

A
Comprehensive 5-year report
of Yoga



Gangadhar Meher University
Amruta Vihar, Sambalpur,
Odisha, India, 768004


Director, IQAC
Gangadhar Meher University
Sambalpur


REGISTRAR
GANGADHAR MEHER UNIVERSITY
SAMBALPUR

Yoga Club Report

2019-2020



Gangadhar Meher University
Amruta Vihar, Sambalpur
Odisha, India
768004

1. Introduction :

It is a proven fact that Yoga plays a great role for the good mental and physical health. It also increases the concentration as well as makes a person more Agile and dynamic. So it is highly essential for stronger present and future generation. Yoga practice is existing at GMU for more than 30 years. However formally the Yoga club of the University was started in the year 2020 and is running very vibrantly. It is regularly celebrating the international yoga day, conducting yoga orientation program, quiz and competition related to Yoga etc.

2. Executive members of the club

- Prof. Susanta Kumar Das, Professor (Head School of Physics and Dean Research)
- Dr. Sanjukta Padhi (Asst. Professor and Head, School of Psychology)
- Dr. Suneli Dei (Asst. Professor and Head, School of Sanskrit)
- Dr. Ananta Prasad Chakraverty, (Asst. Professor, School of Physics)
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- Ms. D. Sukla (Physical Education Officer)
- Mr. Lingaraj Behera (Physical Education Officer)
- Mr. Nilamadhab Pradhan (Student welfare officer)
- Dr. Jayadev Meher, Sr. Gynecologist & Social worker (External member and Yoga guru)

3. Club members

- Currently more than 200 students, staff. Faculties are members of this club

4. Details of Events organized

SN	Event	Date/ period of celebration	Brief Description of the activity	Photographs/ Reference materials
1	International Yoga day Celebration 2020	21-06- 2020	<ul style="list-style-type: none">• A proper notification this regard was given much before and necessary actions were taken to conduct it smoothly• Large number of students/staffs/faculties have joined in this event	Annexure -I

Annexure-I

International Yoga day Celebration 2020

GANGADHAR MEHER UNIVERSITY

AMRUTA VIHAR, SAMBALPUR



NOTICE

No./PE/26/2020/3256 /GMU

Dt. 19/6/2020

It is hereby informed to the staff (both teaching and non-teaching) of the Gangadhar Meher University, that the International Day of Yoga 2020 will be celebrated by performing Common Yoga Protocol (CYP) from 7am to 7.45am on 21st June 2020 (Sunday). The online link to join the CYP will be shared in GMU official whatsapp group 15 minutes before the commencement of the said programme.

All are requested to join the Online Yoga session to celebrate International Day of Yoga 2020.


REGISTRAR

Memo No. 3257 /GMU/ Date: 19/6/2020

Copy to the Notice Board/ All HoDs/ All Officers/ All section Heads/ PA to VC/ PA to Registrar/ Dy. Registrar/ ICT Cell for information.


REGISTRAR



Yoga Club Report

2020-2021



Gangadhar Meher University
Amruta Vihar, Sambalpur
Odisha, India
768004

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4. Details of Events organized

SN	Event	Date/ period of celebration	Brief Description of the activity	Photographs/ Reference materials
1	International Yoga day Celebration 2021	21-06-2021	<ul style="list-style-type: none">• A proper notification this regard was given much before and necessary actions were taken to conduct it smoothly• Large number of students/staffs/faculties have joined in this event	Annexure -I

Annexure-I

International Yoga day Celebration 2021

GANGADHAR MEHER UNIVERSITY
AMRUTA VIHAR, SAMBALPUR



NOTICE

No./PE/26/2020/ 4703 /GMU

Dt. 28/06/2021

It is hereby informed to the staff members (both teaching and non-teaching) and students of the Gangadhar Meher University, that the International Day of Yoga 2021 will be celebrated by performing Common Yoga Protocol (CYP) from 8am to 8.45am on 21st June 2021 (Monday). The online link to join the CYP will be shared in GMU official whatsapp group 15 minutes before the commencement of the said programme.

