

2021-2022



Centurion
UNIVERSITY

*Shaping Lives...
Empowering Communities...*

Life Skills

(Yoga, Physical Fitness,
Health and Hygiene)

(Circulars/Brochures)

CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT

CORPORATE OFFICE
HIG-4 | JAYADEV VIHAR |
OPPOSITE PAL HEIGHTS | BHUBANESWAR |
KHURDA | ODISHA | INDIA | PIN - 752050

CAMPUS
BHUBANESWAR | PARLAKHEMUNDI | RAYAGADA |
BOLANGIR
WWW.CUTM.AC.IN

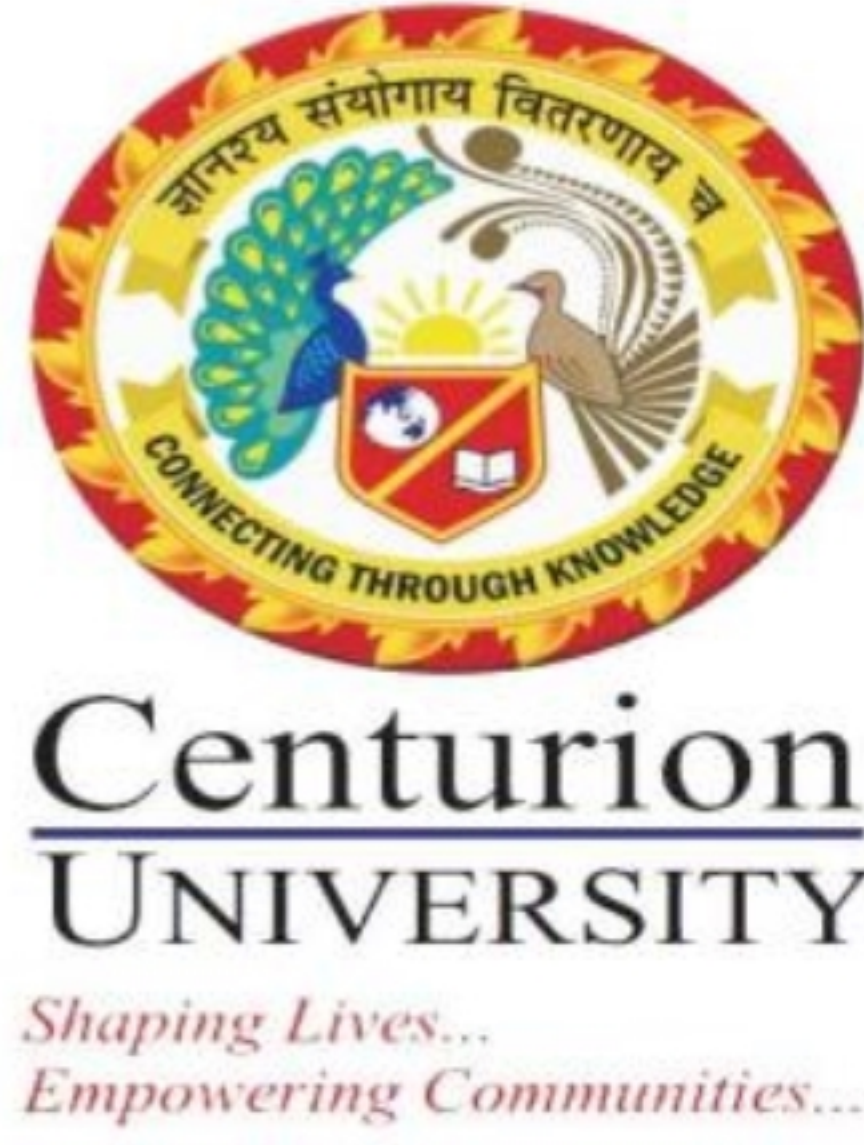
Contents	Year	Participants
Ayurveda Center_Centurion Ayurveda Wellness Center Services	2021-22	120
Yoga	2021-22	40
Sports Meet	2021-22	300
Yoga for holistic health	2021-22	50
Swimming and Yoga	2021-22	90
Yoga Skills for Promotion towards International Day of Yoga 2022	2021-22	50
Series of Awareness Program: Motivational Speeches on Happy and Healthy Living.	2021-22	500
SPAHS World Health	2021-22	60
World Health Day	2021-22	40
Life skills (Yoga, physical fitness, health and hygiene)	2021-22	18
Free Yoga Training	2021-22	100
Yoga Mahotsav	2021-22	60
World Asthma Day	2021-22	45

This document contains circulars and brochures on life skills conducted during 2021-2022

Anita Patra

REGISTRAR





1. Circular on Ayurveda Center Centurion Ayurveda Wellness Center Services. (23.02.2022)



Centurion Ayurveda Wellness Center Services Introduction and Consultations by Dr. VijayKumar (Ayurveda)

1 message

DR. VIJAY KUMAR KALAVAKUNTA <vijay.kalavakunta@cutm.ac.in>

Fri, 15 Oct, 2021 at 11:04 am

To: All Faculty @ PKD Campus <allfaculty.jitm@cutm.ac.in>

Dear All,

On this auspicious day, I would like to Introduce myself as [Dr. Vijay Kumar, an Ayurvedic Doctor by profession](#) with more than 14 years of clinical experience, now at your service in the Campus.

Ayurveda is one of the Ancient Indian System of Medicine which is very popular worldwide and almost all are following this system as a Preventive and Curative Aspect.

I am available here for consultations and to address all your health needs.

"You name it, I treat it."

Most of the diseases can be prevented by adopting Ayurveda as it involves Diet & Lifestyle Modification, Natural Medicines & Therapies.

Thanks and Regards,

Dr. K Vijay Kumar

**Associate Dean {School of Wellness and Cosmetology} Medical
Officer {Centurion Ayurveda Wellness Center} Centurion
University.**

Village Alluri Nagar,

P.O. – R Sitapur,

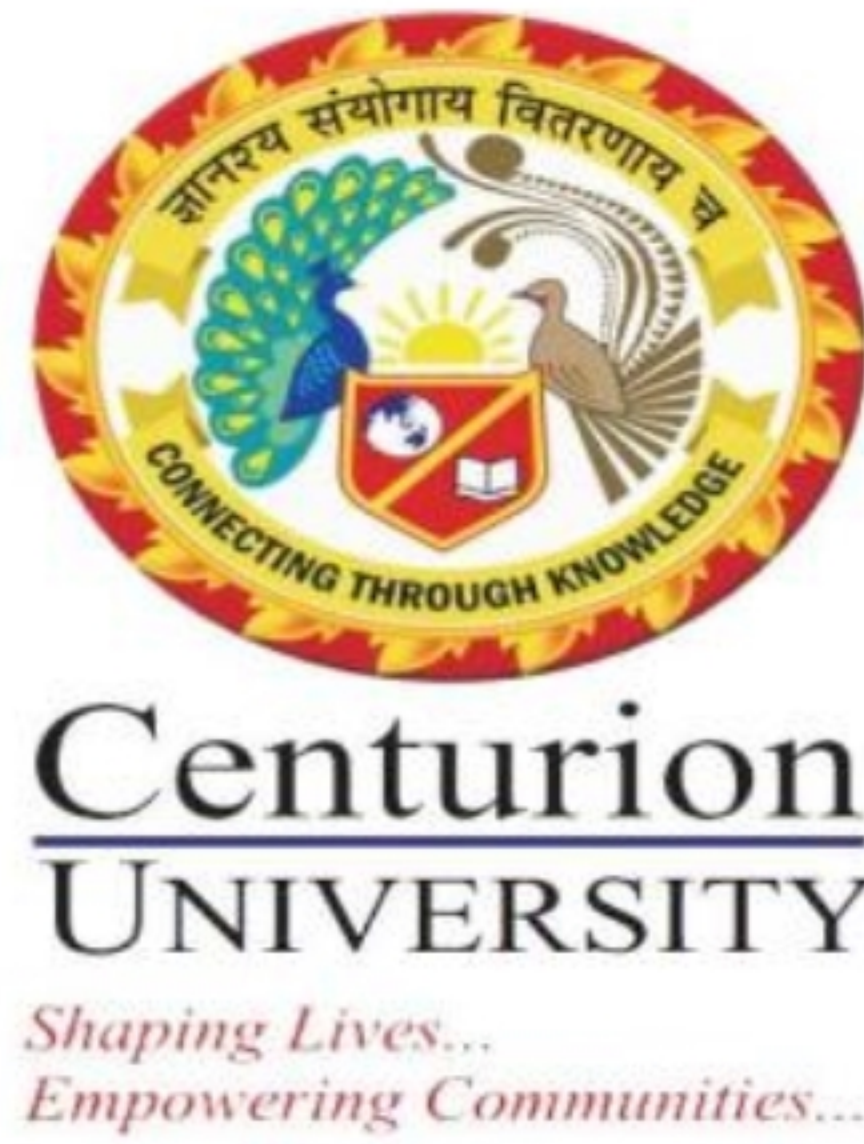
**Via- Uppalada Paralakhemundi,Dist:
Gajapati, Odisha, India.**

PIN- 761211

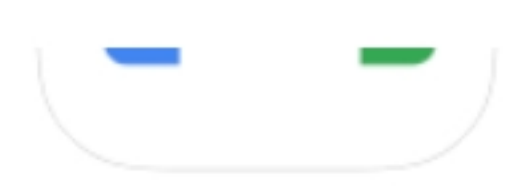
Mobile: 7077388673



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2. Circular on Yoga.(03.03.2022)



Invitation for Participation in Yoga & Wellness Class from 03/03/2022 onwards at Basketball Ground, CUTM Campus

5 messages

PRADEEP KUMAR SAHOO <pradeep.sahoo@cutm.ac.in> **Wed, 2 Mar, 2022 at 1:39 pm**
To: All @ CUTM <all@cutm.ac.in>, **ALL Faculty** <allfaculty@cutm.ac.in>, **All CUTM Students Group** <allstudents@cutm.ac.in>, **Sibakripa Bose** <sibakripa.bose@cutm.ac.in>, **RABI NARAYAN ROUTRAY** <rabinarayan.routray@cutm.ac.in>

Hello and Namaskar.

Wishing you all have a wonderful day.

I am Mr. Pradeep Kumar Sahoo, newly joined as **Programme Associate (for mentoring Sports, Wellness, Yoga & Lifestyle)** with keen interest and vision towards holistic development of our Students as well as Faculties & Staffs. I am very much thankful and grateful to CUTM Management for giving me this opportunity to serve your esteemed organization.

As we all know **Health is our true wealth**. But now-a-days, due to our busy lifestyle and lack of enthusiasm, we are ignoring, neglecting and not taking proper care of our valuable property i.e., our beautiful body & peaceful mind. Sage Patanjali, the father of classical Yoga says that all our future pains and sufferings can be avoidable (Heyam Dukham Anagatam) if we start living with Yoga which encourages us for a discipline life and learn ART OF LIVING.

During my 14 years' Yoga Career, I visited many countries like- Vietnam, Thailand, Cambodia, Laos, China, Singapore, Malaysia, Indonesia, Japan etc. and feel proud to get wide acceptance of Yoga and our Indian Culture everywhere. People love to learn Yogic Diet, breathing techniques, how to develop healthy body & happy mind through Yoga & meditation etc.

Even I involved with many India government projects like – training to Indian Air Force, Army, Ministry of Ayush, Ministry of Health & Family Welfare, Indian Red Cross Society, Tihar Jail, and Delhi University etc. I received lots of positive results among people who follow Yoga & wellness seriously. Many children are able to change their negative thoughts, kids develop positive Behaviour, elders cure many diseases and prevent from many chronic diseases.

So keeping with a broad vision for regular development of our CUTM Team members, I am going to introduce some Wellness and lifestyle related activities with systematic manner through both online & offline (will inform due course of time) for which I need everyone's kind participation and loving feedback or suggestions.

Presently, I am happy to invite all for-

Starts from 03/03/2022 (Tomorrow)

- **A common Yoga Practice with theme "how to develop complete well-being"**

(Physical, mental, social & emotional)

Venue- Basketball Ground, CUTM Campus

Time- 6.45 to 7.30 AM (Tuesday to Friday every week)

Starts from 03/03/2022 (Tomorrow)

- **Pranayama, Meditation and personal training (one to one) during office hour**

Venue- Yoga & Meditation Studio, Inside School of Management Area (Chamber of Chief

Mentor-Mr Siba Kripa Bose)

For any health related issues or queries, please free to contact during office hour.

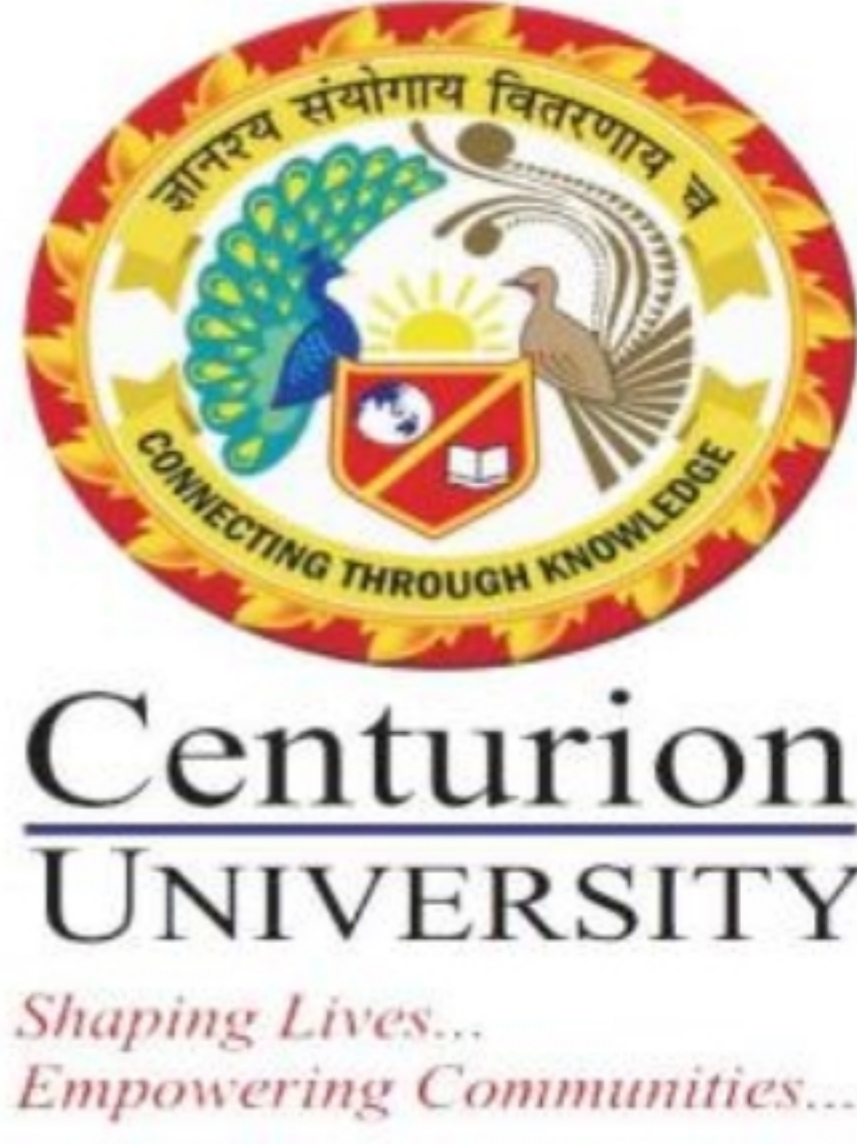
Warm Regards

Pradeep Kumar

Email-pradeep.sahoo@cutm.ac.in Mob-
7827630445



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3. Circular on Sports Meet.(09.03.2022)

Inter Campus Sports Meet

1 message

RABI NARAYAN ROUTRAY <rabinarayan.routray@cutm.ac.in>

Wed, 9 Mar, 2022 at

1:33 pm To: all.cit <all.cit@cutm.ac.in>

Cc: Supriya Pattanayak <supriya.pattanayak@cutm.ac.in>, Jagannath Padhi <jpadhi@cutm.ac.in>, Dr. Sangram Keshari Swain <sangram@cutm.ac.in>

Dear All,

The Inter Campus Sports meet will be organised in the last week of March 2022. In this current year the University Sports council is introducing four new events for the girls students.

1. tennis ball cricket
2. Kabaddi
3. Chess
4. Yoga asanas

So all the interested girls students are instructed to report to Miss. Puspalata Pradhan, Asst. PEO (mob.- 7751900438) for daily practice. They have to give their names as soon as possible.

