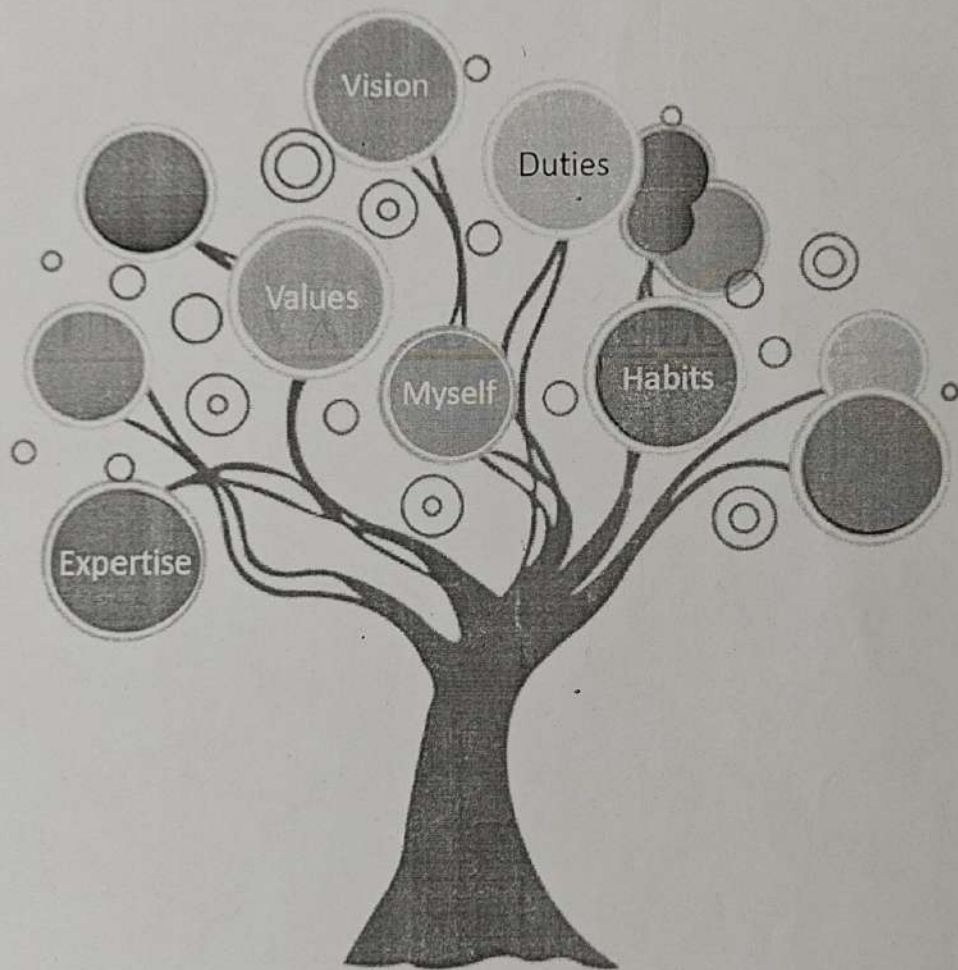


HUMAN VALUE DEVELOPMENT





MNR DENTAL COLLEGE & HOSPITAL

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Fax: (08455) 230533/ 230555/ 230699

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

HUMAN VALUE DEVELOPMENT PROGRAMMES 2017-2018

S.NO	NAME OF THE PROGRAMME	DATE	NUMBER OF PARTICIPANTS
1	Meditation for Balance of Body, Mind and Soul by Mr. Girish, a resource person from Brahmakumari's medication centre. 9491059474	17 th April-2018	37

HUMAN VALUE DEVELOPMENT PROGRAMMES 2018-2019

S.NO	NAME OF THE PROGRAMME	DATE	NUMBER OF PARTICIPANTS
1	Art of Living by Vykhvi Vikash Kendra India, Banjara hills centre- 9948312121	12 th February 2019	25

