

CENTRAL UNIVERSITY OF ODISHA, KORPAUT

OFFICE OF THE PUBLIC RELATIONS

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**Central University of Odisha observes International Day of Yoga 2022-**

**Dr. Amulya Ranjan Mahapatra felicitated by the CUO**

The Central University of Odisha, Koraput observed the 8<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2022 in its campus at Sundabeda in a befitting manner. Live streaming of Mass Yoga demonstration and Honorable Prime Minister's address from Mysuru, Karnataka was made available from 5:30 AM. Prime Minister Narendra Modi said that yoga has become a global festival as there is widespread acceptance of the ancient Indian practice. He said, "the World has accepted amrit spirit of India which gave energy to India's freedom struggle. That is why mass yoga demonstrations are being organised at 75 iconic locations across the country". The University community attended the live programme enthusiastically. Students and faculty attended the live streaming of the programme on DD national channel from their respective homes.

After live streaming of Hon'ble PM's speech, CUO had the special event on Yoga held in front of the Academic Block-3. Prof. Sharat Kumar Palita, Hon'ble Vice-Chancellor I/c. conveyed greeting to the University community for celebrating International Day of Yoga-2022 and delivered the inaugural address. He appealed the University community to include Yoga as an integral part of their daily routine for a healthy and prosperous life. Prof. Asit Kumar Das, Registrar highlighted the importance of Yoga in life. He said that the Yoga is the way of connection between body and soul and our soul and supreme soul. Yoga is the best way to control stress and to lead a calm, healthy and happy life. Dr. Ram Shankar also highlighted the objectives of International Day of Yoga.

The Yoga session was conducted by an ardent Yoga expert Shri Jay Kumar Pradhan from Art of Living. He demonstrated various Yoga asanas as per the Common Yoga Protocol *such as* simple 'asanas' like *Bhramari, Dhyana, Sitali, KapalaBhati, Nadisodhan, Sabasana, Pawan Muktasana, ArdhaHalasana, UttanaPadasana, SetuBandhasana, Salabhasana, Bhrujangasana, Makarasana, Bakrasana, UttanaMandukasana, Sasakasana, Ustrasana, ArdhaUstrasana, Bajrasana, Bhadrasana, ArdhaChakrasana, Tadasana* and different movement of body like knee movement, shoulder movement and various benefits associated with them.

On this occasion the Prof. Asit Kumar Das, Registrar of the University felicitated Dr. Amulya Ranjan Mahapatra, eminent Educationist, Yoga preacher and Founder of Ramkrishna Mission, Koraput by offering a shawl and memento for his life time contribution towards empowerment of education and popularizing Yoga in the region. Dr. Mahapatra delivered a lecture on 'Importance of Yoga on Post Covid Situation' with the theme Yoga for Humanity. He appealed all to practice Yoga for better healthy and peaceful life.

Dr. Bijayananda Pradhan, Asst. Librarian extended the vote of thanks. Dr. Phagunath Bhoi, Public Relations Officer of the University coordinated the session and delivered the welcome address. Certificates were presented to the participants and winners of quiz and essay competition and participation in Yoga sessions. Mr. Manas Kumar Das, Dy Registrar I/c., Mr. Pradeep Kumar Samantray, Security Officer; and Mr. Sibaram Patra, Section Officer awarded the certificates by the Guests. Mr. Jitendra Panda coordinated the logistic arrangements. Dr. Rudrani Mohanty, faculty of Odia along with all non-teaching staff attended the programme. The entire programme was also made available through Facebook live streaming in which students and faculty participated.

Dr. Phagunath Bhoi, Public Relations Officer