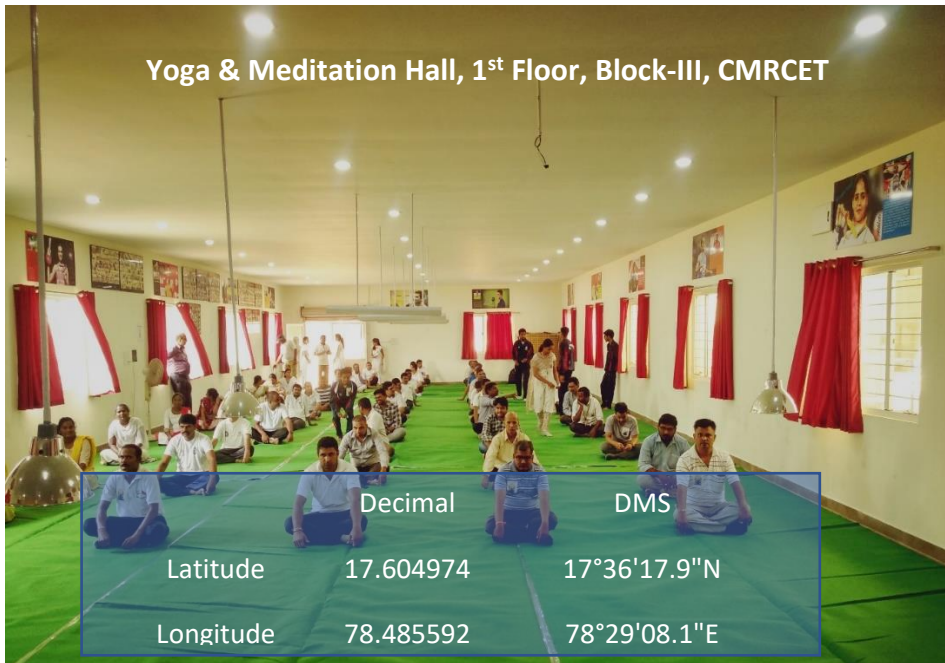


Yoga & Meditation Hall





CMR COLLEGE OF ENGINEERING & TECHNOLOGY

Kandlakoya (V), Medchal Road, Hyderabad -501401

CMRCET/PRIN/YOGA/AY2014-15/01

Date: 21/07/2014

OFFICE ORDER

The Yoga & Meditation Cell is constituted with the following members for the academic year 2014-15. It is constituted to serve the interest of the student community to improve their physical and mental health.

The composition of Yoga & Meditation Cell is as follows:

S.No	Name of the member	Designation	Position
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)

Sy.
Rafeeq
Yugandhar
Ravi Kiran
Pradeep
Konda Reddy
Srikanth
Ashok
Siddarth Reddy
Rahul Naik
Varun Kumar

[Handwritten signature]

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



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



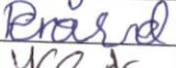

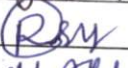
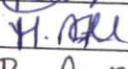
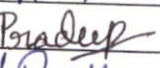
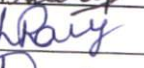
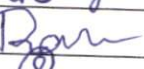
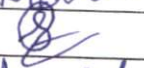

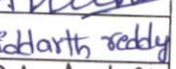
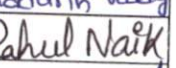
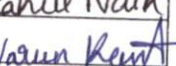
- Understanding the importance of maintaining good health both physically and Mentally
- To Keep the Physical body in a Healthy Condition
- To Keep the mind in Culturally enlightened level
- To lead a creative life so as to be a useful member of the society throughout the span of one's life.

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

PRINCIPAL
CMR COLLEGE OF ENGG. & TECH.
Kandlakoya (V), Medchal Road,
Hyderabad-501401.



