

# **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

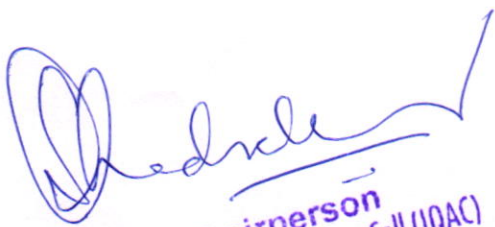
<b>Topic</b>	<b>Date and Time</b>
Yoga and Wellness. Dr. Prabhakar Professor of Pulmonology	03/08/2022 2:30-3:30 p.m.

Copy to:

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

  
PRINCIPAL

**PRINCIPAL**  
MNR MEDICAL COLLEGE & HOSPITAL  
FASALWADI, SANGAREDDY 502294



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



# **MNR MEDICAL COLLEGE & HOSPITAL**

**MNR Nagar, Fasalwadi, Sangareddy – 502 294, Sangareddy Dist.**

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**Fax No. (08455) – 230555, 230533**

Ref.No.MNRM/2022/Office/308

Date:03/08/2022

## **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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 Medical Hospital  
 NR &...  
 Google

Mohd.Shapur, Telangana, India  
 J4CG+HWF, Mohd.Shapur, Telangana 502285, India  
 Lat 17.622282°  
 Long 78.127283°  
 03/08/22 02:49 PM

PRINCIPAL  
 MNR MEDICAL COLLEGE & HOSPITAL  
 FASALWADI, SANGAREDDY-502294

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



# MNR MEDICAL COLLEGE & HOSPITAL

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Telangana. India Ph: + 85000 56667, (08455) 230523, 230527, 230524 Fax No. (08455) –

230555, 230533

## Attendance

Name of the Activity: Yoga & Wellness

Date & Time: 03/08/2022.

Venue: Lecture hall -5 (2022-2023)

S. No.	Name of the Student	Semester	Signature
1.	Suresh. N		
2.	J. Meghana		J. Meghana.
3.	A. Vineela		
4.	Dignijay		Dignijay
5.	Rohitha Vuppala		Rohitha.V
6.	N. Anuja Goud		N. Anuja
7.	B.R. Sai Poojya		
8.	Teja.B		Teja.
9.	Sai tharun.R		
10.	Nagara Anjali		
11.	G. Likhitha		
12.	M. Sahithi		
13.	K. psadeep		
14.	K. Poojitha		
15.	Geethi Priya.C		
16.	Ashavindh		
17.	R. Deepika		R. Deepika
18.	K. Saranya		
19.	M. Charitha Sri		
20.	G. Bhavya Sree		
21.	Tharun Teja.B		
22.	V. Roshiet		
23.	Shoumik.T		
24.	Blissy James		
25.	Tarun Kumar		
26.	S. Abhisiktha		
27.	Pooja		
28.	K. Harshitha		
29.	Achil. M		

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

PRINCIPAL

Programme Co-ordinator

MNR MEDICAL COLLEGE & HOSPITAL  
FASALWADI, SANGAREDDY-502294



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230555, 230533

## Attendance

Name of the Activity: Yoga & Wellness

Date & Time:

Venue: Lecture hall-5 2022-2023

S. No.	Name of the Student	Semester	Signature
30	Sanjana		Sanjana
31	Sai tharun		Sai tharun
32	Tuba		Tuba
33	Amith Rag		Amith Rag
34	P. Varshitha		Varshitha
35	Kushwanth		Kushwanth
36	Sadiya		Sadiya
37	Maariya Nazrul		Maariya
38	Sania		Sania
39	Shyam Sunder		Shyam
40	Shrista		Shrista
41	Akash		Akash
42	Nikitha		Nikitha
43	K. Praveen		Praveen
44	K. Meenakshi		Meenakshi
45	Lalitha		Lalitha
46	Tharun Tej		Tharun Tej
47	K. Hithagnya		Hithagnya
48	Anirudh Konda		Anirudh
49	Sharun		Sharun
50	Prayan		Prayan
51	Amulya		Amulya
52	Amer		Amer
53	Nagaraj		Nagaraj
54	Isha Tahzeb		Isha
55	Priyanka		Priyanka
56	Tukaram		Tukaram
57	Swapna		Swapna
58	P. Sarayu		Sarayu

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Programme Co-ordinator



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230555,230533

## Attendance

Name of the Activity: Yoga & Wellness

Date & Time:

Venue: Lecture hall-5 2022-2023

S. No.	Name of the Student	Semester	Signature
59	V. Pranavi	①	Pranavi
60	D. Vishnu Teja		Vishnu
61	N. Haripriya		N. Haripriya
62	Venkata Gayathri		Gayathri
63	M. Hasini		Hasini
64	K. Chathora		Chathora
65	J. Chasankumar		Chasankumar
66	Megha Sasadhini		Megha Sasadhini
67	Rishanth		Rishanth
68	Anhiya		Anhiya
69	M. Venkat Rama Rao		M Venkat
70	Madhu Charan		Madhu
71	N. Akkitha		Akkitha
72	Supraja T		Supraja
73	P. Krithi Bhaarghav		Bhaarghav
74	J. Renuka Naidu		Renuka
75	M. Nithin		Nithin
76	Ananya		Ananya
77	Karthik Sudha		Karthik
78	Shamitha		Shamitha
79	Soravya		Soravya
80	Siraj		Siraj
81	T. Rajeshwari		Rajeshwari
82	Vihan Teri		Vihan Teri
83	Azanath		Azanath
84	Nagarjun B		Nagarjun
85	Basare		Basare
86	Sri Ram	Sri Ram	
87	Gi. Pranitha	Pranitha	