HUMAN VALUE DEVELOPMENT PROGRAMMES 2019-2020

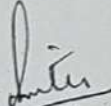
S.NO	NAME OF THE PROGRAMME	DATE	NUMBER OF PARTICIPANTS
1	Behavioural Science by Brahmakumari sisters, 9491059474	3 rd March 2020	19

HUMAN VALUE DEVELOPMENT PROGRAMMES 2020-2021

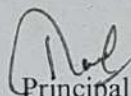
S.NO	NAME OF THE PROGRAMME	DATE	NUMBER OF PARTICIPANTS
1	Drug and Alcohol Abuse by Sangareddy Police and Excise Department, Sangareddy rural police station-9490617033	26 th April -2021	107

HUMAN VALUE DEVELOPMENT PROGRAMMES 2021-2022

S.NO	NAME OF THE PROGRAMME	DATE	NUMBER OF PARTICIPANTS
1	"Compassion and Resilience Fellowship" by Dr. Ravindra SV, Professor, HOD & Principal, Dept of Oral Medicine and Radiology, MNR Dental College Sangareddy. 7500124399	25 th -Nov- 2021	61


IQAC coordinator

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


Principal

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MNR Dental College & Hospital
MNR Nagar, Narsapur Road,
SANGAREDDY Dist -502 201



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DATE: 15-11-2021

CIRCULAR

It is hereby informed to the all the final year BDS students, interns, PG students and staff that, as a part of the Human Value program, a lecture on "Compassion and Resilience Fellowship" is going to be held on 25th -Nov- 2021 at LH # 2, MNR Dental College and Hospital. Time: 12:00 - 1:00 Pm by Dr. Dr. Ravindra SV, Professor, HOD & Principal, Dept of Oral Medicine and Radiology, MNR Dental College Sangareddy.


Principal

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"COMPASSION & RESILIENCE FELLOWSHIP" (2021-22)

ACTIVITY REPORT

Event: Compassion and Resilience Fellowship

Date: 25th -Nov- 2021

Time: 12:00 - 1:00 pm

Venue: LH # 2, MNR Dental College and Hospital

Number of participants: 61

Resources person: Dr. Ravindra SV, Professor, HOD & Principal, Dept of Oral Medicine and Radiology, (7500124399) MNR Dental College Sangareddy.

Students: Final year; interns and post graduate students

Evidences:



Brief Description:

Dr. Ravindra S V discussed few important ways on how to show compassion and resilience with fellowship members.

Compassion: is to recognize the suffering of others and then take action to help. Some signs that you have compassion for others include-

- Feeling like you have a great deal in common with other people, even if you are very different in many ways.
- Being able to understand what other people are going through and feeling their pain.
- Being mindful of other people's emotions, thoughts and expediencies

Empathy: means to join the suffering of others who suffer but stop short of actually helping.

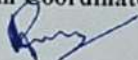
Resilience: the capacity to with stand or to recover quickly from difficulties. It is the process and outcome of successfully adjusting to difficult challenging like experiences especially through, mental, emotional and behavioral flexibility and adjustment to external and internal demands.

In this session, students were made to focus on how to identify others emotions and to show compassion, which is an essential first step to building emotional bond with fellowship person or friendship. By doing so, one can actually learn together and grow together and have lifelong great friendship.

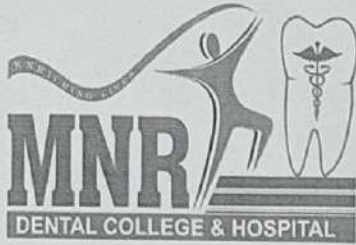
Conclusion:

The session was very beneficially to the students and they understood how to show compassion, differentiate empathy with compassion and also adapt resilience with work challenges and also maintain a well balanced state of mind.

