



PRINCETON COLLEGE OF PHARMACY

Chowdariguda (V), Korremula, Ghatkesar (M), Medchal (D), TS- 500088.

(Affiliated to JNTUH, Hyderabad & Approved by AICTE, PCI, New Delhi)

PCOP/PRIN/AY2017-18/CR-01

Date: 01-05-2017

OFFICE ORDER


The Yoga & Meditation cell is reconstituted with the following members for the academic year 2017-18. 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. K. Satyanarayana	Dean	Principal
2	Mr.Jagan	Physical Director	Convener
3	Mr.H.Hemanth	Assistant Professor	Member
4	Mr.K.Sandeep	Assistant Professor	Membe
5	Mr.Hariprasad	Assistant Professor	Member
6	Ms.Hema	Assistant Professor	Member
7	Mr.Ajay	Assistant Professor	Member
8	DONIKELA PAVANKALYAN	Student	Member(17GA1R0013)
9	JORRIGALA VAISHNAVI	Student	Member(17GA1R0029)
10	G SRUJANA	Student	Member(17GA1R0052)
11	CHINTHAL BHANU PRASAD	Student	Member(17GA1R0057)
12	MUNAWAR	Student	Member(17GA5R0001)

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PCOP/PRIN/AY2017-18/CR-02

Date: 03-05-2017

CIRCULAR


All the Yoga & Meditation Cell members are hereby informed to attend a meeting which is scheduled on 04-05-2017. 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 2016-17.
2. To discuss on events to be organized for the academic year 2017-18.
3. Any other matter with the permission of the chair.

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Yoga & Meditation Cell

MINUTES OF MEETING

1. The Meeting was held on 04-05-2017 and started at 3:00pm 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 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 organized the following events
 - a. International Yoga Day
5. The meeting was adjourned at 4:00pm
The list of members attended to the meeting:

S. No	Name of the member	Designation	Position
1	Dr. K. Satyanarayana	Dean	Principal
2	Mr.Jagan	Physical Director	Convener
3	Mr.H.Hemanth	Assistant Professor	Member
4	Mr.K.Sandeep	Assistant Professor	Member
5	Mr.Hariprasad	Assistant Professor	Member
6	Ms.Hema	Assistant Professor	Member
7	Mr.Ajay	Assistant Professor	Member
8	D.Pavankalyan	Student	Member
9	J.Vaishnavi	Student	Member
10	G.Srujana	Student	Member
11	CH.Bhanu prasad	Student	Member
12	Nunawar	Student	Member

CONVENER

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Strategic perspective plan for the academic Year 2017-18

S. NO	Date of the Event	Dept./ Committee	Name of the Event	Details
1	22-05-2017	Yoga & Meditation Cell	Meditation	Objective of this event is to make the participate to realize the importance of Meditation in our daily life

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 & Meditation Cell have given instruction and suggestions to the students about implementation of the event

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PCOP/PRIN/AY 17-18/CR-01


Date: 20/05/2017

CIRCULAR

On the occasion of Meditation Day, the Yoga & Meditation cell of Princeton College of Pharmacy is organizing one day Meditation Training camp on 22/05/2017, in college premises. Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit. Kindly enroll your names with the coordinator.

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LIFE SKILLS

ON

International Meditation Day



DATE -22-5-2017

ORGANIZED BY -PRINCETON COLLEGE OF PHARMACY




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ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	International Meditation Day	
Date and Time of Activity	22-05-2017	9:00AM to 11:00AM
Details of Participants	100	
Organizing Dept./Support System	B.PHARMACY	
In collaboration with	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach	
Description	<p>Princeton College of Pharmacy has organized a one day training program on yoga to the students at the campus on 22/05/2017 from 9.00 a.m. to 11.00 a.m. The principal has addressed the students about the importance of meditation in life.</p> <p>This program included a guest lecture by the expert Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach who provided information about the importance of meditation in one's life. She gave her insights on Meditation – As a Scientific Tool to Transcend the Body and Mind.</p>	


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Description -	<p>She further went on to give a vivid outlook on few benefits of meditation like reduces stress, improves health, positive thinking and emotional stability, happiness, focused attention. She also guided students to adopt meditation as one of their habit and suggested to follow regular pranayama and yoga along with it. Students are made to do meditation for about 15 minutes in the training program. The training program ended with our respected Principal. He was thankful for the valuable inputs delivered by resource person and she appreciated the commendable efforts taken by the college for initiating such a holistic session. Finally the session ended with a vote of thanks by the HOD.</p>
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PHOTO




 **GPS Map Camera**

Hyderabad, Telangana, India

princeton college of pharmacy. 14-121, Yadarinagar,
Chowdariguda, Pocharam, Hyderabad, Telangana 500088, India

Lat 17.413358°

Long 78.641711°


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