



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/AY2018-19/CR-01

Date: 04-06-2018

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.S. Prabakar Ra	Chairman	Chairman
2	Mr.Parameswar	Physical Director	Convener
3	Mrs. Vaishnavi	Assistant Professor	Member
4	Mrs. Hema	Assistant Professor	Member
5	Mrs. Devamani	Assistant Professor	Member
6	Mr.Hari Prasad	Assistant Professor	Member
7	Mr.A.Sudhakar	Assistant Professor	Member
10	P.Vidya	Student	Member
11	N.Sampada	Student	Member
13	K.Arthi	Student	Member
14	K.Lavanya	Student	Member

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PCOP/PRIN/AY2018-19/CR-02

Date: 06-06-2018

CIRCULAR


All the Yoga & Meditation Cell members are hereby informed to attend a meeting which is scheduled on 09-06-2018. 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.

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Yoga & Meditation Cell

MINUTES OF MEETING

1. The Meeting was held on 09-06-2018 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:

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1	Dr.S. Prabakar Ra	Chairman	Chairman
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3	Mrs. Vaishnavi	Assistant Professor	Member
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Strategic perspective plan for the academic Year 2018-19

S. NO	Date of the Event	Dept./ Committee	Name of the Event	Details
1	21-06-2018	Yoga & Meditation Cell	Stress Management by yoga (International Yoga Day)	Objective of this event is to make the participants realize the importance of yoga 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 events


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PCOP/PRIN/AR2018-19/CR-1


Date: 18-06-2018

CIRCULAR

On the occasion of Yoga day, the Yoga & Meditation cell of Princeton college of Pharmacy is organizing one day Yoga Training camp on 21/06/2018, in college premises. Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit.

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LIFE SKILLS

ON

Stress Management by Yoga



DATE -21-6-2018

ORGANIZED BY -PRINCETON COLLEGE OF PHARMACY




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ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	Stress Management by yoga (International Yoga Day)	
Date and Time of Activity	21-06-2018	3:00AM to 5:00PM
Details of Participants	67	
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 21/06/2018 from 3:00PM to 5:00 p.m. The principal has addressed the gathering. The Resource person for the training program was Ms .Suchita Joshi Msc Yoga, Internationally (USA) Certified Coach</p> <p>The session was conducted to improve the holistic development of the students on which the vision and mission of the Institution is laid. Some of the topics covered are the basics of yoga and applying the principles of yoga for wholesome development. The resource person motivated the students to imbibe the values of practicing yoga for physical and mental harmony. She explained the importance of yoga which is an apt measure to inculcate a natural way to control their senses.</p>	


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Description - This has instilled the best practice of gaining control over the emotional well being among the students. Students gained valuable information and some important tips. The session was interactive and informative.

This guest lecture is an attempt to aware the students about the importance of yoga and meditation. This lecture has created awareness in the students. A thank you note on behalf of students and faculty was given by HOD.


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