



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/AY2021-22 7/CR-01

Date: 13-09-2021

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. K.Satyanarayana	Principal	Principal
2	Mr.Parameswar	Physical Director	Convener
3	Mrs. B.Thejovathi	Assistant Professor	Member
4	Mrs. S.Jyothisri	Assistant Professor	Member
5	Mrs.K.Devamani	Assistant Professor	Member
6	Mr.Dr.L.Harikiran	Vice principal	Member
7	Mr.R.Dinesh Reddy	Assistant Professor	Member
10	V.Shashank	Student	Member
11	M.Karan	Student	Member
13	Amtul Muskan	Student	Member
14	M.Lakshmi Priya	Student	Member

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PCOP/PRIN/AY2021-22/CR-02

Date: 14-09-2021

CIRCULAR

All the Yoga & Meditation Cell members are hereby informed to attend a meeting which is scheduled on 18-09-2021. 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.

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Yoga & Meditation Cell

MINUTES OF MEETING

1. The Meeting was held on 18-09-2021 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	Principal	Principal
2	Mr.Parameswar	Physical Director	Convener
3	Mrs. B.Thejovathi	Assistant Professor	Member
4	Mrs. S.Jyothisri	Assistant Professor	Member
5	Mrs.K.Devamani	Assistant Professor	Member
6	Mr.Dr.L.Harikiran	Vice principal	Member
7	Mr.R.Dinesh Reddy	Assistant Professor	Member
8	V.Shashank	Student	Member
9	M.Karan	Student	Member
10	Amtul Muskan	Student	Member
11	M.Lakshmi Priya	Student	Member

CONVENER

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Strategic perspective plan for the academic Year 2021-22

S. NO	Date of the Event	Dept./ Committee	Name of the Event	Details
1	25-09-2021	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
2	23-05-2022	Yoga & Meditation Cell	International Meditation Day	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 events


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PCOP/PRIN/AY21-22/CR-5


Date: 21/05/2022

CIRCULAR

On the occasion of Meditation Day, the Yoga & Meditation cell of Princeton College of Pharmacy is organizing one day Meditation Training camp on 23/05/2022, 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 -23-05-2022

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	23-05-2022	9:00AM to 11:00AM
Details of Participants	70	
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 23/05/2022 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> <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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PCOP/PRIN/AY21-22/CR-2


Date: 21-09-2021

CIRCULAR

On the occasion of Physical Fitness, the Yoga & Meditation cell of Princeton College of Pharmacy organizing Physical fitness camp on 25/09/2021, in college premises. Hence all the students attend the program.

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LIFE SKILLS

ON

International Physical fitness Day



DATE -25-09-2021

ORGANIZED BY -PRINCETON COLLEGE OF PHARMACY




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ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	Physical Fitness	
Date and Time of Activity	25-09-2021	3:00PM to 4:00PM
Details of Participants	75	
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 25/09/2021 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 4:00 pm. 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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