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Shaping Lives...
Empowering Communities...

Event Report: Fit India Movement on National Sports Day 2025

Date: 29th August 2025

Venue: CUTM Campus, Paralakhemundi

Organised by: NSS Unit, Centurion University of Technology and Management,
Paralakhemundi

FIT INDIA

FIT INDIA MOVEMENT

Organised By-
NSS Unit, CUTM, Paralakhemundi

On the Occasion of
National Sports Day
29th August 2025

SCAN ME!
REGISTER NOW

FIT INDIA

FIT INDIA MOVEMENT

COMPETITIONS

- MARATHON
- PULL-UPS
- INCLINED PUSH-UPS
- L-SIT HOLD
- HALF-SQUAT HOLD
- PLANK (GIRLS)
- PUSH-UPS (GIRLS)
- TUG OF WAR

Organised By- NSS Unit, CUTM, Paralakhemundi

On the Occasion of
National Sports Day
29th August 2025

SCAN ME!
REGISTER NOW

Stay Active

Banner for the event: Fit India Movement – CUTM Campus, Paralakhemundi

Event Details:

In observance of National Sports Day 2025, the NSS Unit of CUTM Paralakhemundi organised a series of fitness competitions under the FIT India Movement on 29th August 2025. The event celebrated the legacy of Major Dhyani Chand, while inspiring students to embrace fitness, discipline, and teamwork as part of their lifestyle.

Competitions included Marathon, Pull-Ups, Inclined Push-Ups, Push-Ups (Men & Women), L-Sit Hold, Half-Squat Hold, Plank (Girls), and Tug of War.



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The event saw enthusiastic participation from students across different schools of the university, showcasing high levels of energy, strength, and sportsmanship.

Competition Results (Highlights):

- **Marathon (Men):** Aman Kumar – 1st Place
- **Marathon (Women):** Soumyshree Pradhan – 1st Place
- **Inclined Push-Ups:** Karuna Bangari – 1st Place
- **Push-Ups (Men):** Raushan Kumar – 1st Place
- **Push-Ups (Women):** Karuna Bangari – 1st Place
- **L-Sit Hold:** Raushan Kumar – 1st Place | **Subhankar Mistry (School of Nursing, B.Sc. Nursing 4th Semester) – 2nd Place**
- **Half-Squat Hold:** **Subhankar Mistry (School of Nursing, B.Sc. Nursing 4th Semester) – 1st Place**
- **Plank (Women):** Gayatri Wadaka – 1st Place
- **Tug of War (Boys & Girls):** Exciting team participation led by Aditya Raj (Boys) and Samikhya Gomango (Girls).

Special Contribution of School of Nursing:

- **Subhankar Mistry, B.Sc. Nursing 4th Semester,** brought laurels to the School of Nursing by securing **1st Position in Half-Squat Hold** and **2nd Position in L-Sit Hold** competitions.
- Many **B.Sc. Nursing 1st Semester students** actively volunteered for **Marathon and Tug of War events**, ensuring smooth management and extending **medical assistance** to participants during the competitions.

Key Outcomes of the Event:

- **Student Engagement:** Large-scale participation made the competitions vibrant and spirited.
- **Fitness Awareness:** Promoted health, strength, and endurance among students.
- **Team Spirit:** Events like Tug of War enhanced collaboration and unity.



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- **Skill Development:** Nursing student volunteers gained experience in **first aid and event support**.

Acknowledgement:

We extend our heartfelt gratitude to the **University Leadership and Administration** for their continuous support:

- Dr. Anita Patra, Registrar
- Dr. Durga Prasad Padhi, Director (Admin.)
- Dr. S.P. Nanda, Dean (Admin.)
- Dr. Ritesh Kumar, Dean (Student Affairs)
- All NSS Programme Officers

Special thanks to the **Sports Team** for their dedicated coordination:

- Mr. Sahid Jamil Rizvi
- Mr. Abinash Harchandan
- Ms. Liza Rani Mohanty
- Mr. Bikash Ghanta
- Mr. Sagar Samal

We also appreciate the valuable support of the **School of Nursing**, led by **Ms. Swati Kiran**, for mobilising volunteers and providing medical assistance, and acknowledge **Mr. Dilip ji** for first aid and refreshments.

Sincere appreciation goes to all **NSS Volunteers** and student participants whose enthusiasm and discipline ensured the grand success of the event.