All are requested to join the Online Yoga session to celebrate International Day of Yoga 2021.

Memo No. 4704 /GMU/ Date: 18/06/2021


REGISTRAR

Copy to the Notice Board/ All HoDs/ All Officers/ All section Heads/ PA to VC/ PA to Registrar/ Dy. Registrar/ ICT Cell for information.


REGISTRAR



Yoga Club Report 2021-2022



Gangadhar Meher University

Amruta Vihar, Sambalpur

Odisha, India

768004

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- **Currently more than 200 students, staff. Faculties are members of this club**

4. Details of Events organized

SN	Event	Date/ period of celebration	Brief Description of the activity	Photographs/ Reference materials
1	International Yoga day Celebration 2022	21-06- 2022	<ul style="list-style-type: none">• A proper notification this regards was given much before and necessary actions were taken to conduct it smoothly• Large number of students/staffs/faculties have joined in this event• Dr. Jayadev Meher who is a Sr. Gynecologist and social worker was our	Annexure -I

			resource person on this occasion.	
2	Yoga Training program at GMU-2022	18-05-2022 To 01-06-2022	<ul style="list-style-type: none"> • A 15 days long Yoga training program was conducted at GMU. • About 20 students have attended the program regularly 	Annexure -II

Annexure-I

International Yoga day Celebration 2022

GANGADHAR MEHER UNIVERSITY
AMRUTA VIHAR, SAMBALPUR



NOTICE

No./PE/26/2020/2487/GMU

Dt. 16/06/2022

It is hereby informed to the Students and staff of the Gangadhar Meher University that the International Day of Yoga 2022 will be celebrated by performing Common Yoga Protocol (CYP) from 6.30 am to 7.30 am on 21st June 2022 (Tuesday).

All are requested to join for the grand success of the said programme.

Venue: In front of Stage

Memo No. 2488

/GMU/ Date: 16/06/2022

Jan
16/06/2022
REGISTRAR

Copy to the Notice Board/ All HoDs/ All Officers/ All section Heads/ PA to VC/ PA to Registrar/ Dy. Registrar/ System Manager Cell for information and necessary action.

Jan
16/06/2022
REGISTRAR

ଜିଏମସ୍ତୁରେ ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳିତ

ସମ୍ବଲପୁର, ୨୨/୬(ସା.ପ୍ର): ସମ୍ବଲପୁର ସ୍ଥିତ ଇମ୍ଫାଏର ମେହେର ବିଶ୍ୱବିଦ୍ୟାଳୟର ଅନୁଚଳିତ କ୍ୟାମ୍ପସ ପରିସରରେ ମହାନବୀୟ ଦିନ ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳିତ ହୋଇଯାଇଛି । କାତୀୟ ସେବା ଯୋଜନାର ସଂଯୋଜକ ଡ.ପ୍ରଦୋଷ ଆଦ୍ୟାୟଙ୍କ ପରିଦ୍ୱାରଣରେ କାର୍ଯ୍ୟକ୍ରମ ଆୟୋଜିତ ହୋଇଥିଲା । ଏହି କାର୍ଯ୍ୟକ୍ରମରେ



ସହ ଭାର୍ଷି ଛାତ୍ରଛାତ୍ରୀ ମାନଙ୍କୁ ଅନୁଭବନ ମାଧ୍ୟମରେ ପ୍ରମାଣ ପତ୍ର ମଧ୍ୟ ପ୍ରଦାନ କରାଯାଇଥିଲା । ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ବିଶ୍ୱବିଦ୍ୟାଳୟର କୁଳପତି କୁଳଦେଶ୍ୱରୀ ଦାଶ, ବାଣିଜ୍ୟ ବିଭାଗର ଅବସରପ୍ରାପ୍ତ ପ୍ରଫେସର ଡ.ଶ୍ୟାମାଚରଣ ଆଦ୍ୟାୟ, ରାଜନୀତି ବିଜ୍ଞାନ ବିଭାଗର ଅଧ୍ୟାପକ ଡ.ଝାନ ରଞ୍ଜନ ସ୍ୱାଇଁ, ଇତିହାସ ବିଭାଗର ଅଧ୍ୟାପକ ଡ.ପରମତାପ

