



CMR COLLEGE OF ENGINEERING & TECHNOLOGY

(AUTONOMOUS)

NAAC Accredited Institution with 'A' Grade

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

Date: 26.06.2019

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

Dear Sir,

Sub: Annual report of the Yoga & Meditation Cell for the A.Y 2018-19

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 21-07-2018 at Dept. of Physical Education, CMRCET for the academic year 2018-19. The second meeting was held on 24.06.2019 at the Dept. of Physical Education.

Following is the brief information of programs conducted by the Yoga & Meditation Cell for the A.Y 2018-19.

1. Yoga Asana Competition was held on 18th August 2018. Ten asanas were given to participants out of which they had to perform four. Nineteen students were participated in the competition. Mr. S. Rahul, Trainer of yoga and meditation judged the competition and declared winners. Mr. T. Rajesh Kumar of Civil Dept., 2nd year, won first prize and Mr. V. Srikanth of EEE 3rd year won second prize.
2. International Day of Yoga was celebrated on 21st June, 2019 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 by Mr. S. Rahul, yoga and meditation 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