



# 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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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)

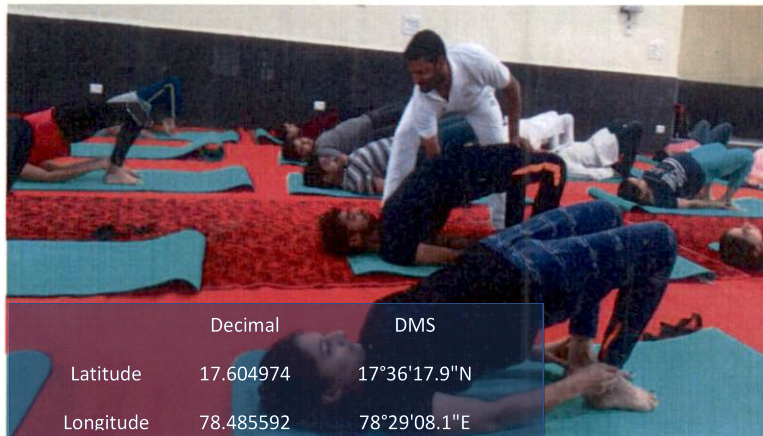
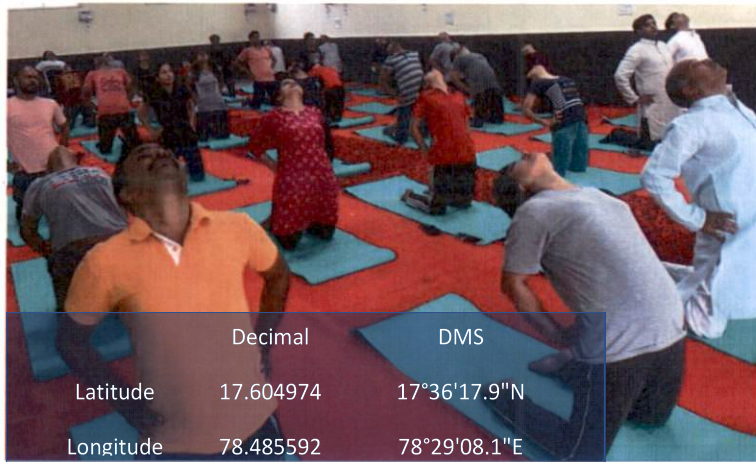
NAAC Accredited Institution with 'A' Grade

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)

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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.



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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
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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

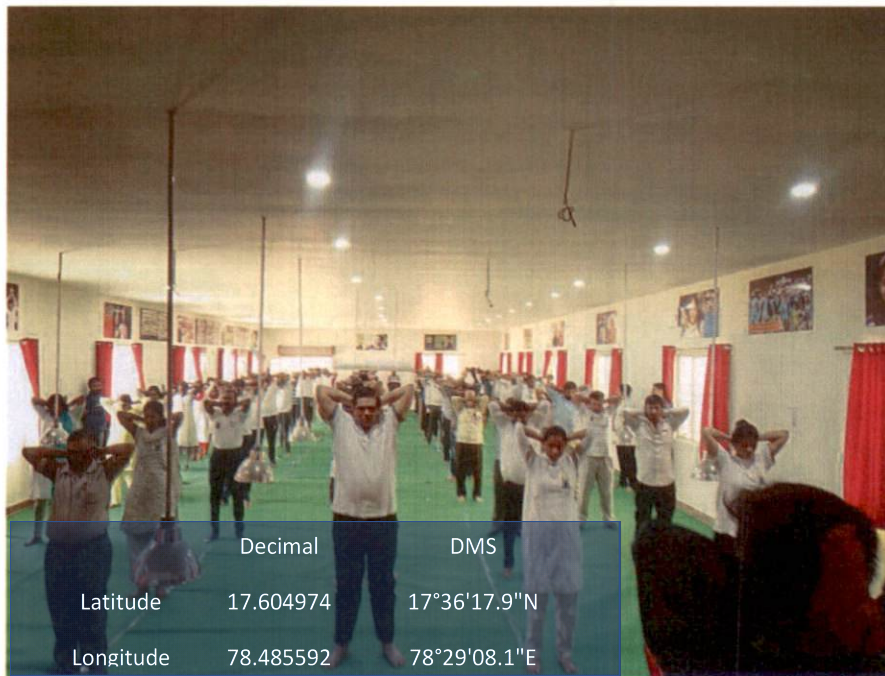


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Staff and students participated in the celebrations of International Day of Yoga

Convener  
Yoga & Meditation Cell  
CMRCET

CMRCET/PRIN/YOGA/AY2018-19/Lr/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 – 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 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.



S. RAHUL

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

Date: 26-06-2019

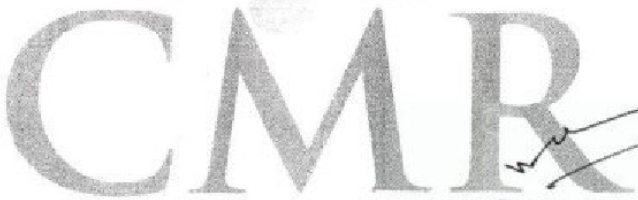
To  
Mr. S. Rahul  
H. No. 8-16-27/24/1  
Saubhagya Nagar Colony  
LB Nagar  
Hyderabad


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.

  
**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.

# 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 ***					

PRINCIPAL  
 CMR COLLEGE OF ENGG. & TECH.  
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 Hyderabad-501401.



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

*hemanaray*  
 Controller of Examinations

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