



# PRINCETON INSTITUTE OF ENGINEERING AND TECHNOLOGY FOR WOMEN

Vijayapuri colony Chowdaryguda (V), Ghatkesar (M), Medchal (D), TS-500088.

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

PETW/PRIN/YOGA/AY2017-18/CR-01

Date: 07-08-2017

## 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. A. Krishna Murthy	Dean	Principal
2	Mr. Parameswar	Physical Director	Convener
3	Mrs. Vidya	Assistant Professor	Member(ECE Dept)
4	Mrs. Swapna	Assistant Professor	Member(CSE Dept)
5	Mrs. Sandya	Assistant Professor	Member(EEE Dept)
6	Mrs. Pavani	Assistant Professor	Member(CIVIL Dept)
7	Mrs. Swetha	Assistant Professor	Member(H&S Dept)
8	D.Divya	Student	Member(ECE Dept, 166M1A0404)
9	J.Priyanka	Student	Member(CSE Dept, 156M1A0502)
10	S.Soujanya	Student	Member(EEE Dept, 156M1A0306)
11	G.Lavanya	Student	Member(CIVIL Dept, 176M1A0103)
12	K. Shirisha	Student	Member(H&S Dept, 176M1A0101)

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**PETW/PRIN/YOGA/AY2017-18/CR-02**

**Date: 09-08-2017**

### **CIRCULAR**

All the Yoga & Meditation Cell members are hereby informed to attend a meeting which is scheduled on 11-08-2017. 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

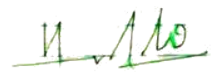
## MINUTES OF MEETING

1. The Meeting was held on 11-08-2017 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. A. Krishna Murthy	Dean	Principal
2	Mr. Parameswar	Physical Director	Convener
3	Mrs. Vidya	Assistant Professor	Member(ECE Dept)
4	Mrs. Swapna	Assistant Professor	Member(CSE Dept)
5	Mrs. Sandya	Assistant Professor	Member(EEE Dept)
6	Mrs. Pavani	Assistant Professor	Member(CIVIL Dept)
7	Mrs. Swetha	Assistant Professor	Member(H&S Dept)
8	D.Divya	Student	Member(ECE Dept, 166M1A0404)
9	J.Priyanka	Student	Member(CSE Dept, 156M1A0502)
10	K.Soujanya	Student	Member(EEE Dept, 166M1A0306)
11	G.Lavanya	Student	Member(CIVIL Dept, 176M1A0103)
12	K.Shirisha	Student	Member(H&S Dept, 176M1A0101)

  
Convener

  
Principal  
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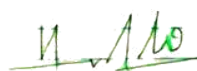
**Strategic perspective plan for the academic Year 2017-18**

<b>S. NO</b>	<b>Date of the Event</b>	<b>Dept./ Committee</b>	<b>Name of the Event</b>	<b>Details</b>
1	21-05-2018	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
2	21-06-2018	Yoga & Meditation Cell	International Yoga Day	Objective of this event is to make the participate to realize the importance of yoga in our daily life
3	24-09-2017	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

  
Convener

  
Principal  
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**PETW/PRIN/YOGA/AY19-20/CR-3**

**Date: 17/05/2018**

## **CIRCULAR**

On the occasion of Meditation Day, the Yoga & Meditation cell of Princeton Institute of engineering and technology for women is organizing one day Meditation Training camp on 21/05/2018, 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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## ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	International Meditation Day	
Date and Time of Activity	21-05-2018	9:00AM to 11:00AM
Details of Participants	215	
Organizing Dept./Support System	B.TECH	
In collaboration with	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach	
Description	<p>Princeton institute of engineering and technology for women has organized a one day training program on yoga to the students at the campus on 21/05/2018 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 <b>Meditation – As a Scientific Tool to Transcend the Body and Mind.</b></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>	

Principal

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**Photo**



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**PETW/PRIN/YOGA/AR2017-18/CR-4**

**Date: 19-06-2018**

## **CIRCULAR**

On the occasion of Yoga day, the Yoga & Meditation cell of Princeton institute of engineering and technology for women 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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## ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	International Yoga Day	
Date and Time of Activity	21-06-2018	9:00AM to 11:00AM
Details of Participants	180	
Organizing Dept./Support System	B.TECH	
In collaboration with	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach	
Description	<p>Princeton institute of engineering and technology for women has organized a one day training program on yoga to the students at the campus on 21/06/2018 from 9:00PM to 11:00 a.m. The principal has addressed the gathering.</p> <p>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.</p> <p>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. 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.</p> <p>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.</p>	

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Photos



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**PETW/PRIN/ YOGA /AY19-20/CR-5**

**Date: 21-09-2017**

**CIRCULAR**

On the occasion of Physical Fitness, the Yoga & Meditation cell of PRincetoninstitute of engineering and technology for women is organizing Physical fitness camp on 24/09/2017, in college premises. Hence all the students attend the program.

