



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

Circular for Gym Instructor

Name of the event: Gym instructor

Academic year: 2019-20

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

Date: 19/10/2019



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Participants list for Gym Instructor.

SL.NO	Name	Regd. No.	Branch	School	Present/Absent
1.	ABHIJEET PATI	170301110012	CIVIL	SoET	P
2.	ABHISEK BEHERA	170301110006	CIVIL	SoET	P
3.	ADARSH KUMAR CHAUDHARY	170301110050	CIVIL	SoET	P
4.	ANUBHAV KUMAR SINGH	170301110048	CIVIL	SoET	P
5.	ANWESHA KRISHNAN	170301110052	CIVIL	SoET	P
6.	ASHISH KUMAR PATRA	170301110018	CIVIL	SoET	P
7.	BARSA BAISHALEE BEHERA	170301110008	CIVIL	SoET	P
8.	BISWAJEET HARICHANDAN	170301110036	CIVIL	SoET	P
9.	DEBASISH PATNAIK	170301110045	CIVIL	SoET	P
10.	DEVI PRASAD ACHARYA	170301110020	CIVIL	SoET	P
11.	G MANIKANTHA	180101160001	Mechanical	SoET	P
12.	G.B. MITRABHANUSWAIN	170301110021	CIVIL	SoET	P
13.	JAGADISH DASH	180101161012	Mechanical	SoET	P
14.	JOGENDRA KUMAR BHATTARAY	170301110042	CIVIL	SoET	P
15.	JOSE MANIK TOPPO	170301110039	CIVIL	SoET	P
16.	KALI PRASAD PANDA	170301110004	CIVIL	SoET	P
17.	KAUSTUBH KAUSHAL	170301110031	CIVIL	SoET	P
18.	KUNAL HEMBRAM	170301110046	CIVIL	SoET	P
19.	LALATENDU MOHANTY	170301110027	CIVIL	SoET	P
20.	M. PREETI	170301110047	CIVIL	SoET	P

21.	MANAS RANJAN SAHOO	170301110037	CIVIL	SoET	P
22.	NAKHSYATRAMALINI SWAIN	170301110023	CIVIL	SoET	P
23.	O.DILLESWAR RAO	180101160010	Mechanical	SoET	P
24.	P.SAIKIRAN	180101160007	Mechanical	SoET	P
25.	PALLI PAVAN KUMAR	180101160003	Mechanical	SoET	P
26.	PONDURU SHYAM SUNDAR RAO	180101160002	Mechanical	SoET	P
27.	PRATYUSHA PRIYADARSHINI	170301110022	CIVIL	SoET	P
28.	RAGHUTHU SHIVA	180101160008	Mechanical	SoET	P
29.	RATNALA AKHIL	180101160006	Mechanical	SoET	P
30.	RITUPARNA SAHOO	170301110013	CIVIL	SoET	P
31.	ROJALIN GADANAYAK	170301110017	CIVIL	SoET	P
32.	ROUTU CHAITANYA	180101160004	Mechanical	SoET	P
33.	SAI KIRAN KUMAR PANDA	180101160005	Mechanical	SoET	P
34.	SANGRAM DAS	170301110044	CIVIL	SoET	P
35.	SATYA PRAKASH MOHANTY	170301110019	CIVIL	SoET	P
36.	SHUBHAMSHREE SHUBHRAJYOTI GIRI	170301110007	CIVIL	SoET	P
37.	SIDHARTH NATH	170301110014	CIVIL	SoET	P
38.	SOUMYA RANJAN JENA	170301110049	CIVIL	SoET	P
39.	SUBHASISHA SAHOO	170301110025	CIVIL	SoET	P
40.	SWADHIN PRADHAN	170301110015	CIVIL	SoET	P
41.	U.MOHAN KUMAR	180101160009	Mechanical	SoET	P
42.	VICKY NAYAK	170301110016	CIVIL	SoET	P
43.	YESHI WANGCHUK	180101160011	Mechanical	SoET	P




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Reports on Gym Instructor

Name of event: Gym Instructor

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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:

1. Overview to gym and personal safety
2. Warm-up and stretching exercise
3. Basics of bodybuilding
4. Basics of weight lifting
5. Zumba

**Date: 19.10.2019**

**Participants: 43**



Dt: 19.10.2019, Gym Instructor

  
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