Gangadhar Meher University,

Sambalpur-768004

5.1.3: - Life skills (Yoga, physical fitness, health and hygiene),

Gangadhar Meher University places a strong emphasis on nurturing the holistic well-being of its students. The university is committed to promoting a balanced and fulfilling lifestyle by integrating key elements such as physical health, hygiene practices, yoga, and the development of essential life skills into the daily routines of students. The importance of these interconnected aspects is highlighted through various activities organized by the Health Centre, Yoga Cells, National Service Scheme, and Youth Red Cross, which help students understand the value of engaging in both physical and mental exercises to maintain optimal health.

Regular yoga sessions are conducted to encourage a mix of cardiovascular exercises, strength training, and flexibility exercises, all of which contribute to overall well-being. The benefits of yoga, including mind-body balance, stress reduction, improved posture, and enhanced confidence, are consistently emphasized.

In addition to these practices, the implementation of a comprehensive mental health program at Gangadhar Meher University is crucial for supporting students' emotional well-being, resilience, and academic success. Key components of this program include mental health awareness education, counseling services, stress management and resilience-building activities, and collaboration with external resources.

Moreover, students are educated on the importance of balanced nutrition for maintaining energy levels and boosting immunity, as well as the significance of personal hygiene practices in maintaining physical health and preventing infections. By promoting all these practices, Gangadhar Meher University is confident that students can achieve a balanced lifestyle, leading to enhanced overall health and happiness.

Photographs and other evidence of these activities are provided below to showcase the university's dedication to these initiatives.

Name of the capacity development and skills enhancement schemes	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
Life Skills –Yoga	21.06.2024	57	Organised by NSS team,GMU
Life Skills –Yoga	07.04.2024	12	Yoga Guru Dr. Jayadeb Meher
Life Skills –Yoga	14.04.2024	13	Yoga Guru Dr. Jayadeb Meher
Life Skills –Yoga	21.04.2024	19	Yoga Guru Dr. Jayadeb Meher
Life Skills –Yoga	28.04.2024	25	Yoga Guru Dr. Jayadeb Meher
Life Skills –Yoga	03.03.2024	15	Yoga Guru Dr. Jayadeb Meher

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Life Skills –Yogathon	10.03.2024	70	Yoga Guru Dr. Jayadeb Meher, Sambad advt chief Mr. Prabir Mallick,Swamiji, Ms Monica Nayar, and others
Life Skills –Yoga	15.03.2024	50	Yoga Guru Dr. Jayadeb Meher
Life Skills –Yoga	16.03.2024	40	Yoga Guru Dr. Jayadeb Meher
Life Skills –Yoga	17.03.2024	10	Yoga Guru Dr. Jayadeb Meher
Life Skills –Yoga	24.03.2024	16	Yoga Guru Dr. Jayadeb Meher
Life Skills –Yoga	31.03.2024	18	Yoga Guru Dr. Jayadeb Meher
Life Skills -Yoga	22.02.2024	17	Yoga Guru Dr. Jayadeb Meher
Life Skills –Yoga	10.02.2024	79	Yoga Guru Dr. Jayadeb Meher
Life Skills –Yoga	25.02.2024	12	Yoga Guru Dr. Jayadeb Meher
Life skill: Out leach programme On Jaundice & Water-borne Diseases	30.06.2024	25	NSS team , GMU
Life Skill(Health and Hygiene): Health related awareness program in ladies hostels of GMU	14 . 05.2024	70	By Dr. Professor of Obstetrics and Gynaeocology. And Ms. Swarnalata Panda, Nutritionist,UPHC Sambalpur
Life Skill Webinar on Extra Mural Talk on "Ayurvedic Health Awareness in Ancient Indian Texts" in his talk emphasized that Ayurveda maintain and restore balance in body's qualities and functions.	20.04.2024	150	Resorce person Prof. Narasingha Charan Panda, Head and Professor of Sanskrit, Central University of Odisha, Koraput organised by school of Sanskrit,GMU
Life Skill (Health): "Suicide prevention and mental health counselling Awareness campaign"	14.11.2023	357	(Counsellor: From DHH hospital Sambalpur, Akankshya Mishra and Namita Giri)
Life Skill(Mental Health): "Suicide prevention and mental health counselling Awareness campaign"	15.11.2023	357	(Counsellor: From DHH hospital Sambalpur, Akankshya Mishra and Namita Giri)
Life Skill(Mental Health)"Mental health and wellbeing awareness"	07.10.23	112	G. M. University in association with NAC college Burla
Life Skill: "Mental Health Sensitization Program	23.09.2023	46	Clinical Psychologist Miss Sunita Mishra, DHH Sambalpur
Life Skill (Health and Hygiene): "Health camp and awareness programme on Anemia and menstrual Hygiene at ladies hostel.	14.05.2023	76	By Dr. Mamata Soren, Professor of Obstetrics and Gynaeocology. And Ms. Swarnalata Panda, Nutritionist,UPHC Sambalpur
Life Skill: Mental Health couselling on "World	11.09.2023	89	G. M. University in association with "PATANG" NGO

