



CMR UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION IN ASSOCIATION WITH OFFICE OF STUDENTS AFFAIRS



9th INTERNATIONAL YOGA DAY CLEBRATION

REPORT-2023







9th International Yoga Day 2023

"The World Is One Family"

Report

The Department of Physical Education organized *9th International Yoga Day- Theme: "The World Is One Family" on 21st June 2023* at CMR University, from 8.30 onwards. Yoga is the art of regulating our minds and bodies together. It has a rich ancient significance in our Indian culture. Nearly 270 participants from different campus and different schools 250 actively participated.









The Resource person for the event (OMBR Campus) **Ms. Isha Sharma:** she is a certified professional yoga trainer from Art of Living organization. As a renowned Yoga Teacher and Wellness Coach.

The event began with an inspiring introduction about International Yoga Day and its significance, delivered by Neel, the President of the Student Council, CMRU. Attendees were then treated to an invigorating Zumba session led by Shashank and Jordan, followed by a rejuvenating yoga session conducted by Ms. Isha Sharma, a renowned yoga instructor.

A captivating talk on the benefits of yoga was given by Bhavin Pandya from CII-YI, providing valuable insights into the profound effects of yoga on overall health. Participants were acknowledged and awarded Y20 certificates in recognition of their active participation. The event also featured engaging activities that fostered a sense of unity and friendly competition among the attendees. A plank challenge brought out the creativity and physical endurance of the participants. Additionally, an arm-wrestling competition added excitement to the event.

The Presidential Address by Dr.Subba Reddy, Pro Vice Chancellor. The felicitation ceremony, where the management honored the contributors, added a touch of prestige to the event. The efforts of the organizing committee, instructors, and resource person Ms. Isha Sharma were acknowledged for their valuable contributions to the success of the event.

In conclusion, the International Yoga Day event celebrated the essence of yoga while empowering the youth. It successfully brought together individuals from diverse backgrounds to embrace the practice of yoga and experience its numerous benefits.



































The Resource person for the event (Lakeside Campus) Mr.Arun. P. (Art of Living Foundation Yoga Teacher& Sri Meru Chikitsa Practitioner) .The event started off with Zumba warm up by the students where even faculties and guests were involved. Continued with yoga sessions and demonstrations led by skilled instructor Mr. Arun P, from an external yoga organization called 'Art of Living '.

Followed by the yoga sessions, various other activities such as plank, arm wrestling, reel making and most fit faculty.

The Presidential Address by Dr. V.R. Manjunath, Dean, School of Engineering Technology. Participants experienced the physical, mental, and spiritual benefits of yoga, fostering a sense of well-being and community. The event raised awareness about the importance of yoga in maintaining a healthy lifestyle.





















<u>International Yoga Day – City Campus</u>

The theme for this event was "The World is One Family". We were honoured to have our Vice Chancellor as our Guest of Honour, who participated in the event. It was our privilege to have Shri. M.R. Saktiya Narayanan as our resource person. He is keen on helping people troubled by metropolitan living. He specializes in breathing exercises, yoga postures, guided imagery and meditation to achieve complete restoration, self-improvement and healing in all aspects of mental, physical and spiritual well-being.

The day kicked off with Zumba as the first event which was facilitated by Ms. Spandana and Ms. Jenifer, both faculties and students remained energetic throughout the whole session. Post the informative welcome address by the MC- Ms Spandana, the participants got on their mats to perform Yoga. Shri. M.R. Saktiya Narayanan was the instructor and through his yoga prowess, took everyone to a refreshing meditative realm. With this vibrancy, everyone was feeling calm yet full of energy as they prepared for the most awaited fun-filled activities that followed.

A number of fitness challenges were conducted for students and Faculty. It was concluded with the prize distribution where all the winners and the participants received their certificates and were adorned with medals. Overall it was an amazing event and a wonderful experience to be a part of.



























Thank You



Department of Physical Education

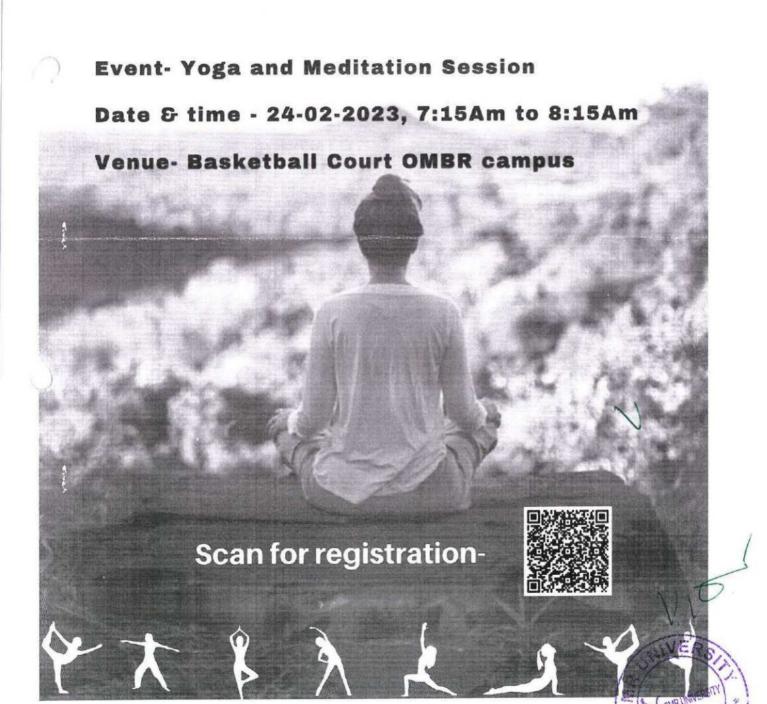
Inter-School Competition 2022-2023

REPORT 2022-2023





MENTAL MODELS AND MENTAL AWARENESS CLUB IN COLLABORATION WITH SOCIAL IMPACT CLUB



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Academic Year 2022-2023 - ODD/EVEN SEM

Mental Model and Mental Awareness Club

EVENT REPORT

"Yoga And Meditation Session"

24th February 2023. 7.15A.M. OMBR CAMPUS. Basketball Court.

The Mental Model and Mental Awareness Club in collaboration with the Social Impact Club at CMR School of Legal Studies organized an event on Yoga and Meditation Session. The session was aimed at promoting the physical and mental well-being of the participants through the practice of yoga and meditation. Participants showed up at 7 A.M. and the event started at 7.15 A.M. The event started with a brief introduction to yoga and meditation, and the benefits they offer to the mind and body. The instructor then led the participants through a series of yoga poses, starting with some warm-up exercises and gradually progressing to more challenging poses. The session lasted for about 45 minutes, and the participants reported feeling calm and refreshed after the session which was the main objective of the session. The objective of the event was met and it was a successful event.

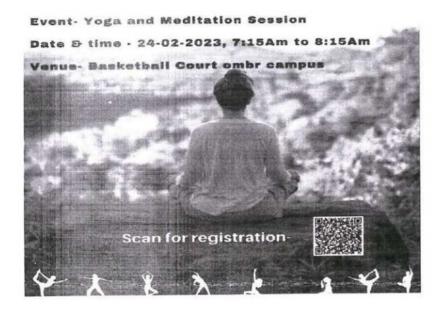
Review of the Instructor, Ms. Rhea M R.: She remarked that it was a very engaging session and the participants were very much flexible. The participants were very much cooperative and she loved the vibe.

Review of a Student, Ruthwik (B.B.A., LL.B. (Hons) 8th Sem): It was nice to get out of bed and have a good thing to start it off in the morning, I feel more energetic to face the day.

INVITATION:

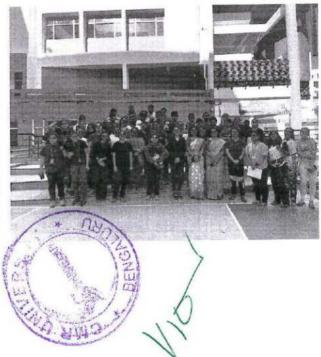


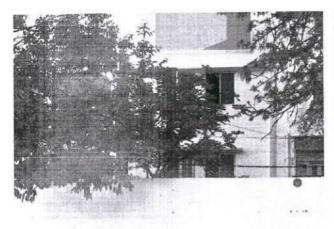
MENTAL MODELS AND MENTAL AWARENESS CLUB IN COLLABORATION WITH SOCIAL IMPACT CLUB



PHOTOS OF THE EVENT:

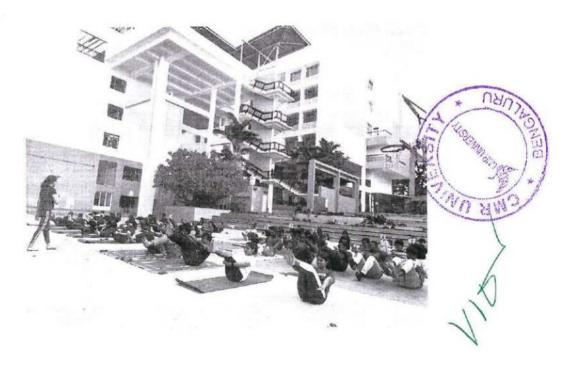












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Department of Physical Education

