

## Yoga & Meditation Hall





# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

(AUTONOMOUS)

NAAC Accredited Institution with 'A' Grade

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

CMRCET/PRIN/YOGA/AY2018-19/01

Date: 18/07/2018

## OFFICE ORDER

The Yoga & Meditation Cell is reconstituted with the following members for the academic year 2018-19. It is constituted to serve the interest of the student community to improve their physical and mental health.

The composition of Yoga & Meditation Cell is as follows:

S.No	Name of the member	Designation	Position
1.	Dr. V. A. Narayana	Principal	Chairman
2.	Mr. Syed Rafeeq	Physical Director	Convener
3	Mr. V. Ravindra	Assistant Professor	Member (Civil Dept)
4	Mr. V. Panduranga	Assistant Professor	Member (ECE Dept)
5	Mr. M. Suneel Kumar	Assistant Professor	Member (EEE Dept)
6	Mr. M. Prasannanjaneyulu	Assistant Professor	Member (H&S Dept)
7	Mr. N. Munesh Babu	Assistant Professor	Member (MECH Dept)
8	Mr. L. Ramanjaneya	Assistant Professor	Member (MBA Dept)
9	T. Rajesh Kumar	Student	Member (Civil Dept, 16H51A01B2)
10	B Sunil Kumar	Student	Member (ECE Dept, 17H51A0410)
11	G Dileep Kumar	Student	Member (EEE Dept, 17H51A0219)
12	C Ritesh	Student	Member (CSE Dept, 17H51A0513)
13	C Sai Krishna Rao	Student	Member (CSE Dept, 17H51A0510)
14	D. Rama Rao	Student	Member (MBA Dept, 1H51E0038)

*[Handwritten signatures and initials next to the table rows]*  
S. No. 1: [Signature]  
S. No. 2: [Signature]  
S. No. 3: [Signature]  
S. No. 4: [Signature]  
S. No. 5: [Signature]  
S. No. 6: [Signature]  
S. No. 7: [Signature]  
S. No. 8: [Signature]  
S. No. 9: [Signature]  
S. No. 10: [Signature]  
S. No. 11: [Signature]  
S. No. 12: [Signature]  
S. No. 13: [Signature]  
S. No. 14: [Signature]

*[Handwritten signature]*  
18/7/18  
Principal

Copy Submitted to: (1) The Secretary Garu – For your kind information Pl.

Copy to:

1. IQAC Coordinator
2. Controller of Examinations
3. All HODS
4. Administrative Officer
5. Accounts Officer
6. Students Notice Board



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

(AUTONOMOUS)

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

CMRCET/PRIN/ YOGA/AY2018-19/CIR-01

Date: 20/07/2018

## CIRCULAR

All the Yoga & Meditation Cell members are hereby informed to attend a meeting which is scheduled on 21.07.2018. The venue will be the Department of Physical Education at 2.30pm. All are requested to be present on time.

The Agenda of the meeting is:

1. Review the activities of Yoga & Meditation Cell for the AY 2017-18.
2. To discuss on events to be organized for the academic year 2018-19.
3. Any other matter with the permission of the chair.

  
20/7/18

**Principal**

Copy Submitted to: (1) The Secretary Garu – For your kind information Pl.

Copy to:

1. IQAC Coordinator
2. Controller of Examinations
3. All HODS
4. Administrative Officer
5. Accounts Officer
6. Students Notice Board



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

(AUTONOMOUS)

NAAC Accredited Institution with 'A' Grade

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

## Yoga & Meditation Cell MINUTES OF MEETING

1. The Meeting was held on 21.07.2018 and started at 2.30pm in the Department of Physical Education.
2. The Convener started the meeting with congratulating all the members for the smooth conduction of last year programs in all the events took place.
3. Principal instructed to the members of cell to put more efforts to develop yoga habit in the student's life.
4. Members discussed to organize the following events
  - a. Yoga Asana Competition
  - b. International Day of Yoga
5. The meeting was adjourned at 3:30 p.m.

