

MNR MEDICAL COLLEGE & HOSPITAL

**MNR Nagar, Fasalwadi, Sangareddy – 502 294, Sangareddy Dist.
Telangana. India Ph: + 85000 56667, (08455) 230523, 230527, 230524**

MNR MEDICAL COLLEGE

Fax No. (08455) – 230555, 230533

Ref.No.MNRM/2022/Office/308

Date:31/07/2022

CIRCULAR

This is to inform you notice that the session for Yoga and wellness is scheduled as mentioned below, for the students of First MBBS. The Sessions will help the students to understand the insights of yoga and breathing techniques will be taught for stress management, interested students can attend the session

Topic	Date and Time
Yoga and Wellness. Dr. Prabhakar Professor of Pulmonology	03/08/2022 2:30-3:30 p.m.

Copy to:

- Medical Superintendent / CEO
- IQAC
- Assistant Director
- Chief Academic Officer
- Chief Security Officer
- Concerned HOD's
- Hostel Wardens
- Notice Boards


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FASALWADI, SANGAREDDY 502294


Chairperson
Internal Quality Assurance Cell (IQAC)
MNR Medical College & Hospital



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Report

Title of Program – Yoga and Wellness
Intended learners – First MBBS Students

Learning Outcomes

- To inculcate components such as exercise, relaxation, diet for healthy life
- To strengthen and develop positive health
- To focus on breathing and meditations techniques for wellbeing

Number of learners -87

Time – 2:30-3:30 p.m.

Mode of Learning – Lecture, Demonstration and students were advised to practice the thought techniques for physical and mental wellbeing. Students were advised to make meditation as part of their regular life for stress management.

The session was interactive Faculty, internees and students participated in the session. Also, misconceptions on Yoga were cleared by Dr. Prabhakar and he shared his experiences of benefits of yoga and Mediation

Co-Ordinator

Chairperson
Internal Quality Assurance Cell (IQAC)
MNR Medical College & Hospital

Principal

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[Handwritten Signature]
Chairperson
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