REPORT 2022-2023





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Sports Achievement 2022-23

| Name | Event | Name of the Event | Achievements |
|-------------------|-------------------|--|--------------------|
| Ms.Shakynah J Rao | Swimming - Diving | State Sub-Junior and Junior Diving | |
| | | Championship held at Kensington | |
| | | Swimming Pool,Ulsoor,Bangalore on | |
| | | 10th and 11th June 2023 | |
| Ms.Shakynah J Rao | Swimming - Diving | State Sub-Junior and Junior Diving | |
| | | Championship held at Kensington | |
| | | Swimming Pool,Ulsoor,Bangalore on | |
| | | 10th and 11th June 2023 | |
| Ms.Bhoomika C | Skating | Karnataka Inline Hockey Skater | Selected |
| Gowda | | selected for for the India Inline | |
| | | Hockey team- senior women for | |
| | | Asians and World Championships-on | |
| | | 10 th April to 26 th April 2023 in | |
| | | Mohali,Chandigarh | |
| Ms.Bhoomika C | Skating | 60th National Roller Skating | Participated |
| Gowda | | Championships Roller Hockey held at | |
| | | Bengaluru from 11th to 22nd | |
| | | December 2022 | |
| Mr.Mukesh Kumar | Taekwondo | India Taekwondo National | Silver Medal - 2nd |
| Khanka | | Championship 2022-23 organized by | Place |
| | | Taekwondo Association of | |
| | | Maharashtra held in Nasik from 10th | |
| | | to 12th February 2023 | |
| Mr.R.Naresh Kumar | Taekwondo | Bengaluru Uran District Level | Gold Medal |
| | | Taekwondo Championship held on | |
| | | 5th February 2023 at Bengaluru | |
| Ms.Shakynah J Rao | Swimming - Diving | State Sub-Junior and Junior Diving | Gold Medal - |
| | | Championship held at Kensington | Swimming(Dolphi |
| | | Swimming Pool,Ulsoor,Bangalore on | n Aquatcs-3Mtr |
| | | 10th and 11th June 2022 | Spring Board) |
| Mr.Shakynah J Rao | Swimming - Diving | State Sub-Junior and Junior Diving | Gold Medal - |
| | | Championship held at Kensington | Swimming(Dolphi |
| | | Swimming Pool,Ulsoor,Bangalore on | n Aquatcs-1Mtr |
| | | 10th and 11th June 2022 | Spring Board) |
| Mr.Yadhava Kumar | Boxing | Silver Medal-Boxing (U-69 | Silver Medal |
| .P.S | | Kg)Bangalore City Division level | |





| | | Dussehra games for the year 2022-23 on 20/09/2022 held at Sri Kantheerava Stadium | |
|--|--|---|--------------|
| Mr.Naresh Kumar | Taekwondo (U-69 Kg)Bangalore City Division level Dussehra games for the year 2022-23 on 20/09/2022 held at Sri Kantheerava Stadium | | Bronze Medal |
| Mr.Chethan Srivivas.B.S | Throw ball | Participated 32nd junior national Throw Ball Championship for Boys held at PSNA College of engeerning and technology Tamil Nadu from 22/9/2022 to 25/9/2022 | Participated |
| Ms.Shakynah J Rao | Swimming - Diving | | |
| Ms.Bhoomika.CGo wda | Skating | All India Inter University Roller Skating (Women) Championship 2022-23 at Andhra University ,Visakhapatnam and the events will be held 16 th to 19 th February 2023 | Participated |
| Cricket Full Team | Cricket | South Zone Inter University Cricket (Men) tournament | Participated |
| Mr.Gowtham.s Mr.Amit Maharana Mr.U Vineeth Mr.Syed Rizwan | Cross Country | All India Inter University Cross Country (Men) Championship 2022- 23 organized by Prepresidency University held on 12 th February 2023. | Participated |
| | Kabaddi | South Zone Inter University Kabaddi Championship for men 2022-23, organized by Bengaluru City University at St.FrancisCollege,Kormangala, Bengaluru tournament | Participated |
| Ms.Harshitha.S.G | 10K-1st-Place(Women) | AAROHANN 2022 (Action Compassion and Service for animals) Organized by | Gold Medal |



| | | CMR University 5K, 8K, 10K Run on 27 th November 2022 in CMR University Main Campus. | |
|------------------------|---|--|--------------|
| Ms.Chaithrashree | 10K-2nd-Place(Women) | AAROHANN 2022 (Action Compassion and Service for animals) Organized by CMR University 5K, 8K, 10K Run on 27 th November 2022 in CMR University Main Campus. | Silver Medal |
| Ms.Shaista Fathimam | sta 10K-3rd-Place(Women) AAROHANN 2022 (Action Compassion | | Bronze Medal |
| Mr.Gowtham.S | 10K-2nd-Place(Men) | AAROHANN 2022 (Action Compassion and Service for animals) Organized by CMR University 5K, 8K, 10K Run on 27 th November 2022 in CMR University Main Campus. | Silver Medal |
| Mr.Anish Gauav | 10K-3rd-Place(Men) | AAROHANN 2022 (Action Compassion and Service for animals) Organized by CMR University 5K, 8K, 10K Run on 27 th November 2022 in CMR University Main Campus. | Bronze Medal |
| Ms.GauriJaisely | 8K-1st Place(Women) | AAROHANN 2022 (Action Compassion and Service for animals) Organized by CMR University 5K, 8K, 10K Run on 27 th November 2022 in CMR University Main Campus. | Gold Medal |
| Ms.Aishwary.B | 8K-2nd Place(Women) | AAROHANN 2022 (Action Compassion and Service for animals) Organized by CMR University 5K, 8K, 10K Run on 27 th November 2022 in CMR University Main Campus. | Silver Medal |



| Mr.Pranag Das | 8K-1st Place(Men) | AAROHANN 2022 (Action Compassion and Service for animals) Organized by CMR University 5K, 8K, 10K Run on 27 th November 2022 in CMR University Main Campus. | Gold Medal |
|--------------------------|---------------------|--|--------------|
| Mr.Manish Raj | 8K-2nd Place(Men) | AAROHANN 2022 (Action Compassion and Service for animals) Organized by CMR University 5K, 8K, 10K Run on 27 th November 2022 in CMR University Main Campus. | Silver Medal |
| Mr.Chran Kumar | 8K-3rd Place(Men) | AAROHANN 2022 (Action Compassion and Service for animals) Organized by CMR University 5K, 8K, 10K Run on 27 th November 2022 in CMR University Main Campus. | Bronze Medal |
| Ms.Pamishetly | 5k-1st Place(Women) | AAROHANN 2022 (Action Compassion and Service for animals) Organized by CMR University 5K, 8K, 10K Run on 27 th November 2022 in CMR University Main Campus. | Gold Medal |
| Ms.Divya Dharmalingam | 5k-2nd Place(Women) | AAROHANN 2022 (Action Compassion and Service for animals) Organized by CMR University 5K, 8K, 10K Run on 27 th November 2022 in CMR University Main Campus. | Silver Medal |
| Ms.Shziya Sultana | 5k-3rd Place(Women) | AAROHANN 2022 (Action Compassion and Service for animals) Organized by CMR University 5K, 8K, 10K Run on 27 th November 2022 in CMR University Main Campus. | Bronze Medal |
| Mr.Eso Pradhan | 5k-3rd Place(Men) | AAROHANN 2022 (Action Compassion and Service for animals) Organized by CMR University 5K, 8K, 10K Run on 27 th November 2022 in CMR | Bronze Medal |



| | | University Main Campus. | |
|-------------------------|--|---|-------------------------------------|
| Mr.Ashish | 5K-2nd Place (Men) | AAROHANN 2022 (Action Compassion and Service for animals) Organized by CMR University 5K, 8K, 10K Run on 27 th November 2022 in CMR University Main Campus. | Silver Medal |
| CMR University Teams | Kabaddi(M),Basketball (M),Football(M),Throw ball (M/W) and Cricket (M) | Participated in Infini National Sports fest on 19 th to 21 st November 2022 organized by PES University | -Throw ball(M/W)-Semi- finals |
| CMR University Teams | Basketball(M),Football(M), Volleyball(M), Throw ball(M/W) | The Intercollegiate Sports festival "Chri-Sports fest" organized by Christ University, Bangalore on | -Football (M)- Quarterfinal |
| CMR University Teams | Basketball(M), Football(M), Throw ball(W) | Participated in St.Joseph's College of Commerce Annual Intercollegiate Sports Fest on 30 th April to 07 th May 2023. | Participated |
| CMR University Teams | Cricket (M) Football (M) | Participated in State Level Intercollegiate Cricket (M) and Football (M) Tournament organized by R.V University from 01 st to 04 th April 2023. | Football (M)- Quarterfinal |
| CMR University Teams | Chess(M), Carom (M), Kabaddi(W | Participated in Intercollegiate SPORTSTAKES Sports Fest organized by St.Joseph's University on 10 th to 13 th April 2023 | Participated |
| Mr.Kasushal Yadav | Chess (M) | State Level Inter Collegiate Sports Meet (YuvaKreedotsava 2023) held at VidyaShilpa Academy, Bengaluru, organized by ABVP Karnataka on 18 th to 19 th March 2023. | 3 rd Place |
| Mr.Pranav N V | Cricket | Karnataka State Cricket Association, | Playing 1 st Division |
| Mr.Srivatsa | Cricket | Karnataka State Cricket Association, | Playing 2 nd |



| | | | Division |
|--------------------|---------------------------|---|-------------------------|
| Mr.VinayakHola | Cricket | Karnataka State Cricket Association, | Playing 2 nd |
| | | | Division |
| Mr.Gowtham.s | Marathon | Marathon organised by | 2 nd Place |
| | | Dandupradesh Kannada Sangatana | |
| | | 10 th September 2022 at kammanahalli | |
| | | Main road ,Bangalore | |
| Ms.Angel Elizabeth | Marathon | Marathon organised by | 2 nd Place |
| | | dandupradesh Kannada sangatana on | |
| | | 10 th September 2022 at kammanahalli | |
| | | Main road ,Bangalore | |
| Ms.Archana | Marathon | Marathon organised by | 3 rd Place |
| Srinivasa | | dandupradesh Kannada sangatana on | |
| | | 10 th September 2022 at kammanahalli | |
| | | Main road ,Bangalore | |
| CMR University | Throw ball(M),Football(M) | Samskruthi Intercollegiate Sports Fest | Participated |
| Teams | | organized by East Point College on | |
| | | 21 st to 30 th March 2023 | |
| CMR University | Football (Men),Kabaddi | Revothsava Inter University Sports | Participated |
| Teams | (M) | Fest organized by Reva University on | |
| | | 26 th to 28 th April 2023 | |



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National Taekwondo Competition -Gold Medal



National Taekwondo Competition -Gold Medal



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Selected for the India Inline Hockey Team Senior Women for Asians & World Championship 23-24





State Level Chess 3rd Place



National Level Throw ball Competition





All India Inter University for Skating



All India Inter University for Skating



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All India Inter University for Cross Country



All India Inter University for Cross Country





Marathon Winners



South Inter University for Basketball Team



Inter-School Competition 2022-2023

CMR University Department of Physical Education organized an Inter School Competition for all Schools located at various campus from 27th April 2023 to 15th May 2023 with amazing responses from all students a total of 1306 students participated in the Event. Overall Championship was crowned to **School of Engineering and Technology with 80 points** leading the point table in various sports discipline and with runner up to **School of Social Sciences with 54** points in the point table. The results of all the conducted matches from various sports disciplines are mentioned below.

