



# JAWAHARLAL NEHRU MEDICAL COLLEGE

*KLE Academy of Higher Education & Research  
(Deemed-to-be-University)*

NEHRUNAGAR, BELAGAVI – 590010, KARNATAKA , INDIA

Accredited 'A+' Grade by NAAC (3rd Cycle)

Office - (0831)-2471350

Principal - (0831)-2471701

Place in Category 'A' by MHRD (GoI)

Website : <http://www.jnmc.edu>

E-mail : [principal@jnmc.edu](mailto:principal@jnmc.edu)

Fax : 91-0831-2470759



To,  
The Principal,  
J.N. Medical College,  
KAHER, Belagavi

(Through Proper Channel)

Sub: Requesting permission for MBBS Phase I students to attend Capability Enhancement Scheme on Yoga and Wellness “Psychology 101; Mental well being and Rejuvenation” on Saturdays from 2pm to 5 pm

Respected Madam,

The Department of Pharmacology will be conducting a Capability Enhancement Scheme on Yoga and Wellness “Psychology 101; Mental well being and Rejuvenation” for First Year MBBS UG students on 4 subsequent Saturdays from 2pm-5 pm in Department of Pharmacology. I request you to permit the students to attend the same during the following period.

Kindly permit & oblige.

Thanking You,

Your's faithfully

Dr Nayana K Hashilkar

Professor & Head

Department of Pharmacology

J. N. Medical College , Belagavi



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## Brief Report of Yoga and Wellness Capability Enhancement

### Scheme

#### “Psychology-101: Mental Wellbeing & Rejuvenation”

Psychology -101 : Mental Wellbeing & Rejuvenation was conducted from **21/1/2023 – 11/2/2023 (Saturday ;2pm to 6pm)** in the Department of Pharmacology, J N Medical College, KAHER for 1st year MBBS students (with 200 students as strength of class). It was attended by an average of 160–180 students on all four weeks. **Dr. Nayana Hashilkar**, Head of Pharmacology Department, and **Dr. Anupama M. G** conducted it.

**Week 1:** The first resource speaker on the subject of "stress busters; adopting good habits for healthcare" was **Dr. Vinayak Korpade**, Associate Professor, Department of Psychiatry. This was followed by a group discussion with four invited alumni of this college. Dr Balasubramanian, Dr Pranav Adhyapak, Dr Ajay Kumar, and Dr Ayushi Sarkar. The major topics of discussion were how to manage study-related stress in professional environments and how to avoid developing negative habits because of social/peer pressure. **Week 2: Dr. Ravindra Honnungar**, Professor, and Head of the Department of Forensic Medicine, spoke about elements of drug abuse. Sir also shared stories of substance abuse victims in order to raise awareness among students. The session included celebrity interview videos, news clips, and various documentary stories based on true events. **Week 3:** Professor of Pathology **Dr. Sunita Patil** gave a talk titled "Thrive, Don't Survive: Life Can Be a Race, But You Are Not Broken Anda." Madame provided interactive instructions on how to handle any issues that students might encounter on or off campus. Study Skills Inventory, created by Dennis H. Congo, was used in an interesting assessment session led by **Dr. Nayana Hashilkar**. The six essential study skills listed in this inventory are: note-taking, memory, exam preparation, focus, time management and Textbook reading. There was a student activity on Ted Talk on "college drinking; alcohol



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and substance abuse in students' life," which provided a forum for students to express their opinions on the subject in a free and open manner. **Week 4:** This week's lesson focused on emotional intelligence and mindfulness. **Dr. Yasmin Nadaf**, Professor, and Head of the Psychology Department led the session, which included exercises for the students to identify facial expressions and determine their emotional quotient.

The last activity for the students was a poster competition with the theme "hidden hazards of substance addiction." The competition featured participation from about ten groups of students. **Dr. Sumati Hogade**, a Professor in the Department of Microbiology, judged the competition. The winners received certificates. The posters were incredibly imaginative, significant, and colorful. This suggests that the students have a thorough understanding of the risks associated with drug abuse and alcohol.

## Time Table

Sl.No	Date (2pm to 6pm)	Faculty	Topics	Activity
1	21 / 01/ 2023	Dr. Vinayak Korpade	'Stress busters - Adopting good habits for self-care'	Interview and discussion with college UG Alumni
2	28 / 01/ 2023	Dr. Ravindra Honnungar	'Elements of drug Abuse'	Documentary on victims of substance abuse
3	04/02/2023	Dr. Sunita Patil	Thrive, Don't survive: Life might be a race, but you are not a broken 'Unda'	Ted talk • "College drinking, What is it? And what to do about it?"
	2pm to 3pm			
	3pm to 4pm	Dr. Nayana K. Hashilkar	Study Skill Inventory - developed by Dennis H. Congos	
4	11/2/2023	Dr. Yasmin Nadaf	'Mindfulness & Emotional Intelligence'	• Students Activity • Poster Competition



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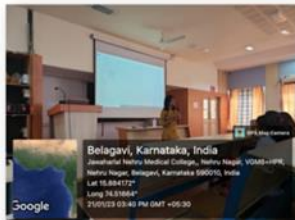
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## Resource Persons



