



**Centurion  
UNIVERSITY**  
*Shaping Lives...  
Empowering Communities...*



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# Report on EXTENSION & OUTREACH ACTIVITIES



**Centurion University of Technology and Management  
Odisha**

# EXTENSION ACTIVITIES



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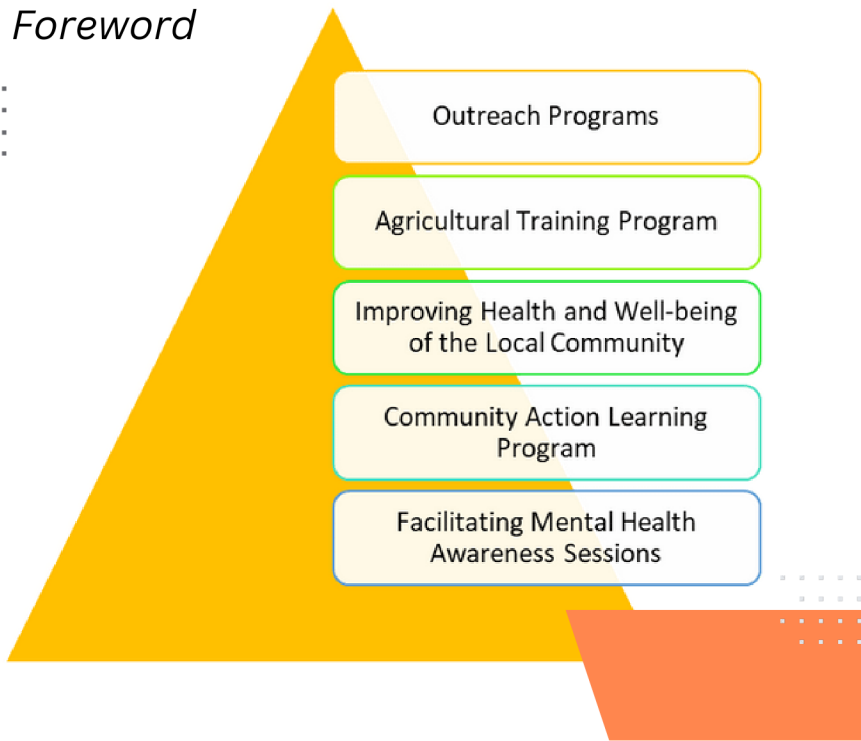
**Centurion University of Technology and Management  
Odisha**

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# Foreword



Centurion University of Technology and Management (CUTM) is dedicated to cultivating socially conscious people through participation in nation-building activities at the regional, county, and global levels. CUTM firmly believes in the importance of comprehensive student development, and as a result, the University is making continual attempts to channel students' energy into addressing real-world challenges that affect the common man and society as a whole. All the members of the University are propelled by a profound sense of responsibility towards the well-being of the society. Numerous extension initiatives were undertaken by various departments of the University over the last five years.

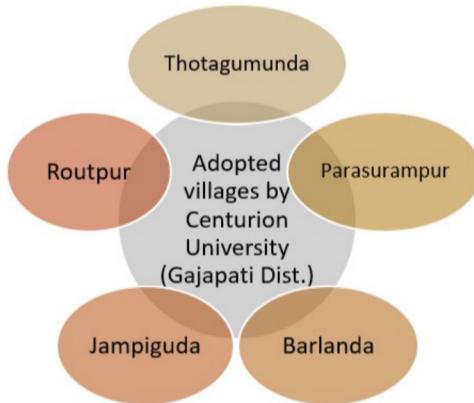
The students team up with their mentors to work on projects with the goal to confront a problem in the community and come up with creative technical solutions. Some of the themes taken up and remedied include promoting improved nutritional and agricultural support, entrepreneurial outreach, community-based action learning programs, providing health care facilities to the community residents, etc.

# 1. OUTREACH PROGRAMS

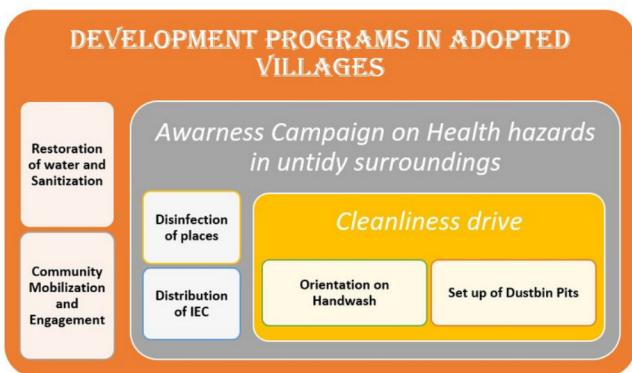


## 1.1. Adopted villages

The students and staff members of CUTM have contributed to the local community by adopting five villages in Odisha's Gajapati District for development and wellness: Thotagumunda, Parasurampur, Barlanda, Jampiguda, and Routpur. They have carried out various development programs in these areas, including the restoration of water and sanitation following Cyclone Title. The team followed a stepwise process during the campaign in every target village, which included: Community Mobilization and Engagement; Awareness Campaign on the harmfulness of dirty surroundings and related health hazards; Cleanliness drive & disinfecting few identified places; Orientation on hand washing and related practices; Setting up of Dustbin Pits; Distribution of IEC.