ଯୋଗ ପ୍ରଶିକ୍ଷକ ଡ.ଉପଦେବ ମେହେର ମୁଖ୍ୟଅତିଥି ଭାବେ ଯୋଗଦେଇଥିଲେ । ବିଶ୍ୱବିଦ୍ୟାଳୟର କୁଳପତି ପ୍ରଫେସର ଡ. ଏନ୍.ନାରାୟଣ ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ସଭାପତିତ୍ୱ କରିଥିବାବେଳେ ଉପକୂଳସଚିବ ଡ. ଇମାନ୍ତରାଣ ପତି ସମୀକ୍ଷକ ସ୍ୱରୂପା ପ୍ରଦାନ କରିଥିଲେ । ପ୍ରଥମେ ବ୍ୟାୟାମ ପରେ ଗ୍ରୀବା ସଞ୍ଚାଳନ, ଷ୍ଟର ସଞ୍ଚାଳନ ଓ କଟି ସଞ୍ଚାଳନ କରାଯାଇଥିଲା । ଏଥି ସହ

ଉର୍ଦ୍ଧ୍ୱ ବାତାସନ, କୃଷ୍ଣାସନ, ପାବନାସନ, ଅର୍ଦ୍ଧ ଚକ୍ରାସନ, ତ୍ରିକୋଣାସନ, ସପ୍ତକାସନ ଓ ଚକ୍ରାସନ ପ୍ରଭୃତି କରାଯାଇଥିଲା । ଏହାବ୍ୟତୀତ ମୁଖ୍ୟଅତିଥି ଯୋଗର ଗୁରୁତ୍ୱ, ଶରୀର ଓ ମନ ଉପରେ ଏହାର ପ୍ରଭାବ ଓ ଯୋଗ ଦିବସର ମହତ୍ୱ ସମ୍ବନ୍ଧରେ ଆଲୋଚନା କରାଯାଇଥିଲା । ଅପରାହ୍ନରେ ଗୁରୁତ୍ୱ ମିଷ୍ଟି କରିଥାରେ ଯୋଗ ଦିବସ ସଂପର୍କିତ ଏକ କୁଳକ୍ ପ୍ରତିଯୋଗିତା ଆୟୋଜନ କରାଯିବ

ପ୍ରଧାନ, ଜ୍ଞାତା ପ୍ରଶିକ୍ଷକ କିର୍ତ୍ତୀରାଜ ବେହେରା, ଜ୍ଞାତା ପ୍ରଶିକ୍ଷିକା ଦିବ୍ୟାନା ଶୁକ୍ଳା, ଛାତ୍ର କଲ୍ୟାଣ ଅଧିକାରୀ ନୀରମାଧବ ପ୍ରଧାନ ପ୍ରମୁଖ ଉପସ୍ଥିତ ଥିଲେ । ଏହାବ୍ୟତୀତ ମହିଳା ମହାବିଦ୍ୟାଳୟର ଏନସିସି ଛାତ୍ରୀ, ଗୁରୁନାମକ ଛାତ୍ରୀ ବିଦ୍ୟାଳୟର ଏନସିସି ଛାତ୍ରୀ, ଜିଏମସ୍ତୁ ଏନସିସି ଛାତ୍ରଛାତ୍ରୀ ଓ ଜିଏମସ୍ତୁ ଏନ୍ ଏସ୍ ଏସ୍ ଛାତ୍ରଛାତ୍ରୀ କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗଦାନ କରିଥିଲେ ।

22.06.2022, The Samaja

Annexure –II

Yoga Training program at GMU in 2022

GANGADHAR MEHER UNIVERSITY, AMRUTA VIHAR, SAMBALPUR
15 days YOGA Training Programme From 18/05/2022 to 01/06/2022