Suicide Prevention day and world mental health day"			
Life Skill: "Stress management and addressing various psychological issues of students at ladies hostels, G. M. University	11-01-2024	112	Counsellor: Clinical psychologist Miss Akankshya Mishra, DHH, Sambalpur
Life Skill: "Develop leadership among young people to become an active citizen"	26-12-2023 to 30.12.2023	33	Resource Person Dr Om Prakash by G. M. University in association with "PATANG" NGO
Life skill" Awareness about environment and health leads to an Plantation activity at GMU ground"	21.03.2023	25	G. M. University
Life skill" Plantation activity at GMU ground"			
Life Skill (Interaction with socially harassed/abused women at Women and Child development dept, Govt of India, Dhanukoda Sambalpur). with an aim to	24.11.22	87	G. M. University in association with NSCB College Sambalpur
Life skill (Interaction with orphanage at Women and Child development dept, Govt of India, Dhanukoda Sambalpur) by school of management.	22.09.2022	33	Prof. Niranjan Sia, Ravenshaw University Cuttack.
Life Skill development	15/11/2023	316	Prof Susmit Pani
Life skill (Mental health couselling).	8.11.2023	33	By School of Psychology
Life Skill Interaction meeting of school of Psychology with PATANG,NGO on life skill development	19.11.22	40	By School of Psychology,GMU on collaboration with PATANG,NGO
Extramural lecture on **life skill education** a way to maintain mental health of Youth	21-22 December 2022	65	Mr. Sameer Ranjan Mondal,National Trainer, Pune Institute of Business Management.
Life Skill: Awareness programme on Anemia and menstrual Hygiene at ladies hostel	10.10.2023	15	By GMU

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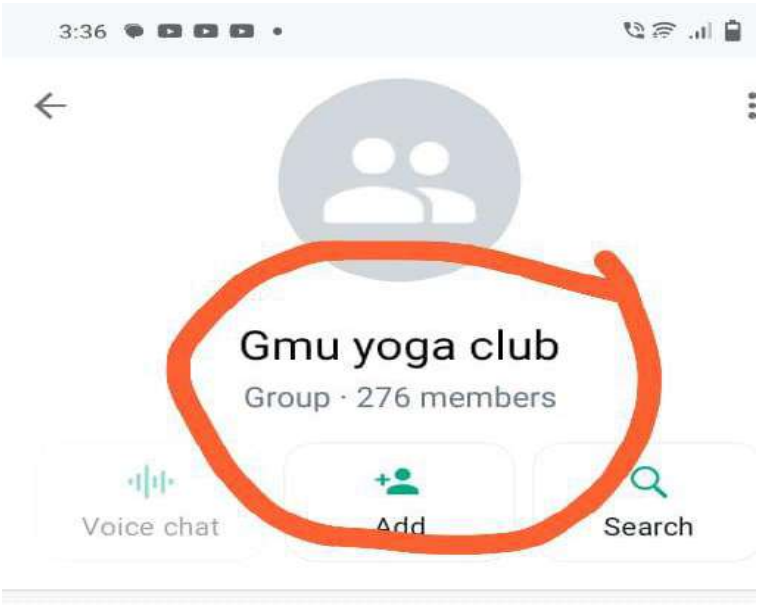
Life Skill (Yoga and Physical fitness)