## DEVELOPMENT PROGRAMS IN ADOPTED VILLAGES



Cleaning of the Schools located in these villages was also a part of the initiative. Conducting quizzes, poster presentations, and movie screening sessions for the school students, along with providing them with drawing sheets and other study materials was also carried out. The locals of these villages benefitted from free eye screening.



Organizing events in the schools of 5 villages in Gajapati district, Odisha



Restoration of water and sanitation post cyclone Titli in 5 villages of Gajapati, Odisha post Titli cyclone

Eye Check-up Camps have also been conducted in these villages along with free treatment to the needy.



Eye check up camp in 5 villages of Gajapati district, Odisha

## 1.2. Nutritional enrichment and capacity development

The students and faculty members of CUTM are associated with the FSSAI-registered Mini Dairy Unit, a Mushroom production unit, at Paralakhemundi Campus which serves to fortify the diet of local people. The Dairy Unit supplies milk and milk products to the community at a reasonable cost. They also focus on teaching dairy farming to the indigenous SCST community.

Paddy Straw and oyster mushrooms, which are also sold at a discounted price, are produced by the Mushroom production facility. Through a number of extension initiatives, this unit also offers training in conjunction with ATMA (Agricultural Technology Management Agency),

the residents of Gosani Block in the Gajapati District have completed training in mushroom farming and vermicomposting through this facility.

A pilot survey on farmers lifestyle and health assessment was carried out in the rural farming community of five districts of Odisha, by the students of Centurion University of Technology and Management, in collaboration with National Centre for Farmer Health, Deakin University, Australia. An orientation training was given to 35 people involved in this survey before the start of the actual survey and pretesting survey exercise was demonstrated. Free routine check-up was also conducted for these farmers.







Testing exercise of the questionnaire and online data entry over the mobile

The students were also engaged in projects in collaboration with Himalaya Drug Company, to cultivate some of the under-exploited medicinal crops such as Bhringaraj, Indian borage, Phyllanthus, Pashanabheda, Kasturi Bendi, Elephant creeper in Gajapati district, for their domestication under agro-climatic zone. This project is helping in the standardization of cultivation practice of such crops along with their large-scale production in these regions. The project is an initiative to acquire enterprise management capabilities including skills for project development and execution, economic analysis, National-International marketing, etc.



Cultivation of medicinal crops

### 1.3. International collaborations

Apart from this, the University also provides collaborative outreach programmes in collaboration with International Organizations.

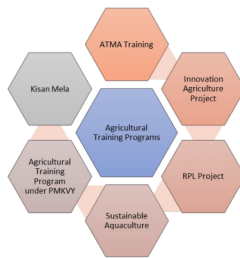
Students from Universities of International repute such as Western Sydney University; Royal Melbourne Institute of Technology (School of Global Studies, Public Health and Nutrition); Deakin University (Urban Micro Business Centre, Bachelor of International Studies); Victoria University (Law and Justice India); TAFE NSW (Diploma in Community Service) have successfully completed their tenure of fellowships on Community engagement activities and programs at CUTM.



Outreach programs for international students

## 2. AGRICULTURAL TRAINING PROGRAM

2 ZERO HUNGER



### 2.1. ATMA training

The students along with their mentors from M. S. Swaminathan School of Agriculture have organized a 6 day (September 2021) Residential Farmer's Training under ATMA (Extension Reforms) program at Gosani Block. The Training program was funded by FIAC, Gosani Block. During this program Farmers received training in seven Job Roles: Mushroom Production, Vermicompost Production, Vegetable Production, Farm Machinery, Dairy Farming, Organic Farming, and Fish Farming. The training program was conducted with the objective of capacity building of the farmers for sustainable livelihood.



### ***Mushroom production***

Bearing in mind the local climatic conditions, the mushroom cultivation training program focused on paddy straw and oyster variants. The key focus of the training program was straw and bed preparation, spawn inoculation.

### ***Vermicompost production***

Farmers in this training program received hands-on training in many stages of vermicompost production, from harvesting to packing.

### ***Fishery***

Farmers received training in a variety of sustainable aquatic resource utilization, apart from it they were also trained in fish production and post-harvest technologies as part of this training program.

### ***Dairy farming***

Farmers were engaged in the rearing and disease control of native and crossbred milching cattle as part of this training program.

### ***Organic farming***

Farmers in this session received hands-on training in many aspects of organic nutrient production and organic vegetable crop cultivation.

### ***Farm machinery***

The farmers who participated in this program acquired the skills necessary to use weeders, power tillers, tractors, seed drills, and combined harvesters.

### ***Vegetable production***

Farmers learned how to prepare nursery beds, raise vegetables and horticultural crops, and maintain a kitchen garden effectively.



Insights of ATMA training program

## 2.2. RPL project

The Government of India has been pursuing the target of doubling farmer's income. Keeping this in mind Faculty members of Centurion University with their students were committed to a goal of training one lakh farmers in Odisha under Project Atal: Recognition of Prior Learn (RPL).