--

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4. Brochure on Yoga for holistic health.(11.03.2022)

**Development of Concentration and Memory:
Application of Raja Yoga in Daily Life**



Year : 2021-22 **11.03.2022**

Centurion University of Technology and Management



Pre-requisites: Nil
Course Type : Audit (Workshop)
Duration : 30 Hours

Course Objectives:

- To understand the secrets of concentration and memory culture
- To understand the different mechanisms of Raja Yoga

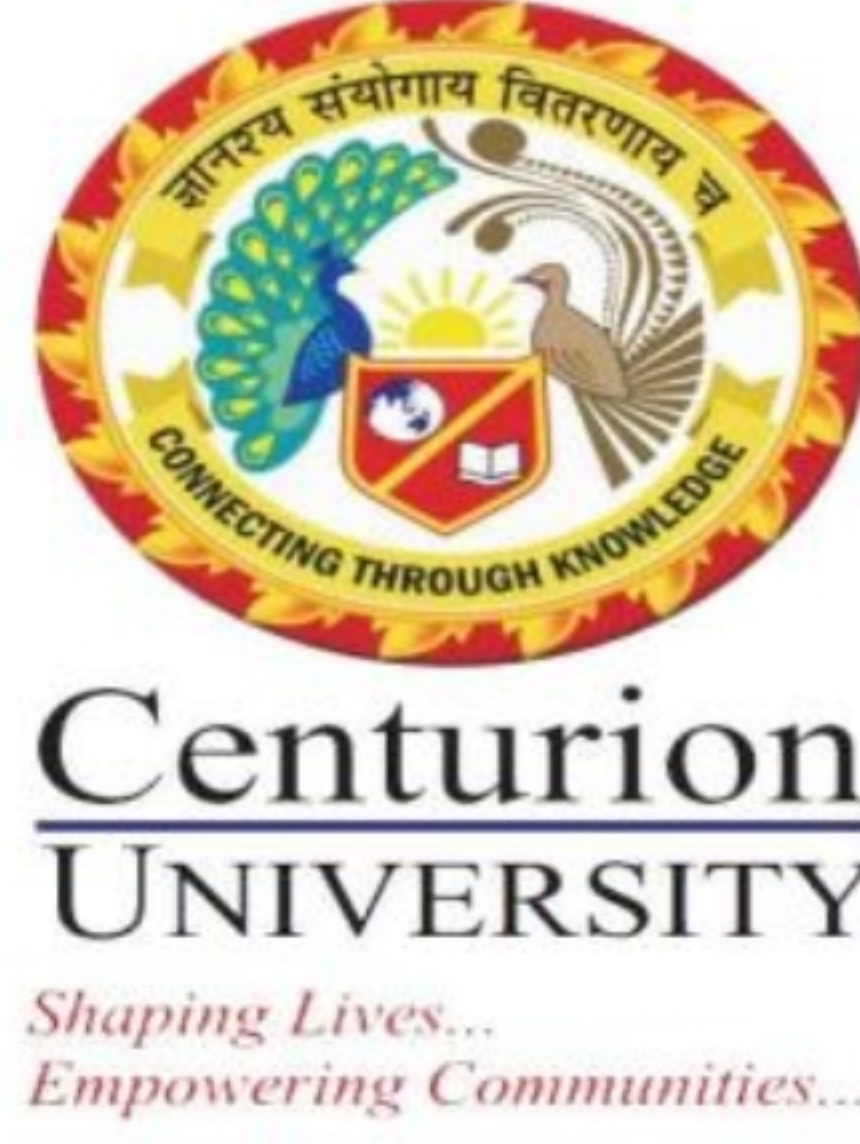
Learning Outcomes:

- Students will be able to develop concentration abilities
- Students will be able to develop memory power

Module	Contents	Duration
Module-1	The Philosophy of Yoga	6 hours
Module-2	Yoga Sutras of Patanjali	6 hours
Module-3	Theory of Concentration	6 hours
Module-4	Practice of Concentration	6 hours
Module-5	Physical and Mental Obstacles	6 hours
	TOTAL	30 hours



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5. Circular on Swimming and Yoga.(18.03.2022)

Inter Campus Yoga Rules and regulations and Swimming competition.

1 message

RABI NARAYAN ROUTRAY <rabinarayan.routray@cutm.ac.in> Fri, 18 Mar, 2022 at 11:39 am To: all <all@cutm.ac.in>, All CUTM Students Group <allstudents@cutm.ac.in>, all.cit <all.cit@cutm.ac.in> Cc: Supriya Pattanayak <supriya.pattanayak@cutm.ac.in>, Durga Prasad Padhi <durgaprasad@cutm.ac.in>, Registrar CUTM <registrar@cutm.ac.in>, Atanu Deb <atanudeb@cutm.ac.in>, Chitta Pattnayak <chitta.pattnayak@cutm.ac.in>, Sibakripa Bose <sibakripa.bose@cutm.ac.in>, Kartik Chandra Mishra <kartik.mishra@cutm.ac.in>, Pradeep Sarangi <pradeep.sarangi@cutm.ac.in>, Dr. R S Varma <rsvarma@cutmap.ac.in>, PRADEEP SINGH <pradeepsingh@cutm.ac.in>, Dinesh Kumar <dineshkumar@cutm.ac.in>

**Dear All,
Kindly find the attachment.**

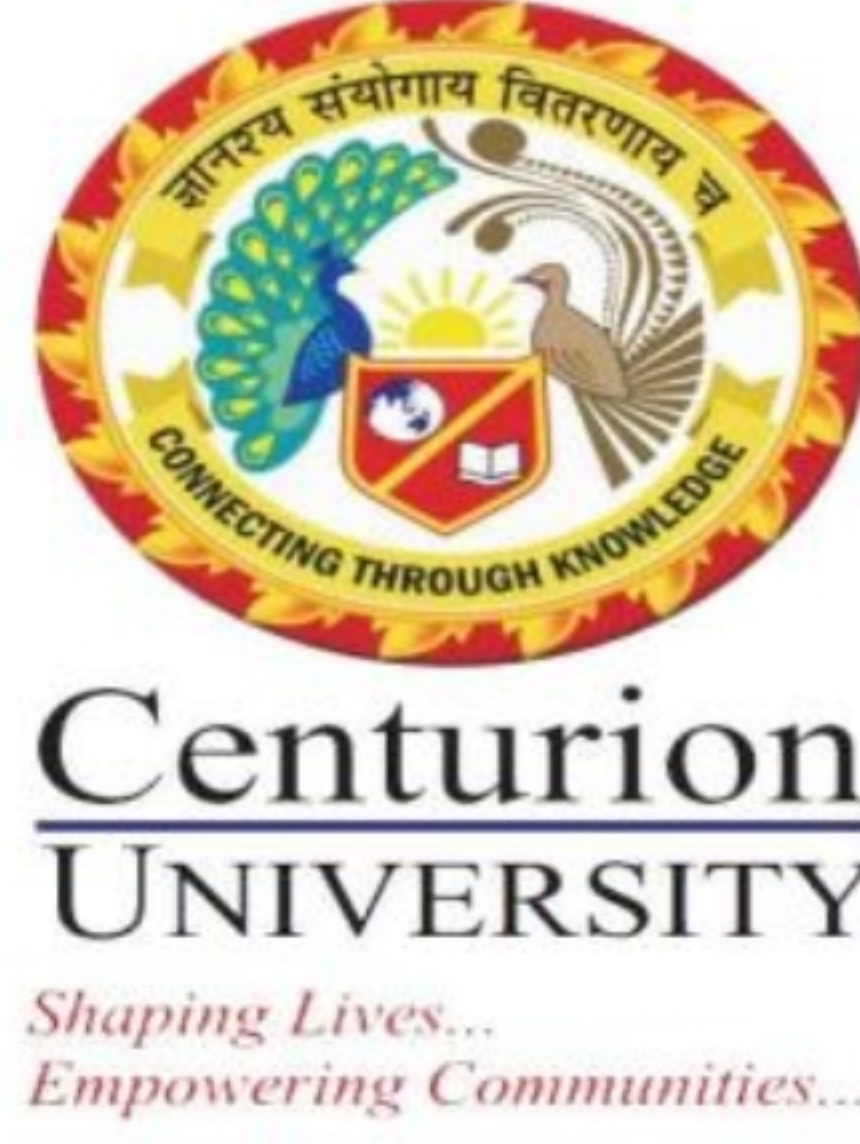
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Thanks with Regards

CUTM, ODISHA



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6. Circular on Yoga Skills for Promotion towards International Day of Yoga 2022.(01.04.2022)

Yoga Activities in Centurion University for promotion of International Yoga Day-2022

1. Regular Practice of Common Yoga Protocol, developed by Ministry of Ayush from 7 to 7.45 AM.
2. Make Yoga-Asana Competition during Inter-Campus Sports Meet-2022.
3. Go for Outdoor Yoga session once a week.
4. Arrangement of weekly Yoga Orientation class among various Schools of studies.
5. Perform Yoga Demonstration in University's annual Function and **encourage students to be prepared for celebration of International Yoga Day-2022.**



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1. Circular on Series of Awareness Program: Motivational Speeches on Happy and Healthy Living.(05.04.2022)

**Series of Awareness Program: Motivational Speeches on
"HAPPY, HEALTHY LIVING" & Demonstration Session on "YOGA
& MEDITATION"
8 messages**

**Dr. Sangram Keshari Swain <sangram@cutm.ac.in> Mon,
4 Apr, 2022 at 10:12 pm To: CUTM BBS Campus Students Group
<students.cutm.bbs@cutm.ac.in>
Cc: PRADEEP KUMAR SAHOO <pradeep.sahoo@cutm.ac.in>, Deans
CUTM <deans@cutm.ac.in>, allhod.cit
<allhod.cit@cutm.ac.in>, allfaculty.cit <allfaculty.cit@cutm.ac.in>, all.cit
<all.cit@cutm.ac.in>, GTET JATNI TEAM
<gtet.jatni.team@gramtarang.org.in>, WebSite Team <web@cutm.ac.in>,
mrc. bbs CIT <mrc.bbs@cutm.ac.in>, Event
<event@cutm.ac.in>, WARDENS @CIT <wardens.cit@cutm.ac.in>,
Hostel BBSR <hostel.bbsr@cutm.ac.in>, Administration@CIT
<administration.cit@cutm.ac.in>**

We hope this email finds you in good health!

Understanding "the urgency of spreading the message among students i.e to protect them from self-destructive bad habits" and "to help them balance their ambitions with values" and "the importance of protecting modern youth from stress and unwanted bad habits" and "the guidance to inspire many students leading to a happy and prosperous life" and "make everyone believe in themselves and helping the Youth to make their life easy and to bounce back in life and to be more successful", we once again planned a series of Awareness Program & Demonstration Session at our

campus as a Responsibility Initiative of CSR.

As part of the Series of Awareness Program: Motivational Speeches on "HAPPY & HEALTHY LIVING" & Demonstration Session on "YOGA & MEDITATION", we will be focusing on some of the topics like "Power of Habits", "Art of Mind Control", "Time Management", "Developing Positive Attitude", "Character building", "Science of Self-

realization", "Essence of Bhagavad Gita", "Leading Meaningful life", "Goal Setting", "Problem Solving Skills",

"Relationship Management Skills", "Self Realization Among Youth", "Impact of Yoga", "Effects of Meditation", "Ill Effectsof Drug Abuse" and many more. The first session is arranged as per the below given details.

**Date: 05.04.2022
Time: 06.00 PM - 07.00 PM
Venue:
Conference Hall,**

Aryabhatta

Building

Audience:

**Selected Students
from Hostel**

**Awareness Program Speaker: Dr. Nijwm Wary (Asst. Prof.,
Dept. of Electrical Sciences, IIT Bhubaneswar) Topic: Power of
Habits**

**Yoga Demonstration Session: Mr. Pradeep Sahoo, Programme Associate
(Holistic Health), CUTM**

**We will be continuing with the Awareness Program along with the
Motivational Speeches on "HAPPY & HEALTHY LIVING" in
association with the "Inspire Youth Forum" by various reputed
Speakers and Demonstration Session on "YOGA & MEDITATION" at
regular intervals for students, staff & faculties. All are requested to take
the advantage out of these sessions as and when organized for them.**

WISH YOU ALL A HAPPY & HEALTHY LIVING!

Thank You.

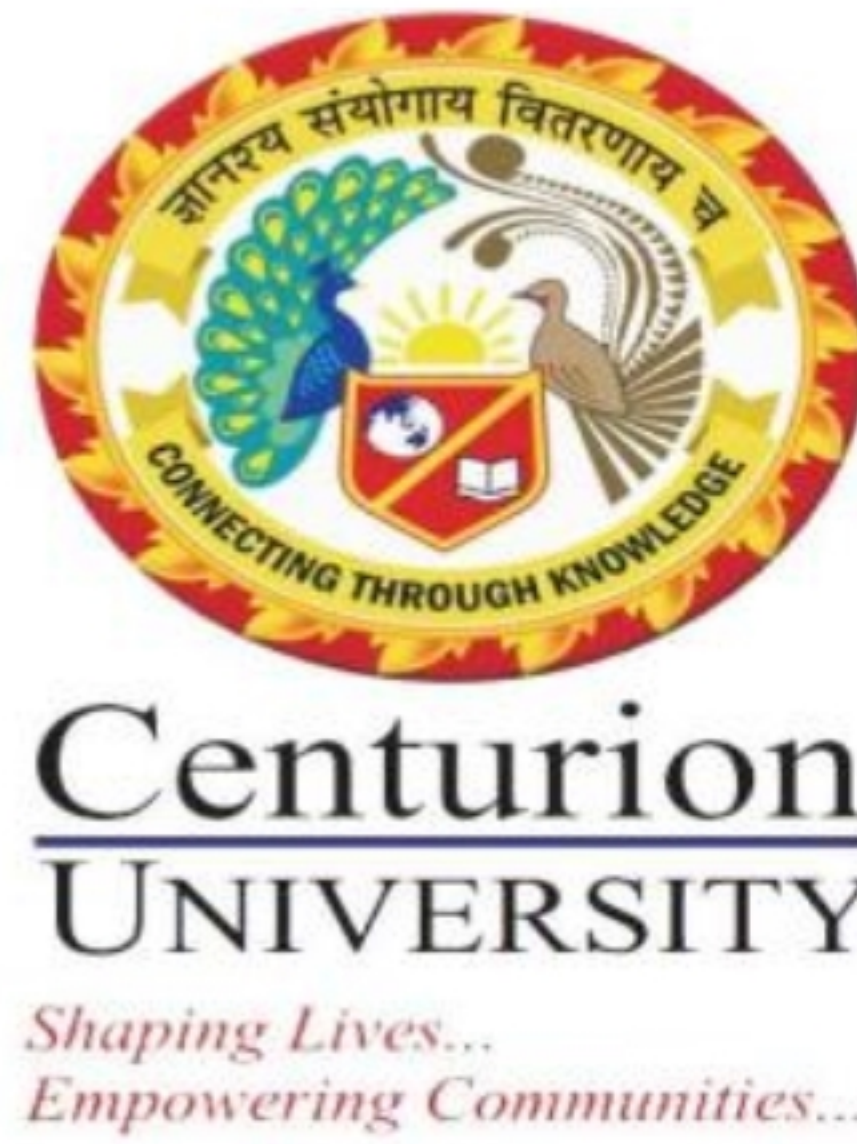
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With Thanks & Regards.....

Dr. Sangram Keshari Swain



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2. Circular on SPAHS World Health.(07.04.2022)

Invitation for World Health Day 2022: School of Paramedics and Allied Health Sciences

2 messages

Sunil Kumar Jha <s.jha@cutm.ac.in>

Wed, 6 Apr, 2022 at 3:44 pm

To: all.cit <all.cit@cutm.ac.in>, All Gramtarang Staff <all@gramtarang.org.in>

Cc: Chitta Pattnayak <chitta.pattnayak@cutm.ac.in>, Nabin Dash <nabin.dash@cutm.ac.in>, VC CUTM <vc@cutm.ac.in>,

Registrar CUTM <registrar@cutm.ac.in>, PRESIDENT @ CUTM <president@cutm.ac.in>, Jogesh Mishra <jogesh@cutm.ac.in>, mrc. bbs CIT <mrc.bbs@cutm.ac.in>

Dear All,

Greetings from School of Paramedics and Allied Health Sciences.

On the occasion of World Health Day 2022, we cordially invite you to participate in the seminar & workshop to be held at seminar hall 6 Aryabhata building on 7th April 2022 (Thursday), Time: 10:00 AM to 4:00 PM.

The event will be graced by eminent speakers:

√ **Dr. D.P. Rath, (MD Pathology) Former Director Blood Bank, Kalinga Hospital, Bhubaneswar**

√ **Dr. Samanyoya Gochhayat, (MD Hematology) Director Svasthya Laboratories, Bhubaneswar**

√ **Ms. Meghna Sahoo, Community Health Worker and GM Dr Lal Pathlabs Pvt. Ltd.**

***NB:* Please find the attached invitation for the event.**

With Regards,

Sunil Kumar Jha
Dean, School Of Paramedics and Allied Health Sciences, Centurion University
of Technology and Management. Mobile No- 9337877658 / 9776216851

Email ID- s.jha@cutm.ac.in Website-
<https://cutm.ac.in/>

A handwritten signature in blue ink is positioned to the left of a circular official stamp. The stamp features the acronym 'CUTM' in the center, with the full name 'Central University of Technology and Management' written around the perimeter.

