

CENTRAL UNIVERSITY OF ODISHA, KORPAUT  
OFFICE OF THE PUBLIC RELATIONS  
PRESS RELEASE, DATE: 21.06.2020

**Central University of Odisha (CUO) observes 6<sup>th</sup> International Day of Yoga**

The Central University of Odisha celebrated the 6<sup>th</sup> International Day of Yoga in a befitting manner at its Guest House on 21 June 2020. Prof. I. Ramabrahmam, Hon'ble Vice-Chancellor, CUO conveyed his greetings to the University community on the occasion of the International Day of Yoga-2020. Delivering his presidential address, he appealed the University community to include Yoga as an integral part of their daily routine for a healthy and prosperous life. Dr. Amulya Ranjan Mohapatra, Founder of Ramakrishna Mission, Koraput delivered a special lecture on "Yoga at Home and Yoga with family". Appreciating the idea of Honble Prime Minister Shri Narendra Modi, he said that Yoga should be adopted as a way of life, especially during this COVID times. Dr. Mohapatra demonstrated the key features and exercises in Yoga.

Shri Dusmanta Parida and Srhi Rajib Kumara Sahu, ardent Yoga experts associated with Art of Living, Korpaut attended the programme as the resources persons and demonstrated various Yoga asanas as per the guidelines of Common Yoga Protocol. They demonstrated some simple 'asanas' like some simple Bhramari Pranayam, Dyana, Sitali Pranayam, Kapala Bhati, Nadisodhan, Sabasana, Pawan Muktasana, Ardha Halasana, Uttana Padasana, Setu Bandhasana, Salabhasana, Bhrujangasana, Makarasana, Bakrasana, Uttana Mandukasana, Sasakasana, Ustrasana, Ardha Ustrasana, Bajrasana, Bhadrasana, Ardha Chakrasana, Tadasana and different movement of body like knee movement, shoulder movement and various benefits associated with them. He also demonstrated Surya Namaskar. All participating teachers' students and administrators have begun to learn the different components of Yoga. The entire session was live through face book page of University so that those teachers and students who could not join the occasion also benefited from the Yoga demonstration today.

Dr. Jayant Kumar Nayak, extended the Vote of thanks. Dr. Phagunath Bhoi, Public Relations Officer coordinated the programme. All the teaching and non-teaching staff and students of the University were present in large number on the yoga session.

Dr. Phagunath Bhoi  
Public Relations Officer