The project was implemented in eighteen districts across four zones:

Coastal (Balasore, Cuttack, Jagatsinghpur, Kendrapada, Puri, and Jaipur)

Southern (Gajapati, Ganjam, Koraput, Nabrangpur, and Rayagada)

Western (Balangir, Bargarh, Kalahandi, Kandhamal, and Nayagarh)

Northern (Angul, Dhenkanal, Mayurbhanj)

About 30,000 farmers, including those Below Poverty Line (BPL), marginal, merely cultivating to consume, and several of them earning less than Rs. 10-20,000 a year from sales of their harvest were trained under this project. About two-thirds of the farmers were between 31-60 years and belonged largely (75%) to Scheduled Caste (SC), Scheduled Tribes (ST), and Other Backward Classes (OBCs).

### ***Economic impact***

RPL training and Krishi Udyog Sahayaks (KUS) have helped farmers change their mindsets. As regards the RPL training, a majority believed that the training has positively impacted their incomes. While a mere 2% and 4% said their key reason for undergoing training was just to get a 'certificate' or set up an 'agribusiness' respectively, 13% of them were looking at 'learning better farming methods', 'increasing productivity' and 'increasing incomes'; the majority (77%), however, said it was 'all of these'.

### ***Impact on primary crop***

The production in the primary crop (mostly paddy and in some cases maize, tuber, and solanaceous) increased distinctively. Training during RPL regarding timing for each stage, spacing, preparation of nursery, the ideal method of transplantation, and use of organic and vermicompost had a multiple effects. Farmers prior to training who harvested 4-8 quintals and > 8 q saw a jump of 17% and 5% respectively without changing their traditional seed varieties. Few farmers in Kandhamal had noticed an 80-100% increase (currently getting 25-30 q) per acre from new seeds. With food security largely achieved for domestic

consumption, farmers had more rice to sell to local vendors and grain markets for necessary liquidity. A huge number of 61% and 27% of farmers in the 20-30,000 and >40,000 income groups respectively saw a jump in their incomes post-RPL training.

On the whole, the farmers witnessed the following transformation on the implementation of the training:

- Boost in production
- Augmented sales
- Surge in incomes
- Quantum shift in production and income categories
- Empowered women farmers
- Improved basic quality of life
- Reduction in unplanned cultivation
- Farmer producer organizations (fpos) formed



Training of farmers during RPL project

### 2.3. Sustainable aquaculture

Fish is considered a cheap source of protein for fulfilling the ever-growing demand of the human population and aquaculture can be considered as a vector for solving the issues related to protein requirements in an undernourished society. The School of fisheries has promoted several programs to promote pisciculture in a sustainable way. Listed below are some of the initiatives:

- Working with the local fish farmers for the management of the community pond for fish culture
- Educating the farmers about modern aquaculture production systems such as Biofloc, Re-circulatory aquaculture systems, Aquaponics, through these extension programs



Training on sustainable aquaculture

### 2.4. Agriculture training programme under PMKVY 3.0:

During a training program, faculty personnel with their student volunteers trained 200 farmers in two job roles: vermicompost producer and organic grower.

#### **Vermicompost producer**

Farmers in this capacity received hands-on training on various elements of Vermicompost production. Farmers were also taught alternative methods of Vermicomposting, with the Windrow method being the most preferred because of its low-cost production and benefits to the farmers.

#### **Organic grower**

Farmers were trained in the production of various organic nutrients and their application in agricultural crop production under this job role. They were taught about the transition from chemical farming to organic farming, and on cultivating crops organically in accordance with NCOF guidelines.



Agriculture training program under PMKVY

## 2.5. Kisan mela

Every year, faculty and students of the M.S. Swaminathan School of Agriculture host a Kisan Mela to bring the agricultural community together on a shared platform where they may connect with experienced faculty from all departments and stay up to date on current farming practices. During this two-day event, each department of the School of Agriculture sets up a departmental stall, providing farmers with exposure to improve their farming practices.





Glimpse of Kisan mela

MSSSoA (CUTM) in association with Krishi Jagran jointly organized "Utkal Krishi Mela" from 21st February to 22nd February 2023 at Centurion University.

Objectives of the Utkal Krishi Mela-2023

- To provide a meeting place for farmers Agri-entrepreneur, Manufacturers, Dealers, Distributors, Scientists, Government bodies, and Other agri-organizations.
- To provide an opportunity to enhance brand awareness and visibility of agriculture and allied sector companies among key stakeholders.

- Provide exposure to farmers about the recent Agri-input products, Technologies, Farming practices, Government programs, Marketing, and Post-harvest management.
- Provide better awareness among the key stakeholders, industries, and investors about the agricultural potential of the state, business opportunities available, and the scope for investments
- Provide a platform to the national and international organizations in food, agriculture, animal husbandry, horticulture, agribusiness, solar power, and rural development for linkages and partnerships.

