

# YOGA AND WELLNESS



# YOGA

BE CREATIVE - BE BEAUTIFUL





## MNR DENTAL COLLEGE & HOSPITAL

"NAAC ACCREDITED"

(Recognized by MH & FW, Govt. of India & Affiliated to KNR University of Health Sciences)

MNR Nagar, Fasalwadi, Sangareddy, 502294, Telangana State, India

Ph: (08455) 230675, 233333, Mobile: 850056668,

Fax: (08455) 230533/ 230555/ 230699

E-mail: mnrdc@mnrindia.org; Website: www.mnrindia.org

### YOGA AND WELLNESS PROGRAMMES 2017-2018

S.NO	NAME OF THE PROGRAMME	DATE	NUMBER OF PARTICIPANTS
1	Meditation classes for Healthy Mind and Body by Vykthi Vikash Kendra India. Banjara hills center- 9948312121	13 <sup>th</sup> & 14 <sup>th</sup> of March 2018.	14

### YOGA AND WELLNESS PROGRAMMES 2018-2019

S.NO	NAME OF THE PROGRAMME	DATE	NUMBER OF PARTICIPANTS
1	International yoga day by K. Srinivas from Brahmakumari association, Sangareddy branch- 08455293643	21 <sup>st</sup> June- 2018	120

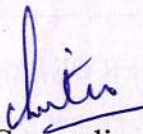
### YOGA AND WELLNESS PROGRAMMES 2019-2020

S.NO	NAME OF THE PROGRAMME	DATE	NUMBER OF PARTICIPANTS
1	Yoga For Heart -Sunday a rally from Necklace road to people's plaza at Hyderabad. Dr. Sushma Reddy 7780750276	21 <sup>st</sup> June 2019	76



## YOGA AND WELLNESS PROGRAMMES 2021-2022

S.NO	NAME OF THE PROGRAMME	DATE	NUMBER OF PARTICIPANTS
1	International yoga day -online yoga session, in-charge staff Dr. Divya, senior lecturer (dept of PHD). 7259224735	21 <sup>st</sup> June 2021	25

  
IQAC coordinator

**Coordinator**  
**I.Q.A.C.**  
MNR Dental College & Hospital

  
Principal

**PRINCIPAL**  
MNR Dental College & Hospital  
MNR Nagar, Narsapur Road,  
SANGAREDDY Dist.-502 294 (T.S)





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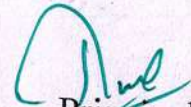
17-06-2021

### CIRCULAR

On behalf of International yoga day celebrations, an online yoga session is going to be held on 21<sup>st</sup> June 2021 at 8:00 am via zoom platform. It is here by informed to all the students and staffs of MNR Dental College and Hospital to participate in the online yoga session and kindly do share the picture of performing yoga.

Students to contact Dr. Divya, Senior Lecturer, Dept. Public Health Dentistry for further details.

Contact # 7259224735

  
Principal

**PRINCIPAL**  
MNR Dental College & Hospital  
MNR Nagar, Narsapur Road,  
SANGAREDDY Dist.-502 294 (T.S.)

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### INTERNATIONAL YOGA DAY – 21<sup>ST</sup> JUNE 2021

