

CENTRAL UNIVERSITY OF ODISHA, KORPAUT

OFFICE OF THE PUBLIC RELATIONS

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CUO Celebrates 11th International Day of Yoga with 'Yoga Sangam'

Central University of Odisha (CUO) joined the nation in celebrating the 11th International Day of Yoga (IDY) by organizing its flagship event, *Yoga Sangam*, on the University campus on 21 June 2025. The event featured a mass yoga demonstration based on the Common Yoga Protocol (CYP), synchronised with over one lakh locations across India from 7:00 AM to 7:45 AM. The nationwide observance was led by the Hon'ble Prime Minister of India.

Held under the theme "*Yoga for One Earth, One Health*", the celebration at CUO was inaugurated by Prof. N. C. Panda, Hon'ble Vice-Chancellor (I/c), in the presence of Dr. Rakesh Kumar Lenka, Registrar (I/c), Shri Duryodhan Sethi, Finance Officer, Yoga Expert Sri Jaya Krishna Padhan, along with faculty members, staff, and students.

In his inaugural address, Prof. Panda underscored the significance of yoga in modern life, stating that "the regular practice of yoga fosters a healthy mind, body, and soul, leading to a prosperous and fulfilling life." He emphasized yoga's potential to build resilience, enhance mental health, and foster social harmony.

A key highlight of the event was the yoga workshop conducted by Sri Jaya Krishna Padhan, who guided the participants through various asanas and breathing techniques, including Bhramari, Dhyana, Sitali, Kapalabhati, Nadisodhan, Setu Bandhasana, Bakrasana, Bhadrasana, Ardha Chakrasana, and Tadasana.

Furthermore, a plantation drive was conducted in front of the Academic Block, where valuable saplings such as Chandan and Neem were planted by the Vice-Chancellor, along with faculty and staff members of the University. A cleanliness drive was also undertaken across the campus.

The programme began with a welcome address by Dr. Phagunath Bhoi, Public Relations Officer and Nodal Officer for IDY. It was coordinated by Dr. Dillip Kumar Patnaik, Deputy Registrar, and Shri Pradeep Kumar Samantray, Security Officer of the University.

Dr. Phagunath Bhoi, Public Relations Officer