NUMBER OF DAY	EVENTS			
DAY-01	10 minutes warm up & centering	20 minutes surya namaskar	30 minutes power Yoga	10 minutes cool down
DAY-02	10 Minutes meditation	10 minutes warming up	15 min. upper body strength Yoga	10 min. General Yoga
DAY-03	7 min warm up	30 min power Viriyasa Flow	8 min. Chill out Yoga Sequence	-----
DAY-04	20 min. warming up	50 min. Viriyasa flow Yoga	-----	-----
DAY-05	15 min. Meditation	05 min. Warming Up	10 Min. Surya Namaskar	15 Min. Chilling Yoga
DAY-06	REST DAY			
DAY-07	30 min. Power Yoga for Core	Open heart Yoga sequence- spend 3-7 breath in each pose	Spent 2-7 min. practice	5-10 Min. Supta Baddha KonaSana
DAY-08	Activity Recovery 15min. chain yoga	30 min yoga	-----	-----
DAY-09	Warm up 10min.	5min 5 sitting Asan each 1min.	25min. power yoga for	5min cool down.
DAY-10	Warm up	30min. power yoga for & Advanced	25min 5 pranayama	-----
DAY-11	15min out restorative yoga	45min. yoga for strength	-----	-----
DAY-12	5min silent meditation	Desk sweller hip sequence	1min Malasana pose, 1min lol asana, 1min Kukutasan pose	30min. Vinyasa flow, 30min. restorative practice
DAY-13	10min. warm up	Boat pose core sequence	30min power yoga	10min meditation
DAY-14	20min Morning meditation	50min. feel good power yoga	3-5 each side baby grasshopper practice	-----
DAY-15	Active yoga practice for all recovery	-----	-----	-----

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09/06/2022



Yoga Club Report

2022-2023



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SN	Event	Date/ period of celebration	Brief Description of the activity	Photographs/ Reference materials
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1	International Yoga day celebration 2023	21-06-2023	<ul style="list-style-type: none"> • A proper notification this regard was given much before and necessary actions were taken to conduct it smoothly • Large number of students/staffs/faculties have joined in this event • Dr. Jayadev Meher who is a Sr. Gynecologist and social worker was our resource person on this 	Annexure -I
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			occasion.	
2	Participation of our students in North East Zone Inter University Yoga (Women) Championship- 2023	21-12-2023 To 23-12-2023	<ul style="list-style-type: none"> • 6 of our best Yoga students had participated in this at KIIT University Bhubaneswar and performed extremely well. 	Annexure -II

Annexure-I

International Yoga day Celebration 2023

GANGADHAR MEHER UNIVERSITY
AMRUTA VIHAR, SAMBALPUR



NOTICE

No./sports/_16/2207-GMU

Dt. 19/06/2023

It is hereby informed to the Students and Staff of the Gangadhar Meher University that the International Day of Yoga 2023 will be celebrated by performing Common Yoga Protocol (CYP) from 7.00am to 8.00 am on 21st June 2023 (Wednesday).

All are requested to join for the grand success of the said programme.

Venue:- Administrative Building

Memo No. 2208 /GMU/

Date: 19/06/2023

Copy to the Notice Board/ All HoDs/ All Officers/ All section Heads/ PA to VC/ PA to Registrar/ Dy. Registrar/ System Manager Cell for information and necessary action.

