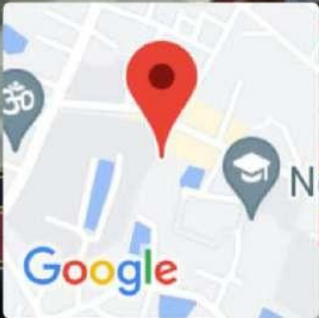


## Fit India: Active Lifestyle, Healthy Future





GPS Map Camera



**Cuttack, Odisha, India**

**FVH7+3W5, Biju Patnaik Colony, Cuttack, Odisha 753001, India**

**Lat 20.477205°**

**Long 85.864776°**

**21/06/22 08:35 AM**



Cuttack,OR,India

Mission Road, Biju Patnaik Colony, Cuttack, 753001,  
OR, India

Lat 20.477789, Long 85.864072

06/21/2023 07:38 AM GMT+05:30

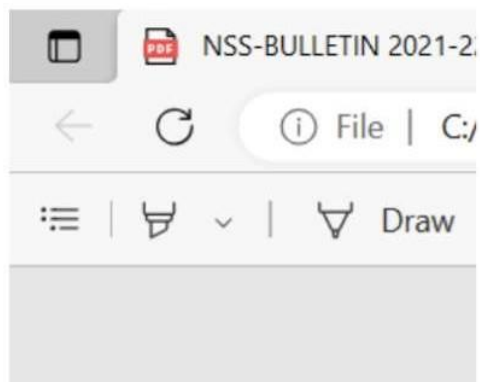
Note : Captured by GPS Map Camera

## WEBINAR ON “OXYGEN SUPPLEMENT THROUGH YOGA DURING COVID-19 SECOND WAVE”

**DATE-15.05.2021**

An international webinar was organized by NSS wings of S. B. Women's (A) College, Cuttack on 15/5/2021 at 11 am on virtual mode. The topic of the webinar was “Oxygen Supplement through Yoga during COVID-19 Second Wave” The webinar was presided by Hon'ble Principal, Dr. Surekha Sundari Swain. Prof. (Dr.) Aparajita Choudhury, Hon'ble Vice Chancellor, R. D. Women's University attended the meeting as chief guest. She focused on benefits of everyday practice of Yoga in home during pandemic for complete relaxation and wellness. The chief speaker Prof. Lingham Pilai Acharya, Dean, School of Yoga, Sports and Science, Genovasi University, Malaysia taught on various skills of yoga and pranayama and their effectiveness in maintaining the physiological oxygen level. Guests of Honour Dr. Kamal Kumar Kar, Director, NSS, Ministry of Youth Affairs and Sports, Ms. Sarita Patel, Regional Director, NSS, BBSR, Dr. Alibha Mohanty, Program Coordinator, NSS, R. D. Women's University, Dr. Stalin Nagrajan, National Tennis Coach and Dr. Ramesh Chandra Behera, SNO-cum-Deputy Secretary, State NSS Beaureau, Odisha. The webinar was co-ordinated by NSS Program Officers Dr. Yogamaya Panda and Smt. Sushree Shibanee Dash. A large number of volunteers attended the webinar. The program was ended with vote of thanks.

**Outcome:** The students came to know about the importance of oxygen supply to the blood as well the easy yoga postures that can enhance oxygen supply to body to fight suffocation during CoVID.