Chairperson  
Internal Quality Assurance Cell (IQAC)  
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Programme Co-ordinator



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**Fax No. (08455) – 230555, 230533**

Ref.No.MNRM/2021/Office/806

Date:18/06/2021


## **CIRCULAR**

*This is to inform you that the session for Yoga and wellness is scheduled as mentioned below., interested students can attend the session*

<b>Topic</b>	<b>Date and Time</b>
Yoga and Wellness. Dr. Madhavi Professor ,Pathology Venue – MNR Medical College	21/06/2021  9:00 – 11:00 a.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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Fax No. (08455) – 230555, 230533

Ref.No.MNRM/2021/Office/806

Date: 21/06/2021

## Report

Title of Program – Yoga and Wellness

Intended learners – MBBS Students

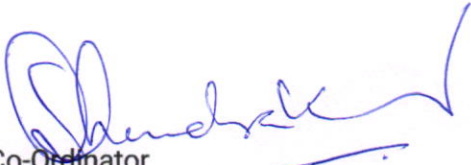
Learning Outcomes

- To inculcate components such as exercise, relaxation, diet for healthy life
- To focus on breathing and meditations techniques for wellbeing during COVID

Number of learners -27

Time –9:00 – 11:00 a.m. .

Mode of Learning – 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 and for COVID

  
Co-Ordinator

  
Principal

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Internal Quality Assurance Cell (IQAC)  
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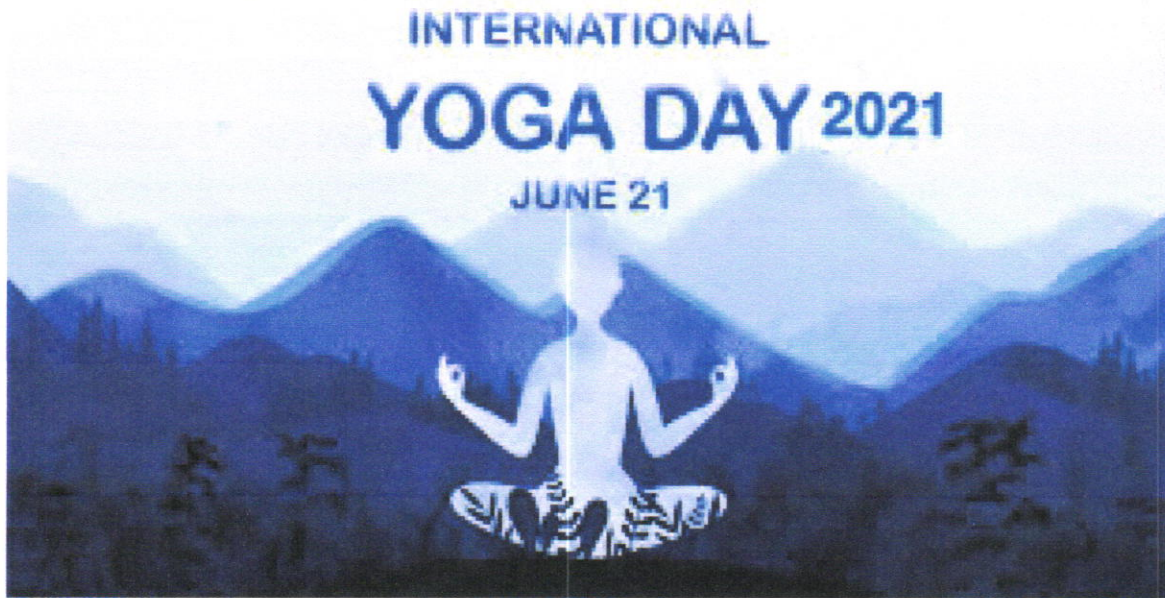




*Shandana*  
**Chairperson**  
**Internal Quality Assurance Cell (IQAC)**  
**MNR Medical College & Hospital**

*MA*

**MNR MEDICAL COLLEGE AND HOSPITAL**  
**INTERNATIONAL YOGA DAY 2021**




**Theme: YOGA FOR WELL-BEING**


The organizing committee for celebration of International Day of Yoga invites students to send a two-minute video of doing yoga and narrate the significance of the Asana /posture performed.

The video has to be posted in the respective WhatsApp group.

- RULES - 1. Video should not exceed two minutes**  
**2. Not less than two Asana must be in the video with a narration**  
**3. The video should reach on or before 18<sup>th</sup> June 2021 1:00 P.M**

Winner will be declared on 21<sup>st</sup> June 2021.

  
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INTERNATIONAL YOGA DAY 2021

Results – Competition Yoga for Well- Being

N. Shiny - 95 (2020-2021)

Charli Duggirala- 23 (2020-2021)

G.Sakshi – 42 (2020-2021)

Chairperson

Student support and Progression

A handwritten signature in blue ink, appearing to be 'S. Sangareddy', written over a blue ink stamp.


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SANGAREDDY-502294

A handwritten signature in blue ink, appearing to be 'S. Sangareddy', written over a blue ink stamp.


