



Staff Development Programme on Physical Activity and Mental Health

Date : 08.03.2021
Resource Person : Dr. Supriya Pattanayak
No. Of Participants : 51

Dr. Supriya Pattanayak comes with over 25 years of experience in the development sector and academia. She has earned a reputation of being a highly competent professional working with Bilateral, Multilateral, Government and non-government organizations. She has demonstrated excellent relationship management skills with multiple stakeholders for policy advocacy and good program management skills. She has specifically provided advisory support in all programs on social development and governance aspects. She has maintained oversight of all DFID programs in the State of Odisha over the past 15 years. She has taken on increasingly challenging roles in planning, implementing, monitoring and evaluating large programs with a focus on results.

The programme is chaired by Honorable Registrar of CUTM, Dr. Anita Patra, Resource person for the day Dr. Supriya Pattanayak, Vice Chancellor, CUTM, Prof. KVD Prakash Dean IIE and HRD. The program begins with Dr. Supriya Pattanyak brings today's health scenario how physical & Mental health is neglected and what would happen if it continues. He continues with adding more about fatigue and its harmful effects.

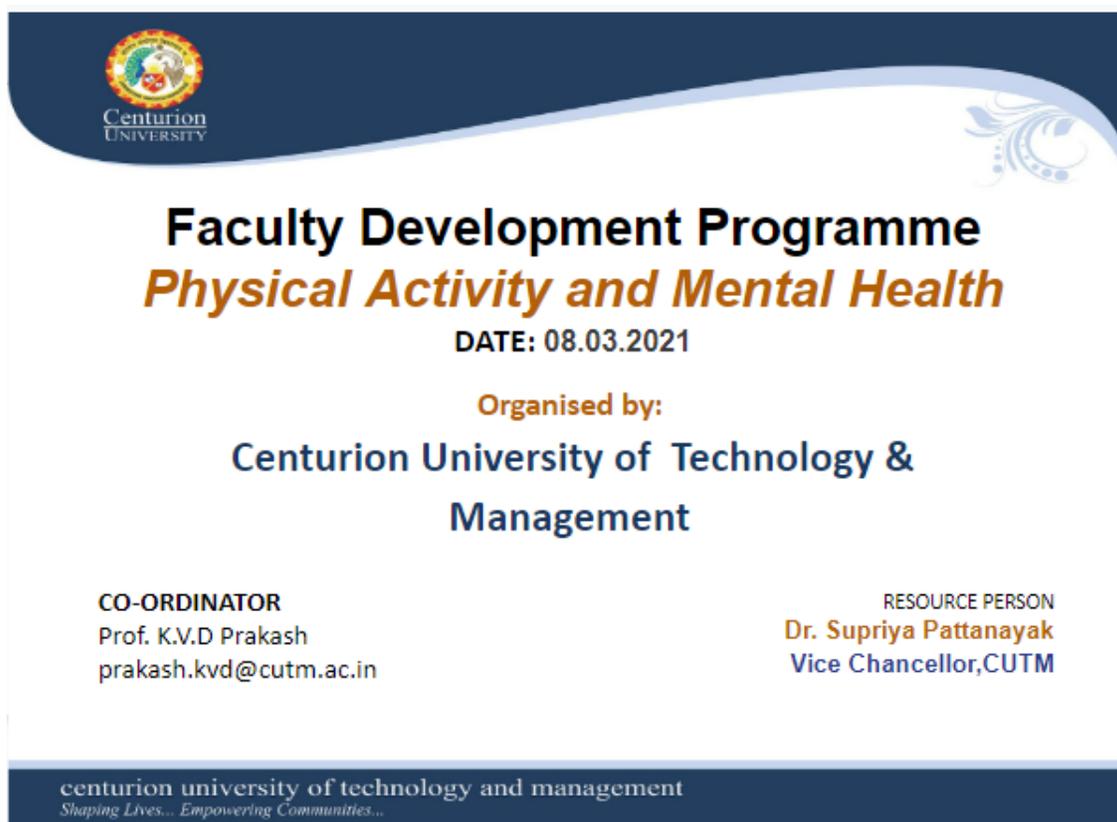
The session covered topics such as; Anxiety and panic attacks, Side effects of medication, Over-exercising, Exercise addiction, Relative Energy Deficiency in Sport (RED-S), Eating problems.

