



Centurion University Technology and Management

Workshop on Yoga & Meditation, BBSR

Date: 12-11-2019 to 13-11-2019

Venue: Canteen 1 Side Lawn

Number of Participants: 87

Resource Person: Mr. Biswaranjan Rath

About Resource person: R.M.P. Alternative Therapy, B. Pharma, M.Sc. DFSM, M.D. Yoga Therapy, DMLT, CNCC, CCAM, YIC, Founder, Jagadguru Yoga Bharat Foundation, Faculty, P.G. Dept. of Yoga, Utkal University, Guest Faculty, Dept. of Yoga, Devsanskriti Vishwa Vidyalaya, Master Trainer in Yoga, C.H.S.E. Govt. of Odisha, Co-ordinator, Divine India Youth Association (DIYA), Bhubaneswar, Odisha, President, Yoga Professionals association of Odisha, Director & Research Head, Devsanskriti Yoga Vidyalaya, Co-ordinator, Shriram Vichara Mancha (Established on ideology of Yuga Rishi Pandit Shriram Sharma Acharya).

About the session

The workshop was held for 2 days giving knowledge to student's benefits of doing yoga and meditation. During the session students got to know about yoga along with meditation which can help to keep physical fitness as well as improving mental health.

Objective

- To spread the message of complete well-being i.e. Physical, Mental, Social and Spiritual.
- To encourage students towards a healthy lifestyle.
- To establish an equilibrium between body-mind-soul.
- To bring certain visible and quick results by practicing Yoga.

Outcome

- To understand the concept of Practicing Yoga with its true meaning.
- To overcome many simple disorders like- stress, anger, insomnia, laziness, joint pain, breathing problems, blood pressure imbalance, constipation, pimples, dry skin etc.

- To perform some major Yoga techniques like- Shat-karma (detoxification or cleansing Kriya), Asanas & Surya Namaskar (physical postures), Pranayama (breathing techniques) and Meditation techniques.
- To develop confidence and clarity about life.
- To guide a path of simplicity, health & harmony.



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Organised by
Centurion University of Technology and
Management

Brochure of the workshop on Meditation



Figure: Clips from the session

Participants List



Centurion University of Technology and Management
Workshop on "Yoga & Meditation"

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Attendance Sheet

SL.N O	NAME OF PARTICIPANT	SIGNATURE
1	ADITYA PATSANI	Aditya patsani
2	AISCHARYA MOHANTY	Aischarya Mohanty
3	ALIVAJYOTI BARIK	Alivajyoti Barik
4	ANANYA DAS	ananya das
5	ANIL KUMAR MALLICK	Anil Kumar Mallik
6	ANUBHABA MOHAPATRA	Anubhaba Mohapatra
7	ANUTRUSHNA KAR	Anutrushna Kar
8	APARNA MISHRA	Aparna Mishra
9	ARCHANA PATI	ARCHANA PATI
10	ARPITA MOHAPATRA	Arpita Mohapatra
11	ARUNDHATI MAHARANA	Arundhati Maharana
12	ASHIMA MISHRA	Ashima Mishra
13	ASHMITA MISHRA	Ashmita Mishra
14	ASHWINI KUMAR MAHANTA	Ashwini Kumar Mahanta
15	BAISALI BASABADUTTA BALIARSINGH	Baisali Basabaddutta Baliarsingh
16	BARSHA NAYAK	Barsha Nayak
17	BHABANI SHANKAR MOHANTY	Bhabani Shankar Mohanty
18	BHAGYASHREE BHARGAVI TANAYA	Bhagyashree Bhargavi Tanaya
19	BHAGYASHREE MAHARANA	Bhagyashree Maharana
20	BIDYARANI KARU	Bidyarani Karu
21	BIDYARANI KARUA	Bidyarani Karua
22	BIDYASHREE TRIPATHY	Bidyashree Tripathy
23	BIJAN KUMAR PATRA	Bijan Kumar Patra
24	BINITA PATEL	Binita Patel

