



**Centurion**  
**UNIVERSITY**

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

1. Circular on Yoga Skills for Promotion towards International Day of Yoga 2022. (01.04.2022)

**Yoga Activities in Centurion University for promotion of International Yoga Day-2022**

1. Regular Practice of Common Yoga Protocol, developed by Ministry of Ayush from 7 to 7.45 AM.
2. Make Yoga-Asana Competition during Inter-Campus Sports Meet-2022.
3. Go for Outdoor Yoga session once a week.
4. Arrangement of weekly Yoga Orientation class among various Schools of studies.
5. Perform Yoga Demonstration in University's annual Function and **encourage students to be prepared for celebration of International Yoga Day-2022.**



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1. Participants list for Yoga Skills for Promotion towards International Day of Yoga 2022.

Sl.No.	Student Name	Roll No.	Present/Absent
1	TAMASARANI SAHU	210705110002	P
2	DEBAJANI SAHOO	210705110003	P
3	NAMRATA PUSTI	210705110006	P
4	SUPRIYA SAHOO	210705120016	P
5	SWETAPADMA SAHU	210705170050	P
6	SMRUTISWAPNA BHADRA	210705180012	P
7	DIPTI SUCHARITA SAMAL	210705180014	P
8	ABHIPSA NATH	210705180018	P
9	AKANKSHA SAMAL	210705180020	P
10	SUBRAT SWAIN	210705180027	P
11	PRIYANKA PANDA	210705180029	P
12	BHARATI GUPTA	210705180031	P
13	STHITA PRAJNYA MISHRA	210705180033	P
14	CHINMAYEE PANDA	210705180047	P
15	AKANKSHYA PRADHAN	210705180048	P
16	ARPITA CHOUDHURY	210705180056	P
17	JYOTIREKHA JENA	210705180057	P

18	SHAKTI PRASAD NAYAK	210705180061	P
19	PRIYANKA PRIYADARSHANI SAHOO	210705180067	P
20	MONALISHA RAUTARAY	210705180071	P
21	SAI KRISHNA BHOI	210705180073	P
22	LAXMI PRIYA NAYAK	210705180082	P
23	IPSITA MISHRA	210705180086	P
24	DEEPSIKHA DAS	210705180095	P
25	SWATI SALONI SAMAL	210705180107	P
26	FARHAD SK	211704090002	P
27	KARINA PRADHAN	211704090004	P
28	SAI ABHISEK NAYAK	211704200008	P
29	NUTAN CHOUDHURY	211704290003	P
30	GURUPRASAD JAYASINGH	211704290004	P
31	BISWARUPA PANIGRAHI	211704290005	P
32	SOUBHAGYA NAYAK	211704290007	P
33	JITENDRA KUMAR SAHU	211704400003	P
34	GAYATRI PANDA	211704400004	P
35	DEBASMITA DAS	211704400006	P
36	BHASWATI PRIYADARSHINI DEHURY	211704400007	P
37	SMUTI DARSANI NANDA	211704400008	P
38	ABHINAV KUMAR	211704400010	P
39	NEHA KUMARI SAW	211704400011	P
40	GURUKALYAN RATH	211704400012	P
41	RUCHISMITA PRADHAN	211704400013	P
42	SHREYOSI DASH	211704400014	P
43	ANANNYA DASH	211704400016	P
44	SANCHITA JANA	211704400019	P
45	LALAN SA	211704400020	P
46	PRIYANSHU CHAUDHURI	211704400026	P
47	SOUMYASHREE PRADHAN	211704400028	P

48	TRUPTIMAYEE BEHERA	211704400030	P
49	NIBEDITA SAHU	211704400031	P
50	ANWESHA PATRO	211704400032	P



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1. Report on Yoga Skills for Promotion towards International Day of Yoga 2022.

## **Yoga Activities in Centurion University for promotion of International Yoga Day-2022**

**Date: 01.04.2022**

**Participants: 50**

1. Regular Practice of Common Yoga Protocol, developed by Ministry of Ayush from 7 to 7.45 AM.
2. Dt: 31.03.2022, Make Yoga-Asana Competition during Inter-Campus Sports Meet-2022.



3. Dt: 01.04.2022, Go for Outdoor Yoga session once a week.



4. Dt: 01.04.2022, Arrangement of weekly Yoga Orientation class among various Schools of studies.



5. Dt:02.04.2022, Perform Yoga Demonstration in University's annual Function and encourage students to be prepared for celebration of International Yoga Day-2022.



6. Dt: 07.04.2022, Share the importance of Yoga during World Health Day



Seminar.


7. Dt:02.04.2022, Perform Drama for making awareness about Yoga for Better Life.



8. Develop students Social Media Group and shares various Yogic quotes, photos and Videos.

**Grow your life- by doing duties a little and a little**

Eat a little, drink a little,	Talk a little, sleep a little,
Mix a little, move a little,	Serve a little, rest a little,
Work a little, relax a little,	Study a little, worship a little,
Do Yogasana a little,	Pranayama a little,
Reflect a little,	Meditate a little,
Do Japa a little,	do Kirtan a little,
Write Mantra a little,	have Satsanga a little.
Serve, Love, Give, Purify,	Meditate and Realize.
Be Good, Do good;	Be kind, Be compassionate.
Enquire 'Who am I?'	Know the Self and be Free.



**CONCLUSION**

Finally, live with attitude of “ Be GOOD and Do GOOD.”

“Serve – To society.”

“Love – To all living beings.”

“Purify – our hearts & brains with good thoughts.”

“Meditate and Realize – Own self.”

So, DON'T wait for tomorrow.....

Let's start Practicing YOGA from TODAY & now onwards...

9. Dt:03.04.2022, Sharing Videos by our University's YouTube Channel.



10. Planning for connecting with Morarji Desai National Institute of Yoga, New Delhi to be a Part of Organizer towards 100 days Count down of Celebration of International Yoga Day.



11. Preparing to arrange weekly (2 times) Yoga & Meditation Discourse with Students till 21<sup>st</sup> June.

12. Planning 3 days Yoga Camp within all our Campus and aware all members of University to develop good health and happiness through Yoga.

13. And many more...



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