

Event Report: Free Health Checkup Camp at CUTM Paralakhemundi

Date: 21st June 2025

Venue: School of Nursing, CUTM PKD



Banner for the event: International Nurses Day at CUTM Paralakhemundi

Event Details:

On 21st June 2025, the **School of Nursing** at Centurion University of Technology and Management (CUTM), Paralakhemundi, organized a vibrant and health-focused event to celebrate **International Yoga Day**. The event was held to emphasize the significance of yoga in promoting physical and mental well-being, stress management, and holistic health among students and faculty members.

Event Highlights:

- The celebration took place in the open premises of the School of Nursing, where a dedicated yoga session was arranged.
- Students from various batches enthusiastically **organized and led the yoga event**, taking the initiative to demonstrate various yoga asanas and breathing techniques.
- Every student actively participated, making the event both interactive and educational.
- The session commenced with a brief introduction about the origin and importance of Yoga Day by Prof. Sandhya, Vice Principal of the School of Nursing.



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- Faculty members, staff, and other attendees joined the students in performing yoga, creating a collective spirit of health and unity.
- The event concluded with a short meditation session and a pledge to adopt yoga as a part of daily routine for better health.

Acknowledgement:

We extend our heartfelt thanks to the entire School of Nursing team for their dedication and efforts in making the International Yoga Day 2025 celebration a grand success. We sincerely appreciate the support and guidance of **Prof. Sandhya, Vice Principal** of the School of Nursing, and acknowledge the valuable contributions of **Ms. T. Sunita, Program Coordinator**, and **Ms. Swati Kiran, NSS Coordinator**, for their active involvement in the planning and smooth execution of the event. A special note of thanks goes to the enthusiastic students of B.Sc. Nursing who organized, led, and participated in the event with full zeal and commitment. Their collective efforts played a vital role in making the event both meaningful and impactful.

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
Centurion University



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PHOTO GALLERY





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PARTICIPANT LIST



CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT SCHOOL OF NURSING, CUTM, PARALAKHEMUNDI International Yoga Day Venue - School of Nursing Date and Time - 21/06/25, 2:30 PM Onwards				
Sl. No.	Name of the Participant	School	Mobile No.	Signature
1	Sainandini Sethi	SON	7189803486	Sainandini Sethi
2	Milan Kumari Muduli	SON	9777341949	Milan Kumuduli
3	K. Lehari	SON	8917595954	K. Lehari
4	Rajin Goudan	SON	9040945714	Rajin Goudan
5	Atush Kumar Sener	SON	9881553672	Atush Sener
6	Kritan P. Hota	SON	6372653751	K. P. Hota
7	Subham Shankar Ram	SON	8371195239	S. S. Ram
8	Phugban Gouda	SON	6372226341	Phugban Gouda
9	Satyaban Pratih	SON	8260926169	Satyaban
10	Budhadatta Malik	SON	9348135170	Budhadatta
11	Sadarama Gouda	SON	9556853137	Sadarama
12	Siba Bepari	SON	8249143759	Siba Bepari
13	Sandhyarani padhy	SON	7815089655	Sandhya
14	Ipsita P. padhy	SON	7750031148	Ipsita
15	Shruti Pragyajanya Jena	SON	7894652465	Shruti
16	Nibedita Malik	SON	7606997818	Nibedita
17	Deepshikha Dey	SON	6370785403	Deepshikha
18	Sarada Sethy	SON	8917623494	Sarada
19	A. Eswar	SON	9861282327	A. Eswar
20	C. Chudamani	SON	7013520920	C. Chudamani
21	Tejaswini Biswal	SON	7978846959	Tejaswini Biswal
22	Lohit Biswal	SON	8895104891	Lohit Biswal
23	G. Akhil Kumar	SON	7847871339	G. Akhil
24	Pallabi Sikdar	SON	8658282272	Pallabi
25	Pritya Bairagi	SON	7604093480	Pritya Bairagi
26	Srimya Kumbay	SON	8144877790	Srimya Kumbay
27	B. Deepika	SON	9777486530	B. Deepika