

2021-2022



Centurion
UNIVERSITY

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

Life Skills

(Yoga, Physical Fitness,
Health and Hygiene)

(Reports)

CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT

CORPORATE OFFICE
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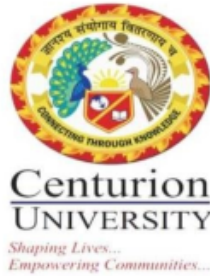
Contents	Year	Participants
Ayurveda Center_Centurion Ayurveda Wellness Center Services	2021-22	120
Yoga	2021-22	40
Sports Meet	2021-22	300
Yoga for holistic health	2021-22	50
Swimming and Yoga	2021-22	90
Yoga Skills for Promotion towards International Day of Yoga 2022	2021-22	50
Series of Awareness Program: 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 reports on life skills conducted during 2021-2022

Anita Patra

REGISTRAR





1. Report on Circular on Ayurveda Center Centurion Ayurveda Wellness Center Services.

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.

To Name a Few that I treat,

Diabetes.
Hypertension.
Dyslipidemia (High Cholesterol).
Joint Pains.
Low Back Pain, Lumbar Spondylosis.
Cervical Spondylosis.
Hyperacidity.
Gastric Complaints.
Loss of Sleep.
Headache.
Gynecological Issues.
Premature Hair Fall.
Dandruff.
Acne.
Skin conditions.
Stress and Anxiety.
Pediatric conditions,
and Many more health conditions....

We have 2 fully equipped Ayurveda (Spa) Therapy Rooms with Trained Kerala Panchakarma Therapists who would perform therapies under supervision of me.

Few therapy Names that they perform are,

1. Rejuvenation Body Massage with Herbal Steam:

2. Shirodhara
3. Head Massage.
4. Local Massage.
5. Abhyangam (Half Body or Local massage).
6. Herbal Facial therapies.
7. Foot Massage.

and many more therapies are done at discounted prices and special prices for all the Faculty Members (family members) and students. All the therapies are at very nominal and affordable, cheaper compared to other centers.

Soon we are launching a mobile application wherein you can book your appointments for consultations and maintain your health record on go.

Date: 23.02.2022

Participants: 120



CONVENOR



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2. Report on Yoga.

Event Details

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing. It also helps in increasing flexibility, muscle strength and body tone. Yoga can help with this, by reducing stress and adding confidence to help make your mind clearer and produce a sense of peace. Many students find that yoga helps with controlling emotions and increases the ability to deal with situations that are frustrating. A total session of 30 hours of training has given to the 40 students.

Date: 03.03.2022

Participants: 40



Students Practicing Yoga



CONVENOR



3. Report on Sports Meet.

The Inter Campus Sports meet was organised in the last week of March 2022. In this current year the University Sports council was introduced four new events for the girls students. A total 300 students participated in different events.

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

Date: 09.03.2022



CONVENOR



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4. Report on Yoga for holistic health.

Event Details

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing. It also helps in increasing flexibility, muscle strength and body tone. Yoga can help with this, by reducing stress and adding confidence to help make your mind clearer and produce a sense of peace. Many students find that yoga helps with controlling emotions and increases the ability to deal with situations that are frustrating. A total session of 30 hours of training has given to the 50 students.

Date: 11.03.2022



Yoga for Holistic Health



CONVENOR



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5. Report on Swimming and Yoga.

Swimming Training

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.

Advance swimming stamina in all four strokes while maintaining technique was practically demonstrated in the programme. Further, improving efficiency in all four strokes and developing turn technique for all four strokes were also part of the programme. In the programme, special attentions were given to knowledge and understanding of club training practices.

Date: 18.03.2022

Participants: 90



Swimming Training



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6. Report on Yoga Skills for Promotion towards International Day of Yoga 2022.

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

Date: 01.04.2022

Participants: 50

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.



6. Share the importance of Yoga during World Health Day Seminar.



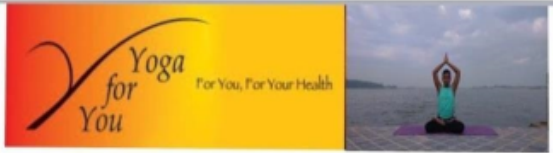
7. Perform Drama for making awareness about Yoga for Better Life.



8. Develop students Social Media Group and shares various Yogic quotes, photos and Videos.

Grow your life- by doing duties a little and a little

Eat a little, drink a little,	Talk a little, sleep a little,
Mix a little, move a little,	Serve a little, rest a little,
Work a little, relax a little,	Study a little, worship a little,
Do Yogasana a little,	Pranayama a little,
Reflect a little,	Meditate a little,
Do Japa a little,	do Kirtan a little,
Write Mantra a little,	have Satsanga a little.
Serve, Love, Give, Purify,	Meditate and Realize.
Be Good, Do good;	Be kind, Be compassionate.
Enquire 'Who am I?'	Know the Self and be Free.



CONCLUSION

Finally, live with attitude of " **Be GOOD and Do GOOD.**"

"Serve – To society."

"Love – To all living beings."

"Purify – our hearts & brains with good thoughts."

"Meditate and Realize – Own self."

So, **DON'T** wait for tomorrow.....

Let's start Practicing YOGA from TODAY & now onwards...

9. Sharing Videos by our University's YouTube Channel.



10. Planning for connecting with Morarji Desai National Institute of Yoga, New Delhi to be a Part of Organizer towards 100 days Count down of Celebration of International Yoga Day.

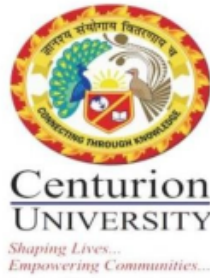
11. Preparing to arrange weekly (2 times) Yoga & Meditation Discourse with Students till 21st June.

12. Planning 3 days Yoga Camp within all our Campus and aware all members of University to develop good health and happiness through Yoga.

13. And many more...

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

CONVENOR



7. Report on Series of Awareness Program: Motivational Speeches on Happy and Healthy Living.

As part of the Series of Awareness Program: Motivational Speeches on "HAPPY & HEALTHY LIVING" & Demonstration Session on "YOGA & MEDITATION", for our students, we have conducted the first session today i.e. 5th April. It was arranged for 200+ 1st year boys hostel students.

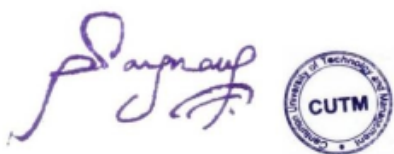
After the awareness session, a powerful motivational speech was conducted by an external speaker Dr. Nijwm Wary (Asst. Prof., Dept. of Electrical Sciences, IIT Bhubaneswar). Dr. Nijwm is an IITian and a Youth motivational speaker. The brief profile is attached with this email. Being inspired by the message of Bhagavad Gita and understanding the urgency of spreading this message among students i.e to protect them from self-destructive bad habits and to help them balance their ambitions with values, he has upgraded his profession from an Engineer to a Counsellor / Teacher.

He guided students to lead a principle centered life based on the teachings of Bhagavad Gita. He delivered his lectures on "Power of Habits" to the students. His lectures were filled with lucid examples and real life applications which made a great impact on the audience. Thank You everyone for helping us in conducting and coordinating these programs smoothly. Please find some photographs of the session.

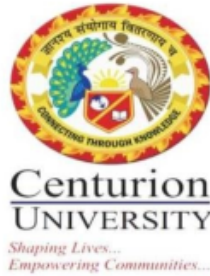
Then the Demonstration Session on Yoga and Meditation was conducted by Mr. Pradeep Sahoo, Programme Associate(Holistic Health), CUTM. We will be continuing with the Awareness Program along with the Motivational Speeches on "HAPPY & HEALTHY LIVING" in association with the "Inspire Youth Forum" by various 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 you.



Awareness Programme



CONVENOR



8. Report on SPAHS World Health.

The World Health Day was celebrated in Centurion University, Bhubaneswar Campus on 7th April' 2022(Thursday). Participants 60.

The event was graced and inaugurated by Prof. Jagannath Padhi (Director, CUTM BBSR Campus)

The event witnessed the presence of eminent speakers:

Dr. D.P. Rath (MD Pathology, Former Director Blood Bank, Kalinga Hospital, Bhubaneswar), enriched the knowledge of participants by discussed on the health and hygiene. He encourages our students for blood donation. He also discussed about the history of the Blood bank.

Dr. Samanyoya Gochhayat, (MD Hematology) Director Svasthya Laboratories, Bhubaneswar) discussed on WHO, its goal – “Health for All”. He advised the students to practice in their day to day life for good health and self hygiene.

Mrs. Meghna Sahoo, Community Health Worker and GM Dr Lal Pathlabs Pvt. Ltd. She presented on the topic Law and Reality of Transgender in India. She also focused on the mental health and the transgender health. She discussed about the major challenges in India for transgender communities.

Dr Debasis Sahoo- Focused on health and hygiene and also the role of medical lab technicians in the healthcare field. He also discussed about the importance of health for the health care professionals. He also explained in detail about Biomedical Waste Management.

Prof (Dr) Supriya Pattanayak focuses on the health condition during COVID Pandemic. She also advised everyone to focus on physical activities and yoga practice on a daily basis.

We thank all the dignitaries for making this event a success.

Thank you to all the faculty & staff members of SoPAHS. We also thank the Administration, MRC Team, and Hospitality Team for their constant support and cooperation.

Special thanks to all the Student Volunteers/ Coordinators for their dedication & disciplined cooperation throughout the event.