Winner and Runners List (Schools)

| Sl.No | Event | Winners | Runners |
|-------|--------------------|---------|---------|
| 1 | Throw ball (Women) | SOSS | SOLS |
| 2 | Volleyball (Men) | SOET | SOLS |
| 3 | Carom (Men) | SOSS | SOET |
| 4 | Carom (Women) | SOSSH | SOSS |
| 5 | Chess (Men) | SOET | SOLS |
| 6 | Chess (Women) | SOET | SOSSH |
| 7 | Table Tennis (Men) | SOET | SOET |
| 8 | Badminton (Men) | SOEC | SOET |
| 9 | Badminton (Women) | SOLS | SOM |
| 10 | Football (Men) | SOM | SOSS |
| 11 | Throw ball (Men) | SOEC | SOM |
| 12 | Kabaddi (Men) | SOLS | SOEC |
| 13 | Kabaddi (Women) | SOLS | SOET |
| 14 | Cricket (Men) | SOEC | SOSS |
| 15 | Basketball (Men) | SOSS | SOEC |
| 16 | Basketball (Men) | SOET | SOSSH |
| 17 | Cricket for Staff | SOET | SOLS |



Points Table of Schools

| Sl.No | Event | SOA | SOET | SOEC | SOLS | SOM | SOSS | SOSSH |
|-------|----------------------|-----|-------|------|------|-----|-------|-------|
| 1 | Throw ball (Women) | - | - | - | 05 | - | 10 | - |
| 2 | Cricket (Men) | - | - | 10 | - | - | 05 | - |
| 3 | Volleyball (Men) | - | 10 | - | - | 05 | - | - |
| 4 | Carom(Women) | - | - | - | - | - | 05/03 | 10 |
| 5 | Chess (Men) | - | 10 | - | 05 | - | 03 | - |
| 6 | Chess (Women) | - | 10 | - | 03 | - | - | - |
| 7 | Table Tennis (Men) | - | 10/05 | - | - | 05 | - | - |
| 8 | Table Tennis (Women) | - | - | - | - | - | - | - |
| 9 | Badminton (Women) | - | - | - | 10 | 05 | - | - |
| 10 | Football (Men) | - | - | - | - | 10 | 05 | - |
| 11 | Throw ball (Men) | - | - | 10 | - | 05 | - | - |
| 12 | Kabaddi (Men) | - | - | 5 | 10 | - | - | - |
| 13 | Kabaddi (Women) | - | 5 | - | 10 | - | - | - |
| 14 | Carom(Men) | - | 05 | - | - | - | 10/03 | - |
| 15 | Basketball(Men) | - | - | 05 | - | - | 10 | - |
| 16 | Basketball (Women) | - | 10 | - | - | - | - | 05 |
| 17 | Cricket for Staff | 5 | 10 | - | 5 | - | - | - |
| | Total | 5 | 80 | 40 | 43 | 30 | 54 | 15 |

Student Participation List of Schools

| Sl.No | Event | SOA | SOET | SOEC | SOLS | SOM | SOSS | SOSSH |
|-------|--------------------|-----|------|------|------|-----|------|-------|
| 1 | Throw ball (Women) | 12 | 12 | 12 | 11 | | 11 | - |
| 2 | Basketball (Men) | - | 12 | 24 | 12 | 24 | 24 | - |
| 3 | Basketball (Women) | - | 12 | 12 | - | - | - | - |
| 4 | Volleyball (Men) | - | 60 | 48 | 12 | 48 | 36 | - |
| 5 | Chess (Men) | 06 | - | 12 | 15 | 11 | 08 | 05 |
| 6 | Chess (Women) | - | - | 03 | 08 | 04 | 02 | 03 |
| 7 | Table Tennis (Men) | - | - | 04 | 12 | 02 | 02 | 04 |
| 8 | Badminton (Men) | - | 12 | 28 | 22 | 18 | 11 | 08 |
| 9 | Badminton (Women) | - | 16 | 15 | 07 | 05 | 02 | 02 |
| 10 | Football (Men) | - | 12 | 20 | 12 | 11 | 12 | 12 |
| 11 | Throw ball (Men) | - | 10 | 20 | - | 10 | - | - |
| 12 | Cricket (Men) | - | 65 | 70 | 30 | 72 | 56 | 15 |
| 13 | Carom (Men) | - | 8 | 12 | 4 | 12 | 15 | 2 |
| 14 | Carom (Women) | - | - | 2 | 3 | 2 | 4 | 2 |
| 15 | Kabaddi (Men) | - | 42 | 36 | 12 | 24 | 24 | - |
| 16 | Kabaddi (Women) | - | 12 | 12 | 12 | - | - | - |
| | TOTAL | 18 | 273 | 340 | 172 | 243 | 207 | 53 |



Inter-School Competition Over All Points and Over Championship

| Sl.No | School Names | Points |
|-------|--|--------|
| 1 | School of Architecture | 05 |
| 2 | School of Economics and Commerce | 40 |
| 3 | School of Engineering and Technology | 70 |
| 4 | School of Management | 30 |
| 5 | School of Legal Studies | 43 |
| 6 | School of Social Sciences | 54 |
| 7 | School of Social Sciences and Humanities | 15 |

Overall Championship

"SCHOOL OF ENGINEERING AND TECHNOLOGY"



Winners and Runners List

❖ Throw ball for Women's

Winners

| Sl.No | NAME | CLASS | SCHOOL |
|-------|--------------|--------------------------|--------|
| 1 | Ram Kumari R | 3 rd Year BCA | SOSS |
| 2 | Sudha K S | 3 rd Year BCA | SOSS |
| 3 | Supriya | 2 nd Year BCA | SOSS |
| 4 | Smrithi S | 2 nd Year BCA | SOSS |
| 5 | Lydia | 1 st Year BCA | SOSS |
| 6 | Isha Varma | 2 nd Year BCA | SOSS |
| 7 | Trisha | 1 st Year BCA | SOSS |
| 8 | Mirra | 1 st Year BCA | SOSS |
| 9 | Deekshitha | 1 st Year BCA | SOSS |

Runners

| Sl.No | NAME | CLASS | SCHOOL |
|-------|-------------------|------------------------------|--------|
| 1 | Basthsham Johnson | 2 nd Year BA LLB | SOLS |
| 2 | Pooja | 2 nd Year BA LLB | SOLS |
| 3 | Ponnaca Devaiah | 1 st Year BA LLB | SOLS |
| 4 | Silvia Bened | 2 nd Year BA LLB | SOLS |
| 5 | R Sreemidhi | 3 rd Year BBA LLB | SOLS |
| 6 | Sindhu Priya.K.M | 2 nd Year BBA LLB | SOLS |
| 7 | Anwesha Saren | 2 nd Year BA LLB | SOLS |
| 8 | Sai Indira.G | 1 st Year BA LLB | SOLS |
| 9 | Surabhi Jain | 1 st Year BA LLB | SOLS |













❖ Volleyball for Men's

Winners

| Sl.No | NAMES | CLASS | SCHOOL |
|-------|--------------|------------------------------|--------|
| 1 | Md Tousiff | 4 th Year B. Tech | SOET |
| 2 | Chinnu V | 4 th Year B. Tech | SOET |
| 3 | Manoj | 4 th Year B. Tech | SOET |
| 4 | Tejesh | 4 th Year B. Tech | SOET |
| 5 | Yvs Teja | 4 th Year B. Tech | SOET |
| 6 | Hari | 4 th Year B. Tech | SOET |
| 7 | Md Saif | 4 th Year B. Tech | SOET |
| 8 | Dileep Kumar | 4 th Year B. Tech | SOET |
| 9 | Nishanth | 4 th Year B. Tech | SOET |
| 10 | Raja | 4 th Year B. Tech | SOET |
| 11 | Pradeep | 4 th Year B. Tech | SOET |
| 12 | Uday | 4 th Year B. Tech | SOET |

Runners

| Sl.No | NAME | CLASS | SCHOOL |
|-------|---------------------|--------------------------|--------|
| 1 | Nishchal Kenin | 1 st Year MBA | SOM |
| 2 | Niraj Singh | 1 st Year MBA | SOM |
| 3 | Naveen Kumar | 1 st Year MBA | SOM |
| 4 | Yogesh | 1 st Year MBA | SOM |
| 5 | Yeshwanth | 1 st Year MBA | SOM |
| 6 | Ramesh R S | 1 st Year MBA | SOM |
| 7 | Manoj Kumar | 1 st Year MBA | SOM |
| 8 | Abdul Shoukat Pasha | 1 st Year MBA | SOM |
| 9 | Sachin K | 1 st Year MBA | SOM |
| 10 | Rahul B | 1 st Year MBA | SOM |
| 11 | Vikesh | 1 st Year MBA | SOM |
| 12 | Justin Micheal | 1 st Year MBA | SOM |