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

**WORLD YOGA DAY**  
**JUNE 21, 2021**

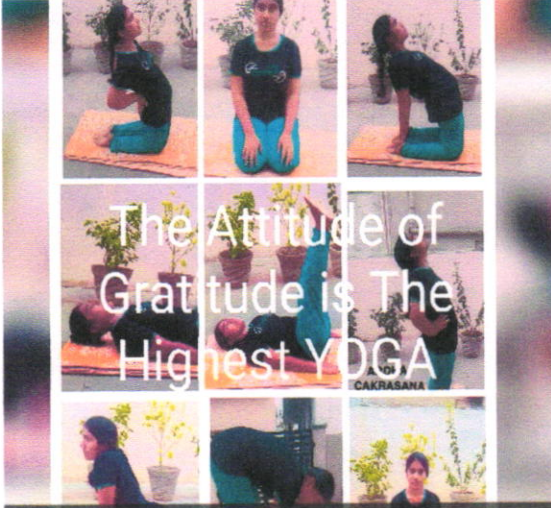


Presented by  
**Vaishnavi Makkapaty**  
 Roll no. 141

**Namaskara Mudra**



Benefits:  
 • Reduces anxiety  
 • Calms the brain



The Attitude of  
 Gratitude is The  
 Highest YOGA

CHAKRASANA

**2ND WAY**





TAKE IN BREATH SLOWLY AND RELEASE OUT FASTER

INTERNATIONAL YOGA DAY  
 june 21

CHARLI DUGGIRALA  
 Roll. No. : 23  
 1 MBBS 2020-2021

**YOGA**

INTERNATIONAL  
**YOGA DAY**

21st June 2021

DNYANESHWARI KHAIRNANI  
 Roll No: 33

*Charli Duggirala* 5  
 Chairperson  
 Internal Quality Assured Cell (IQAC)  
 MNR Medical College & Hospital

*[Signature]*  
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 F-4 SALWADI, SANGAREDDY-502204

Total Number of = 27.



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Telangana. India Ph: + 85000 56667, (08455) 230523, 230527, 230524 Fax No. (08455) –

230555, 230533

## Attendance

Name of the Activity: yoga & wellness.

Date & Time: 9:00am to 11:00am 20/12/2022.

Venue: MNR Medical college

S. No.	Name of the Student	Semester	Signature
1	Saumith		
2	Ch. Harshith		
3	G. Shiva Varun		
4	V.V.S. Praneeth		
5	D. Pooja Shriing		
6	G. Akshitha		
7	A. Akshaya		
8	Paul Susan Prince		
9	R. Nikhitha		
10	Fareeha		
11	Aryshi		
12	S Sowmya		
13	T. Nehal'sree		
14	V. Santhu Priya		
15	A. Sanithi		
16	D. Sri Lasya		
17	Nandini H Nair		
18	T. Lanya Priya		
19	S.Nithin Sai		
20	M. Herald		
21	Kashif Minhaj M.V		
22	MRUTYUNJAY KADAM		
23	N.S.D Rishithe		
24	Deepika Satya		
25	Srihithi		
26	Smruti Rekha		
27	Shakila Banu		

Chairperson

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

Programme Co-ordinator

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FASALWADI SANGAREDDY-502294



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Fax No. (08455) – 230555, 230533

Ref.No.MNRM/2020/Office/806

Date:18/06/2020

## CIRCULAR

This is to inform you that the session for Yoga and wellness is scheduled as mentioned below., interested students can attend the session

<i>Topic</i>	<i>Date and Time</i>
Yoga and Wellness. Dr. Madhavi Professor ,Pathology Venue – MNR Medical College	21/06/2020  9:00 – 11:00 a.m

PRINCIPAL

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

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



# **MNR MEDICAL COLLEGE & HOSPITAL**

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**Telangana. India Ph: + 85000 56667, (08455) 230523, 230527, 230524**

**Fax No. (08455) – 230555, 230533**

Ref.No.MNRM/2020/Office/806

Date:24/06/2020

## **Report**

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

### Learning Outcomes

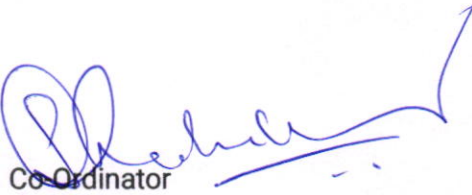
- To inculcate components such as exercise, relaxation, diet for healthy life
- To focus on breathing and meditations techniques for wellbeing during COVID

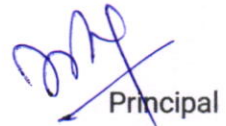
Number of learners -29

Time –9:00 – 11:00 a.m.

