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

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

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



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Year : 2019-20 DT: 01.10.2019

Centurion University of Technology and Management



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

Course Objectives:

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

Learning Outcomes:

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

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



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Participants list for Yoga, For the students staying in hostels (For All The Students).

Sl.no	Name	Regd. No.	School	Present/Absent
1.	PRASHANT KUMAR	150301110001	SoET	P
2.	SASANKA SEKHAR SAHU	150301110002	SoET	P
3.	ABHIJIT DASH	150301110003	SoET	P
4.	YUVRAJ SURAJ BARAIK	150301110004	SoET	P
5.	PARASAMANI SAHU	150301110005	SoET	P
6.	PRABHAT SANTOSH SAHU	150301110006	SoET	P
7.	ABIR CHAKRABORTY	150301110007	SoET	P
8.	NIRMALYA NAYAK	150301110008	SoET	P
9.	JYOTI PRAKASH MARNDI	150301110009	SoET	P
10.	RAM KISHOR SAHU	150301110010	SoET	P
11.	PRATYUSH KUMAR GARNAYAK	150301110011	SoET	P
12.	SHRAVAN KUMAR MAHTO	150301110012	SoET	P
13.	SUSHREE SAMBEDITA	150301110013	SoET	P
14.	PATITAPABAN MOHAPATRA	150301110014	SoET	P
15.	PRASANJIT CHAKRABORTY	150301110015	SoET	P
16.	AKASH BHUKTA	150301110017	SoET	P
17.	RAKESH BHUIYA	150301110018	SoET	P
18.	ADITYA SATYA SWARUP	150301110019	SoET	P
19.	DEEPAK KUMAR	150301110020	SoET	P
20.	ASHIS KUMAR BEHERA	150301110021	SoET	P

21.	SREENIVASA SETHI	150301110022	SoET	P
22.	NANDINY CHAKRABARTTY	150301110023	SoET	P
23.	PUSPALATA NAIK	150301110024	SoET	P
24.	AMIR SUHAIL	150301110025	SoET	P
25.	NIKHIL BEHERA	150301110026	SoET	P
26.	ROHIT KUJUR	150301110027	SoET	P
27.	MOHIT KUMAR LAL	150301110028	SoET	P
28.	AMIT KUMAR NAYAK	150301110029	SoET	P
29.	RAMESH HANSDAH	150301110030	SoET	P
30.	SUBHASISH MOHAPATRA	150301110031	SoET	P
31.	ASWINI KUMAR SETHY	150301110032	SoET	P
32.	SAKTI PRASAD NAYAK	150301110034	SoET	P
33.	VISHESHWAR PAHAN	150301110035	SoET	P
34.	SUSHREE SANGITA BEHERA	150301110036	SoET	P
35.	AMIYAJYOTI NAYAK	150301110037	SoET	P
36.	UPASANA MAHAPATRA	150301110038	SoET	P
37.	PRITIREKHA MANGARAJ	150301110039	SoET	P
38.	NEERAJ KUMAR	150301110040	SoET	P
39.	ASHISH TOPPO	150301110041	SoET	P
40.	SUBRAT KUMAR SAHOO	150301110042	SoET	P
41.	BIKRAM KESHARI SAHOO	150301110044	SoET	P
42.	SAMBIT KUMAR SAHOO	150301110045	SoET	P
43.	GOUTAM KUMAR SAHOO	150301110046	SoET	P
44.	BRIJESH AGRAWAL	150301110047	SoET	P
45.	RAHUL KUMAR SINGH	150301110048	SoET	P
46.	RAJDEEP KUMAR	150301110049	SoET	P