Program Coordinator



Student Support Committee
MNR Dental College & Hospital



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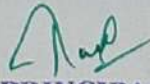
E-mail: mnrdc@mnrindia.org; Website: www.mnrindia.org

"COMPASSION & RESILIENCE FELLOWSHIP" (2021-22)

List of enrolled students


S.NO.	Students name
1.	P Sushma
2.	Rakesh
3.	Mahesh
4.	K Priyanka
5.	K Sonali Joshni
6.	M R Manaswini
7.	Maliha Nausheen
8.	P Sushma
9.	Rakesh
10.	Mahesh
11.	Namratha
12.	A Shivani
13.	B Rohini
14.	B Yamini Sudha
15.	Roopa Reddy
16.	Gayathri
17.	Nasir
18.	Naseha Firdose
19.	Amena Alam
20.	G Saikumar
21.	G Vineetha
22.	G Sai Praditha
23.	Namratha
24.	A Shivani
25.	B Rohini
26.	Shreeya


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27.	Fahad
28.	Persis
29.	Neha
30.	Aruna
31.	Farhaan Khan
32.	Shreeya
33.	Fahad
34.	Persis
35.	K. Cynthia Carol
36.	K.Keerthana
37.	Darahasita
38.	Megna
39.	Nikhila Reddy
40.	Akshay
41.	Kubra Fatima
42.	Ramadevi
43.	K. Cynthia Carol
44.	K.Keerthana
45.	Darahasita
46.	Priya
47.	G Parinika
48.	Sindhura
49.	James
50.	Nikitha Reddy
51.	Praveen Kumar
52.	Smriti
53.	S. Vaishnavi
54.	Shahzina Simran
55.	S Princy Prisilla
56.	Rishitha
57.	Priya
58.	G Parinika
59.	Sindhura
60.	James
61.	sanjana


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DATE: 20-04-2021

CIRCULAR

It is hereby informed to the all the students and staff that as a part of Human Value Development program, a session by Sangareddy Police and Excise Department, Sangareddy rural police station-9490617033 is going to be held on 26th April 2021 at MNR Auditorium from 11:00AM to 12:00PM by the MNR Dental College & Hospital.

Principal

PRINCIPAL

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

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Human Value Development session by Sangareddy Police & Excise Dept

Topic: Drug and Alcohol Abuse

Activity Report (2020-21)

Event: Drug and Alcohol Abuse

Date: 26th April -2021

Time: 11:00 am - 12:00 pm

Venue: MNR auditorium, MNR University.

Number of participants: 107

Resources person: Mr. A. Balaji, DSP Sangareddy police

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

Content Delivered:

Chief Guest Mr. A. Balaji enlightened the students about importance of getting adapted to different rules and to cope up with constant pressure and students were taught to manage their life and not to fall prey for bad habits that will damage their life and career

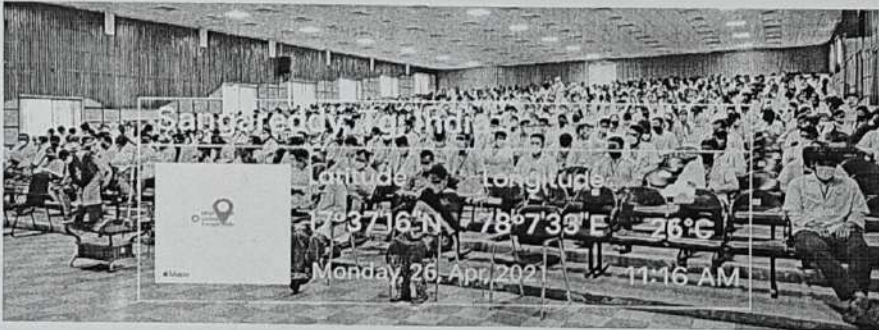
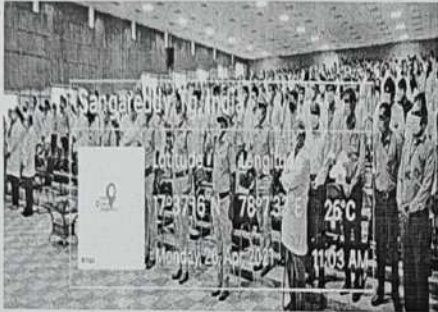
Brief description:

Students meeting the challenges of life skills on day to day are exposed to constant changing environment. With associated burdens or pressure they need flexibility to meet and survive with the change in modern life. They need to be alert, adapt to different rules. With this pressure to cope it is vital that students are taught to manage their life and not to fall prey for bad habits that will damage their life and career. Human values need to be inculcated in to their very being. One such human value development programme was conducted on drug and alcohol abuse. The guest speaker of the programme, Mr. A. Balaji, DSP Sangareddy police educated the students about the ill effects of drug and alcohol abuse to students. He said that it is time to change how we as a society address alcohol and drug misuse and substance use disorders. A national opioid over dose epidemic has captured the attention of the public at state, local and tribal leaders across the country. Ongoing efforts to reform health care and criminal justice systems are creating new opportunities to increase access to prevention and treatment services. Health care reform and parity laws are providing significant opportunities and incentives to address substance misuse and

related disorders more effectively in diverse health care settings. At the same time, many states are making changes to drug policies, ranging from mandating use of prescription drug monitoring programmers (PDMPs) to eliminating mandatory minimum drug sentences. These changes represent new opportunities to create policies and practices that are more evidence informed to address health and social problems related to substance misuse.

Conclusion: The program ended by a vote of thanks to Sangareddy police department from MNR management and principal of MNR Dental College and Hospital.

Evidence:



Program Coordinator



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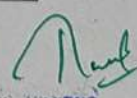
Human Value Development session by Sangareddy Police & Excise Dept

Topic: Drug and Alcohol Abuse; 26th April-2021

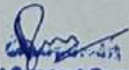
List of participants (2020-21)

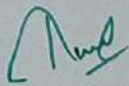
Sl. No	Names
1.	I Hima Bindu
2.	Sushma Bindhu
3.	Kmamatha
4.	K Harika
5.	K Sowmya
6.	K Vaishnavi
7.	K Shravani
8.	M Ravali Reddy
9.	Nimra Habeeb
10.	Sree Navya
11.	Zohaib
12.	Habeeba
13.	Harshitha
14.	P Sushma
15.	Rakesh
16.	Mahesh
17.	K Priyanka
18.	K Sonali Joshni
19.	M R Manaswini
20.	Maliha Nausheen
21.	Bhavana
22.	Megna
23.	M Shiva
24.	Goutham
25.	Yashwanth
26.	Divya Meghana
27.	Punya Keerthi
28.	Jessica


Student Support Committee
MNR Dental College & Hospital

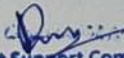

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29.	Fayyaz
30.	Dawood
31.	Namratha
32.	A Shivani
33.	B Rohini
34.	B Yamini Sudha
35.	Roopa Reddy
36.	Gayathri
37.	Nasir
38.	Naseha Firdose
39.	Amena Alam
40.	G Saikumar
41.	G Vineetha
42.	G Sai Praditha
43.	Uffera
44.	Rohith
45.	Sri Varsha
46.	Rajachandrika
47.	Anupama
48.	A.Sanghavi Latha
49.	Afeefa
50.	Shreeya
51.	Fahad
52.	Persis
53.	Neha
54.	Aruna
55.	Farhaan Khan
56.	Priyanka
57.	Supriya
58.	Supravath
59.	K. Cynthia Carol
60.	K.Keerthana
61.	Darahasita
62.	Megna
63.	Nikhila Reddy
64.	Akshay
65.	Kubra Fatima
66.	Ramadevi


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67.	Alekhya
68.	D Anusha
69.	Pravallika
70.	Sruthi
71.	Pooja
72.	B Ramya
73.	B Arun Prakash
74.	Sneha
75.	M N Ajay Kumar
76.	Sanjana Das
77.	Reena Sadiya
78.	Priya
79.	G Parinika
80.	Sindhura
81.	James
82.	Nikitha Reddy
83.	Praveen Kumar
84.	Smriti
85.	S. Vaishnavi
86.	Shahzina Simran
87.	S Princy Prisilla
88.	Rishitha
89.	T.Subodh
90.	Mounika
91.	T Harshini
92.	Uzma Tasneem
93.	V Aishwarya
94.	T Rasagna
95.	Zubiya
96.	P Rakshitha
97.	Bhavani
98.	Msoujanya
99.	P Bhargavi
100.	E Sowmya
101.	Farah Afreen
102.	Fariha
103.	G Prashastha Raj
104.	Meghana
105.	Suvarnasreni
106.	Hajira
107.	Sravanthi


