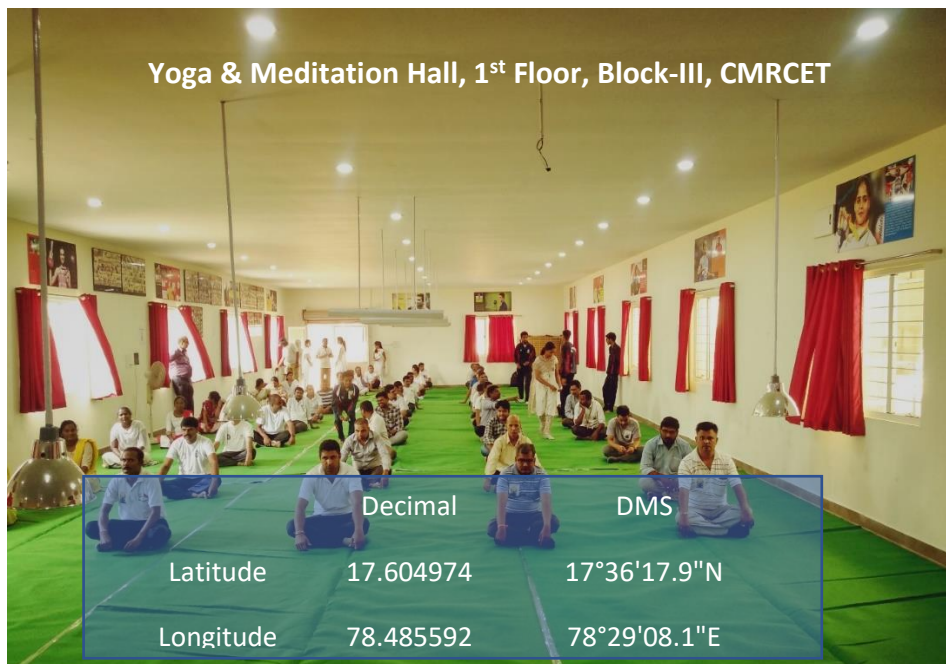


## Yoga & Meditation Hall





# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

An Autonomous Institution with NAAC Accreditation (A Grade)  
\*Approved by AICTE \*Permanently affiliated to JNTUH \*NBA Accreditation  
Kandlakoya (V), Medchal Road, Hyderabad -501401.

CMRCET/PRIN/YOGA/AY2016-17/01

Date: 18/07/2016

## OFFICE ORDER

The Yoga & Meditation Cell is reconstituted with the following members for the academic year 2016-17. 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. V. Ravindra	Assistant Professor	Member (Civil Dept)
4	Mr. V. Panduranga	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. N. Munesh Babu	Assistant Professor	Member (MECH Dept)
8	Mr. L. Ramanjaneya	Assistant Professor	Member (MBA Dept)
9	Mr. C. Pavan Kumar	Student	Member (Civil Dept, 14H55A0105)
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	K. Sudhakar	Student	Member (MBA Dept, 15H51E0056)

Topps  
Syed Rafeeq  
Ravindra  
Panduranga  
Ravi Kiran  
Prasannanjaneyulu  
Munesh Babu  
Ramanjaneya  
Pavan Kumar  
Srikanth  
Ashok  
Siddarth Reddy  
Rahul Naik  
Sudhakar

Topps

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



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

CMRCET/PRIN/ YOGA/AY2016-17/CIR-01

Date: 22/07/2016

## CIRCULAR

All the Yoga & Meditation Cell members are hereby informed to attend a meeting which is scheduled on 23.07.2016. 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 the activities of Yoga & Meditation Cell for the AY 2015-16.
2. To discuss on events to be organized for the academic year 2016-17.
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



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## Yoga & Meditation Cell MINUTES OF MEETING

1. The Meeting was held on 23.07.2016 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. Principal instructed to the members of cell to put more efforts to develop yoga habit in the student's life.
4. Members discussed to organize the following events
  - a. "Yoga Therapy for Physical Strength"
  - b. International Day of Yoga
5. The meeting was adjourned at 3:30 p.m.

