



**Centurion
UNIVERSITY**

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

1. Brochure for Yoga, Implemented as a skill course for one semester (For All the Students).

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



Year : 2019-20 DT: 15.08.2019

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, Implemented as a skill course for one semester (For All the Students)

1.	Name	Regd. No.	Branch	Present/ Absent
2.	ABHISEK MAHAPATRA	170704150005	BSC-Opto	P
3.	ADYASHAKTI SUBHANGI TRIPATHY	170704150001	BSC-Opto	P
4.	ALIVA PATTNAIK	170704150013	BSC-Opto	P
5.	AMRIT RAJ KAR	170704150016	BSC-Opto	P
6.	AMULYA RATNA DAS	180101170013	BTEch-AG	P
7.	ANANYA PRADHAN	170704150011	BSC-Opto	P
8.	ANSHUMAN MOHANTA	180101170042	BTEch-AG	P
9.	ARIPILLI SANTOSH SAIRAM PRASAD	170101160031	BTEch	P
10	BALLA YUGENDAR	170101160008	BTEch	P
11	BATTINI PRAMEETH KUMAR	170101160028	BTEch	P
12	BHAKTI PRASAD BISOI	180101170010	BTEch-AG	P
13	BHASKAR BANERJEE	180101170005	BTEch-AG	P
14	BIGYAN BINODITA SHAW	180101170041	BTEch-AG	P
15	BIVORE CHAND	180101170001	BTEch-AG	P
16	CHIRASMITA GAEN	181705160008	MSC-MLT	P
17	D GIRIDHAR	170101160013	BTEch	P
18	DEBASMITA MOHAPATRA	170704150004	BSC-Opto	P
19	DEVARA SEKHAR	180101170008	BTEch-AG	P
20	DISHA MOHAPATRA	170704150006	BSC-Opto	P
21	DUVVARI SHYAMSUNDARA RAO	170101160007	BTEch	P
22	EPILLI SUSANTA	170101160005	BTEch	P
23	GOURI SHANKAR PRIYADARSHI	180101170027	BTEch-AG	P
24	KADAGALA GOPALA KRISHNA	170101160015	BTEch	P

25	KAPPALA SHYAM SUNDAR	170101160029	BTEch	P
26	KOMARA SRINIVASA RAO	170101160020	BTEch	P
27	KRISHNANDU BORUAH	170101160024	BTEch	P
28	MANISHA TRIPATHY	181705160014	MSC-MLT	P
29	MANYALA RAHUL	170101160006	BTEch	P
30	MOHAMMAD KAMRAN	170101160027	BTEch	P
31	MOSA ABHISHEKH	170101160026	BTEch	P
32	NANU CHALLAN	180101170040	BTEch-AG	P
33	PADMA NAYAK	180101170038	BTEch-AG	P
34	PINNINTI VIKASH	170101160014	BTEch	P
35	POTNURU SATISH	170101160012	BTEch	P
36	PRABHASINEE SAHOO	181705160013	MSC-MLT	P
37	PRAGYAN PANIGRAHI	181705160016	MSC-MLT	P
38	PRANAYINEE GARNAYAK	170704150015	BSC-Opto	P
39	PREETI PALLAVI	181705160007	MSC-MLT	P
40	PRITI PRAGYAN BHOI	180101170012	BTEch-AG	P
41	PRIYANKA TETE	181705160017	MSC-MLT	P
42	RAJASHREE SWAIN	181705160011	MSC-MLT	P
43	RAJRAJ SINGH PRADHAN	180101170002	BTEch-AG	P
44	ROSAN KUMAR PRADHAN	180101170004	BTEch-AG	P
45	RUPAK KUMAR SAMAL	170101160003	BTEch	P
46	S. VAMSI KRISHNA	170101160004	BTEch	P
47	S. SANDEEP	170101160016	BTEch	P
48	SADASIVUNI SAI KUMAR PATNAIK	170101160019	BTEch	P
49	SAHUKAR SAIKRISHNA	170101160025	BTEch	P
50	SAIPRABHA MOHANTY	181705140002	MSC-MLT	P
51	SAMBIT SRICHANDAN PANI	180101170007	BTEch-AG	P

52	SANGEETA CHHOTARAY	181705160009	MSC-MLT	P
53	SANTOSHEE KUMARI GOUDA	181705160010	MSC-MLT	P
54	SARBAJAY PANDA	180101170015	BTEch-AG	P
55	SATISH KUMAR PANDA	170101160030	BTEch	P
56	SATYA NARAYAN BARIK	180101170014	BTEch-AG	P
57	SAYON MONDAL	180101170049	BTEch-AG	P
58	SIDHARTHA PATRA	180101170006	BTEch-AG	P
59	SMARITARANI BEHERA	180101170003	BTEch-AG	P
60	SMRUTIRANJAN ROUT	180101170048	BTEch-AG	P
61	SONALI BEHERA	170704150003	BSC-Opto	P
62	SOUMYA RANJAN SAHOO	180101170011	BTEch-AG	P
63	SOUMYADARSHINI JENA	181705140001	MSC-MLT	P
64	SOUMYAJIT PANDA	180101170037	BTEch-AG	P
65	SOURAV ROUSTRAY	180101170047	BTEch-AG	P
66	SUCHET KUMAR PATEL	180101170009	BTEch-AG	P
67	SUCHISMITA PRADHAN	170704150020	BSC-Opto	P
68	SUNITA GHORAI	181705160012	MSC-MLT	P
69	SUPRAVA MANJARI BISWAL	181705160015	MSC-MLT	P
70	SUSHANT PATNAIK	170101160001	BTEch	P
71	SUSHREE SWAGATIKA	170704150002	BSC-Opto	P
72	TAMADA CHAKRAVARTHY	170101160010	BTEch	P
73	TITLY DAS	180101170039	BTEch-AG	P
74	UDU SAIKUMAR	170101160002	BTEch	P
75	VANA RUDHIR	170101160022	BTEch	P



Reports on Yoga, Implemented as a skill course for one semester (For All the Students)

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 students.

Date: 15.08.2019

Participants: 74



Dt:15.08.2019, Yoga
classes


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