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Date: - 24-02-2020

CIRCULAR

This is to inform all the 1st year BDS students, that a guest lecture on "BEHAVIOURAL SCIENCE" will be held on 3rd March 2020 by Brahmakumari sisters (9491059474) in lecture hall # 2 at 11:00 am -12:00 pm.

All the interested students are hereby informed to enroll their names with Dr. Lavanya, Dept of oral Pathology and attended the lecture without fail.

Principal

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"BEHAVIOURAL SCIENCE" (2019-20)

Activity Report

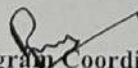
MNR Dental College & Hospital, Sangareddy organized an Inspirational Talk on 'Behavioural Sciences' for 1st year BDS students by Brahmakumari association.

The main objective of conducting this program was to engage students to learn how to apply behavioral science techniques as it would offer a deep and profound inner peace, happiness and well-being for all individuals. The students were taught using real life examples that occur in our day to day life, also power point presentations & videos were used. Students attended this session and an open feedback was taken from the participants. Students revealed that this program was very interesting and it would help them become a better person and to find counterintuitive solutions to existing problems and to discover how to design better behavioral interventions. Dr. Lavanya expressed the gratitude for sharing this expertise with everyone.

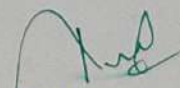
This lecture was held on 3rd March 2020 and about 19 students took part in the program.

Evidence:




Program Coordinator

Chairperson
Student Support Committee
MNR Dental College & Hospital


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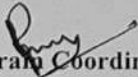
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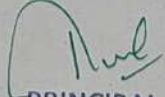
"BEHAVIOURAL SCIENCE" (2019-20)

List of participants enrolled

Sl.No	Students Name
1.	Tahmina
2.	Ruchitha
3.	Alekhyia
4.	Shravanthi
5.	Sameksha
6.	Akansha
7.	Reena sabiya
8.	Srelekha
9.	Akshitha
10.	Pravalikha
11.	Saba
12.	Faiza
13.	Pradeepa
14.	Sai priya
15.	Sushma
16.	Rajachandrika
17.	Jayashankar
18.	Pravalika
19.	Simran


Program Coordinator

Chairperson
Student Support Committee
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Date: 04-02-2019

CIRCULAR

This is to inform that MNR Dental College & Hospital is conducting a program on Art of Living by Vykhvi Vikash Kendra, Banjara hills center, India (994831212).

All the interested students and staffs to attend the program on 12th February 2019 at 10 am. Venue: Lecture hall 2, second floor.

S. Jithu
Principal
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ART OF LIVING (2018-19)

Activity Report

The Art of Living Foundation is a volunteer-based, humanitarian and educational non-governmental organization (NGO). It was founded in 1981 by Sri Ravi Shankar. The program explained about the expression 'art of living' the word 'art' refers to skill and 'living' to a manner of life. The phrase denotes the capability of leading a good life.

The aim of art of living was preached: where it offers numerous, highly effective educational and self-development programs and tools that facilitate the elimination of stress. These tools also foster deep and profound inner peace, happiness, and well-being for all individuals.

Important aspects where explained about:

- Maintain a balance in good and bad times.
- Accept people and situations as they are.
- Don't be swayed with other people's opinions.
- Don't see an intention behind other people's mistakes.
- Don't expect them to ask for forgiveness.

This course was held on 12th February 2019 by Vkythi Vikash Kendra, India at MNR Dental College, Sangareddy. 25 participants took part in the program.