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. V. Ravindra	Assistant Professor	Member (Civil Dept)	
4	Mr. V. Panduranga	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. N. Munesh Babu	Assistant Professor	Member (MECH Dept)	
8	Mr. L. Ramanjaneya	Assistant Professor	Member (MBA Dept)	
9	Mr. C. Pavan Kumar	Student	Member (Civil Dept, 14H55A0105)	
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	K. Sudhakar	Student	Member (MBA Dept, 15H51E0056)	

Convener

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

CMRCET/PRIN/YOGA/AY2016-17/Lr/01

Date: 19-07-2016

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


Dear Sir,


Sub: - CMRCET –Mr. S Rahul Certified Trainer for Yoga and Meditation –  
Extension of voluntary service – Req – Reg.

\*\*\*\*

I sincerely thank you for your voluntary services during the previous academic year. I appreciate your zeal and passion towards yoga. I am pleased to invite you as a yoga trainer for the AY 2016-17 and request you to extend your voluntary services to train our staff and students. You will be provided pick and drop facility. 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.

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

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

Date: 25.07.2016


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

# Annamalai University



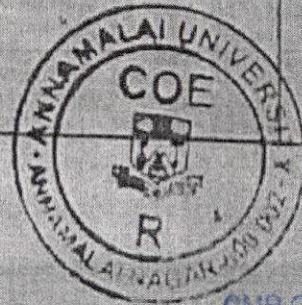
## STATEMENT OF MARKS

COURSE : M. SC YOGA  
NAME : SANGEM RAHUL

TWINNING PROGRAMME  
[SECOND YEAR]  
YEAR : MAY - 2014  
REG. NO. : 491M19058P00339

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.



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

*hshamaraay*  
 Controller of Examinations

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



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

An Autonomous Institution with NAAC Accreditation (A Grade)

\*Approved by AICTE \*Permanently affiliated to JNTUH \*NBA Accreditation  
Kandlakoya (V), Medchal Road, Hyderabad -501401.

Date: 04.08.2016

To  
IQAC  
CMRCET  
Hyderabad

Respected Sir,

**Sub:** Requesting approval to conduct the events of the Yoga & Meditation Cell for the A.Y 2016-17.

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 2016-17.

Following is the schedule of events to be conducted under **Yoga & Meditation Cell** for the Academic Year 2016-17.

S.No	Name of the Event	Scheduled Date	Venue
1	"Yoga Therapy for Physical Strength"	20-08-2016	Yoga & Meditation Hall, 1 <sup>st</sup> Floor, Block – III, CMRCET
2	International Day of Yoga	21-06-2017	Yoga & Meditation Hall, 1 <sup>st</sup> Floor, Block – III, CMRCET

I request you to grant me permission and do the needful

②

**Convener**  
Yoga & Meditation Cell  
CMRCET





# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

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## Strategic Perspective Plan for the Academic Year 2016-17

Sl. No.	Date of the Event	Dept./Committee	Name of the Event	Details
1	20-08-2016	Yoga & Medication Cell	“Yoga Therapy for Physical Strength”	Objective of this event is to bring awareness among participants about how yoga therapy is useful in strengthening our physic.
2	21-06-2017	Yoga & Medication Cell	International Day of Yoga	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

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

Date: 17/08/2016

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 20/08/2016

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: "Yoga Therapy for Physical Strength"
- Date of Event: 20/08/2016
- Venue of event: Yoga & Meditation Hall, 1<sup>st</sup> Floor, Block – III, CMRCET
- Target audience: Students & Staff
- Resources required from college – Yoga hall and mats
- Amount Required: Nil

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

Thanking you

*Recommended*  
*Arcoor*  
Coordinator

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

Yours sincerely

**Convener**  
Yoga & Meditation Cell  
CMRCET

*- Permitted*

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



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

CMRCET/PRIN/ YOGA/AY2016-17/CIR-02

Date: 18/08/2016

## CIRCULAR

Staff and students are informed to participate in an awareness program on “Yoga Therapy for Physical Strength” organized by Yoga & Meditation Cell.

