



CMR COLLEGE OF ENGINEERING & TECHNOLOGY

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