Celebration of International Yoga day at GMU

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GPS Map Camera
Sambalpur, Odisha, India
FXHC+GW2, Modipada, Sambalpur, Odisha 768002, India
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GPS Map Camera
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FXHF+39X, Modipada, Sambalpur, Odisha 768002, India
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FXJJ+V33, Budharaja, Sambalpur, Odisha 768004, India
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ସମ୍ବାଦ

'ସମ୍ବାଦ'ପକ୍ଷରୁ ଓଡ଼ିଶା ଯୋଗାଥନ

'ଯୋଗର ଲକ୍ଷ୍ୟ ଅତ୍ୟନ୍ତ ଦୁଃଖରୁ ନିବୃତ୍ତି ଓ ପରମାନନ୍ଦ ପ୍ରାପ୍ତି'

ସମ୍ବଲପୁର, ୧୦/୩ (ଭେମିମ): ଭାରତ ଯେତେବେଳେ ସ୍ୱାଧୀନ ହେଲା, ବିଦ୍ୟାଳୟର ପାଠ୍ୟକ୍ରମରେ 'ଶୋକ' ଉପରେ ଯତି 'ଯୋଗ' ନାଁ ଉଲି ଦିଆଯାଇଥା'ନ୍ତା, ଭାରତର ଆଜି ଦୁନ୍ଦୁଭ ଦିନ ପରିଦର୍ଶନ ହୋଇଯାଇଥା'ନ୍ତା। ଶୋକ ଶବ୍ଦ ଧାର୍ମିକରେଖେ ହେବ ଓ ଯୋଗ ଶବ୍ଦ ସାମ୍ପ୍ରଦାୟିକ ହେବ ବୋଲି ଯେଉଁମାନେ କିଛି ଲୋକ କହିଥିଲେ। ସେତେବେ ଆଜି ବିଶ୍ୱରେ ଅନ୍ୟ ଶବ୍ଦ ଅପେକ୍ଷା ଯୋଗ ଶବ୍ଦକୁ ଜାଣିବା ଲୋକ ଅଧିକ ଆଗ୍ରହୀ। ସାରା ବିଶ୍ୱରେ 'ଯୋଗ'ର ଯୋଗ ଆରମ୍ଭ ହୋଇଛି। ସାରା ବିଶ୍ୱରେ ଯୋଗ ଅଦିବାସୀ ହୋଇଯାଇଛି। ଯୋଗର ଲକ୍ଷ୍ୟ ହେଉଛି 'ଅତ୍ୟନ୍ତ ଦୁଃଖରୁ ନିବୃତ୍ତି ଓ ପରମାନନ୍ଦର ପ୍ରାପ୍ତି' ବୋଲି ଗୁରୁଜୀଙ୍କ ସେବା ଆଶ୍ରମ ବୃନ୍ଦାବନ ଅଧ୍ୟକ୍ଷ ଲଥା ବିଶ୍ୱ ହିନ୍ଦୁ ପରିଷଦର ଉପଦେଷ୍ଟା ସ୍ୱାମୀ ଜୀବନ ମୁକ୍ତାନନ୍ଦ ପୁରୀଜୀଙ୍କ ମହାରାଜ କହିଛନ୍ତି।