Thanks to all the participants and congratulations to all the winners of the different events. Find the photographs link of World Health Day 2022:

Link: <https://photos.app.goo.gl/KUN7DsNxU63CcmUD9>

Thank You.

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/>

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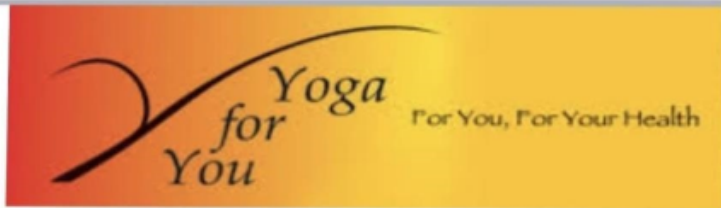
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Empowering Communities...*

9. Report on World Health Day.

Date: 07.04.2022

Participants: 40





CONCLUSION

Finally, live with attitude of “ **Be GOOD and Do GOOD.**”

“**Serve – To society.**”

“**Love – To all living beings.**”

“**Purify – our hearts & brains with good thoughts.**”

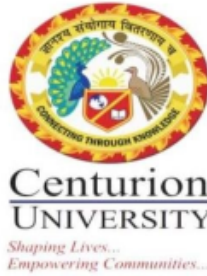
“**Meditate and Realize – Own self.**”

So, DON'T wait for tomorrow.....

Let's start Practicing YOGA from TODAY & now onwards...



CONVENOR



10. Report on Life skills (Yoga, physical fitness, health and hygiene).

Yoga Event Details

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing. It also helps in increasing flexibility, muscle strength and body tone. Yoga can help with this, by reducing stress and adding confidence to help make your mind clearer and produce a sense of peace. Many students find that yoga helps with controlling emotions and increases the ability to deal with situations that are frustrating. A total session of 30 hours of training has given to the 450 students.

1. Yoga For Students

- Date: 07.04.2022
- 18 students were involved from different schools



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11. Report on Free Yoga Training.

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing. It also helps in increasing flexibility, muscle strength and body tone. Yoga can help with this, by reducing stress and adding confidence to help make your mind clearer and produce a sense of peace. Many students find that yoga helps with controlling emotions and increases the ability to deal with situations that are frustrating. A total session of 30 hours of training has given to the 100 students, date: 12.04.2022 .



CONVENOR



12. Report on Yoga Mahotsav.

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. 60 students Participated.

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, Aryabhatta 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.





Yoga Mahotsav



CONVENOR



13. Report on World Asthma Day.

World Asthma Day is observed every year on the first Tuesday of May to spread awareness and care about asthma in the world. This year it falls on 3rd of May 2022. An annual event is organised by the Global Initiative for Asthma. This year the theme is 'Closing Gaps in Asthma Care'. Asthma, the chronic inflammatory disease of the airways, affects 300 million people worldwide and India alone has 15 million asthma patients.

Participants: 45

History of World Asthma Day:

World Asthma Day is annually organized by the Global Initiative for Asthma (GINA). In 1998, the first World Asthma Day was celebrated in more than 35 countries in conjunction with the first World Asthma Meeting in Barcelona, Spain.

What is Asthma?

- Asthma is a chronic disease of the lungs that causes breathing problems. Symptoms of asthma include breathlessness, coughing, wheezing and a feeling of tightness in the chest. These symptoms vary in frequency and severity.
- When the symptoms are not under control, the airways can become inflamed making breathing difficult. Whilst asthma can not be cured, the symptoms can be controlled enabling people with asthma to live full lives.
- It is a long-term disease, which makes your airways narrow and swell and may produce extra mucus. A person suffering from asthma can have difficulty in breathing, which can trigger coughing, wheezing and chest tightness.



Centurion
Ayurveda Wellness Center

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cawc@cutm.ac.in | www.centurionayurveda.com



CLOSING GAPS IN ASTHMA CARE

World Asthma Day • May 3, 2022

RESPIRATION IS EASIER
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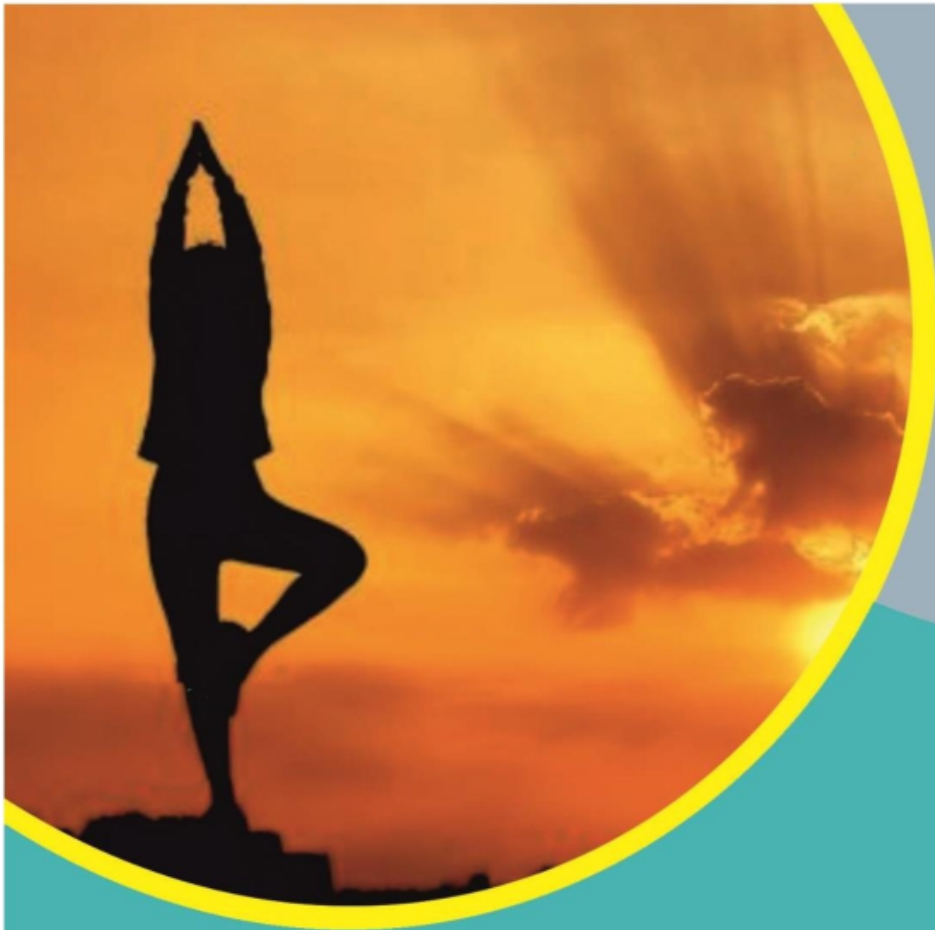
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REGISTRAR



2020-2021



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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.



1. Report 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.**

India's second wave of the coronavirus disease has been aggravated by lack of adherence to COVID appropriate safety protocols and the circulation of highly infectious strains of SARS-CoV-2. India's Covid-19 crisis is unfolding in primarily 15 states (Maharashtra, Uttar Pradesh, Delhi, Chhattisgarh, Karnataka, Kerala, Tamil Nadu, Madhya Pradesh, Gujarat, Jharkhand, West Bengal, Andhra Pradesh, Telangana, Rajasthan and Odisha). Due to this, these states have imposed several curbs and restrictions to break the chain of transmission of the cases.

Odisha recorded a massive over 2 lakh new Covid-19 infections in the last 30-days and if the current rate of growth continues then the number will go beyond our control.

Therefore we will make a team of some students, staff and faculty members who will provide 24*7 support to the needy related to disease. The team will also provide information support service (as per WHO & Govt. guidelines) to the patient and family members about hospital, bed, medicine, oxygen, food and post COVID precautions.

Date: 08.05.2021

Participants: 68

When going to a health care facility of any kind

In areas where **COVID-19** is spreading



Maintain a distance of at least 1 metre from others



Clean hands frequently



Wear a mask

COVID WARRIORS



CONVENOR



2. Report on Unlocked in Lockdown: Season 2

"Unlocked in Lockdown: Season 2"

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 was 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.**

The students were 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.

Date: 07.05.2021

Participants: 191

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)

Tracks Details:

1. Embracing the Nature: (Dr. Sangram K. Swain)

- You can try your hand at growing/nurturing plants

- Creating a medicinal plant garden or kitchen garden or flower garden etc.
- Create saplings for the garden
- Capture the Change in Nature with Humans at Home
- Etc.

Themes:

- Lockdown memories

Mode:

- Tangible activity

Submission:

- Online

Output:

- Online report

2. Paint your dreams: (Dr. Atanu Deb)

- Gather all your paint brushes lying unused. Start exploring your creative mind to paint.
- You can also use plastic spoons, visiting cards or your hands to do some artistic work.
- There are many websites that suggest painting ideas for the day. You can set aside an hour every day and experiment with these ideas.
- Draw, paint, sketch or any other form of expression you are comfortable with. Etc.

Themes:

- Lockdown memories

Mode:

- Digital
- Sketching and Inking
- Watercolour, Acrylic and others

Training and Submission:

- Oneday online workshop will be conducted.
- Students have to Submit their paintings in JPEG format. (via e-mail)

Output:

- Online e-book

3. Learning/Teaching new tools and techniques: (Dr. Atanu Deb)

- You can use this time to take up online FREE courses, MOOC courses around/beyond your disciplines in platforms (UDEMY, Coursera, Edx, Swayam etc) and earn certificate.
- You can teach students (Schools/College) and friends some technology tools using free ONLINE platforms (Zoom etc.) on something beneficial for them (Example: How to create using Adobe Spark, Google Cloud etc.).
- You can create your own YOUTUBE Channel on something you are extremely good at.
- You can teach the elderly how to use the Digital Utility Tools (Netbanking, Email, IRCTC etc.)
- Etc.

