



**MNR SCHOOL AND COLLEGE OF NURSING (Affiliated to KNR University of Health Sciences)**  
**MNR Nagar, Fasalwadi, Sangareddy-502294**  
**MONTHLY ACTIVITIES - SEPTEMBER 2025**





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**MONTHLY ACTIVITIES - SEPTEMBER 2025**

**1**

## Extra-Curricular Activity

<b>ACTIVITY DESCRIPTION</b>	<b>Teacher's Day</b>
<b>DATE</b>	<b>05.09.2025</b>
<b>NO. OF STUDENTS PARTICIPATED</b>	<b>All faculty</b>
<b>NO. OF FACULTY PARTICIPATED</b>	<b>All Nursing Faculty</b>
<b>TOPIC</b>	<b>“Inspiring the Next Generation of Learners.”</b>
<b>ORGANIZED BY</b>	<b>MNR Dental college</b>
<b>RESOURCE PERSON</b>	<b>Sri. Dr. M. Mahender Reddy, (IPS Retd)</b>



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**MNR**  
**UNIVERSITY**  
Futuristic Education



**MNR EDUCATIONAL TRUST**

(MNR HIGHER EDUCATION & RESEARCH ACADEMY)  
MNR Nagar, Fasalwadi, Sangareddy District, Telangana.

*We cordially invite you to grace the occasion of*  
**TEACHERS DAY CELEBRATIONS**



**Chief Guest**

**Sri. Dr. M. Mahender Reddy, (IPS Retd.)**  
Former DGP & Former Chairman, TGPSC, Govt. of Telangana

**Guest of Honour**

**Sri. M. N. Raju**  
President, MNR University  
Chairman, MNR Educational Trust

**Presidential Address**

**Sri. M. S. Ravi Varma**  
Chancellor, MNR University  
Vice- Chairman, MNR Educational Trust

**Key Note Address by**

**Dr. RVR Krishna Chalam**  
Vice-Chancellor, MNR University

**Venue** : MNR Auditorium, MNR HERA Campus, Fasalwadi, Sangareddy  
**Date & Time** : 05<sup>th</sup> Sept 2025, Thursday at 12:30 PM onwards







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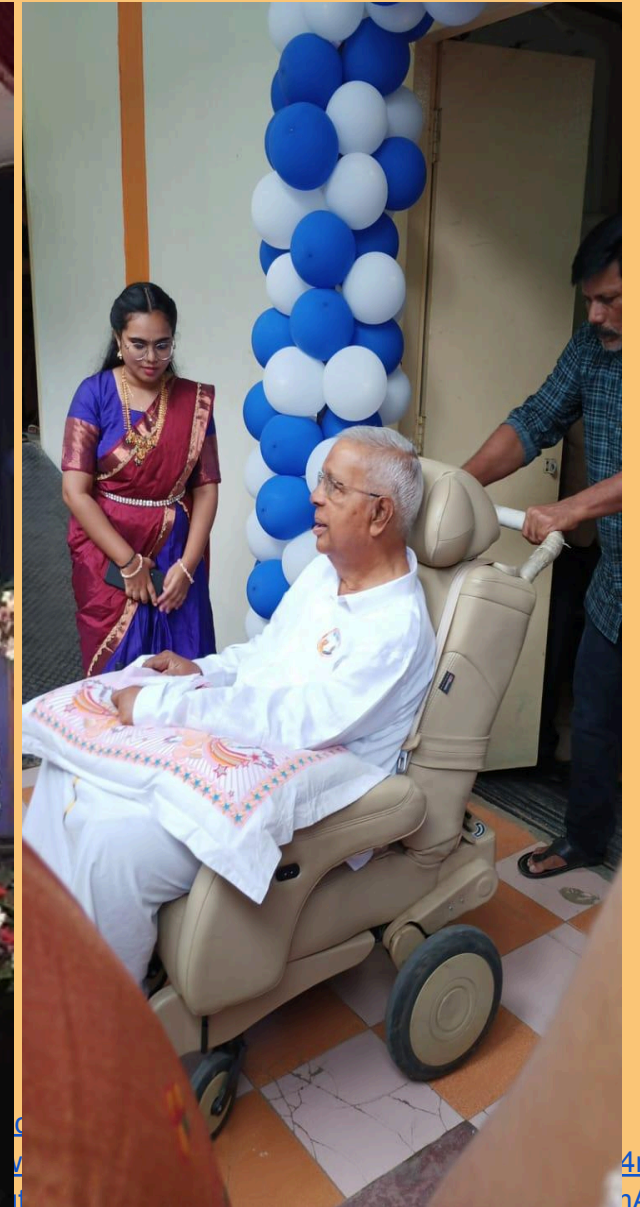
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<https://www.youtube.com/watch?v=08t0KtHq27A&list=PL6g4x4qy1t0m7A>