[Signature]
for REGISTRAR
19.6.23

[Signature]
for REGISTRAR
19.6.23

ଜିଏମ୍.ୟୁରେ ଯୋଗ ଦିବସ



ସମ୍ବଲପୁର, ୨୨।୬ (ଇମିସ): ଗଙ୍ଗାଧର ମେହେର ବିଶ୍ୱବିଦ୍ୟାଳୟ(ଜିଏମ୍.ୟୁ) ରେ ବୁଧବାର ଦିନ ଆନ୍ତର୍ଜାତିକ ଯୋଗ ଦିବସ ପାଳିତ ହୋଇଛି। ଜିଏମ୍.ୟୁ ପ୍ରଶାସନିକ କୋଠାର ସଭାଗୃହରେ ଆୟୋଜିତ ସଭାରେ ଯୋଗରୁ ଡା. ଜୟଦେବ ମେହେର ଯୋଗ ଦ୍ୱାରା କିପରି ଛାତ୍ରଛାତ୍ରୀ ତଥା କର୍ମଚାରୀ ନିଜକୁ ସୁସ୍ଥ ରଖିପାରିବେ ତାହା କହିଥିଲେ। ତା ସହ ବିଭିନ୍ନ ଯୋଗ ଅଭ୍ୟାସ କରାଯାଇଥିଲା। ଜିଏମ୍.ୟୁର ଶାରୀରିକ ଶିକ୍ଷାଧିକାରୀ ବିଦ୍ୟାନି ଶୁକ୍ଳା କାର୍ଯ୍ୟକ୍ରମ ପରିଚାଳନା କରିଥିଲେ। ଏନଏସଏସ ଦ୍ୱାରା ଆୟୋଜିତ ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ଛାତ୍ରଛାତ୍ରୀଙ୍କ ସହ ପିଜି କାଉନସିଲ୍ ଅଧ୍ୟକ୍ଷ ପ୍ର. ସୁଶାନ୍ତ ଦାଶ, ବିଭ ନିୟନ୍ତ୍ରକ କନକଲତା ଏଙ୍କା, ଏନ୍ଏସଏସ ଅଧିକାରୀ ଡ. ପ୍ରଦୋଷ ଆଚାର୍ଯ୍ୟ ପ୍ରମୁଖ ଉପସ୍ଥିତ ଥିଲେ।

The Sambada, 22 June 2023 **More about the Yoga Guru (Resource person)**

- ✚ **Name : Dr. Jayadev Meher**
 - ✚ **Profession : Gynaecologist**
 - ✚ **Hobby : Social work, Yoga teaching**
 - ✚ **Nature : Philanthropist, Samaritan**
 - ✚ **Special Identity : Owner of Janani Nursing Home,
Modipoda, Sambalpur**
-

Annexure-II

Participation of our students in North East Zone Inter University Yoga (Women) Championship-2023 at KIIT University Bhubaneswar

GANGADHAR MEHER UNIVERSITY
AMRUTA VIHAR, SAMBALPUR



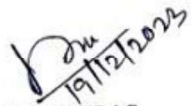
NOTICE

No/ 5239 /Dt. 19/12/2023

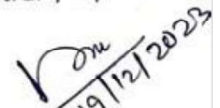
It is hereby inform to all the students and Respective Department that the following students are going to participate on behalf of Gangadhar Meher University, Sambalpur in the North East Zone Inter University Yoga (Women) Championship 2023-2024 to be held at KIIT University, Bhubaneswar, Odisha from 21.12.2023 to 23.12.2023

Sl.No	Name of the Students	Roll. No.
1	PADMALAYA BHOI	BA21ODI-032
2	ANUPAMA DARUAN	BA21ODI-018
3	TAMANNA SAHU	BA21PSC-087
4	SWETARANI BHOI	BA21ODI-005
5	NICKEY KUMARI	BA21HIS-014

Memo No. 5240 /


REGISTRAR
Date 19/12/2023

Copy to All Notice boards/ Chairman, PG Council/CoF/CoE/Director Sports Council/All Respective HoD/OIC Academics /PA to VC/ PA to Registrar/Dy. Registrar / System Manager cell for Uplod in website/PEOs/ Accountant for information.


REGISTRAR
D





Yoga Club Report

2023-2024



Gangadhar Meher University
Amruta Vihar, Sambalpur
Odisha, India
768004

Introduction :

It is a proven fact that Yoga plays a great role for the good mental and physical health. It also increases the concentration as well as makes a person more Agilent and dynamic. So it is highly essential for stronger present and future generation. Yoga practice is existing at GMU for more than 30 years. However formally the Yoga club of the University was started in the year 2020 and is running very vibrantly. It is regularly celebrating the international yoga day, conducting yoga orientation program, quiz and competition related to Yoga etc.