Date - 21/06/2020

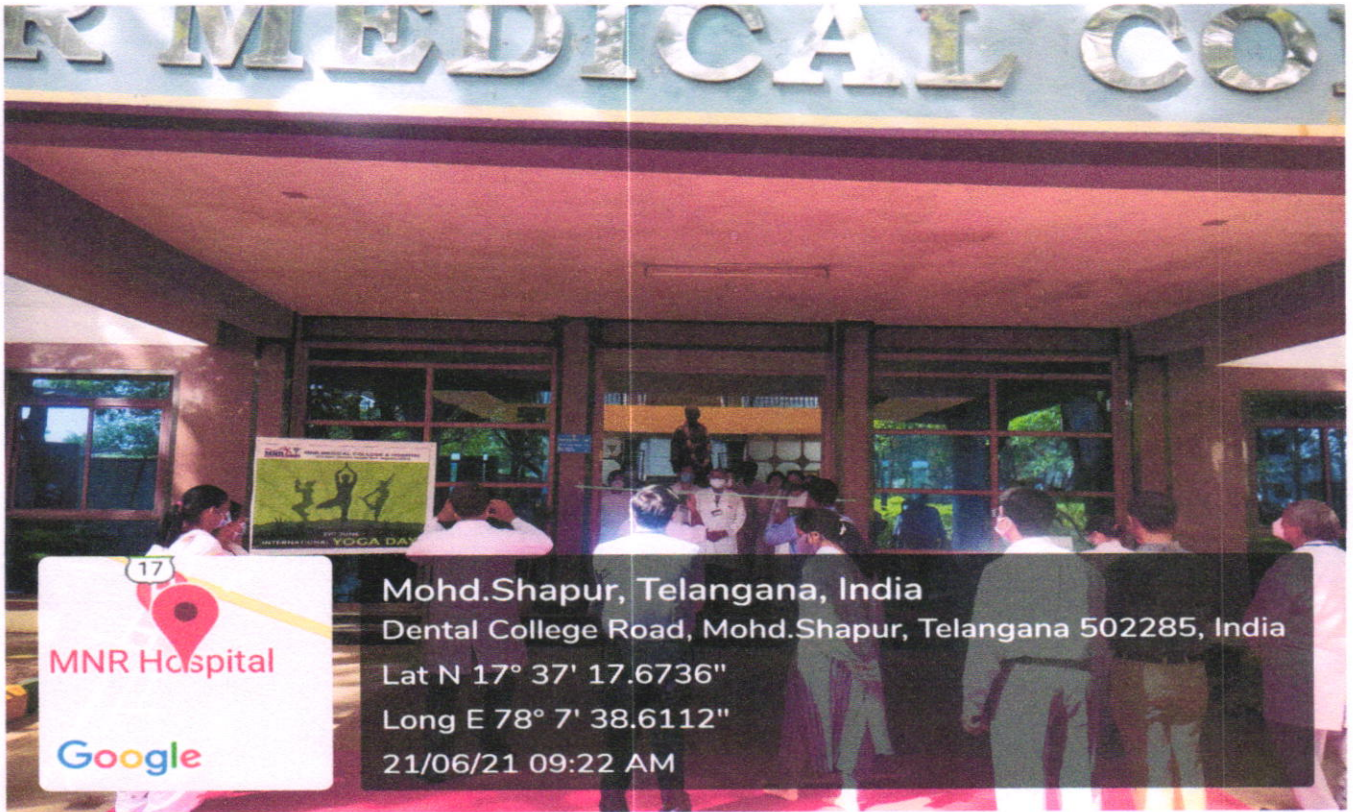
Mode of Learning – Demonstration and students were advised to practice the thought techniques for physical and mental wellbeing. Students were advised to make meditation as part of their regular life for stress management and for COVID