బుధవారం ఫిబ్రవరి 22, 2023

## సంచారియన్‌లో కృషి మేళా

కాశీనగర్, న్యూనెటూడే: సంచారియన్ వర్సిటీ, కృషి జాగ రట్ సంస్థ సంయుక్తంగా నిర్వహించిన రెండో ఉత్సాహ కృషి మేళా మంగళవారం వర్సిటీలో ఘనంగా ప్రారంభమైంది. కార్యక్రమంలో అతిథులుగా ఓయాపిటి వీసీ ఆచార్య ప్రవత్ కుమార్ రౌల్, నటబర్ షడంగి పాల్గొన్నారు. వ్యవసాయంలో సాంకేతికత సాయంతో సాధించిన పురోగతి, వ్యవసాయం పద్ధతులపై రైతులకు అవగాహన కల్పించారు. అన్నదాతలు పురుగుమందులు, వ్యవసాయ యంత్రాలు, సేంద్రియ వ్యవసాయం, రక్షిత సాగు, హార్టికల్చర్ వంటి విషయాలను అభ్యుదయ పాఠశాల ద్వారా నిర్వహించుకుంటున్న అడిగి తెలుసుకున్నారు.

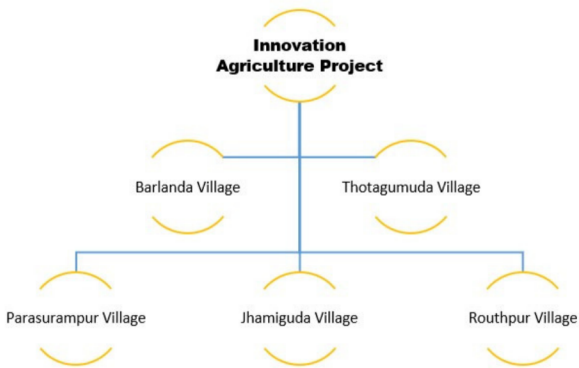


స్థాల్‌ను పరిశీలిస్తున్న ప్రవత్ కుమార్

Utkal krishi meta organized by Centurion in collaboration with krishi jagran

## 2.6. Capacity building in agriculture sector

Centurion University of Technology and Management (CUTM), Gajapati, Odisha has been associated with NSDC since 2016 as an Innovation Funded Partner. The partnership's goal was to increase capacity in the agriculture sector by improving the skills of farmers as well as community resource persons (CRP). As of now, over 4,000 farmers have been trained in various employment categories such as mushroom, vermicompost, and organic farming, and 180 CRP have been trained to promote agriculture.



The five adopted villages are listed below, who are receiving training from students along with their faculty mentors of CUTM on Vermicompost job roles and technology transfer and adoption accomplished through the installation of Vermicompost units in each of the five villages, which are functional and produce vermicompost, some of which are used by farmers in their respective fields and at times they sell these products for their livelihood.

***Village Name: Barlanda***

***Block Name: Gosani Block***

***District: Gajapati***

Mr. T. Satya Santhosh Kumar, the trainer, provided Vermicompost training to the village and installed a Vermicompost pit, where one of the progressive farmers, Mr. Masa Sabar, is now practicing and employing Vermicompost on his own land.



Vermicompost training and demonstration of vermicompost pit at Barlanda

***Village Name: Thotagumuda***

***Block Name: Gosani Block***

***District: Gajapati***

Mr. T. Satya Santhosh Kumar, the trainer, taught the village about vermicomposting and established a vermicompost cement ring system, wherein one of the progressive farmers used it after the training.



Vermicompost training and demonstration of vermicompost pit at Thotagumunda

***Village Name: Parasurampur***

***Block Name: Gosani Block***

***District: Gajapati***

Mr. T. Satya Santhosh Kumar, the trainer, taught the village about vermicomposting and developed a vermicompost cement ring system, which one of the farmers, Mr. Thomas, is now employing.



Vermicompost training and demonstration of vermicompost pit at Parasurampur

**Village Name: Jhamiguda**  
**Block Name: Gosani Block**  
**District: Gajapati**

Mr. Subhra Suman Mohanty, the trainer, taught the village about vermicomposting and established a vermicompost cement ring system, which one of the farmers, Mr. Sabar, is now using.



Vermicompost training and demonstration of vermicompost pit at Jhamiguda

**Village Name: Routhpur**  
**Block Name: Gosani Block**  
**District: Gajapati**

Mr. Subhra Suman Mohanty, the trainer, taught the village about vermicomposting and established a vermicompost cement ring system, which one of the farmers, Mr. Trinadh, is currently using.



Vermicompost training and demonstration of vermicompost pit at Routhpur

Students and staff from the Agriculture Department worked hard to make the training session a success. The training began with village mobilization and progressed to completing job roles based on farmer preferences. Under the Innovation Agriculture Project, farmers from disadvantaged groups such as SC, ST, OBC, and women were targeted for training in various job positions such as vermicomposting, mushroom, and organic agriculture. The collaboration with Hamara Bachpan and RWI Hansapada aided in mobilizing applicants and providing them with quality training.