CMR University Department of Physical Education









Chess for Women's

Winners

| SI.No | Name | Position | Class | School |
|-------|---------|-------------|------------------------------|--------|
| 1 | Zaiba | Winner | 2 nd Year BA(H) | SOSSH |
| 2 | Amrutha | Runners | 2 nd Year BA(H) | SOSSH |
| 3 | Shilpa | Third Place | 5 th Year BA(LLB) | SOLS |

Chess for Men's

Winners

| Sl.No | Name | Position | Class | School |
|-------|----------------|-------------|------------------------------|--------|
| 1 | Pragyan | Winner | 1 st Year B.Tech | SOET |
| 2 | Tharun Kumar.N | Runners | 2 nd Year BA LLB | SOLS |
| 3 | Kaushal | Third Place | 1 st Year BBA LLB | SOLS |







CMR University Department of Physical Education











Carom for Women's

Winners

| SI.No | Name | Position | Class | School |
|-------|-----------|-------------|---------------------------|--------|
| 1 | Ananya.A | Winner | 1 st Year M.Sc | SOSSH |
| 2 | Sandhya.A | Runners | 3 rd Year BCA | SOSS |
| 3 | Rachana.L | Third Place | 3 rd Year BCA | SOSS |

Carom for Men's

Winners

| Sl.No | Name | Position | Class | School |
|-------|---------------|-------------|-----------------------------|--------|
| 1 | Ketan S Kumar | Winner | 1 st Year BCA | SOSS |
| 2 | Md.Thousiff | Runners | 2 nd Year B.Tech | SOET |
| 3 | Rahul Rohan.B | Third Place | 3 rd Year BCA | SOSS |













❖ Basketball for Men's

Winners

| SI.No | Name | Class | School |
|-------|-----------------|----------------------------|--------|
| 1 | Preetham.S | 3 th year B.Com | SOSS |
| 2 | Santosh.G | 1 st year B.Com | SOSS |
| 3 | Sanjeev.S | 3 th year B.Com | SOSS |
| 4 | Udid Goswami | 3 th year B.Com | SOSS |
| 5 | Abdul Majeed | 1 st year BCA | SOSS |
| 6 | Sunil Vietor | 1 st year BCA | SOSS |
| 7 | Damli Mukwanu | 3 rd Year BCA | SOSS |
| 8 | Mohammed Rahil | 1 st year BCA | SOSS |
| 9 | Krishna.P | 3 rd Year BCA | SOSS |
| 10 | Bharath Kumar.N | 1 st year B.Sc | SOSS |

| Sl.No | Name | Class | School |
|-------|------------------|--------------------------|--------|
| 1 | Shreyas SPJ | 3 rd year BBA | SOM |
| 2 | PrayashThapa | 2 nd year MBA | SOM |
| 3 | Afaan | 3 rd year BBA | SOM |
| 4 | P C Zathansanga | 1 st year MBA | SOM |
| 5 | Lalnghakmawi | 1 st year MBA | SOM |
| 6 | J. Zorisanga | 1 st year MBA | SOM |
| 7 | Digvijay Chauhan | 1 st Year BBA | SOM |

















❖ Table Tennis for Men's

Winners

| Sl.No | Name | Class | School |
|-------|----------------|-----------------------------|--------|
| 1 | Rami Pal | 2 nd Year B.Tech | SOET |
| 2 | Atul Anand | 3 rd Year B.Tech | SOET |
| 3 | N Prashanth | 1 st Year B.Tech | SOET |
| 4 | Ayush Saraswat | 1 st Year B.Tech | SOET |

Runners

| SI.No | Name | Class | School |
|-------|--------------|-----------------------------|--------|
| 1 | N Galib Raza | 2 nd Year B.Tech | SOET |
| 2 | D Hanumabtha | 2 nd Year B.Tech | SOET |
| 3 | Praksh | 4 th Year B.Tech | SOET |

❖ Badminton for Women's

Winners

| Sl.No | Name | Class | School |
|-------|---------------|------------------------------|--------|
| 1 | Vishnu Priya | 5 th Year BBA LLB | SOLS |
| 2 | Jithy Pradeep | 5 th Year BBA LLB | SOLS |

Runners

| Sl.No | Name | Class | School |
|-------|---------------|---------------------------|--------|
| 1 | Visrantthee.E | 1 st year BDES | SOD |
| 2 | Merrin Paul | 1 st year BDES | SOD |

❖ Badminton for Men's

Winners

| Sl.No | Name | Class | School |
|-------|----------|----------------------------|--------|
| 1 | Hitesh | 2 nd year B.Com | SOEC |
| 2 | Digvijay | 1 st year B.Com | SOEC |

| SI.No | Name | Class | School |
|-------|------------|-----------------------------|--------|
| 1 | Atul Anand | 3 rd Year B.Tech | SOET |
| 2 | Krithik.V | 4 th Year B.Tech | SOET |
| 3 | Prakash | 4 th Year B.Tech | SOET |
| 4 | Sricharan | 4 th Year B.Tech | SOET |



















❖ Football for Men's

Winners

| Sl.No | Name | Class | School |
|-------|-----------------|--------------------------|--------|
| 1 | Karthickeyan | 1 st Year BBA | SOM |
| 2 | Murali Krishna | 1 st Year BBA | SOM |
| 3 | Md Faisal V M | 1 st Year BBA | SOM |
| 4 | Kishores | 1 st Year BBA | SOM |
| 5 | Rajkiran S | 1 st Year BBA | SOM |
| 6 | Kevin Raj | 1 st Year BBA | SOM |
| 7 | Chirag | 1 st Year BBA | SOM |
| 8 | Dravid R | 1 st Year BBA | SOM |
| 9 | Jairus Samuel | 1 st Year BBA | SOM |
| 10 | Tarun Kumar | 1 st Year BBA | SOM |
| 11 | Samucl Joshua L | 1 st Year BBA | SOM |
| 12 | Sam Fedrick | 1 st Year BBA | SOM |

| Sl.No | Name | Class | School |
|-------|-------------------|--------------------------|--------|
| 1 | Goutham S | 3 rd Year BCA | SOSS |
| 2 | Raul Roham | 3 rd Year BCA | SOSS |
| 3 | Tanishq Raj | 2 nd Year BCA | SOSS |
| 4 | Jamson Leo | 2 nd Year BCA | SOSS |
| 5 | David George | 1 st YearB.Sc | SOSS |
| 6 | Mohammad Fahad | 1 st Year BCA | SOSS |
| 7 | Bhartha | 1 st Year BCA | SOSS |
| 8 | Mohammad Adil C A | 2 nd Year BCA | SOSS |
| 9 | Manish J C | 2 nd Year BCA | SOSS |
| 10 | Krithik Naryan D | 1 st Year BCA | SOSS |
| 11 | Sanjeev S | 1 st Year BCA | SOSS |















Throw ball for Men's

Winners

| Sl.No | Name | Class | School |
|-------|---------|----------------------------|--------|
| 1 | Chetan | 3 rd Year B.Com | SOEC |
| 2 | Charan | 1 st Year B.Com | SOEC |
| 3 | Pavan | 3 rd Year B.Com | SOEC |
| 4 | Chirag | 3 rd Year B.Com | SOEC |
| 5 | Daniel | 3 rd Year B.Com | SOEC |
| 6 | Akhil | 2 nd Year B.Com | SOEC |
| 7 | Jahith | 3 rd Year B.Com | SOEC |
| 8 | Venu | 3 rd Year B.Com | SOEC |
| 9 | Chitesh | 2 nd Year B.Com | SOEC |

| Sl.No | Name | Class | School (OMBR) |
|-------|-----------------|----------------------------|---------------|
| 2 | Harsha | 1 st Year B.COM | SOEC |
| 3 | Rahul | 1 st Year B.COM | SOEC |
| 4 | Yogesh | 3 rd Year B.COM | SOEC |
| 5 | Rahul Sai | 1 st Year B.COM | SOEC |
| 6 | Surrendar Singh | 3 rd Year B.COM | SOEC |
| 7 | Laxman | 2 nd Year B.COM | SOEC |
| 8 | Vignesh | 3 rd Year B.COM | SOEC |















❖ Kabaddi for Men's

Winners

| SI.No | Name | Class | School |
|-------|----------------------|--------------------------------|--------|
| 1 | Lothith Patel | 2 nd Year BA LLB | SOLS |
| 2 | Vikas S P | 2 nd Year BA LLB | SOLS |
| 3 | R Sai Sharath Reddy | 2 nd Year BA LLB | SOLS |
| 4 | Darshan C | 2 nd Year BA LLB | SOLS |
| 5 | Kiran M | 1 st Year LLB | SOLS |
| 6 | Sankalp C | 2 nd Year B.Com LLB | SOLS |
| 7 | Rohit M | 1 st Year BBA LLB | SOLS |
| 8 | Nikshith S | 1 st Year BBA LLB | SOLS |
| 9 | Viruthagirishwaran R | 1 st Year BBA LLB | SOLS |
| 10 | Manjunath Gowda | 1 st Year BBA LLB | SOLS |

| Sl.No | Name | Class | School |
|-------|---------------------|----------------------------|--------|
| 1 | Chethan Kumar Singh | 4 th year B.COM | SOEC |
| 2 | Harshith.M | 4 th year B.COM | SOEC |
| 3 | Abhjith Chathriu | 4 th year B.COM | SOEC |
| 4 | Amit Kumar.O | 4 th year B.COM | SOEC |
| 5 | Guna Shakarn.D | 4 th year B.COM | SOEC |
| 6 | Kethan Kumar.A | 4 th year B.COM | SOEC |
| 7 | S.Balaji Krishna | 4 th year B.COM | SOEC |
| 8 | Mark Robison | 4 th year B.COM | SOEC |

