GROUP OF INSTITUTIONS
EXPLORE TO INVENT

CMR COLLEGE OF ENGINEERING & TECHNOLOGY

(Autonomous)

NAAC Accreditation With A -Grade

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

Date: 20-07-2014

To
Mr. S. Rahul
H.No. 8-16-27/24/1
Saubhagya Nagar Colony
LB Nagar
Hyderabad

Dear Sir,

Sub: - CMRCET - Requirement of Certified Trainer for Yoga and Meditation.

CMR College of Engineering & Technology is a leading body in education and placement. It is expected to reach high quality standards by providing training of yoga and meditation to the students through certified trainer. In this search we found that you are the right candidate to serve our purpose.

We are pleased to offer you to serve our institution as a trainer of Yoga and Meditation on ad-hoc basis, for this we are open to discuss on perks and benefits for your services. Our institution has all the facilities to conduct yoga and meditation sessions.

We expect your kind response through mail or in person within a week.

CMR
GROUP OF INSTITUTIONS


Principal
PRINCIPAL

CMR COLLEGE OF ENGG. & TECH.
Kandlakoya (V), Medchal Road,
Hyderabad-501401.

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PRINCIPAL

CMR COLLEGE OF ENGG. & TECH.
Kandlakoya (V), Medchal Road,
Hyderabad-501401.

Date: 25.07.2014

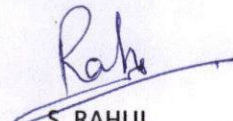
To
The Principal
CMR College of Engineering & Technology
Kandlakoya, Medchal
Hyderabad

Respected Sir,

I am very much glad to receive your letter. It's my privilege to serve your esteemed organisation flourishing leaps and bounds. Thank you for the concern and respect showered on me. But I am going through severe time constraint as I have committed with other organisations and hence, I could not provide my full-time services.

Out of my passion towards yoga and meditation I show my concern to provide my voluntary service for two days in a week i.e. Tuesday and Saturday 3.00 PM to 4.00 PM without any fee or salary.

Thanking you.


S. RAHUL

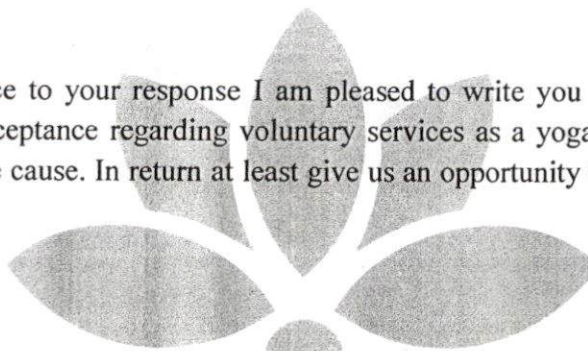
CMRCET/PRIN/YOGA/AY2014-15/Lr/02


02-08-2014

To
Mr. S. Rahul
H.No. 8-16-27/24/1
Saubhagya Nagar Colony
LB Nagar
Hyderabad

Dear Sir,

With reference to your response I am pleased to write you that we are very much thankful for your acceptance regarding voluntary services as a yoga and meditation trainer which is a very noble cause. In return at least give us an opportunity to provide you pick and drop facility.


CMR
Principal
PRINCIPAL
CMR COLLEGE OF ENGG. & TECH.
Kandlakoya (V), Medchal Road,
Hyderabad-501401.
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Kandlakoya (V), Medchal Road,
Hyderabad-501401.

Annamalai University



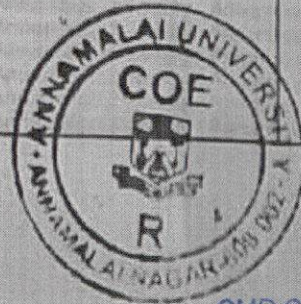
STATEMENT OF MARKS

COURSE : M. SC YOGA
NAME : SANGEM RAHUL

TWINNING PROGRAMME
[SECOND YEAR]
YEAR : MAY - 2014
REG. NO: 491M1905BP00339

CODE	SUBJECT/S	MARKS AWARDED	PASSING MINIMUM	MAXIMUM MARKS	RESULT
310	PRINCIPLES OF YOGA AND MENTAL HEALTH	54	50	100	PASS
320	RESEARCH METHODOLOGY AND STATISTICS IN YOGA	59	50	100	PASS
330	YOGA THERAPY AND NATUROPATHY	63	50	100	PASS
340	YOGA AN ALTERNATIVE MEDICINE	65	50	100	PASS
*** End of Statement ***					

PRINCIPAL
CMR COLLEGE OF ENGG. & TECH.
Kandlakoya (V), Medchal Road,
Hyderabad-501401.