Objective:

- To bring Awareness on mental and Physical health and its benefits
- To motivate to engage in more physical activities
- To provide age-appropriate knowledge and experiences that help in building the skills to improve health and academic outcomes.

The session was concluded by Dr. Supriya Pattanayak with a statement as, our minds and our bodies are not separate. What affects one, affects the other. Exercise not only changes your body, it can change your mind, attitude, and your mood. Our Mental Health and Physical Activity workshops will outline the benefits of taking part in physical activity for both your Mental and Physical Health.

Brochure of the event



Faculty Development Programme
Physical Activity and Mental Health
DATE: 08.03.2021

Organised by:
**Centurion University of Technology &
Management**

CO-ORDINATOR
Prof. K.V.D Prakash
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RESOURCE PERSON
Dr. Supriya Pattanayak
Vice Chancellor, CUTM

centurion university of technology and management
Shaping Lives... Empowering Communities...

Photos of the event

List of Participants

1	DR. CHANDANA ADHIKARI	Associate Professor
2	MR. T.JAGANATHA PATRO	Asst. Prof. in Physics
3	MR. SANGRAM KESHARI BISWAL	Asst. Professor
4	Dr. Chandra Sekhar Patro	Professor
5	Dr. Gopal Krishna Padhy	Associate Professor
6	Dr. Nihar Ranjan Kar	Assistant Professor
7	Mr. Ladi Alik Kumar	Assistant Professor
8	Mr. Deepankar Rath	Assistant Professor

9	Mr. Sukanta Satapathy	Assistant Professor
10	Mrs. Kamini Sethy	Assistant Professor
11	Miss. Pallishree Bhukta	Assistant Professor
12	Mr. Hara Gouri Mishra	Assistant Professor
13	Dr. G. Pushpalatha	Professor
14	Dr. Koustava Kumar Panda	Associate Professor
15	Dr. Preetha Bhadra	Assistant Professor
16	Dr. Arun Kumar Pradhan	Assistant Professor
17	Dr. Ashish Kumar Sahoo	Assistant Professor
18	Chittaranjan Routray	Assistant Professor
19	Dr. Dojalisa Sahu	Associate Professor
20	Dr. Pratap Kumar Chhotaray	Assistant Professor
21	Dr. Shraban Kumar Sahoo	Assistant Professor
22	Dr. Srikanta Sahu	Assistant Professor
23	Suchismita Acharya	Assistant Professor
24	Dr. Susanta Ku. Biswal	Professor
25	Deepak Kumar Sahu	Assistant Professor
26	Dr. Kamal Kumar Barik	Associate Professor
27	Dr. Saine Sikta Dash	Assistant Professor
28	Dr. Siba Prasad Mishra	Associate Professor
29	Snigdha A Sanyal	Assistant Professor
30	Mr. Subhankar Debnath	Assistant Professor
31	Mr. Sovan Sankalp	Assistant Professor
32	Mr. Amit Biswas	Assistant Professor
33	Anil Kumar Meher	Assistant Professor

34	Dr. Mamata Garanayak	Assistant Professor
35	Nilamadhab Dash	Assistant Professor
36	Raj KumarMohanta	Assistant Professor
37	Rakesh Kumar Ray	Assistant Professor
38	Dr. Sangram Keshari Swain	Associate Professor
39	Dr. Sasmita Kumari Nayak	Assistant Professor
40	Dr. Shreela Dash	Assistant Professor
41	Subhashree Sahoo	Assistant Professor
42	Dr. Sujata Chakravarty	Professor
43	Suwendu Kumar Nayak	Assistant Professor
44	Mrs. Mamata Wagh	Assistant Professor
45	Dr.Figlu Mohanty	Assistant Professor
46	Ms. Shivani Nanda	Assistant Professor
47	Dr. Chinmayee Dora	Assistant Professor
48	Dr. Harish Chandra Mohanta	Associate Professor
49	Dr. Amit Kumar Sahoo	Assistant Professor
50	Dr. Rajendra kumar khadanga	Associate Professor
51	Dr. Sudhansu Kumar Samal	Associate Professor



Dr. Prasanta Ku. Mohanty
Dean Academic



Prof. KVD Prakash
Dean - IIE & HRD