# ଯୋଗ ଦ୍ଵାରା ଶରୀରକୁ ଅମୃତାନ ଯୋଗାଯୋଗପାରିବ

କଟକ ଅଫିସ୍, ୧୭।୫: ଶୈଳବାଳା  
ସ୍ଵୟଂଶାସିତ ମହିଳା ମହାବିଦ୍ୟାଳୟର  
ଜାତୀୟ ସେବା ଯୋଜନା ପକ୍ଷରୁ ଶନିବାର  
ଏକ ଅନ୍ତର୍ଜାତୀୟ ସ୍ଵେଚ୍ଛାମୟ ଅନୁଷ୍ଠିତ  
ହୋଇଯାଇଛି । 'କରୋନା ମହାମାରୀ  
ସମୟରେ ଯୋଗ ମାଧ୍ୟମରେ କିଭଳି  
ଅମୃତାନ ପାଇପାରିବ' ସେନେଇ  
ଆଲୋଚନା କରାଯାଇଥିଲା । ମୁଖ୍ୟ ଅତିଥି  
ଭାବେ ରମାଦେବୀ ମହିଳା ବିଶ୍ଵବିଦ୍ୟାଳୟର  
କୁଳପତି ପ୍ରଫେସର ଡ. ଅପରାଜିତା  
ଚୌଧୁରୀ ଯୋଗଦେଇ କରୋନା ମହାମାରୀ  
ସମୟରେ ଛାତ୍ରାଛାତ୍ରମାନେ ଗୁରୁତ୍ଵପୂର୍ଣ୍ଣ  
ଭୂମିକା ଗ୍ରହଣ କରୁଛନ୍ତି ବୋଲି କହିଥିଲେ ।  
ସେହିପରି ମୁଖ୍ୟବକ୍ତା ଭାବେ ଯୋଗଗୁରୁ  
ପ୍ରଫେସର ଡ. ରିଙ୍ଗୁ ପିଲାରି ଆଚାର୍ଯ୍ୟ  
ଯୋଗଦେଇ ଯୋଗ ଓ ପ୍ରାଣାୟାମ  
ମାଧ୍ୟମରେ ଶରୀରକୁ ଅମୃତାନ ଯୋଗାଇ  
ଦିଆଯାଇପାରିବ ବୋଲି କହିଥିଲେ । ଏଥିସହ  
ସେ ବିଭିନ୍ନ ମୁଦ୍ରା ଓ କୌଶଳ ପ୍ରଦର୍ଶନ କରି  
ଛାତ୍ରାଛାତ୍ରକୁ ଶିଖାଇଥିଲେ । ସମ୍ମାନିତ ଅତିଥି  
ଭାବେ ଦାକ୍ଷର କମଳ କୁମାର ଜଗ କରୋନା  
ସମୟରେ ଜାତୀୟ ସେବା ଯୋଜନାର  
ସ୍ଵେଚ୍ଛାସେବୀଙ୍କ ଭୂମିକା ଉପରେ ଆଲୋଚନା  
କରିଥିଲେ । ଶୈଳବାଳା ସ୍ଵୟଂଶାସିତ ମହିଳା  
ମହାବିଦ୍ୟାଳୟ ଅଧ୍ୟକ୍ଷା ପ୍ରଫେସର ଡ.  
ସୁରେଶା ସୁନ୍ଦରା ସ୍ଵାର୍ଣ୍ଣ ସୌଭାଗିନୀରେ  
ଏହି ଆଲୋଚନାଚକ୍ର ଆୟୋଜିତ  
ହୋଇଥିଲା । ଏଥିରେ ଡ. ରମେଶ ଦତ୍ତ  
ଦେବେନ୍ଦ୍ରା, ଡ. ଅନିଳା ମହାନ୍ତି ଏବଂ ଡ.  
ଶ୍ରୀକାନ୍ତ ନାୟକଙ୍କୁ ଯୋଗ ଦେଇଥିଲେ ।  
ଜାତୀୟ ସେବା ଯୋଜନାର ପ୍ରୋଗ୍ରାମ  
ଅଫିସର ଡ. ଯୋଗମାୟା ପଣ୍ଡା କାର୍ଯ୍ୟକ୍ରମ  
ପରିଚାଳନା କରିଥିଲେ । ଶେଷରେ ଶିବାଜୀ



GPS Map Camera



**Cuttack, Odisha, India**

FVH7+2HR, Biju Patnaik Colony, Cuttack,  
Odisha 753001, India

Lat 20.477275°

Long 85.864125°

21/06/22 08:23 AM



**SHAILABALA WOMEN'S AUTONOMOUS COLLEGE, CUTTACK**  
**YOGA & SOCIAL ETHICS COMMITTEE & IQAC**  
**NATIONAL WEBINAR**

**ON**

**"YOGA AND MENTAL HEALTH"**  
**INAUGURAL CEREMONY**



**Chief Guest**

**Prof. (Dr.) Shyama Kanungo**  
**Retd. Superintendent & HOD,**  
**O&G, SCB MCH, Cuttack**



**Guest of Honour**

**Ms. Sarita Patel**  
**Regional Director,**  
**NSS, Govt. of India**



**Chief Speaker**

**Dr. Boblina Mohanty,**  
**Dy. Superintendent, S.V.P.G.I.P.,**  
**Sishubhawan, Cuttack**



**Chief Patron**

**Prof. (Dr.) Surekha Sundari Swain**  
**Principal**



**Resource Person**

**Smt. Sagarika Jena**  
**Yoga Guru**

**DATE- 16<sup>TH</sup> JAN 2022**  
**TIME- 7:00 PM**  
**PLATFORM- GOOGLE DUO**

**Organizing Team**

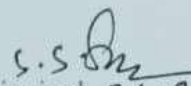
- **Dr. Sipra Ray**
- **Dr. Priti Pragyan Ray**
- **Dr. Menakarani Sahoo**
- **Smt. Sushree Shibanee Dash**

