



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 20th 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