



1. Circular on Yoga.(03.03.2022)



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

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

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

Hello and Namaskar.

Wishing you all have a wonderful day.

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

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

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

Even I involved with many India government projects like – training to Indian Air Force, Army, Ministry of Ayush, Ministry of Health & Family Welfare, Indian Red Cross Society, Tihar Jail,

and Delhi University etc. I received lots of positive results among people who follow Yoga & wellness seriously. Many children are able to change their negative thoughts, kids develop positive Behaviour, elders cure many diseases and prevent from many chronic diseases.

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

Presently, I am happy to invite all for-

Starts from 03/03/2022 (Tomorrow)

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

**(Physical, mental,
social & emotional)** Venue-
Basketball Ground, CUTM Campus

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

Starts from 03/03/2022 (Tomorrow)

- **Pranayama, Meditation and personal training (one to one)**
during office hour Venue- Yoga & Meditation Studio, Inside School of
Management Area (Chamber of Chief Mentor-Mr Siba Kripa Bose)

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

Warm Regards

Pradeep Kumar

Email-
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7827630445



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Empowering Communities...*

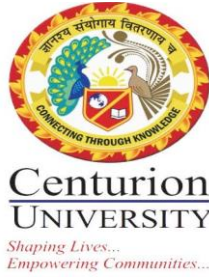
1. Participants list for Yoga.

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	Btech AG	SoABE	P
23.	DIVAKAR KUMAR	193001170060	Btech AG	SoABE	P

24.	HIMANSHU SEKHAR BEHERA	193001220002	Btech AG	SoABE	P
25.	PALLELA LALITHA SAI SREE	193001170056	Btech AG	SoABE	P
26.	PAPRI MUKHERJEE	193001170057	Btech AG	SoABE	P
27.	PUSPENDU KUMAR NAYAK	193001170051	Btech AG	SoABE	P
28.	RAJESH BALABANTA	193001170052	Btech AG	SoABE	P
29.	SANGEETA BISWAL	193001170050	Btech AG	SoABE	P
30.	SHOBHAN KUMAR ROUL	193001170053	Btech AG	SoABE	P
31.	SIDHARTH RANJAN SARANGI	193001170049	Btech AG	SoABE	P
32.	SUBHASHREE BIJAYALAXMI	193001170061	Btech AG	SoABE	P
33.	SUBHASHMITA PRADHAN	193001170055	Btech AG	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




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1. 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



Dt: 03.03.2022, Students Practicing Yoga



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