

CENTRAL UNIVERSITY OF ODISHA, KORAPUT
OFFICE OF THE PUBLIC RELATIONS
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CUO Hosts 'Peace of Mind through Yoga' Programme as Part of International Yoga Day Countdown

As part of the 100-day countdown to International Day of Yoga (IDY) 2025, the School of Integrated Agriculture and Natural Resources, Central University of Odisha (CUO), organized a special programme titled '*Peace of Mind through Yoga*' at its permanent campus, Sunabeda on 07 May 2025 Wednesday.

The event was inaugurated by Prof. N.C. Panda, Acting Vice-Chancellor of CUO, who also served as the Chief Guest. In his address, Prof. Panda emphasized the global recognition of Yoga as a result of the efforts of Hon'ble Prime Minister Shri Narendra Modi. He highlighted Yoga's role in promoting inner peace and holistic well-being, and lauded the Ministry of Education's initiative to engage Higher Education Institutions in the IDY celebrations through a series of activities.

Dr. Manjushree Singh, Head of the Department of Agriculture, delivered the welcome address and outlined the objectives of the programme. Dr. Sanjay Pradhan, Head of the Department of Dairy Science, welcomed the dignitaries and participants.

A yoga session was conducted by certified trainers from the Art of Living, Sunabeda — Er. Abhaya Sahoo, Er. Biswa Ranjan Kanungo, and Er. Bed Prakash Das. The session included a lecture-cum-demonstration of various asanas, which were actively practiced by attendees.

Dr. Ramendra Kumar Parhi, Dean of Student Welfare, proposed the vote of thanks, while the event proceedings were compered by Dr. Chakradhar Padhan, Head of the Department of Hindi.

The programme saw enthusiastic participation from students and faculty, including Prof. Rathikant Kumbhar, Head of the Department of Economics, and Prof. Bharat Kumar Panda, Head of the Department of Education. The Departments of Agriculture and Dairy Science jointly coordinated the event.

Dr. Phagunath Bhoi, Public Relations Officer