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

1. Circular on Life skills (Yoga, physical fitness, health and hygiene). 07.04.2022

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



Year : 2021-22

07.04.2022

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 o 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 Life skills (Yoga, physical fitness, health and hygiene).

Sl.No	Name	Regd. No.	School	Present/ Absent
1.	BINOD KUMAR GIRI	182516100011	SoPLS	P
2.	BISHAL KUMAR MAITY	182516100012	SoPLS	P
3.	BRUTI SUNDAR SAHU	182516100013	SoPLS	P
4.	DEEPAK KUMAR SAHU	182516100014	SoPLS	P
5.	DEEPAK KUMAR YADAV	202517100011	SoPLS	P
6.	DEEPAK KUMAR YADAV	202517100011	SoPLS	P
7.	DIBYA RANJAN SETH	202517100013	SoPLS	P
8.	DILIP KUMAR RAJ	182516100015	SoPLS	P
9.	DUSMANTA DISHRI	182516100016	SoPLS	P
10.	GAIRIK RANJAN SAHA	182516100017	SoPLS	P
11.	GYANA RANJAN NAYAK	182516100018	SoPLS	P
12.	JYOTIRMAYEE PADHAN	202517100015	SoPLS	P
13.	KUNTALA MAJHI	202517100016	SoPLS	P
14.	LIVA NAIK	202517100017	SoPLS	P
15.	MANASI DAS	202517100018	SoPLS	P
16.	MOHAMMAH ABDUL MOID	202517100019	SoPLS	P
17.	MUKESH PRADHAN	202517100020	SoPLS	P
18.	MUSTAKIM MOHAMMAD	202517100021	SoPLS	P



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1. 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 been given to the 450 students.

1. Yoga For Students

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



Dt: 07.04.2022, Yoga



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