#### ACTIVITY REPORT

**Event:** International Yoga day

**Date:** 21<sup>st</sup> June-2021

**Venue:** Online via zoom link @ 8:00 am

**Institution:** MNR Dental College and Hospital

**Participants:** staff & students (25)

**In-charge staff:** Dr. Divya, Senior Lecturer, Dept. Public Health Dentistry. # 7259224735

**Content Delivered:** Theme—Yoga for well-being

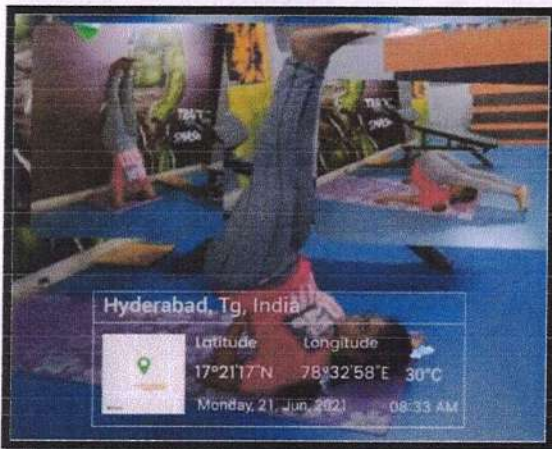
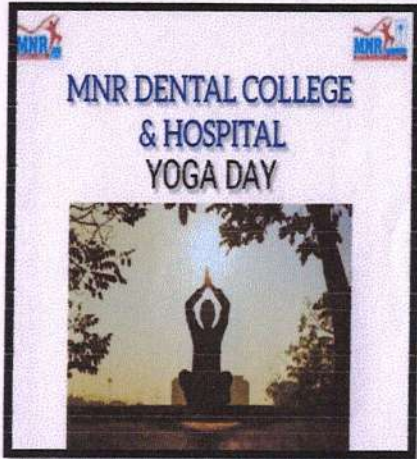
Recognizing the important role of Yoga, in the psycho-social care and rehabilitation of Covid-19 patients in quarantine and isolation and much more as above, this year's commemoration of the International Yoga Day focuses on 'Yoga for well-being'. It signifies the importance of Yoga focusing on how the practice of Yoga can promote the holistic health of every individual.

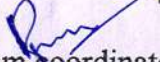
**Description:** The importance and focus on the health has drastically increased among every individual during this pandemic of COVID 19. All the students and staff participated with very much enthusiasm in the yoga activity. From their home place students have posed in various yoga positions and sent pictures.

**Conclusion:** The event was successful with the participation of students and staff.



**Evidence:**



4   
Program coordinator

**Students Support Committee**  
**MNR Dental College & Hospital**





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15-06-2019

### CIRCULAR

It is hereby informed to the all the students and staff that on the event of the International yoga day, dated - 21<sup>st</sup> June 2019, which is Sunday a rally is going to be held from Necklace road to peoples plaza at Hyderabad from 6:30 to 8:00 am by MNR Dental College and Hospital with the theme on Yoga For Heart.

Interested students, kindly enrol the name to the program in-charge staff, Dr. Sushma Reddy, Senior Lecturer, Dept of Public Health Dentistry, # 7780750276.

*Sushma*  
Principal

**PRINCIPAL**

**MNR Dental College & Hospital  
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### INTERNATIONAL YOGA DAY – JUNE 21, 2019

#### ACTIVITY REPORT

**Event:** International yoga day

**Date:** 21<sup>st</sup> June -2019

**Time:** 6:30- 8:00 am

**Institution:** MNR Dental College & Hospital

**Venue:** Rally (from Necklace Road to Peoples Plaza) Hyderabad

**Theme:** Yoga for Heart.

**Number of participants:** 76

**Resources person:** Dr. M. Sushma reddy

**Students:** Final year BDS & intern students from MNR Dental College and Hospital.

#### **Content Delivered:**

**"Be the Change"** From a health standpoint with the current theme Yoga for heart, there is good reason to consider plant-based eating. Vegetarian diets are associated with a number of health advantages, including lower cholesterol and blood pressure levels, compared with meat-based diets. Vegetarians are less prone to cancer, hypertension and type 2 diabetes, according to the American Dietetic Association. On average, they also have a lower body mass index.

**Description:** The event started with 2Km run commenced at 6.30 am from Necklace road, Peoples Plaza, Hyderabad promoting the importance of Vegetarian diet to balance health of Body, Mind and Soul. A speech on Vegetarianism was delivered after the 2Km Run creating a kind of shift in awareness about the connection between what's on your plate and its impact on the world around you is common when you commit to a regular yoga practice.

**Conclusion:** Be Healthy, Be a Vegetarian.

MNR DENTAL COLLEGE & HOSPITAL  
SANGAREDDY, TELANGANA STATE, INDIA  
2019



Evidence:

Students with banner of MNR dental college

Support of students for yoga day rally



Students on completion of rally with banner

Dr. M. Sushma reddy with students



  
Program Coordinator

  
MNR Dental College & Hospital





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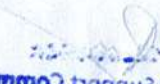
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## INTERNATIONAL YOGA DAY