Themes:

- Lockdown memories

Mode:

- Online activity

Submission:

- Online

Output:

- Online report

4. Build on your family relationships/ The Family Story: (Dr. Sangram K. Swain)

- This is your chance to strengthen your relationships back home. One way to do that is by bonding through activities – such as reading books to your grandparents or helping your parents in their chores like shopping, cooking, gardening or cleaning.
- This is the best time to spend time with your family. During your busy school or college lives, you may not get enough time to talk to your family and spend quality time with them.
- Help your parents in the household chores or spend some extra time with your grandparents.
- You can investigate more into your family history from your parents, grandparents, and record amazing story about your fore parents and grand fore parents of last 5 to 6 generations in “My Family Story”.
- Etc.

Themes:

- Lockdown memories

Mode:

- Tangible activity

Submission:

- Online

Output:

- Online report

5. Read a book and Learn how to write a review/ story: (Dr. Atanu Deb)

- A good book can transform you so don't wait! There are many good books you can find online.
- It is always good to get lost in a good book. They are the perfect way to spend long lockdown days.

More Ideas:

- While learning a new language has multiple benefits and is a fun experience, it needs focus and dedication. There are many websites and apps that offer language courses. Some of them even offer a certificate after you complete the course.
- You can opt for online classes and apps that offer easy ways to learn a new language. It is not only fun; they add a lot of value to your professional life. Etc.

Training and Submission:

- Oneday online workshop on 'Review and Critical Thinking' will be conducted.
- Workshop on story writing
- Students have to Submit their reviews in word format

Output:

- Online Blogs

Themes:

- Lockdown memories

Mode:

- Online/Offline activity

Submission:

- Online

Output:

- Online report

6. Videography, Photography and Creating a collage: (Dr. Atanu Deb)

- If you have a good camera, go and capture the photographs based on a theme.
- If you have countless photographs on your smartphone, then this is a good activity for you.
- All you have to do is print out your favourite photographs on a paper and then cut them out. Take any cardboard box like an old shoebox or a garment box to prepare your cardboard base.
- This is a good time to spend organizing them into collages, maybe for your room or your friends. It gives you something to do. Etc.

Themes:

- Lockdown memories

Mode:

- Digital

Training and Submission:

- Oneday online workshop will be conducted.
- Students have to Submit their paintings in JPEG format. (via e-mail)

Output:

- Album, Video Snipage and Video article

7. Social Responsibility activity in our community: (Dr. Sangram K. Swain)

- Take time out and clean the closet thoroughly.
- Feed the poor during the lockdown.
- Arrange the things you need neatly and place them in your closet. You can give away the things you no longer need like old clothes or books to charity.
- Use your time during the lockdown wisely because time once gone can never be regained.
- Capture the Uniqueness (in Culture, Food, Craft, Arts, People, Environment etc) existing in your locality (Village/Town/City) and prepare a report "**The Local Diary**".

Themes:

- Lockdown memories

Mode:

- Online/Offline activity

Submission:

- Online

Output:

- Online report

8. Preparing Traditional Food: (Dr. Sangram K. Swain)

- Preparing foods like our Mother's prepared food.
- Traditional cuisines based on local taste
- Etc.

Themes:

- Lockdown memories

Mode:

- Online activity

Submission:

- Online

Output:

- Online report

9. Cultural Track: (Dr. Sangram K. Swain)

- Singing
- Dancing
- Drama
- Comedy
- Writing a article
- Writing a blog
- Participating in SPIC MACAY program
- Etc.

Themes:

- Lockdown memories

Mode:

- Online/Offline activity

Submission:

- Online

Output:

- Online report

10. Best out of Waste: (Dr. Sangram K. Swain)

- Anything creative stuff out of the waste.
- Etc.

Themes:

- Lockdown memories

Mode:

- Offline activity

Submission:

- Online

Output:

- Online report

11. Sports, Yoga & Meditation: (Dr. Atanu Deb)

- Any indoor sports activities.
- Yoga & Meditation activities.
- Healthy tips to fight against Corona
- Etc.

Themes:

- Lockdown memories

Mode:

- Online/Offline activity

Submission:

- Online

Output:

- Online report

12. Any New Innovation/Creativity (Dr. Atanu Deb)

- Spend time to play new computer games.
- Watch and learn from good TV shows. Etc.

Training and Submission:

- Oneyday online workshop will be conducted.

Output:

- Online showcase

Themes:

- Lockdown memories

Mode:

- Online/Offline activity

Submission:

- Online

Output:

- Online report

Other Details:

- Registration: Google form
- Mentoring: Name of the mentor mentioned along with the track
- Capturing activities: Report including Photo, Audio, Video
- Mode of submission: Online
- Evaluation: Evidential Outcome and Report
- Award & Recognition:

All participants will get e-participation certificate

Winners of each category will get merit certificate and suitable prize

Time lines:

- Registration: 7th - 13th May 2021
- New activities capturing: 15th May - 13th June 2021
- You may add if did any activities during: 15th April – 14th May 2021
- Submission of Report: 14th - 20th June 2021 (Details will be shared on how to submit)
- Evaluation: 21st - 27th June 2021
- Declaration of Result: 30th June 2021



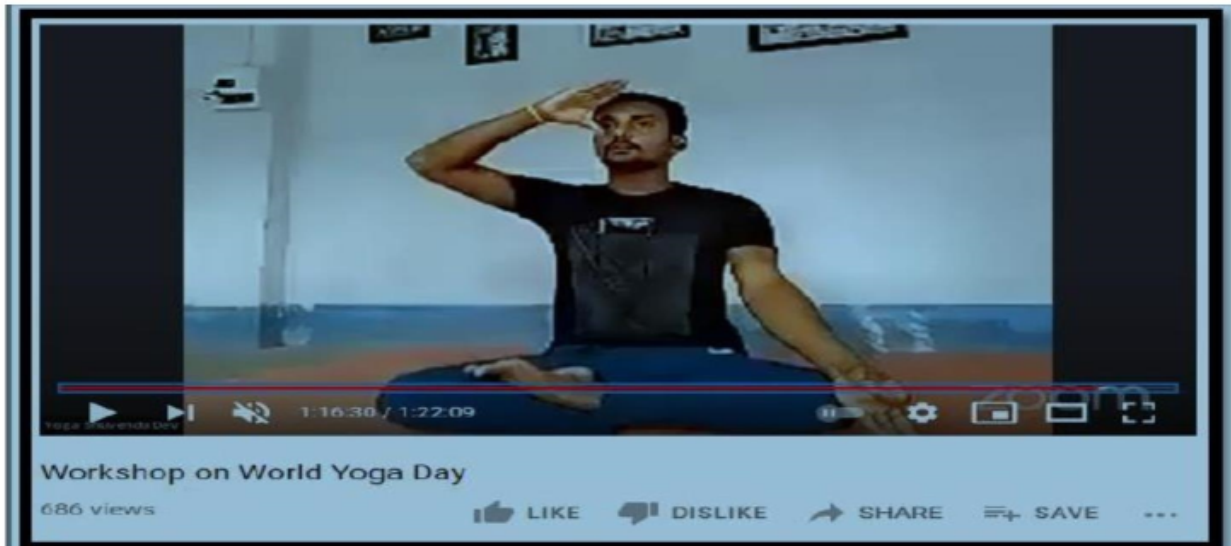
CONVENOR



3. Report 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 had been 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).





International Day of Yoga

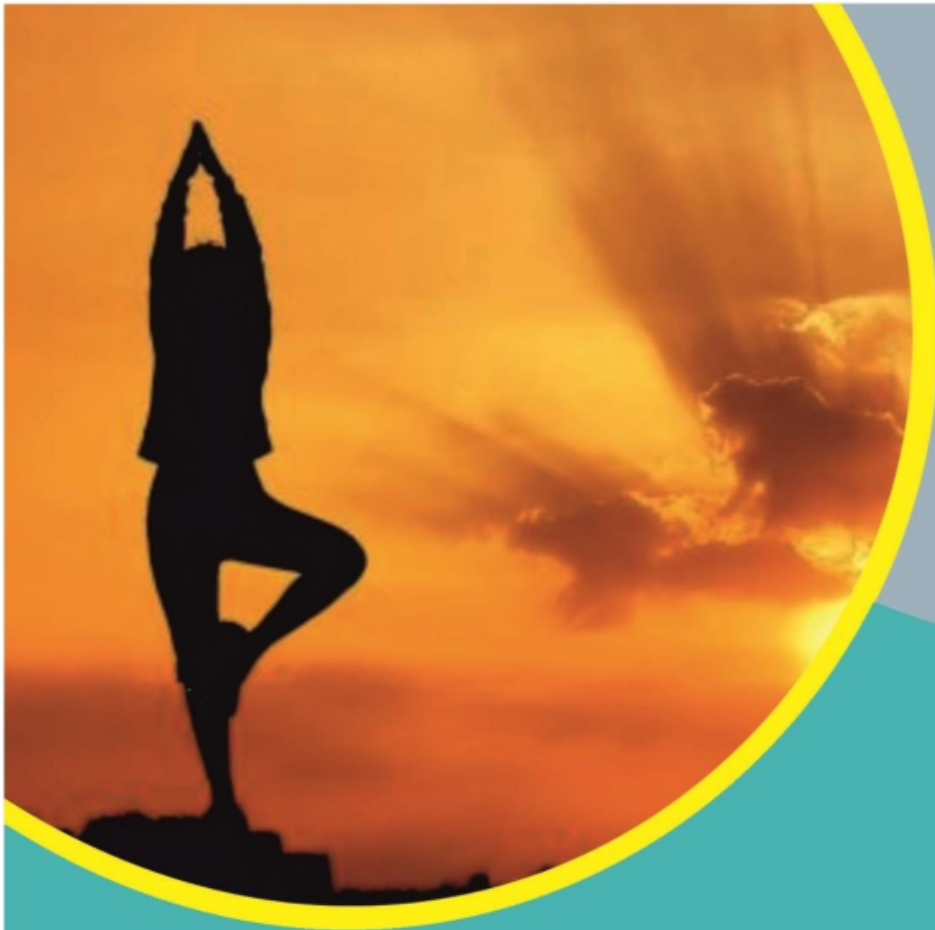


CONVENOR

REGISTRAR



2018-2019



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

Life Skills

(Yoga, Physical Fitness,
Health and Hygiene)

(Reports)

CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT

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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

Anita Patra

REGISTRAR



This document contains reports on life skills conducted during 2018-2019.