1. Executive members of the club

- Prof. Susanta Kumar Das (Professor, Head School of Physics and Dean Research)
- Dr. Sanjukta Padhi (Asst. Professor and Head, School of Psychology)
- Dr. Suneli Dei (Asst. Professor and Head, School of Sanskrit)
- Dr. Ananta Prasad Chakraverty, (Asst. Professor, School of Physics)
- Dr. Prasanta Kumar Sethi (Asst. Professor, School of Sanskrit)
- Dr. Dasarathi Behera (Guest faculty, School of Hindi)
- Dr. Samikshya Pradhan (Guest faculty, School of Anthropology)
- Ms. D. Sukla (Physical Education Officer)
- Mr. Lingaraj Behera (Physical Education Officer)
- Mr. Nilamadhab Pradhan (Student welfare officer)
- Dr. Jayadev Meher, Sr. Gynecologist & Social worker (External member and Yoga guru)

2. Club members

- **Currently more than 200 students, staff. Faculties are members of this club**

3. Details of Events organized

SN	Event	Date/ period of celebration	Brief Description of the activity	Photographs/ Reference materials
1	International Yoga day celebration 2024	21-06- 2024	<ul style="list-style-type: none">• A proper notification this regard was given much before and necessary actions were taken to conduct it smoothly• Large number of students/staffs/faculties have joined in this event• Dr. Jayadev Meher who is a Sr. Gynecologist and social worker was our resource person on this	Annexure -I

			occasion.	
2	Organization of Yogathan at GMU	10.3. 2024	<ul style="list-style-type: none"> • This Yogathan was organized at GMU in association with leading newspaper of Odisha “The Sambada” • Apart from large number of faculties/students/staffs of GMU, more than 200 participants from whole across the Sambalpur City have participated in it • The duration of this program was about 2 hours • Yoga practice, Yoga cultural program, discussion on physical and mental health benefit of various types of Yoga positions etc. were also done in this program. 	Annexure -II
3	Yoga practice on the occasion of Youth Day-2024 Celebration at GMU	12.01.2024	<ul style="list-style-type: none"> • Yoga practice was done at on the occasion of Youth Day-2024 at GMU • Two special invited talks were given on the role of Yoga on holistic development of youth 	Annexure -III
4	Yoga orientation program organized at different girls and boys hostels	1.1.2024-12.6. 2024	<ul style="list-style-type: none"> • In this program a large number of Yoga classes were conducted in various girls and boys hostels of GMU. • In each class discussion was done on physical and mental health benefit of various types of Yoga practices • In some classes discussion was also made on spiritualism for the overall holistic developments of students 	Annexure -IV
5	Special Yoga	13.3. 2024	<ul style="list-style-type: none"> • In this program some 	Annexure -V

	practice and Distribution of Diary for regular maintenance of Yoga practice report		therapeutic yoga practices were taught • Special diary containing some important Sanskrit Slokas of GEETA along with their English meaning were distributed to the students	
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Annexure-I

International Yoga day Celebration 2024

GANGADHAR MEHER UNIVERSITY
AMRUTA VIHAR, SAMBALPUR



NOTICE

No. 2605 /GMU

Dt. 19/06/2024

It is hereby informed to the Students and staff of the Gangadhar Meher University, that the International Day of Yoga 2024 with the theme of "Yoga for Self and Society" will be celebrated by performing Common Yoga Protocol (CYP) from 6.00am to 8.00am on 21st June 2024 (Friday).

All are requested to join for the grand success of the said programme.

Venue: Quadrangle Stage

Shubh
REGISTRAR *g/ashy*

Memo No. 2606 /GMU/

Date: 19/06/2024

Copy to the Notice Board/ All HoDs/ All Officers/ All section Heads/CoF/ PA to VC/ PA to Registrar/ Dy. Registrar/ System Manager Cell for information and necessary action.