OFFICE OF THE PRINCIPAL, SHAILABALA WOMEN'S (AUTO.) COLLEGE, CUTTACK

OFFICE ORDER NO. 850 /DT. 31.3.22.

As per the recommendation of the NAAC, Yoga sessions will be conducted daily in the premises of Shailabala Women's (Autonomous) College, Cuttack. For the smooth organization of session a yoga committee has been formed with the following faculty members of the college. The meeting of the committee will be held today i.e. 31.03.2022 at 3.00 PM. All the members are requested to attend the meeting without fail.

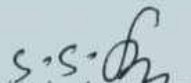
1. Prof. (Dr.) Surekha Sundari Swain, Principal – Chairperson
2. Prof. (Dr.) Charubala Pani, Professor of Home Science
3. Prof. (Dr.) Gayatri Biswal, Professor of Home Science
4. Dr. Jamini Ranjan Mohanty, Admn. Bursar
5. Dr. Surendra Prasad Jena, Accounts Bursar
6. Dr. Yogamaya Panda, Asst. Prof. of Psychology
7. Smt. Swarnalata Bal, PET

  
Principal 31.3.22

Shailabala Women's (Auto.) College, Cuttack

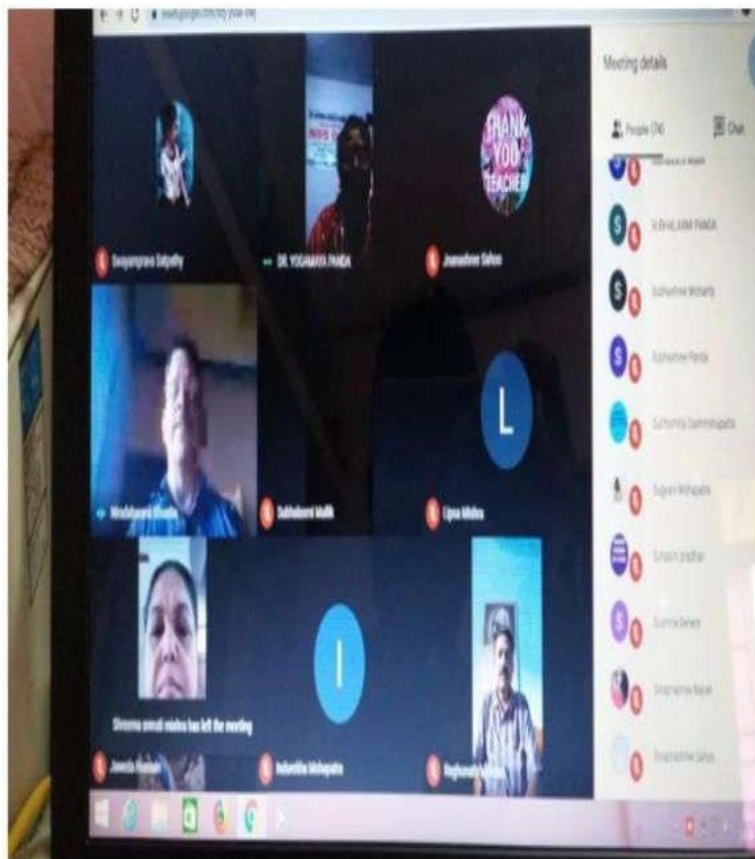
Memo No. 851 /Dt. 31.3.22

Copy to Person concerned / Admn. Bursar/ Accounts Bursar/ / HC for information and necessary action.

