

Date : 10-06-2021

Strategic Perspective Plan for the Academic Year 2021-22

Sl. No.	Date of the Event	Dept./Committee	Name of the Event	Details
1	21-06-2021	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.
2	20-11-2021	Yoga & Meditation Cell	Awareness Program on "Benefits of Yoga & Meditation"	Objective of this event is to bring awareness among participants about how yoga and meditation is useful for stress relief and physical strength.

**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.

Date: 10.06.2021

To  
IQAC  
CMRCET  
Hyderabad

Respected Sir,

**Sub:** Requesting approval to conduct the events of the Yoga & Meditation Cell for the A.Y 2021-22.

I, Mr. Nitin LomeYoga Instructor and Convener of the Yoga & Meditation Cell, earnestly requesting your permission to conduct the events for the Academic Year 2021-22.

Following is the schedule of events to be conducted under Yoga & Meditation Cell for the Academic Year 2021-22.

S.No	Name of the Event	Scheduled Date	Venue
1	International Day of Yoga	21-06-2021	Yoga & Meditation Hall, 1 <sup>st</sup> Floor, Block – III, CMRCET
2	Awareness Program on "Benefits of Yoga & Meditation"	20-11-2021	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



# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

(AUTONOMOUS)

NAAC Accredited Institution with 'A' Grade

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

CMRCET/PRIN/YMC/AY2021-22/04

Date: 14/06/2021

## OFFICE ORDER

The Yoga & Meditation Cell is reconstituted with the following members for the academic year 2021-22. 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.Nitin Lomte	Yoga Instructor	Convener
3	Dr. K. Soujanya	Assistant Professor	Member (H&S Dept)
4	Mr. Samuel Chepuri	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	Dr. Dowlath Ahammad	Assistant Professor	Member (MBA Dept)
9	T. Rajesh Kumar	Student	Member (Civil Dept, 18H51A01B2)
10	B Sunil	Student	Member (ECE Dept, 20H51A0410)
11	B. Poojitha	Student	Member (EEE Dept, 19H51A0209)
12	G. Tanisha	Student	Member (CSE Dept, 19H51A0527)
13	P. Jagdeesh	Student	Member (CSE Dept, 19H51A0553)
14	Donikena Divya	Student	Member (MBA Dept, 20H51E0044)

  
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.

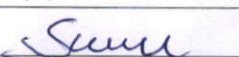
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1. IQAC Coordinator
2. Controller of Examinations
3. All HODS
4. Administrative Officer
5. Accounts Officer
6. Students Notice Board


Yoga & Meditation Cell  
**MINUTES OF MEETING**

1. The Meeting was held on 15.06.2021 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. Awareness Program on "Benefits of Yoga & Meditation"
  - 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. Nitin Lomte	Yoga Instructor	Convener	
3.	Dr. K. Soujanya	Assistant Professor	Member (H&S Dept)	
4.	Mr. Samuel Chepuri	Assistant Professor	Member (CSE Dept)	
5.	Mr. M. Suneel Kumar	Assistant Professor	Member (EEE Dept)	
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13.	P. Jagdeesh	Student	Member (CSE Dept, 19H51A0553)	
14.	Donikena Divya	Student	Member (MBA Dept, 20H51E0044)	

  
Convener

  
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: 17/11/2021

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. Nitin Lomte , Yoga Instructor and Convener of the Yoga & Meditation Cell, earnestly requesting your permission to conduct the following event.

- a) Name of Event: Awareness Program on "Power of Yoga & Meditation"
- b) Date of Event: 20-11-2021, 3.00PM
- c) Venue of event: Yoga & Meditation Hall, 1<sup>st</sup> Floor, Block – III, CMRCET
- a) Target audience: Students & Staff
- b) Amount Required: Nil

I request you to grant me permission and do the need full.

Thanking you

Yours sincerely

Convener

Yoga & Meditation Cell  
CMRCET

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

PRINCIPAL  
CMR COLLEGE OF ENGG. & TECH.  
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# CMR COLLEGE OF ENGINEERING & TECHNOLOGY

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CMRCET/PRIN/YMC/AY2021-22/CIR-01

Date: 14/06/2021

## CIRCULAR

All the Yoga & Meditation Cell members are hereby informed to attend a meeting which is scheduled on 15.06.2021. 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 2020-21.
2. To discuss on events to be organized for the academic year 2021-22.
3. Any other matter with the permission of the chair.

Principal

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

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Copy to:

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

CMRCET/PRIN/YMC/AY2021-22/CIR-02

Date: 18/11/2021

**CIRCULAR**

This is to inform all the students and faculty that, Yoga & Meditation Cell, CMRCET, is organizing a webinar to create awareness on "Power of Yoga & Meditation" on 20<sup>th</sup> November 2021 from 03.00pm to 04.00pm. 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 join the event to stay safe with good health.