❖ Kabaddi for Women's

Winners

| Sl.No | NAME | CLASS | SCHOOL |
|-------|-------------------|------------------------------|--------|
| 1 | Basthsham Johnson | 2 nd Year BA LLB | SOLS |
| 2 | Surya Lakshmi | 2 nd Year BA LLB | SOLS |
| 3 | Suridha.K.S | 1 st Year BA LLB | SOLS |
| 4 | Silvia Bened | 2 nd Year BA LLB | SOLS |
| 5 | R Sreemidhi | 3 rd Year BBA LLB | SOLS |
| 6 | Sindhu Priya.K.M | 2 nd Year BBA LLB | SOLS |
| 7 | Anwesha Saren | 2 nd Year BA LLB | SOLS |
| 8 | Sai Indira.G | 1 st Year BA LLB | SOLS |
| 9 | Surabhi Jain | 1 st Year BA LLB | SOLS |
| 10 | Sindhu Priya.K.M | 2 nd Year BA LLB | SOLS |
| 11 | Shakyanah J Rao | 1 st Year BA LLB | SOLS |
| 12 | Keerthana.K.B | 2 nd Year BA LLB | SOLS |

| SI.No | Name | Class | School |
|-------|---------------------|-----------------------------|--------|
| 1 | Karathikha Sree J.K | 1 st Year B.Tech | SOET |
| 2 | Archana Suniva.s | 4 th Year B.Tech | SOET |
| 3 | Chintana.K | 1 st Year B.Tech | SOET |
| 4 | Griette Junita.G | 1 st Year B.Tech | SOET |
| 5 | Preethi Ganesh Babu | 1 st Year B.Tech | SOET |
| 6 | Uma Maheswari | 1 st Year B.Tech | SOET |
| 7 | Keerthi Sonali | 1 st Year B.Tech | SOET |
| 8 | Kiran Panda | 4 th Year B.Tech | SOET |
| 9 | Deepthi.R | 4 th Year B.Tech | SOET |
| 10 | Vengazatha | 4 th Year B.Tech | SOET |
| 11 | Bhoomika | 2 nd Year B.Tech | SOET |
| 12 | Ankitha | 2 nd Year B.Tech | SOET |















Cricket for Men's

Winners

| Sl.No | Name | Class | School |
|-------|------------------|----------------------------|--------|
| 1 | Devan J | 3 rd Year B.Com | SOEC |
| 2 | Akshay Kumar B S | 3 rd Year B.Com | SOEC |
| 3 | Jagdeep B | 3 rd Year B.Com | SOEC |
| 4 | Dinesh Kumar J | 3 rd Year B.Com | SOEC |
| 5 | Bishal Sharama | 3 rd Year B.Com | SOEC |
| 6 | Jabez P | 3 rd Year B.Com | SOEC |
| 7 | Avinash G | 3 rd Year B.Com | SOEC |
| 8 | Adithiya G | 3 rd Year B.Com | SOEC |
| 9 | Lakshman R | 3 rd Year B.Com | SOEC |
| 10 | Kevin | 3 rd Year B.Com | SOEC |
| 11 | Abhilash | 3 rd Year B.Com | SOEC |
| 12 | Ajay Goutham | 3 rd Year B.Com | SOEC |
| 13 | Ajay R | 3 rd Year B.Com | SOEC |
| 14 | Allen Bernards | 3 rd Year B.Com | SOEC |

| Sl.No | Name | Class | School |
|-------|-----------------|--------------------------|--------|
| 1 | Tanishq Raj | 2 nd Year BCA | SOSS |
| 2 | Anand Bhat | 2 nd Year BCA | SOSS |
| 3 | Ricky Davison | 2 nd Year BCA | SOSS |
| 4 | Manish J.C | 2 nd Year BCA | SOSS |
| 5 | Diwakar M | 2 nd Year BCA | SOSS |
| 6 | Abdul Ahad Arif | 2 nd Year BCA | SOSS |
| 7 | Ramkumar Mishra | 2 nd Year BCA | SOSS |
| 8 | Vivek Kumar | 2 nd Year BCA | SOSS |
| 9 | Jeneth G | 2 nd Year BCA | SOSS |
| 10 | Mukesh Kumar | 2 nd Year BCA | SOSS |
| 11 | Subhash R | 2 nd Year BCA | SOSS |
| 12 | Bharth | 2 nd Year BCA | SOSS |
| 13 | Raman Maurya | 2 nd Year BCA | SOSS |
| 14 | Bhanu Dasari | 2 nd Year BCA | SOSS |
| 15 | Pratik M | 2 nd Year BCA | SOSS |















❖ Staff Cricket for Men's

Winners

| Sl.No | Name | School Name |
|-------|---------------------------|-------------|
| 1 | Dr. Venkatratnam Chitturi | SOET |
| 2 | Dr.Vitthal T. Bagalkoti | SOET |
| 3 | Dr. Sathish Kumar M | SOET |
| 4 | Dr. Praveen Adappa Harari | SOET |
| 5 | Mr. Bharath G | SOET |
| 6 | Dr. Arunkumar KH | SOET |
| 7 | Mr. Shashi Kumar | SOET |
| 8 | Dr. Ranjith, PT | SOET |
| 9 | Dr. Deveraj | SOET |
| 10 | Mr. John | Office |

| Sl.No | Name | School Name |
|-------|-------------------|---------------------|
| 1 | Mr.Rajashekar | SOLS |
| 2 | Mr.Chethan | SOA |
| 3 | Mr.Navil Kumar | Sports |
| 4 | Mr.Dhanush | OSA |
| 5 | Dr. Malatesh | SOSSH |
| 6 | Mr. Srikanth | SOLS |
| 7 | Mr. Manohar | Security supervisor |
| 8 | Mr. Shashi Kumar | Exam Sec. |
| 9 | Mr. Pream | SOLS |
| 10 | Mr.Abhishek Bhatt | SOLS |



















Thank You





Department of Common Core Curriculum Community Service Program

Activity Name: Voluntary Blood Donation and Health Check Up

Number of Participants: 38 students

Program: B.Tech School: SOET

Wing: National Cadet Corps (NCC), Karnataka Blood Bank

562149, India Lat 13.123421° Long 77.66953°

22/01/23 11:43 AM GMT +05:30

44. Activity Code: 2023-1/0052

Bengaluru, Karnataka, India 4MF9+CQ7, Dasanayakanahalli, Bengaluru, Karnataka

Date: 29/01/2023

Activity Description:



On 29th of January 2023, the CSP team, DCCC, CMR University, organized a Free Health Checkup camp in collaboration with Karnataka Blood Bank at Chagalahatti Bagalur village, Bengaluru.

The team of around 38 volunteers participated in the event starting at 9 am till 5 in the evening. The camp involved Voluntary Blood Donation and Health Check Up exclusively for the NCC only

The volunteers wholeheartedly involved in the camp and had a wonderful experience in serving the society for a common cause.



Department of Common Core Curriculum Community Service Program

Activity Name: Half day marathon at Lakeside Campus

Number of Participants: 55 students

Program: BBA, B.Com, B.Des **School:** SOM, SOEC, SOD

NGO: Aarohann

18. Activity Code: 2022-10-0024

Date: 27/11/2022

Activity Description:

In view to enhance quality education in the curriculum, the CSP team, DCC, CMR University, Bengaluru in collaboration with Aarohann- an NGO, based in Bengaluru,

conducted an on-campus, half day marathon event on 27th November 2022 at CMR Main Campus, Bagalur.

The event kicked off at 1am and extended till 5 pm and around 83 volunteers facilitated the event. The coordination activities involved, Parking coordination, Coordination at the water points, Stage coordination, manage coordination in the running pathway, Pet and Paw, Parents ramp walk coordination, etc.

Volunteers involved in the event had an immense experience in coordinating various facets of a program and gained first-hand experience. It enabled them to facilitate their coordination skills as well as compassion towards participants.



NSS EVENTS





1. DE - ADDICTION STUDENT AWARENESS

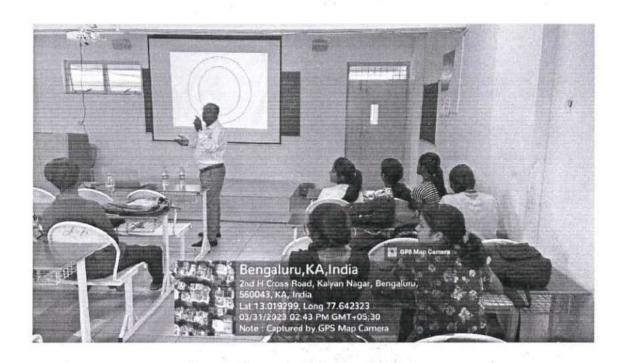
Event Date - 31th March 2023

Number of Attendees - 29

Event Location – City Campus

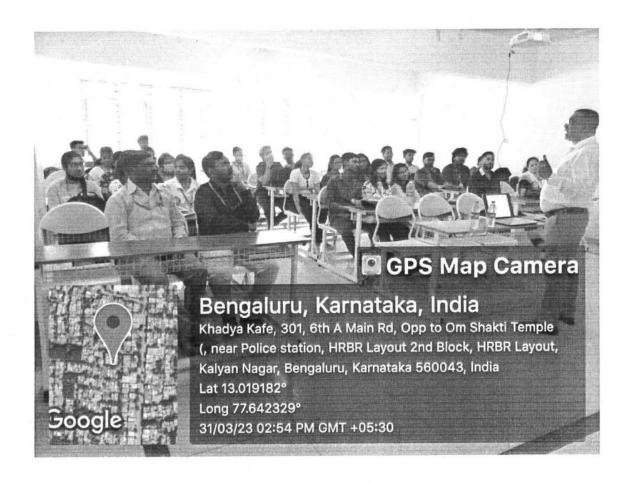
Description of the event

NSS and WOW Club presented a De- addiction session. The main objective was to bring a student awareness regarding various de-addiction that we face in our daily life. Mr.Albert PJ the founder and executive director of Abhayam was the guest lecture of the event and helped us to broaden our dimension of understanding the importance of the topic. It gave us a broad knowledge on the impact of getting addicted to particular aspect.





