



Centurion
UNIVERSITY

Shaping Lives...
Empowering Communities...

Centurion Yoga & Meditation Club

“Yoga is light, which once lit, will never dim. The better your practice, the brighter the flame.”

“It is never too late in life to practice Yoga.”

– Padma Vibhusan B.K.S. Iyenger.

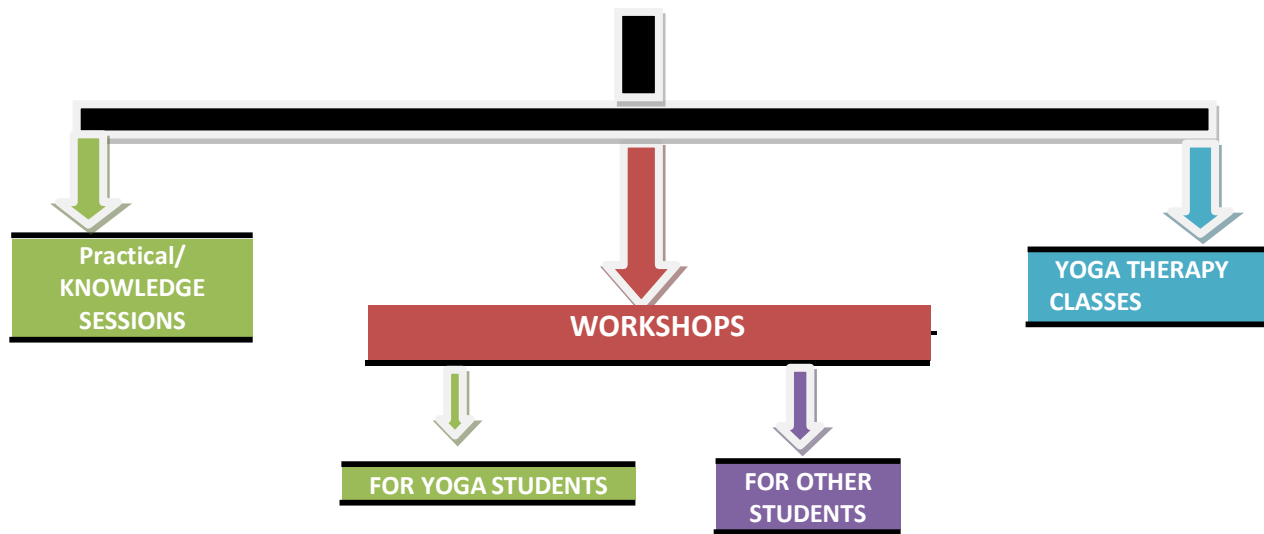
ABOUT OUR CLUB

Yoga is the holistic way of healthy living with its origin in ancient Indian philosophy. The science of yoga imbibes the complete essence of the ‘Way of Life’. Yoga is also about emotional integration and spiritual elevation. Careful practice of *Yogasana*, *Shatkarma* and *Pranayama* can improve the quality of life, reduce stress, lower heart rates, balance the blood pressure, help relieve anxiety, depression and insomnia apart from improving one’s overall physical fitness, strength and flexibility.

The Objective of the Club:

1. Proposes to cater to student’s (and staff’s) physical, mental, emotional and spiritual wellbeing
2. Regular practice to deepening the practical experience of yoga as a therapy
3. Conducting hands-on therapy & counselling to needy people.
4. Arrange Yoga training, Spiritual discourses and social volunteer works to lead a life of Service to mankind.

YOGA- CLUB



ACTIVITIES OF THE CLUB (DONE):

- Inter School Yoga Championship
- Inter University Yoga Championship
- Participated in National Level Yoga Championship at balasore
- Celebrated Yoga Mahotsav-2023 (a count-down program to IDY-2023)
- Celebrated International Yoga Day

ACTIVITIES OF THE CLUB (PLANNED):

- Arrange Inter School Yoga Championship
- Arrange Inter University Yoga Championship
- Perform Yoga Demonstration in Independence day
- Prepare students for Yoga & spiritual tour
- Workshop on stress Management
- Celebrate International Yoga Day

ACHIEVEMENTS OF THE CLUB:

- Awarded by many medal and positions by our members in Inter School & State level Yoga Championships

TIMING OF THE CLUB:

- Club opens in all working days
- Members are practice regular Yoga & Meditation at 7-8 AM

FACULTY IN CHARGE (MAIL ID AND MOBILE NO):

- Name- Pradeep Kumar Sahoo
- Department- School of Management
- Designation- Program Associate (Holistic Health)
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STUDENT COORDINATORS (YEAR, BRANCH, MAIL ID AND MOBILE NO):

- **(For Girls) Name-** Pragnya Paramita Pati Reg No. 193001320002
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- **(For Boys) Name-** ARPAN MAJI Reg No. 211207150004
- **Department / School / Year-** Diploma Mining 2nd year
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PHOTOGRAPHS OF DIFFERENT ACTIVITIES











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