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1. Report on Yoga and Meditation. (10.07.2018)

Event Details

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing. It also helps in increasing flexibility, muscle strength and body tone. Yoga can help with this, by reducing stress and adding confidence to help make your mind clearer and produce a sense of peace. Many students find that yoga helps with controlling emotions and increases the ability to deal with situations that are frustrating. A total session of 30 hours of training has given to the 230 students.



Students Practicing Yoga



CONVENOR



2. Report on Yoga and Meditation.

Event Details

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing. It also helps in increasing flexibility, muscle strength and body tone. Yoga can help with this, by reducing stress and adding confidence to help make your mind clearer and produce a sense of peace. Many students find that yoga helps with controlling emotions and increases the ability to deal with situations that are frustrating. A total session of 30 hours of training has given to the 260 students.



Students Practicing Yoga



CONVENOR



3. Report on Self Defence Programme for girls students (For All The Girls Students).

A brief report on empowerment through Self-defence for girls' students

Rationale

Empowering girl students to fight back against crime has been the call of the day. In this modern era, violence against girl students has been very common in every street of both rural and urban setting. Small kids, girls and even women members are feeling insecure the moment they are out of their homes for any purpose for that matters. It is very important for every girl and woman to get prepared mentally and physically well equipped with required skills and techniques to defend oneself from any kind of antisocial element prevailing in the society today. The paradox of self-defence is that the more prepared you are, the less likely you are to need it.

The main objectives of the programme was

- To enable them to defend against any type of physical assault.
- To build self confidence so that they can contribute meaningfully to their own development, shape their own destiny and capacity enhancement through Self-defence training.
- To equip the girls with self-skills, so that they can avert any kind of awkward situation at the first instances.
- To spread a message to the violence-maker that girls are being ready for counter- and awareness is being developed among the girls in this regard.
- To empower the girl students in all aspects

With this emerging needs and objectives in mind, CUTM organized 20 days of Self Defence training for all its first years' students at the campus with the facilitation of renowned Utkal Karate School, Bhubaneswar from 14th August to 20 September – 2018.

All the 23 days of sessions were fully occupied with practical demonstration and practices facilitated by 3 well known and experienced martial art instructors. These types of initiative for girl students have really helped the girls to relieve stress, get and stay in shape, and learnt all valuable self- defence skills and techniques at the same time.

During the valedictory session, some of the girls frankly opined that these tools have greatly increased the personal protection options to combat crime. It has built the confidence of every student participated in the training that they can freely move to their destination day in and day out. They feel that they are also less likely to become a target of crime. They recognize improvement in Karate Technique and they indicate progress.



Self Defence Programme

A handwritten signature in black ink, appearing to read 'Surya', with a horizontal line underneath.



CONVENOR



4. Report 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. As planned a Vision check-up and Health check-up Camp is organized by School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences. A total of 85 numbers of students, staff, and faculties out of 125 registered benefited due to the initiative. For the rest, we will do the camp again during the coming Saturday at the same venue and time. The report can be collected from CSR cell from 27th Aug.

Thanks to all the student, staff & faculty coordinators of School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences for successfully conducting the program. During program some photographs of the event.



Vision Check Up Camp


DEAN
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CUTM, BHUBANESWAR


CUTM

CONVENOR



5. Report 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 25.08.2018 in our CUTM, Bhubaneswar campus. The tests were conducted by the students of Paramedics and external doctors for 80 numbers of students.

Most of the staff members, faculties and the nearby people were benefited by this camp. Everybody appreciated the work done by our students and the external doctors.

Some of the photographs of the event are attached below.



Pathological Investigation Camp


DEAN
SCHOOL OF PHARMACY AND LIFE SCIENCES
CUTM, BHUBANESWAR



CONVENOR



6. Report 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. As planned a Vision check-up and Health check-up Camp is organized by School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences. A total of 75 numbers of students, staff, and faculties out of 125 registered benefited due to the initiative. For the rest, we will do the camp again during the coming Saturday at the same venue and time. The report can be collected from CSR cell from 27th Aug.

Thanks to all the student, staff & faculty coordinators of School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences for successfully conducting the program. During program some photographs of the event.



Figure 1 HEALTH CHECK UP CAMP



Health Check Up Camp


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SCHOOL OF PHARMACY AND LIFE SCIENCES
CUTM, BHUBANESWAR



CONVENOR



7. Report 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**.

More than **150 numbers** of students, staff, and faculties benefited due of the initiative. Thanks to all the student, staff & faculty coordinators of **School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences** for successfully conducting the program. During program some photographs.



Figure 2 HEALTH CHECK UP CAMP



Health Check Up Camp


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8. Report 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**.

More than **150 numbers** of students, staff, and faculties benefited due of the initiative. Thanks to all the student, staff & faculty coordinators of **School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences** for successfully conducting the program. During program some photographs.



Health Check Up Camp


DEAN
SCHOOL OF PHARMACY AND LIFE SCIENCES
CUTM, BHUBANESWAR



CONVENOR



9. Report 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. As planned a Vision check-up and Health check-up Camp is organized by School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences. A total of 76 numbers of students, staff, and faculties out of 250 registered benefited due to the initiative. For the rest, we will do the camp again during the coming Saturday at the same venue and time. The report can be collected from CSR cell from 27th Aug.

Thanks to all the student, staff & faculty coordinators of School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences for successfully conducting the program. During program some photographs of the event.



Vision Check Up Camp


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CUTM, BHUBANESWAR


UNIVERSITY OF TECHNOLOGY
CUTM
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10. Report 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. The tests were conducted by the students of Paramedics and external doctors for 80 numbers of students.

Most of the staff members, faculties and the nearby people were benefited by this camp. Everybody appreciated the work done by our students and the external doctors.

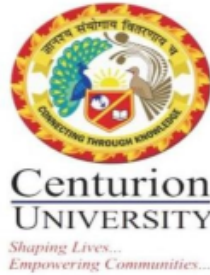
Some of the photographs of the event are attached below.



Pathological Investigation Camp



CONVENOR



11. Report 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



Talk by Swami Mukundananda

Technology and Management on 23rd January 2019. His inspirational eloquence weaved with his practical answers to modern-day corporate employee and environment challenges added tremendous credibility and value to the audience. Centurion acknowledged Swamiji as a distinguished speaker and looked forward to mentally, emotionally and spiritually benefit with more of His divine associations in the future as well. A total number of 250 students from different branches attended the session and the session ended with a successful note



CONVENOR



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12. Report on Yoga.

Event Details

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing. It also helps in increasing flexibility, muscle strength and body tone. Yoga can help with this, by reducing stress and adding confidence to help make your mind clearer and produce a sense of peace. Many students find that yoga helps with controlling emotions and increases the ability to deal with situations that are frustrating. A total session of 30 hours of training has given to the 105 students.

Date of camp: 07.03.2019



Students Practicing Yoga



CONVENOR



13. Report 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. As planned a Vision check-up and Health check-up Camp is organized by School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences. A total of 76 numbers of students, staff, and faculties out of 120 registered benefited due to the initiative. For the rest, we will do the camp again during the coming Saturday at the same venue and time. The report can be collected from CSR cell from 27th Aug.

Thanks to all the student, staff & faculty coordinators of School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences for successfully conducting the program. During program some photographs of the event.



Vision Check Up Camp



CONVENOR



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14. Report 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**.

More than **110 numbers** of students, staff, and faculties benefited due of the initiative. Thanks to all the student, staff & faculty coordinators of **School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences** for successfully conducting the program. During program some photographs.



Health Check Up Camp


DEAN
SCHOOL OF PHARMACY AND LIFE SCIENCES
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CONVENOR

Anita Patra

REGISTRAR 

2019- 2020



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Life Skills

(Yoga, Physical Fitness,
Health and Hygiene)

(Reports)

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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
Vision & Health Up Camp	2019-20	110
Awareness Programme on "Ill Effects of Drug Abuse"	2019-20	200

This document contains reports on life skills conducted during 2019-2020.

Anita Patra





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

Event Details

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing. It also helps in increasing flexibility, muscle strength and body tone. Yoga can help with this, by reducing stress and adding confidence to help make your mind clearer and produce a sense of peace. Many students find that yoga helps with controlling emotions and increases the ability to deal with situations that are frustrating. A total session of 30 hours of training has given to the students.