Farmers were mobilized at a village-level meeting attended by community leaders and interested farmers. The training was conducted by CUTM University B. Sc. Agriculture final year students, who provided both theory and practical training on several agriculture courses to the farmers. The assessment was carried out by the University faculties via viva format. The CRPs assisted the trainers in translating the training session into the local language and in mobilizing farmers from rural areas.

#### Outcome and Impact

As a result, from 2016 to 2021, about 4000 farmers were trained in various job responsibilities such as mushroom, vermicompost, and organic farming, and 180 CRP were also trained to promote agriculture. The training benefits farmers at multiple levels, as some farmers have embraced and begun methods in their fields, but the rate of adaptation is gradual, possibly owing to fear of failure, marketing, and profit. The CRP who also received free training, were enabled to demonstrate scientific farming on their own property. Farmers were also mobilized for various skills training.

### **2.7. Innovation agriculture project**

Centurion University of Technology and Management, Odisha, sanctioned and implemented the Innovation Agriculture project in May 2016. The National Skill Development Corporation in New Delhi, India, is funding the project, which aims to promote organic agriculture in nine districts in South Odisha and three in North Coastal Andhra Pradesh. The project will last ten years, and until now we have taught 3657 farmers and established 140 CRPs. Centurion University of Technology and Management, the project's implementing agency, has adopted five villages within a 15-kilometer radius under the Innovation Agriculture Project.

## 2.8. Exposure to enhance farming management

Exposure visits have enabled stakeholders from different regions to interact with and learn from each other, allowing them to view practical examples of successful sustainable practices in farming communities like their own or in research stations, successful agri-ventures. They are integral to sensitizing the stakeholders of sustainable agriculture.

The overall objective of the exposure visit are:

- to exchange ideas and experience regarding challenges in the implementation of Farming System Management services at town/city-scale
- the potential of agricultural production systems in the agro-ecological zone
- marketing strategies adopted by various units



Exposure visit for field workers of NGOs implementing NABARD projects

## 2.9. Training farmers for skill development

ICRISAT, Hyderabad & CUTM, Paralakhemundi, Odisha have jointly organized skill development training for SHG farmers from 24th to 27th Feb 2023. Wherein the event witnessed the participation of 26 SHG farmers. The farmers were from 4 different districts of South Odisha i.e., Nabarangpur, Koraput, Rayagada, and Gajapati. They had been provided with Odia Training Manual along with the Training Schedule. They visited commercial agri-based units along with their training at Spawn Unit, Mushroom Unit, Bakery Unit, and Microbiology Lab. They were demonstrated about the steps, and types of equipment/ raw materials required for spawn and mushroom production.



Training farmers for skill development



Training farmers for skill development

## 2.10. Agricultural marketing

Department of Agriculture Extension Education, MSSSoA, and School of Management jointly organize 'Rural Haat'. It is an integrated rural marketing facility for Artisan and Small Scale Entrepreneurs to display and sell their product, particularly for those who have no individual and separate marketing facilities. It also helped the students to get ideas in marketing and also to know the marketing strategies. It creates a good platform for the local farmers and enterprises.



Glimpse of rural haat



## 3. IMPROVING HEALTH AND WELLBEING OF THE LOCAL COMMUNITY:



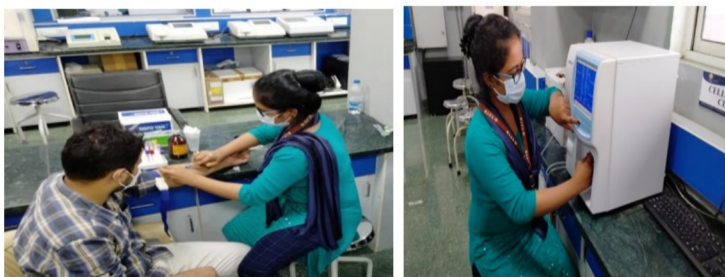
### 3.1. Community Diagnostic Center (CDC):

The demand for Allied health professionals in terms of treatment as well as research work is ever-increasing. School of Paramedics and Allied Health Sciences (SoPAHS), with the intent to meet the ever-growing needs of health care in remote establishments, has facilitated the people in and around Jatani with proper health management, through its well-equipped diagnostic facilities at Community Diagnostic Center. The school owes to it, very sound professionals in different branches of Health care for teaching, research, and technical guidance. The faculty and students of SoPAHS are engaged in community healthcare activities around the year. Their curriculum includes projects to be carried out by the students with an aim to fulfill the requirement for improved health services to the nearby community through this Diagnostic facility.



CDC endeavors to provide free and subsidized clinical and para-clinical medical facilities to residents of Odisha. For maintaining the required standard of education, the school provides patient care in the periphery through the diagnostic center. The vicinity people are being benefitted the most from its state-of-the-art infrastructure in pathology, physiotherapy, optometry, radiology, emergency medicine, etc.

