OFFICE OF THE PRINCIPAL

Notification Ref. No.: CMREC/PRINCIPAL/WC/2026-27/01

Date: 14.11.2026

Sub: Establishment and Constitution of CMREC Wellness Club – Reg.

With the objective of promoting holistic well-being and fostering a healthy, positive and supportive campus environment, **CMR Engineering College (CMREC)** hereby establishes the **CMREC WELLNESS CLUB** for the overall physical, mental, emotional and social well-being of students, faculty members and non-teaching staff.

The Wellness Club is envisioned as an institutional initiative to promote a culture of health consciousness, physical fitness, emotional resilience, mental well-being and healthy lifestyle practices across the campus. The Club shall provide opportunities for students and employees to engage in activities relating to physical fitness, yoga, meditation, mindfulness, mental health awareness, nutritional education, stress management and other wellness-related initiatives.

The Club shall organise structured programmes, awareness campaigns, health-related activities and interactive sessions throughout the academic year to encourage healthy habits, improve quality of life and contribute to the holistic development of students and the professional well-being of faculty and staff.

Accordingly, the **CMREC Wellness Club** is hereby established with the following objectives, organisational structure and responsibilities.

1. Objectives of the Wellness Club

The major objectives of the Wellness Club are:

1. To promote physical fitness, personal health and healthy lifestyle practices among students and employees.
2. To create awareness about mental health, emotional well-being and effective stress management.
3. To encourage regular participation in yoga, meditation, mindfulness and relaxation activities.
4. To promote nutritional awareness, balanced diets and healthy eating habits.

5. To create awareness about emotional intelligence, positive thinking, self-confidence and interpersonal relationships.
6. To organise health camps, medical check-ups, fitness programmes and wellness awareness sessions.
7. To encourage work-life balance and develop healthy personal and professional habits.
8. To provide a supportive and inclusive environment that encourages individuals to seek appropriate guidance and support for their well-being.
9. To promote awareness of preventive healthcare, personal hygiene and disease prevention.
10. To develop a healthy, harmonious and wellness-oriented campus culture.

2. Organisational Structure and Composition

The following committee is hereby constituted to plan, coordinate, implement and monitor the activities of the CMREC Wellness Club.

S. No.	Name	Designation	Role
1	Dr. M. Ashok	Principal	Chairperson
2	Ms. A.N. Surya Kumari	Assistant Professor H&S	Coordinator
3	Mrs. G. Kalpana	Assistant Professor ECE	Co-Coordinator
4	Mr. G. Shyam Sundar	Physical Education Director	Sports Coordinator
5	Mr. J. Subbarayudu	Assistant Professor CSE	Member
6	Mrs. N. Sumanjali	Assistant Professor CSE(DS)	Member
7	Mrs. M. Pooja	Assistant Professor CSE(AI&ML)	Member
8	Mr. K. Ashish	Student President	Member
9	Ms. M. Sangeetha	Student Secretary	Member
10	Mr. D. Vishal	Student Representative	Member
11	Ms. Shourya	Student Representative	Member
12	Mr. Vansham	Student Representative	Member

The Principal shall function as the Chairperson and oversee its activities. The Coordinator shall provide leadership in planning and implementation, while the Faculty Coordinators shall be responsible for the day-to-day coordination and monitoring of activities.

3. Roles and Responsibilities of the Wellness Club

The Wellness Club shall undertake the following responsibilities:

1. Develop and implement an annual wellness activity calendar covering physical, mental, emotional and social well-being.

2. Organise regular health awareness programmes, fitness activities, yoga sessions, meditation programmes and wellness workshops.
3. Conduct awareness sessions on mental health, stress management, emotional resilience and work-life balance.
4. Facilitate health check-up camps and preventive healthcare programmes in collaboration with qualified medical professionals and healthcare institutions.
5. Coordinate with psychologists, counsellors, yoga trainers, nutritionists, fitness experts and other resource persons for specialised programmes.
6. Encourage students and faculty members to actively participate in wellness initiatives and healthy lifestyle activities.
7. Promote healthy food habits, personal hygiene, preventive healthcare and environmental cleanliness.
8. Identify opportunities to conduct sports, recreational and stress-relief activities for the campus community.
9. Create awareness about the importance of seeking professional assistance whenever required for physical or psychological concerns.
10. Maintain proper documentation and records of all activities conducted by the Club.

