



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/AY2019-20/CR-01

Date: 10-06-2019

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. K.Satyanaraya	Principal	Chairman
2	Mr.Parameswar	Physical Director	Convener
3	Mrs. R.Saritha	Assistant Professor	Member
4	Mrs. Ch.Hema	Assistant Professor	Member
5	Mrs. S.Jyothi Sri	Assistant Professor	Member
6	Mr.P.Ajay	Assistant Professor	Member
7	Mr.M.Suresh	Assistant Professor	Member
8	Ms.J.Shilpa	Student	Member
9	Ms.Muskan	Student	Member
10	Mr.V.Shashank	Student	Member
11	Mr.Sai Santhosh	Student	Member

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PCOP/PRIN/AY2019-20/CR-02

Date: 12-06-2019

CIRCULAR


All the Yoga & Meditation Cell members are hereby informed to attend a meeting which is scheduled on 13-06-2019. 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.

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Yoga & Meditation Cell

MINUTES OF MEETING

1. The Meeting was held on 13-6-2019 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.Satyanaraya	Principal	Chairman
2	Mr.Parameswar	Physical Director	Convener
3	Mrs. R.Saritha	Assistant Professor	Member
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7	Mr.M.Suresh	Assistant Professor	Member
8	Ms.J.Shilpa	Student	Member
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10	Mr.V.Shashank	Student	Member
11	Mr.Sai Santhosh	Student	Member

CONVENER

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Strategic perspective plan for the academic Year 2019-20

S. NO	Date of the Event	Dept./ Committee	Name of the Event	Details
1	21-06-2019	Yoga & Meditation Cell	Stress Management by yoga (International Yoga Day)	Objective of this event is to make the participate to 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.
A brief synopsis is given on the importance of Yoga & Meditation Cell
2. Students are registered for the cell
3. Staff and Students are encouraged to actively organize and participate in the activities of yoga & Meditation Cell
4. Yoga & Meditation Cell have given instruction and suggestions to the students about implementation of the events

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PCOP/PRIN/AY19-20/CR-1


Date:18/06/2019

CIRCULAR

On the occasion of Yoga Day, the Yoga & Meditation cell of Princeton college of Pharmacy is organizing one day Yoga Training camp on 21/06/2019, 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

Stress Management by Yoga



DATE -21/6/2019

ORGANIZED BY -PRINCETON COLLEGE OF PHARMACY




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ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	International Yoga Day (Stress Management by Yoga)	
Date and Time of Activity	21-06-2019	9:0AM to 11:00AM
Details of Participants	65	
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 21/06/2019 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 Yoga in one's life. She gave her insights on Yoga – As a Scientific Tool to Transcend the Body and Mind.</p> <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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