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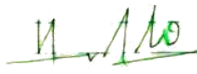
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## ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	Physical Fitness	
Date and Time of Activity	24-09-2017	3:00PM to 4:00PM
Details of Participants	155	
Organizing Dept./Support System	B.TECH	
In collaboration with	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach	
Description	<p>Princetoninstitute of engineering and technology for women has organized a one day training program on yoga to the students at the campus on 24/09/2017 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 10 am in the morning and went on till 11 am. 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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PETW/PRIN/YOGA/AY2017-18/CR-6

Date: 13-11-2017

## CIRCULAR

All the Yoga & Meditation Cell members are here by informed to attend a meeting scheduled on 15-11-2017. The venue will be the department of Physical Education at 3:00pm. All are requested to be present on time.

The Agenda of the meeting is:

1. Review on previous events.
2. To discuss on events to be organized.
3. Any other matter with the permission of chair.

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4. Notice Board

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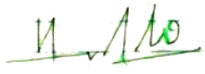
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**MINUTES OF MEETING**

1. The meeting was held on 15-11-2017 and started at 03:00pm in the Department of Physical Education
2. The Convener started the meeting with congratulating all the members for the smooth conduction of last year events took place
3. Principal instructed the members to explore innovative events to be conducted for the next year. Further instructed to come up with new ideas
4. The meeting was adjourned at 04:00pm

The list of members attended to the meeting:

S. No	Name of the member	Designation	Position
1	Dr. A. Krishna Murthy	Dean	Principal
2	Mr. Parameswar	Physical Director	Convener
3	Mrs. vidya	Assistant Professor	Member(ECE Dept)
4	Mrs. Swapna	Assistant Professor	Member(CSE Dept)
5	Mrs. Sandya	Assistant Professor	Member(EEE Dept)
6	Mrs. Pavani	Assistant Professor	Member(CIVIL Dept)
7	Mrs. Swetha	Assistant Professor	Member(H&S Dept)
8	D.Divya	Student	Member(ECE Dept, 166M1A0404)
9	J.Priyanka	Student	Member(CSE Dept, 156M1A0502)
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11	G.Lavanya	Student	Member(CIVIL Dept, 176M1A0103)
12	K.Shirisha	Student	Member(H&S Dept, 176M1A0101)

  
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PETW/PRIN/Vagdevi Health Club/AY2017-18/CR-01

Date: 21-08- 2017

## OFFCCE ORDER

### Sub: Restructuring of Vagdevi Health Club

In continuation to the **Vagdevi** Health Club is restructured with the following members for the AY 2017-18.

S. No	Name of the Member	Designation & Dept	Position
1	Dr. S. Prabakar Rao	Chairman	Chairman
2	Sunitha	Medical officer	Convener
3	Mrs. Swetha	Asst.Prof, H&S	Coordinator
4	Mrs. Vidya	Asst.Prof, ECE	Member
5	Mrs.Swapna	Asst.Prof, CSE	Member
6	Mrs.Sandya	Asst.Prof, EEE	Member
7	Mrs.Pavani	Asst.Prof, CIVIL	Member
11	G. Lavanya	H&S	Student Member
12	B.Bavana	ECE	Student Member
13	S.Parvathi	CIVIL	Student Member
14	T. Sreeja	CSE	Student Member

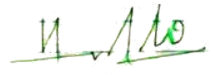
Committee will work in line to meet the following objectives

1. To educate the students about the importance of health
2. To bring awareness among the students about various diseases, flues and also how to retaliate them
3. Motivate and encourage the students to conduct the health campaigns at various villages
4. To develop students as healthy and sound minded which is must for a good society
5. To make all students, staff and faculty to be a part of healthy Nation

The committee shall meet as frequently as necessary to discharge its duties and in any case at least two times per academic year.

Copy to:

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**PETW/PRIN/Vagdevi Health Club/AY2017-18/CR-02**

**Date: 07-09-2017**

**CIRCULAR**

All the Vagdevi Health Club members are hereby informed that, the health club meeting is scheduled on 11-09-2017. The Venue will be the IQAC at 12:00pm. All are requested to be present on time.

