083	Mithunlal
33	Jagadeesh yarela	SON	6372958605	Jagadeesh
34	Sainandini Setti	SON	7789803486	S. Nandini
35	K. Zahari	SON	8917595954	K. Zahari
36	K. Gowdani	SON	8986894028	K. Gowdani
37	Milna Kumari Maduli	SON	9771341949	Milna K. Maduli
38	Sudhar Sankaranam	SON	6371195339	S.S. Ravi
39	Sonia rani Hanipa	SON	9977021710	Sonia Rani Hanipa
40	Sandhyarani padhy	SON	7815089655	Sandhyarani
41	Ipsita Prayankarshini padhy	SON	7750031148	Ipsita Padhy
42	Shruti Pragya Jern	SON	7894652465	Shruti
43	Sonali Rethra	SON	7948628259	Sonali Rethra
44	K. Deepika	SON	6301577228	K. Deepika
45	D. Manisha	SON	7978207663	D. Manisha
46	P. Vijayalaxmi	SON	9977342978	P. Vijayalaxmi
47	A. Harika	SON	8114943399	A. Harika
48	Nrupama Patraik	SON	9692813504	Nrupama Patraik
49	B. Deepika	SON	9777786530	B. Deepika
50	K. Uma Maheswari	SON	7077997877	Uma Maheswari
51	Roselin Raika	SON	6372452173	Roselin Raika
52	Niharika Bhoi	SON	9861664265	Niharika Bhoi
53	Sonali Swain	SON	7008990708	Sonali Swain
54	P. Kavya Sri	SON	7981744976	P. Kavya
55	G. Kanchana	SON	8249926879	G. Kanchana

S. N. Sandhya

Prof. S.N. Sandhya

Vice Principal, School of Nursing

M.Sc. Nursing (Obstetrics and Gynaecology) (Ph.D.) Candidate Centurion University of Technology and Management (CUTM) Paralakhemundi Campus

Principal
School of Nursing, Paralakhemundi
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