The pathology department provides training in clinical pathology with an emphasis on professional development, fostering the critical thinking and skills needed to interpret laboratory data as well as correlating them during routine investigations through the Community Diagnostic Center. It's Emergency medical care department provides extensive training in first aid, CPR, and advanced critical care in preparation for the event of an emergency. The objective of the Department of Optometry is to preserve eye health and enhance vision. Wherein the department organizes vision check-ups and screening events in the local circle. Vision camps are conducted for the diagnosis of diseases such as Glaucoma using Humphrey Visual Field Analyzer, slit lamp for detecting conjunctivitis, Lensometer for determining prescription power of the spectacles, Auto refractometer for determining the refractive power of the eye, Fundus camera for examining retina of the eye, several other cutting-edge facilities are also available. The school also has other departments such as Radiology, Anaesthesia technology, Physiotherapy, Operation Theatre Technology, etc.



Phlebotomy and complete blood count





Biochemistry analyzer



BP measurement



Vision assessment of a patient



Auto refractometer refractive error measurement



Retinoscopy for refractive error



Fundus camera: retina examination



Tonometry to check the pressure on eye for screening of glaucoma

### 3.2. Health camps organized in the local community

School of Paramedics and Allied Health Sciences deamendors assorted outreach programs through student volunteering and faculty involvement, to promote the health and wellbeing of the community. The students of the school reach out to the remotest part of the vicinity to educate and create awareness among the community on best health practices.

With an aim to dispense quality health to the habitants in the nearby localities and bring awareness to them, the Community Diagnostic Center has organized several Camps.

Major camps, such as the Camp at Janla Panchayat were held on 1st March 2020 where the local community was facilitated with a free health check-up, pathological diagnosis, vision screening, and distribution of medicines.



Health camp organized at Janla panchayat

The University has also organized Health Camp for the Sightless people at Bhabagrahi Model School for the Sightless, Kharavel Nagar, Bhubaneswar. A vision check-up, a health check-up, and free drug delivery were all included in the Camp. Students and faculty members of the School of Paramedics & Allied Health Sciences and the School of Pharmacy & Life Sciences coordinated the camp, which included various events and competitions run by student volunteers. Hundreds of sightless people benefited from the camp. The Odisha Association for the Blind's office bearers, teachers, staff members, and students were all overjoyed to be able to participate in the camp that was held at their place of work and living.



Health camp organized at Bhabagrahi Model School for the sightless, Bhubaneswar

Health camp pertaining to the need for providing health facility for the needy people belonging to Pitapalli locality of Khordha was also organized on 8th April, 2021 in collaboration with Viswass Nursing College.



Health camp organized in collaboration with Viswass Nursing College, Bhubaneswar

A free diabetic health camp and a free dental check-up camp were also organized through the diagnostic center on 27th February 2021, to screen diabetic patients and provide treatment to them in the wake of oral hygiene requirements during the pandemic. Gynaecological Health Camp was organized on 11th March 2022 in collaboration with AMRI Hospitals, to support the health care of females.



Health camp organized by CDC



Dental camp organized by CDC



Diabetic camp organized by CDC



Vision screening camp organized by CDC



Gynecology camp organized by CDC

Because blood cannot be produced or manufactured, patients who require it rely on blood donors for their survival. We frequently hear about the importance of blood donation in relation to the beneficiaries. It is known that up to three patients could benefit from a single blood donation. Keeping this in mind, Centurion University conducts Mega blood donation camps on a periodic basis, these camps are coordinated by a large number of student volunteers each year. It has almost 21 blood drives, wherein the recent ones include in 29th September 2018; 21st September 2019; 25th September 2021; 26th March 2022. Several blood donation camps have been organized in collaboration with Central Red Cross Blood Bank, Katak, and Capital Hospital Blood Bank in association with Lions Club/ Jiban-bindu.





Mega blood donation camp at Centurion University

### 3.3. COVID Pandemic

#### 3.3.1. COVID care centre/ hospital

The impact of COVID has been destabilizing the entire world, Odisha is no exception to it. The COVID pandemic has caused a shortage of Health facilities provided by the Government. Centurion University in this time of need provided support to the Government of Gajapati District by converting its hostel facility into a 100-bed COVID hospital. Several students and staff members of the University had volunteered for assistance to the cause.



Centurion University hostel converted to 100 bedded COVID hospital

### 3.3.2. COVID helpline

CUTM has taken a step forward to help people suffering from the deadly virus during the pandemic. As a humanitarian service for the community, it has extended help to the needy. A team of students, staff, and faculty members were actively engaged to provide 24\*7 support to the needy on information regarding support services available w.r.t. availability of hospital, bed, medicine, oxygen, food, and post-COVID precautions through the Centurion COVID Helpline. The helpline was facilitated adhering to the guidelines by WHO & Govt. of India.



COVID-19 helpline service by Centurion University

### 3.3.3. Organizing COVID vaccination drives

Centurion University has been on a mission mode to vaccinate students, staff, casual workers, and community members against COVID-19. In order to improve the COVID protection measures across Campuses and the nearby community, the University has initiated the Vaccination drive in a phased manner. Centurion aims to cover as much of COVID inoculation as possible (1st, 2nd dose, and Booster dose) to boost the herd immunity of the populace with a motto to ensure a safer and healthier working environment. The University has implemented a Cluster vaccination approach, across its Campuses. It is piloted in four clusters at various Campuses (Bhubaneswar, Paralakhemundi, Bolangir, and Rayagada).