  
Principal 31.3.22

## **NATIONAL WEBINAR**

**DATE: 30.09.2020**

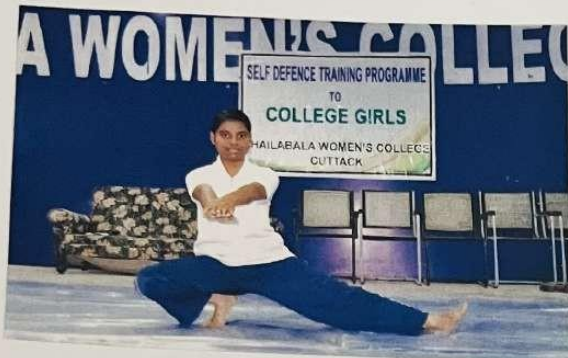


One National webinar was organized on 30.09.2020 by +3 NSS wing of the Shailabala Women's (Auto) College, Cuttack. Dr. Jaweda Hussain, Principal, Shailabala Women's (Auto) College, Cuttack addressed all the virtual participants about the importance of fit India. Dr. Stalin Nagarajan, Chief Tennis Coach of India joined the webinar as Chief Guest and addressed the virtual participants about the importance of healthy body. Dr. Yogamaya Panda, NSS Program Officer coordinated the webinar.

**Outcome:** The volunteers gained various health ideas to stay fit

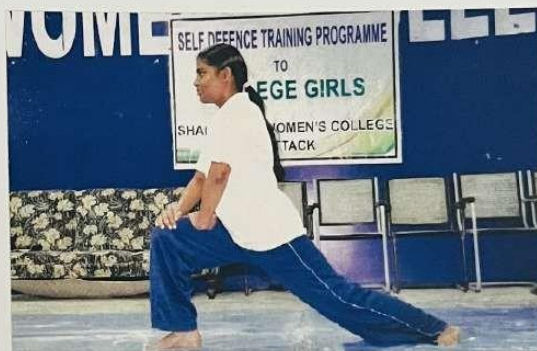
# Self Defence Strategies

## DEMO BY THE MASTER TRAINER TAPASWINI DASH



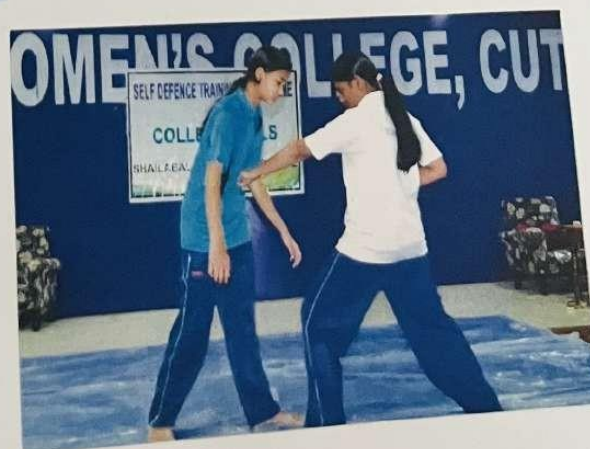
Split squat side with feet up-turned

Turn to  
Split squat front - Turn to one side-bend  
the forward leg as far as possible.

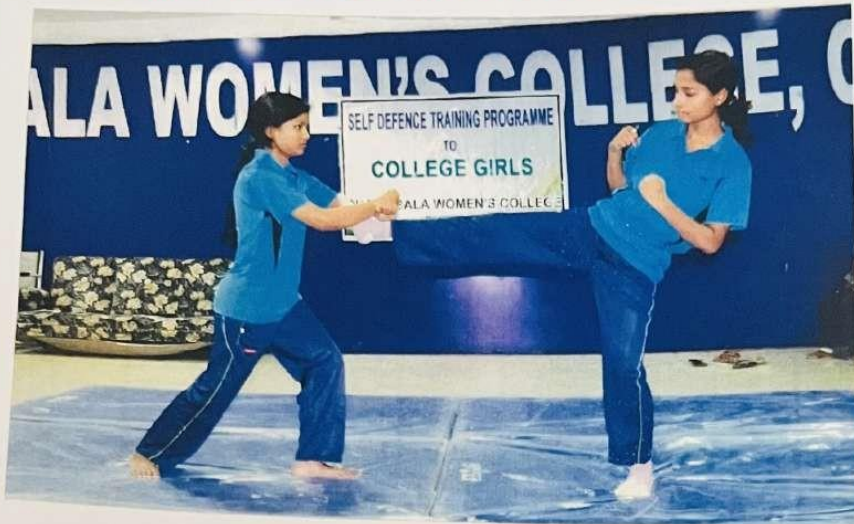


Spinal bending.