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3. Circular on World Health Day.(07.04.2022)

Happy World Health Day-2022
1 message

PRADEEP KUMAR SAHOO <pradeep.sahoo@cutm.ac.in>

Thu, 7 Apr, 2022 at

8:04 pm To: All @ CIT <all.cit@cutm.ac.in>, All @ CUTM <all@cutm.ac.in>, CUTM BBS Campus Students Group

<students.cutm.bbs@cutm.ac.in>, Culture Sports Responsibility Cell @ BBSR <csrcell.bbs@cutm.ac.in>, allfaculty.cit@cutm.ac.in

Cc: DR. VIJAY KUMAR KALAVAKUNTA <vijay.kalavakunta@cutm.ac.in>, Dr. Sangram Keshari Swain <sangram@cutm.ac.in>, Parthasarathi Mohanty <parthasarathi.mohanty@gramtarang.org.in>, RABI NARAYAN ROUSTRAY

<rabinarayan.roustray@cutm.ac.in>, Sibakripa Bose <sibakripa.bose@cutm.ac.in>, Sunil Kumar Jha <s.jha@cutm.ac.in>, Supriya Pattanayak <supriya.pattanayak@cutm.ac.in>

“Health is the most important thing and we do not realize it until we lose it. Let us take good care of it.” “Good health is like a precious gift given to us by God, and we should never ignore it. “

❀ ❀ ❀ *Happy World Health Day* ❀ ❀ ❀

Do Yoga regularly for a Healthy and happy life. Please join us- “Yoga and Meditation Club”

More queries-
Contact-7827630445



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4. Circular on Life skills (Yoga, physical fitness, health and hygiene). 07.04.2022

**Development of Concentration and Memory:
Application of Raja Yoga in Daily Life**



Year : 2021-22 07.04.2022

Centurion University of Technology and Management



Pre-requisites: Nil
Course Type : Audit (Workshop)
Duration : 30 Hours

Course Objectives:

- To understand the secrets of concentration and memory culture
- To understand the different mechanisms of Raja Yoga

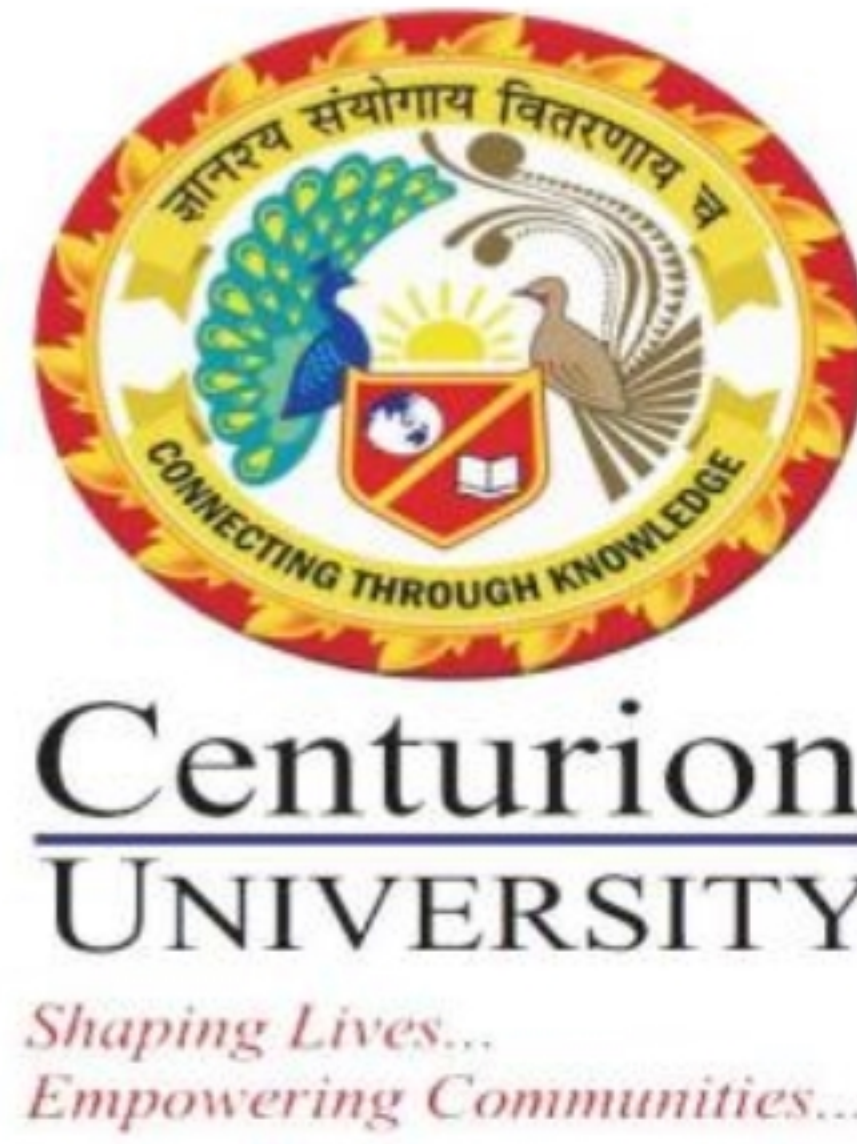
Learning Outcomes:

- Students will be able to develop concentration abilities
- Students will be able to develop memory power

Module	Contents	Duration
Module-1	The Philosophy of Yoga	6 hours
Module-2	Yoga Sutras of Patanjali	6 hours
Module-3	Theory of Concentration	6 hours
Module-4	Practice of Concentration	6 hours
Module-5	Physical and Mental Obstacles	6 hours
	TOTAL	30 hours



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5. Circular on Free Yoga Training.(12.04.2022)

Join Free Yoga Training Session (morning 7-7.45 AM)

1 message

PRADEEP KUMAR SAHOO <pradeep.sahoo@cutm.ac.in> **Tue, 12 Apr, 2022 at 11:05 am**
To: All @ CIT <all.cit@cutm.ac.in>, **All HOD @ CIT** <allhod.cit@cutm.ac.in>, **CSR Coordinators**
<csrcoordinators.cit@cutm.ac.in>, **CUTM BBS Campus Students Group**
<students.cutm.bbs@cutm.ac.in>, **Culture Sports Responsibility Cell @ BBSR**
<csrcell.bbs@cutm.ac.in>, **allfaculty.cit@cutm.ac.in**
Cc: Dr. Sangram Keshari Swain <sangram@cutm.ac.in>, **PRAKASH KVD**
<prakash.kvd@cutm.ac.in>, **Padmaja Patnaik**
<padmaja.patnaik@cutm.ac.in>, **RABI NARAYAN ROUTRAY**
<rabinarayan.routray@cutm.ac.in>, **Sibakripa Bose**
<sibakripa.bose@cutm.ac.in>

Dear All,

I am so happy to invite you all for our regular Free Yoga and wellness program. Please join us towards your better and beautiful health. Thank you all.

Note: Tomorrow (7-8 AM) we have a Yoga Video Shooting for promotion of International Yoga Day(21 June). Anyone interested, please come and join us at 6.45 AM in front of Aryabhatta Building.

Dress code- Gentle Yoga or Sports attire
Any queries, please contact-7827630445

SHARE - CARE - INSPIRE

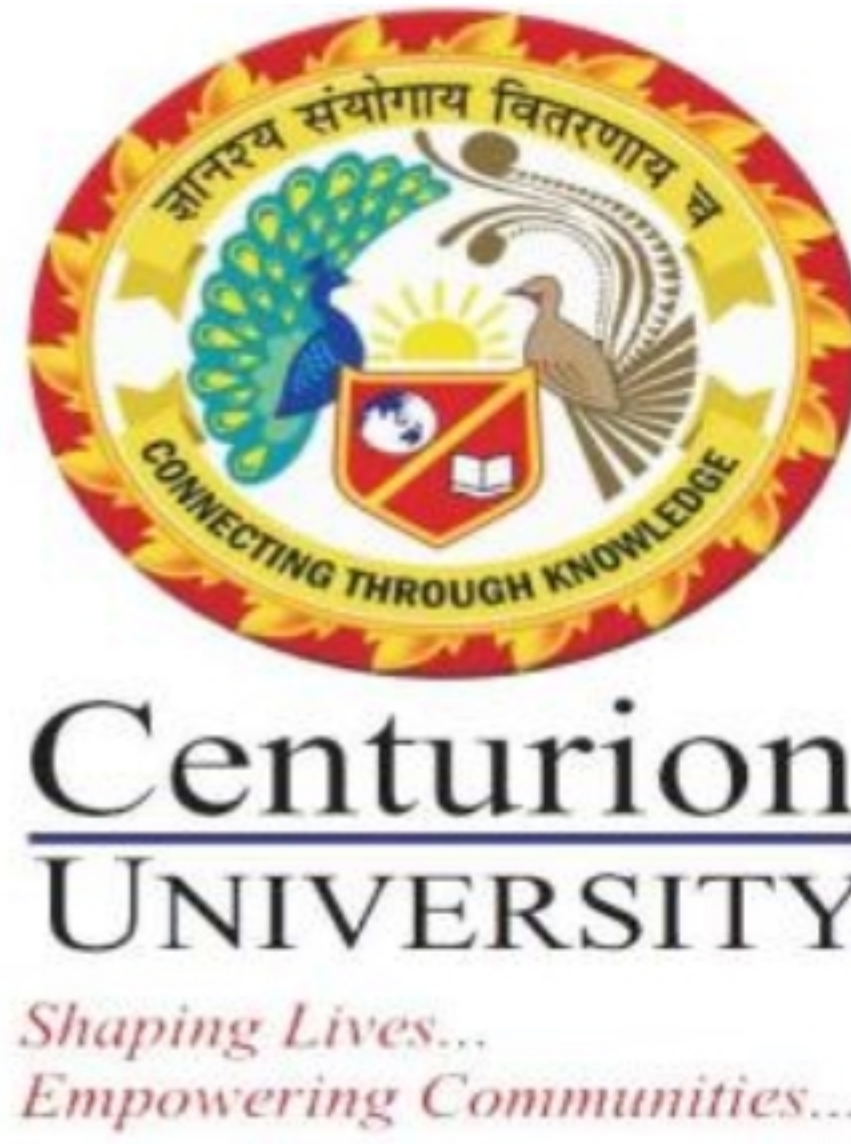
FREE YOGA TRAINING

Start your day with YOGA & feel the positive experience in Study and work.

No delay ! No excuse ! Start Now !



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6. Circular on Yoga Mahotsav.(29.04.2022)

Invitation to Join YOGA MAHOTSAV - 2022 on 29th April,22 (Friday) assigned by Ministry of AYUSH, Govt. of India.
1 message

PRADEEP KUMAR SAHOO <pradeep.sahoo@cutm.ac.in> Tue, 26 Apr, 2022 at 5:44 pm
To: All @ CUTM <all@cutm.ac.in>, allfaculty.cit@cutm.ac.in, All @ CIT <all.cit@cutm.ac.in>, ALL Faculty <allfaculty@cutm.ac.in>, CUTM BBS Campus Students Group <students.cutm.bbs@cutm.ac.in>, Culture Sports Responsibility Cell @ BBSR <csrcell.bbs@cutm.ac.in>, All Gramtarang Staff <all@gramtarang.org.in>, Deans CUTM <deans@cutm.ac.in>, All HOD @ CIT <allhod.cit@cutm.ac.in>, GTET JATNI TEAM <gtet.jatni.team@gramtarang.org.in>, WEB ADMINISTRATION GROUP <web@cutm.ac.in>, MRC @BHUBANESWAR <mrc.bbs@cutm.ac.in>, WARDENS @CIT <wardens.cit@cutm.ac.in>, HostelBBSR <hostel.bbsr@cutm.ac.in>, Administration@CIT <administration.cit@cutm.ac.in>, Event <event@cutm.ac.in>
Cc: RABI NARAYAN ROUTRAY <rabinarayan.routray@cutm.ac.in>, Sibakripa Bose <sibakripa.bose@cutm.ac.in>, Padmaja Patnaik <padmaja.patnaik@cutm.ac.in>

Dear All,

Greetings from the Department of Sports and Yoga Wellness !!!Hope

this email will make you excited and happy !

With collaboration of Morarji Desai National Institute of Yoga, Ministry of AYUSH, Govt. of India, our Centurion University is going to organize **Yoga Mahotsav-2022 on 29th April (Friday)** for promoting upcoming 8th International Yoga Day (on 21st June) and celebrate 75 Azadi ka Amrit Mahotsav.

As per their guidelines, our event will be in two different places, like-

1) Outside the CAMPUS :

Practicing COMMON YOGA PROTOCOL in front of an iconic place i.e,

Venue : Lingaraj Temple, old town, Bhubaneswar.

Time: 6.30 to 7.30 AM (Morning)

Major Invited Guests:

- 1) Dr. Umashankar Dash, IPS, Deputy Commissioner of Police, Bhubaneswar, Odisha
- 2) Dr. U.K. Prusty, Research Officer, Ministry of AYUSH, Govt. of India
- 3) Prof. Jagannath Padhi, Director, CUTM, Bhubaneswar Campus

Followed with a beautiful Artistic Yoga Demonstration with Music

• by students of "**Cuttack Yoga Association**"

- Special Arrangement : **Free Yogic Diet and buttermilk as morning refreshment.**

2) Inside the CAMPUS :

Organise a Seminar on the theme : "**YOGA FOR HEALTH, HAPPINESS AND HARMONY.**"

Venue : Hall No-06, Aryabhata Building, Bhubaneswar Campus.

Time: 2.00 to 5.00 PM (Afternoon)

Major Invited Guests:

1) Swami Siba Chidananda Saraswati,

President, Sivananda Centenary Boys School, Bhubaneswar.

Area of Talk : *Yoga for HEALTH.*

2) Dr. Hara Prasanna Das, Life Coach & Motivational

Speaker Chief Coach, Manav Adhyayan Kendra, Bhubaneswar

Area of Talk : *Yoga for HAPPINESS.*

3) Dr. Indu Mohanty, Career Counselor & Relationship Coach

PhD in Psychology

Area of Talk : *Yoga for HARMONY.*

Followed with Cultural activities by *CENTURION YOGA CLUB* students.

So, you all are cordially invited for participation in this **Mega Yoga event** and also invite your students, friends and relatives to learn the beautiful path of Yoga towards a happy and healthy life.

We will await your kind presence and helping hand for promotion of Yoga and healthy lifestyle all over the Centurion family.

For more details, kindly check the attachments and for any further queries, please free to Contact.

Mob-+91 7827630445, +84 915161836 (WhatsApp)

Best Regards

Pradeep Kumar Sahoo

Programme Associate (Holistic Health) Yoga, Meditation & Natural Healings Department

of Sports and Yoga Wellness

Centurion University of Technology &

Management Jatni, Bhubaneswar,

Odisha-752050, India

Mob-+91 7827630445, +84 915161836(WhatsApp)

Email- pradeep.sahoo@cutm.ac.in www.cutm.ac.in



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7. Circular on World Asthma Day.(03.05.2022)

Dear All,

We observe to bring awareness about Asthma and Its management this day(03/05/2022).

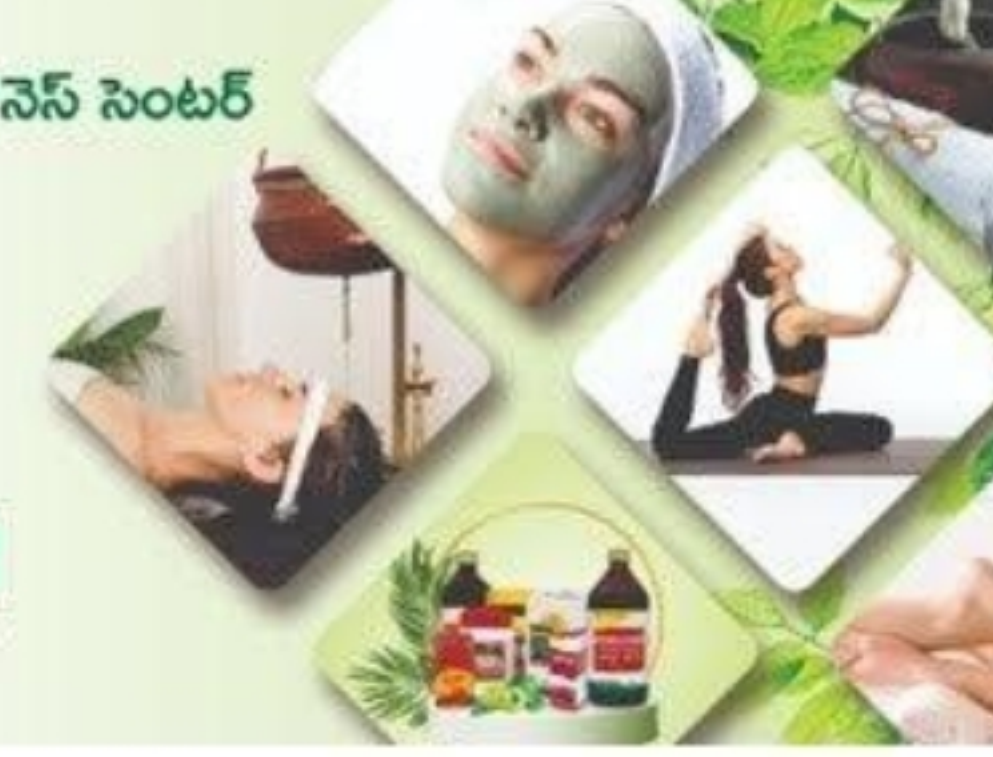
We effectively manage Asthma Condition with Ayurveda and Yoga.
Please pass-on the message to your loved once who need better and naturaltherapies for Asthma conditions.



Centurion
Ayurveda Wellness Center
Holistic Care Close to you...