Date: 15.08.2019

Participants: 74



Yoga classes



CONVENOR



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

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing. It also helps in increasing flexibility, muscle strength and body tone. Yoga can help with this, by reducing stress and adding confidence to help make your mind clearer and produce a sense of peace. Many students find that yoga helps with controlling emotions and increases the ability to deal with situations that are frustrating. A total session of 30 hours of training has given to the students.

Date: 20.08. 2019

Participants: 200



Yoga class





3. Reports on 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.

Advance swimming stamina in all four strokes while maintaining technique was practically demonstrated in the programme. Further, improving efficiency in all four strokes and developing turn technique for all four strokes were also part of the programme. In the programme, special attentions were given to knowledge and understanding of club training practices.

Date: 20.08.2019

Participants:73



Swimming Training



CONVENOR



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4. Reports on 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

As planned a Vision check-up Camp is organized by School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences. A total of 100 numbers of students, staff, and faculties out of 125 registered benefited due to the initiative. For the rest, we will do the camp again during the coming Saturday at the same venue and time. Thanks to all the student, staff & faculty coordinators of School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences for successfully conducting the program. During program some photographs of the event.


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5. Reports on 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

As planned a Health check-up Camp is organized by School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences. A total of 75 numbers of students, staff, and faculties out of 110 registered benefited due to the initiative. For the rest, we will do the camp again during the coming Saturday at the same venue and time. The report can be collected from CSR cell.

Thanks to all the student, staff & faculty coordinators of School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences for successfully conducting the program. During program some photographs of the event.


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6. Reports on Yoga, For the students staying in hostels (For All The Students).

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing. It also helps in increasing flexibility, muscle strength and body tone. Yoga can help with this, by reducing stress and adding confidence to help make your mind clearer and produce a sense of peace. Many students find that yoga helps with controlling emotions and increases the ability to deal with situations that are frustrating. A total session of 30 hours of training has given to the students.

Date: 01.10.2019

Participants: 110



CONVENOR



7. Reports on 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

As planned a Health check-up Camp is organized by School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences. A total of 90 numbers of students, staff, and faculties out of 100 registered benefited due to the initiative. For the rest, we will do the camp again during the coming Saturday at the same venue and time. The report can be collected from CSR cell.

Thanks to all the student, staff & faculty coordinators of School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences for successfully



Figure 1 HEALTH CHECK UP CAMP

conducting the program. During program some photographs of the event.


DEAN
SCHOOL OF PHARMACY AND LIFE SCIENCES
CUTM, BHUBANESWAR



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8. Reports on 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

As planned a Vision check-up Camp is organized by School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences. A total of 80 numbers of students, staff, and faculties out of 90 registered benefited due to the initiative. For the rest, we will do the camp again during the coming Saturday at the same venue and time. Thanks to all the student, staff & faculty coordinators of School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences for successfully conducting the program. During program some photographs of the event.



Vision Check Up Camp


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SCHOOL OF PHARMACY AND LIFE SCIENCES
CUTM, BHUBANESWAR



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9. Reports on Free Drug Distribution Camp.

FREE DRUG DISTRIBUTION CAMP

Have we ever thought about how to live life at an old age? Think about how would be the condition when at old age we have to live our life alone without any member of our family? We experienced the challenge today at the camp organized for the Old age, mentally retarded, physically challenged people! It is really painful! Pray to God to give enough strength, courage, and peace to these people. Please respect elders and take care of them at an old age.

As scheduled, 30 Centurions visited and celebrated the weekend in a unique way from 10 AM to 2 PM at **SEVAK, Chhatia, Jajpur (Old age Home and Home for Specially abled: 120 residents)**. It was the first camp that was outside of the twin city area.

As part of the visit a **Vision checkup, Health checkup, Free drug distribution Camp** was organized by the School of Pharmacy & Life Sciences and School of Paramedics & Allied Health Sciences along with sponsoring community lunch for all the residents. More than a hundred old age people benefitted from the camp. It was really nice to see the **YOUTH** celebrating their weekend with the **OLD PEOPLE** in need.

We have sponsored lunch for all the residents of the Old age home. All the members present over there appreciated the contributions of Centurion University for the social cause. All the staff members and residents of SEVAK were very happy for benefitting from the camp organized at their place.

I would like to thank each one of us who contributed directly or indirectly to make the activities successful. Special thanks to the student volunteers (list given below) for their untiring contributions. Special mention of Faculty and Staff members present during the occasion.

List of members visited **SEVAK, Chhatia, Jajpur (Old age Home and Home for Specially abled)** today are as follows:

Date: 09.10.2019

Participants: 110

Doctor:

Dr. P. K. Mishra (Sanjeevani Hospital, Bhubaneswar)&
Team Pharmacy, Optometry and Volunteers



CONVENOR



10. Reports on 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

Participants: 80

Fouls

VIOLATIONS

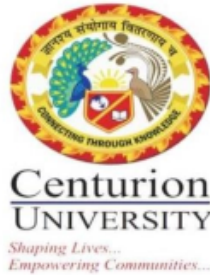
Player Positions



Basket Ball Training



CONVENOR



11. Reports on 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

Students participants were provided with hands-on experience on proper safety technique during the exercises and implemented the proper position during weight lifting. Further, implementing proper stretching was also discussed. Zumba and its effect in our lives were specially highlighted in the programme.

The programme focused on the following areas:

- Overview to gym and personal safety
- Warm-up and stretching exercise
- Basics of bodybuilding
- Basics of weight lifting
- Zumba

Date: 19.10.2019

Participants: 43



Gym Instructor



CONVENOR



**Centurion
UNIVERSITY**

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

12. Reports on Youth to Business Forum.

Transforming Visions Into Reality

Each and every youth of this country has a vision of their professional lives.
This vision can be anything, ranging from a job in their dream companies to starting their own **ventures.**

AIIESEC in Bhubaneswar realised that to achieve these dreams, a certain mindset is required, which comes with an experience.

The aim of the event is to help transform the visions, of each and every attendee, into a reality by bridging the gap between them and the corporate leaders through experiential sharing and leanings.

ABOUT Y2B

Youth To Business Forum is a platform for leaders and entrepreneurs to come together to inspire the youth and prepare them for the world of tomorrow, today. This is achieved by - Bridging The Gap - between the two mindsets through Power Talk sessions and Talent Studio Workshops.

Date: 31.10.2019

Participants: 10



CONVENOR



13. Reports on 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.

We see there are many cases of Gutkha, Tobacco, Pan, Alcohol consumption inside our campus by students, staff, and faculties. Even students, staff and faculties are coming to class consuming Gutkha, Tobacco, Pan, and Alcohol. We have a record of these people too. To make the campus free from Gutkha, Tobacco, Pan, Alcohol, Drug, we did several activities and awareness drives in the past. But still there are many improvements to be made in this regard. We are hopeful to have your full support to make our campus free from Gutkha, Tobacco, Pan, Alcohol and Substance.

LET US BAN ALL THE STAFF AND FACULTY MEMBERS FROM TAKING ANY TYPE OF TOBACCO, PAN, ALCOHOL, DRUGS INSIDE THE CAMPUS IN REAL SPIRIT. IF YOU FIND ANYONE CONSUMING SUCH THINGS INSIDE CAMPUS, MAKE HIM OR HER STOP AND ASK NOT TO DO SO. IDEA IS NOT TO BLAME OR PUNISH ANYONE, WE WANT TO HELP THAT PERSON GET OUT OF THE PROBLEM.

TO SUPPORT US IN THIS INITIATIVE WE CALL FOR VOLUNTARY NOMINATIONS FOR INTERNAL "ANTI DRUG BRIGADE" COMPRISING OF INTERESTED STUDENTS,

STAFF & FACULTY TO MONITOR THESE TYPE OF ACTIVITIES AND BRING OUT THE VULNERABLE CASES FOR FURTHER CORRECTIVE STEPS. INTERESTED PERSONS ARE REQUESTED TO MEET THE UNDERSIGNED FOR PLAN OUT FURTHER ACTIVITIES ON OR BEFORE 21ST DECEMBER 2019.

DURING THE PHASES OF THIS AWARENESS AND REHABILITATION PROCESS, NO PUNISHMENT WILL BE GIVEN TO THESE PEOPLE. THE ADDICTED STUDENT/STAFF/FACULTY CAN DIRECTLY MEET US FOR GETTING SUPPORT TOO. IDEA IS TO REFORM & REHABILITATE NOT TO PUNISH & HARASS. ALL NECESSARY COUNSELING REQUIRED, SUPPORT TO COME BACK TO A HEALTHY LEAVING PRACTICE AND DRUG RECOVERY MECHANISM WILL BE TRIED.

Even after taking such measures, if such violations done by any Centurions on campus or during any official duty then punishments of economic, social, academic, criminal would be initiated as deemed fit without any compromise. Let us help and save those people and our campus too. Please join hands together to fight against the deadliest elements.

Please find attached, the presentation slides of the Anti-tobacco awareness campaign conducted in past and shared by Dr. Ghanashyam Biswas (MD, DM, ECMO), Consultant Medical Oncologist. I hope you will spread the message and help us in this regard.

All the best.

Please go through the following facts on Tobacco, Gutka and Substance use:

The aim of preventing the use of these materials to create healthy communities in which people have a quality of life which includes:

- Healthy environments at work and in educational institutions
- Connections with families and friends
- Drug and crime-free society

Tobacco was introduced in India by Portuguese barely 400 years ago during the Mughal era. India is also the second-largest consumer of tobacco in the world, second only to China. The prevalence of tobacco use among adults (15 years and above) is 35%. The prevalence of overall tobacco use among males is 48 percent and that among females is 20 percent. Nearly two in five (38%) adults in rural areas and one in four (25%) adults in urban areas use tobacco in some form.

