

### Events for December

**4Th December** - Workshop on strategic approaches on patenting guide for reserchers and inventors by Dr Prafulla Kumar Panda ,Girish Rath .  
Empowering women in agriculture

**6th December** - Vanabhojanam

**14th December** -Faculty Retreat

**19th December** - Awareness on Drug Abuse and Addiction

**21st December** - Convocation 2024

**23rd December** - Pre christmas Celebrations

**24th December** - Road afety and Awareness

**26Th December** - Inter University Tribal Cultural Conclave

**26th December** - Bonfire and Food Carnival





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**CONVOCATION 2024:**

The Fourth Convocation of Centurion University of Technology and Management, Andhra Pradesh is scheduled to be held on 21st December 2024 (Saturday) at Vizianagaram Campus, Andhra Pradesh. It is a pleasure for us to invite you to attend the Convocation and receive the Degree. This year Convocation will be based on the "Indianness" theme.

Chief Guest : Dr.Ranjan Banerjee, Professor & CEO, Nayanta University .



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### Vanabhojanam

Vanabhojanam, an age-old tradition symbolizing community bonding and celebrating nature, was joyfully observed at Centurion University of Technology and Management.

Vanabhojanam, which translates to "to feast in the forest," is a cherished cultural practice in many Indian communities. Typically organized during the Karthika Masam (a month in the Hindu calendar), it involves picnicking in natural settings, sharing food, and engaging in cultural activities to foster a sense of togetherness while appreciating nature's beauty.

#### **Venue and Setting:**

The event was held in a lush green outdoor space within the campus in the organic farm area, providing the perfect setting for the traditional feast. Surrounded by nature, the ambiance reflected peace and harmony, enhancing the spirit of the gathering.





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**Awareness Program on Drug Abuse and Addiction  
19th Dec 2024**

In recent times, significant challenges related to drug abuse have emerged, with the youth in particular becoming increasingly attracted to and addicted to Narcotic Drugs and Psychotropic Substances. In light of this growing concern, Centurion University, AP has taken proactive steps to raise awareness among students about the impact of narcotic drug usage, the laws in place to address it, and the consequences and challenges associated with such behavior.

As part of our CSaR initiative and our ongoing efforts to educate students on the dangers of drug abuse, we had the privilege of inviting Sri SVVN Babji Rao Garu, Deputy Commissioner of Prohibition and Excise for VZM and PVP districts, and Sri Seemadhadu, District Prohibition & Superintendent, to address our students. We were also honored to have Circle Inspector Janardhana Rao Garu as a key participant in this awareness program.

Sri SVVN Babji Rao Garu delivered a highly informative and impactful speech on Drug Abuse and Addiction, providing valuable insights and practical guidance on how students can recognize, prevent, and combat substance abuse. The session was attended by all Engineering and Paramedical students, who greatly benefited from his expertise on this critical issue.

Following the speech, Sri SVVN Babji Rao Garu engaged in an interactive session with the students, answering numerous questions and clarifying doubts regarding drug abuse and its harmful effects. His guidance was greatly appreciated, and we trust that the students will take this information to heart and work to spread awareness among their peers.



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The pre-Christmas celebrations are a joyous occasion that brings people together to commemorate the birth of Jesus Christ and prepare for the festive season. The event typically begins with a heartfelt introduction to the story of Christ's birth, reflecting on its significance and the message of hope and salvation it brings to the world. The atmosphere of Centurion University enlivened with vibrant dance performances that celebrate the joy of the season. Worship songs to honor and glorify God, creating a spirit of unity and devotion. A highlight of the celebration is the cake-cutting ceremony by Vice Chancellor sir and his daughter, symbolizing the sweetness of love and togetherness during this special time. The event takes on a serene and reflective tone during the candlelight service, where students and faculty hold candles as a symbol of the light of Christ shining in the darkness. The celebrations conclude with a closing prayer, expressing gratitude for the blessings of the season and seeking peace and goodwill for all. These moments of worship, joy, and fellowship set the stage for a meaningful and spiritually fulfilling Christmas.