The Agenda of the meeting is:

1. Discussing the events to organized for the AY 2017-18
2. For scheduling all the related events/programs without affecting the class/lab work, examination schedules.
3. To discuss the about the necessary facilities from college side like banners, seminar hall, transportation, food and others
4. Inviting the necessary resource persons if required

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## MINUTES OF MEETING OF VAGDEVI HEALTH CLUB

Date: 12-09-2017

Minutes of the first meeting of Vagdevi Health club for the AY 2017-18 held at 12:00pm on 11-09-2017 at IQAC Block-B Princeton institute of engineering and technology.

### Minutes of Meeting:

The chairman, Dr. S.Prabakar Rao started the meeting by greeting all the members present and congratulated the members for successful conduction of the events in the AY 2016-17.

Members presented suggested one event for the first semester while one more for the second semester.

Committee members suggested to organize one event in odd semester awareness program the causes and prevention of Chikungunya and second event in even semester awareness program on Diabetes.

One event was decided to be conducted for each semester

The meeting concluded with the chairman thanking the members for their valuable suggestions.

### Club Members:

S. No	Name of the Member	Designation & Dept	Position
1	Dr. S. Prabakar Rao	Principal	Chairman
2	Sunitha	Medical officer	Convener
3	Mrs. Swetha	Asst.Prof, H&S	Coordinator
4	Mrs. Vidya	Asst.Prof, ECE	Member
5	Mrs. Swapna	Asst.Prof, CSE	Member
6	Mrs. Sandya	Asst.Prof, EEE	Member
7	Mrs.Pavani	Asst.Prof, CIVIL	Member
8	G. Lavanya	H&S	Student Member
9	B. Bavana	ECE	Student Member
10	S.Parvathi	CIVIL	Student Member
11	T. Sreja	CSE	Student Member

  
COORDINATOR

  
Principal  
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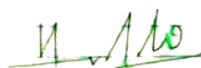
**Strategic perspective plan for the academic year 2017-18**

S. No	Date of the Event	Dept./Club	Name of the Event	Budget for the Event	Details
1	03-11-2017	Vagdevi Health Club	Awareness Campaign on Chikungunya	NIL	As the Chikungunya cases are increasing due to seasons shift it will be effective to conduct the awareness program for the benefit of the students
2	05-02-2018	Vagdevi Health Club	Awareness Campaign on Diabetes	NIL	It is observed that few peoples are becoming weak and even faint especially girl students due to lack of diabetes. So to make the students aware about the importance of diet maintenance for their body and mind such program is necessary.

**Vagdevi Health Club-Strategy Document**

1. Health Club meeting is conducted at the beginning of the each academic year
2. A brief synopsis is given by the Vagdevi Health Club on the importance of the club and its activities
3. Students are motivated to register in health club.
4. Students are encouraged to actively participate in the health club activities.
5. Health club has given instructions and suggestions to the students about implementation of the events as and when needed

  
Coordinator

  
Principal  
PRINCETON INSTITUTE OF ENGINEERING  
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**PRINCETON INSTITUTE OF ENGINEERING AND TECHNOLOGY FOR WOMEN**

**Vijayapuri colony Chowdaryguda (V), Ghatkesar (M), Medchal (D), TS-500088.**

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**PETW/PRIN/Vagdevi Health Club/AY2017-18/CR-3**

**Date: 27-10-2017**

**CIRCULAR**

This is to inform all the faculty, staff and students that our college is going to organize an awareness program on Chikungunya on 03-11-2017 at 2:00pm in PETW main auditorium. Hence, all the faculty, staff and students are requested to attend program without fail.

Copy to:

1. IQAC Coordinator
2. Exam Branch
3. All HODS
4. Library
5. Notice Board

  
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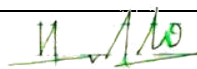
# PRINCETON INSTITUTE OF ENGINEERING AND TECHNOLOGY FOR WOMEN

Vijayapuri colony Chowdaryguda (V), Ghatkesar (M), Medchal (D), TS-500088.