Annamalainagar - 608 002.

Date : 06/09/2019

PRINCIPAL
CMR COLLEGE OF ENGG. & TECH.
Kandlakoya (V), Medchal Road,
Hyderabad-501401.

hsehanaray
Controller of Examinations



CMR COLLEGE OF ENGINEERING & TECHNOLOGY

Kandlakoya (V), Medchal Road, Hyderabad -501401

Date: 04.08.2014

To
IQAC
CMRCET
Medchal
Kandlakoya

Respected Sir,

Sub: Requesting approval to conduct the events of Yoga & Meditation Cell for the A.Y 2014-15.

I, Mr. Syed Rafeeq, Physical Director and Convener of the Yoga & Meditation Cell earnestly requesting your permission to conduct the events for the Academic Year 2014-15.

Following is the schedule of events to be conducted under **Yoga & Meditation Cell** for the Academic Year 2014-15

S. No	Name of the Event	Scheduled Date	Venue
1	Awareness Program on "Power of Yoga & Meditation"	20-08-2014	Yoga & Meditation Hall, 1 st Floor, Block – III, CMRCET
2	Poster Making Competition on "Yoga for Healthy Life"	20-02-2015	Yoga & Meditation Hall, 1 st Floor, Block – III, CMRCET

I request you to grant me permission and do the needful

Convener
Yoga & Meditation Cell
CMRCET

Strategic Perspective Plan for the Academic Year 2014-15

Sl. No.	Date of the Event	Dept./Committee	Name of the Event	Details
1	20-08-2014	Yoga & Meditation Cell	Awareness Program on "Power of Yoga & Meditation"	Objective of this event is to bring awareness among participants about how yoga and meditation is useful in in our life.
2	20-02-2015	Yoga & Meditation Cell	Poster Making Competition on "Yoga for Healthy Life"	Objective of this event is to make the participants to realize the importance of yoga in our daily life.

Yoga & Meditation Cell - Strategy Document

1. Meeting of Yoga & Meditation Cell will be conducted twice in each academic year.
2. A brief synopsis is given on the importance of Yoga & Meditation Cell.
3. Students are registered for the cell.
4. Staff and students are encouraged to actively organize and participate in the activities of Yoga & Meditation Cell.
5. Yoga and meditation cell have given instructions and suggestions to the students about implementation of the events.



IQAC Coordinator

Coordinator
Internal Quality Assurance Cell
CMR College of Engineering & Technology
Kandlakoya (V), Medchal Road,
Hyderabad - 501 401.



Principal

PRINCIPAL
CMR COLLEGE OF ENGG. & TECH.
Kandlakoya (V), Medchal Road,
Hyderabad-501401.



CMR COLLEGE OF ENGINEERING & TECHNOLOGY

Kandlakoya (V), Medchal Road, Hyderabad -501401

Date: 16/08/2014

To,
The Principal
CMRCET
Kandlakoya (V)
Medchal Road
Hyderabad-501401.

Through: IQAC Coordinator

Respected Sir,

Sub: Requesting permission to conduct an awareness program on Power of Yoga & Meditation on 20/08/2014

I, Mr. Syed Rafeeq, Physical Director and Convener of the Yoga & Meditation Cell earnestly requesting your permission to conduct the following event.

