



## 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/AY2020-21/CR-01

Date: 14-09-2020

### OFFICE ORDER


The Yoga & Meditation cell is reconstituted with the following members for the academic year 2020-21. 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	Principial	principal
2	Mr.Parameswar	Physical Director	Convener
3	Ms.Zareena begm	Assistant Professor	Member
4	Mrs.P.Anusha	Assistant Professor	Member
5	Mr.B.Sandeep	Assistant Professor	Member
6	Mrs. B.Thejvathi	Assistant Professor	Member
7	G.Deekshitha	Assistant Professor	Member
10	V.Pavani	Student	Member
11	M.Supriya	Student	Member
13	G.Satheesh	Student	Member
14	Lochan Deep	Student	Members

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3. All HODS
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PCOP/PRIN/AY2020-21/CR-02

Date: 15-09-2020

### CIRCULAR


All the Yoga & Meditation Cell members are hereby informed to attend a meeting which is scheduled on 16-09-2020. 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 the activities of Yoga & Meditation Cell for the Ay 2019-20.
2. To discuss on events to be organized for the academic year 2020-21.
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 16-09-2020 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	Principial	principal
2	Mr.Parameswar	Physical Director	Convener
3	Ms.Zareena begm	Assistant Professor	Member
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6	Mrs. B.Thejovathi	Assistant Professor	Member
7	G.Deekshitha	Assistant Professor	Member
10	V.Pavani	Student	Member
11	M.Supriya	Student	Member
13	G.Satheesh	Student	Member
14	Lochan Deep	Student	Members

CONVENER

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### Strategic perspective plan for the academic Year 2020-21

S. NO	Date of the Event	Dept./ Committee	Name of the Event	Details
1	24-09-2020	Yoga & Meditation Cell	International Physical fitness Day	Objective of this event is to make the participate to realize the importance of physical strength 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/AY20-21/CR-1


Date: 21-09-2020

### CIRCULAR

On the occasion of Physical Fitness, the Yoga & Meditation cell of Princeton institute of engineering and technology for women is organizing Physical fitness camp on 24/09/2020, in college premises. Hence all the students attend the program.

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#### ***LIFE SKILLS***

ON

#### ***International Physical fitness Day***



**DATE -24-09-2020**

**OR GANIZED BY -PRINCETON COLLEGE OF PHARMACY**




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### ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	Physical Fitness day	
Date and Time of Activity	24-09-2020	3:00PM to 4:00PM
Details of Participants	60	
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 Physical Fitness to the students at the campus on 24/09/2020 from 3.00 p.m. to 4.00 p.m. The principal has addressed the students about the importance of Physical Fitness in life.</p> <p>The guest lecture was headed by the resource person Ms .Suchita Joshi Msc Yoga, Internationally (USA) Certified Coach</p> <p>The main aim of the workshop was to provide awareness about physical fitness as an important tool to promote health. The program started at around 3:00 pm in the afternoon and went on till 4:00pm. The instructors educated the participants on the role of food, water, sleep, mental health and immunity in the maintenance of physical fitness. In this session students were given hands on training on physical fitness. This was followed by a quiz about the best fitness strategy for individuals according to their personal requirements. The instructors then provided the participants with personal guidance regarding fitness.</p> <p>The training program ended with our respected Principal. He appreciated the commendable efforts taken by the college for initiating such a knowledgeable and informative session. The vote of thanks was given by the HOD of Physical fitness on the successful completion of the workshop.</p>	

  
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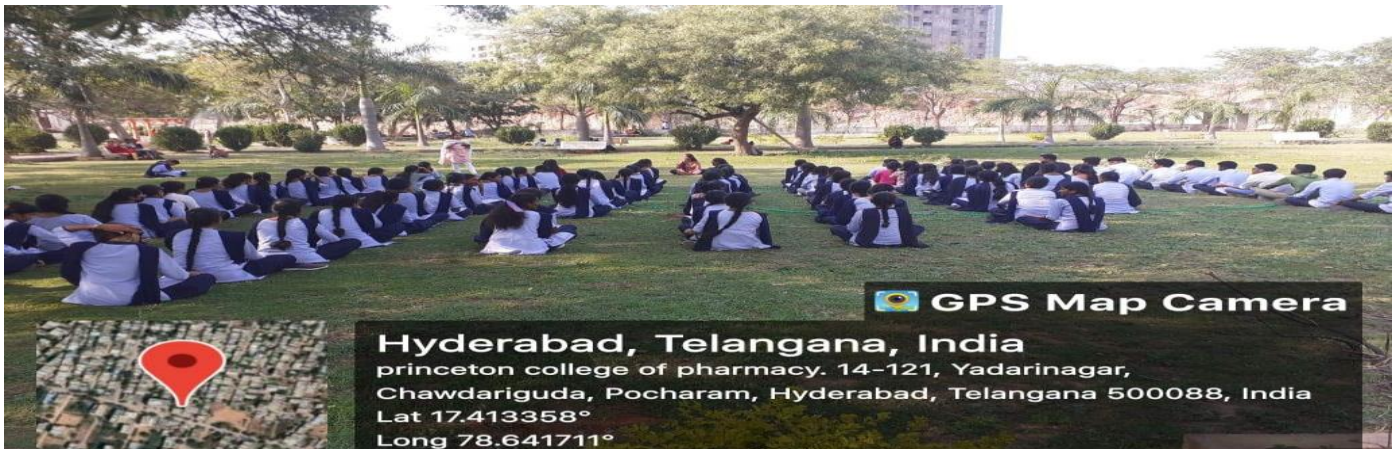


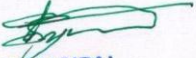
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