The Effects of Gutkha or Tobacco or Substance:

- Gutkha leads to Oral sub-mucous fibrosis (SMF), a pre-cancerous disease that is the first step to cancer. This has increased 20 to 30 times across the country. It also leads to the throat, esophageal cancers.
- Smoking increases the risk of macular degeneration, cataracts, and poor eyesight. It can also weaken your sense of taste and sense of smell, so food may become less enjoyable.
- Smoking also depresses appetite, so you may not be getting all the nutrients your body needs. Withdrawal from tobacco products can cause nausea.
- Oral cancers, predominantly squamous cell carcinomas of the lip, mouth, tongue, and pharynx
- Loss of appetite
- Promote unusual sleep patterns
- Loss of concentration

Substance abuse, also known as drug abuse, is the use of a drug in amounts or by methods that are harmful to the individual or others. It is a form of substance-related disorder. Differing definitions of drug abuse are used in public health, medical and criminal justice contexts. In some cases, criminal or anti-social behavior occurs when the person is under the influence of a drug, and long term personality changes in individuals may occur as well. In addition to possible physical, social, and psychological harm, the use of some drugs may also lead to criminal penalties, although these vary widely depending on the local jurisdiction.

Drugs most often associated with this term include alcohol, amphetamines, barbiturates, benzodiazepines, cannabis, cocaine, hallucinogens, methaqua alone, and opioids. The exact cause of substance abuse is not clear, with the two predominant theories being: either a genetic disposition which is learned from others or a habit which if addiction develops, manifests itself as a chronic debilitating disease.

In 2010 about 5% of people (230 million) used illicit substances. Of these 27 million have high- risk drug use otherwise known as recurrent drug use causing harm to their health, psychological problems, or social problems that put them at risk of those dangers. In 2015 substance use disorders resulted in 307,400 deaths, up from 165,000 deaths in 1990. Of these, the highest numbers are

from alcohol use disorders at 137,500, opioid use disorders at 122,100 deaths, amphetamine use disorders at 12,200 deaths, and cocaine use disorders at 11,100.

(The above Facts and Figures referred from Wikipedia)

Date: 16.12.2019

Participants: 200

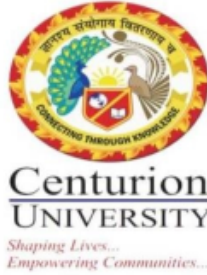


Anti Drug Campaign

Signature



CONVENOR



14. Reports on Awareness Programme on "Ill Effects of Drug Abuse".

Awareness Programme on "Ill
Effects of Drug Abuse"

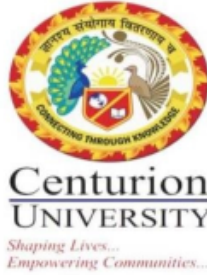
As planned, we interacted with the Boys Hostel - 3 and 4 students. Date: 23/12/2019 There were around 100 students present during the awareness program. The discussion was very interactive and effective. Some student voluntarily came forward to help their friends. Also the discussion was held on the 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 (Partha and 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

Thank You everyone contributed for the cause. Please find attached some photographs of the event.



CONVENOR



15. Reports on Awareness Programme on "Ill Effects of Drug Abuse".

Awareness Programme on "Ill Effects of Drug Abuse"

As planned, we interacted with the Boys Hostel - 3 and 4 students. Date: 26.12.2019 There were around 200 students present during the awareness program. The discussion was very interactive and effective. Some student voluntarily came forward to help their friends. Also the discussion was 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 (Partha and 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

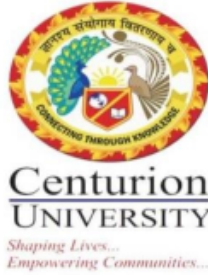
Thank You everyone contributed for the cause.



Pragnan



CONVENOR



16. Reports on Awareness Programme on "Ill Effects of Drug Abuse".

Awareness Programme on "Ill Effects of Drug Abuse"

As planned, we interacted with the Boys Hostel students. Date: 29.12.2019 There were around 150 students present during the awareness program. The discussion was very interactive and effective. Some student voluntarily came forward to help their friends. Also the discussion was held on the belowmentioned 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

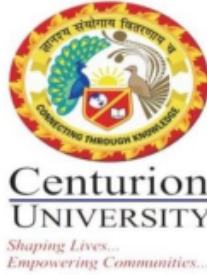
Thank You everyone contributed for the cause.



Pragnan



CONVENOR



17. Reports on Awareness Programme on "Ill Effects of Drug Abuse".

Awareness Programme on "Ill Effects of Drug Abuse"

As planned, we interacted with the Boys Hostel - 6 students (Diploma & ITI). There were more than 120 students present during the awareness program date:10.01.2020. The discussion was very interactive and effective.

The awareness program for all hostel students are over. Response is very encouraging. Nowonwards we will be visiting hostels to meet students directly for the same.

Also the discussion wa`s 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

Thank You everyone contributed for the cause.



Pragnan



CONVENOR



18. Reports on 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.

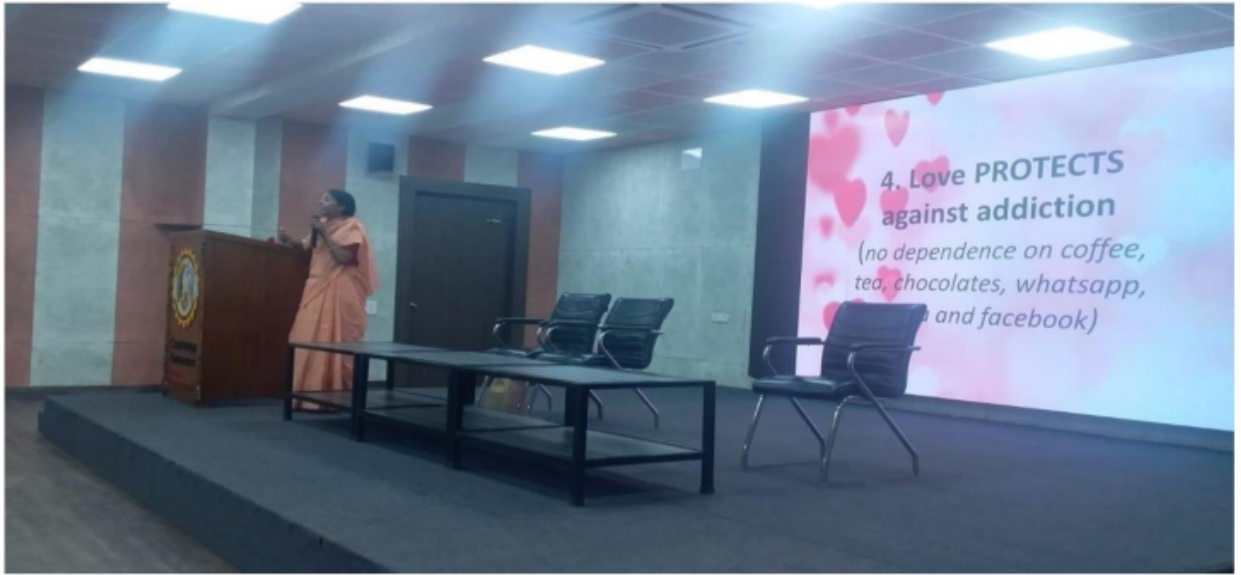
After the awareness session, a powerful motivational speech was conducted by an external speaker Dr. Indu Mohanty. Dr. Indu Mohanty is a Ph.D. in Psychology, a Life skills coach, pre-placement and soft-skill trainer. She has worked as a career counselor with many reputed Universities and institutions and technological giants like GENPACT, NIIT, WIPRO, and TECH MAHINDRA.

She delivered her speech towards goal setting, problem-solving skills, relationship management skills and self-realization among youth. She tried to make everyone believe in themselves and helping people to make their life easy and to bounce back in life and to be more successful.

We will be continuing with the awareness programs along with the motivational speeches by various reputed speakers at regular intervals for all students. All are requested to take the benefit out of these sessions as and when organized for them.

Thank You everyone for helping us in conducting and coordinating these programs smoothly. Please find all the photographs of the above four events as attached files serially.

WISH YOU ALL A HAPPY AND HEALTHY LIVING!



S. Jayaram



CONVENOR



19. Reports on Awareness Programme on "Ill Effects of Drug Abuse".

Awareness Programme on "Ill Effects of Drug Abuse"

As part of the series of awareness events on "ILL EFFECTS OF DRUG ABUSE" for hostel students to fight against the Drug/Substance/Alcohol/Tobacco/Gutka/Cigarette/Pan use on our campus, we had another session today i.e. 24th January. It was arranged for 200+ 1st year boyshostel students.

After the awareness session, a powerful motivational speech was conducted by an external speaker Mr. Tukuna Sethy. Mr. Tukuna Sethy is an IITian and a Youth motivational speaker. He has worked with many reputed institutions and corporates.

Being inspired by the message of Bhagavad Gita and understanding the urgency of spreading this message among students i.e. to protect them from self-destructive bad habits and to help them balance their ambitions with values, he has upgraded his profession from an Engineer to a Counsellor / Teacher.

He guided students to lead a principle centered life based on the teachings of Bhagavad Gita. He delivered his lectures on "Power of Habits", "Art of Mind Control and Time Management" to students. His lectures were filled with lucid examples and real life applications which made great impact on the audience.