Shubh
REGISTRAR *g/ashy*

ଗଜାଧର ମେଘେର ବିଶ୍ୱବିଦ୍ୟାଳୟ

ଅଧ୍ୟକ୍ଷ ଡାକ୍ତରୀ (ବିଶ୍ୱବିଦ୍ୟାଳୟ) : ଗଜାଧର
ପାଠ୍ୟପୁସ୍ତକାଳୟର ଆନୁଷ୍ଠାନିକ
କାର୍ଯ୍ୟକ୍ରମ ଗଜାଧର ବିଶ୍ୱବିଦ୍ୟାଳୟରେ
ଅନୁଷ୍ଠାନ କରାଯାଇଛି ।
ଅଧ୍ୟକ୍ଷ ଡାକ୍ତରୀ ପ୍ରତିଷ୍ଠା ଏବଂ ମାଗାଧର
ରାଜ୍ୟର ଅଧିକାଂଶ କ୍ଷେତ୍ରରେ ଗଠନ
କରାଯାଇଛି ।
ଅଧ୍ୟକ୍ଷ ଡାକ୍ତରୀ ପ୍ରତିଷ୍ଠା ଏବଂ ମାଗାଧର
ରାଜ୍ୟର ଅଧିକାଂଶ କ୍ଷେତ୍ରରେ ଗଠନ
କରାଯାଇଛି ।



ପରିଚାଳନା କରାଯାଇଛି । ଏଥିରେ ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ
ଭୂମିକା ଓ ଅନୁଷ୍ଠାନ କର୍ମଚାରୀ ଗଣ ଅଧିକାଂଶ
ରେଖାଯାଇଛି । ଏହି ଆବେଦନ ଆବେଦନ ପୂର୍ଣ୍ଣ
ଦ୍ୱାରା ପ୍ରତିଷ୍ଠାକାରୀଙ୍କୁ ପ୍ରତ୍ୟକ୍ତ କରାଯାଇଥିବ

The Samaja, 22.06.2024



Annexure-II

Yogathan organized at GMU in association with The Sambada on 10.03.2024





Sambalpur, Odisha, India
 FXGG+7H6, Modipada, Sambalpur, Odisha 768002, India
 Lat 21.475927°
 Long 83.976322°
 10/03/24 07:58 AM GMT +05:30

GPS Map Camera



Sambalpur, Odisha, India
 FXGG+7H6, Modipada, Sambalpur, Odisha 768002, India
 Lat 21.475944°
 Long 83.976282°
 10/03/24 08:48 AM GMT +05:30

GPS Map Camera

‘ସମ୍ବାଦ’ ପକ୍ଷରୁ ଓଡ଼ିଶା ଯୋଗାଥନ

‘ଯୋଗର ଲକ୍ଷ୍ୟ ଅତ୍ୟନ୍ତ ଦୁଃଖରୁ ନିବୃତ୍ତି ଓ ପରମାନନ୍ଦ ପ୍ରାପ୍ତି’

ମମ୍ବାଇ, ୧୦/୩ (ଭମିପ): ଭାରତ ଯେତେବେଳେ ମୁଖ୍ୟତା ହେଲା, ବିଦ୍ୟାଳୟର ପାଠ୍ୟକ୍ରମରେ ‘କ୍ଷେତ୍ର’ ଉପରେ ଯଦି ‘ଯୋଗ’ ନାଁ ଲେଖି ଦିଆଯାଉଥାନ୍ତା, ଭାରତର ଆଜି ଦକ୍ଷିଣ ଦେଶ ପରିବର୍ତ୍ତନ ହୋଇପାରିଥାନ୍ତା। କ୍ଷେତ୍ର ଉପାଧିକାରୀଙ୍କ ପକ୍ଷରୁ ଓ ଯୋଗ ଶାସ୍ତ୍ର ପାଠ୍ୟକ୍ରମରେ ଯୋଗ ଲେଖି ଦିଆଯାଉଥାନ୍ତା। ଯୋଗ ଶାସ୍ତ୍ର ଉପରେ ଅନୁସନ୍ଧାନ ଯୋଗୁଁ ଯୋଗର ଲକ୍ଷ୍ୟ ହେଉଛି ‘ଅତ୍ୟନ୍ତ ଦୁଃଖରୁ ନିବୃତ୍ତି ଓ ପରମାନନ୍ଦ ପ୍ରାପ୍ତି’ ବୋଲି ଗଣିତଜ୍ଞ ମନୋଜ୍ୟୋତି ପାଣିଗ୍ରାହୀ ଉପାଧିକାରୀଙ୍କ କହିଛନ୍ତି।