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<https://www.youradobe.com/mona/mnr-college-nagar-spg-jazzy.com/>





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**Co-Curricular Activity**


<b>ACTIVITY DESCRIPTION</b>	<b>World Suicide Prevention Webinar</b>
<b>DATE</b>	<b>09.09.2025</b>
<b>NO. OF STUDENTS PARTICIPATED</b>	<b>Bsc (N) 6th sem GNM 2nd year</b>
<b>NO. OF FACULTY PARTICIPATED</b>	<b>1</b>
<b>TOPIC</b>	<b>“Changing the Narrative on Suicide”</b>
<b>ORGANIZED BY</b>	<b>Ms.Pratapa Mercy Jyothsna/Ms.Divya</b>
<b>RESOURCE PERSON</b>	<b>Dr. Suresh Bada Math Professor Dept of Psychiatry NIMHANS</b>





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**MONTHLY ACTIVITIES - SEPTEMBER 2025**



**Mohd.shapur, Telangana, India**   
Mnr Nagar, Dental College Road, Mohd.shapur, Telangana 502294, India  
Lat 17.619819° Long 78.125122°  
11/09/2025 01:31 PM GMT +05:30





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## Extra-Curricular Activities

<b>ACTIVITY DESCRIPTION</b>	<b>Onam Celebration</b>
<b>DATE</b>	<b>09.09.2025</b>
<b>NO. OF STUDENTS PARTICIPATED</b>	<b>All faculty</b>
<b>NO. OF FACULTY PARTICIPATED</b>	<b>11</b>
<b>TOPIC</b>	<b>Onam is celebrated to honour the return of the legendary King Mahabali.</b>
<b>ORGANIZED BY</b>	<b>Mrs. Sobhana O j;      Mrs. Sushanthi Priya Mrs.ParimalaPriya:      Dr. Vijaya Kumari</b>
<b>RESOURCE PERSON</b>	<b>Nil</b>





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## **Faculty Development**

<b>ACTIVITY DESCRIPTION</b>	<b>Faculty Development Programme</b>
<b>DATE</b>	<b>15.09.2025</b>
<b>NO. OF STUDENTS PARTICIPATED</b>	<b>-----</b>
<b>NO. OF FACULTY PARTICIPATED</b>	<b>1</b>
<b>TOPIC</b>	<b>On-Advanced data analysis techniques for research using AI</b>
<b>ORGANIZED BY</b>	<b>Ms. Ruth Mercy Sumitha Professor MNR CON</b>
<b>RESOURCE PERSON</b>	<b>Dr.Urvesh Yadav</b>





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ety-egso-oqp

Factor Analysis

- Variable reduction technique
- Reduces a set of variable in terms of a small number of latent factors(unobservable).
- Factor analysis is a correlational method used to find and describe the underlying factors driving data values for a large set of variables.

Urvesh is presenting, annotating

You

Urvesh 41 others

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Bartlett test of sphericity

It test the null hypothesis that all the correlation between the variables is Zero.  
It also test whether the correlation matrix is a identity matrix or not.  
If it is an identity matrix then factor analysis becomes in appropriate.

Kaiser-Meyer-Olkin (KMO) measure of sampling adequacy

This test checks the adequacy of data for running the factor analysis. The value of KMO ranges from 0 to 1. The larger the value of KMO more adequate is the sample for running the factor analysis. Kaiser recommends accepting values greater than 0.5 as acceptable.