## Alumni's of J.N. Medical College, sharing their views about 'Stress Management'





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## Poster Competition – Hidden Hazards of Substance abuse



## Ted Talk [Affect of Alcohol and Substance Abuse in Students Life]



Principal

J N Medical College, Belagavi



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List of students who attended the Capability Enhancement Scheme on Yoga and Wellness - Psychology -101 : Mental Wellbeing & Rejuvenation held from 21/1/2023 – 11/2/2023 (Saturday ;2pm to 6pm) in the Department of Pharmacology, KAHER J N Medical College, Belagavi

S/No	Name of the Student
1	Aryan Mohan Kumar
2	Aashay Mahajan
3	shraddha Jayashetty
4	Neha S
5	Nishtha Sethiya
6	Aarav Gupta
7	Sunaina Anantha
8	Shreya Nyamagouda
9	Tiya Agrawal
10	Srushti Sawant
11	Devashree Baxy
12	Grusha Garg
13	Aarchee Oswal
14	Shambhavi
15	Geeta Arjun Patil
16	Raj Navandar
17	Anushish Kakkar
18	Purab Mehndiratta
19	Rishi Singh
20	Sana Waheed Parkar
21	Sreeya Lingareddy
22	Shreya Jain
23	Shraesht Uttang Dutt
24	Ishaanvi Sinha
25	Anjali Vithal Birajdar
26	Chetasasri N Tigadi



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27	Arundhati Giri
28	Shardul Jadav
29	Vishwajit Vinayak Rade
30	Krati Katare
31	Anjali Sunil Chokhare
32	Shreeya S Kalamdani
33	Yash wadhwa
34	Shambhavi Mahajan
35	Karishma Bansal
36	Shreya Bansidhar Garud
37	Yash Govind Gitte
38	Daneshwari Kadapatti
39	Bhoomi Jain
40	Diya
41	Rishabh Yekkele
42	Khushi Shah
43	Jigisha Chhallani
44	Drishti Bhandare
45	Rohan Patil
46	Ananya Phatak
47	Tushar Gopal Redake
48	Karishma Jha
49	Keya
50	Neha Chaukhande
51	Diksha Tiwari
52	Sathwik Shivanand P S
53	Chetan Naik
54	Srinivas Khangave
55	Apurv Kunal
56	Sumit Tukaram Surwase
57	Navya Sharma
58	Shailee Thakkar
59	Ishita Bhoite
60	Raturaj Sandeep Pathak
61	Meet Deore
62	Kinshuk Malhotra
63	Haridas Aditya Eknath
64	Sahil Jayprakash Ladda





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65	Kashish Kattimani
66	Dhruvraj Singh Kumpawat
67	Stuti Rajesh Bilehal
68	Anirudh M K
69	Aadya Das
70	Harshad Vasant Niras
71	Anushka Sharma
72	Mahi Ashra
73	Ayushmaan Singh
74	Anushka Navlani
75	Sushant Kadu
76	Aldrich Fernandes
77	Sanvi Adake
78	Parth Kaushik
79	Ria Mali
80	Parth Sambhaji Joshi
81	Aayush Garg
82	Kashvi Nijhawan
83	Md Ali Reza
84	Varungouda Patil
85	Ishan Goswami
86	Aryan Bageja
87	Siddhi Reddy
88	Anubhuti Dixit
89	Nandini Singla
90	Kashvi Nijhawan
91	Simmy Kumari
92	Aditi Jain
93	Sanket Kalarkoppa
94	Vinit Singh
95	Ananya Jhamb
96	Shivani yadav
97	Anushka Kiran Dungarwal
98	Mrinal D Shetty
99	Isha Rani
100	Saharsh Goyal



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101	Aditya Raj
102	Arnav Jain
103	Divyam Bedre
104	Soham Ingawale
105	Tamanna Vishnudas Naik Parsekar
106	Mohammed Farhan Khan
107	Mrunal
108	Deshna Gandhi
109	Aakash Kishore
110	Om Relan
111	Nidhi Dhamaskar
112	Navya Srivastava
113	Kshitiz Chopra
114	Zachary Costa
115	Harshit Singh Nain
116	Rajat Jindal
117	Shrut Jain
118	Dhruv Gireesh
119	P. Vaibhavee Patnaik
120	Aayushi Kalra
121	Krish Tripathy
122	Sakshi Shetty
123	Tanvi Srivastava
124	Sara Gupta
125	Saksham Gupta
126	Saad Shakir
127	Nirmiti Mahadevia
128	Tejas H N
129	Rakshit K Halemani
130	Shankamma Goudar
131	Deion Dmello
132	Krish Bhambhani
133	Sachi Hajare
134	Preet Kothari
135	Umar Imtiyaz Ahmed mangoli



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137	Vikram Patil
138	Kashvi
139	Aryan Arya
140	Nimeesha Dias
141	Rahul Ravikumar
142	Akash Vernekar
143	Vedav D Patrer
144	Aman Sah
145	Vishwajit Bhagwan Gidde
146	Vijay Gudli_
147	Shourya Sethi
148	Juhi Narvekar
149	Pradhyumna Shetty
150	Athilesh Palli
151	Anirudh
152	Krish
153	Raj Bhanushali
154	Naman Jalan
155	Anisha Chand

Principal

J N Medical College, Belagavi