Straight punch



## DEMO BY THE MASTER TRAINER SIBANI SASMAL



Front Kick

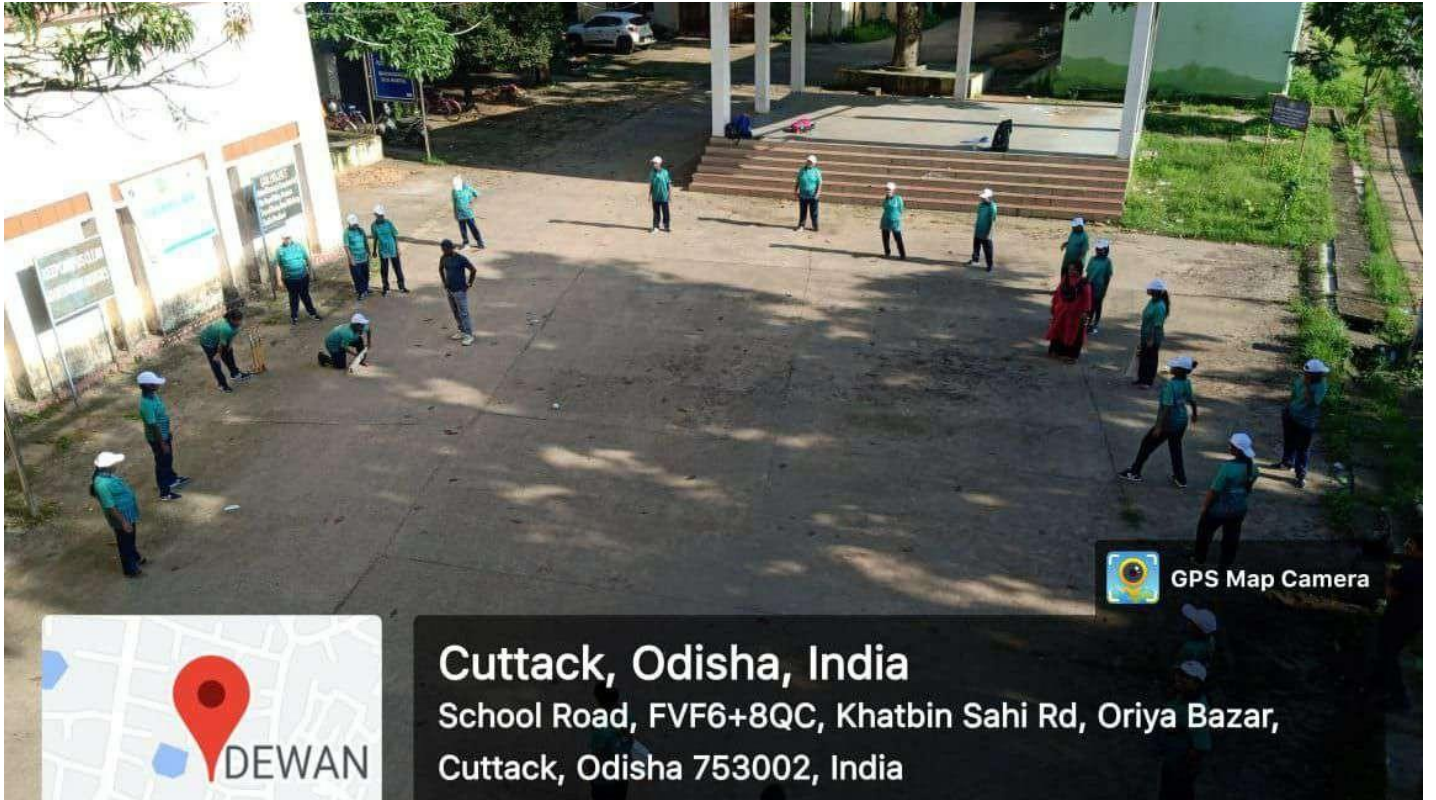
Fall forward and land on the forearm and palm to absorb the shock.



Side split  
(Both Side)

## Cricket: Fun And Recreation for the Visually Challenged





GPS Map Camera



**Cuttack, Odisha, India**

School Road, FVF6+8QC, Khatbin Sahi Rd, Oriya Bazar,  
Cuttack, Odisha 753002, India