Urvesh is presenting, annotating

You

Urvesh 43 others

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**Extra - Curricular Activities**

<b>ACTIVITY DESCRIPTION</b>	<b>Higher Education</b>
<b>DATE</b>	<b>16.09.2025</b>
<b>NO. OF STUDENTS PARTICIPATED</b>	<b>Bsc (N) 4th year</b>
<b>NO. OF FACULTY PARTICIPATED</b>	<b>2</b>
<b>TOPIC</b>	<b>Study Abroad</b>
<b>ORGANIZED BY</b>	<b>Mrs. Nazia Farheen</b>
<b>RESOURCE PERSON</b>	<b>Dr.Ravi Teja G (Regional Manager) South India, Strategic Alliances.</b>





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**Extra -Curricular Activities**

<b>ACTIVITY DESCRIPTION</b>	<b>Carrier Guidance</b>
<b>DATE</b>	<b>18.09.2025</b>
<b>NO. OF STUDENTS PARTICIPATED</b>	<b><u>M.Sc</u> (N) OBG Students</b>
<b>NO. OF FACULTY PARTICIPATED</b>	<b>2</b>
<b>TOPIC</b>	<b>Professional Growth and Career Guidance</b>
<b>ORGANIZED BY</b>	<b>Mrs. K.Janaki MNR CON</b>
<b>RESOURCE PERSON</b>	<b>Dr. Naresh Grad Guru Organisation</b>





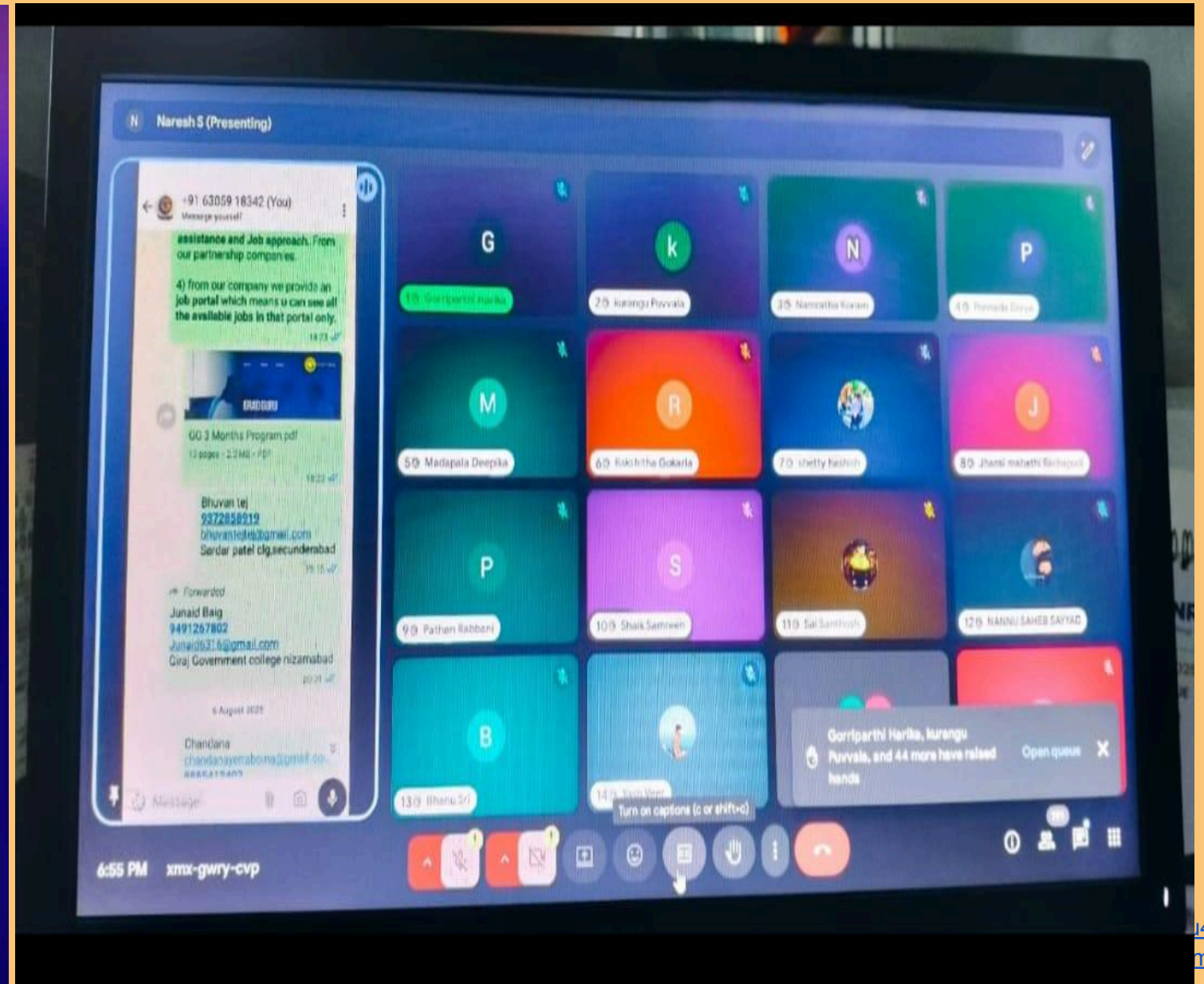
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 **E-Cell**  
IIT Hyderabad

