



Centurion
UNIVERSITY

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

1. Brochure on Yoga for holistic health (11.03.2022)

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

Year: 2021-22 11.03.2022

Centurion University of Technology and Management

2.



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

Course Objectives:

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

Learning Outcomes:

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

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



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1. Participants list for Yoga for holistic health.

Sl.No	Name	Regd. No.	Branch	School	Present/ Absent
1.	SUDIPTA MAITY	190409120024	BBA	SoM	P
2.	RAMANDEEP SINGH	190409120025	BBA	SoM	P
3.	TUNA HANTAL	190409120026	BBA	SoM	P
4.	SHIVAM	190409120027	BBA	SoM	P
5.	N RAGHU SURAJ	190409120028	BBA	SoM	P
6.	ALLAM DINESH	190409120029	BBA	SoM	P
7.	RAKESH KUMAR PANDA	190409120030	BBA	SoM	P
8.	NIKHIL PAN	190409120031	BBA	SoM	P
9.	PRIYABRATA BHUNIA	190409120032	BBA	SoM	P
10.	SARMISTHA PRADHAN	190409120033	BBA	SoM	P
11.	SANTOSH KUMAR JENA	190409120034	BBA	SoM	P
12.	ANISHA DASH	190409120035	BBA	SoM	P
13.	AMAN SRIVASTAVA	190409120036	BBA	SoM	P
14.	AMAN SINGH	190409120037	BBA	SoM	P
15.	KAMAL ANSARI	190409120038	BBA	SoM	P
16.	IPSHITA BEHERA	190409120039	BBA	SoM	P
17.	EJJADA CHAITANYA	190409120041	BBA	SoM	P
18.	ISHIKA JAISWAL	190409120042	BBA	SoM	P
19.	ADARSH KUMAR SAHOO	190409120043	BBA	SoM	P
20.	VASUDEV JHA	210101120010	Btech	SoET	P
21.	Vicky Kumar	210101120004	Btech	SoET	P
22.	ABHISHEK BIBHAR	193001170058	BtechAG	SoABE	P
23.	DIVAKAR KUMAR	193001170060	BtechAG	SoABE	P
24.	HIMANSHU SEKHAR BEHERA	193001220002	BtechAG	SoABE	P
25.	PALLELA LALITHA SAISREE	193001170056	BtechAG	SoABE	P
26.	PAPRI MUKHERJEE	193001170057	BtechAG	SoABE	P
27.	PUSPENDU KUMAR NAYAK	193001170051	BtechAG	SoABE	P
28.	RAJESH BALABANTA	193001170052	BtechAG	SoABE	P
29.	SANGEETA BISWAL	193001170050	BtechAG	SoABE	P

30.	SHOBHAN KUMAR ROUL	193001170053	BtechAG	SoABE	P
31.	SIDHARTH RANJAN SARANGI	193001170049	BtechAG	SoABE	P
32.	SUBHASHREE BIJAYALAXMI	193001170061	BtechAG	SoABE	P
33.	SUBHASHMITA PRADHAN	193001170055	BtechAG	SoABE	P
34.	A. VENKATA ADITHYA	190101120033	CSE	SoET	P
35.	AISHI ASHIRVAD MISHRA	190101120043	CSE	SoET	P
36.	AJAY KUMAR PRADHAN	190101120036	CSE	SoET	P
37.	BINODINI KAR	190101120048	CSE	SoET	P
38.	BISWOJIT MANGARAJ	190101120042	CSE	SoET	P
39.	CH. HARIKA	190101120027	CSE	SoET	P
40.	CH. MAYUKHA	190101120031	CSE	SoET	P
41.	A SRIYA	200301120079	Btech	SoET	P
42.	AASTHA DAS	210704160002	BSc	SoAS	P
43.	ABDUL KADIR YUSUF	210704410015	BSc Marine	Maritime	P
44.	ABDUL KARIM MUHAMMAD ZAILANI	210704410007	BSc Marine	Maritime	P
45.	ABDUL RAHMAN ANSARI	210704120003	BSc	SoAS	P
46.	ABDULKADIR NURADDEEN ZAILANI	210704410043	BSc Marine	Maritime	P
47.	ABDULMAJID ALBASHIR	210704410031	BSc Marine	Maritime	P
48.	ABHIJIT BEHERA	200301120023	Btech	SoET	P
49.	ABHIJIT ROUTRAY	190301120080	CSE	SoET	P
50.	ABHILASH CHYAU PATTANAİK	200409120026	BBA	SoM	P




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1. 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



Dt: 11.03.2022, Yoga for Holistic Health



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