సంచారియన్ ఆయుర్వేద వెల్నెస్ సెంటర్

NĀDI PAREEKSHA | PANCHAKARMA | PATYĀHARA | SATVĀVAJAYA | SIDDHA | YOGA
50-98-2A, OPP Vivekanada Park, Seethammadhra, Visakhapatnam, Andhra Pradesh, India. PIN: 530013.
cawc@cutm.ac.in | www.centurionayurveda.com



**CLOSING GAPS
IN ASTHMA CARE**

World Asthma Day • May 3, 2022

**RESPIRATION IS EASIER
WITH AYURVEDA & YOGA**

For More Details, Call: 7795353456

**of Sports and
Yoga**

**Wellness
Centurion University
of Technology &
Management Jatni,
Bhubaneswar,
Odisha-752050, India
Mob-+91 7827630445, +84 915161836(WhatsApp)
Email- pradeep.sahoo@cutm.ac.in www.cutm.ac.in**

CONVENOR

Anita Patra

REGISTRAR



2020-2021



Centurion
UNIVERSITY

*Shaping Lives...
Empowering Communities...*

Life Skills

(Yoga, Physical Fitness,
Health and Hygiene)

(Circulars/Brochures)

CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT

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CAMPUS
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BOLANGIR
WWW.CUTM.AC.IN

Contents	Year	Participants
CUTM COVID-19 Warrior	2020-21	68
Unlocked in Lockdown: Season 2	2020-21	191
Observation of 7th International Day of Yoga 2021 (Virtual Mode)	2020-21	90

Anita Patra

REGISTRAR



This document contains circular/brochure on life skills conducted during 2020-2021



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*Shaping Lives...
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1. Circular on CUTM COVID-19 Warrior

COVID Warriors

As You know, the Social need of this time is to extend all types of possible support to the people suffering from the deadly virus and need help. We had taken many different social initiatives on different occasions in the past for the Community/Society. **As a humanitarian service for the community during this deadliest pandemic, we decided to extend all possible help to the needy.**

Date: -08.05.2021

5/20/22, 3:14 PM Centurion University of Technology and Management Mail – CUTM COVID-19 Warrior Meeting

<https://mail.google.com/mail/u/0/?ik=dd105dbb3e&view=pt&search=all&permthid=thread-f%3A1699190744513529389&simpl=msg-f%3A1699190744...> 1/3 Kula Bhusan Pradhan CUTM COVID-19 Warrior Meeting 1 message Dr. Sangram Keshari Swain Sat, May 8, 202 To: SNEHASHISH TRIPATHY , SRADHANJALI PADHI , 200705180080@cutm.ac.in, 191704210028@cutm.ac.in, 191516100034@ ABHIJEET MOHANTY , 170804130159@cutm.ac.in, 200705180076@cutm.ac.in, Rati Ranjan Mishra , 200402160004@cutm.ac.in Bhusan Pradhan , 180804130156@cutm.ac.in, 200301120043@cutm.ac.in, 200804130130@cutm.ac.in, 200301120116@cutm.ac.in, KIRAN KUMAR MALIK , 200704110004@cutm.ac.in, AKANKSHA ROUT , 191517100043@cutm.ac.in, 200705110003@cutm.ac.in, RITIK RAJAT BEHERA , 193316100031@cutm.ac.in, 181207120006@cutm.ac.in, 170804130308@cutm.ac.in, 180101161015@cutm.ac.in, 193316100010@cutm.ac.in, 191516100027@ “SURAJ KUMAR..” , 201704150029@cutm.ac.in, 201704150010@cutm.ac.in, 193316100026@cutm.ac.in, 201704150016@cutm.ac.in, 191705160009@cutm.ac 190705170028@cutm.ac.in, 193317100040@cutm.ac.in, 200705100036@cutm.ac.in, SUNANDA PRIYADARSHINI , BHUWNESWAR KUMAR , 191516100025@cutm.ac.in, BIKASH KUMAR AGRAWA , “B.Bibhas Subudhi” , 201704150020@cutm.ac.in, 180101151007@cutm.ac.in, 201704270001@cutm.ac.in, 201704300009@cutm 190804130064@cutm.ac.in, 180704100007@cutm.ac.in, 181704150021@cutm.ac.in, MOHD SAMEEN CHISHTI , 180804130259@cutm.ac.in, 201704150014@c 201705160016@cutm.ac.in, SIDHARTH BEHERA , 170101170063@cutm.ac.in, RAJAT SAHU , SOURAV DHALI , SHRUTI DASH , 202105290012@cutm.ac.in, 200301110003@cutm.ac.in, 201704150019@cutm.ac.in, CHAITRAMAYEE PRADHA , 200804130106@cutm.ac.in, 201704150021@cutm.ac.in, 190804230003@cutm.ac.in, 190804230021@cutm.ac.in, 190804230005@cutm.ac.in, 193001170005@ 193001170004@cutm.ac.in, 193001170006@cutm.ac.in, 193001170009@cutm.ac.in, 193001170019@cutm.ac.in, 193001170001@cutm.ac.in, 193001170008@cutm.ac.in, 193001170010@cu 193001170033@cutm.ac.in, 193001170022@cutm.ac.in, 180804130162@cutm.ac.in, 180804130187@cutm.ac.in,

180804130173@cutm.ac.in, 180804130249@cutm.ac.in, 180804130172@c Saswati
Pattjoshi , 180804130182@cutm.ac.in, Sanchita Mishra , 180804130215@cutm.ac.in,
180894130251@cutm.ac.in, 180804130253@cutm.ac.in, 180804130234@cutm.ac.in,
180804130198@cutm.ac.in, 180804130149@cutm.ac.in, 180804280005@cutm.ac.in,
180804130266@cutm.ac.in, Sumit Nayak , 180804130166@cutm.ac.in,
180804130146@cutm.ac.in, DIVYADARSHI NAHAK , 180804130161@cutm.ac.in,
180804130231@ 180804130165@cutm.ac.in, 180804130267@cutm.ac.in,
180804130164@cutm.ac.in, 180804130180@cutm.ac.in, 180804130171@cutm.ac.in,
180804130145@cutm.ac.in, 180804130174@c 180804130170@cutm.ac.in,
180804130181@cutm.ac.in, 190101120068@cutm.ac.in, 190101110003@cutm.ac.in,
ROHIT SINGH , BHANU PRATAP , KARAN VISHNU Cc: KV Kalyan , Atanu Deb ,
Sunil Kumar Jha , Ashish Sen , Acharyulu M



CONVENOR



2. Circular on Unlocked in Lockdown: Season 2

"Unlocked in Lockdown: Season 2"

Date: -07.05.2021

Dear Students,

Hope you all are safe and doing well.

As the number of COVID-19 cases in our country is increasing day by day during the second wave of Corona pandemic, the lockdown across the nation is continuing. University has been shut down due to the lockdown, and you are now left with lots of free time on your hands besides online classes, online exams etc. But this doesn't mean you sit at home and let the time pass by. There are numerous ways a student can utilize this time productively and gain something out of it.

So, dear Centurions we came up with a new initiative-cum-competition nurturing your inner talent to inculcate and capture values which are sustainable and also contributing towards communities as a unique theme of **"UNLOCKED in LOCKDOWN"**. **This competition is open for all students of Centurion University irrespective of campus/school/program. The idea is to engage students to inculcate and capture our values focusing on sustainability and contributing towards society.**

You are advised to go through the attached 12 different tracks, find the suitable ones, participate and win awards and recognition. For registration, please fill your details @ <https://docs.google.com/forms/d/1tNuYQLw08eIEaWKGgdGNgXS7aYc2tp2qfE00QZdJwyA/>. A student can participate in minimum one track and maximum three tracks. Please go through the below given details for a detailed understanding of all the 12 tracks for the competition.

Tracks Summary:

1. Embracing the Nature: (Dr. Sangram K. Swain)
2. Paint your dreams: (Dr. Atanu Deb)
3. Learning/Teaching new tools and techniques: (Dr. Atanu Deb)
4. Build on your family relationships/ The Family Story: (Dr. Sangram K. Swain)
5. Read a book and Learn how to write a review/ story: (Dr. Atanu Deb)
6. Videography, Photography and Creating a collage: (Dr. Atanu Deb)
7. Social Responsibility activity in our community: (Dr. Sangram K. Swain)
8. Preparing Traditional Food: (Dr. Sangram K. Swain)
9. Cultural Track: (Dr. Sangram K. Swain)
10. Best out of Waste: (Dr. Sangram K. Swain)

- 11. Sports, Yoga & Meditation: (Dr. Atanu Deb)
- 12. Any New Innovation/Creativity (Dr. Atanu Deb)



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3. Circular on Observation of 7th International Day of Yoga 2021 (Virtual Mode)

YOGA DAY 2021

We are pleased to inform you that the 7th International Day of Yoga will be observed on Monday, 21st June 21 on the theme "Yoga for Wellness" by our University in Virtual mode due to the pandemic restrictions as per the following schedule. Date: 21st June 2021 Time: 10:30 - 11.30 AM - Observation of 7th International Day of Yoga
Virtual Venue: Youtube @ <https://youtu.be/fGC2ImmFknw> Resource Person: Mr. Shuvendu Dev (Fitness Professional) and Mr. Pintu Debnath (Yoga Professional).



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2019- 2020



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Life Skills

(Yoga, Physical Fitness,
Health and Hygiene)

(Circulars/Brochures)

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Contents	Year	Participants
Yoga, Implemented as a skill course for one semester (For All the Students)	2019-20	74
Yoga, For the students as a part of the induction programme for the newly joined students (For All The Students)	2019-20	200
Swimming Training	2019-20	73
Vision Check Up Camp	2019-20	100
Health Check Up Camp	2019-20	75
Yoga, For the students staying in hostels (For All The Students)	2019-20	110
Health Check Up Camp	2019-20	90
Vision Check Up Camp	2019-20	80
Free Drug Distribution Camp	2019-20	110
Basketball Training	2019-20	80
Gym Instructor	2019-20	43
Youth to Business Forum	2019-20	10
Anti Drug Campaign	2019-20	200
Awareness Programme on "Ill Effects of Drug Abuse"	2019-20	100
Awareness Programme on "Ill Effects of Drug Abuse"	2019-20	200
Awareness Programme on "Ill Effects of Drug Abuse"	2019-20	150
Awareness Programme on "Ill Effects of Drug Abuse"	2019-20	120
Awareness Programme on "Ill Effects of Drug Abuse"	2019-20	125
Awareness Programme on "Ill Effects of Drug Abuse"	2019-20	200
Awareness Programme on "Ill Effects of Drug Abuse"	2019-20	150
Awareness Programme on "Ill Effects of Drug Abuse"	2019-20	200
Awareness Programme on "Ill Effects of Drug Abuse"	2019-20	200
Awareness Programme on "Ill Effects of Drug Abuse"	2019-20	200
Awareness Programme on "Ill Effects of Drug Abuse"	2019-20	200
Awareness Programme on "Ill Effects of Drug Abuse"	2019-20	200
Vision & Health Up Camp	2019-20	110
Awareness Programme on "Ill Effects of Drug Abuse"	2019-20	200

This document contains circular or brochure on life skills conducted during 2019-2020.

Anita Patra

REGISTRAR





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1. Brochure for Yoga, Implemented as a skill course for one semester (For All the Students).

**Development of Concentration and Memory:
Application of Raja Yoga in Daily Life**



Year : 2019-20 DT: 15.08.2019

Centurion University of Technology and Management



Pre-requisites: Nil
Course Type : Audit (Workshop)
Duration : 30 Hours

Course Objectives:

- To understand the secrets of concentration and memory culture
- To understand the different mechanisms of Raja Yoga

Learning Outcomes:

- Students will be able to develop concentration abilities
- Students will be able to develop memory power

Module	Contents	Duration
Module-1	The Philosophy of Yoga	6 hours
Module-2	Yoga Sutras of Patanjali	6 hours
Module-3	Theory of Concentration	6 hours
Module-4	Practice of Concentration	6 hours
Module-5	Physical and Mental Obstacles	6 hours
	TOTAL	30 hours



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2. Brochure for Yoga, For the students as a part of the induction programme for the newly joined students (For All The Students).

**Development of Concentration and Memory:
Application of Raja Yoga in Daily Life**



Year : 2019-20 DT: 20.08. 2019

Centurion University of Technology and Management



Pre-requisites: Nil
Course Type : Audit (Workshop)
Duration : 30 Hours

Course Objectives:

- To understand the secrets of concentration and memory culture
- To understand the different mechanisms of Raja Yoga

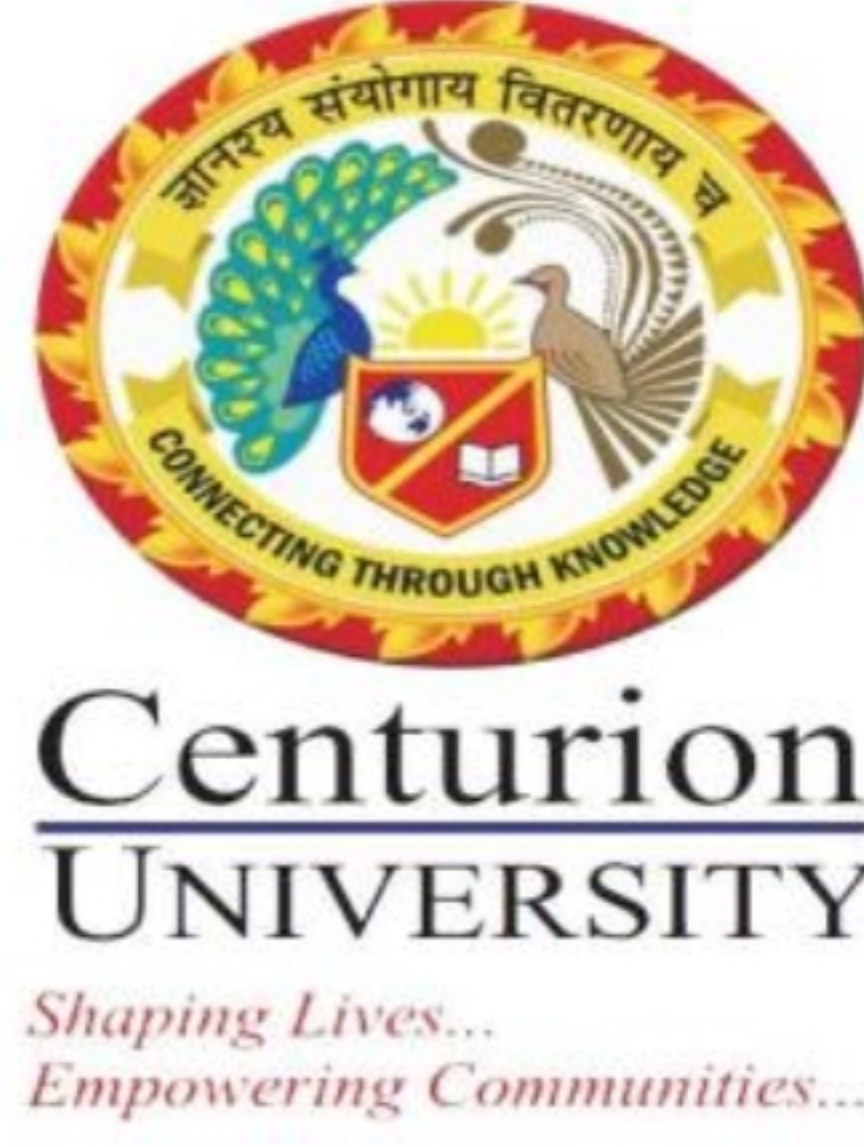
Learning Outcomes:

- Students will be able to develop concentration abilities
- Students will be able to develop memory power

Module	Contents	Duration
Module-1	The Philosophy of Yoga	6 hours
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Module-3	Theory of Concentration	6 hours
Module-4	Practice of Concentration	6 hours
Module-5	Physical and Mental Obstacles	6 hours
	TOTAL	30 hours



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3. Circular for Swimming Training.

Name of the event:

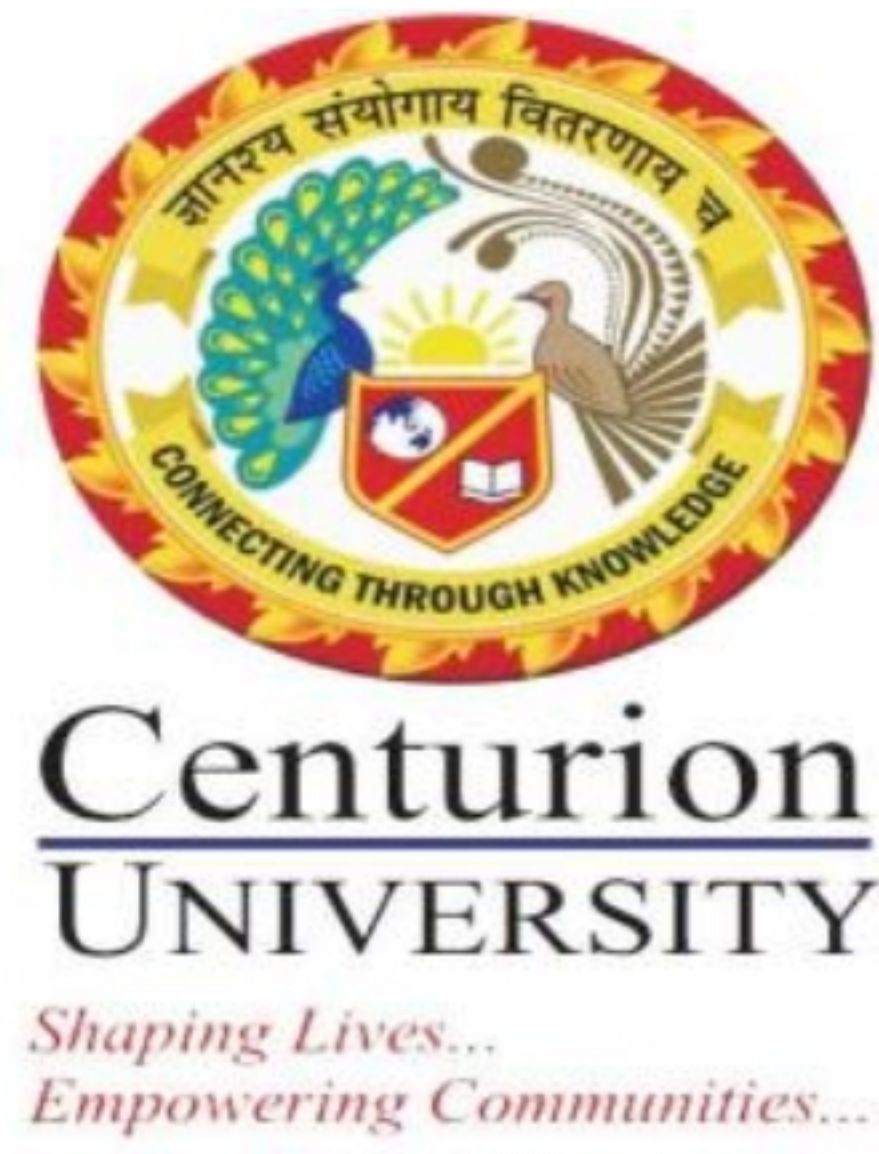
Swimming Training

Academic year: 2019-20

The course was offered on the basis of providing knowledge, understanding & appreciation towards the sports in general and to develop satisfactory competency in basic skills such as breathing, exercise, floating, different types of kicks in particular. To develop fundamental skills in swimming was the major thrust of the program. DT: 20.08.2019



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4. Circular for Vision Check Up Camp.