  
Co-Ordinator

  
Principal

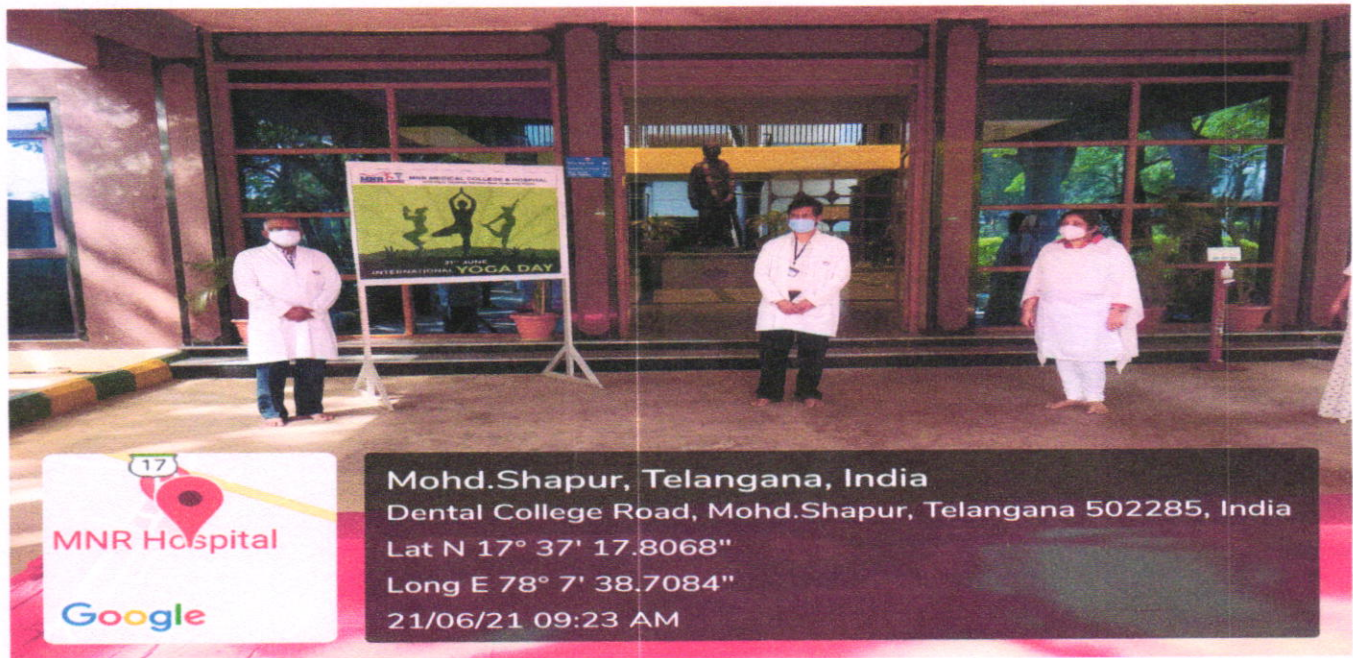
  
**Chairperson**  
Internal Quality Assurance Cell (IQAC)  
MNR Medical College & Hospital

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MNR MEDICAL COLLEGE & HOSPITAL  
FASALWADI, SANGAREDDY, 502294



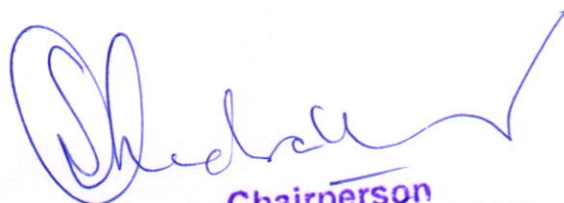
17  
MNR Hospital  
Google


Mohd.Shapur, Telangana, India  
Dental College Road, Mohd.Shapur, Telangana 502285, India  
Lat N 17° 37' 17.6736"  
Long E 78° 7' 38.6112"  
21/06/21 09:22 AM



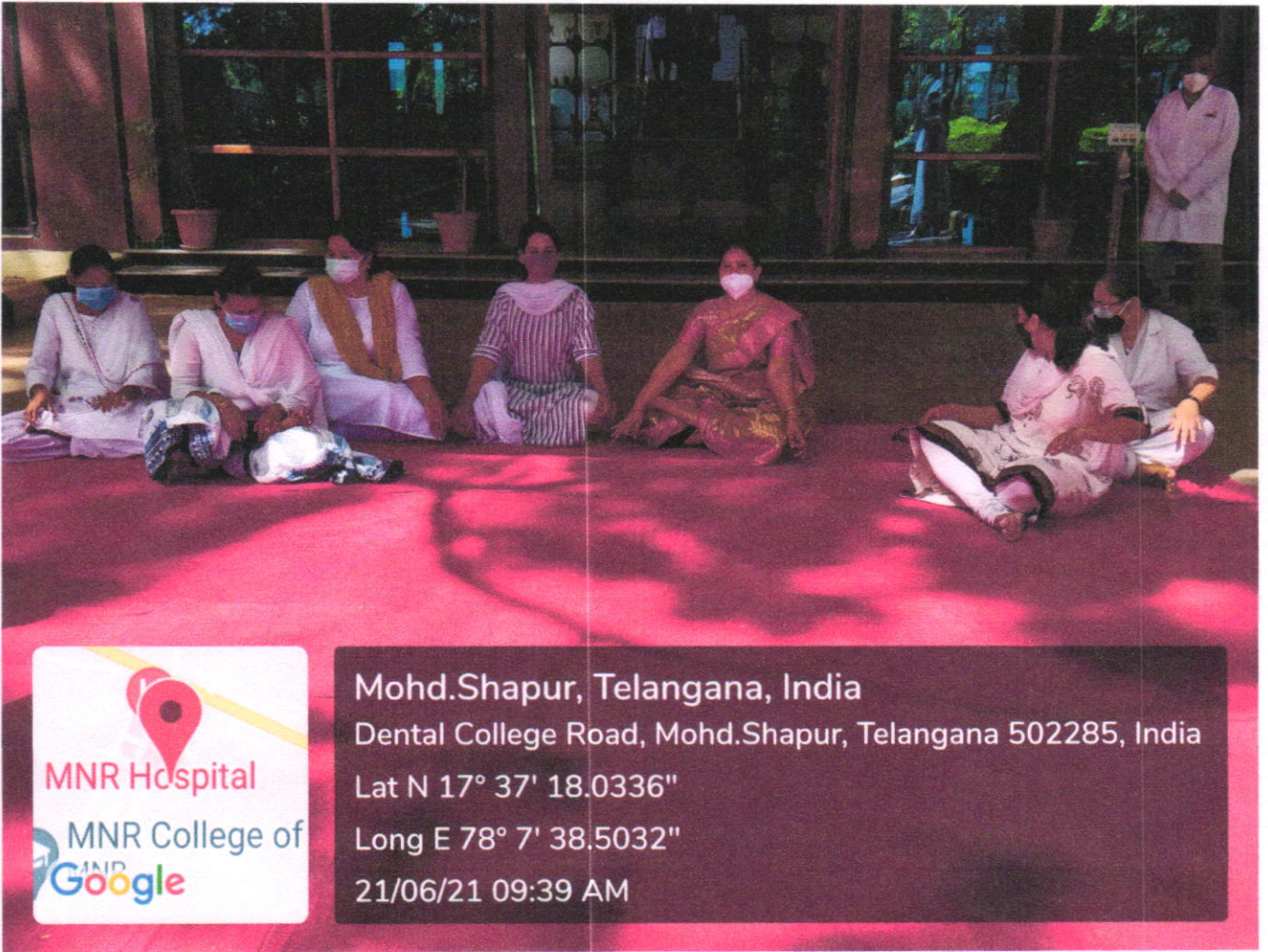
17  
MNR Hospital  
Google

Mohd.Shapur, Telangana, India  
Dental College Road, Mohd.Shapur, Telangana 502285, India  
Lat N 17° 37' 17.8068"  
Long E 78° 7' 38.7084"  
21/06/21 09:23 AM