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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Photographs of the Event





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PARTICIPATION LIST

Sl. No.	Student Name	Registration No.	School	Signature
001	T. Sivaram Pandian	254723100015	School of Veterinary science	T. Sivaram Pandian
003	R. Mohammed Fawaz	254723100022	S.O.V.A.S	Fawaz
005	Sonu Kumar	243001170005	S.A.A.BE	Sonu Kumar
007	Rajesh Kumar	241107110099	S. O. V.E.L	Rajesh Kumar
009	Vishva Kumar	254723100067	BVSCBAH	Vishva
0011	Shraman	240101120058	SOET	Shraman
013	Biswajit pradhan	255804230034	BFSC	Biswajit
015	Aman Kumar	255804230036	BFSC	Aman
021	Ashutosh pradhan	25580423005	BFSC	Ashutosh
019	Prasad Kumar Behera	255804230015	BFSC	Prasad
017	Kegana Hari Krishna	2301020087	B-Tech	K. Hari Krishna
023	K. Vinod Kumar	220101100072	SOET	Vinod
025	Ramakant Yadav	240101150006	SOET	Ramakant Yadav
002	Sudhanshu Kumar	240103370018	SOET	Sudhanshu
0003	Soumyashree Pradhan	230804130169	BSc Ag	Soumyashree
006	Raghav Kumar	241107140001	Dir (Se) (Se) (Se)	Raghav
037	Shahid Jamal	240101180002	SOET	Shahid
035	Md Jozid	241107130006	Diploma	Jozid
033	Bhabani S. Patikaray	240801130007	B.Sc (Ag)	Bhabani
035	Bilalji Kumar	221102120010	Diploma	Bilalji
040	Aman Kumar	241107110019	Diploma	Aman
043	Bijaya Pradhan	2602291210	ITI	Bijaya
045	Majir Alam	250209120062	BBF	Majir Alam



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CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT
PARALAKHEMUNDI, ODISHA-761211

INDEPENDENCE DAY PARADE PRACTICE

DATE: 29/08/2025

VENUE: CUTM, PARALAKHEMUNDI
MARATHON PARTICIPATION LIST



Sl. No.	Student Name	Registration No.	School	Signature
047	Abhishek Kumar	231107130017	SOVET	Abhishek
049	Aman Kumar	231107130020	SOVET	Aman
050	K. Harish	240101130030	SOVET	K. Harish
053	M. Varunkumar	240101130071	SOVET	M. Varunkumar
061	Deepak K. Patra	220809130191	MSSQA	Deepak
057	Tribhavana Andhari	240101130015	SOFT	Tribhavana
059	Rishabh Kumar	231107140001	SOVET	Rishabh
063	Siba Sankar Sahoo	235304130029	BSc nursing	Siba Sankar Sahoo
065	Genesh Choudhury	235304130002	BSc nursing	Genesh Choudhury



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FIT INDIA MOVEMENT
DATE: 29/08/2025
VENUE: CUTM, PARALAKHEMUNDI
L-SIT HOLD PARTICIPATION LIST

Sl. No.	Student Name	Registration No.	School	Signature
1	Md Johid	241		23.500
	Jashan Khan		SOET	45.500
2	K. HARSH	240101130030	SOET	15.500
3	Tata Apto	220101120218	SOET	28.500
4	M. Mithilal	220101120240	SOET	26.500
5	Jashan Khan		SOET	X
6	Tribhavana ^{Rindhari}	240101180005	SOET	X
7	Subhankar Mishra	230104030008	SONI	(35) 22
8	Md Umar	220101160030	SOET	24
9	Aditya Singh		X	X
	V. Premi			X
	Manoj Kumar			18
	Ravish			(25) 30
	Koushik			(32)
	Manish			X
	Tripathy			(30)



(20)
(30)
(30)



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PARALAKHEMUNDI, ODISHA-761211**



**FIT INDIA MOVEMENT
DATE: 29/08/2025
VENUE: CUTM, PARALAKHEMUNDI
HALF SQUAT HOLD PARTICIPATION LIST**

Sl. No.	Student Name	Registration No.	School	Signature
1.	ATAN KUTAR	22110710003	SOVERA	
2	FARHANKHAN	24010120191	SOET	<i>[Signature]</i>
3	Bilki kumar	22110710000	SOVERA	
4	V. Premik	230804130203	MSSSOA	
5	G. PRASAD	230804130117	MSSSOA	
6	M. Chennakerava	230804130114	MSSSOA	
7	GULAMWARISHI	240101120180	SOET	
8	M D JAHID	241187130006	Diploma	<i>[Signature]</i>
9	SHAHID JAMAL	240101190002	SOET	<i>[Signature]</i>
10	Bhupathi Mandal	2602201210	ITJ	
11	Tanada Jeevan Rao	23096	CNC	
12	Swayam Tripathy	233001220002	SOABE	
13	Subhankar Mishra	232001130008	SONI	
14	RABHAR KUMAR	241107140001	SOVERA	
15	Bhabani S. Paikaray	240304130007	MSSSOA	
16	ADITYA Singh	230101120147	SOET	
17	Ranjan Kumar	230101120098	SOET	<i>[Signature]</i>
18	Tripathi Anand	240101160005	SOET	<i>[Signature]</i>
19	K. Hare Sh.	240101130000	SOET	<i>[Signature]</i>
20	T. Sanmukha Rao		E.C.E	T. Sanmukha Rao
21	Tulu Apto	22010112018	CSE	Tulu

648.81

648.81

651.81

651.81

4.54.47

4.54.47