'ସମ୍ବାଦ' ପକ୍ଷରୁ ଆଜି ସକାଳେ ଗଙ୍ଗାଧର ମେହେର ବିଶ୍ୱବିଦ୍ୟାଳୟ ପରିସରରେ ଆୟୋଜିତ ଓଡ଼ିଶା ଯୋଗାଥନ କାର୍ଯ୍ୟକ୍ରମରେ ସ୍ୱାମୀଜୀ ମୁଖ୍ୟ ଅତିଥି ଭାବରେ ଯୋଗଦେଇ ଥିଲେ। ମଞ୍ଚାସୀନ ଅତିଥି ଭାବରେ ସମ୍ବଲପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟର କୁଳପତି ପ୍ରଫେସର ଏନ. ନାଗେଶ୍ୱରୁ ଯୋଗଦେଇ ବକ୍ତବ୍ୟ ରଖିଲେ, ବିଶ୍ୱବିଦ୍ୟାଳୟ ପରିସରରେ ପ୍ରଚୁର ସକାଳେ ଯୋଗ ଶିବିର ଅନୁଷ୍ଠିତ ହେଉଛି। ଏହି ଶିବିର ସମସ୍ତଙ୍କ ପାଇଁ ଉପଯୁକ୍ତ ରହିଛି। ଏକ ହଜାର ଶିବିରାର୍ଥୀଙ୍କୁ ଏଥିରେ ସାମିଲ କରିବା ଲକ୍ଷ୍ୟ ରଖିଥିବା ସେ କହିଥିଲେ। 'ସମ୍ବାଦ' ସମ୍ବଲପୁର ସଂସ୍ଥାର ଉପମୁଖ୍ୟକାର୍ଯ୍ୟକ୍ରମ ପ୍ରସ୍ତୁତ ନାଟକ ଯୋଗଦେଇ କହିଥିଲେ, ଓଡ଼ିଶାବାସୀଙ୍କ ଶାରୀରିକ ଓ ମାନସିକ ସୁସ୍ଥତା ପାଇଁ ଗତ ପାଞ୍ଚ ବର୍ଷ ଧରି 'ସମ୍ବାଦ' ରାଜ୍ୟର ବିଭିନ୍ନ ସ୍ଥାନରେ ଏହି କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜନ କରିଆସୁଛି। ଚଳିତ ବର୍ଷ ଚତୁର୍ଦ୍ଦଶୀରୁ ଓ ଜଣଙ୍କ ଗମନେ ଜାତିକି ଆଗକରିବାକୁ ଏହି ଶିବିର ଆୟୋଜନ ହୋଇଥିଲା। ଚଳିତ ସମ୍ବଲପୁର ପଞ୍ଚମ ସ୍ଥାନ ଜେଲାରେ ଚାଲିଥିଲେ ସଂସ୍ଥାର ମହାପ୍ରବନ୍ଧକ ଗଜେନ୍ଦ୍ରନାଥ ମଲ୍ଲିକ ଯଥାର୍ଥ, ମିଡିଆର ପରିଚାଳନା ନିର୍ଦ୍ଦେଶିକା ମୋନିକା ମାଲାର ପରିଚାଳକଙ୍କ ପ୍ରତିଶ୍ରୁତିରେ କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜନ କରାଯାଇଥିବା ସୂଚନା ଦେଇଥିଲେ। ଅନ୍ୟ ସମ୍ମାନିତ ଅତିଥିଙ୍କ ମଧ୍ୟରେ ଏମ୍ସମିଆଇଟିର ପୁନ୍ଦ ନିର୍ଦ୍ଦେଶକ ଡ. ସେବକ ତ୍ରିପାଠୀ, ଡା. ଉମାଦେବ ମେହେର, ଫିଲି କାଉନସିଲ୍ ଅଧ୍ୟକ୍ଷ ପ୍ର. ଏସ.ଡବ୍ଲ. ସିଂହ ଓ ଓଡ଼ିଶା ଯୋଗସଂସ୍ଥାର ମାଧ୍ୟରେ ସମ୍ମାନର ଆତିଥ୍ୟ ଗ୍ରହଣ କରିଥିଲେ। ମୁଖ୍ୟମନ୍ତ୍ରୀଙ୍କ ଦିବସର ଯୋଗ ସୁନ୍ଦର ସାଜସଜ୍ଜା ଶିବିର ପରିଚାଳନା କରିଥିଲା। ସମ୍ବଲପୁର ବିଶ୍ୱବିଦ୍ୟାଳୟର ଛାତ୍ରଛାତ୍ରୀ ବୈଦିକ ଶାନ୍ତି ମନ୍ତ୍ର ପାଠ କରିଥିଲା ବେଳେ ଦୁର୍ଗାର 'ଆଲୋକ' ଚୁଣ୍ଣାଗେରୀ ଅନୁଷ୍ଠାନର ଛାତ୍ରଛାତ୍ରୀ ଯୋଗ ନୃତ୍ୟ ଓ ସମ୍ବଲପୁରୀ ନୃତ୍ୟ ପରିବେଷଣ କରିଥିଲା। ସମ୍ବାଦ ବିଜ୍ଞାପନ ବିଭାଗ ମୁଖ୍ୟ ପ୍ରବୀର ମଲ୍ଲିକ କାର୍ଯ୍ୟକ୍ରମ ପରିଚାଳନା କରିଥିଲେ। କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜନରେ ଫ୍ରିଡମ୍ ଟ୍ରାଏଲ୍ ଲଥା ଅନ୍ୟ ବ୍ୟବସାୟିକ ସଂସ୍ଥାମାନେ ସହଯୋଗ କରିଥିଲେ।