COVID vaccination facility for the local people at CDC

### 3.4. Optometry outreach activities

The Dept. of Optometry at SoPAHS has taken the initiative to organize free eye check-up camps at remote locations in Odisha and nearby states. These camps are oriented towards facilitating the low socio-economic people with free spectacle distribution, if diagnosed will refractive power. These free spectacle distribution camps are powered by Essilor to provide a vision for life to the underprivileged community of society. The add-on benefit of such camps to the community is they are helpful in screening cataracts and other Ocular diseases.



Optical dispensing at remote locations

### 3.5. Training programs

School of Paramedics and Allied Health Sciences facilitates training programs for the students to develop the skills they need to succeed, these training sessions are organized with the objective of community engagement, to benefit a wider mass. These training/ skill development sessions are embedded into the curriculum, emphasizing the need for community participation of the students.



Free health camps organized by the school

## 4. COMMUNITY ACTION LEARNING PROGRAM (CALP)

The university aims to reach out to the community, and one different approach to do so is to connect classroom instruction with community needs. Such approaches are used to solve a wide range of issues. Therefore, SoVET has taken the initiative to implement the Community Action Learning Program (CALP), in which students engage in the nearby community to identify problems and seek solutions. This is a technique of integrating work and learning in order to focus on challenges, problems, and tasks. In these projects, a small group of students collaborates on a problem statement from the community to find solutions. CALP's mission is to use the Action Learning technique to offer a long-term solution to day-to-day community issues. It gives a framework for working through a project in a sequential manner.

A few of the projects undertaken by the students are:

1. Free repair and maintenance of Electrical home appliances
2. Free automobile servicing
3. To protect stray animals a Radium geo tagged collar was designed for stray dogs
4. Biodegradable pens were designed for eco-friendliness
5. Manufacture of biodegradable bottles and crafts



**Assignments  
undertaken by  
students during CALP  
project**



# 5. FACILITATING MENTAL HEALTH AWARENESS SESSIONS



Centurion University of Technology and Management organizes several events throughout the year to provide an environment for the students, staff, and local people to support their mental health. We consider mental health to be of utmost priority for the fruitful progress of society.

- Value Added courses
- Life Skill courses
- Yoga and Meditation
- Geriatric care
- Sports for Mental and Physical Welbeing
- Sexual and reproductive healthcare education

### 5.1. Value-added courses

Students are provided to enrol themselves and engage in value-added courses each year. The objective behind facilitating this course is to impart values into their lives and the community. Courses like Yoga and Meditation; Health and Lifestyle; Life Skills & Moral Value Education; Human Behaviour & Relations; Society and Culture; Self-Management: Insights from Shrimad Bhagavad Gita; Value-Based Leadership: The Valmiki Ramayana Perspective are a few of the courses available to them.

Several of the value-added courses are aimed to raise students' standards above what is required in the academic curriculum. Such courses are augmented into the curriculum in order to better prepare the students to understand the importance of ethics and values in life and society. Professional Ethics, Gender, Human Values, Environment and Sustainability, and Human Values are all included in the curriculum at CUTM. During their course of study, the students are assigned to connect with the community through their internal assessments and work towards upliftment of the mankind.

### 5.2. Life skill courses

The University offers life skill programmes intended at instilling emotional and intellectual capabilities in students, as well as assisting them in overcoming stress and efficiently managing their time. Communication skills, professional skills, leadership skills, and universal human values are included in the 'life skill' curriculum. The programme emphasises, among other things, teamwork, problem-solving, and decision-making. The students are assigned tasks aiming at resolving real-time issues sustaining in the community during these courses.

The University, also organizes Life Skill Development sessions, in collaboration with ACEM School of Meditation, Norway. The founder Dr. Are Holen has chaired several sessions on aspects of lives, training on group dynamics, and mental health, to empower people with positive thoughts.

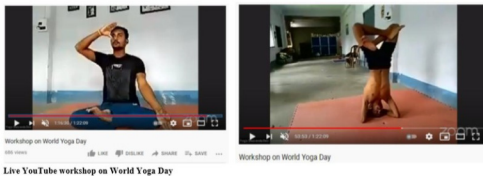




**Dr. Are Holen**  
(Founder,  
ACEM School of Meditation,  
Norway)

### 5.3. Yoga and meditation

The 7th International Day of Yoga was observed on 21st June 2021 in Virtual mode on the theme "Yoga for Wellness" by Centurion University. Resource persons for the same were Mr. Shuvendu Dev (Fitness Professional) and Mr. Pintu Debnath (Yoga Professional). A workshop on the need for Yoga for mental and physical well-being was demonstrated by them and was live-streamed on YouTube.