- Name of Event: Awareness Program on "Power of Yoga & Meditation"
- Date of Event: 20/08/2014
- Venue of event: Yoga & Meditation Hall, 1st Floor, Block – III, CMRCET
- Target audience: Students & Staff
- Resources required from college – Mats for yoga and meditation
- Amount Required: Nil
- Faculty, staff and students involved in the event: List Enclosed.

I request you to grant me permission and do the need full.

Thanking you Sir.

Yours sincerely

Convener
Yoga & Meditation Cell
CMRCET

Recommended
Amr
Coordinator
Internal Quality Assurance Cell
CMR College of Engineering & Technology
Kandlakoya (V), Medchal Road,
Hyderabad - 501 401.

permitted

PRINCIPAL
CMR COLLEGE OF ENGG. & TECH.
Kandlakoya (V), Medchal Road,
Hyderabad-501401.



CMR COLLEGE OF ENGINEERING & TECHNOLOGY

Kandlakoya (V), Medchal Road, Hyderabad -501401

CMRCET/PRIN/YMC/AY2014-15/CIR-02

Date: 18/08/2014

CIRCULAR

Staff and students are informed to participate in an awareness program on "The Power of Yoga & Meditation" organized by Yoga & Meditation Cell.

Event Details:

Date: 20/08/2014

Time: 10:00 AM to 12:00 PM

Venue: Yoga & Meditation Hall, 1st Floor, Block – III, CMRCET

Contact: Mr Syed Rafeeq, Convener.


Principal

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

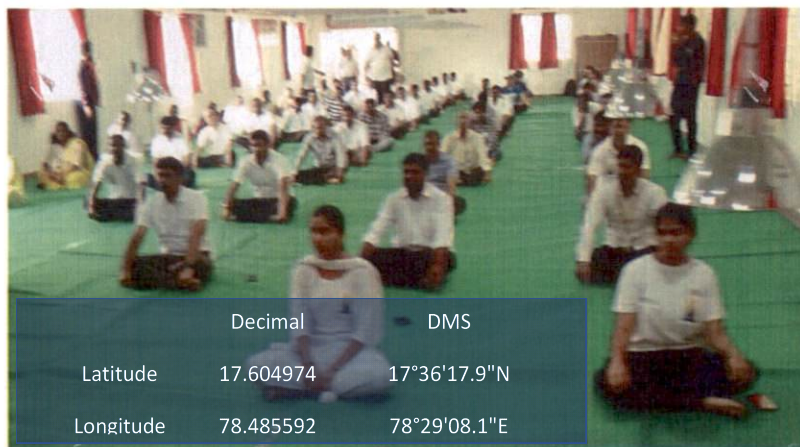
- (1) Deans
- (2) IQAC Coordinator
- (2) All HODS
- (3) Administrative Officer
- (4) Accounts Officer
- (5) Concerned Students members
- (6) Concerned Faculty Members

REPORT ON AWARENESS PROGRAM ON YOGA & MEDITATION

Yoga & Meditation Cell of CMRCET has conducted an awareness program on “Power of Yoga & Meditation” on 20th August 2014. Mr. Syed Rafeeq, Convener, Yoga & Meditation Cell welcomed the gathering and Dr. M. Ramalinga Reddy, Principal presided over the function. Mr. S. Rahul, Trainer of Yoga & Meditation, along with students have demonstrated meditation techniques and around 30 Asanas while explaining its benefits to the participants. 63 staff and students were actively participated in the program.



Faculty and Students participated in Meditation



Faculty and Students participated in Yoga


Convener
 Yoga & Meditation Cell
 CMRCET



CMR COLLEGE OF ENGINEERING & TECHNOLOGY

Kandlakoya (V), Medchal Road, Hyderabad -501401

Date: 17/02/2015

To.
The Principal
CMRCET
Kandlakoya (V)
Medchal Road
Hyderabad-501401.

Through: IQAC Coordinator

Dear Sir,

Sub: Requesting permission to conduct Poster Making Competition on "Yoga for Healthy Life" on 20/02/2015

I, Mr. Syed Rafeeq, Physical Director and Convener of the Yoga & Meditation Cell earnestly requesting your permission to conduct the following event.