### Event Details:

**Date:** 20/08/2016

**Time:** 10:00 AM to 12:00 PM

**Venue:** Yoga & Meditation Hall, 1<sup>st</sup> 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



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

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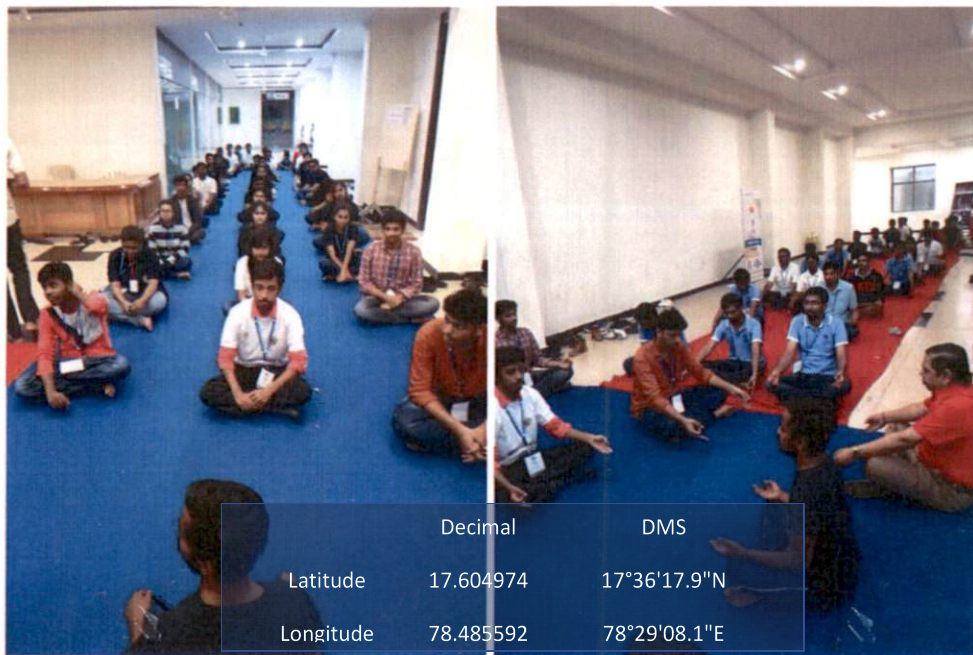
\*Approved by AICTE \*Permanently affiliated to JNTUH \*NBA Accreditation

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

## YOGA & MEDITATION CELL

### REPORT ON AWARENESS PROGRAM ON YOGA THERAPY FOR PHYSICAL STRENGTH

Yoga & Meditation Cell of CMRCET has conducted an awareness program on Yoga Therapy for Physical Strength on 20<sup>th</sup> August 2016. Mr. Syed Rafeeq, Convener, Yoga & Meditation Cell welcomed the gathering and Dr. M. Ramalinga Reddy, Principal presided over the function. Mr. Syed Rafeeq, Convener, has explained the importance of yoga in maintaining physical fitness. Yoga trainer, Mr. S. Rahul, has demonstrated yoga Asanas which are useful for physical therapy.



Students participated in awareness program on yoga therapy for physical strength

Convener  
Yoga & Meditation Cell  
CMRCET



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

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\*Approved by AICTE \*Permanently affiliated to JNTUH \*NBA Accreditation

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

Date: 14/06/2017

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

Through IQAC Coordinator

Dear Sir,

**Sub:** Requesting permission to conduct International Day of Yoga on 21/06/2017

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: International Day of Yoga  
Date of Event: 21/06/2017  
Venue of event: Yoga & Meditation Hall, 1<sup>st</sup> Floor, Block – III, CMRCET  
Target audience: Students  
Resources required from college – Yoga hall and mats  
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*  
*ACOM*  
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

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

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CMRCET/PRIN/YMC/AY2016-17/CIR-04

Date: 19/06/2017

## CIRCULAR

All the staff and students are informed that Yoga & Meditation Cell is organising "International Day of Yoga" on 21.06.2017 at 10.00AM. All are requested to participate in the celebrations. Venue is Yoga & Meditation Hall, 1<sup>st</sup> Floor, Block – III, CMRCET. For further details contact Mr. Syed Rafeeq, Physical Director & Convener, Yoga & Meditation Cell, CMRCET.