THEME: YOGA FOR HEART- JUNE 21, 2019

S.NO.	STUDENTS NAME
1.	A.Sri Harsha
2.	Huda Fatima
3.	A.Lavakumar
4.	B.Shiva
5.	G.Manogya
6.	Md.Ali Zaheer
7.	D.Pravalika
8.	K.Aruna
9.	Manogna .K
10.	J.Sirisha
11.	M.Pavan
12.	Habeeba
13.	K.Gayatri
14.	T.Bhavya
15.	K.Jessica
16.	M.Divija
17.	K.Sinduja

  
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18.	K.Divya
19.	D.Sanjana
20.	Persis David
21.	A.Ankitha
22.	Aiesha
23.	C.Sowmeswari
24.	T.Racahana
25.	K.Mahesh
26.	Md.Dawood
27.	P.Sushma
28.	N.Saba
29.	A.Shivani
30.	D.Veneela
31.	G.Homini
32.	G.Sirisha
33.	M.Neha
34.	D.Harika
35.	Zohaib
36.	N.Meena
37.	D.Vandana
38.	K.Nuthani
39.	Ada Asif
40.	A.Navya
41.	C.Aishwarya




42.	K.Niharika
43.	G.Vishnupriya
44.	P.Sruthi
45.	B.Ravinder
46.	P.Namratha
47.	A.Anupama
48.	T.Satwika
49.	Md.Suffiyan
50.	S.Tushara
51.	K.Rakesh
52.	R.Chandrika
53.	Sd.Hafsa
54.	Md.Fayaz
55.	P.Bhavya
56.	Soumya Reddy
57.	S.Pranay
58.	T.Varsha
59.	Y.Supriya
60.	Sania Miraz
61.	Zainab
62.	Uffera
63.	Y.Arun Kumar
64.	Syeda Farha
65.	Suprabath

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66.	Fahmeeda
67.	Srinidhi
68.	K.Himaja
69.	B.Harika
70.	G.Charishma
71.	Ch.Priya
72.	C.Abhigna
73.	A.Preethi
74.	Madhuri .G
75.	M.Keerthi
76.	G.Rohith

  
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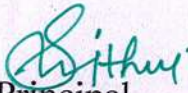
Fax: (08455) 230533/ 230555/ 230699

E-mail: mnrdc@mnrindia.org; Website: www.mnrindia.org

DATE: 16-06-2018

### CIRCULAR

It is hereby informed to all the staff of co-curricular activity and students that on the event of International yoga day, there will be a Yoga session from Sangareddy branch of Brahmakumari association, given by K. Srinivas -08455293643, held on 21<sup>st</sup> June-2018, conducted by Dr. Surekha, Professor of Dept of Oral Pathology. Venue: Assemble at main entrance gate of college by 9:15 am, MNR Dental College & Hospital.

  
Principal

**PRINCIPAL**  
MNR Dental College & Hospital  
MNR Nagar, Marsapur Road,  
SANGAREDDY Dist.-502 294 (T.S.)

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### INTERNATIONAL YOGA DAY: JUNE 21 – 2018

#### ACTIVITY REPORT

**Name of the Activity:** International Yoga Day

**Date:** 21<sup>st</sup> June 2018

**Institution:** MNR Dental College & Hospital

**Resource person:** K. Srinivas from Brahmakumari association, Sangareddy branch-08455293643

**Content Delivered:** The session started with a welcome note by Dr. Surekha V, Professor of department of Oral Pathology, discussed about the importance of the Yoga in our daily routine life and followed by demonstration session given by Mr. K. Srinivas on yoga postures for the benefit of the students.