47.	SOUMYA RANJAN PRADHAN	150301110050	SoET	P
48.	VISHWAJEET SINGH	150301110051	SoET	P
49.	CHINMAYA PARIDA	150301110052	SoET	P
50.	PRIYANKA KUMARI	160301110001	SoET	P
51.	ROSHAN PATEL	160301110002	SoET	P
52.	VISHAL KUMAR	160301110003	SoET	P
53.	ABHISHEK SAHOO	160301110004	SoET	P
54.	SURAJ KUMAR PRADHAN	160301110005	SoET	P
55.	SOUMYA RANJAN SASMAL	160301110006	SoET	P
56.	SOUMYA RANJAN MANSINGH	160301110007	SoET	P
57.	SONU BEHERA	160301110008	SoET	P
58.	SAMIKSHYA MOHANTY	160301110009	SoET	P
59.	ANUPAM GOURAV	160301110010	SoET	P
60.	CHINMAYA PRASAD SWAIN	160301110011	SoET	P
61.	PRATIK MOHANTY	160301110012	SoET	P
62.	SIMAN MISHRA	160301110014	SoET	P
63.	SUJEET KUMAR PATEL	160301110015	SoET	P
64.	RAKESH KUMAR NAYAK	160301110016	SoET	P
65.	SAGAR PATTANAİK	160301110017	SoET	P
66.	BIKASH CHANDRA MANDAL	160301110018	SoET	P
67.	SWADES NAYAK	160301110020	SoET	P
68.	BISAL KUMAR PATRA	160301110021	SoET	P
69.	PRAVAT KUMAR MOHAPATRA	160301110023	SoET	P
70.	KRITKANT DUBEY	160301110024	SoET	P
71.	YASHWANT GIIRI	160301110025	SoET	P
72.	M.D. SHARIQUE HASSAN	160301110026	SoET	P

73.	AMIT KUMAR	160301110027	SoET	P
74.	LIPSAMAYEE JENA	160301110029	SoET	P
75.	BAPUN SAHOO	160301110030	SoET	P
76.	NANDITA KALO	160301110031	SoET	P
77.	DEEPAK KUMAR	160301110032	SoET	P
78.	SUDEEP BARIK	160301110033	SoET	P
79.	SUSHRI SUBHASHMITA BEHERA	160301110034	SoET	P
80.	ASHUTOSH JENA	170804130001	MSSSoA	P
81.	DEBASHIS MEHER	170804130004	MSSSoA	P
82.	ASUTOSH SENAPATI	170804130005	MSSSoA	P
83.	RAJESH KUMAR MAJHI	170804130006	MSSSoA	P
84.	BIPASA MANDAL	170804130009	MSSSoA	P
85.	NIBEDITA MOHANTY	170804130010	MSSSoA	P
86.	SATYAPRIYA JENA	170804130012	MSSSoA	P
87.	BOMMIREDDIPALLI SADGURU	170804130017	MSSSoA	P
88.	SATTI TEJA RATNA KANAKA DURGA	170804130021	MSSSoA	P
89.	MOYYA SESHM GLEN ELLEN PERSIS	170804130022	MSSSoA	P
90.	BOTTA MEGHANA	170804130027	MSSSoA	P
91.	ADITYA NARAYAN GARNAIK	170804130028	MSSSoA	P
92.	JASTI PAVAN TEJA	170804130031	MSSSoA	P
93.	PRIYANKA PATTNAIK	170804130032	MSSSoA	P
94.	MAVIDI NITISH KUMAR	170804130033	MSSSoA	P
95.	PRITAM KUMAR DAS	170804130036	MSSSoA	P
96.	NAGA LAKSHMI NEELAM	170804130045	MSSSoA	P
97.	SUSHREE SANGITA MAHAPATRA	170804130047	MSSSoA	P
98.	PRANAB KUMAR PANDA	170804130048	MSSSoA	P

99.	G SAI ANKITA	170804130049	MSSSoA	P
100.	ROSHNI MISHRA	170804130050	MSSSoA	P
101.	SMRUTI RANJAN NAYAK	170804130051	MSSSoA	P
102.	SURAJ KUMAR PATTJOSHI	170804130052	MSSSoA	P
103.	SMRUTI SARITA NAYAK	170804130053	MSSSoA	P
104.	DEBASHREE MOHANTA	170804130054	MSSSoA	P
105.	BIJAYALAXMI BHUJABAL	170804130056	MSSSoA	P
106.	UMI SALMA	170804130057	MSSSoA	P
107.	NIHAR RANJAN KAR	170804130058	MSSSoA	P
108.	SMITARANI TRIPATHY	170804130059	MSSSoA	P
109.	SAILEJA SAHU	170804130060	MSSSoA	P
110.	SABYASACHI PRADHAN	170804130061	MSSSoA	P



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1. 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



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