Representative photographs of Continuous 30 days Yoga Byam & Moral Conciseness Orientation Program at GMU in different hostels and common places (To be Continued)

Yoga Guru : Dr. Jayadev Meher, Sr. Gynaecologist, Social Worker, Owner of Janani Marenity Nurning Home, Modipada, Sambalpur, Odisha, India

Coordinator: Prof. S K Das, Chairman PG Council, GMU

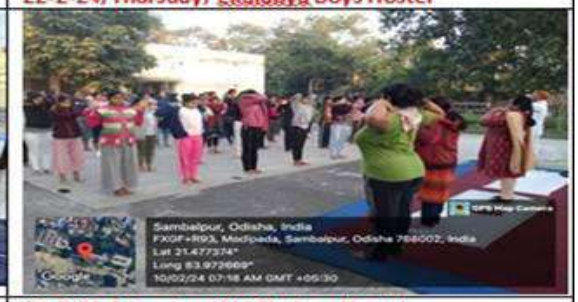
12-2-24, Monday, TF Hostel

27-2-24, Tuesday, SJ Hostel

07-2-24, Wednesday, JPPG Hostel

22-2-24, Thursday, Ekalabya Boys Hostel

09-2-24, Friday, LH1 Hostel



10-2-24, Saturday, Old Ekalaya Hostel

25-02-24, Sunday, Quadrangle

Life Skill

"Mental Health Sensitization Program"

15/11/2023

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THE SAKALA
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ଜିଏମୟୁରେ ମାନସିକ ସ୍ୱାସ୍ଥ୍ୟ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ