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


  
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MNR MEDICAL COLLEGE & HOSPITAL  
FASALWADI, SANGAREDDY-502294





Mohd.Shapur, Telangana, India  
Dental College Road, Mohd.Shapur, Telangana 502285, India  
Lat N 17° 37' 18.0336"  
Long E 78° 7' 38.5032"  
21/06/21 09:39 AM

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

  
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FASALWADI, SANGAREDDY-502294

Total = 24/24



# MNR MEDICAL COLLEGE & HOSPITAL

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Telangana. India Ph: + 85000 56667, (08455) 230523, 230527, 230524 Fax No. (08455) –

230555, 230533

## Attendance

Name of the Activity: yoga & wellness

Date & Time: 21/6/20 ; 9:00 - 10:30 am.

Venue: MNR medical college

S. No.	Name of the Student	Semester	Signature
1.	Kulsum		
2.	Saniya		
3.	Nesa Fernandez		
4.	Ushasree		
5.	Vyshnavi		
6.	Yamini		
7.	Bhargavi		
8.	Bowmya		
9.	Jyothika		
10.	Bhavya		
11.	Ushasani		
12.	Meghana		
13.	Sri Laxmi		
14.	Alekhyaa		
15.	Sindhu		
16.	Rashitha		
17.	Amudha		
18.	Varsha		
19.	Pallavi Akula		
20.	A. Sanjana		
21.	A. Akshaya		
22.	Vyshnavi L		
23.	Beulah Evangeline		
24.	Vijayala Nanyasi		
25.	Sai Prakash		
26.	Jayanth		
27.	Sathwika		
28.	Usha Sree		
29.	Haashitha		

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

Programme Co-ordinator  
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FASALWADI, SANGAREDDY-502294



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**Fax No. (08455) – 230555, 230533**

Ref.No.MNRM/2019/Office/

Date:15/08/2019

## **CIRCULAR**

This is to inform you notice that the session Meditation by Sahaj Marg is scheduled as mentioned below, for the students of First MBBS. The Sessions will help the students to understand the yoga and the benefits for stress relief. Interested students can attend the session.

<b>Topic</b>	<b>Date and Time</b>
Meditation and benefits by <b>Sahaj Marg Meditation</b> Lecture Hall – 1 MNR Medical College	16-08-2019; 02:00 P.M

  
PRINCIPAL

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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**Fax No. (08455) – 230555, 230533**

Ref.No.MNPMC/2019/Office/

Date:17/08/2019

Title of Program – Mediation  
Intended learners – First MBBS Students  
Date – 16/08/2019

#### Learning Outcomes

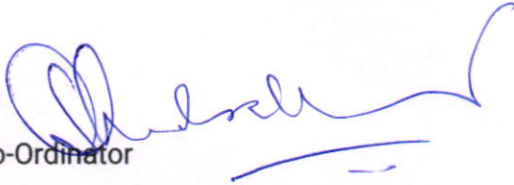
- To Know the benefits of Meditation.
- To focus on breathing and meditations techniques for wellbeing

Number of learners -30

Time –2:00 P.M

Mode of Learning – Lecture, Demonstration and students were advised to practice meditation for stress management.

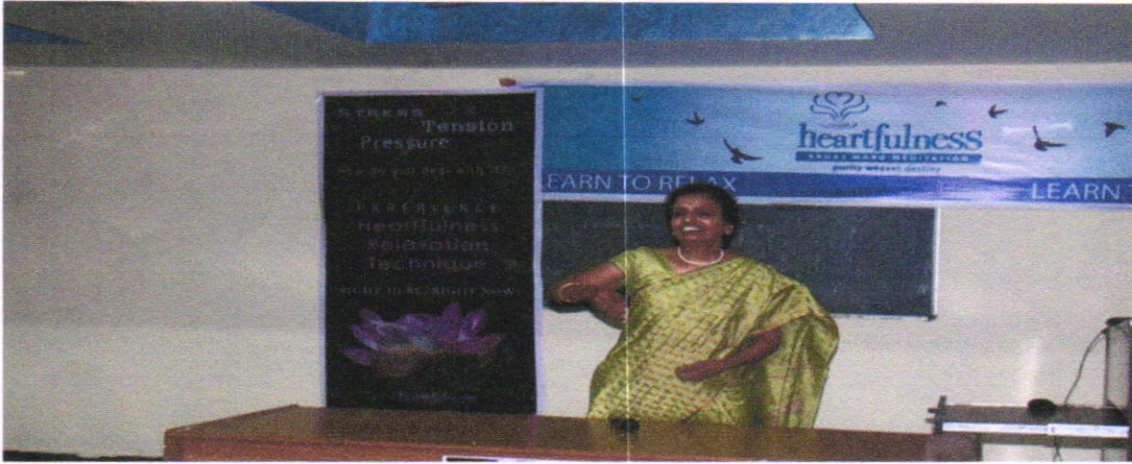
The session was interactive Faculty, interneees and students participated in the session. Also, misconceptions on Yoga were cleared by Dr. Prabhakar and he shared his experiences of benefits of yoga and Meditation.