**E-Cell IIT Hyderabad**  
presents

 **Grad Guru**

as our  
**Internship Partner**







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**Grad Guru**



**EXECUTIVES1**  
Eight Solutions. One Platform

**OUR NEW Internship partner**

This collaboration will open doors to exciting internship opportunities for our students, helping them gain valuable industry experience and skills.

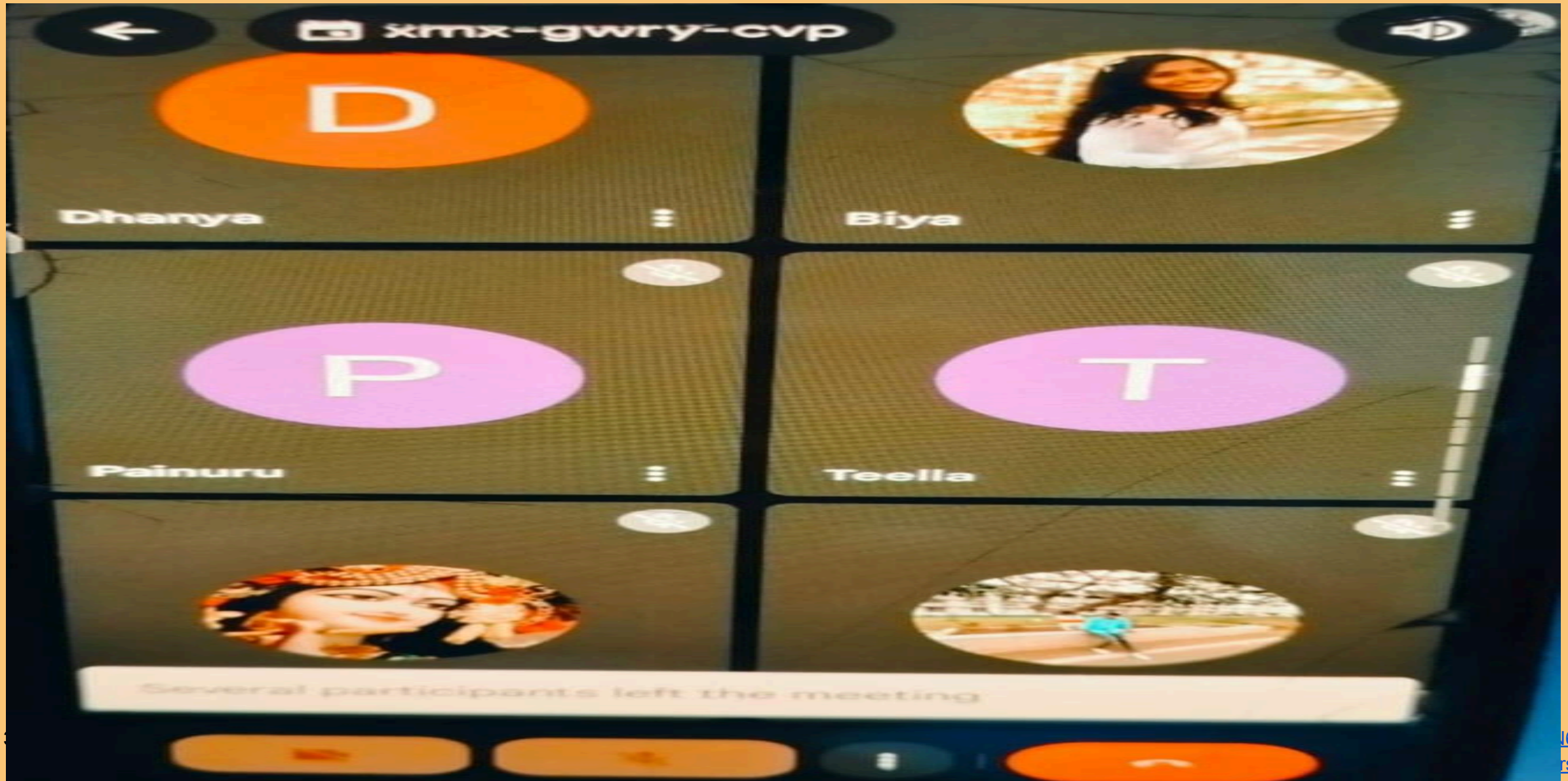
 [gradguru.in](https://gradguru.in)