ସମ୍ବଲପୁର, ୧୫।୧୧(ସମିସ): ଗଙ୍ଗାଧର ମେହେର ବିଶ୍ୱବିଦ୍ୟାଳୟ ପକ୍ଷରୁ ଆଜି ଅଧ୍ୟପନା ଭବନ-୧ ଠାରେ ଏକ ମାନସିକ ସ୍ୱାସ୍ଥ୍ୟ ସଚେତନତା କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜିତ ହୋଇଯାଇଛି। ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ଶତାଧିକ ଛାତ୍ରଛାତ୍ରୀ ଉପସ୍ଥିତ ରହି ସକ୍ରିୟ ଅଂଶଗ୍ରହଣ କରିଥିଲେ। ଜିଲ୍ଲା ମୁଖ୍ୟ ଚିକିତ୍ସାଳୟର ଦୂର ମନସ୍ତତ୍ତ୍ୱବିତ୍ ଆକାଂକ୍ଷା ମିଶ୍ର ଏବଂ ନମିତା ଗିରି ଛାତ୍ରଛାତ୍ରୀ ମାନଙ୍କର ଅନେକ ମାନସିକ ଦ୍ୱନ୍ଦ୍ୱ ଦୂର କରିବାପାଇଁ ପ୍ରୟାସ କରିଥିଲେ। ମନସ୍ତତ୍ତ୍ୱବିତ୍ ଆକାଂକ୍ଷା ମିଶ୍ର ପରାମର୍ଶ ସେବାର ଉପଯୋଗିତା ଉପରେ ଆଲୋକପାତ କରିଥିବା ବେଳେ ନମିତା ଗିରି ମାନସିକ ଚାପରୁ କିଭଳି ପ୍ରସମିତ କରାଯାଇପାରି ସେ ସମ୍ପର୍କରେ କହିଥିଲେ। କାର୍ଯ୍ୟକ୍ରମକୁ ବିଶ୍ୱବିଦ୍ୟାଳୟର କୁଳପତି ପ୍ରଫେସର ଏନ୍. ନାଗାରାଜୁ, ରେଜିଷ୍ଟ୍ରାର ଅଗ୍ରବେରୀ ଦାସ ଓ ଉପ କୁଳସଚିବ ଡ. ଇଏ। ତରଣ ପତି ସମ୍ପୂର୍ଣ୍ଣ ସହଯୋଗ ପ୍ରଦାନ କରିଥିଲେ। ମନସ୍ତତ୍ତ୍ୱ ବିଭାଗର ମୁଖ୍ୟ ଡ଼ ଫସୁକ୍ତା ପାଢ଼ୀ କାର୍ଯ୍ୟକ୍ରମକୁ ପରିଚାଳନା କରିଥିଲେ। ଡ଼ ପାର୍ଥ ସାରଥି ମଲ୍ଲିକ, ଡ଼ ପ୍ରମୋଦ କୁମାର ସାମଲ, ପୁଷ୍ପା ହେମ୍ବ୍ରମ, ଗୋପିକାନ୍ତ ସୁନା ପ୍ରମୁଖ ଅଧ୍ୟାପକ ଅଧ୍ୟାପିକା ଉପସ୍ଥିତ ରହି ସେମାନଙ୍କର ମନ୍ତବ୍ୟ ବ୍ୟକ୍ତ କରିଥିଲେ। କାର୍ଯ୍ୟକ୍ରମ ଶେଷରେ ଛାତ୍ରାବାସ ମାନଙ୍କର ମୁଖ୍ୟ ତତ୍ତ୍ୱବଧାରିକା ଡ଼ ନମିତା ଶତ୍ରୁଙ୍ଗା ଧନ୍ୟବାଦ ଅର୍ପଣ କରିଥିଲେ।

14/11/2023

A Counselling Session was held today (14/11/2023) by Gangadhar Meher University where 2 Clinical Psychologists from DHH, Sambalpur interacted with the students. It was a nice session indeed.