Thank You everyone for helping us in conducting and coordinating these programs smoothly.



Pragnan



CONVENOR



20. Reports on Awareness Programme on "Ill Effects of Drug Abuse".

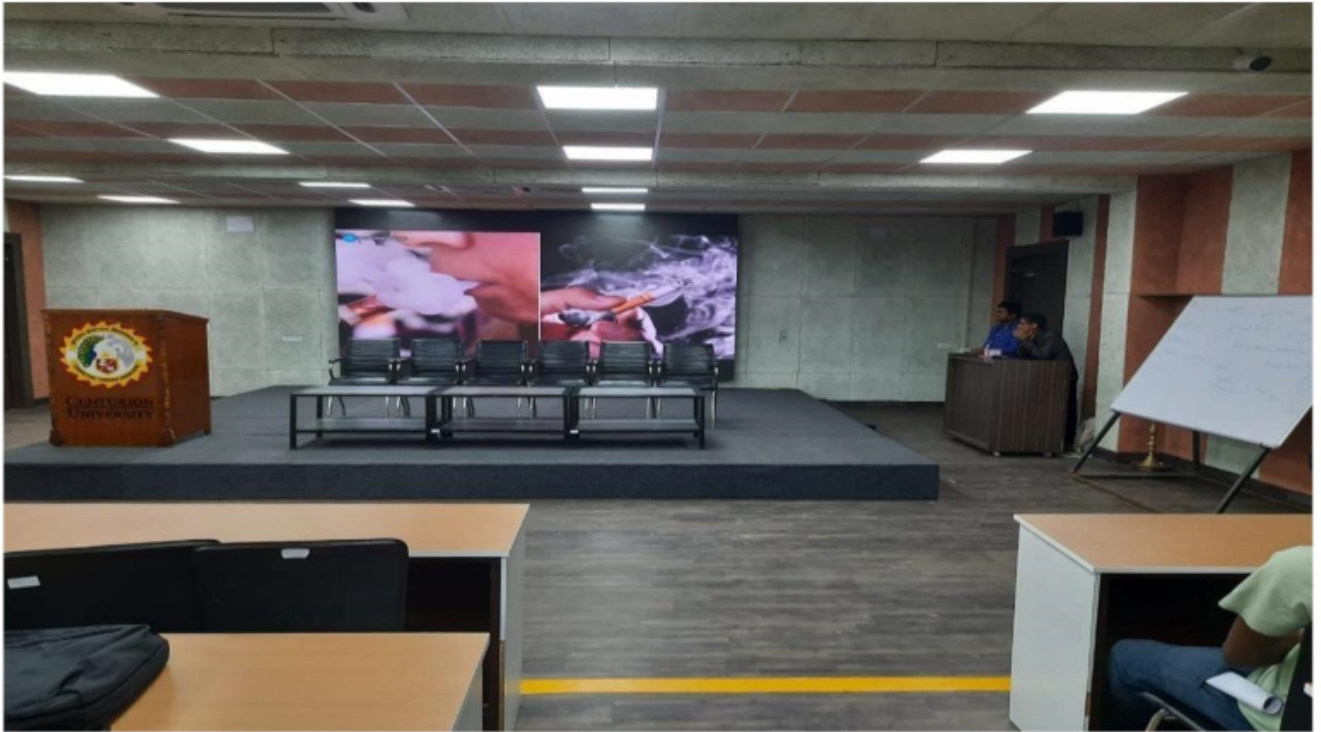
Awareness Programme on "Ill Effects of Drug Abuse"

As part of the series of awareness events on "ILL EFFECTS OF DRUG ABUSE" for hostel students to fight against the Drug/Substance/Alcohol/Tobacco/Gutka/Cigarette/Pan use on our campus, we had another session today i.e. 1st February. It was arranged for 150+ 2nd and 3rd year boys hostel students.

After the awareness session, a powerful motivational speech was conducted by an external speaker Mr. Parthasarathi Kar. Mr. Kar is a B Tech Graduate and a Youth motivational speaker. He has ten years of experience as an Associate Consultant in Tata Consultancy Services(TCS), two years of onsite experience as IT Analyst in NedBank at Johannesburg, South Africa and two years of onsite experience as a Data Analyst in Oman insurance, Dubai (UAE). Currently he is working as an Associate Consultant in TCS, Bhubaneswar.

Understanding the importance protecting modern youth from stress and unwanted bad habits, he has given the seminar based on the vedic wisdom books. He delivered his lecture on "Developing Positive Attitude", "Art of Mind Control and Time Management" to the students. His lecture was simple and very much logical to understand. He also guided students towards a goal oriented and more prosperous life.

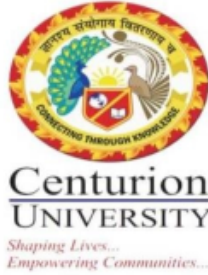
Thank You everyone for helping us in conducting and coordinating these programs smoothly.



Signature



CONVENOR



21. Reports on Awareness Programme on "Ill Effects of Drug Abuse".

Awareness Programme on "Ill Effects of Drug Abuse"

As part of the series of awareness events on "ILL EFFECTS OF DRUG ABUSE" for hostel students to fight against the Drug/Substance/Alcohol/Tobacco/Gutka/Cigarette/Pan use on our campus, we had another session today i.e. 6th February. It was arranged for 200+ 1st year boys(hostel-6) students.

After the awareness session, a powerful motivational speech was conducted by an external speaker Mr. Deepesh Singh Baghel. Mr. Baghel is a B.Tech graduate in Mechanical engineering and has worked as a S.O.P. at ExxonMobil Bangalore and also as a Data scientist at Mu sigma Bangalore. He has expertise in the field of Artificial Intelligence (AI) and Machine Learning.

He is a thoughtful leader and motivational speaker. He empowered the students participants to realise their true potential. He delivered the talk on "Power of Habits", "Art of Time Management", and "Organ Story: Drug Addiction". His personal guidance will be beneficial to the students participants. He has also motivated students participants to achieve success in their lives.

Thank You everyone for helping us in conducting and coordinating the program smoothly.



Signature



CONVENOR



22. Reports on Awareness Programme on "Ill Effects of Drug Abuse".

Awareness Programme on "Ill Effects of Drug Abuse"

As part of the series of awareness events on "ILL EFFECTS OF DRUG ABUSE" for hostel students to fight against the Drug/Substance/Alcohol/Tobacco/Gutka/Cigarette/Pan use on our campus, we had another session today i.e. 14th February. It was arranged for 200+ 1st year boys (hostel-6) students.

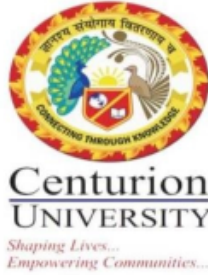
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He is a thoughtful leader and motivational speaker. He empowered the students participants to realise their true potential. He delivered the talk on "Power of Habits", "Art of Time Management", and "Organ Story: Drug Addiction". His personal handheld guidance will be beneficial to the students participants. He has also motivated students participants to achieve success in their lives.

Thank You everyone for helping us in conducting and coordinating the program smoothly.



CONVENOR



23. Reports on Awareness Programme on "Ill Effects of Drug Abuse".

Awareness Programme on "Ill Effects of Drug Abuse"

As part of the series of awareness events on "ILL EFFECTS OF DRUG ABUSE" for hostel students to fight against the Drug/Substance/Alcohol/Tobacco/Gutka/Cigarette/Pan use on our campus, we had another session today, i.e. 22nd February. It was arranged for **200+ Girls hostel students**. This was the 10th session of the awareness series.

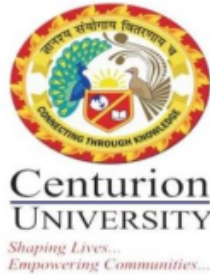
After the awareness session, a powerful motivational speech was conducted by an external speaker Mr. Stuty Narayan Mohanty. Mr. Mohanty is a Bachelor in Commerce from Utkal University having work experience of more than 15 years in business management. He has worked in Unnati Silk Prints Ltd as Business development officer in Hyderabad, G Tech Autocare LLC, Dubai as Admin Co-ordinator. Currently he is an Entrepreneur and is running a business in Bhubaneswar.

Being inspired by the teachings of the Bhagavad Gita, not only he applies them in his own personal life, but also shared it for the benefit of the audience. He gave seminars on "Character building", "Science of Self-realization" to our students. Also, he has delivered a speech on "Essence of Bhagavad Gita", "Leading Meaningful life" etc. His personal character and hand held guidance will inspire many students leading to a happy and prosperous life.

Thank You everyone for helping us in conducting and coordinating the program smoothly.



CONVENOR



24. Reports on Awareness Programme on "Ill Effects of Drug Abuse".

Awareness Programme on "Ill Effects of Drug Abuse"

As part of the series of awareness events on "ILL EFFECTS OF DRUG ABUSE" for hostel students to fight against the Drug/Substance/Alcohol/Tobacco/Gutka/Cigarette/Pan use on our campus, we had another session today, i.e. 29th February. It was arranged for 200+ Girls hostel students. This was the 11th session of the awareness series.

After the awareness session, a powerful motivational speech was conducted by an external speaker Dr. Indu Mohanty. Dr. Mohanty is a Ph.D. in Psychology, a Life skills coach, pre-placement and soft-skills trainer. She has worked as a career counselor with many reputed Universities and institutions and technological giants like.

She delivered her speech towards goal setting, problem-solving skills, relationship management skills and self-realization among youth. She tried to 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. She became a guide, a mentor, a role model and a youth icon for hundreds of students across various programs present during the session. Her vision is to ignite and inspire the youth as tomorrow's leaders and to help them succeed in their lives.

