

Yoga and Holistic Health: Building a Culture of Wellness at Centurion University

Introduction

At Centurion University of Technology and Management, Yoga and Holistic Health are central to our educational philosophy. We believe in nurturing not only academic and technical excellence but also inner strength, resilience, emotional balance, and conscious living among students, faculty, and communities.

As part of this commitment, our Yoga Department designs and delivers **skill-based programs, workshops, therapy sessions, and cultural activities** that integrate India's ancient wellness traditions with modern education — contributing directly to SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education).

Our Objectives in Yoga and Holistic Health

- To offer scientifically structured training in Yoga, Meditation, and Indian Wellness Sciences.
- To enhance the physical, emotional, and spiritual well-being of students, staff, and the surrounding community.
- To integrate Universal Human Values (UHV) and Indian Knowledge Systems (IKS) into the academic ecosystem.
- To empower learners with skills in self-care, stress management, therapeutic yoga, and mindful leadership.
- To promote Yoga as a cultural, health, and lifestyle practice, not just as physical activity.

Integration with Academic Domains and Skill Development

The Yoga and Holistic Health Department runs structured 50-hour skill Courses on Yoga & Meditation, along with few domain subjects on Yoga which are designed for students across multiple disciplines:

School/Department	How Yoga is Integrated
School of Physiotherapy	Yogic therapy for rehabilitation, joint mobility, pain relief
School of Pharmacy	Ayur-Yoga modules, stress relief, holistic Yogic therapy
Forensic Science	Yoga Nidra and meditation to improve mental clarity, focus under pressure
Nursing	Daily yoga and pranayama for caregiving stress management

School/Department	How Yoga is Integrated
School of Management	Leadership, ethics, team-building through yogic values and mindfulness
Engineering & Technology	Stress management, focus-enhancing pranayama, balancing intellect with well-being
Vocational & Skill Students	Body alignment, breathing, mindfulness to support physically demanding work

Short-Term Yoga Training Programs

In addition to credit-based offerings, the department conducts a variety of short-term training programs in both offline and online modes, catering to campus residents, day scholars, and external yoga enthusiasts. These programs include:

- Yoga Foundation Course – A basic introduction to the principles and practices of Yoga.
- Yoga Instructor Course (Beginner Level) – Designed to equip aspiring instructors with foundational teaching skills.
- 1-Day Meditation Discourses & Workshops – Focused sessions on relaxation, mindfulness, and spiritual well-being.

These initiatives are aimed at nurturing a balanced lifestyle, enhancing emotional resilience, and integrating traditional wellness into modern education and skill ecosystems.

Syllabus Covers:

- Basic Asana, Pranayama & Meditation Techniques: Step-by-step guidance on classical postures, breath control, and foundational meditation practices for inner balance and physical vitality.
- Theoretical Understanding of Yoga Philosophy & Lifestyle: Introduction to key Yogic texts (Patanjali Yoga Sutra, Hatha Yoga Pradipika, Bhagavad Gita) and lifestyle principles (Yama, Niyama, diet, discipline).
- Application for Stress Management, Health Improvement & Personal Growth: Practical tools to manage anxiety, improve concentration, enhance immunity, and promote emotional resilience through yogic living.
- Teaching Methodology & Practical Applications: Basics of lesson planning, instruction, demonstration skills, and applying yogic techniques in real-life situations and professional settings.

Major Activities & Capacity Development Events in 2024

In addition to formal courses, the University organized the following **capacity development programs, cultural celebrations, and national collaborations** to foster a thriving Yoga ecosystem on campus:

#	Name of Event/Activity	Date	Participants	Partner/Organizing Body
1	Yogotsav 2024	05-04-2024	116	MDNIY, Ministry of AYUSH, Govt. of India
2	3-Day FDP on Universal Human Values (UHV)	29–31 May 2024	87	AICTE
3	10th International Day of Yoga & Workshop on “Yoga for Self and Society”	24-06-2024	63	Internal Yoga Faculty
4	Yoga Therapy Refresher Training for Sports Coaches	24–25 June 2024	24	Department of Sports, CUTM
5	Bhagavad Gita Quiz Competition	03-08-2024	38	CSR Team, CUTM
6	Yogasana Competition	03-08-2024	26	CSR Team, CUTM
7	Independence Day Yoga Awareness Performance	15-08-2024	10	CSR Team, CUTM
8–13	Bhagavad Gita Study Sessions	Aug–Sept 2024	270 (Total)	ISKCON Youth Forum
14	Meditation for Beginners	18-09-2024	60	Art of Living Foundation
15	Online Antar-Mouna Meditation Workshop	25-09-2024	46	GJ’s Anahata Foundation
16	30th State Yogasana Championship	06-10-2024	8	Yoga Federation of India
17	Himalaya Yoga Olympiad (State Level)	20-10-2024	4	AIPH University
18–22	Outdoor Yoga Sessions	Nov 2024	178 (Total)	ISKCON Youth Forum & CUTM

#	Name of Event/Activity	Date	Participants	Partner/Organizing Body
23	Shrimad Bhagavad Gita (Final Session)	14-12-2024	55	ISKCON Youth Forum
24	Drone Flying & Conscious Engineering Workshop	16–18 Dec 2024	20	CUTM
25	Yoga Training for Economics Lecturers	20–21 Dec 2024	32	CHSE, Govt. of Odisha
26	World Meditation Day Celebration	21-12-2024	72	CUTM
27	Yoga Training for English Lecturers	22–26 Dec 2024	30	CHSE, Govt. of Odisha
28	Yoga Instructor Course (Level-1) - Two Batches	04/01/2025 to 03/03/2025	72	CUTM
29	Yogotsav-2025	31 May 2025	385	MDNIY, Ministry of AYUSH, Govt. of India
30	Meditation Seminar	18 June 2025	72	Art of Living, Odisha
31	11th International Day of Yoga & Workshop on “Yoga for One Health, One Earth”	21-06-2025	84	Internal Yoga Faculty & Students

1- Yogotsav-2024





2- 3 days FDP on UHV



3- 10th International Day of Yoga & Workshop on “Yoga for Self and Society”



4- Yoga for Sports Coaches



5- Outdoor Yoga



6- Bhagavad Gita and Spiritual Sessions:



7- Meditation Sessions:



8- Yoga Asana Competitions:





9- Yoga Instructor Courses



10- Yogotsav-2025



11- Meditation Seminar



12- Celebration of 11th International Yoga Day



Impact and Future Vision

These year-round activities have created a vibrant culture of conscious living across our university. Students from all academic streams are now not only technically competent but also emotionally aware, socially responsible, and physically healthy — fully aligned with our vision of **“Shaping Lives and Empowering Communities.”**

In the coming years, the department aims to:

- Launch Diploma and Advanced Yoga Programs
- Collaborate with national institutions like MDNIY, IYA, AICTE, and UGC
- Expand therapeutic yoga research & train more Yoga instructors who can integrate wellness in industry, education, and community spaces

“Centurion University is proud to lead with the power of Yoga — not just for fitness, but as a life-transforming science of unity, compassion, and inner excellence”.