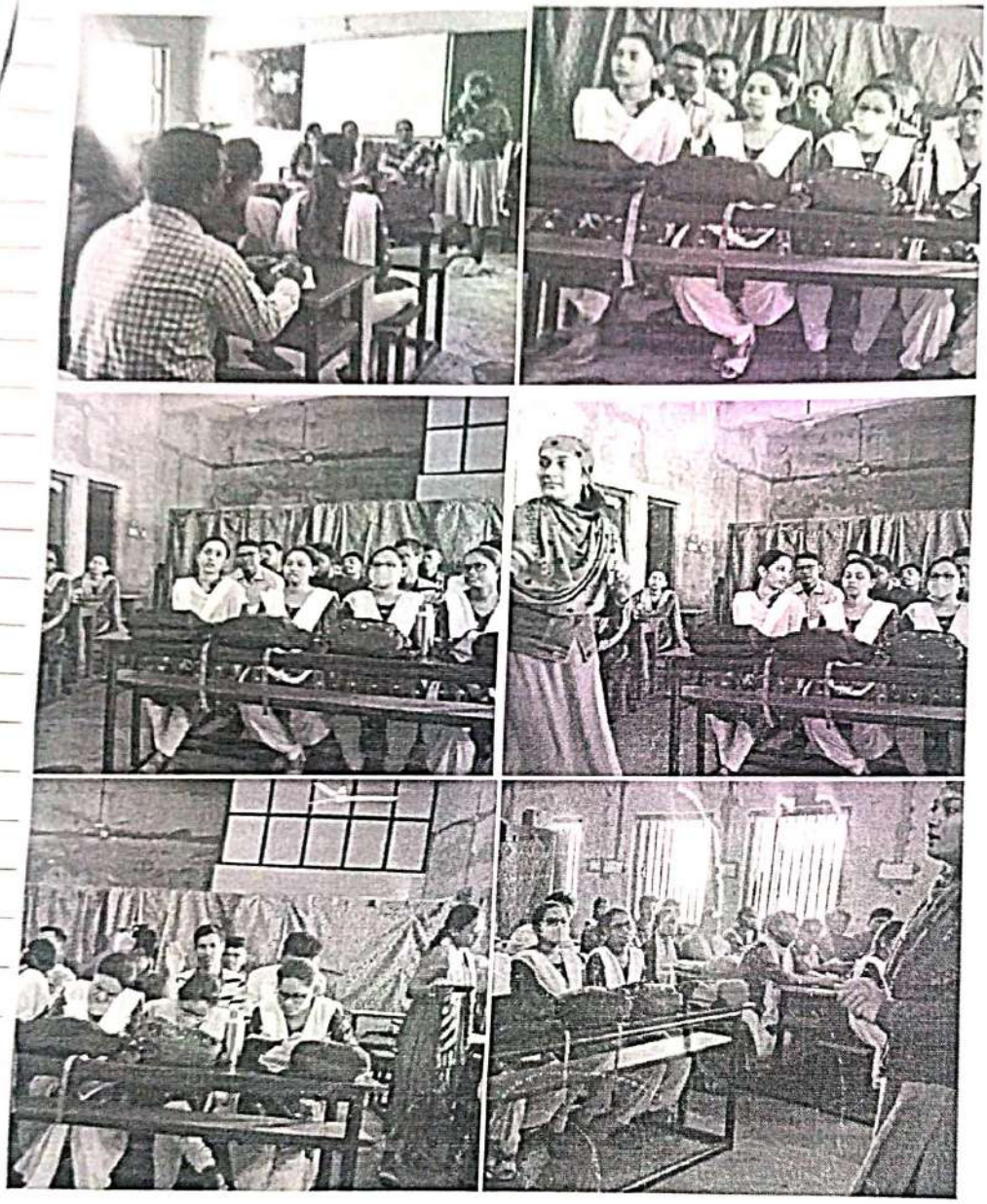
Mental Heath Sensitization Programme and Counselling Session by Suneeta Mishra, clinical psychologists from DHH, Sambalpur

“Suicide prevention and mental health counselling Awareness campaign”

11/09/23.

'Yuva Mela' on the eve of World Suicide Prevention Day and World Mental Health Day was successfully Organised by School of Psychology in association with 'PATANG' today (11/09/2023).

19/11/22 Counselling Programme



Interaction meeting of School of Psychology with the members of PATANG on Life Skill Development from 11am to 12 o'clock today (19/11/22)

