



CMR COLLEGE OF ENGINEERING & TECHNOLOGY

(AUTONOMOUS)

NAAC Accredited Institution with 'A' Grade

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

CMRCET/PRIN/YMC/AY2019-20/01

Date: 03/07/2019

OFFICE ORDER

The Yoga & Meditation Cell is reconstituted with the following members for the academic year 2019-20. 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	Dr. K. Soujanya	Assistant Professor	Member (H&S Dept)
4	Dr. Ch. Madhaviatha	Assistant Professor	Member (CSE Dept)
5	Mr. M. Suneel Kumar	Assistant Professor	Member (EEE Dept)
6	Ms D. Rajitha	Assistant Professor	Member (Civil 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	B. Poojitha	Student	Member (EEE Dept, 17H51A0209)
12	C Ritesh	Student	Member (CSE Dept, 17H51A0513)
13	C Sai Krishna Rao	Student	Member (CSE Dept, 17H51A0510)
14	P. Jansi Devi	Student	Member (MBA Dept, 19H51E00B7)

Principal

PRINCIPAL

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

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3. All HODS
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5. Accounts Officer
6. Students Notice Board



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CMRCET/PRIN/YMC/AY2019-20/CIR-01

Date: 18/07/2019

CIRCULAR

All the Yoga & Meditation Cell members are hereby informed to attend a meeting which is scheduled on 20.07.2019. 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 the activities of Yoga & Meditation Cell for the AY 2018-19.
2. To discuss on events to be organized for the academic year 2019-20.
3. Any other matter with the permission of the chair.

Principal

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CMR COLLEGE OF ENGG. & TECH.
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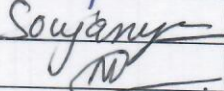
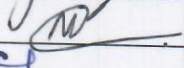
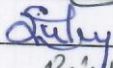
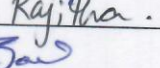
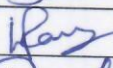
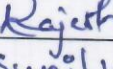
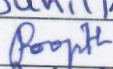
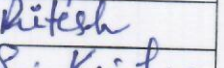
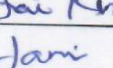
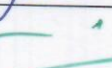

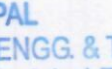
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4. Administrative Officer
5. Accounts Officer
6. Students Notice Board


Yoga & Meditation Cell
MINUTES OF MEETING

1. The Meeting was held on 20.07.2019 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 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 Therapy for physical strength
 - 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.	Dr. K. Soujanya	Assistant Professor	Member (H&S Dept)	
4.	Dr. Ch. Madhavalatha	Assistant Professor	Member (CSE Dept)	
5.	Mr. M. Suneel Kumar	Assistant Professor	Member (EEE Dept)	
6.	Ms D. Rajitha	Assistant Professor	Member (Civil Dept)	
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11.	B. Poojitha	Student	Member (EEE Dept, 17H51A0209)	
12.	C Ritesh	Student	Member (CSE Dept, 17H51A0513)	
13.	C Sai Krishna Rao	Student	Member (CSE Dept, 17H51A0510)	
14.	P. Jansi Devi	Student	Member (MBA Dept, 19H51E00B7)	


Convener


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


Strategic Perspective Plan for the Academic Year 2019-20

Sl. No.	Date of the Event	Dept./Committee	Name of the Event	Details
1	24-08-2019	Yoga & Meditation Cell	Yoga Therapy for physical strength	Objective of this event is to bring awareness among participants about how yoga therapy is useful for stress relief and physical strength
2	21-06-2020	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.



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

Date: 08.08.2019

To
IQAC
CMRCET
Hyderabad

Respected Sir,

Sub: Requesting approval to conduct the events of the Yoga & Meditation Cell for the A.Y 2019-20.

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 2019-20.

Following is the schedule of events to be conducted under Yoga & Meditation Cell for the Academic Year 2019-20.

S.No	Name of the Event	Scheduled Date	Venue
1	Yoga Therapy for physical strength	24-08-2019	Yoga & Meditation Hall, 1 st Floor, Block – III, CMRCET
2	International Day of Yoga	21-06-2020	Yoga & Meditation Hall, 1 st 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.

Date: 14/08/2019

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

Through IQAC Coordinator

Respected Sir,

Sub: Requesting permission to conduct Yoga Therapy for physical strength.