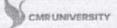
THE DIVERTIES DIVERTING ON











SOEC NSS & WOW CLUB PRESENTS



DEADDICTION STUDENT AWARENESS SESSION

Mr. Albert

DATE: 31ST MARCH '23

VEXUE: CITY CAMPUS AV HALL. TIME: 3 PM ONWARDS

I'M NOT TELLING YOU IT IS GOING TO BE EASY, I'M TELLING YOU IT'S GOING TO BE WORTH IT.





MENTAL MODELS AND MENTAL AWARENESS CLUB IN COLLABORATION WITH SOCIAL IMPACT CLUB

Event- Yoga and Meditation Session Date & time - 24-02-2023, 7:15Am to 8:15Am Venue- Basketball Court OMBR campus

Scan for registration-



https://mail.google.com/mail/u/0/?tab=rm&ogbl#search/yoga+session/QgrcJHrhstXwcHnLxHLjkkRtkQdZkSWXJcQ?projector=1&rnessagePartId=0



No. 5 Bhuvanagiri OMBR Layout Banaswadi Bangalore 560043 T: +91 80 25453077/88 E: admin.sols@cmr.edu.in www.ls.cmr.ac.in

Academic Year 2022-2023 - ODD/EVEN SEM

Mental Model and Mental Awareness Club

EVENT REPORT

"Yoga And Meditation Session"

24th February 2023. 7.15A.M. OMBR CAMPUS. Basketball Court.

The Mental Model and Mental Awareness Club in collaboration with the Social Impact Club at CMR School of Legal Studies organized an event on Yoga and Meditation Session. The session was aimed at promoting the physical and mental well-being of the participants through the practice of yoga and meditation. Participants showed up at 7 A.M. and the event started at 7.15 A.M. The event started with a brief introduction to yoga and meditation, and the benefits they offer to the mind and body. The instructor then led the participants through a series of yoga poses, starting with some warm-up exercises and gradually progressing to more challenging poses. The session lasted for about 45 minutes, and the participants reported feeling calm and refreshed after the session which was the main objective of the session. The objective of the event was met and it was a successful event.

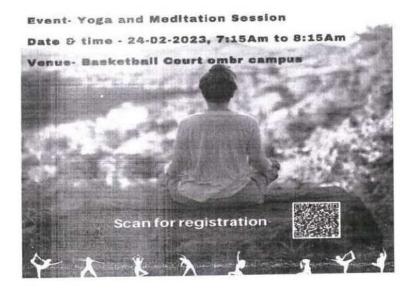
Review of the Instructor, Ms. Rhea M R.: She remarked that it was a very engaging session and the participants were very much flexible. The participants were very much cooperative and she loved the vibe.

Review of a Student, Ruthwik (B.B.A., LL.B. (Hons) 8th Sem): It was nice to get out of bed and have a good thing to start it off in the morning, I feel more energetic to face the day.

INVITATION:

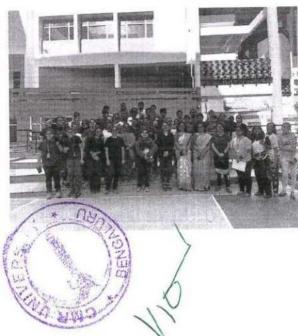


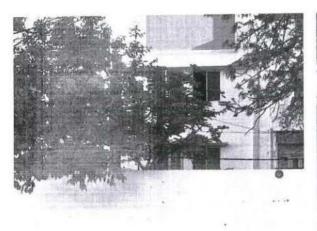
MENTAL MODELS AND MENTAL AWARENESS CLUB IN COLLABORATION WITH SOCIAL IMPACT CLUB

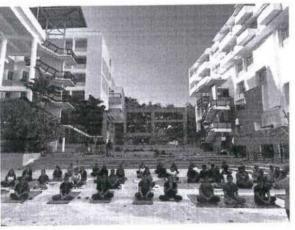


PHOTOS OF THE EVENT:













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- . 5 smathi Fain
- 16 RAMYA.V
- 7. Nasy Alphonsa
- " & PHIRSLA Kaushae
- 1 q. Aditi Singh
- 1 10. Aushi choudhary
- 11. dakshmi Narieyanas
- 1 12) Kanthik C.S
- B 15) Chopi
- D 14) Deckshith
- 15) Agravind
- D (6) Amirudh . D
- n. Kajleshkumar
- 18) k. Chranjemi
- 19) Yoguthreo
- 20) Garari
- 1 2:) Namuta
- · 22) Vaagini
- @ 23) Oronoh Amel
- 24) Kanike

Class Semester BBALLE (Hay) 8th

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13.15.A, LLB (I sen)

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B.B.ALLE (a sen)

B.B.A., LL.B (II Sem)

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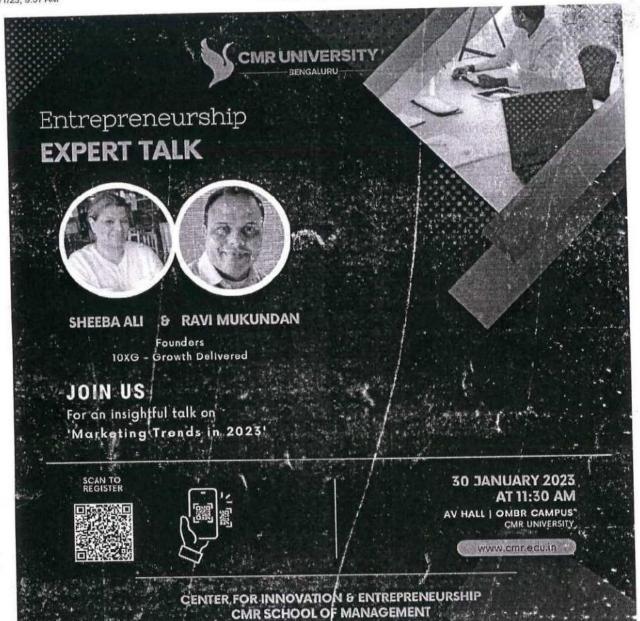
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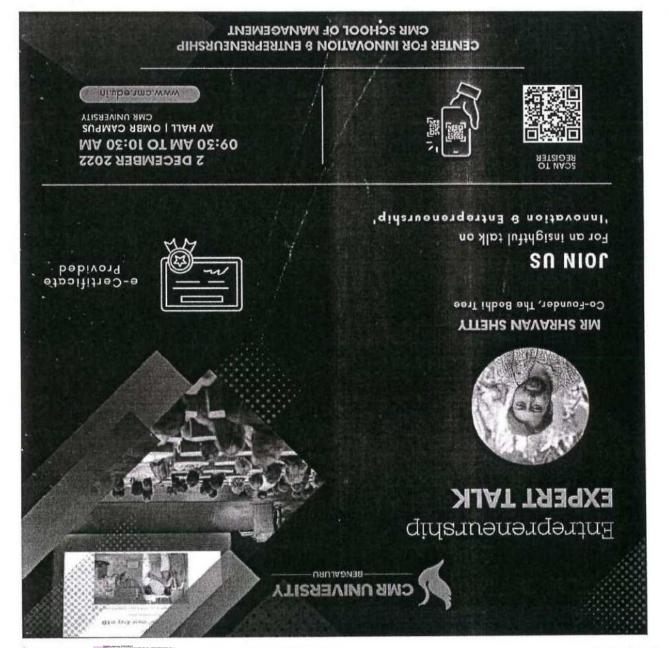
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9/8/23 SW. GEMENTY



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SCHOOL OF WANDERMITY
CMB UNIVERSITY

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| BANGT |

Pet and Paw Parents ramp walk different areas during the event communication design work for Health Check Up Camp activity-Artist, Donors, Special Invitees Voluntary Blood Donation and Health check up camp under collaboration with Karnataka .Manage coordination in the Refreshments Coordination Students will be engaged in Coordination at the water .To do the volunteering in community of youngsters intellectually challenged Parking coordination Activity Descriptions such as; Registration Auditorium Seating product design and Stage coordination coordination, Etc. Coordination Coordination running way **Blood Bank** NCC only points DCCC-CSP team School/ Source By CMRU NCC Sop NCC Depart 11/27/2021 DCCC ment 1/20/2023 DCCC 1/16/2023 DCCC 1/22/2023 DCCC 29/1/2022 DCCC Date Health Check Up Camp AAROHANN-Marathon Karnataka Blood Bank Persons with Cerebral Parent Association of Palsy and Associated Serial | CSP Activity Name Donation and Free Voluntary Blood Mitra CanCare Disorders Numb



| Serial Numb er | Serial CSP Activity Name Numb er | Date | School/ Depart ment | School/ Source By Depart ment | Activity Descriptions |
|----------------------|--|----------------|---------------------------|---|--|
| 1 | Voluntary Blood Donation and Free Health Check Up Camp | 29/1/2022 DCCC | DCCC | NCC | Voluntary Blood Donation and Health Check Up Camp activity- NCC only |
| 2 | Karnataka Blood Bank | 1/22/2023 DCCC | DCCC | NCC | Health check up camp under collaboration with Karnataka Blood Bank |
| 9 | Service in the hospital set | 1/7/2023 | DCCC | DCCC CSP Team- Sri Sathya Sai Institute of Higher Medical Sciences | a. Coordinating with the In Patient's registration team b. Supporting in preparation & serving of food to the patients c. Coordinating the counselling sessions for the patients d. Supporting the kitchen gardening activity e. Gardening " |