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**Extra-Curricular Activities**

<b>ACTIVITY DESCRIPTION</b>	<b>Skill Development on Immunization</b>
<b>DATE</b>	<b>20.09.2025</b>
<b>NO. OF STUDENTS PARTICIPATED</b>	<b>Bsc (N) 2nd SEM</b>
<b>NO. OF FACULTY PARTICIPATED</b>	<b>2</b>
<b>TOPIC</b>	<b>Swasth Nari Sashakta Parivar Abhigyan</b>
<b>ORGANIZED BY</b>	<b>Mrs. Chaithanya Latha</b>
<b>RESOURCE PERSON</b>	<b>---</b>





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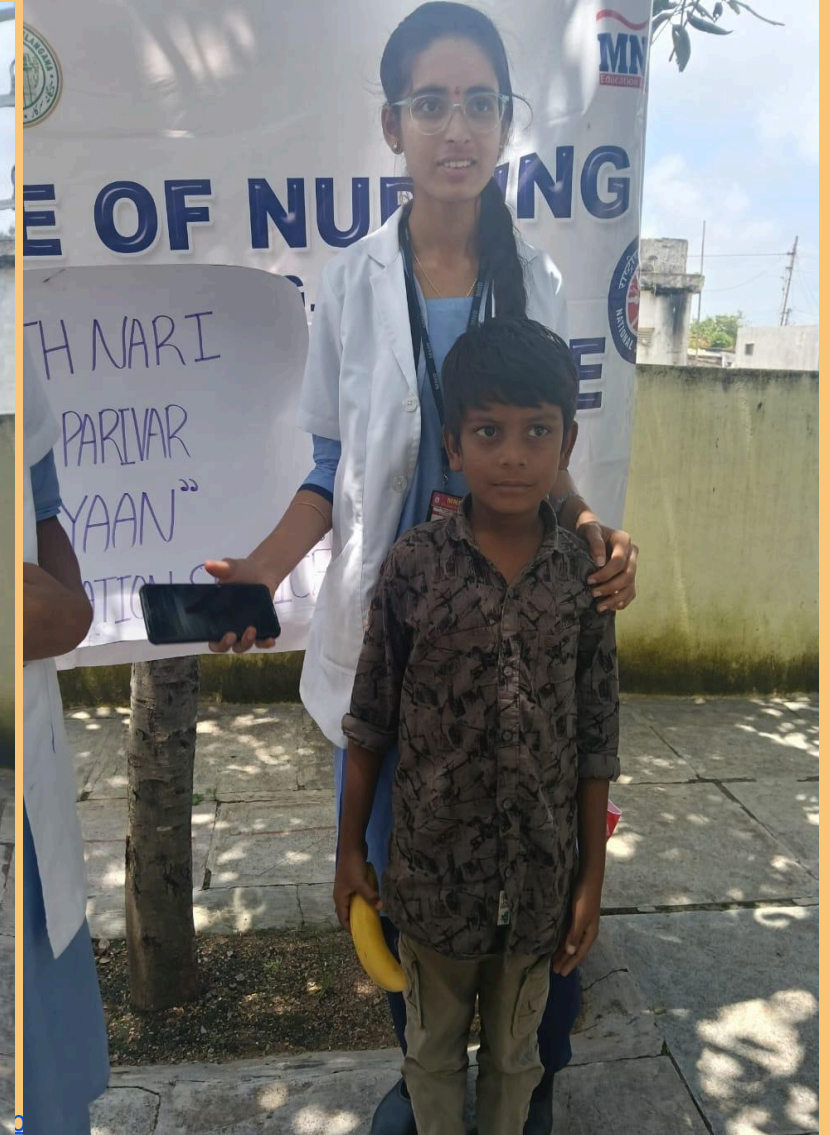
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**Extra-Curricular Activities**

