



CMR COLLEGE OF ENGINEERING & TECHNOLOGY

(AUTONOMOUS)

NAAC Accredited Institution with 'A' Grade
Kandlakoya (V), Medchal Road, Hyderabad -501401.

Date: 27.06.2018

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

Dear Sir,

Sub: Annual report of the Yoga & Meditation Cell for the A.Y 2017-18

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 22-07-2017 at Dept. of Physical Education, CMRCET for the academic year 2017-18. The second meeting was held on 23.06.2018 at the Dept. of Physical Education.

Following is the brief information of programs conducted by the Yoga & Meditation Cell for the A.Y 2017-18.

1. Conducted an awareness program on Yoga Therapy for Physical Strength on 26th August 2017. Students of yoga and meditation cell have demonstrated yoga Asanas which are useful for physical therapy.
2. International Yoga Day was celebrated on 21st June, 2018 in the 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. 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