



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.
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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

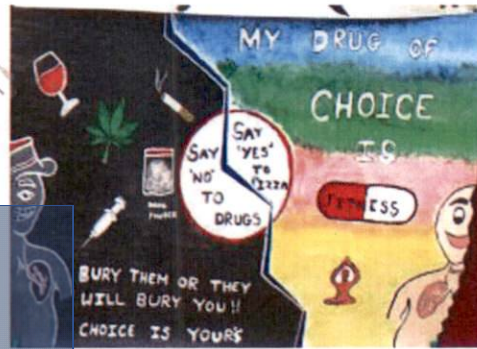
YOGA & MEDITATION CELL

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



	Decimal	DMS
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



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.

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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

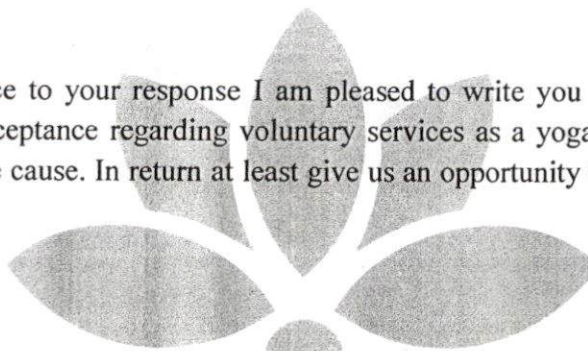
CMRCET/PRIN/YOGA/AY2014-15/Lr/02


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
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Hyderabad-501401.
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Kandlakoya (V), Medchal Road,
Hyderabad-501401.

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

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Hyderabad-501401.

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Kandlakoya (V), Medchal Road,
Hyderabad-501401.

Annamalai



University

COURSE : M. SC YOGA
 NAME : SANGEM RAHUL

STATEMENT OF MARKS

TWINNING PROGRAMME
 I SECOND YEAR
 YEAR : MAY - 2014
 REG. NO. : 491ML9058P00339

CODE	SUBJECTS	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.

Principals

Annamalainagar - 608 002.
 Date : 06/09/2019

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

Controller of Examinations