**Audience:** Students and staff

**Attendance:** 120

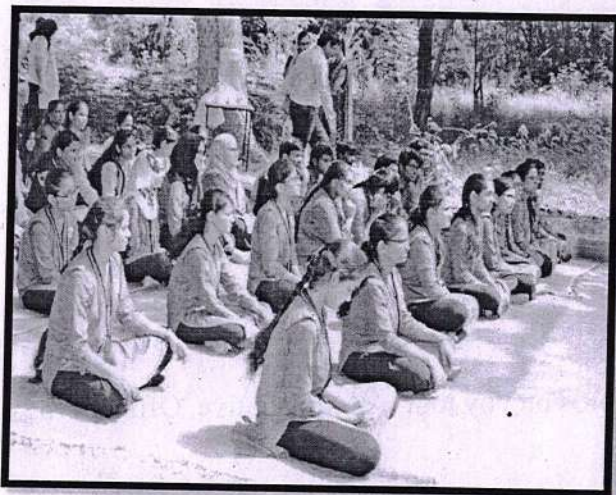
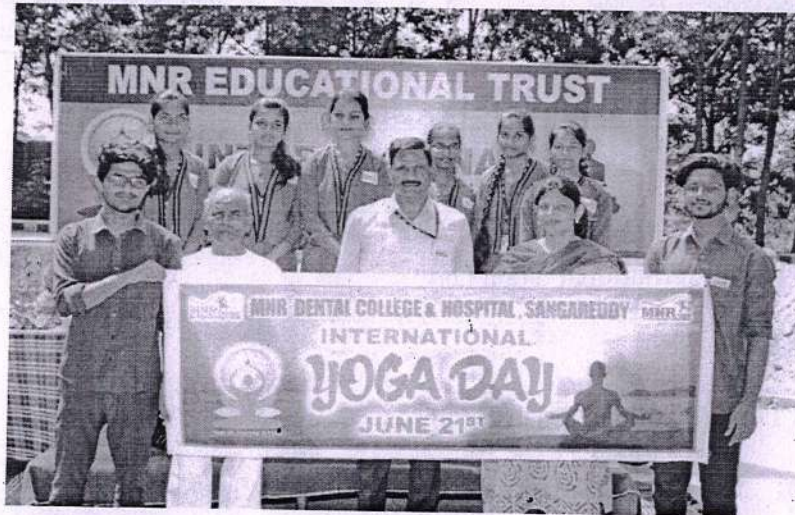
**Conclusion:** The session ended with a thank you note by our Administrative Officer Mr. Chalapathy Rao.

MNR DENTAL COLLEGE & HOSPITAL  
SANGAREDDY  
TELANGANA STATE



**Evidence:**

Mr. K. Srinivas, Dr. Surekha V & Mr. Chalapathy Rao with students



Students gathering for yoga event



Students performing yoga

Program Coordinator

Student Support Committee  
MNR Dental College & Hospital





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## INTERNATIONAL YOGA DAY: JUNE 21 – 2018

### List of Enrolled students

S.NO.	STUDENTS NAME
1.	Dr.Surekha
2.	Chalapathy Rao
3.	Sravan
4.	Sunaina
5.	Fatima
6.	Siri Chandana
7.	Amreen Begum
8.	Sruti
9.	Aproova Thakur
10.	Madhulatha
11.	Ariba
12.	Shalini
13.	Aiesha Fatima
14.	Juveria Riyaz
15.	L.Spandana
16.	Parimala
17.	Bhargavi
18.	V.Divya
19.	Rishitha Chowdary
20.	Susmitha Reddy
21.	Shobit Agarwal
22.	V.Naveen Chary
23.	T.Revathi
24.	Summiya Fatima
25.	Sravani .V
26.	M.Sreenedhi
27.	Md.Farhan
28.	M.Rakesh
29.	Shariqa Riaz
30.	Shirin
31.	M.Shashank
32.	S.Humera
33.	N.Aishwarya
34.	Juveria Azeem
35.	P.Varshitha
36.	Sarah Faiz
37.	P.Akshitha
38.	S.Pavan Kumar

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39.	R.Reshma
40.	Salva Subohi
41.	P.Bhavya Sri
42.	Sadiya
43.	T.Ravali
44.	S.Navya
45.	V.Sravanth Kumar
46.	Zawata Jameel
47.	Saba Illiyas
48.	R.Latha Sree
49.	R.Rechelle Raj
50.	J.Kalyan
51.	Aiesha Jabeen
52.	D.Harika
53.	J.Divija
54.	Aiesha
55.	D.Shivani
56.	J.Ambica
57.	Aiesha Nida
58.	Ch.Navya Vani
59.	B.Prathiba Devi
60.	C.Gouri Sanjana
61.	B.Sirisha
62.	B.Sindu
63.	B.Sai Pooja
64.	Harika.A
65.	G.Anusha
66.	B.Yadav
67.	E.Lavanya
68.	Zainath Fatima
69.	V.Shailu
70.	P.Sunaina
71.	V.Hasika
72.	G.Sharanya
73.	G.Akhila
74.	Faiza.M
75.	Abdul.Vahed
76.	M.Pragna
77.	Reshmi.G
78.	A.Tasmeen
79.	Afiya Anees
80.	Azra Nishath
81.	Fatima
82.	Asma Khan
83.	Abdul.Rehman
84.	Md.Saif
85.	B.Alekhyia
86.	M.Sai Geetha
87.	M.Aravind
88.	K.Sruthi
89.	M.Rashika
90.	J.Sushma
91.	P.Swetha