Vision Check Up Camp

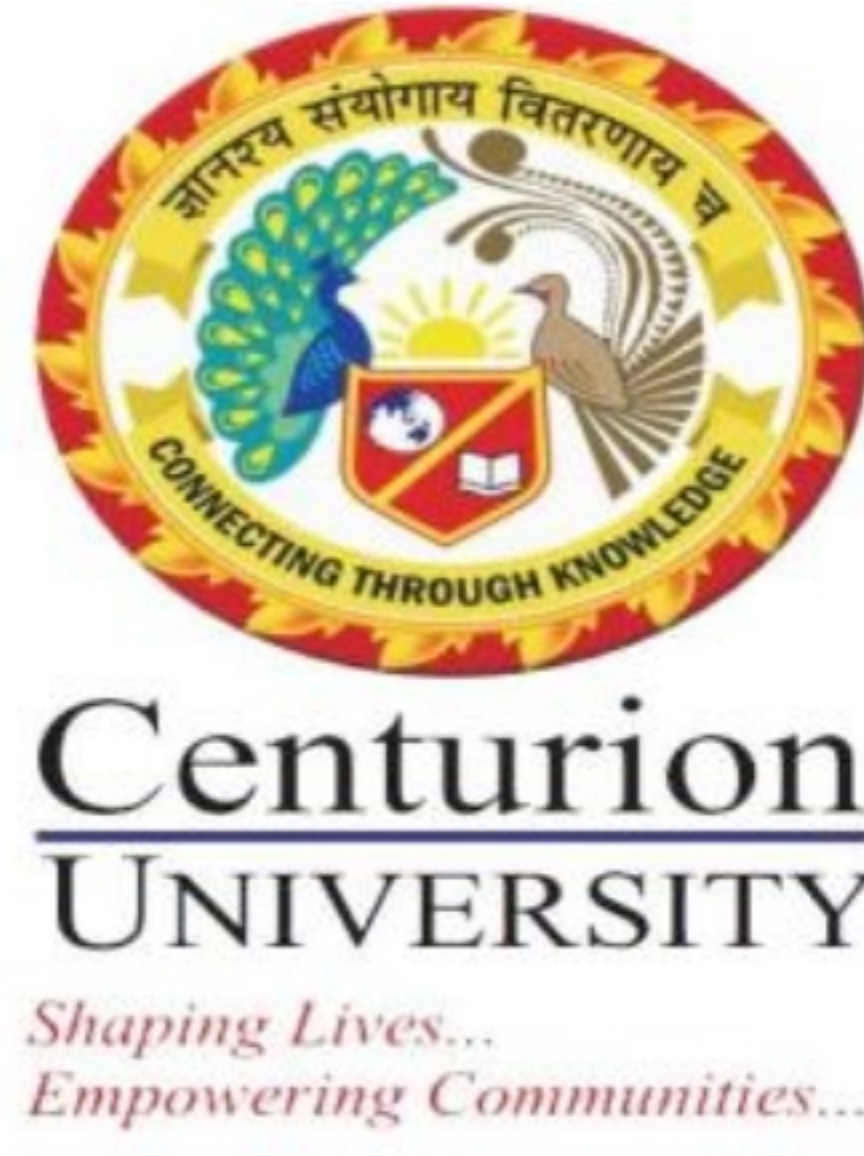
As a part of Responsibility activity, Health Club is organizing a Vision check-up Camp as per the following details. It is a joint initiative by the School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences.

Date of camp: 14/09/2019


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5. Circular for Health Check Up Camp.

Health Check Up Camp

As a part of Responsibility activity, Health Club is organizing a Health check-up Camp as per the following details. It is a joint initiative by the School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences.

Date of camp: 14/09/2019


DEAN
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6. Brochure for Yoga, For the students staying in hostels (For All The Students).

**Development of Concentration and Memory:
Application of Raja Yoga in Daily Life**





Year : 2019-20 DT: 01.10.2019

Centurion University of Technology and Management



Pre-requisites: Nil
Course Type : Audit (Workshop)
Duration : 30 Hours

Course Objectives:

- To understand the secrets of concentration and memory culture
- To understand the different mechanisms of Raja Yoga

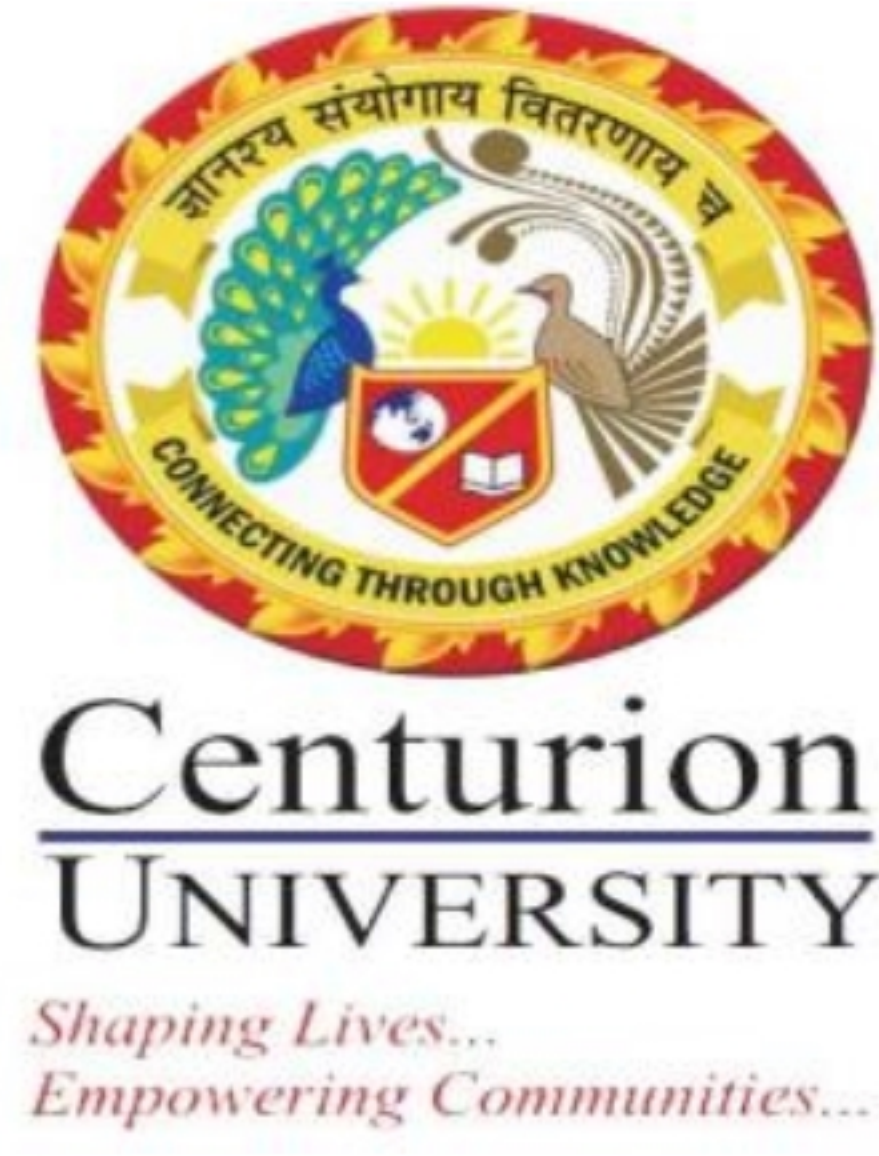
Learning Outcomes:

- Students will be able to develop concentration abilities
- Students will be able to develop memory power

Module	Contents	Duration
Module-1	The Philosophy of Yoga	6 hours
Module-2	Yoga Sutras of Patanjali	6 hours
Module-3	Theory of Concentration	6 hours
Module-4	Practice of Concentration	6 hours
Module-5	Physical and Mental Obstacles	6 hours
	TOTAL	30 hours



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7. Circular for Health Check Up Camp.

Health Check Up Camp

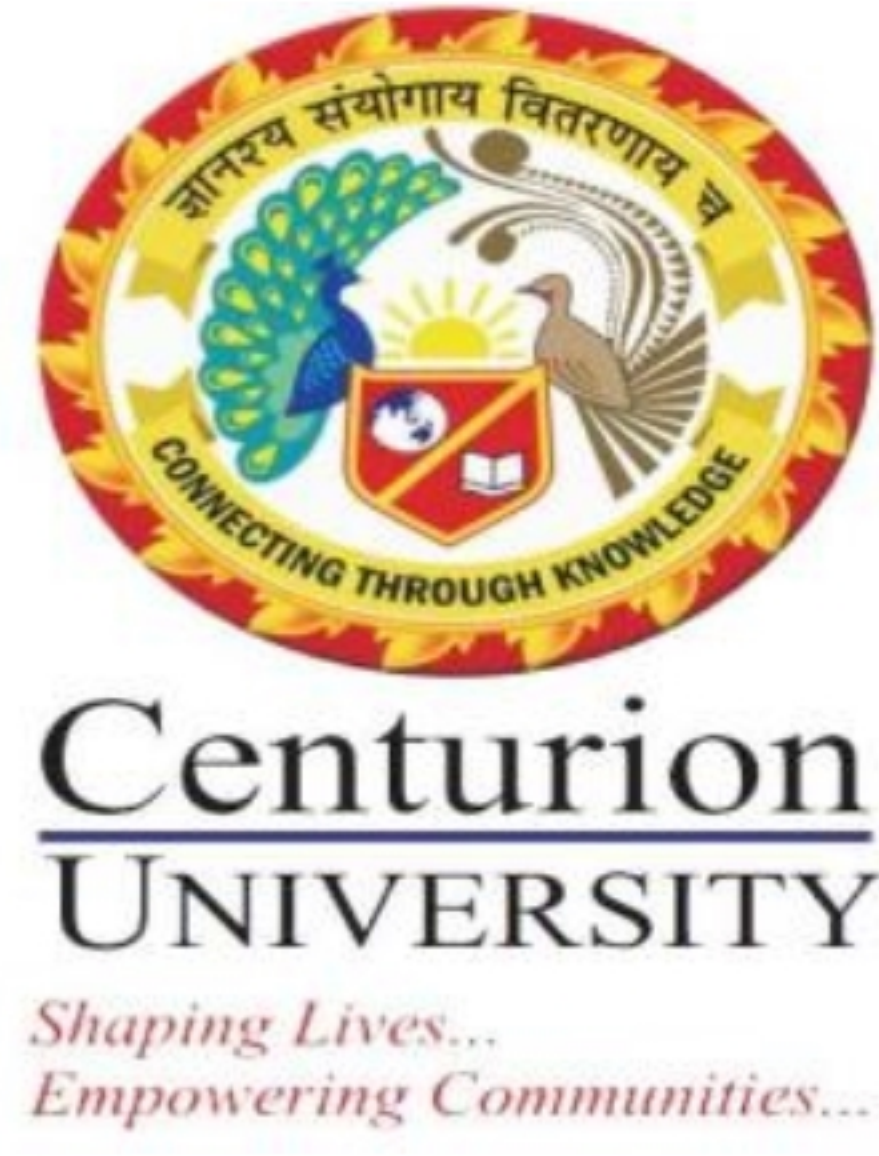
As a part of Responsibility activity, Health Club is organizing a Health check-up Camp as per the following details. It is a joint initiative by the School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences.

Date of camp: 01/10/2019


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CUTM, BHUBANESWAR



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8. Circular for Vision Check Up Camp.

Vision Check Up Camp

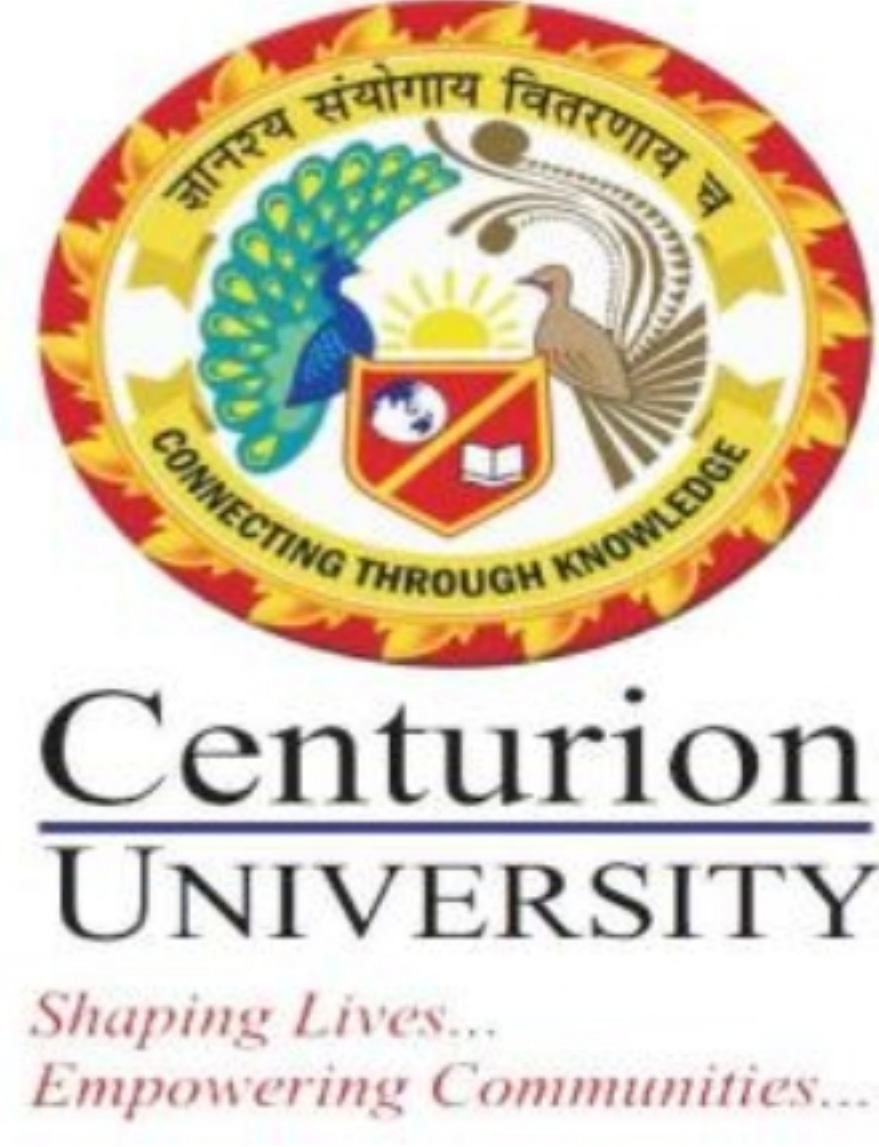
As a part of Responsibility activity, Health Club is organizing a Vision check-up Camp as per the following details. It is a joint initiative by the School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences.

Date of camp: 01/10/2019


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9. Circular for Free Drug Distribution Camp.

FREE DRUG DISTRIBUTION CAMP

A Vision checkup, Health checkup, Free drug distribution Camp will be organized by the School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences for more than a hundred old age people. It will be really nice to see the YOUTH celebrating their weekend with the OLD PEOPLE in need.

Date of camp: 09/10/2019



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10. Circular for Basketball Training.

Name of the event:

Basketball Training

Academic year: 2019-20

Basketball is a team sport. Two teams of five players each try to score by shooting a ball through a hoop elevated 10 feet above the ground. The game is played on a rectangular floor called the court, and there is a hoop at each end. The court is divided into two main sections by the mid-court line. If the offensive team puts the ball into play behind the midcourt line, it has ten seconds to get the ball over the mid-court line. If it doesn't, then the defense gets the ball. Once the offensive team gets the ball over the mid-court line, it can no longer have possession of the ball in the area behind the line. If it does, the defense is awarded the ball.

The programme was to train the participants on various aspects including the following few major points

Date: 19/10/2019

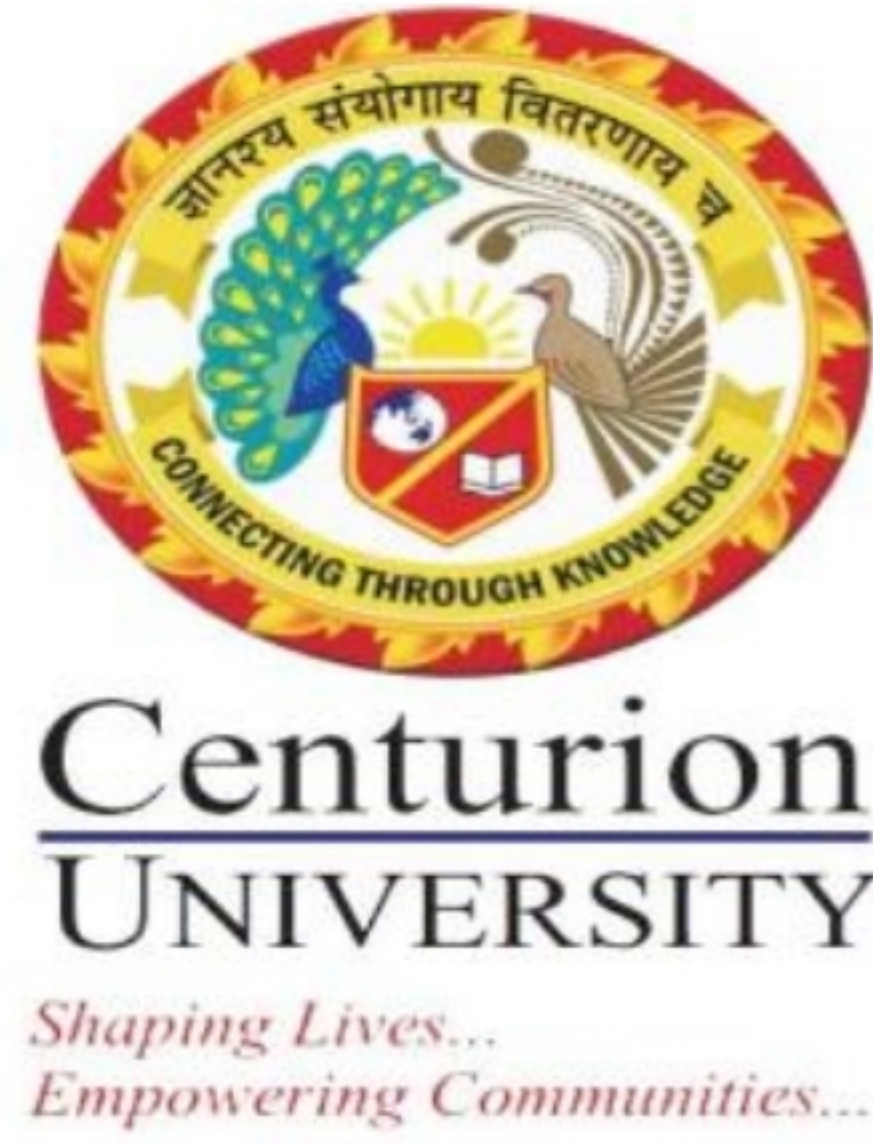
Fouls

VIOLATIONS

Player Positions



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11. Circular for Gym Instructor.

