



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

Kandlakoya (V), Medchal Road, Hyderabad -501401

CMRCET/PRIN/ YOGA/AY2014-15/CIR-01

Date: 23/07/2014

## CIRCULAR

All the Yoga & Meditation Cell members are hereby informed to attend a meeting scheduled on 26.07.2014. The venue will be the Department of Physical Education at 2.30pm. All are requested to be present on time.

The Agenda of the meeting is:

1. Review meeting on previous events.
2. To discuss on SOP, Objectives, Roles and Responsibilities.
3. To discuss on events to be organized.
4. Any other matter with the permission of the chair.

Principal

Copy Submitted to: (1) The Secretary Garu – For your kind information Pl.

Copy to:

1. IQAC Coordinator
2. Controller of Examinations
3. All HODS
4. Administrative Officer
5. Accounts Officer
6. Students Notice Board

Yoga & Meditation Cell

**MINUTES OF MEETING**

1. The Meeting was held on 26.07.2014 and started at 2.30pm in the Department of Physical Education.
2. The Convener started the meeting with congratulating all the members for the smooth conduction of last year Programs in all the events took place.
3. Members discussed and confirmed the SOP.
4. Members discussed to organize the following events
  - a. Power of Yoga & Meditation during odd semester
  - b. Poster Making Competition on “Yoga for Healthy Life” during even semester

**STANDARD OPERATING PROCEDURE OF YOGA & MEDITATION CELL**

CMR College of Engineering & Technology is a leading body in education and is therefore expected to reach high quality standards in its provision of mental health through meditation and yoga activities in college.

CMR College of Engineering & Technology has formed Yoga & Meditation Cell to empower the students to bear the potential stress connected with life. Yoga & Meditation practice helps anyone to maintain harmony of body and spirit. It also increases span of concentration, increase memory power and improves the attention of the students. It is also leads to stress reduction and emotional control.

Most of the students may have complications in their academic performance. A piece of yoga practices and meditation every day will definitely make student community gain more physical strength and get rid of all physical difficulties and diseases. Mental strength gained in yoga helps students to fight against inconsistencies with increasing self-confidence which looks as more powerful.

Yoga and meditation can help to achieve Emotional control, Physical, Spiritual and Mental Health. These can be achieved by yoga practices like Pranayama and Meditation. This can help students to activate their sense of joy and communal relationship.

The Yoga & Meditation Cell is open to all students, staff and faculty to help in managing stress. Students have an opportunity to free their minds and bodies from heavy work and stressful deadlines by practicing yoga on campus. Students develop better time management and they also tend to retain their studies better.

### Objectives of yoga and meditation cell



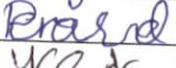
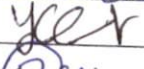
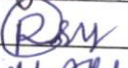
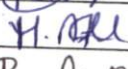
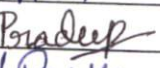
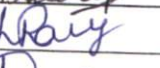
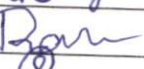
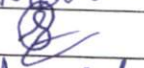

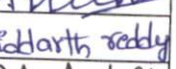
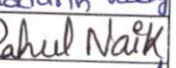
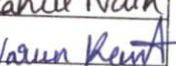
- Understanding the importance of maintaining good health both physically and Mentally
- To Keep the Physical body in a Healthy Condition
- To Keep the mind in Culturally enlightened level
- To lead a creative life so as to be a useful member of the society throughout the span of one's life.

### Roles & Responsibilities of the Cell

- To plan, conduct awareness programs on yoga and meditation in the college.
- Train students for inter university, state and national level yoga competitions.
- For scheduling the activities of yoga and meditation cell.

**Frequency of meeting:** Twice in the year.

The List members attended to the meeting:

S.No	Name of the member	Designation	Position	Signature
1.	Dr. M. Ramalinga Reddy	Principal	Chairman	
2.	Mr. Syed Rafeeq	Physical Director	Convener	
3	Mr. L Yalamanda Prasad	Assistant Professor	Member (Civil Dept)	
4	Mr. J. Yugandhar	Assistant Professor	Member (ECE Dept)	
5	Mr. K. Ravi Kiran	Assistant Professor	Member (EEE Dept)	
6	Mr.M.Prasannanjaneyulu	Assistant Professor	Member (H&S Dept)	
7	Mr.I.Pradeep	Assistant Professor	Member (MECH Dept)	
8	Mr.L.Ramanjaneya	Assistant Professor	Member (MBA Dept)	
9	Mr. M KONDA REDDY	Student	Member (Civil Dept, 12H51A0132)	
10	CH.Srikanth	Student	Member (ECE Dept, 14H51A0410)	
11	B.Ashok	Student	Member (EEE Dept, 14H51A0203)	
12	CH.Siddarth Reddy	Student	Member (CSE Dept, 14H51A0512)	
13	G.Rahul Naik	Student	Member (CSE Dept, 13H51A0378)	
14	B.Varun Kumar	Student	Member (MBA Dept, 13H51E0012)	

  
Convener

  
Principal

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CMR COLLEGE OF ENGG. & TECH.  
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