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An awareness session on road safety was conducted for the students of Centurion University AP by Mr. D. Mani Kumar, Deputy Transport Commissioner, and Mr. K. Ravi Shankar, Motor Vehicle Inspector. The session focused on reducing accidents and fatalities on the roads, educating students about safe driving practices, pedestrian safety, and appropriate behavior in various traffic situations. Key aspects covered included:

1. Obeying Traffic Rules
2. Use of Seatbelts and Helmets
3. Avoiding Distractions While Driving
4. Dangers of Drinking and Driving
5. Pedestrian Safety Measures
6. Defensive Driving Techniques
7. Importance of Vehicle Maintenance
8. Understanding the 'Golden Hour' After an Accident
9. Types of Injuries During Accidents and the Roles of Neurosurgeons and Neurologists
10. Social Responsibility in Achieving Zero Percent Accidents

The session also included informative videos emphasizing social responsibility in preventing accidents.

**Agenda**

Welcome address by U. an

Briefing about the session by Dr R S Verma

Talk by Mr. D. Mani Kumar, Deputy Transport Commissioner

Mr. K. Ravi Shankar, Motor Vehicle Inspector

Question and Answer session





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**INDIAN KNOWLEDGE SYSTEMS  
INTER UNIVERSITY TRIBAL CULTURAL CONCLAVE  
20th December 2024**

The Indian Knowledge Systems (IKS) initiative at Centurion University hosted an Inter-University Tribal Cultural Conclave, celebrating the diverse and rich heritage of India's tribal communities. This grand event served as a platform to showcase tribal art, dance, drama, and fashion, reflecting the vibrancy, creativity, and cultural wealth of indigenous tribes across the country.

**AGENDA & OBJECTIVES :**

Introduction and Inauguration of the event starting with

Involving the Chief Guest Prof. Sushchidanand Joshi

Special guest Dr Vinodkumar Shukla

**Patrons :**

Prof. Prasenjit Kumar Mohapatra

Prof. T. V. Kattimani

Speech given by the guests on stage

**Vote of thanks**

Closing with National Anthem

**Objective of the Conclave**

The conclave aimed to promote and preserve the tribal traditions and knowledge systems that have been integral to India's cultural identity. It sought to bridge the gap between academic institutions and tribal communities, encouraging dialogue and collaboration for preserving and propagating tribal heritage. The event also focused on raising awareness among students and faculty members about the uniqueness and relevance of tribal knowledge systems in contemporary society.



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## BONFIRE AND FOOD CARNIVAL NIGHT 27th Dec 2024

A vibrant evening of fun, food, and festivities for students and staff, fostering community bonding and relaxation.

### Key Highlights:

#### Bonfire:

Central bonfire area for warmth and ambiance.

#### Food Carnival:

Students have prepared delicious snacks and food items and the gathering enjoyed the tasty snacks prepared by them.

#### Entertainment:

Live music and student band performances.  
Photos were taken.

As per the agenda, all the students gathered for an evening filled with fun and warmth. The highlight of the event was the bonfire and music, which kept everyone engaged throughout the program.

In addition, students showcase their creativity by preparing snacks and delicious food items spontaneously with the use of induction or gas stoves. All the ingredients were arranged by the CS&R team. Some food items turned out to be exceptionally delicious.



**TIPS FOR A**  
*Healthy Winter*

**Focus on balance in your diet:** Eat a well-balanced diet with whole grains, lean meats, fish, poultry, legumes, nuts and seeds, herbs and spices, and plenty of fresh fruits and vegetables.

**Up your zinc & vitamin D:** Take short walks or engage in outdoor activities like brisk walking or playing with kids in the sun.

**Move your body:** Exercise regularly: Try to exercise for at least 25-30 minutes daily.

**Focus forward:** Manage stress: Winter blues or seasonal affective disorder (SAD) can affect mental health.

**Find a good sleep routine:** Get enough sleep: Quality sleep is essential for overall health and a robust immune system.

**Prioritize your mental health:** Protect your skin: Apply a rich moisturizer immediately after bathing to lock in hydration. You can also use lip balms and hand creams.

**Get vaccinated:** Consider getting flu and other recommended vaccines to protect yourself and others from preventable illnesses.

**Dress appropriately:** Dress warmly and stay dry with a hat, scarf or knit mask, mittens, water-resistant coat, and boots.

**Practice good hygiene:** Wash your hands when you return home and regularly sanitize doorknobs and sinks.