Name of the event:

Gym instructor

Academic year: 2019-20

The course intended to familiarize the participants with the principles, equipment used in the gym. Further, development of an end-to-end technique during work out was the focus of the programme. Students were also made aware of the importance of the fitness in our day to day life.

Date: 19/10/2019



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12. Circular for Youth to Business Forum.

AIESEC **YOUTH TO BUSINESS FORUM**

UNFOLDING Y2B
DAY 1
POWER TALKS

October 31
Date: 31.10.2019

4:00 PM - 7:30 PM



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13. Circular for Anti Drug Campaign.

Anti-Drug Campaign

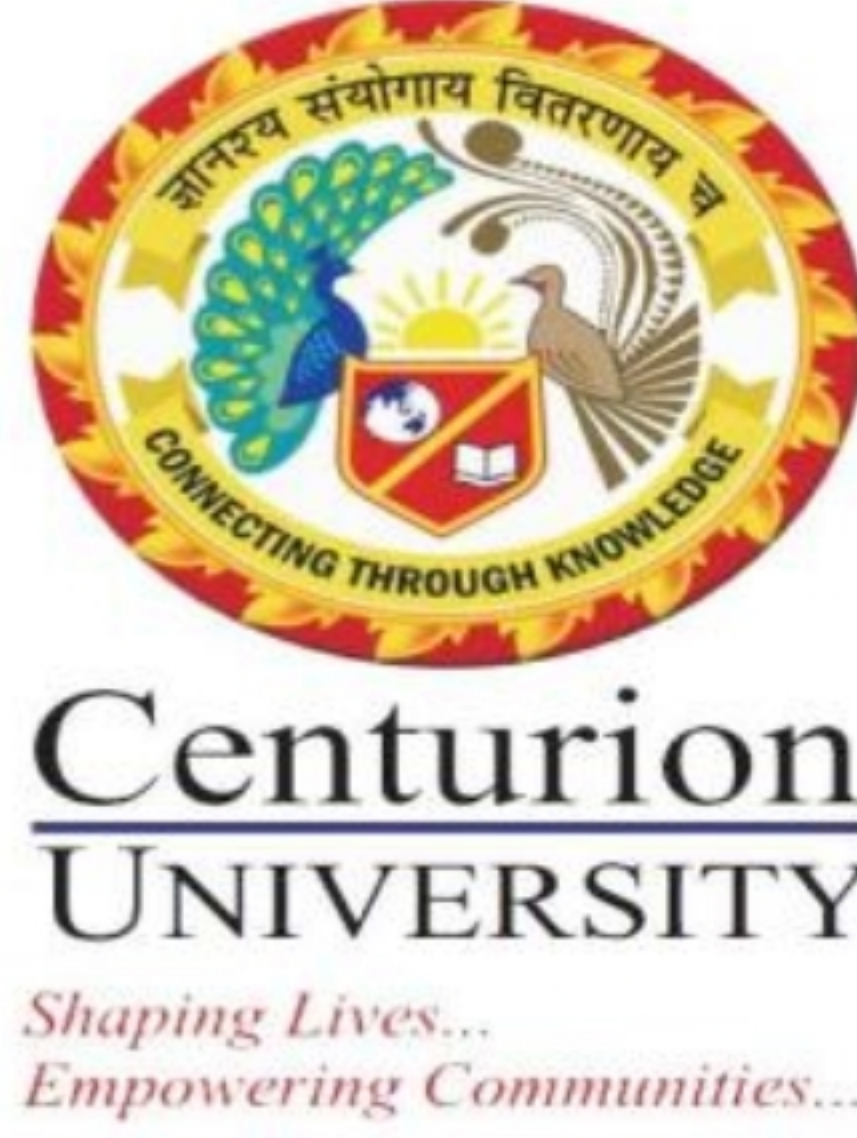
It is needless to reiterate that consuming Tobacco, Pan, Gutka, Alcoholic, Drugs, and Narcotic Substances are strictly banned in our campus and all students, staff & faculties are prohibited to consume any of these. There are many cases in the past and recent too when students lost their studentship, staff/faculties lost their job for violating the same. There is zero tolerance for the violation.

On behalf of the University, We would like to make an **Emotional Appeal** to all Students, Staff, and Faculties to stay away from all these life spoiling and killing elements. We are now facing the challenge of fighting against the regular Drug & Narcotic substance Users which is on the rise and now the number of users are all-time high. We are feeling very sorry for those who lost their studentship at the University and for their respective Parents too. There are quite a few alarming numbers of students given Compulsory TC for the same offense in the recent past.

Date: 16.12.2019



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14. Circular for Awareness Programme on "Ill Effects of Drug Abuse".

It is planned, we will interact with the Boys Hostel - 3 and 4 students. The discussion will be very interactive and effective. Some student voluntarily came forward to help their friends. Also the discussion will be held on the below mentioned points.

1. Run a well designed campaign, similar to what we have for Anti-ragging (which needs an upgrade as well). Make students aware of the risks and a zero tolerance policy towards this.
2. All hostels should have signages depicting the relevant messages at the right locations (Parthaand team can design these).
3. Make teams that conduct surprise inspections across the premises with the security guards atrandom intervals.
4. Use the CSR teams to frequently do fun events themed around prevention of drug abuse andrelated areas

Date: 23.12.2019



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15. Circular for Awareness Programme on "Ill Effects of Drug Abuse".

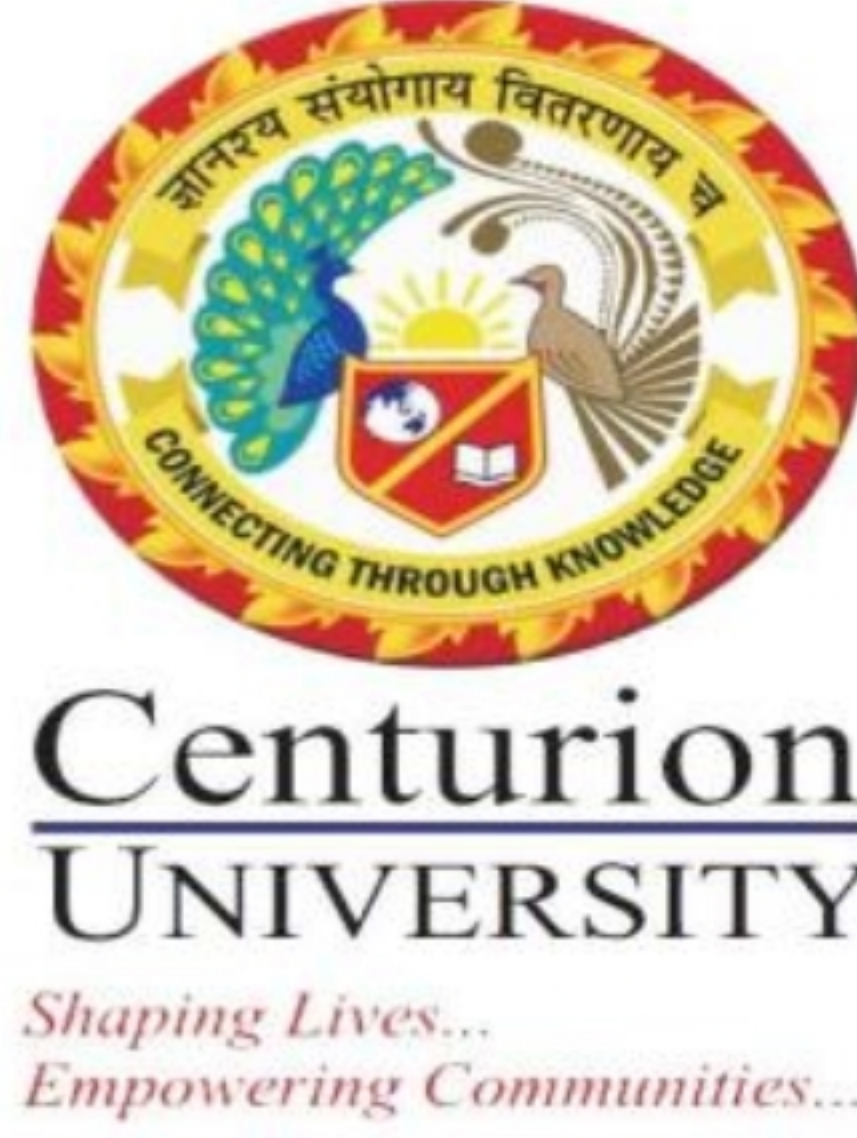
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1. Run a well designed campaign, similar to what we have for Anti-ragging (which needs an upgrade as well). Make students aware of the risks and a zero tolerance policy towards this.
2. All hostels should have signages depicting the relevant messages at the right locations (Parthaand team can design these).
3. Make teams that conduct surprise inspections across the premises with the security guards atrandom intervals.
4. Use the CSR teams to frequently do fun events themed around prevention of drug abuse andrelated areas

Date: 26.12.2019



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16. Circular for Awareness Programme on "Ill Effects of Drug Abuse".

It is planned, we will interact with the Boys Hostel students. The discussion will be very interactive and effective. Some student voluntarily came forward to help their friends. Also the discussion will be held on the below mentioned points.

1. Run a well designed campaign, similar to what we have for Anti-ragging (which needs an upgrade as well). Make students aware of the risks and a zero tolerance policy towards this.
2. All hostels should have signages depicting the relevant messages at the right locations (Parthaand team can design these).
3. Make teams that conduct surprise inspections across the premises with the security guards atrandom intervals.
4. Use the CSR teams to frequently do fun events themed around prevention of drug abuse andrelated areas

Date: 29.12.2019



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17. Circular for Awareness Programme on "Ill Effects of Drug Abuse".

It is planned, we will interact with the the Boys Hostel - 6 students (Diploma & ITI).. The discussion will be very interactive and effective. Some student voluntarily came forward to help their friends.

Also the discussion will be held on the below mentioned points.

1. Run a well designed campaign, similar to what we have for Anti-ragging (which needs an upgrade as well). Make students aware of the risks and a zero tolerance policy towards this.
2. All hostels should have signages depicting the relevant messages at the right locations (Parthaand team can design these).
3. Make teams that conduct surprise inspections across the premises with the security guards atrandom intervals.

Use the CSR teams to frequently do fun events themed around prevention of drug abuse andrelated areas

Date: 10.01.2020



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18. Circular for Awareness Programme on "Ill Effects of Drug Abuse".

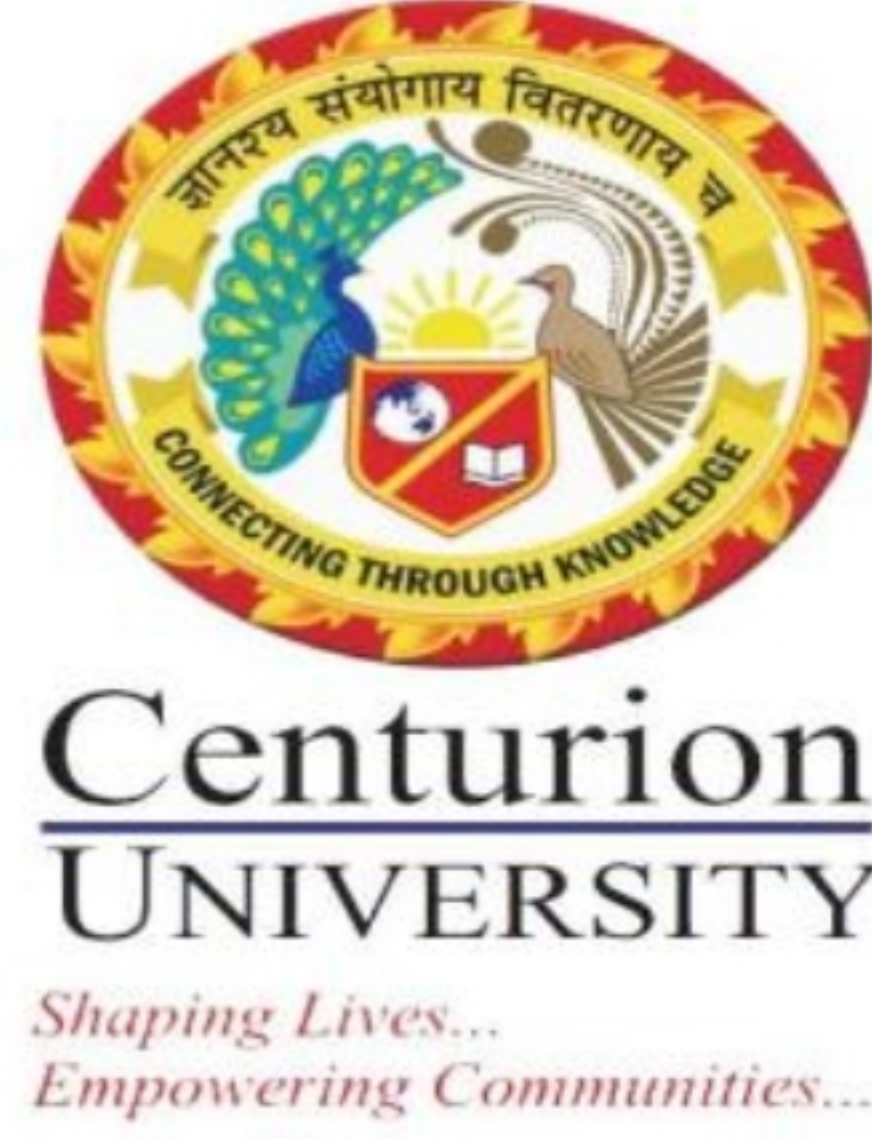
Awareness Programme on "Ill Effects of Drug Abuse"

As part of our effort to fight against the Drug/Substance/Alcohol/Tobacco/Gutka/Cigarette/Panuse on our campus, we are doing a series of awareness events on "ILL EFFECTS OF DRUG ABUSE" for hostel students.

Date: 17.01.2020



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19. Circular for Awareness Programme on "Ill Effects of Drug Abuse".

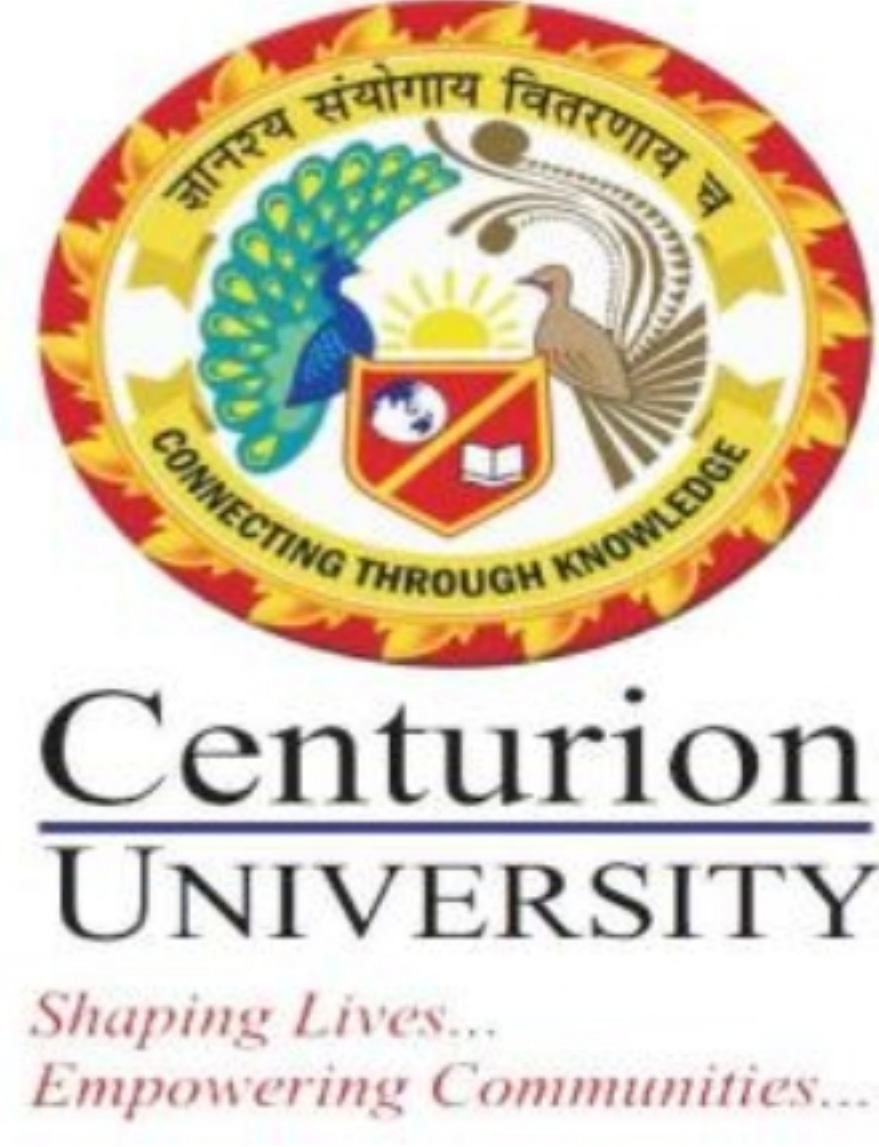
It is planned, we will interact with the Boys Hostel students. The discussion will be very interactive and effective. Some student voluntarily came forward to help their friends. Also the discussion will be held on the below mentioned points.