08/11/23

GPS Ma
Sambalpur, Odisha, India
Budharaja Road Budharaja High School Market Complex Shop No
Colony, Budharaja, Sambalpur, Odisha 768004, India
Lat 21.486874°
Long 83.983386°
08/11/23 02:33 PM GMT +05:30
Sambalpur, Odisha, India
FXPM+07W, S.R.I.T. Colony, Budharaja, Sambalpur, Od
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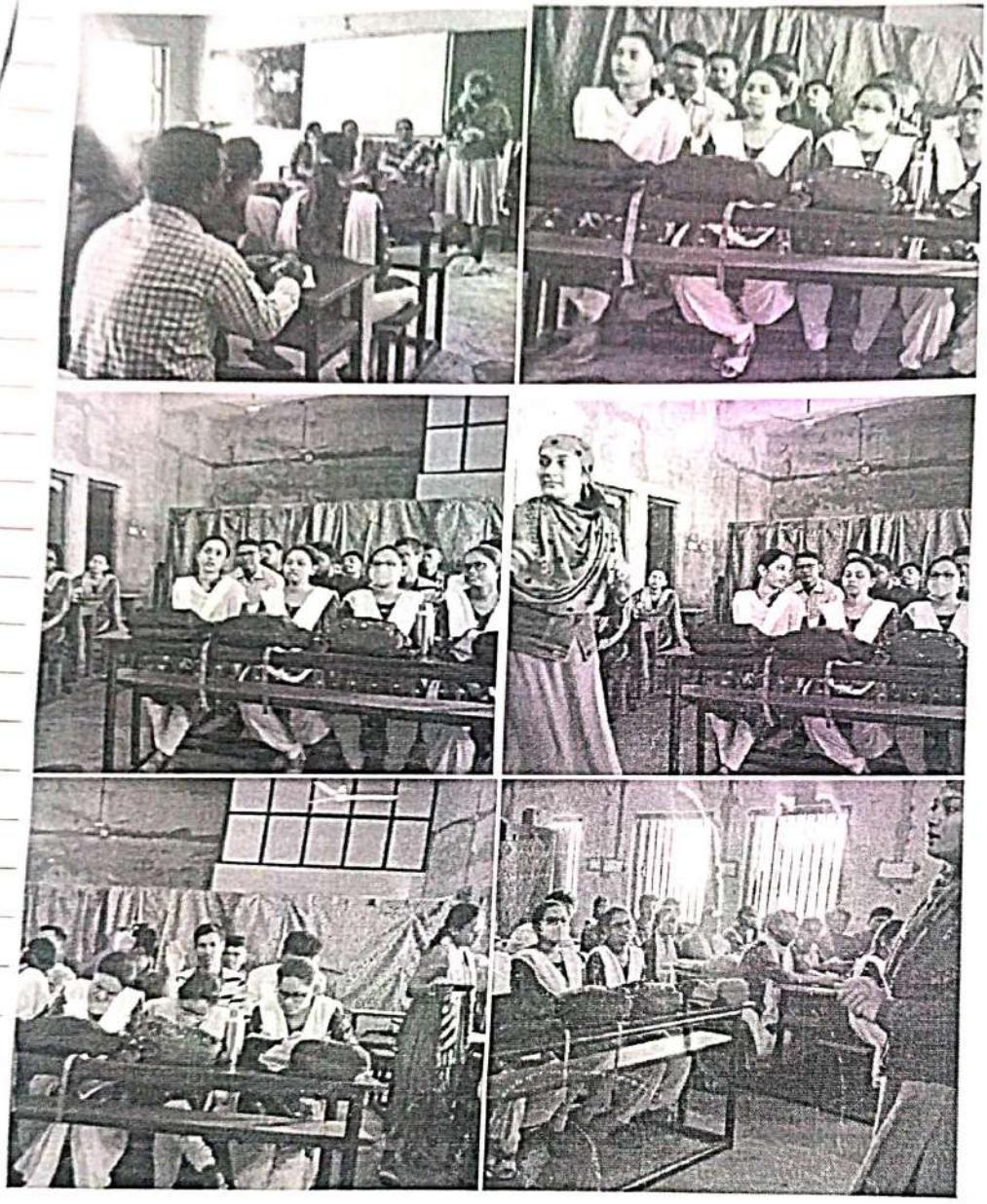
19/11/22 Counselling Programme



Interaction meeting of School of Psychology with the members of PATANG on Life Skill Development from 11am to 12 o'clock today (19/11/22)

Life Skill(Health and Hygiene):

Health related awareness program in ladies hostels of GMU.

Awareness programme On Jaundice & Water-borne Diseases by NSS team,GMU

Awareness program on Menstrual hygiene in PhD scholar ladies hostel, GMU

Plantation is also a life-saving activity, and students at GMU regularly engage in planting trees.

“Stress management and addressing various psychological issues of students at all ladies hostels, G. M. University By Counselor Aakankshya Mishra, Clinical psychologist, DHH, Sambalpur in Ladies Hostel 1 for all the ladies hostel boarders and staff on 11.01.2024