Centurion University, in collaboration with Morarji Desai National Institute of Yoga (Ministry of Ayush, Government of India) has organized Yogotsav on 29th April 2022 under the theme Yoga for Health, Happiness and Harmony. The event was held at Lingaraj Temple (Bhubaneswar) and was witnessed by hundreds of people, in the presence of esteemed guests like Dr. Umashankar Dash, IPS, Deputy Commissioner of Police, Bhubaneswar, and Dr. U.K. Prusty, Research Officer, Ministry of AYUSH, Govt. of India. The objective of the event was to raise awareness of the many benefits of practicing yoga. The event was also live-streamed on YouTube for the benefit of everyone else.



Yoga session at Lingaraj temple premises, Bhubaneswar

#### 5.4. Geriatric care

Gerontology, the study of aging, has become a major focus of attention among different sections of society and institutions. There are increasing service needs for older persons all over the world, with related political, economic, social, technological, environmental, and legal consequences. The Sixth International Gerontology Conference on "Youth is a Gift and Age is an Art: Gerontological Issues and Higher Education" was organized by Centurion University of Technology & Management, Paralakhemundi Campus as an extension of the last five conferences held in Japan, Russia, and India. Its broad objective was to bring together professionals, academicians, and researchers from all over the world to exchange ideas and experiences for effectively addressing the challenges the old people, the society face, and the role that higher education can play. This conference, since its inception, is regarded as one of the protagonist platforms on Gerontology & is a sought-after event for academicians and researchers across the globe.



Gerontology conference on  
"Youth is a gift and age is an art: Gerontology issues and higher education"

#### 5.5. Sports: for mental and physical well being

The department of sports at Centurion University organizes various sports programs like cricket, football, volleyball, kabaddi, fitness competitions, etc. with the local schools and communities. Participation in sports and physical activities on a regular basis provides students with a variety of social and health benefits. It not only has a direct impact on physical fitness but also instills healthy lifestyle choices, assisting them in remaining active and promoting positive mental health and cognitive development.

In April 2019, the Department of Sports and GTET collaborated to host a sports program for differently abled students. This sports event witnessed the participation of nearly 100 hearing-impaired pupils.

Centurion University also has outstanding sports facilities, including Centurion University Cricket Ground. In January 2020, the BCCI and OCA paid a visit to the cricket ground on the campus, and they were enthused with the quality of the field. Centurion University (Bhubaneswar Campus) was given the privilege of hosting a senior inter-district T20 cricket championship match by the Odisha Cricket Association Authority. This massive sporting event took place in December 2020. Student volunteers from the CUTM Sports Club were actively involved in facilitating the event.



Senior interdistrict T20 cricket championship

## 5.6. Sexual and reproductive healthcare education

In the wake of the need of educating women on sexual and reproductive healthcare education the University along with its industry partner and in collaboration with Gap Inc. organizes workshops and training sessions for educating women.

P.A.C.E. (Personal Advancement & Career Enhancement) Training was organized by Staff /student volunteers from CUTM and GTET as an innovative program with the goal of having a positive impact and raising awareness about health issues. It was held exclusively for DDU- GKY enrolled students.

Foundational skills and support were provided to help them advance in the workplace and in their personal lives. The workshop emphasized creating a sustainable and scalable program model that benefits all participants and contributors.

Following were the sessions during the workshop:

- Necessity of women's health
- Know your body
- Common diseases
- Responding to health shocks at home
- Food and nutrition
- Reproductive systems and planned pregnancy
- Male and female reproductive anatomy
- Menstruation
- Importance and methods of healthy timing and spacing of pregnancies
- Health during pregnancy, childbirth, and postpartum care
- Understanding cervical, uterine, and breast cancer in women
- Developing an understanding of RTIs, STIs, HIV, and AIDS
- Stigma and discrimination related to HIV and AIDS
- Reproductive system diseases and associated stigmas
- Understanding mental health issues and the associated stigma
- Substance abuse and its impacts on mental & emotional health
- Understanding common mental health problems in women: their causes, symptoms, and treatment
- Mental & emotional health



PACE training session



**Centurion**  
**UNIVERSITY**

*Shaping Lives...  
Empowering Communities...*

## **CENTURION UNIVERSITY OF TECHNOLOGY AND MANAGEMENT, ODISHA**

### **CAMPUSES:**

**Paralakhemundi Campus**

Village Alluri Nagar  
P.O. – R Sitapur, Via- Uppalada  
Paralakhemundi, Dist.- Gajapati  
Odisha, India. PIN– 761211

**Bhubaneswar Campus**

Ramchandrapur  
P.O. – Jatni, Bhubaneswar  
Dist.- Khurda, Odisha,  
India, PIN– 752050

**Balangir Campus**

Behind BSNL Office  
IDCO land, Rajib Nagar  
Dist.- Balangir, Odisha  
India, PIN-767001

**Rayagada Campus**

IDCO Industrial Area  
Pitamahal, Rayagada  
Dist.-Rayagada, Odisha  
India, PIN-765001

**Balasore Campus**

Gopalpur,  
P.O.-Balasore  
Dist.-Balasore, Odisha  
India, PIN-756044

**Chatrapur Campus**

Ramchandrapur,  
Kaliabali Chhak,  
P.O-Chatrapur, Dist.-Ganjam  
Odisha, India, PIN-761020