Name of Event: Poster Making Competition on "Yoga for Healthy Life"
Date of Event: 20/02/2015
Venue of event: Yoga & Meditation Hall, 1st Floor, Block – III, CMRCET
Target audience: Students
Resources required from college – Mats for yoga and meditation
Amount Required: Nil

I request you to grant me permission and do the need full.

Thanking you

Yours sincerely

Convener
Yoga & Meditation Cell
CMRCET

Recommended
Atow
Coordinator
Internal Quality Assurance Cell
CMR College of Engineering & Technology
Kandlakoya (V), Medchal Road,
Hyderabad - 501 401.

— PERMITTED —

PRINCIPAL
CMR COLLEGE OF ENGG. & TECH.
Kandlakoya (V), Medchal Road,
Hyderabad-501401.



CMR COLLEGE OF ENGINEERING & TECHNOLOGY

Kandlakoya (V), Medchal Road, Hyderabad -501401

CMRCET/PRIN/YMC/AY2015-16/CIR-03

Date: 18/02/2015

CIRCULAR

All the students are informed that Yoga & Meditation Cell is conducting Poster Making Competition on "Yoga for Healthy Life". All the students are requested to participate actively in the competition. Students are further requested to bring your own material which is required for the competition.

Event Details:

Date: 20/02/2015

Time: 10:00 AM to 12:00 PM

Venue: Yoga & Meditation Hall, 1st Floor, Block – III, CMRCET

Contact: Mr Syed Rafeeq, Convener.


Principal

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

- (3) Deans
- (4) IQAC Coordinator
- (2) All HODS
- (3) Administrative Officer
- (4) Accounts Officer
- (5) Concerned Students members
- (6) Concerned Faculty Members

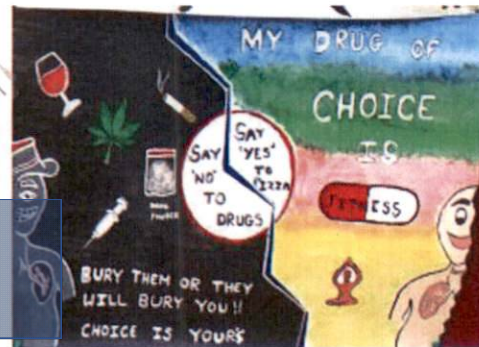
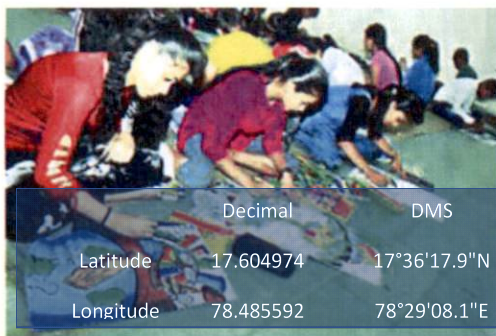
YOGA & MEDITATION CELL

Report On Poster Making Competition on "Yoga for Healthy Life"

A poster making competition was organized on the topic "Yoga for Healthy Life" on 20th February 2015. Around 63 students were actively participated in the competition. The competition was judged by Dr. M. Ramalinga Reddy, Principal, and Mr. S. Rahul, Yoga & Meditation Trainer. Two best posters were given prizes and certificates. The winners of the poster making competition are:

1st Prize: A. Madhu, Dept. of CSE. 2nd year

2nd Prize: T. Swathi, Dept. of ECE, 3rd year



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Latitude	17.604974	17°36'17.9"N
Longitude	78.485592	78°29'08.1"E

Students participating in poster making competition

Convener
Yoga & Meditation Cell
CMRCET

CMRCET/PRIN/YOGA/AY2014-15/Lr/03

Date: 14-06-2015

To
Mr. S. Rahul
H. No. 8-16-27/24/1
Saubhagya Nagar Colony
LB Nagar
Hyderabad

Dear Sir,

Sub: - CMRCET – Yoga & Meditation Trainer – Appreciation.