1. Run a well designed campaign, similar to what we have for Anti-ragging (which needs an upgrade as well). Make students aware of the risks and a zero tolerance policy towards this.
2. All hostels should have signages depicting the relevant messages at the right locations (Parthaand team can design these).
3. Make teams that conduct surprise inspections across the premises with the security guards at random intervals.
4. Use the CSR teams to frequently do fun events themed around prevention of drug abuse and related areas

Date: 24.01.2020



CONVENOR



20. Circular for Awareness Programme on "Ill Effects of Drug Abuse".

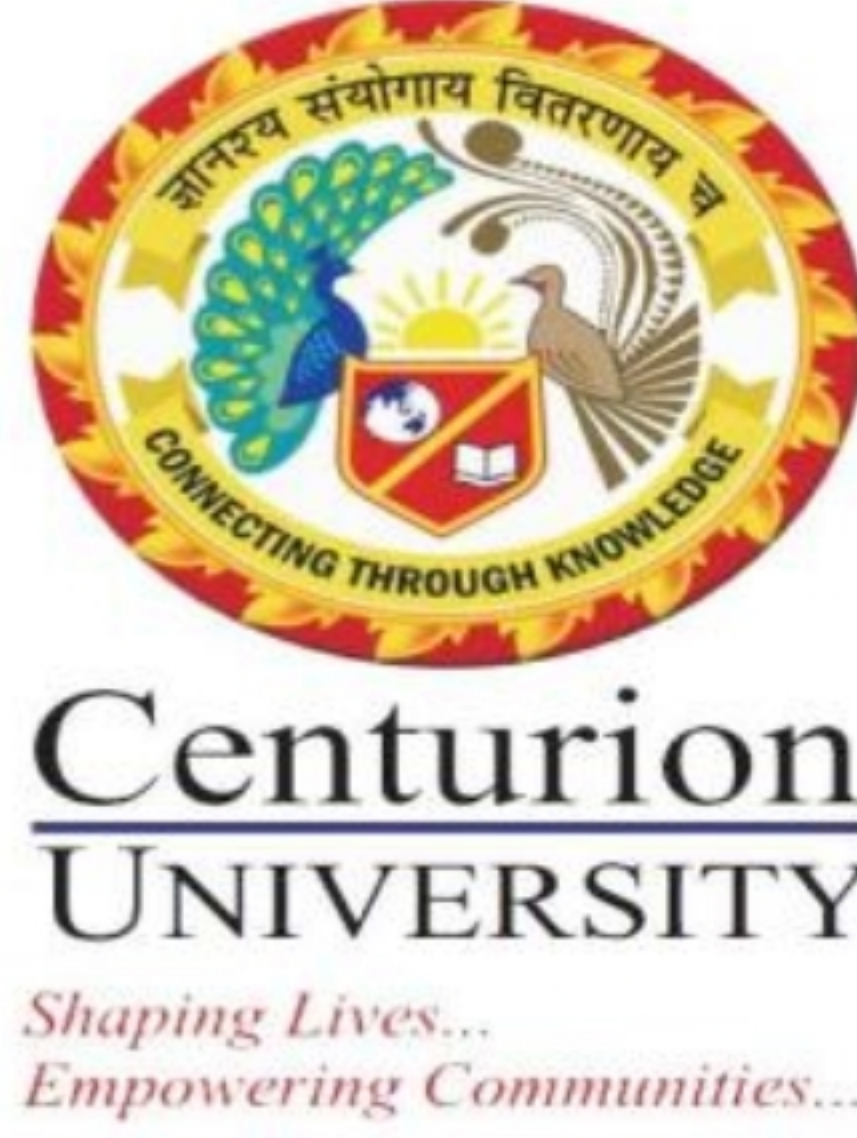
It is planned, we will interact with the Boys Hostel students. The discussion will be very interactive and effective. Some student voluntarily came forward to help their friends. Also the discussion will be held on the below mentioned points.

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2. All hostels should have signages depicting the relevant messages at the right locations (Parthaand team can design these).
3. Make teams that conduct surprise inspections across the premises with the security guards atrandom intervals.
4. Use the CSR teams to frequently do fun events themed around prevention of drug abuse andrelated areas

Date: 01.02.2020



CONVENOR



21. Circular for Awareness Programme on "Ill Effects of Drug Abuse".

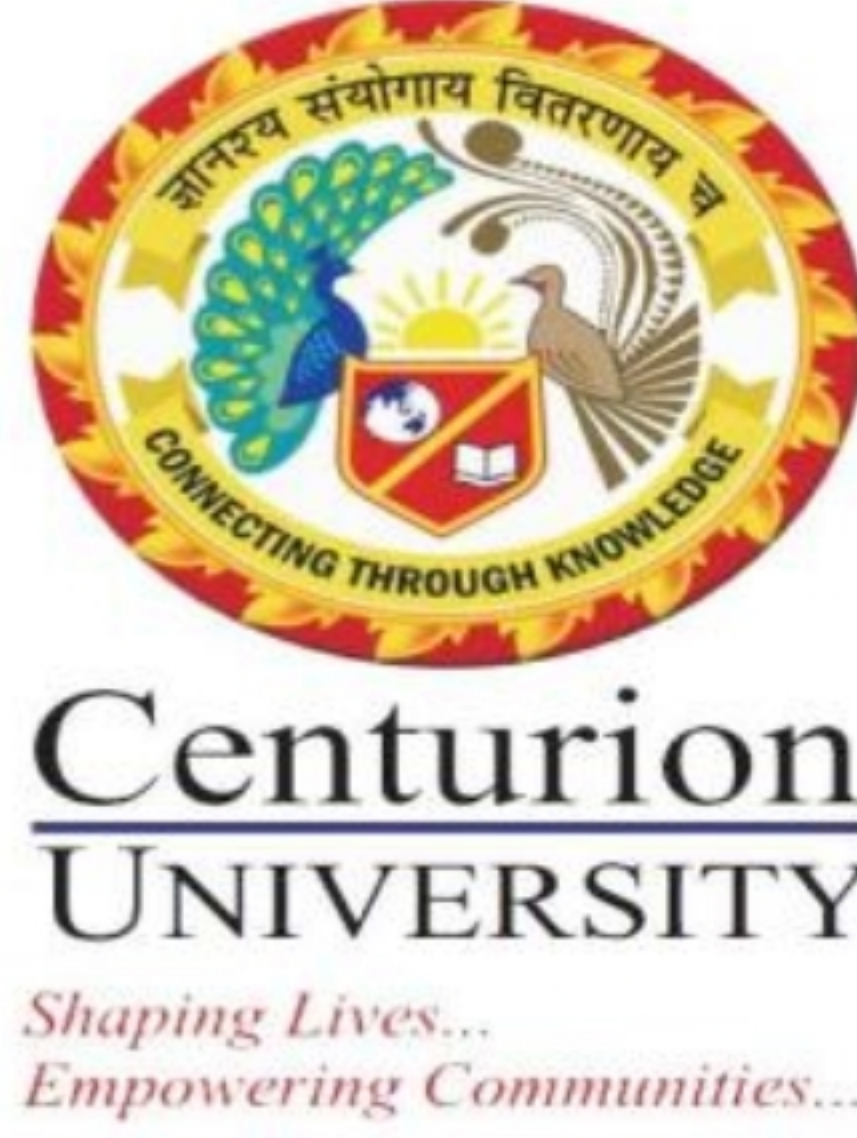
It is planned, we will interact with the Boys Hostel students. The discussion will be very interactive and effective. Some student voluntarily came forward to help their friends. Also the discussion will be held on the below mentioned points.

1. Run a well designed campaign, similar to what we have for Anti-ragging (which needs an upgrade as well). Make students aware of the risks and a zero tolerance policy towards this.
2. All hostels should have signages depicting the relevant messages at the right locations (Parthaand team can design these).
3. Make teams that conduct surprise inspections across the premises with the security guards atrandom intervals.
4. Use the CSR teams to frequently do fun events themed around prevention of drug abuse andrelated areas

Date: 06.02.2020



CONVENOR



22. Circular for Awareness Programme on "Ill Effects of Drug Abuse".

It is planned, we will interact with the Boys Hostel students. The discussion will be very interactive and effective. Some student voluntarily came forward to help their friends. Also the discussion will be held on the below mentioned points.

1. Run a well designed campaign, similar to what we have for Anti-ragging (which needs an upgrade as well). Make students aware of the risks and a zero tolerance policy towards this.
2. All hostels should have signages depicting the relevant messages at the right locations (Parthaand team can design these).
3. Make teams that conduct surprise inspections across the premises with the security guards at random intervals.
4. Use the CSR teams to frequently do fun events themed around prevention of drug abuse and related areas

Date: 14.02.2020



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23. Circular for Awareness Programme on "Ill Effects of Drug Abuse".

It is planned, we will interact with the Boys Hostel students. The discussion will be very interactive and effective. Some student voluntarily came forward to help their friends. Also the discussion will be held on the below mentioned points.

1. Run a well designed campaign, similar to what we have for Anti-ragging (which needs an upgrade as well). Make students aware of the risks and a zero tolerance policy towards this.
2. All hostels should have signages depicting the relevant messages at the right locations (Parthaand team can design these).
3. Make teams that conduct surprise inspections across the premises with the security guards at random intervals.
4. Use the CSR teams to frequently do fun events themed around prevention of drug abuse and related areas

Date: 22.02.2020



CONVENOR



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24. Circular for Awareness Programme on "Ill Effects of Drug Abuse".

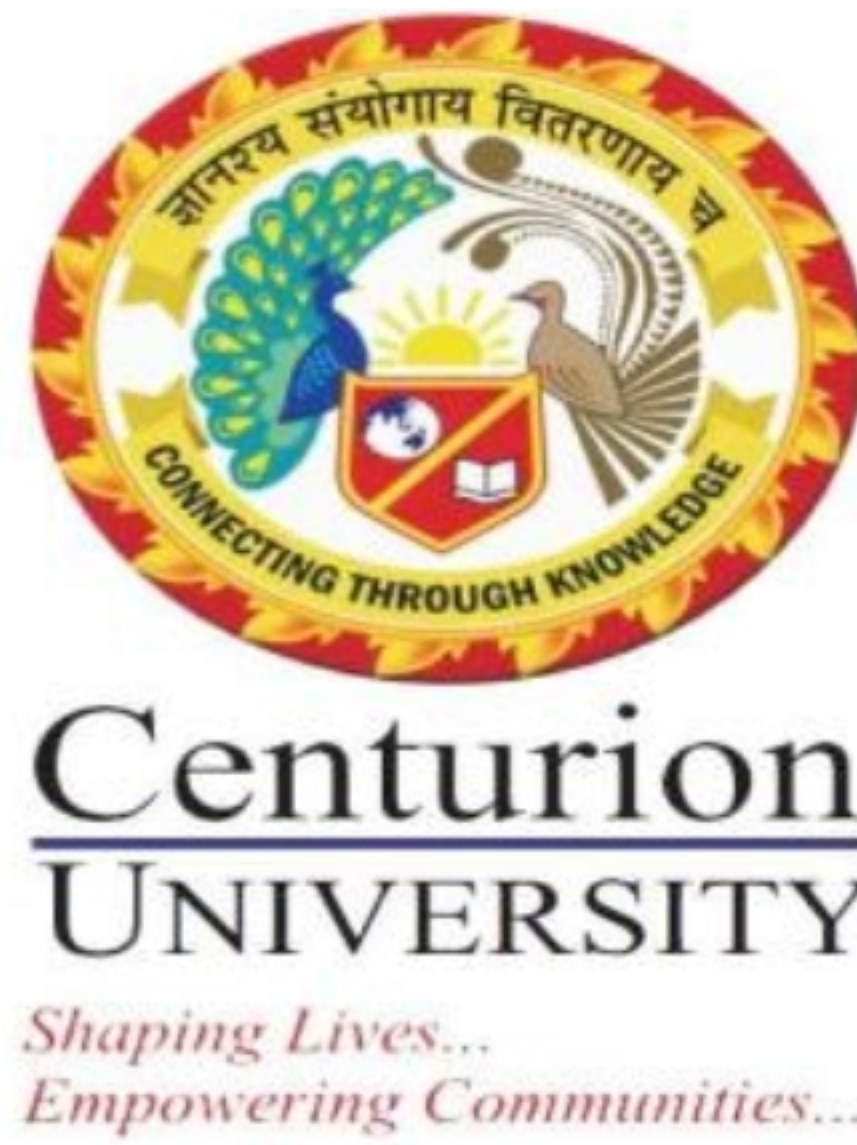
It is planned, we will interact with the Boys Hostel students. The discussion will be very interactive and effective. Some student voluntarily came forward to help their friends. Also the discussion will be held on the below mentioned points.

1. Run a well designed campaign, similar to what we have for Anti-ragging (which needs an upgrade as well). Make students aware of the risks and a zero tolerance policy towards this.
2. All hostels should have signages depicting the relevant messages at the right locations (Parthaand team can design these).
3. Make teams that conduct surprise inspections across the premises with the security guards atrandom intervals.
4. Use the CSR teams to frequently do fun events themed around prevention of drug abuse andrelated areas

Date: 29.02.2020

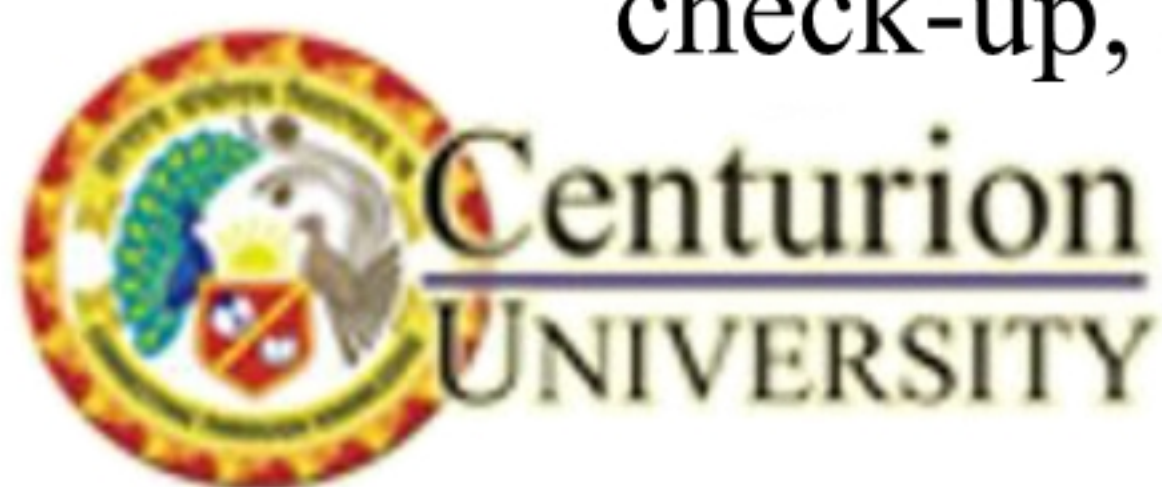


CONVENOR



25. Circular for Vision & Health Check Up Camp.

5/20/22, 5:54 PM Centurion University of Technology and Management Mail - Vision check-up, Health check-up, Free drug distribution & Pathologic...



Kula Bhusan Pradhan <kulabhusan.pradhan@cutm.ac.in>

Vision check-up, Health check-up, Free drug distribution & Pathological investigation Camp @ Gajajyoti 2020

3 messages

Dr. Sangram Keshari Swain <sangram@cutm.ac.in> Sat,
Feb 29, 2020 at 3:02 AM To: "students.cutm.bbs@cutm.ac.in"
<students.cutm.bbs@cutm.ac.in>, "all.cit@cutm.ac.in" <all.cit@cutm.ac.in>,
"allfaculty.cit" <allfaculty.cit@cutm.ac.in>, "allhod.cit" <allhod.cit@cutm.ac.in>,
GTET JATNI TEAM
<gtet.jatni.team@gramtarang.org.in>, 'LinkedIn' via CSR _ BBSR
<csr.bbsr@cutm.ac.in>, csrcoordinators.cit@cutm.ac.in Cc: Sunil Kumar Jha
<s.jha@cutm.ac.in>, GURUDUTTA PATTNAIK
<gurudutta.pattnaik@cutm.ac.in>

Dear All,

On the occasion of Gajajyoti 2020, a Vision check up, Health check up, Free drug distribution &

Pathological investigation Camp is organized by School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences as per the following details.

Date of the Camp: 5th, 6th & 7th March 2020

Time of the Camp: 10 AM to 5 PM

Venue of the Camp: Madhusudan Building Lawn

All students, staff and faculty members are requested to avail the opportunity.

--

With Thanks & Regards.....

Dr. Sangram Keshari Swain

Dean, Students' Welfare (Bhubaneswar Campus)

Professor In-Charge, Examinations

(Bhubaneswar, Bolangir, Rayagada Campus)

Associate Professor, Department of Computer

Science & Engineering (Bhubaneswar Campus)

Centurion University of Technology &

Management

Email: sangram@cutm.ac.in, Mobile: +91 99370-93949, +91-93370-93949

Website: <http://www.cutm.ac.in>


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26. Circular for Awareness Programme on "Ill Effects of Drug Abuse".

It is planned, we will interact with the Boys Hostel students. The discussion will be very interactive and effective. Some student voluntarily came forward to help their friends. Also the discussion will be held on the below mentioned points.

1. Run a well designed campaign, similar to what we have for Anti-ragging (which needs an upgrade as well). Make students aware of the risks and a zero tolerance policy towards this.
2. All hostels should have signages depicting the relevant messages at the right locations (Parthaand team can design these).
3. Make teams that conduct surprise inspections across the premises with the security guards atrandom intervals.
4. Use the CSR teams to frequently do fun events themed around prevention of drug abuse andrelated areas

Date: 13.03.2020



CONVENOR



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2018-2019



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Life Skills

(Yoga, Physical Fitness,
Health and Hygiene)

(Circulars/Brochures)

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CAMPUS
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BOLANGIR
WWW.CUTM.AC.IN

Contents	Year	Participants
Yoga and Meditation	2018-19	230
Yoga and Meditation	2018-19	260
Self Defence Programme for girls students (For All The Girls Students)	2018-19	164
Vision Check Up Camp 2nd Phase	2018-19	85
Pathological Investigation Camp	2018-19	80
Health Check Up Camp 2nd Phase	2018-19	75
Health Check Up Camp 3rd Phase	2018-19	150
Health Check Up Camp 4th phase	2018-19	150
Vision Check Up Camp	2018-19	250
Pathological Investigation Camp	2018-19	80
Motivational Talk by Swami Mukundananda On Life Skill	2018-19	250
Yoga	2018-19	105
Vision Check Up Camp	2018-19	120
Health Check Up Camp	2018-19	110

This document contains circular or brochure on life skills conducted during 2018-2019.