<b>ACTIVITY DESCRIPTION</b>	<b>Skill Development on Postnatal Exer</b>
<b>DATE</b>	<b>20.09.2025</b>
<b>NO. OF STUDENTS PARTICIPATED</b>	<b>Bsc (N) 2nd SEM</b>
<b>NO. OF FACULTY PARTICIPATED</b>	<b>2</b>
<b>TOPIC</b>	<b>Swasth Nari Sashakta Parivar Abhigyan</b>
<b>ORGANIZED BY</b>	<b>Mrs. Chaithanya Latha</b>
<b>RESOURCE PERSON</b>	<b>---</b>





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# SWASTH NARI SASHAKT PARIVAR

## ANTENATAL ASSESSMENT

- Medical History and Physical examination
- Laboratory and Diagnostic test
- Risk assessment and screening for complication (like - Anemia, Pre-eclampsia, and infection etc.)
- Health education and counseling
- Nutrition, life style and signs of Potential complications

## EXERCISES

### WALKING

- Swimming

### STATIONARY CYCLING

- Pelvic Floor exercise
- Stretching and yoga
- Pilates
- Wall slides
- Thoracic extension

## DIET

### FRUITS

- Vegetables
- Lean Protein
- Whole Grains
- Dairy Products
- Nuts and Seeds
- Lean Meat
- Folic Acid

## IMMUNIZATION SCHEDULE

TT-1	Early in pregnancy
TT-2	+ week after TT-1
TT-Border	If missed 2TT doses in pregnancy within last 3 years
BCG	At Birth as possible till one year
Hepatitis	At Birth as within 24 hours
OPV	At birth within 15 days
OPV-1,2,3	At 6 <sup>th</sup> week - 18 week - 1+ weeks
DPT-1,2,3	At 6 week - 18 week - 18 week
H2B 1,2,3	At 6 week - 18 week - 18 week
Moraks	3 completed month - 12 month
wt-A	At 3 month with moraks
(2 <sup>nd</sup> dose)	16-24 month
DPT booster	16-24 month
Moraks w/dex	16-24 month
OPV booster	16-24 month
TT	10 years to 15 years

## BREAST FEEDING TECHNIQUES

- Find a breast feeding position
- Guide your baby's mouth to your nipple
- Help your baby latch on
- They will settle into a rhythm
- Bump your baby

11:54 am





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**Postpartum Period  
Core Exercises**

A. Four-Point Kneeling



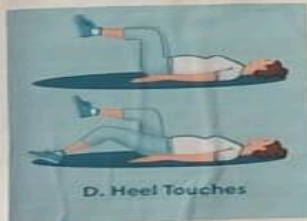
B. Leg Slides



C. Knee Raises



D. Heel Touches



E. Leg Extensions



**Stretching and Strengthening  
Exercises After Delivery**

Abdominal drawing in



Side-lying leg lift



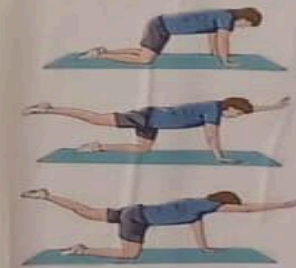
Side-lying leg lift (cross over)



Wall squat



Quadruped arm/leg raise







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## Co-Curricular Activities

<b>ACTIVITY DESCRIPTION</b>	<b>Alzheimer's day Awareness Program</b>
<b>DATE</b>	<b>22.09.2025</b>
<b>NO. OF STUDENTS PARTICIPATED</b>	<b>Bsc (N) 6th sem</b>
<b>NO. OF FACULTY PARTICIPATED</b>	<b>4</b>
<b>TOPIC</b>	<b>Role Play on Alzheimers</b>
<b>ORGANIZED BY</b>	<b>Mrs. Udaya see Ms.Pratapa Mercy Jyothsnar</b>
<b>RESOURCE PERSON</b>	<b>- —</b>





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# MNR SCHOOL AND COLLEGE OF NURSING



*"Join us on World Alzheimer's Day to  
raise awareness, reduce stigma, and  
support families."*

## 'WORLD ALZHEIMER'S DAY'



*Walk for Memory – Rally for  
Alzheimer's Awareness!"*



Date: 22nd September 2025 Monday



Place: Sangareddy



Time: 10 am







**MNR SCHOOL AND COLLEGE OF NURSING (Affiliated to KNR University of Health Sciences)**  
**MNR Nagar, Fasalwadi, Sangareddy-502294**  
**MONTHLY ACTIVITIES - SEPTEMBER 2025**