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## ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	Awareness program on Chikungunya	
Date and Time of Activity	03-11-2017	2:00Pm to 4:00pm
Details of Participants	238	
Organizing Dept./Support System	B.TECH	
In collaboration with	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach	
Description	<p>An awareness program on 'Chikungunya' was conducted on the 3<sup>rd</sup> of November 2017 by Princeton Institute of Engineering and Technologyfor Women.</p> <p>Ms .Suchita Joshi Msc Yoga,Internationally (USA) Certified Coach was the Facilitator for the program. The program was attended by 120 students from B.Tech.</p> <p>The motive of the program was to confront the students about Chikungunya.</p> <p>This program started with an introduction to the guest speaker. After which the facilitator explained them about the main cause of Chikungunya. She added on symptoms, spread of the disease. She also spoke about the preventive measures. Through this programme, all the students were benefitted. The guest lecturer had clarified all the doubts of students.</p> <p>An oral assessment to know the effectiveness of the programme was conducted. It was very interesting to know that the students were able to give answers to the questions raised by the facilitator.NSS students performed a SKIRT on chikungunya and then, animation movies were also played for the students.</p> <p>The programme provided a great opportunity to learn about chikungunya and its preventive measures.</p>	

  
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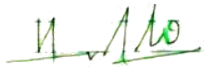


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<p><b>Photo</b></p>	
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**PETW/PRIN/Vagdevi Health Club/AY2017-18/CR-4**

**Date: 01-02-2018**

**CIRCULAR**

This is to inform all the faculty, staff and students that our college is going to organize an “Awareness program on Diabetes” at PETW main auditorium. The main motto of the program is to build a strong health nation. All the faculty, staff and students are requested to attend program at 2PM on 05-02-2018 without fail

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## ACTIVITY REPORT

Name of the Activity	LIFE SKILLS	
Type of Activity	Awareness program on Diabetes	
Date and Time of Activity	05-02-2018	2:00PM to 4:00PM
Details of Participants	165	
Organizing Dept./Support System	B.TECH	
In collaboration with	Ms .Suchita Joshi Msc Yoga,Internationally(USA) Certified Coach	
Description	<p>Princeton Institute of Engineering and Technologyfor Women has conducted an awareness program on ‘Diabetes’ on the 5<sup>th</sup> of February 2018 by.</p> <p>Ms .Suchita Joshi Msc Yoga,Internationally (USA) Certified Coach was the Facilitator for the program. The program was attended by 165 students from B.Tech</p> <p>The campaign was organized to create awareness among the students about Diabetes. The programme was inaugurated by Mr. S.Prabakar Rao, chairman of PETW .</p> <p>This program started with the discussion on “ how insulin works on body and its effective use.</p> <p>After which the facilitator explained them about She added Then she explained the important role of glucose in one’s body. She also gave insights about effective preventive measure of diabetes such as eat healthy foods, get more physical activity, lose excess pounds.</p> <p>Some suggested strategies for improving health conditions were discussed. She gave few insights about the complications of being effected by diabetes.</p> <p>The guest lecturer had clarified all the doubts of students.</p> <p>The session ended with a good response from the students. They felt the session was very useful.</p>	





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**Photo**



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**PETW/PRIN/Vagdevi Health Club/AY2017-18/CR-5**

**Date: 16-04-2018**

**CIRCULAR**

All the Vagdevi Health Club members are here by informed that the Health Club Annual review meeting is scheduled on 21-04-2018. The venue will be the IQAC at 3PM. Hence all are requested to attend the same.

The agenda of meeting is:

- I. Review meeting on the events conducted in Academic year
- II. Discussion on non-conduct/Extra conducted events.

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## MINUTES OF MEETING OF VAGDEVI HEALTH CLUB

Date: 23-04-2018

1. The Minutes of the second meeting was held on 21-04-2018, started at 2PM in the IQAC Block-I Princeton Institute of Engineering and Technology for Women.
2. The coordinators started the meeting with congratulating all the members for the smooth conduction of current academic year programs
3. Club members discussed about the problems faced in conducting the events and suggested the modifications to overcome the glitches faced.
4. All the members presented accepted the suggestions

The list of events conducted in the current academic year

S. NO	Name of the Event	Date of the Event
1	Awareness program on Chikungunya	03-11-2017
2	Awareness program on Diabetes	05-02-2018

### Club Members:

S. No	Name of the Member	Designation & Dept	Position
1	Dr. S.Prabakar Rao	Principal	Chairman
2	Sunitha	Medical officer	Convener
3	Mrs. Swetha	Asst.Prof, H&S	Coordinator
4	Mrs. Vidya	Asst.Prof, ECE	Member
5	Mrs. Swapna	Asst.Prof, CSE	Member
6	Mrs. Sandya	Asst.Prof, EEE	Member
7	Mrs.Pavani	Asst.Prof, CIVIL	Member
8	G. Lavanya	H&S	Student Member
9	B.Bavana	ECE	Student Member
10	S. Parvathi	CIVIL	Student Member
11	T. Sreeja	CSE	Student Member

  
COORDINATOR

  
Principal  
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