25	BINITA PRADHAN	Binita Pradhan
26	DEBASMITA PATRI	DEBASMITA PATRI
SL.N O		SIGNATURE
27	JYOTIRANJAN JENA	Jyotiranjana Jena
28	KANAKALATA MEHER	Kanakalata Meher
29	KETAKI MIRDHA	Ketaki Mirdha
30	KRISHNA SUBEDITA JENA	Krutanjali Rout
31	KRUTANJALI ROUT	Krutanjali Rout
32	LIZARANI SAMAL	Lizacans Samal
33	LOPITA MISHRA	Lopita Mishra
34	MADHUSWETA BEHERA	madhusweta Behera
35	MONALISA SAHOO	Monalisa Sahoo
36	NIBEDITA SAHOO	Nibedita Sahoo
37	NIHARIKA SADANGI	Niharika Sadangi
38	NITISH KUMAR MAHANAND	Nitish ku. mahanand
39	POONAM PRADHAN	Poonam Pradhan
40	PRAGNANJALI BEHERA	PRAGNANJALI BEHERA
41	PRATEET BANAJYOTSHNA SAHOO	Prateet Banajyotshna Sahoo
42	PRATISHRUTI GOUDA	Pratishruti Gouda
43	PRAVATI KUMARI SINGH	PRATIVA Singh
44	PREMAMANAJARI PRADHAN	Premamanajari Pradhan
45	PREMCHAND PANDA	Premchand Panda
46	PRIYANKA PRIYADARSHINI PANI	Priyanka Priyadarshini Pani
47	PUJA BEHERA	Puja Behera
48	RACHAYITA PRADHAN	Rachayita Pradhan
49	RAJA MONDAL	Raja Mondal
50	RAJESH SWAIN	Rajesh Swain
51	RITUPARRNA MOHANTY	Rituparna Mohanty
52	ROJALIN OJHA	Rojalin Ojha
53	RUTANJALI NAYAK	Rutanjali Nayak
54	RUTUPARNA SAHOO	Rutuparna Sahoo
55	SABRAM CHOUDHURY	Sabram choudhury

56	SANDHYA SUBHADARSHINI SAHOO	Sandhya Subhadarshini Sahoo
57	SARADA PRASANNA	Sarada Prasanra
58	SASMITA PATRA	Sasmita Patra
59	SATYA RANJAN THATOI	Satya ranjan thatoi
60	SEEMA SUVADARSHINI	Seema suvadarshini
61	SHIULI PATEL	Shiuli Patel
62	SIMREEN SULTANA	Simreen sultana
63	SMITANJALI NAYAK	smitanjali Nayak
64	SMITAPRANGYA SAHOO	Smitaprangya sahao
65	SNIGDHAMAYEE NAIK	Snigdhamayees Naik
66	SOMANWETA SINGH	Somanweta Singh
67	SONALI PRIYADARSANI	Sonali priyadarshani
68	SONALI SINGH	Sonali Singh
69	SUBHADRA MANJARI PARIDA	Subhadra manjari parida
70	SUBHASHREE SAHU	subhashree sahu
71	SUBHRASWETA DAS	Subhrasweta Das
72	SUCHISMITA BEHERA	Suchismita Behera.
73	SUCHISMITA KHATEI	suchismita khatei
74	SUJATA PRUSTY	Sujata Prusty
75	SUJNYANI JENA	sujanya jena
76	SUKANYA SINGH	Sukanya Singh
77	SUMIT SAHOO	sumit saho
78	SUNITA SASMAL	Sunita Sasmal
79	SUPARNA PRIYADARSHINEE DASH	Suparna Priyadarshini Dash.
80	SUSHREE SANGITA DAS	Sushree Sangita Das
81	SUSHREE SUCHISMITA PRADHAN	Sushree Suchismita pradhan.
82	SWAGAT RATH	Swagat Ratha
83	SWAGATIKA SWAIN	Swagatika Swain
84	SWARNALATA PRADHAN	Swarnalata Pradhan
85	SWASTI PRAVA DAS	Swasti Prava Das
86	TEJASWINI PRADHAN	Tejaswini pradhan
87	UPASHANA BEHERA	Upashana Behera



Dr. Prasanta Ku. Mohanty
Dean Academic



Prof. KVD Prakash
Dean - IIE & HRD