Anita Patra

REGISTRAR





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1. Brochure on Yoga and Meditation. (10.07.2018)

**Development of Concentration and Memory:
Application of Raja Yoga in Daily Life**



Year : 2018-19 DT: 10.07.2018

Centurion University of Technology and Management



Pre-requisites: Nil
Course Type : Audit (Workshop)
Duration : 30 Hours

Course Objectives:

- To understand the secrets of concentration and memory culture
- To understand the different mechanisms of Raja Yoga

Learning Outcomes:

- Students will be able to develop concentration abilities
- Students will be able to develop memory power

Module	Contents	Duration
Module-1	The Philosophy o Yoga	6 hours
Module-2	Yoga Sutras of Patanjali	6 hours
Module-3	Theory of Concentration	6 hours
Module-4	Practice of Concentration	6 hours
Module-5	Physical and Mental Obstacles	6 hours
	TOTAL	30 hours



CONVENOR



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2. Brochure on Yoga and Meditation.(01.08.2018)

**Development of Concentration and Memory:
Application of Raja Yoga in Daily Life**



Year : 2018-19 **DT: 01.08.2018**

Centurion University of Technology and Management



Pre-requisites: Nil
Course Type : Audit (Workshop)
Duration : 30 Hours

Course Objectives:

- To understand the secrets of concentration and memory culture
- To understand the different mechanisms of Raja Yoga

Learning Outcomes:

- Students will be able to develop concentration abilities
- Students will be able to develop memory power

Module	Contents	Duration
Module-1	The Philosophy o Yoga	6 hours
Module-2	Yoga Sutras of Patanjali	6 hours
Module-3	Theory of Concentration	6 hours
Module-4	Practice of Concentration	6 hours
Module-5	Physical and Mental Obstacles	6 hours
	TOTAL	30 hours



CONVENOR



3. Circular on Self Defence Programme for girl students (For All The Girls Students).



Kula Bhusan Pradhan <kulabhusan.pradhan@cutm.ac.in>

Campus event- Launch of self-defense training at BBSR campus

2 messages

Sibakripa Bose <sibakripa.bose@cutm.ac.in>

Tue, Aug 14, 2018 at 8:04 AM

To: all <all@cutm.ac.in>, allstudnts@cutm.ac.in, gtet.team@gramtarang.in, allstudentsudents@cutm.ac.in

Dear all,

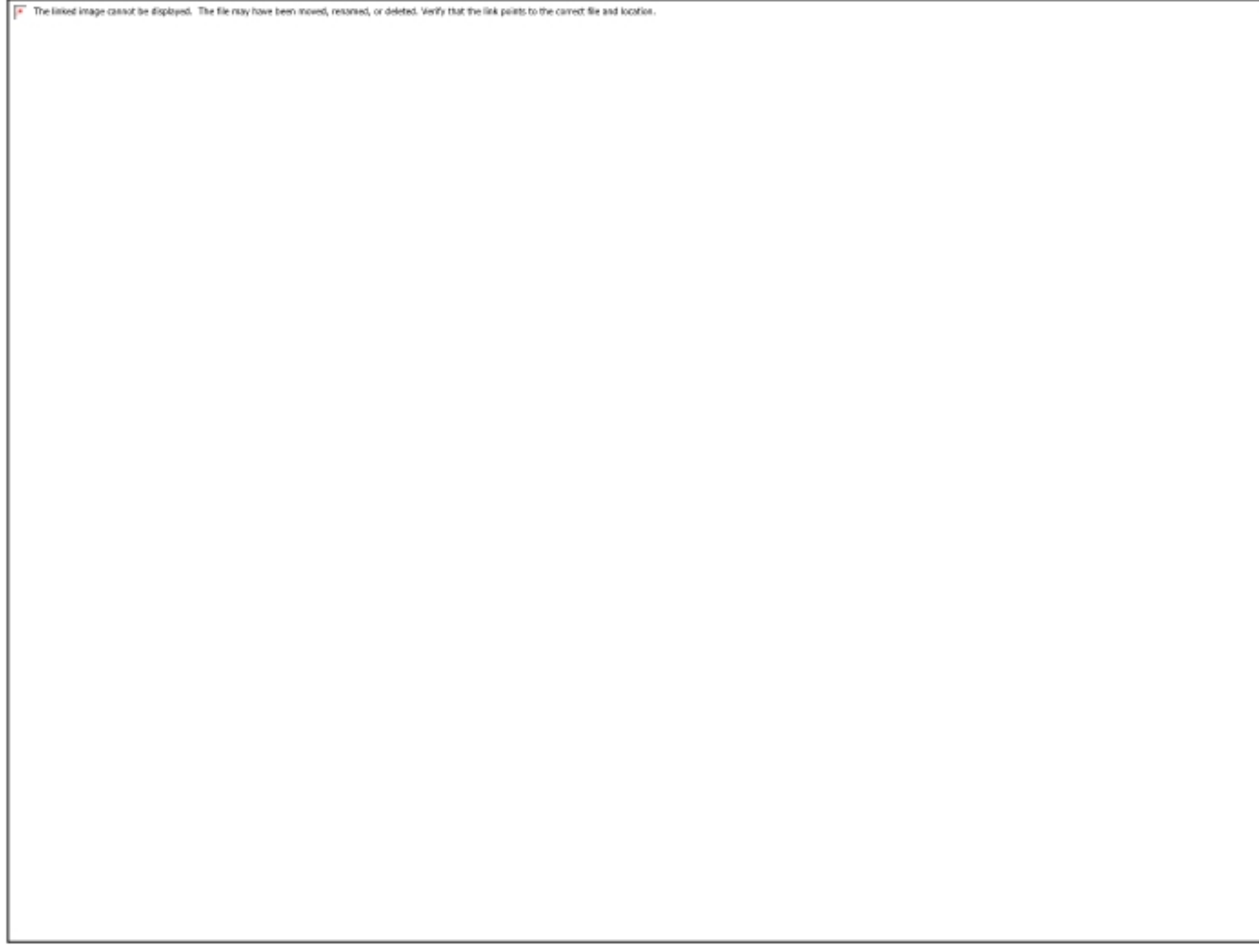
Some 80 girls will undergo a 20 days 1 hour course conducted by Odisha School of Self Defence School.

An introduction session was conducted by the Trainers on 13th instant. Students are quite excited to learn this oriental art of defending oneself.

The importance of meditation to improve concentration in self defnce was discussed with the trainers and this can be incorporated in the training module.

Thanks to the initiative of Mr. Rout Dean sports, Ms. Suchetra and Mrs lexmi to have started this much awaited activity.

With warm regards.



IMG_20180813_151121.jpg
3872K

Sibakripa Bose <sibakripa.bose@cutm.ac.in>

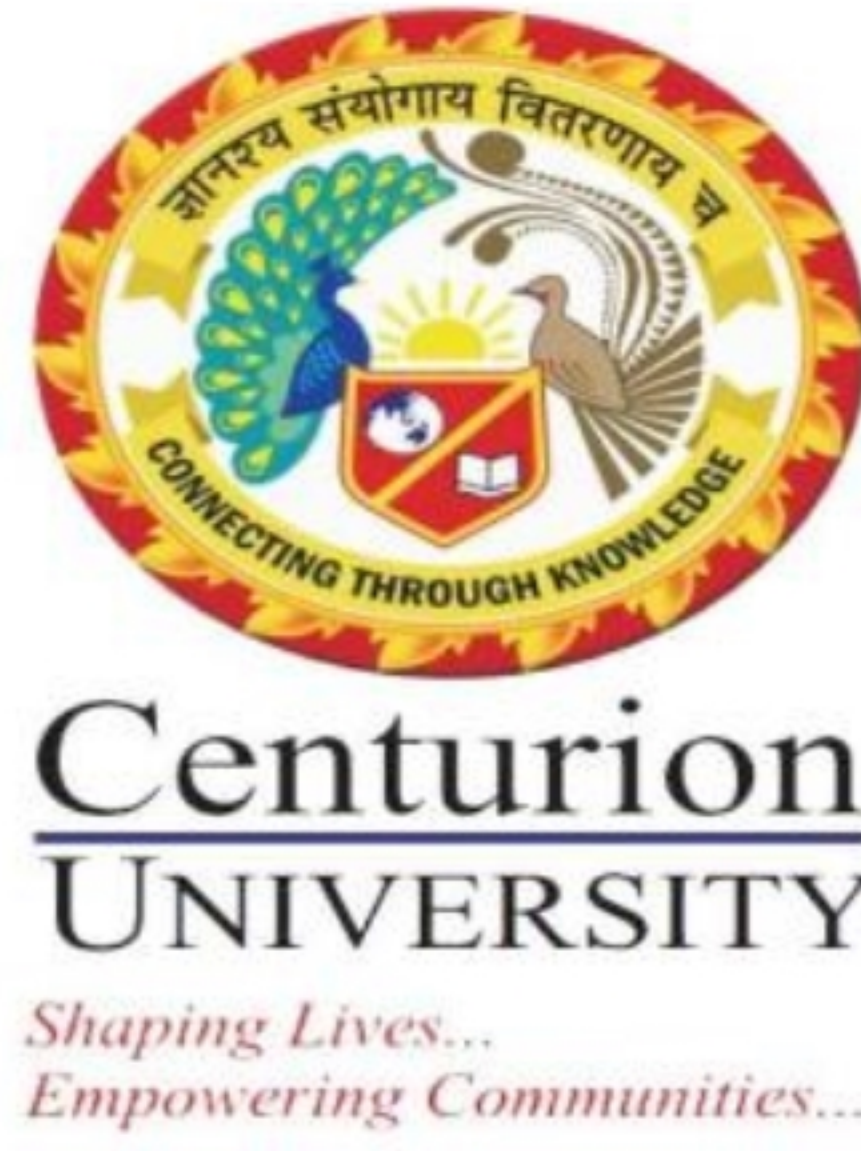
Tue, Aug 14, 2018 at 8:07 AM

To: all <all@cutm.ac.in>, gtet.team@gramtarang.in, allstudents@cutm.ac.in

[Quoted text hidden]



CONVENOR



4. Circular on Vision Check Up Camp 2nd Phase.

Vision Check Up Camp

As a part of Responsibility activity, Health Club is organizing a Vision check-up, & Health check-up Camp as per the following details. It is a joint initiative by the School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences.

Date of camp: 25/08/2018

Time & Venue of the camp:

1. Vision check-up from 2.30 PM to 4.30 PM at School of Paramedics & Allied Health Sciences (Madhusudan Building)

All students, staff and faculty members are requested to avail the opportunity. In case of any queries contact Prof. Prachi Rani Sahu @ 7381037952 & Prof. Kula Bhusan Pradhan @ 9040540620.


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5. Circular on Pathological Investigation Camp.

Pathological investigation Camp

Pathology is the study of disease. It is the bridge between science and medicine. It underpins every aspect of patient care, from diagnostic testing and treatment advice to using cutting-edge genetic technologies and preventing disease. The pathological investigation camp will be held on 25.08.2018 in our CUTM, Bhubaneswar campus.


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6. Circular on Health Check Up Camp 2nd Phase.

Health check-up Camp

As a part of Responsibility activity, Health Club is organizing a Vision check-up, & Health check-up Camp as per the following details. It is a joint initiative by the School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences.

Date of camp: 24/09/2018

Time & Venue of the camp:

1. Vision check-up from 2.30 PM to 4.30 PM at School of Paramedics & Allied Health Sciences (Madhusudan Building)
2. Health check-up from 2.30 PM to 4.30 PM at School of Paramedics & Allied Health Sciences (Madhusudan Building)

All students, staff and faculty members are requested to avail the opportunity. In case of any queries contact Prof. Prachi Rani Sahu @ 7381037952 & Prof. Kula Bhusan Pradhan @ 9040540620.


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7. Circular on Health Check Up Camp 3rd Phase.

HEALTH CAMP

As a part of Responsibility activity and Health Club initiative, the Vision check-up and Health check-up Camp is organized by the School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences on 15.10.2018.


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8. Circular on Health Check Up Camp 4th phase.

HEALTH CHECK UP CAMP

As a part of Responsibility activity and Health Club initiative, the Vision check-up and Health check-up Camp is organized by the School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences on 12.11.2018.


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9. Circular on Vision Check Up Camp.

Vision Check Up Camp

As a part of Responsibility activity, Health Club is organizing a Vision check-up, & Health check-up Camp as per the following details. It is a joint initiative by the School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences.

Date of camp: 15/12/2018

Time & Venue of the camp:

1. Vision check-up from 2.30 PM to 4.30 PM at School of Paramedics & Allied Health Sciences (Madhusudan Building)

All students, staff and faculty members are requested to avail the opportunity. In case of any queries contact Prof. Prachi Rani Sahu @ 7381037952 & Prof. Kula Bhusan Pradhan @ 9040540620.


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10. Circular on Pathological Investigation Camp.

Pathological investigation Camp

Pathology is the study of disease. It is the bridge between science and medicine. It underpins every aspect of patient care, from diagnostic testing and treatment advice to using cutting-edge genetic technologies and preventing disease. The pathological investigation camp was held on 15.01.2019 in our CUTM, Bhubaneswar campus.


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11. Circular on Motivational Talk by Swami Mukundananda On Life Skill.

MOTIVATIONAL TALK BY SWAMY MUKUNDANANDA- 23.01.2019 Swami Mukundananda delivered a speech on the theme on how to "Grow Spiritually, To be a Better Manager" at a motivational talk session organized by Centurion University of Technology and Management on 23rd January 2019.



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12. Brochure on Yoga and Meditation.(07.03.2019)

**Development of Concentration and Memory:
Application of Raja Yoga in Daily Life**



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Year : 2018-19

DT: 07.03.2019

Centurion University of Technology and Management



Pre-requisites: Nil
Course Type : Audit (Workshop)
Duration : 30 Hours

Course Objectives:

- To understand the secrets of concentration and memory culture
- To understand the different mechanisms of Raja Yoga

Learning Outcomes:

- Students will be able to develop concentration abilities
- Students will be able to develop memory power

Module	Contents	Duration
Module-1	The Philosophy of Yoga	6 hours
Module-2	Yoga Sutras of Patanjali	6 hours
Module-3	Theory of Concentration	6 hours
Module-4	Practice of Concentration	6 hours
Module-5	Physical and Mental Obstacles	6 hours
	TOTAL	30 hours



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13. Circular on Vision Check Up Camp.

Vision Check Up Camp

As a part of Responsibility activity, Health Club is organizing a Vision check-up, & Health check-up Camp as per the following details. It is a joint initiative by the School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences.

Date of camp: 12/04/2019

Time & Venue of the camp:

1. Vision check-up from 2.30 PM to 4.30 PM at School of Paramedics & Allied Health Sciences (Madhusudan Building)

All students, staff and faculty members are requested to avail the opportunity. In case of any queries contact Prof. Prachi Rani Sahu @ 7381037952 & Prof. Kula Bhusan Pradhan @ 9040540620.


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14. Circular on Health Check Up Camp.

HEALTH CHECK UP CAMP

As a part of Responsibility activity and Health Club initiative, the Vision check-up and Health check-up Camp is organized by the School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences on 12.04.2019.


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2017-2018



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Life Skills

(Yoga, Physical Fitness,
Health and Hygiene)

(Circulars/Brochures)

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CAMPUS
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BOLANGIR
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Contents	Year	Participants
Yoga and Meditation (SOET)	2017-18	350
Be a Contributor	2017-18	260
Health Check Up Camp	2017-18	150
Vision Check Up Camp	2017-18	219

This document contains brochures/circulars on life skills conducted during 2017-2018

Anita Patra

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- Brochure on Yoga and Meditation (SOET) 14-08-2017 to 15-09-2017

**Development of Concentration and Memory:
Application of Raja Yoga in Daily Life**



DT: 14-08-2017 to 15-09-2017

Centurion University of Technology and Management



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Pre-requisites: Nil
Course Type : Audit (Workshop)
Duration : 30 Hours

Course Objectives:

- To understand the secrets of concentration and memory culture
- To understand the different mechanisms of Raja Yoga

Learning Outcomes:

- Students will be able to develop concentration abilities
- Students will be able to develop memory power

Module	Contents	Duration
Module-1	The Philosophy of Yoga	6 hours
Module-2	Yoga Sutras of Patanjali	6 hours
Module-3	Theory of Concentration	6 hours
Module-4	Practice of Concentration	6 hours
Module-5	Physical and Mental Obstacles	6 hours
	TOTAL	30 hours



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2. Brochure on Be A Contributor (25.12.2017)

- i. The Class Engagement Books (for each unit)



Students fill in the book, in the class, while going through a class engagement

- ii. The Program App (Channel Illumine App)



The app is used along with the book to create a rich learning experience



Participants scan the QR-code given in the book to open the relevant app unit.

~ 4hrs for Book and App engagement.

Rajna Pani



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1. Circular on Health Check Up Camp (20.04.2018)

HEALTH CHECK UP CAMP

As a part of Responsibility activity and Health Club initiative, the **Health check-up Camp** will be organized by the **School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences on 20 April 2018.**


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2. Circular on Vision Check Up Camp (08.05.2018)

Vision Check up camp

The School of Paramedics and Allied Health Sciences (SPAHS) is going to organize Free Eye Care camp on 8th May 2018. Our students, staffs and faculties can participate in the this **Vision Check up camp**.


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