

CENTRAL UNIVERSITY OF ODISHA, KORPAUT
OFFICE OF THE PUBLIC RELATIONS
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Central University of Odisha (CUO) prepares for the International Day of Yoga 2022 and conducts month long Yoga related activities

The Central University of Odisha, Koraput has made extensive preparations for observance of the International Day of Yoga on 21st June 2022 in the best possible manner. Live streaming of Honorable Prime Minister's address from Mysuru, Karnataka will be made available from 6:40 AM to 7:00 AM on that day. Necessary arrangements have been made at the venue for the Prime Minister's address. After 7.00AM, the Yoga session will be started, to be followed by a lecture on 'Yoga for Humanity' by Dr. Amulya Ranjan Mahapatra, Educationist, Yoga preacher and Founder of Ramkrishna Mission, Koraput.

The University had a more than month-long preparation with different activities among students and staff ahead of the International Day of Yoga on 21 June 2022. The University conducted different activities in the campus including Yoga workshop for students on 11 May 2022; essay competition in Odia, English and Hindi with the topic 'Covid19 and relevance of Yoga in facing the challenges' among the students on 25-27 May 2022; a quiz competition on Yoga for non-teaching staff on 13 June 2022.

The University organized a programme on 'Yoga Session with Expert' on 16-17 June 2022 in its campus at Sunabeda for non-teaching staff and research scholars. The programme is embedded with the ongoing Azadi Ka Amrit Mahotsav (AKAM) celebrations. Yoga expert Shri Jay Kumar Pradhan from Art of Living conducted the session. Prof. Sharat Kumar Palita, Vice-Chancellor I/c. conveyed his best wishes for successful completion of the Yoga Session.

Prof. Asit Kumar Das, Registrar inaugurated the programme and delivered inaugural address in the Yoga Session. He highlighted about the importance and benefits of Yoga for human being in his address. He said "Yoga is important for everyone's life as it helps in balancing the relationship between body and mind. It deals with the physical, mental, emotional, and spiritual wellness of the person and society".

The session comprised of different Yoga Asanas and included *Pranayama, Kapalbhathi, Shavaasan, NadiSodhan, Makarasan, Bhramari, Tadasan, Bhujangasan, Mandukasan, Sitali and AnulomVilom*. Expert Shri Pradhan explained the procedure and benefits of all the asanas and demonstrated those asanas. All participants in the session performed the yoga postures as per the demonstration and learnt the different components.

Shri Manas Das Dy. Registrar in-charge extended the vote of thanks. Mr. Sibaram Patra and Mr. Jitendra Panda coordinated the logistic arrangements. Dr. Phagunath Bhoi, Public Relations Officer of the University coordinated the session and delivered the welcome address.

Dr. Phagunath Bhoi
Public Relations Officer