



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: 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, 1st 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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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, 1st 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



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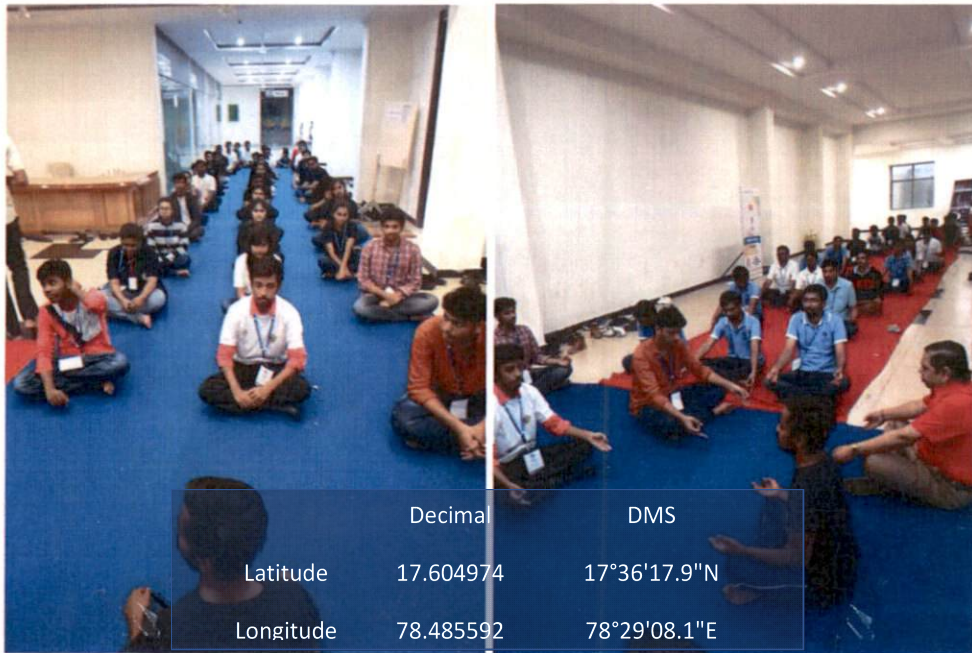
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YOGA & MEDITATION CELL

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 20th 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



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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, 1st 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
ACW
Coordinator
Internal Quality Assurance Cell
CMR College of Engineering & Technology
Kandlakoya (V), Medchal Road,
Hyderabad - 501 401.

Permitted

PRINCIPAL
CMR COLLEGE OF ENGG. & TECH.
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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, 1st 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
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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/01

Date: 19-07-2016

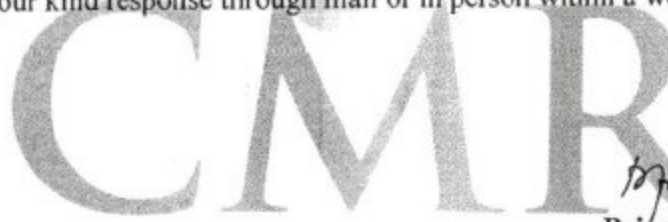
To
Mr. S. Rahul
H.No. 8-16-27/24/1
Saubhagya Nagar Colony
LB Nagar
Hyderabad


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
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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

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
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CMR COLLEGE OF ENGG. & TECH.
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EXPLORE TO INVENT


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

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 ***					

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

hshamaraay
Controller of Examinations

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