On behalf of CMR College of Engineering & Technology, I am very pleased by the way you accepted our offer besides your tight schedule and conducted yoga and meditation sessions to the staff and students. The feedback received from both the fraternity is excellent and goes to your credit.

I sincerely thank you for your voluntary services and appreciate your zeal and passion towards yoga. I wish long term relationship in future for the cause of professional development.


Principal

Principal
PRINCIPAL
CMR COLLEGE OF ENGG. & TECH.
Kandlakoya (V), Medchal Road,
Hyderabad-501401.

EXPLORE TO INVENT


PRINCIPAL
CMR COLLEGE OF ENGG. & TECH.
Kandlakoya (V), Medchal Road,
Hyderabad-501401.



CMRCET/PRIN/ YOGA/AY2014-15/CIR-04

Date: 09/03/2015

CIRCULAR

All the Yoga & Meditation Cell members are hereby informed to attend a meeting which is scheduled on 11.03.2015. 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 events to be organized.
3. Any other matter with the permission of the chair.

Principal

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

Copy to:



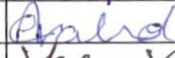

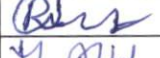
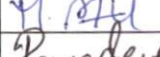
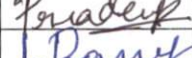



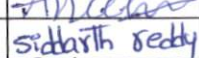
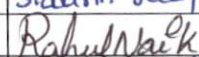
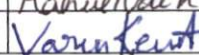
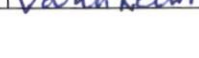
1. IQAC Coordinator
2. Controller of Examinations
3. All HODS
4. Administrative Officer
5. Accounts Officer
6. Students Notice Board

Yoga & Meditation Cell

MINUTES OF MEETING

1. The Meeting was held on 11.03.2015 and started at 3.00pm in the Department of Physical Education.
2. The Convener started the meeting with congratulating all the members for the smooth conduction of last year events took place.
3. Principal sir instructed the members to conduct yoga awareness and motivate the student to increase their participation in yoga and meditation cell activities.
4. The meeting was adjourned at 4:00 p.m.

The List members attended to the meeting:

S.No	Name of the member	Designation	Position	
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

PRINCIPAL

CMR COLLEGE OF ENGG. & TECH.
Kandlakoya (V), Medchal Road,
Hyderabad-501401.

Date: 20th April, 2015

To
IQAC
CMRCET
Hyderabad-501401

Dear Sir,

Sub: Annual report of the Yoga & Meditation Cell for the A.Y 2014-15

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

The Yoga & Meditation Cell meeting will be conducted twice a year. The first meeting was conducted on 26-07-2014 at Dept. of Physical Education, CMRCET for the academic year 2014-15. The meeting started as per the scheduled time and members of the committee discussed Standard Operating Procedure of the Yoga & Meditation Cell.

The second meeting was held on 11.03.2015 at the Dept. of Physical Education. During this meeting members decided to conduct a poster competition on yoga for healthy life.

Following is the brief information of programs conducted by the Yoga & Meditation Cell for the A.Y 2014-15

1. Conducted an awareness program on Power of Yoga & Meditation on 20th August 2014. Students of yoga and meditation cell have demonstrated around 30 Asanas while explaining its benefits with back ground music for the benefit of the audience.
2. A poster making competition was organized on the topic "Yoga for Healthy Life" on 20th February 2015. 63 students actively participated in the competition. Two best posters were given prizes and certificates. The winners of the poster making competition are:

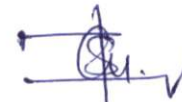
1st Prize: A. Madhu, Dept. of CSE, 2nd year

2nd Prize: T. Swathi, Dept. of ECE, 3rd year

Out Comes of the above events are to acquire the knowledge about the following

1. Mind, meditation and personality development
2. Human body, physical exercise and health

Thanking you,



Convener
Yoga & Meditation Cell
CMRCET