The List members attended to the meeting:

S.No	Name of the member	Designation	Position	Signature
1.	Dr. V. A. Narayana	Principal	Chairman	
2.	Mr. Syed Rafeeq	Physical Director	Convener	
3	Mr. V. Ravindra	Assistant Professor	Member (Civil Dept)	
4	Mr. V. Panduranga	Assistant Professor	Member (ECE Dept)	
5	Mr. M. Suneel Kumar	Assistant Professor	Member (EEE Dept)	
6	Mr. M. Prasannanjaneyulu	Assistant Professor	Member (H&S Dept)	
7	Mr. N. Munesh Babu	Assistant Professor	Member (MECH Dept)	
8	Mr. L. Ramanjaneya	Assistant Professor	Member (MBA Dept)	
9	T. Rajesh Kumar	Student	Member (Civil Dept, 16H51A01B2)	
10	B Sunil Kumar	Student	Member (ECE Dept, 17H51A0410)	
11	G Dileep Kumar	Student	Member (EEE Dept, 17H51A0219)	
12	C Ritesh	Student	Member (CSE Dept, 17H51A0513)	
13	C Sai Krishna Rao	Student	Member (CSE Dept, 17H51A0510)	
14	D. Rama Rao	Student	Member (MBA Dept, 1H51E0038)	

Convener

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

CMRCET/PRIN/YOGA/AY2018-19/Lr/01

Date: 24-07-2018

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


Dear Sir,


Sub: - CMRCET –Mr. S Rahul – CertifiedTrainer for Yoga and Meditation –  
Extension of voluntary service – Req – Reg.

\*\*\*\*

I sincerely thank you for your voluntary servicesduring 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 2018-19 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**  
PRINCIPAL  
CMR COLLEGE OF ENGG. & TECH.  
Kandlakoya (V), Medchal Road,  
Hyderabad-501401.

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

Date: 30.07.2018

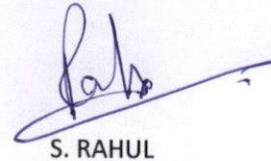
To  
The Principal  
CMR College of Engineering & Technology  
Kandlakoya, Medchal  
Hyderabad

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.

A handwritten signature in blue ink, appearing to read 'S. RAHUL', with a long horizontal stroke extending to the right.

S. RAHUL

# Annamalai University



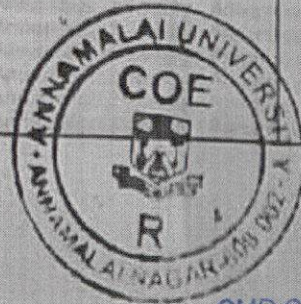
## STATEMENT OF MARKS

COURSE : M. SC YOGA  
NAME : SANGEM RAHUL

TWINNING PROGRAMME  
[SECOND YEAR]  
YEAR : MAY - 2014  
REG. NO: 491M1905BP00339

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 ***					

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



Annamalainagar - 608 002.

Date : 06/09/2019

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

*hsehanaray*  
Controller of Examinations



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

(AUTONOMOUS)

NAAC Accredited Institution with 'A' Grade

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

Date: 08.08.2018

To  
IQAC  
CMRCET  
Hyderabad

Respected Sir,

**Sub:** Requesting approval to conduct the events of the Yoga & Meditation Cell for the A.Y 2018-19.

I, Mr. Syed Rafeeq, Physical Director and Convener of the Yoga & Meditation Cell, earnestly requesting your permission to conduct the events for the Academic Year 2018-19.

Following is the schedule of events to be conducted under **Yoga & Meditation Cell** for the Academic Year 2018-19.

S.No	Name of the Event	Scheduled Date	Venue
1	Yoga Asana Competition	18-08-2018	Yoga & Meditation Hall, 1 <sup>st</sup> Floor, Block – III, CMRCET
2	International Day of Yoga	21-06-2019	Yoga & Meditation Hall, 1 <sup>st</sup> Floor, Block – III, CMRCET

I request you to grant me permission and do the needful

**Convener**  
Yoga & Meditation Cell  
CMRCET





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NAAC Accredited Institution with 'A' Grade

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

## Strategic Perspective Plan for the Academic Year 2018-19

Sl. No.	Date of the Event	Dept./Committee	Name of the Event	Details
1	18-08-2018	Yoga & Meditation Cell	Yoga Asana Competition	Ten asanas will be given to participants out of which they had to perform four.
2	21-06-2019	Yoga & Meditation Cell	International Day of Yoga	The International Day of Yoga is observed around the world on 21 June. Practice of Yoga would increase flexibility and increase muscle strength. It also improves respiration, energy, vitality, and supports in a balancing metabolism.