**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



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

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

## YOGA & MEDITATION CELL

### Report On INTERNATIONAL DAY OF YOGA

International Day of Yoga was celebrated on 21st June, 2017 in CMRCET campus between 10-00 A.M. to 12.30 P.M. Sri Ch. Gopal Reddy, Secretary & Correspondent, CMRGI has inaugurated the function and the Principal of the college Dr. V.A Narayana has presided over the function. Students and faculty members have participated in this program. Mr. Syed Rafeeq, Physical Director and Convener of Yoga & Meditation Cell, have explained the importance of yoga in our daily life to the audience. After the special lectures of Secretary sir and Principal, interaction session was held. After the speeches, demonstration of yoga was arranged by yoga trainer Mr. S. Rahul. Students and faculties did meditation for 30 minutes.



Staff and students participated in International Day of Yoga

Convener  
Yoga & Meditation Cell  
CMRCET

CMRCET/PRIN/YOGA/AY2016-17/Lr/02

Date: 26-06-2017

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.

**CMR**  
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.





# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

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

CMRCET/PRIN/ YOGA/AY2016-17/CIR-04

Date: 23/06/2017

## CIRCULAR

All the Yoga & Meditation Cell members are hereby informed to attend a meeting scheduled on 23.06.2017. 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 on previous events.
2. To discuss on events to be organized.
3. Any other matter with the permission of the chair.

23/6/17.

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

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

## Yoga & Meditation Cell

### MINUTES OF MEETING

1. The Meeting was held on 23.06.2017 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. Members decided to celebrate International Day of Yoga on 21<sup>st</sup> June of every year.
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	Signature
1.	Dr. V. A. Narayana	Principal	Chairman	
2.	Mr. Syed Rafeeq	Physical Director	Convener	By.
3.	Mr. V. Ravindra	Assistant Professor	Member (Civil Dept)	Ravindra
4.	Mr. V. Panduranga	Assistant Professor	Member (ECE Dept)	Panduranga
5.	Mr. K. Ravi Kiran	Assistant Professor	Member (EEE Dept)	Ravi Kiran
6.	Mr. M. Prasannanjaneyulu	Assistant Professor	Member (H&S Dept)	Prasanna
7.	Mr. N. Munesh Babu	Assistant Professor	Member (MECH Dept)	Munesh
8.	Mr. L. Ramanjaneya	Assistant Professor	Member (MBA Dept)	L. Ramanjaneya
9.	Mr. C. Pavan Kumar	Student	Member (Civil Dept, 14H55A0105)	Pavan Kumar
10.	CH. Srikanth	Student	Member (ECE Dept, 14H51A0410)	Srikanth
11.	B. Ashok	Student	Member (EEE Dept, 14H51A0203)	Ashok
12.	CH. Siddarth Reddy	Student	Member (CSE Dept, 14H51A0512)	Siddarth Reddy
13.	G. Rahul Naik	Student	Member (CSE Dept, 13H51A0378)	Rahul Naik
14.	K. Sudhakar	Student	Member (MBA Dept, 15H51E0056)	Sudhakar

Convener

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



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

*An Autonomous Institution with NAAC Accreditation (A Grade)*

*\*Approved by AICTE \*Permanently affiliated to JNTUH \*NBA Accreditation*

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

Date: 28.06.2017

To  
IQAC,  
CMRCET,  
Kandlakoya (V),  
Hyderabad-501401.

Dear Sir,

**Sub:** Annual report of the Yoga & Meditation Cell for the A.Y 2016-17

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 23-07-2016 at Dept. of Physical Education, CMRCET for the academic year 2016-17. The second meeting was held on 23.06.2017 at the Dept. of Physical Education.

Following is the brief information of programs conducted by the Yoga & Meditation Cell for the A.Y 2016-17.

1. Conducted an awareness program on Yoga Therapy for Physical Strength on 20<sup>th</sup> August 2016. Yoga trainer Mr. S. Rahul has demonstrated yoga Asanas which are useful for physical therapy.
2. International Yoga Day was celebrated on 21st June, 2017 in the campus between 10-00 A.M. to 12.30 P.M. Sri Ch. Gopal Reddy, Secretary & Correspondent, CMRGI has inaugurated the function. Mr. Syed Rafeeq, Physical Director and Convener of Yoga & Meditation Cell, have created awareness to the students. After the special lectures of Secretary sir and Principal, interaction session was held. After the speeches, demonstration of yoga was arranged Mr. S. Rahul, Yoga trainer. Students and faculties did meditation for 30 minutes.

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