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: 24/08/2019
- 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

Yours sincerely

Convener
Yoga & Meditation Cell
CMRCET

Recommended
and

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

Permitted.

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CMRCET/PRIN/YMC/AY2019-20/CIR-02

Date: 16/08/2019

CIRCULAR

Staff and students are informed to participate in an awareness program on Yoga Therapy for physical strength organised by Yoga & Meditation Cell.

Event Details:

Date: 24/08/2019

Time: 10:00 AM to 12:00 PM

Venue: Yoga & Meditation Hall, 1st Floor, Block – III, CMRCET

Contact: Mr Syed Rafeeq, Convener.

Principal

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

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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REPORT ON YOGA THERAPY FOR PHYSICAL STRENGTH

Yoga & Meditation Cell of CMRCET has conducted an awareness program on Yoga Therapy for physical strength on 24th August 2019. 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. Yoga trainer Mr. S. Rahul has demonstrated yoga asanas for achieving physical strength and stress relief. Staff and students were actively participated in this program.



Students participated Yoga Therapy for physical strength

Convener
Yoga & Meditation Cell
CMRCET



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

Date: 18/06/2020

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

Through IQAC Coordinator

Dear Sir,

Sub: Requesting permission to conduct International Day of Yoga 2020 through online GoToMeeting App

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:	21/06/2020
Venue of event:	Online – GoToMeeting Application
Target audience:	Students & Staff
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
[Signature]
Coordinator
Internal Quality Assurance Cell
CMR College of Engineering & Technology
Kandlakoya (V), Medchal Road,
Hyderabad - 501401.

[Signature]
[Signature]

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



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CMRCET/PRIN/YMC/AY2019-20/CIR-02

Date: 20/06/2020

CIRCULAR

This is to inform all the students and faculty that, on the occasion of International day of Yoga, CMR College of Engineering & Technology is organizing a webinar on 21st June 2020 in association with Sahaja Yoga Meditation from 10.00am to 11.30am under Yoga & Meditation Cell. To maintain good health and physical strength we require Yoga & Meditation and it also reduces stress. Hence I request all the members to utilize this chance and attend webinar to stay safe with good health.

It is mandatory for all the faculty members and students to join in this webinar session and the link will be shared through whatsapp.


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Kandlakoya (V), Medchal Road,
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- (3) Administrative Officer
- (4) Accounts Officer
- (5) Training & Placement
- (6) Physical Director
- (7) Librarian
- (8) Faculty through E-mail
- (9) Students



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Report On

INTERNATIONAL DAY OF YOGA

International Day of Yoga was celebrated on 21st June, 2020 at 10-00 A.M. to 11.30 A.M through online GoToMeeting app in association with Sahaja Yoga. The speakers for the online session were Mr. Nischal Kapoor, Vice President, IBM, USA, and Mr. Chandrakanth Deoda, Technical Delivery Manager, Devops, Visteon. Both the speakers thrown a light on how meditation will help us to combat anxiety & depression. Major Dr. V.A Narayana, Principal, CMRCET, all HODs, Staff and students have participated in this webinar session. After the special lectures of the speakers, interaction session was held. Mr. Syed Rafeeq, Convener of Yoga & Meditation Cell, has proposed vote of thanks.

CMR College of Engineering & Technology
Kandlakoya, Medchal

INTERNATIONAL YOGA DAY CELEBRATIONS
21st June 2020
in Association with Sahaja Yoga

Yoga & Meditation Cell
A webinar on Meditation to Combat Anxiety & Depression

Patron: Shri Ch. Gopal Reddy, Secretary, CMRCET.
Chief Patron: Major Dr. V.A. Narayana, Principal, CMRCET.
Program Coordinator: Dr. M. Nagaraju Nelli, NSS Program Officer, CMRCET.

Please join meeting from your computer, tablet or smartphone.
<https://global.gotomeeting.com/install/306550453>

Speakers:
1. Mr. Nischal Kapoor, Vice President, IBM, USA.
2. Mr. Chandrakanth Deoda, Technical Delivery Manager, Devops, Visteon.

Self Realization - The Process

Clearance & Balance

Clearing the Left Side
• left hand on top, palm upwards.
• place the right hand on the earth, or direct it towards the earth.