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Program Coordinator

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MNR DENTAL COLLEGE & HOSPITAL

"NAAC ACCREDITED"

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

MNR Nagar, Faşalwadi, 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

ART OF LIVING (2018-19) 12th February 2019

List of participants enrolled

Sl.No	Studnets Name
1.	Ayesha
2.	Maryam
3.	Nishath
4.	A.Harika
5.	Zainab
6.	A.Harika
7.	Fatima
8.	Ayesha
9.	Tarun
10.	Sanghavi
11.	Manoj
12.	Likitha Chowdary
13.	G.Navya
14.	Ramya
15.	Rashika
16.	Sai Geetha
17.	Katyayani Naina
18.	Md Saif
19.	Sanghavi
20.	Manoj Kumar
21.	Sagar
22.	Latha sree
23.	Akshitha
24.	Yashvardhan
25.	Nikhil


Student Support Committee
MNR Dental College & Hospital

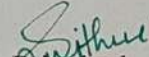


MNR DENTAL COLLEGE AND HOSPITAL
SANGAREDDY

Date: 7th -April-2018

CIRCULAR

It is here by informed to all the students and staff that a workshop on benefits of meditation for balance of body, mind and soul will be conducted on 17th April-2018 by Mr. Girish, a resource person from Brahmakumari's medication center (9491059474) from 10:00 am to 1:00 pm in the classroom at MNR central library.


Principal

PRINCIPAL
MNR Dental College & Hospital
MNR Nagar, Narsapur Road,
SANGAREDDY, Dist-502294 T.S.

Copy to:

- IQAC
- All the Departments
- Students' Coordinators
- Notice board



MNR DENTAL COLLEGE AND HOSPITAL

SANGAREDDY

BRAHMAKUMARI'S MEDITATION PROGRAMME
Benefits of Meditation for Balance of Body, Mind and Soul

ACTIVITY REPORT

Event: Benefits of meditation for balance of body, mind and soul

Date: 17th April -2018

Time: 10:00 am - 1:00 pm

Venue: class room at MNR central library, MNR dental college & Hospital.

Number of participants: 37

Resources person: Mr. Girish, Brahmakumari's meditation centre

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

Content Delivered: Chief Guest Mr. Girish enlightened the students about importance of meditation and balance of body, mind and soul to students, in his lecture.

Brief description: Meditating helps us to control our mind and thoughts and turn off our mind when we do not need it anymore. Meditation is essential to feel well and live a Happy Life. Meditation can help us to eliminate negative thoughts, worries, anxiety and all factors that can prevent us feeling happy.

Conclusion: program successfully delivered how to meditate for health and more particularly, how to maintain & reduce mental health stress via meditation and at managing any health conditions more effectively.

Evidence:

Group photo with staff



Lecture by guest speaker, Mr.Girish



Program Coordinator

Student Support Committee
MNR Dental College & Hospital



MNR DENTAL COLLEGE AND HOSPITAL

SANGAREDDY

Benefits of Meditation for Balance of Body, Mind and Soul: 17th April -2018

List of enrolled students

S.NO.	Students name
1.	Girish
2.	Chalapathy Rao
3.	Satya Prakash
4.	G.Chandana
5.	Deepthi Sri
6.	Aiesha
7.	E.Rakesh
8.	Heeba
9.	K.Manasa
10.	Salman
11.	A.Sindu Priya
12.	Mohd.Azim
13.	Md.Bilal
14.	B.Shiva
15.	P.Kavitha
16.	Vishnupriya
17.	M.Bhargav
18.	Md.Shakeel


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19.	Nusrath
20.	Rida
21.	Tanmai
22.	Suha
23.	Tapasvi
24.	T.Navya
25.	Sowmya
26.	Sampath
27.	Safa
28.	J.Durga
29.	Akhila.K
30.	Manasa.N
31.	Harshitha
32.	Nitya.M
33.	P.Spandana
34.	Shaseek
35.	Nikhila
36.	Ramya
37.	Swathi.P


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