  
Co-Ordinator

  
Principal

**PRINCIPAL**  
MNR MEDICAL COLLEGE & HOSPITAL  
FASALWADI, SANGAREDDY-502294

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



*My*

*[Handwritten Signature]*

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

**PRINCIPAL  
MNR MEDICAL COLLEGE & HOSPITAL  
FASALWADI, TELANGANA - 502294**

# MNR Medical College and Hospital

## Attendance


Activity: Sahaj Mang Meditation

Date & Time: 16-08-19 2:00pm

Venue: Lecture hall - 1

S. No.	Name of the Student	Semester	Signature
1	THOKALA GOVINDHA PREM PURA (HOWPARRY)	2 <sup>nd</sup> sem	T. G. P. R. E. D. Y.
2	R. Naveen	3 <sup>rd</sup> sem	R. Naveen
3	C. Sai Suseenth.	3 <sup>rd</sup> Sem	C. Sai Suseenth.
4	V. Giridhar Sainath reddy	3 <sup>rd</sup> sem	V. Giridhar Sainath reddy
5	G. Sai Dhanu Reddy	3 <sup>rd</sup> sem	G. Sai Dhanu Reddy
6	K. Hruday	3 <sup>rd</sup> Sem	K. Hruday
7	Laukik. M. Goregaonkar	3 <sup>rd</sup> Sem.	Laukik. M. Goregaonkar
8	N NIVS Jasvanti	3 <sup>rd</sup> sem	N NIVS Jasvanti
9	M. Gopikrishna Sai	3 <sup>rd</sup> Sem	M. Gopikrishna Sai
10	G. Uma Maheshwarao	3 <sup>rd</sup> Sem	G. Uma Maheshwarao
11	Bhise Yash M.	3 <sup>rd</sup> Sem	Bhise Yash M.
12	Sujevan.	3 <sup>rd</sup> Sem	Sujevan.
13	Thanyaja. V.	3 <sup>rd</sup> Sem	Thanyaja. V.
14	Manaswin. J.	3 <sup>rd</sup> sem.	Manaswin. J.
15	M. Hagsudra	3 <sup>rd</sup> sem	M. Hagsudra
16	Manaswini. K.	3 <sup>rd</sup> sem	Manaswini. K.
17	Saunana.	3 <sup>rd</sup> sem	Saunana.
18	B. VENKATA SWITH	III <sup>rd</sup> sem	B. VENKATA SWITH
19	Bhannu Sastri.	III <sup>rd</sup> sem.	Bhannu Sastri.
20	Vashu. K.	III <sup>rd</sup> sem.	Vashu. K.
21	Adithya. J.	III <sup>rd</sup>	Adithya. J.
22	Alkya.	III <sup>rd</sup> sem	Alkya.
23	Madhu Srce.	III <sup>rd</sup> sem	Madhu Srce.
24	Poanar Abbala	III <sup>rd</sup>	Poanar Abbala
25	Beulah.	III <sup>rd</sup>	Beulah.
26	Muleva Suresh Choudary	III <sup>rd</sup>	Muleva Suresh Choudary
27	Anurha B.	III <sup>rd</sup>	Anurha B.
28	K. Vishwan Raj	III <sup>rd</sup>	K. Vishwan Raj
29	M. Bhawin	III <sup>rd</sup>	M. Bhawin
30	Neha. C.	III <sup>rd</sup>	Neha. C.
31	Likita	III <sup>rd</sup>	Likita
32	K. Anustubh Jain	III <sup>rd</sup>	K. Anustubh Jain

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

  
**PRINCIPAL**  
 MNR MEDICAL COLLEGE & HOSPITAL  
 FASALWADI, SANGAREDDY-502294

Programme Co-ordinator



# **MNR MEDICAL COLLEGE & HOSPITAL**

**MNR Nagar, Fasalwadi, Sangareddy – 502 294, Sangareddy Dist.**

**Telangana. India Ph: + 85000 56667, (08455) 230523, 230527, 230524**

**Fax No. (08455) – 230555, 230533**

Ref.No.MNRM/2019/Office/

Date:18/06/2019

## **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 yoga and the benefits for stress relief. Interested students can attend the session

<b>Topic</b>	<b>Date and Time</b>
Yoga and Benefits. <i>Mr.Chandraiha – Stastician</i>	21 -06-2019; 10:00 A.M


  
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**MNR MEDICAL COLLEGE & HOSPITAL  
FASALWADI, SANGAREDDY-502294**

Copy to:

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

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



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Date:022/06/2019

## **Report**

Title of Program – Yoga and Benefits  
Intended learners – MBBS Students

Learning Outcomes

- To understand Benefits of Yoga

Number of learners - 52

Time – 10:00 A.M

Venue – MNR Medical College

Mode of Learning – 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.