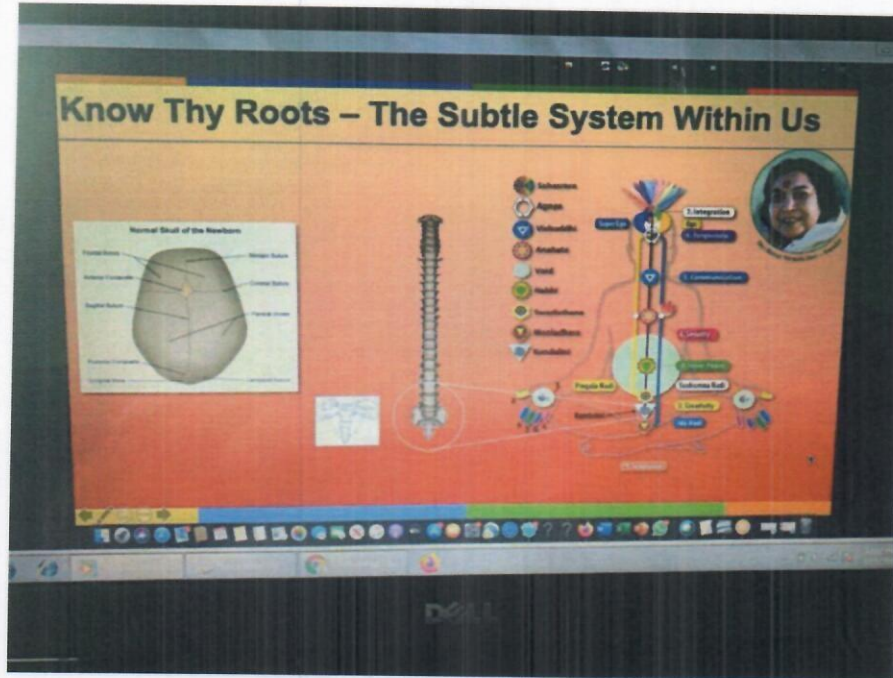
Clearing the Right Side
• right hand on top, palm upwards.
• bend the left arm at the elbow and direct the palm towards the back.

Prayer & Self Realization



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CMRCET/PRIN/YMC/AY2019-20/CIR-04

Date: 24/06/2020

CIRCULAR

All the Yoga & Meditation Cell members are hereby informed to attend a meeting scheduled on 27.06.2020. 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

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

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6. Students Notice Board



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MINUTES OF MEETING

1. The Meeting was held on 27.06.2020 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	Dr. K. Soujanya	Assistant Professor	Member (H&S Dept)	
4	Dr. Ch. Madhavalatha	Assistant Professor	Member (CSE Dept)	
5	Mr. M. Suneel Kumar	Assistant Professor	Member (EEE Dept)	
6	Ms D. Rajitha	Assistant Professor	Member (Civil 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)	
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13	C Sai Krishna Rao	Student	Member (CSE Dept, 17H51A0510)	
14	P. Jansi Devi	Student	Member (MBA Dept, 19H51E00B7)	

Convener

Principal

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

Date: 29.06.2019

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 meetings have conducted twice in this academic year. The first meeting was conducted on 20-07-2019 at Dept. of Physical Education, CMRCET for the academic year 2019-20. The second meeting was held on 27.06.2020 at the Dept. of Physical Education.

Following is the brief information of programs conducted by the Yoga & Meditation Cell for the A.Y 2019-20.

1. Yoga & Meditation Cell has conducted an awareness program on Yoga Therapy for physical strength on 24th August 2019. 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. Yoga trainer Mr. S. Rahul has demonstrated yoga asanas for achieving physical strength and stress relief. Staff and students were actively participated in this program.
2. International Day of Yoga was celebrated on 21st June, 2020 at 10-00 A.M. to 11.30 A.M through online GoToMeeting app in association with Sahaja Yoga. The speakers for the online session were Mr. Nischal Kapoor, Vice President, IBM, USA, and Mr. Chandrakanth Deoda, Technical Delivery Manager, Devops, Visteon. Both the speakers thrown a light on how meditation will help us to combat anxiety & depression. Major Dr. V.A Narayana, Principal, CMRCET, all HODs, Staff and students have participated in this webinar session. After the special lectures of the speakers, interaction session was held. Mr. Syed Rafeeq, Convener of Yoga & Meditation Cell, has proposed vote of thanks.

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