April Distance of

| er Volur 1 Dona Healt 2 Karna 7 | | | | | Activity Descriptions |
|---------------------------------|--|----------------|--------|-----|--|
| | | | Depart | | |
| | Voluntary Blood Donation and Free Health Check Up Camp | 29/1/2022 DCCC | DCCC | NCC | Voluntary Blood Donation and Health Check Up Camp activity- NCC only |
| 7 | Karnataka Blood Bank | 1/22/2023 DCCC | DCCC | NCC | Health check up camp under collaboration with Karnataka Blood Bank |
| | | 3/31/2023 DCCC | DCCC | NSS | NSS and WOW Club presented a De-addiction session. The main objective was to bring a student awareness regarding various de-addiction that we face in our daily life. Mr.Albert PJ the founder and executive director of Abhayam was the guest lecture of the event and helped us to broaden our dimension of understanding the importance of the topic. It gave us a broad knowledge on the impact of getting addicted to |



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| Serial | Serial CSP Activity Name | Date | School/ | School/ Source By | Activity Descriptions |
|--------|----------------------------|----------------|---------|-------------------|-----------------------------------|
| Numb | | | Depart | | |
| er | | | ment | | |
| 1 | Voluntary Blood | 29/1/2022 DCCC | DCCC | NCC | Voluntary Blood Donation and |
| | Donation and Free | | | | Health Check Up Camp activity- |
| | Health Check Up Camp | | | | NCC only |
| 2 | Karnataka Blood Bank | 1/22/2023 DCCC | DCCC | NCC | Health check up camp under |
| | | 8 | | | collaboration with Karnataka |
| | | | | | Blood Bank |
| 8 | | 1/29/2023 NCC | NCC | NCC | A Free Health Check-Up Camp is |
| | | 8 | | | a community-oriented event |
| | | | | | designed to provide accessible |
| | | | | | healthcare services to |
| | | | | | individuals, especially those who |
| | | | | | may face barriers to regular |
| | | | | | medical check-ups. These camps |
| | | | | | are often organized by |
| | | | | | healthcare institutions, |
| | | | | | non-profit organizations, or |
| | | | | | community groups with the goal |
| | | | | | of promoting preventive |
| | | | | | healthcare and early detection |
| | Free Health Check Up Can | | | | of medical conditions. |

ED JANES

| Serial Numb er | Serial CSP Activity Name Numb er | Date | School/ Depart ment | School/ Source By Depart ment | Activity Descriptions |
|----------------------|--|----------------|---------------------------|-------------------------------|---|
| 1 | Voluntary Blood Donation and Free Health Check Up Camp | 29/1/2022 DCCC | DCCC | NCC | Voluntary Blood Donation and Health Check Up Camp activity- NCC only |
| 2 | Karnataka Blood Bank | 1/22/2023 DCCC | DCCC | NCC | Health check up camp under collaboration with Karnataka Blood Bank |
| 5 | Vent but have detected | 3/15/2023 SOET | SOET | NCC | Yogathon And Army dayYogathon is an event that revolves around the practice and promotion of yoga. Yoga is a holistic discipline that originated in ancient India and encompasses physical postures (asanas), breath control (pranayama), meditation, and ethical principles. Yogathon typically involves a series of organized yoga sessions, workshops, and events aimed at encouraging people to incorporate yoga into their daily |

| Serial Numb er | Serial CSP Activity Name Numb er | Date | School/ Depart ment | School/ Source By Depart ment | Activity Descriptions |
|----------------------|---|------------------|---------------------------|-------------------------------|---|
| 1 | Voluntary Blood Donation and Free Health Check Up Camp | 29/1/2022 DCCC | DCCC | NCC | Voluntary Blood Donation and Health Check Up Camp activity- NCC only |
| 2 | Karnataka Blood Bank | 1/22/2023 DCCC | DCCC | NCC | Health check up camp under collaboration with Karnataka Blood Bank |
| 10 | Awareness Program on Voluntary Blood Donation and Pledge on Eye Donation | 22-Jan-23 | SOET | NCC | An awareness program on voluntary blood donation and a pledge on eye donation is a community-oriented initiative designed to educate and motivate individuals to contribute to critical aspects of healthcare through voluntary blood donations and eye pledges. These programs aim to raise awareness about the importance of these altruistic acts and encourage people to actively participate in saving lives and improving the quality of life for others. |
| 11 | Yoga Day | 19-2022-2 023 | SOEC | NSS | NSS unit of SOEC had organized a event called "Sadbhaavna Divas " on 19th August 2022 in OMBR campus. |

| serial Numb | CSP Activity Name | Date | School/ Depart ment | Source By | Activity Descriptions |
|----------------|--|----------------|---------------------------|-----------|---|
| | Voluntary Blood Donation and Free Health Check Up Camp | 29/1/2022 DCCC | DCCC | NCC | Voluntary Blood Donation and Health Check Up Camp activity- NCC only |
| | Karnataka Blood Bank | 1/22/2023 DCCC | DCCC | NCC | Health check up camp under collaboration with Karnataka Blood Bank |
| 77 | Lions Blood Bank | 2018 | SOM | | Blood Donation Camp organised by SOM There were 153 students participated |
| 13 | International Yoga Dav | 2017-18 | SOSS | YRCS | Youth Red Cross Society (YRCS) and CHV are the social wing at CMRU, YRC is registered from Indian Red Cross, Karnataka state branch. Main purpose of this wing is to motivate and involve the students in different social activities like social outreach, social services, tree plantation, health awareness and blood donation etc. Students' registration is done in the beginning of the academic year and students' coordinators are elected to coordinate the programs throughout the year. |
| | | | | | |

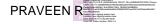


CMR UNIVERSITY

DEPARTMENT OF PHYSICAL EDUCATION

Online Program on Yoga and Wellness On the occasion of INTERNATIONAL YOGA DAY CLEBRATION

REPORT 2021-22





Department of Physical Education

National Online Program on "Yoga and Wellness" 6th International Yoga Day 2021

"Yoga is the journey of the self, through the self, to the self"

Report

The Department of Physical Education organized *Online 7th International Yoga Day-Theme: "Yoga @ Home and Yoga with family" on 21st June 2021* at CMR University, OMBR Campus from 7.00 a.m.to 8.00 a.m. Prof Nazreen M A hosted the Programme. The event began with the Presidential Address by Dr.Bhaskar Reddy, Pro Vice Chancellor. Nearly 310 participants from different states registered and 150 actively participated. The Resource person for the event was **Mr.Saktiya Narayanan M.R,** a Maestro in lyengar yoga, who has been teaching yoga for the past 20 years. He has helped thousands achieve complete restoration, self–improvement and healing in all aspects of mental, physical and spiritual wellbeing. He has represented Karnataka State twice for the national and is a referee at Indian Association of yoga. He shared his insights on wellness followed by a demonstration along with his two trainees Ms.Leela and Ms.Arshitha.K

All the participants practised different yoga postures together and realized that Yoga has become a part of our daily life in today's world and that it is a complete path by itself. The purpose of this event was to instill into everyone's minds the uplifting powers of Yoga as a force that unifies body, soul and mind.

The emphasis was not just on physical fitness but a holistic development of the mind, body and soul. The one-hour Yoga session concluded with an interactive session on tips for better living. Prof. Nazreen MA rendered the vote of thanks and brought the event to a close.

























Thank You

At home work out class

The Sports Club of CMR School of Legal Studies, conducted an Online Training Session on the 25th of February 2022. The two trainers started the session by discussing the importance of fitness in our day-to-day life. The trainers then showed us various exercises which would help us in our fitness routines. At the end of the session various questions relating to lifestyle changes and fitness were put forth which were answered flawlessly. The session was attended by 20 students.









CMR UNIVERSITY SCHOOL OF SCIENCE STUDIES REPORT ON WORKSHOP "CINEMATOGRAPHY"

Date: 26-02-2021

Time: 09.00 A.M - 6.00 P.M

Resource person: Mr. Sidhartha Nuni,

Cinematographer, Bangalore.

Venue: CMR University campus, Bangalore.

The objective of the workshop was to provide knowledge of cinematography to the students.

A workshop on cinematography was conducted by the School of Science Studies in OMBR layout branch of CMR University on 26^h February 2021 for BSc Filmmaking students from 09.00 A.M to 06.00 P.M. The Resource person for the workshop Mr. Sidhartha Nuni, Cinematographer, Bangalore. 24 students from I, II & III year BSc. Filmmaking students participated in the workshop.

The speaker of the session Mr. Sidhartha Nuni is highly experienced with more than 8 years of experience in the field of Cinematography. He explained and imparted the concepts and his knowledge in cinematography to the students.

After the welcome speech by Mr. Dinesh Khemani, the speaker of the session, began to explain the basics of cinematography. He explained the basics of lighting and camera operation. He explained various lighting techniques and styles. He educated the students on how to improve the lighting for a shot and to be a better cinematographer

The session created an understanding of the basics and nuances of cinematography. Students participated actively. The webinar ended with the vote of

Director
School of Science Studies
CIMR University, Bengaluru

thanks by Mr. Dinesh Khemani who expressed his gratitude to the Resource person for his valuable insights.

The following topic were covered during the session

- Explained the history and evolution of cameras.
- ► Explained the basics of lighting.
- ► Taught why lighting techniques are important.
- ► Taught about the importance of practical lighting.
- Explained about how to efficiently use shadows and lights in a scene.
- ▶ job opportunities as a cinematographer

Outcome:

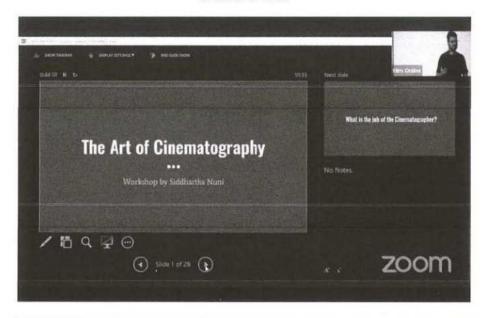
The objective of the workshop was achieved as the students learnt about cinematography and its importance. The session enabled the students to gain insight and enhanced the knowledge on cinematography.