Co-Ordinator

Principal

**Chairperson**  
**Internal Quality Assurance Cell (IQAC)**  
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**FASALWADI**  
**502294**





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

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2019-2020

yoga  
Total - 52 Students



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(08455) - 230555, 230533

## Attendance

Name of the Activity: Yoga & Wellness

Date & Time: 21/06/2019 2019-2020

Venue: MNR Medical College

S. No.	Name of the Student	Semester	Signature
01.	M. Likhitha		
02.	T. Janya Priya		
03.	B. Shivani		
04.	K. Shrawya		
05.	Charli D		
06.	Mahimaa Vitha		
07.	J. Lalitha		
08.	Ch. Srinidhi		
09.	D. Sulanya		
10.	A. Sahithi		
11.	Santhu Priya		
12.	T. Neha Sree		
13.	S. Saomya		
14.	Nandini H Nain		
15.	P. Saharra		
16.	S. Nithin Sai		
17.	Aditya Reddy M		
18.	Karthik Reddy		
19.	M. Heeral		
20.	Kashif Minhaj M.V		
21.	MRUTUNJAY KADAM		
22.	Sharon Sanyal		
23.	Akshay Reddy		
24.	Praav M.		
25.	Akhil A		
26.	G. Srinivas		
27.	C. Indra		
28.	C. Shiva Prakash		
29.	U. Naveen Reddy		
30.	K. Saumith Reddy		
31.	V.V Sai Prameeth		
32.	Dr. Harshitha		

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SANGAREDDY, 502 294

Programme Co-ordinator





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**Fax No. (08455) – 230555, 230533**

Ref.No.MNRM/2018/Office/106

Date:21/06/2018

## **CIRCULAR**

*This is to inform you notice that the session for Yoga and Meditation 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 in Lecture Hall – 1, Followed by a training Session*

<b>Topic</b>	<b>Date and Time</b>
Yoga and Meditation. Dr. Prabhakar Professor of Pulmonology Mr. Chandriha Parre Assitant Professor Community Medicine	24/06/2018  2:30-3:30 p.m.

  
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**PRINCIPAL**

**MNR MEDICAL COLLEGE & HOSPITAL  
FASALWADI CAMP**

Copy to:

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

  
**Chairperson  
Internal Quality Assurance Cell (IQAC)  
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**Fax No. (08455) – 230555, 230533**

Ref.No.MNRM/ 2018/Office/106

Date: 25/06/2018

## **Report**

Title of Program – Yoga and Mediation  
Intended learners – MBBS Students

Facilitators

Mediation - Sahaj Marg Mediation  
Yoga - Dr.Prabhakar , Mr – Chandriha

Venue – Lecture hall – 1 and Medical college Patio

Learning Outcomes

- To inculcate Yoga in daily Life
- To strengthen and develop positive health
- To focus on breathing and meditations techniques for wellbeing

Number of learners -54

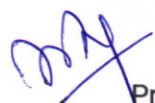
Time – 10:00-11:30 p.m.

Date - 24/06/2018

Mode of Learning – Lecture, Demonstration to students. They were advised to practice the techniques for 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.

  
Co-Ordinator

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

  
Principal  
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*Shankar*  
Chairperson  
Internal Quality Assurance Cell (IQAC)  
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yoga . → 54 students -



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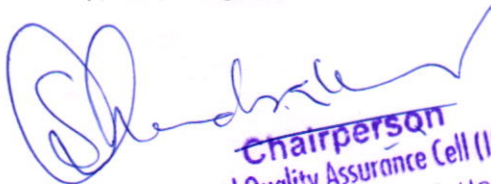
### Attendance

Name of the Activity: yoga & wellness


Date & Time: 24/6/18 2018-2019

Venue: Lecture hall - I

S. No.	Name of the Student	Semester	Signature
01	P. Keerthana		Keerthana
02	K. Navya Sai		KV
03	M. Anudeep		Anudeep
04	V. Krishna Sai		KV
05	T. Navyasri		Navya
06	C. Harika		Harika
07	m. Abhitha		m. Abhitha
08	M. Anusha		M. Anusha
09	M. Asheetha		Abhitha
10	B. Nagakeerthana		Keerthana
11	K. Pujitha		Pujitha
12	G. Bhavana		Bhavana
13	B. Divya		Divya
14	G. Keerthana		Keerthana
15	B. Nikhitha		Nikhitha
16	Ayushi Varma		Ayushi
17	Fareeha Mohammed		Fareeha
18	P. Sai Lalitha Sumasree		Sumasree
19	Peenu Susan Prince		Peenu
20.	A. Akshaya		A. Akshaya
21.	D. pooja shivini		Pooja
22	G. Akshitha		Akshitha
23	M. Sunidhi		Sunidhi
24	Ch. Tejesh		Tejesh
25.	Safoura		Safoura
26.	Samika		Samika
27.	E. Keerthana		Keerthana
28.	Y. Bhavana		Bhavana
29.	Prasanthi		Prasanthi

  
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230555, 230533

## Attendance

Name of the Activity: yoga & wellness

Date & Time: 2018-2019

Venue: Let me hall - I.

S. No.	Name of the Student	Semester	Signature
30	Saumith Reddy		
31	T. Lasya Priya		
32	B. Shivani		
33	M. Likhitha		
34	N. Rishithe		
35	Y. Deepika Satya		
36	K. Sheanya		
37	Charli B		
38	J. Lalitha		
39	Ch. Srinidhi		
40	R. Harshini		
41	K.P. Mahimanvitha		
42	G.B. Anoushi		
43	D. Silasya		
44	A. Sahithi		
45	V. Janthu Priya		
46	T. Neha Sree		
47	A. Soumya		
48	P. Sahasra		
49	Manalwin. H Nair		
50	Shreya Kandi		
51	R. Pavani		
52	M. Pooja Chowdary		
53	M. Atekhya		
54	M. Gayathri		

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