### Yoga & Meditation Cell - Strategy Document

1. Meeting of Yoga & Meditation Cell will be conducted twice in each academic year.
2. A brief synopsis is given on the importance of Yoga & Meditation Cell.
3. Students are registered for the cell.
4. Staff and students are encouraged to actively organize and participate in the activities of Yoga & Meditation Cell.
5. Yoga and meditation cell have given instructions and suggestions to the students about implementation of the events.



**IQAC Coordinator**

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



**Principal**

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



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

(AUTONOMOUS)

NAAC Accredited Institution with 'A' Grade

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

Date: 14/08/2018

To.  
The Principal  
CMRCET  
Kandlakoya (V)  
Medchal Road  
Hyderabad-501401.

Through IQAC Coordinator

Respected Sir,

**Sub:** Requesting permission to conduct Yoga Asana Competition.

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 Asana Competition
- Date of Event: 18/08/2018
- Venue of event: Yoga & Meditation Hall, 1<sup>st</sup> 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*

*[Signature]*  
Coordinator

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

Yours sincerely

*[Signature]*

Convener  
Yoga & Meditation Cell  
CMRCET

*Permitted*

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



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

CMRCET/PRIN/YMC/AY2018-19/CIR-02

Date: 16/08/2018

## CIRCULAR

It is hereby informed that yoga competition is scheduled on 18/08/18. All the students interested in participating can meet convener on 17.08.18 before 4.00PM.

### Event Details:

**Date:** 18/08/2018

**Time:** 10:00 AM to 12:00 PM

**Venue:** Yoga & Meditation Hall, 1<sup>st</sup> 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



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

(AUTONOMOUS)

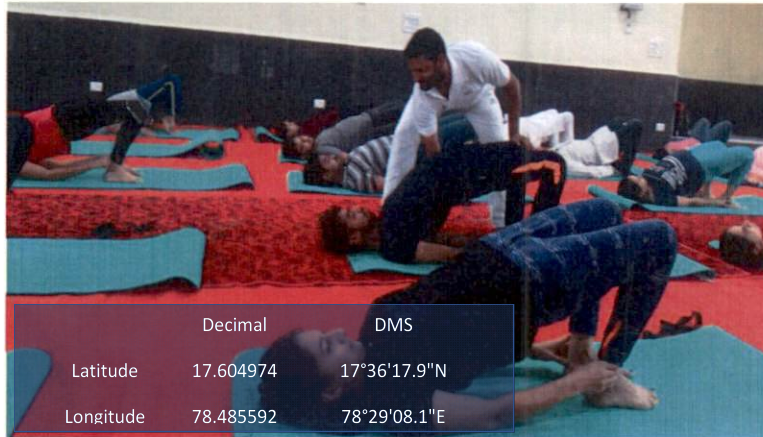
NAAC Accredited Institution with 'A' Grade

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

## REPORT ON YOGA COMPETITION

Yoga & Meditation Cell of CMRCET has conducted Yoga Asana Competition on 18<sup>th</sup> August 2018. Mr. Syed Rafeeq, Convener, Yoga & Meditation Cell welcomed the gathering and Dr. V. A. Narayana, Principal, has explained how a piece of yoga practices every day will make student community gain more physical strength and get rid of all physical difficulties and diseases.

Ten asanas were given to participants out of which they had to perform four. Nineteen students were participated in the competition. Mr. S. Rahul, Yoga trainer judged the competition. Mr. T. Rajesh Kumar of Civil Dept. 2nd year won first prize and Mr. V. Srikanth of EEE 3<sup>rd</sup> year won second prize.



Students participated Yoga Asana Competition

Convener  
Yoga & Meditation Cell  
CMRCET



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

(AUTONOMOUS)

NAAC Accredited Institution with 'A' Grade

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

Date: 15/06/2019

To,  
The Principal  
CMRCET  
Kandlakoya (V)  
Medchal Road  
Hyderabad-501401.