Thank You everyone for helping us in conducting and coordinating these programs smoothly. Please find all the photographs of the session.

WISH YOU ALL A HAPPY AND HEALTHY LIVING!



Pragnya



CONVENOR



25. Reports on Vision & Health Check Up Camp.

**CENTURION UNIVERSITY OF TECHNOLOGY AND
MANAGEMENT**

MEGA HEALTH CHECK-UP CAMP

ORGANISED BY

SCHOOL OF PHARMACY AND LIFE SCIENCES

AND

SCHOOL OF PARAMEDICS AND ALLIED HEALTH SCIENCES

COMMUNITY DIAGNOSTIC CENTRE REGD. NO.38/2019/Khordha

- | | | |
|---|---|---|
| 1. REGD. COUNTER | - | SPAHS Stall No.13,
Ground Floor,
Madhusudan Building |
| 2. DOCTOR CHAMBER
Seminar Hall | - | Madhusudan Building,
Hall No.6, Ground Floor |

**3. ROUTINE HEALTH CHECK-UP
Seminar Hall**

- **Madhusudan Building,
Hall No.6, Ground Floor**

4. VISION CENTRE

- **Madhusudan
Building,1st
Floor,
Optometry
Branch**

**5. SPECIAL INVESTIGATION
Floor,**

- **Madhusudan Building,1st
Clinical Medical
Research Laboratory**

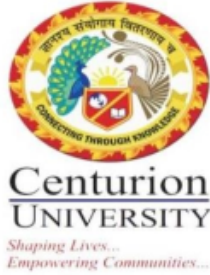
Date: 05.03.2020

Participants: 110


DEAN
SCHOOL OF PHARMACY AND LIFE SCIENCES
CUTM, BHUBANESWAR



CONVENOR



26. Reports on Awareness Programme on "Ill Effects of Drug Abuse".

Awareness Programme on "Ill Effects of Drug Abuse"

As part of the series of awareness events on "ILL EFFECTS OF DRUG ABUSE" for hostel students to fight against the Drug/Substance/Alcohol/Tobacco/Gutka/Cigarette/Pan use on our campus, we had another session today, i.e. 13th March. It was arranged for **200+ Boys hostel students**. This was the **12th session** of the awareness series.

After the awareness session, a powerful motivational speech was conducted by an external speaker Mr. Ravi Kurmi. Mr. Kurmi is a thought leader, a motivational speaker, leadership trainer and a career counselor. He specializes in inspiring and empowering youths of today to realize their true potential. His personal guidance has benefited a large number of youths and motivated many.

Being a degree holder from Maulana Azad National Institute of Technology (MANIT), Bhopal he is also honored as a faculty member at various reputed institutes like Transcendental classes, Bhopal and ALLEN career institute at Kota Rajasthan and Naidu classes Pvt. Ltd. for his technical excellence. Empowering youth being his passion he continues to conduct one-time motivational seminars all over India for the benefit of students.

We are concluding the series of awareness sessions for this academic year. We are sure many of our students benefited out of the sessions. **The drug abuse cases at hostels has been reduced drastically after the awareness series.** Thank You everyone for helping us in conducting and coordinating these programs smoothly. Please find some of the photographs of the session.

WISH YOU ALL A HAPPY, HEALTHY & DRUGS FREE LIVING!



Pragnan



CONVENOR

Anita Patra



REGISTRAR

2017-2018



Centurion
UNIVERSITY

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

Life Skills

(Yoga, Physical Fitness,
Health and Hygiene)

(Reports)

CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT

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

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

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 reports on life skills conducted during 2017-2018

Anita Patra

REGISTRAR





1. Report on Yoga and Meditation (SOET)

Event Details

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing. It also helps in increasing flexibility, muscle strength and body tone. Yoga can help with this, by reducing stress and adding confidence to help make your mind clearer and produce a sense of peace. Many students find that yoga helps with controlling emotions and increases the ability to deal with situations that are frustrating. A total session of 30 hours of training has given to the 350 students.

1. Yoga For Students

- 14-08-2017 to 15-09-2017
- 350 students were involved from different schools
- Debasanskriti Yoga Vidyalaya, Jagatguru Yoga Bharat Foundation, 9337710225



Figure 1 Students Performing Yoga and Meditation

A handwritten signature in black ink, appearing to be 'Surya', written over a horizontal line.



CONVENOR



2. Report on Be A Contributor

BE A CONTRIBUTOR PROGRAM CURRICULUM

DATE : 25.12.2017

PROGRAM OBJECTIVES:

1. Build consciousness of 'contributor thinking' in students systematically by exposing them to the essential building blocks of contributor thinking. [The 4 sets of the program represent the 4 fundamental building block of the program]
2. Through projects expose students to the 'realness' of contributor way of thinking in the world around them.



SESSION PLAN:

Semester 1 of program delivery	SET 1: CONTRIBUTOR BASICS	
	UNIT 1: Who is a Contributor?	~5hrs
	UNIT 2: Scope of Contribution (<i>Self, Organization, Society</i>)	~5hrs
	UNIT 3: Depth of Contribution (<i>From 'opportunities to contribute' to a 'life of Purpose'</i>)	~5hrs
	SET 2: BASIC AXIOMS OF LIFE	
	UNIT 4: The Contributor's Response (<i>From 'victim' to 'creator of my destiny'</i>)	~5hrs
	UNIT 5: The Contributor's Identity (<i>From 'static identities' to 'dynamic identities'</i>)	~5hrs
	UNIT 6: The Contributor's Vision of Success & Career (<i>From an 'acquisitive vision' to a 'contributive vision'</i>)	~5hrs
	of pr	SET 3: CONTRIBUTOR EFFECTIVENESS

UNIT 7: Engage Deeply	~5hrs
UNIT 8: Design Solutions	~5hrs
UNIT 9: Create Value	~5hrs
SET 4: CONTRIBUTOR CONDUCT	
UNIT 10: Thinking Win-win (Enlightened Self-Interest)	~5hrs
UNIT 11: Thinking Human-impact (Imaginative Sympathy)	~5hrs
UNIT 12: Building Trust-surplus (Trust Behaviors)	~5hrs

Full program duration	~60hrs
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1.0 | Faculty can utilise the 5 hours of classroom as follows –

<p>i. The Class Engagement Books (for each unit)</p>  <p>Students fill in the book, in the class, while going through a class engagement</p>	
<p>ii. The Program App (Channel Illumine App)</p>  <p>The app is used along with the book to create a rich learning experience</p> <p>Participants scan the QR-code given in the book to open the relevant app unit.</p>	<p>~ 4hrs for Book and App engagement.</p>

iii. Projects (for each unit) Students can do 1-2 projects in each semester. The project is done out of class. In-class time is only for student presentation.	~1hr for project presentations
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Source: This document is an abridged version of 'Overview of Become a Contributor Program' given in your Facilitator Guide. It is strongly recommended that faculty refer the detailed Facilitator Guide for more details.

EVALUATION PARAMETERS (Total-100 Marks)

A] ENGAGEMENT IN CLASS		40 marks
1	Regular attendance across classes	10 marks
2	Quality of class participation <i>(involvement in discussions, asking thoughtful questions, sharing examples, etc.)</i>	15 marks
3	In-class assignments <ul style="list-style-type: none"> • <i>Students can be asked to submit their filled books for specific in-class assignments (Illumine can provide a list of which class engagements in each book, can be checked for this)</i> • <i>Any 4 books (one from each set), can be considered for marking.</i> 	15 marks
B] PROJECT WORK		30 marks
<ul style="list-style-type: none"> • <i>Project assignments are provided by Illumine for the course.</i> • <i>Mark students on their best 3, from these project assignments.</i> 		
1	Completion & submission of assigned projects, with basic quality	10 marks
2	Design and execution of the project (Methodology of project work) <i>(students present how they went about the project – their approach, method, documentation of research work)</i>	10 marks
3	Project presentation & project output uploads <i>(assessed against the project goal)</i>	10 marks
C] PRE & POST TEST		20 marks
1	Completion of pre-test	5 marks

2	Completion of post-test	5 marks
3	Improvement (sent by Illumine, based on test results)	10 marks
D] APP USAGE (sent by Illumine, based on app usage pattern)		10 marks

Pragna Pani



CONVENOR



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Empowering Communities...*

3. Report 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 **20 April 2018**.

More **numbers** of students, staff, and faculties benefited due of the initiative. Thanks to all the student, staff & faculty coordinators of **School of Pharmacy & Life Sciences** and **School of Paramedics & Allied Health Sciences** for successfully conducting the program. During program some photographs.



Figure 2 Health Check Up Camp


DEAN
SCHOOL OF PHARMACY AND LIFE SCIENCES
CUTM, BHUBANESWAR



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4. Report on Vision Check Up Camp

Vision Check up camp

The School of Paramedics and Allied Health Sciences (SPAHS) is organizing Free Eye Care camp on 8th May 2018. Our many students, staffs and faculties are participates the this **Vision Check up camp**.

This is the participant's results.....

- A total of 219 eye sight tests were done (145 students and 74 staff and faculty members).
- Out of this number, slightly less than 50% persons (total of 108, 69 students and 39 staff and faculty members) were detected with faulty eye sight.
- The entire camp was managed by the 1st and 2nd year BSc Optometry students. While the 1st year students provided the admin support (registration etc.), the 2nd year students carried out the technical tests.



Figure 3 VISION CHECK UP CAMP

Anita Patra

REGISTRAR

