



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

(AUTONOMOUS)

NAAC Accredited Institution with 'A' Grade

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

Date: 28.06.2016

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

Dear Sir,

**Sub:** Annual report of the Yoga & Meditation Cell for the A.Y 2015-16

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 23-07-2015 at Dept. of Physical Education, CMRCET for the academic year 2015-16. The second meeting was held on 23.06.2016 at the Dept. of Physical Education.

Following is the brief information of programs conducted by the Yoga & Meditation Cell for the A.Y 2015-16.

1. Conducted an awareness program on Yoga and Meditation on 22<sup>nd</sup> August 2015. Students of yoga and meditation cell have demonstrated yoga Asanas.
2. International Yoga Day was celebrated on 21st June, 2016 in the campus between 10-00 A.M. to 12.30 P.M. Students and faculties were participated in the program. 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, demonstration of yoga was arranged.

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