Through IQAC Coordinator

Dear Sir,

**Sub:** Requesting permission to conduct International Day of Yoga

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: 21/06/2019  
Venue of event: Yoga & Meditation Hall, 1<sup>st</sup> 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*

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

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



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

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CMRCET/PRIN/YMC/AY2018-19/CIR-04

Date: 19/06/2019

## CIRCULAR

All the staff and students are informed that Yoga & Meditation Cell is organising "International Day of Yoga" on 21.06.2019 at 10.00AM. All are requested to participate in the celebrations. Venue is Yoga & Meditation Hall, 1<sup>st</sup> 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
- (3) Administrative Officer
- (4) Accounts Officer
- (5) Concerned Students members
- (6) Concerned Faculty Members



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

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

## Report On

### INTERNATIONAL DAY OF YOGA

International Day of Yoga was celebrated on 21st June, 2019 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 Mr. S. Rahul, yoga trainer. Students and faculties did meditation for 30 minutes.



Sri Ch. Gopal Reddy, Secretary & Correspondent addressing the gathering on International Day of Yoga



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Staff and students participated in the celebrations of International Day of Yoga

Convener  
Yoga & Meditation Cell  
CMRCET



CMRCET/PRIN/YOGA/AY2018-19/Lr/02

Date: 26-06-2019

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  
PRINCIPAL  
CMR COLLEGE OF ENGG. & TECH.  
Kandlakoya (V), Medchal Road,  
Hyderabad-501401.  
GROUP OF INSTITUTIONS  
EXPLORE TO INVENT

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



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

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CMRCET/PRIN/YMC/AY2018-19/CIR-04

Date: 22/06/2019

## CIRCULAR

All the Yoga & Meditation Cell members are hereby informed to attend a meeting scheduled on 24.06.2019. The venue will be the Department of Physical Education at 2.30pm. All are requested to be present on time.

The Agenda of the meeting is:

1. Review on previous events.
2. To discuss on events to be organized.
3. Any other matter with the permission of the chair.

**Principal**

Copy Submitted to: (1) The Secretary Garu – For your kind information Pl.

Copy to:

1. IQAC Coordinator
2. Controller of Examinations
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6. Students Notice Board



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

(AUTONOMOUS)

NAAC Accredited Institution with 'A' Grade

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

## MINUTES OF MEETING

1. The Meeting was held on 24.06.2019 and started at 2.30pm in the Department of Physical Education.
2. The Convener started the meeting with congratulating all the members for the smooth conduction of last year events took place.
3. Principal instructed the member to explore innovative events to be conducted for the next year. Further instructed to come up with new ideas.
4. The meeting was adjourned at 3:30 p.m.

The List members attended to the meeting:

S.No	Name of the member	Designation	Position	Signature
1.	Dr. V. A. Narayana	Principal	Chairman	
2.	Mr. Syed Rafeeq	Physical Director	Convener	
3	Mr. V. Ravindra	Assistant Professor	Member (Civil Dept)	
4	Mr. V. Panduranga	Assistant Professor	Member (ECE Dept)	
5	Mr. M. Suneel Kumar	Assistant Professor	Member (EEE Dept)	
6	Mr. M. Prasannanjaneyulu	Assistant Professor	Member (H&S Dept)	
7	Mr. N. Munesh Babu	Assistant Professor	Member (MECH Dept)	
8	Mr. L. Ramanjaneya	Assistant Professor	Member (MBA Dept)	
9	T. Rajesh Kumar	Student	Member (Civil Dept, 16H51A01B2)	
10	B Sunil Kumar	Student	Member (ECE Dept, 17H51A0410)	
11	G Dileep Kumar	Student	Member (EEE Dept, 17H51A0219)	
12	C Ritesh	Student	Member (CSE Dept, 17H51A0513)	
13	C Sai Krishna Rao	Student	Member (CSE Dept, 17H51A0510)	
14	D. Rama Rao	Student	Member (MBA Dept, 1H51E0038)	

Convener

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



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(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 18<sup>th</sup> 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 3<sup>rd</sup> 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