92.	B.Bhanuja
93.	N.Nikhil
94.	B.Bhuvana
95.	Bhushra Khan
96.	Mounuika
97.	G.Vijaya
98.	M.Anusha
99.	M.Geetha
100.	Ch.Yash
101.	K.Pavani
102.	Shakeel.Md
103.	K.Saritha
104.	Bhargavi.A
105.	Fatima.Arshiya
106.	J.Anjum
107.	A.Pranaya
108.	Zuveriya.M
109.	J.Srikanth
110.	G.Navya
111.	G.Likitha
112.	Aiesha Khan
113.	Ch.Laxmi
114.	B.Akhila
115.	B.Bhavya
116.	K.Harichandana
117.	D.Tharun
118.	G.Ravali
119.	Mariyam
120.	Irrumfatima

  
**Student Support Committee**  
**MNR Dental College & Hospital**





**MNR DENTAL COLLEGE AND HOSPITAL**  
**SANGAREDDY**

Date: 01-03-2018

**CIRCULAR**

It is hereby informed to the all the students and staff that there will be 2 days meditation classes for Healthy Mind and Body which is. Date: 13<sup>th</sup> & 14<sup>th</sup> of March 2018. Time: 10 am at lecture hall #2, MNR Dental College, conducted by Vykthi Vikash Kendra, Banjara hills center- 9948312121, Hyderabad, Telangana, India.

Interested students to enroll their names with Dr. Ramesh, Dept of Oral Surgery.

*Sithu*  
Principal

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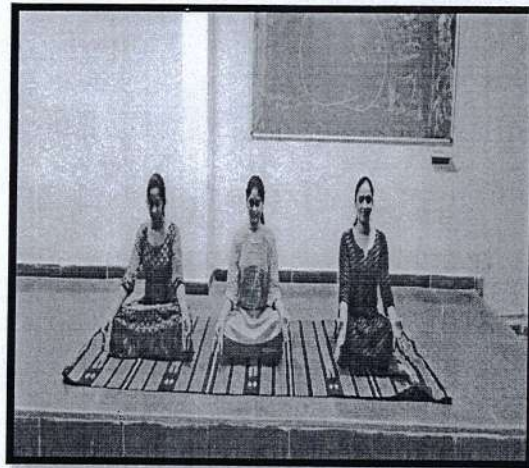


**MNR DENTAL COLLEGE AND HOSPITAL**  
**SANGAREDDY**

**Meditation Class for Healthy Body and Mind (2017-2018)**

**Activity Report**

Meditation is a practice where an individual uses a technique-such as mindfulness or focusing the mind on a particular object. It is an activity to train attention and awareness and achieve a mentally clear and emotionally balanced state. This meditation programme was conducted on 13<sup>th</sup> & 14<sup>th</sup> March 2018 by Vykthi Vikash Kendra India at MNR Dental College Sangareddy. This programme was attended by 14 students. This programme has helped students in reducing stress, anxiety and enhances peace, perception, self-concept and well-being.



Students at meditation practice for balanced mind and body

**Program coordinator**

*[Handwritten signature]*  
**Students & Staff**  
**MNR Dental**





**MNR DENTAL COLLEGE AND HOSPITAL**  
**SANGAREDDY**

**Meditation Class for Healthy Body and Mind (2017-2018)**

**List of students enrolled**

Sl. No	Students
1.	Deepthi
2.	Sindhu
3.	Keerthana
4.	Apsara
5.	Versha
6.	Jansi
7.	Shiva llela
8.	Vinod
9.	Deeksha
10.	Rakesh
11.	Deshna
12.	Mahita
13.	Chandana
14.	Tanusri

  
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