‘ସମ୍ବାଦ’ ପକ୍ଷରୁ ଆଜି ମହାନଗରୀ ଗଙ୍ଗାଧର ମେଘନାଥ ବିଶ୍ୱବିଦ୍ୟାଳୟ ପରିସରରେ ଆୟୋଜିତ ଓଡ଼ିଶା ଯୋଗାଥନ କାର୍ଯ୍ୟକ୍ରମରେ ପ୍ରାୟ ୫୦୦ ଛାତ୍ର ଓ ଛାତ୍ରୀ ଯୋଗ କରିଥିଲେ।



ଭାରତର ଯୋଗାଥନ ଯିବେ। ସମ୍ପାଦିତ ଅଭିଧାନରେ ଯୋଗର ଲକ୍ଷ୍ୟ ହେଉଛି ‘ଅତ୍ୟନ୍ତ ଦୁଃଖରୁ ନିବୃତ୍ତି ଓ ପରମାନନ୍ଦ ପ୍ରାପ୍ତି’ ବୋଲି ଗଣିତଜ୍ଞ ମନୋଜ୍ୟୋତି ପାଣିଗ୍ରାହୀ ଉପାଧିକାରୀଙ୍କ କହିଛନ୍ତି। ଯୋଗ ଶାସ୍ତ୍ର ଉପରେ ଅନୁସନ୍ଧାନ ଯୋଗୁଁ ଯୋଗର ଲକ୍ଷ୍ୟ ହେଉଛି ‘ଅତ୍ୟନ୍ତ ଦୁଃଖରୁ ନିବୃତ୍ତି ଓ ପରମାନନ୍ଦ ପ୍ରାପ୍ତି’ ବୋଲି ଗଣିତଜ୍ଞ ମନୋଜ୍ୟୋତି ପାଣିଗ୍ରାହୀ ଉପାଧିକାରୀଙ୍କ କହିଛନ୍ତି।

ପଞ୍ଚାଙ୍ଗୀୟ ଯୋଗାଥନ ଆୟୋଜନ କରିଥିଲେ। ଓଡ଼ିଶା ସରକାରଙ୍କ ଦ୍ୱାରା ଆୟୋଜିତ ‘ସମ୍ବାଦ’ ପକ୍ଷରୁ ଯୋଗାଥନ ଆୟୋଜନ କରାଯାଇଛି। ଯୋଗ ଶାସ୍ତ୍ର ଉପରେ ଅନୁସନ୍ଧାନ ଯୋଗୁଁ ଯୋଗର ଲକ୍ଷ୍ୟ ହେଉଛି ‘ଅତ୍ୟନ୍ତ ଦୁଃଖରୁ ନିବୃତ୍ତି ଓ ପରମାନନ୍ଦ ପ୍ରାପ୍ତି’ ବୋଲି ଗଣିତଜ୍ଞ ମନୋଜ୍ୟୋତି ପାଣିଗ୍ରାହୀ ଉପାଧିକାରୀଙ୍କ କହିଛନ୍ତି।



Annexure –III



**Yoga practice on the occasion of Youth Day-2024
Celebration at G**



Annexure –IV

Yoga orientation program organized at different girls and boys hostels





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

Annexure-V

Special Yoga practice and Distribution of Diary for regular maintenance of Yoga




Director, IQAC
Gangadhar Meher University
Sambalpur


REGISTRAR
GANGADHAR MEHER UNIVERSITY
SAMBALPUR