4. Major Activities and Programmes

The Wellness Club shall organise activities under the following thematic areas:

A. Physical Wellness

- Regular fitness and physical exercise programmes.
- Sports and recreational activities.
- Health check-up and medical screening camps.
- Awareness programmes on personal hygiene and preventive healthcare.

B. Mental and Emotional Wellness

- Mental health awareness programmes.
- Stress management and examination anxiety management sessions.
- Workshops on emotional intelligence and positive thinking.
- Counselling and expert interaction sessions, with appropriate confidentiality.

C. Yoga and Mindfulness

- International Yoga Day celebrations.

- Regular yoga and meditation sessions.
- Mindfulness and relaxation workshops.
- Awareness programmes on breathing exercises and healthy sleep habits.

D. Nutritional Wellness

- Awareness programmes on balanced diets and healthy eating.
- Workshops on nutrition and lifestyle-related health issues.
- Promotion of healthy food choices and hydration.
- Awareness campaigns on the harmful effects of unhealthy eating habits.

E. Social and Campus Wellness

- Programmes promoting positive relationships and mutual respect.
- Activities encouraging teamwork, social interaction and community participation.
- Awareness campaigns on substance abuse prevention and healthy lifestyle choices.
- Initiatives promoting a safe, inclusive and supportive campus environment.

5. Implementation and Monitoring Mechanism

For effective functioning of the Wellness Club, the following implementation mechanism shall be adopted:

1. **Annual Activity Calendar:** The Faculty Coordinator shall prepare an annual activity calendar in consultation with the Chairperson and submit it for approval.
2. **Regular Programmes:** The Club shall organise wellness-related activities periodically throughout the academic year, ensuring representation of all major wellness dimensions.
3. **Student Participation:** Department-wise student representatives shall encourage participation and coordinate activities at the departmental level.
4. **Expert Collaboration:** The Club shall establish necessary coordination with qualified healthcare professionals, psychologists, counsellors, yoga instructors and other wellness experts.
5. **Monitoring:** The Chairperson and Faculty Coordinator shall periodically review the progress and effectiveness of the activities.

6. **Documentation:** All programmes shall be supported by documentary evidence, including circulars, activity reports, attendance sheets, photographs, feedback and participation records.
7. **Periodic Reporting:** The Faculty Coordinator shall submit periodic activity reports to the Principal.
8. **Annual Review:** An annual report highlighting activities conducted, participation, outcomes, achievements and future plans shall be submitted to the Principal.

6. Responsibilities of the Committee Members

- **Chairperson:** Provide overall institutional support, guidance and encouragement for the activities of the Wellness Club.
- **Faculty Coordinator:** Prepare the activity calendar, coordinate programmes, maintain records and submit reports.
- **Co-Coordinator:** Assist the Faculty Coordinator and ensure the smooth execution of planned activities.
- **Sports Coordinator:** Plan and coordinate physical fitness, sports and recreational activities.
- **Student President:** Represent student interests and encourage active student participation.
- **Student Secretary:** Coordinate student volunteers, communicate programme details and maintain student participation records.
- **Student Representatives:** Mobilise students from their respective departments and facilitate the organisation of wellness activities.

7. General Instructions

1. All Heads of Departments shall extend necessary cooperation and encourage students and faculty members to actively participate in the Wellness Club activities.
2. Faculty members shall motivate students to adopt healthy lifestyle practices and participate in wellness initiatives.
3. The Club may invite external experts and establish collaborations with healthcare institutions and wellness organisations, subject to institutional approval.

4. Participation in wellness activities shall be encouraged across all departments and administrative sections.
5. The Club shall ensure appropriate confidentiality and sensitivity while conducting mental health and counselling-related programmes.
6. Any changes in the composition of the committee shall be made with the approval of the Principal.

The **CMREC Wellness Club** shall come into effect from the date of this notification and shall function under the overall guidance of the Principal until further orders. All concerned are hereby instructed to extend their cooperation for the successful establishment and effective functioning of the Wellness Club. Let us collectively strive towards building a **Healthy Mind, Healthy Body and Happy Campus**.

PRINCIPAL
CMR Engineering College
Hyderabad, Telangana