Principal  
PRINCIPAL

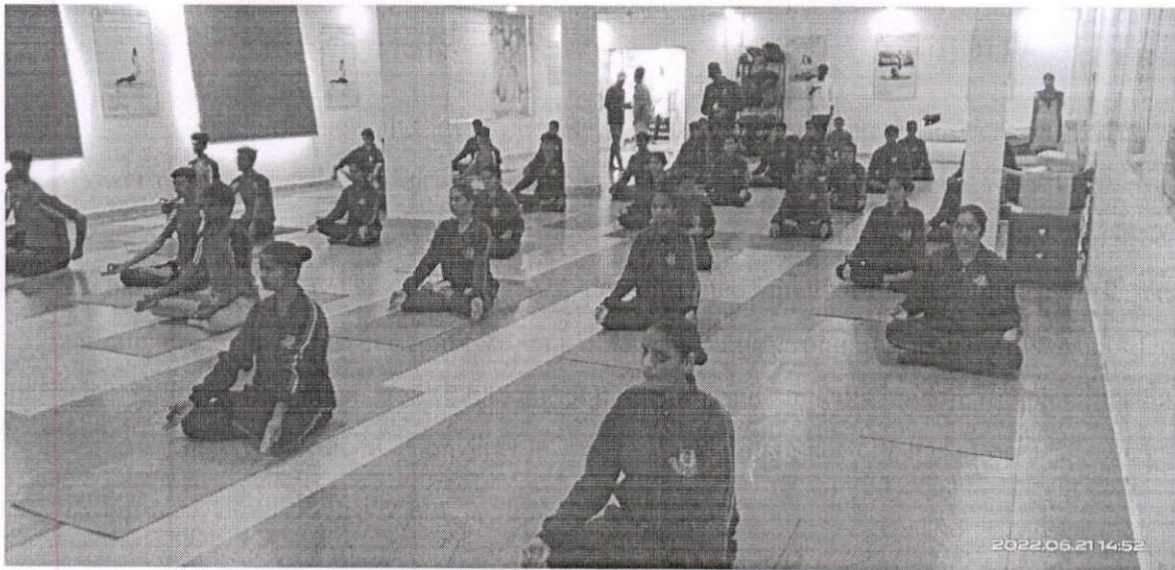
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- (1) Deans
- (2) IQAC Coordinator
- (2) All HODS
- (3) Administrative Officer
- (4) Accounts Officer
- (5) Concerned Students members
- (6) Concerned Faculty Members

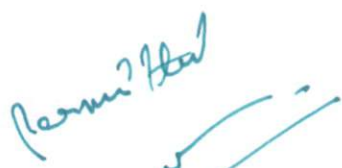
Report On  
AWARENESS PROGRAM ON POWER OF YOGA & MEDITATION

Yoga & Meditation Cell of CMRCET has conducted an awareness program on "Power of Yoga & Meditation" on 20<sup>th</sup> November 2021. Mr. Nitin Lomte, Yoga Instructor, Yoga & Meditation Cell welcomed the gathering. Ms. Tanisha Trainer of Yoga & Meditation, along with students have demonstrated meditation techniques. All the participants are asked to perform few simple Asanas while explaining its benefits. Major Dr. V.A Narayana, Principal, CMRCET, all HODs, Staff and students have participated in this session. Mr. Syed Rafeeq, Convener of Yoga & Meditation Cell, has proposed vote of thanks.



Students and Staff Participating in Awareness Program on Power of  
Yoga & Meditation

  
Convener  
Yoga & Meditation Cell  
CMRCET

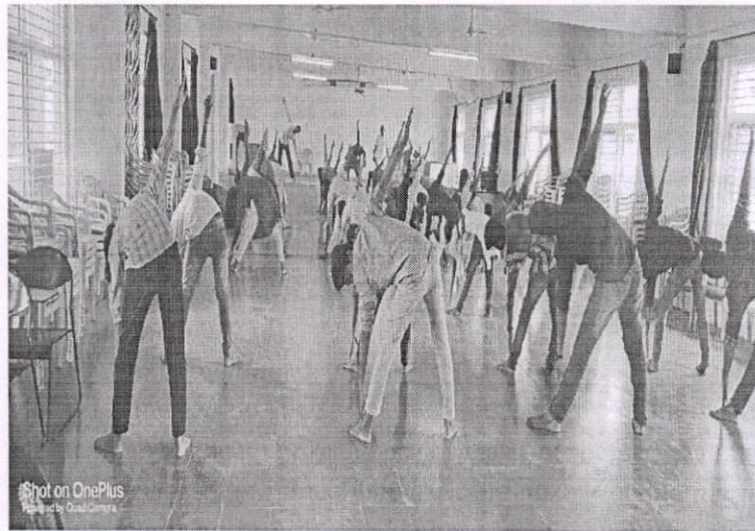
  
PRINCIPAL  
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Kandlakoya (V), Medchal Road,  
Hyderabad-501401.




REPORT ON

CELEBRATION OF INTERNATIONAL YOGA DAY

CMR College of Engineering & Technology NSS Units 1& 2 has organized International Yoga Day in association with Yoga & Meditation Cell on 21<sup>st</sup> June 2021 at Yoga and Meditation center, 11.00 AM to 12.30 PM. for the faculty and students. Principal Major Dr. V. A. Narayana delivered a speech about the importance of yoga in day-to-day life. Dr. S. B. Fatima Mary Dean, (Student Affairs) gave a brief introduction about the yoga and meditation. NSS Program officer Dr. Nagaraj Naik and Prof. Rohini Reddy gave a briefing about the event. In this event Mr. Nitin Lomte , Yoga Instructor explained benefits of Yoga Asanas and helped staff and students to perform simple and different Asanas. And in continuation organized meditation program In this event more than 400 students and faculty participated. Enclosed are a few pictures of the event.



Students at Yoga programe



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Students at Yoga programe



Faculty and staff at yoga programe.



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