Director

School of Science Studies

CLAR University, Bengaluru

PHOTOS





Seminar in-charge Program coordinator

Director School of Science Studies CMR University, Bengaluru

At home work out class

The Sports Club of CMR School of Legal Studies, conducted an Online Training Session on the 25th of February 2022. The two trainers started the session by discussing the importance of fitness in our day-to-day life. The trainers then showed us various exercises which would help us in our fitness routines. At the end of the session various questions relating to lifestyle changes and fitness were put forth which were answered flawlessly. The session was attended by 20 students.









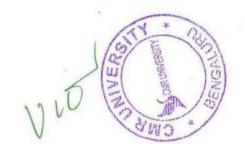


No. 5 Bhuvanagiri OMBR Layout Banaswadi Bangalore 560043 T: -91 80 25453077 88 E: admin.sols@emr.edu.in www.ls.cmr.ac.in

At Home Workout Class

| SI.No | USN | Name | Programme |
|-------|-------------|-----------------------|-------------------|
| 1 | 21DBALB007 | Ashlesha Pradhan | B.A.,LL.B. (Hons) |
| 2 | 21DBALB047 | Tripti Raj | B.A.,LL.B. (Hons) |
| 3 | 21DBALB048 | Trishali Devaiah B | B.A.,LL.B. (Hons) |
| 4 | 21DBALB030 | Priscilla Khuraijam | B.A.,LL.B. (Hons) |
| 5 | 18DBALB003 | Akash Shukla | B.A.,LL.B. (Hons) |
| 6 | 21DBALB038 | Sejal Agarwal | B.A.,LL.B. (Hons) |
| 7 | 21DBALB017 | Kummari Uma Manisha | B.A.,LL.B. (Hons) |
| 8 | 21DBALB15 | Japya Sharma | B.A.,LL.B. (Hors) |
| 9 | 21DBA' B046 | Taniya Pramanik | B.A.,LL.B. (Hons) |
| 10 | 21DBALB004 | Anshika Dabas | B.A.,LL.B. (Hons) |
| | 21DBALB021 | Naveen Gaurav | B.A.,LL.B. (Hons) |
| 12 | 18DBALB047 | Syed Muhammad Muntaha | B.A.,LL.B. (Hons) |







Blood Donation Camp

Objective:

CMR University, in partnership with Narayana Hrudayalaya Hospital, organized a Blood Donation Camp with the objective of promoting a culture of voluntary blood donation and saving lives. With the participation of over 200 students, the aim was to raise awareness about the critical need for blood donations and encourage individuals to become regular donors.

Event Description:

The Blood Donation Camp, a collaborative effort between CMR University and Narayana Hrudayalaya Hospital, created a platform for students and staff to actively contribute to the community's well-being. The camp was meticulously organized, adhering to strict medical protocols and safety measures.

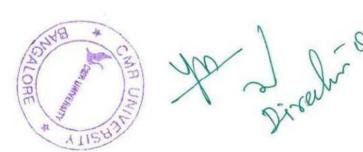
Event Date: 29 April 2022

Participants: 200+

Venue: CMR University City Campus and CMR University Main campus, Bangalore

Highlights:

- Extensive Awareness Campaign: Prior to the camp, a comprehensive awareness
 campaign was conducted by CMR University and Narayana Hrudayalaya Hospital. It
 included informative posters, social media campaigns, and interactive sessions to
 educate students about the significance of blood donation and dispel common
 misconceptions.
- Voluntary Blood Donations: The camp witnessed an overwhelming response, with more than 200 students willingly donating blood. The students' selfless act of giving played a crucial role in replenishing the blood bank and saving lives.
- Medical Expertise and Support: Narayana Hrudayalaya Hospital provided a team of experienced healthcare professionals who efficiently managed the blood donation







process. They ensured the safety and well-being of the donors, conducting pre-donation screenings, and providing post-donation care.

Positive Impact on the Community: The Blood Donation Camp not only provided a
platform for students to actively engage in community service but also raised awareness
among the wider community about the importance of blood donation. The event
inspired others to consider becoming regular blood donors, contributing to the
well-being of patients in need.

Outcomes:

The collaborative efforts of CMR University and Narayana Hrudayalaya Hospital resulted in significant outcomes:

- A substantial number of blood units were collected, contributing to the blood bank's inventory and meeting the immediate requirements of patients.
- Enhanced awareness and understanding of blood donation, leading to an increased number of individuals willing to donate blood in the future.
- Strengthened community ties through active engagement and involvement in a noble cause, fostering a culture of social responsibility and empathy.

In conclusion, the Blood Donation Camp conducted by CMR University in collaboration with Narayana Hrudayalaya Hospital exemplified the power of collective action in promoting voluntary blood donation. The event not only served as a platform for students to actively contribute to the community but also raised awareness about the critical need for blood donations. This case study showcases the transformative impact of collaborative efforts in empowering lives and fostering a culture of altruism and compassion.





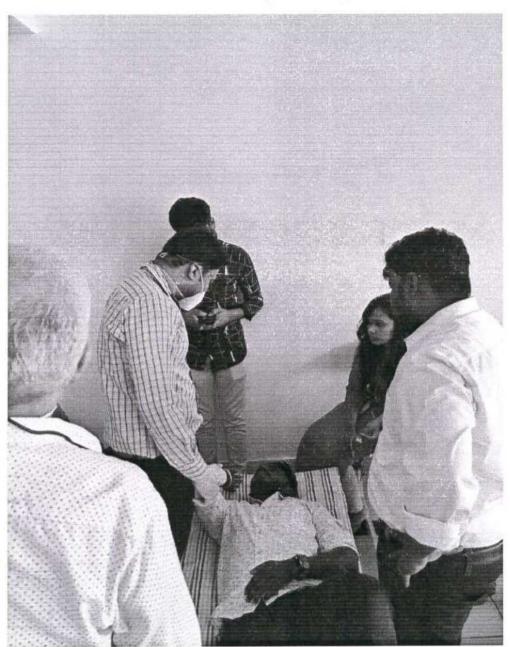
Photographs taken on the day of the camp:





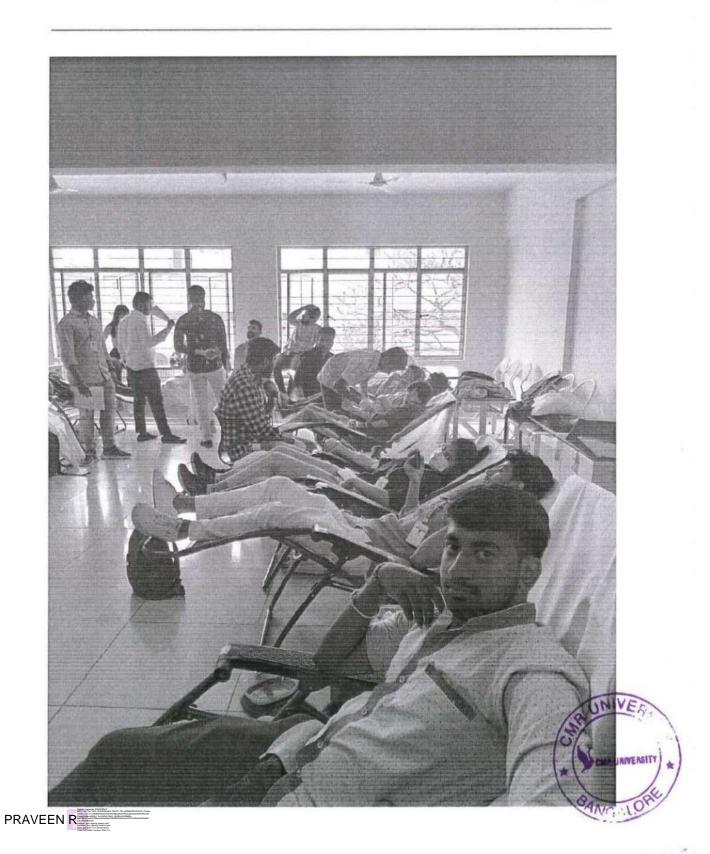
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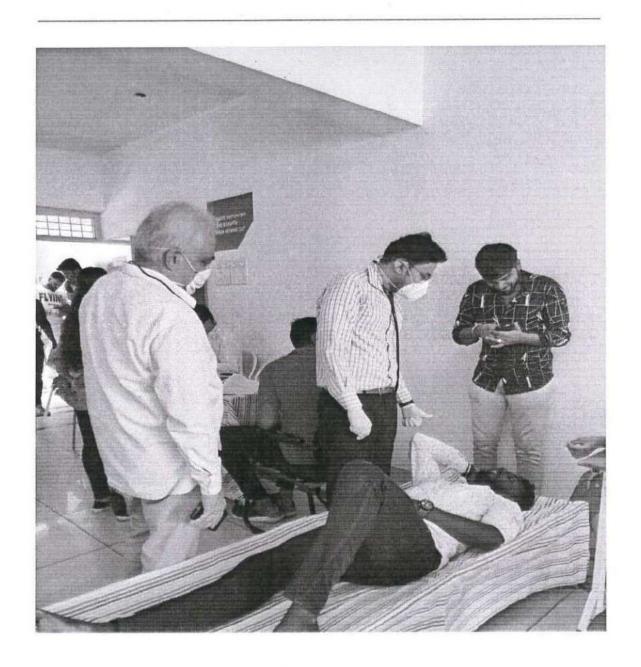






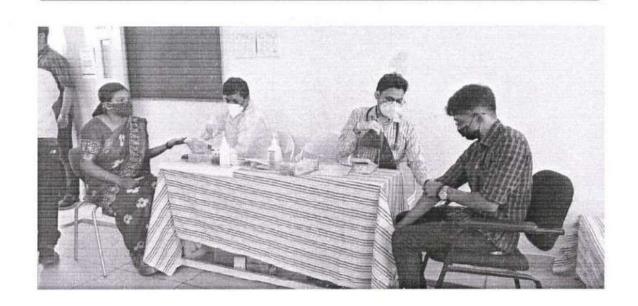














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