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<https://www.youtube.com/@PrincipalCollegeofNursing-u4n>  
<https://www.youtube.com/channel/UCbtGkThqDApgvjtrxqyN6mA>





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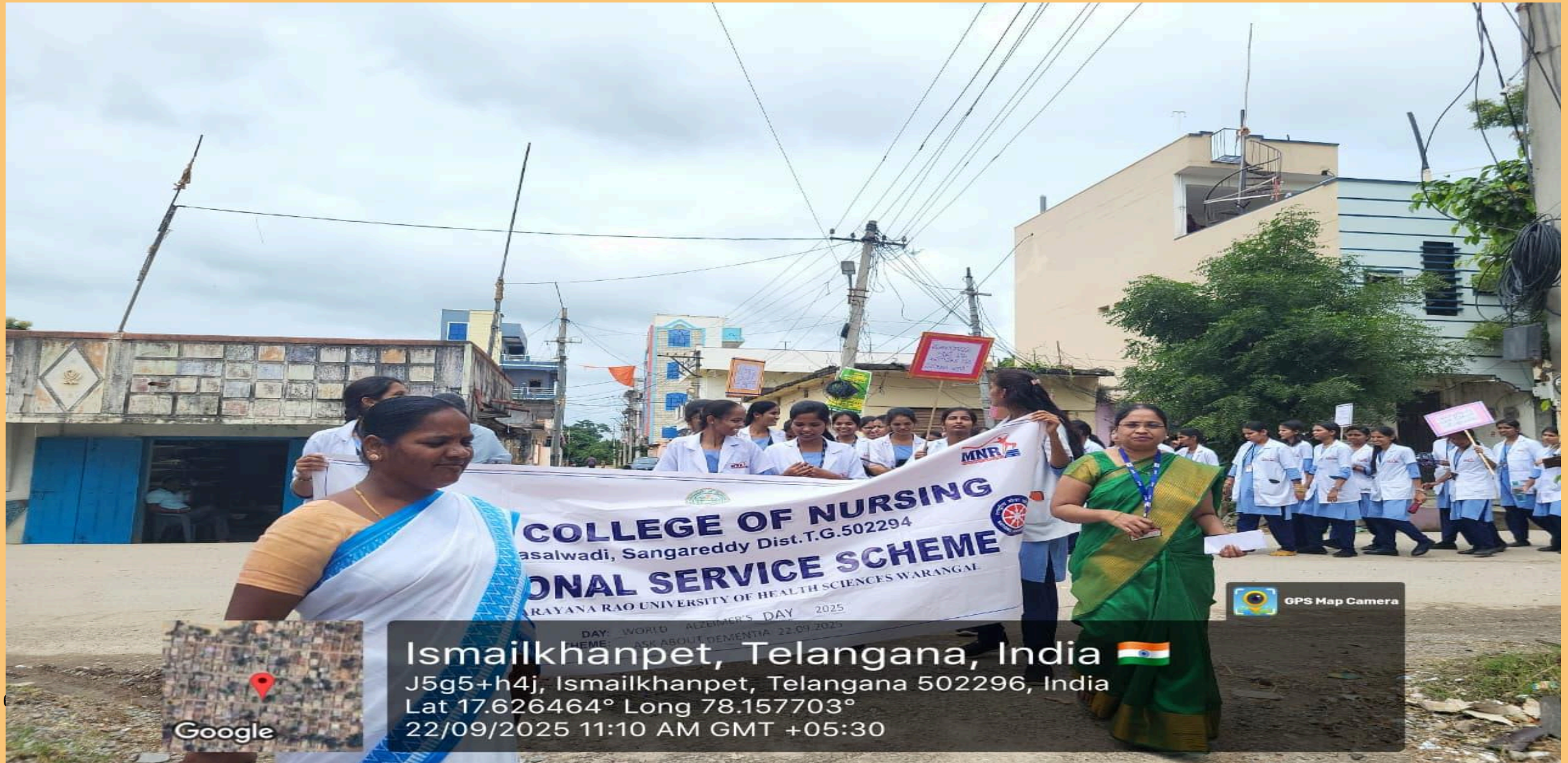
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**MONTHLY ACTIVITIES - SEPTEMBER 2025**

**10**

**Extra -Curricular Activities**

<b>ACTIVITY DESCRIPTION</b>	<b>Blood Donation Pledge</b>
<b>DATE</b>	<b>20-09-2025</b>
<b>NO. OF STUDENTS PARTICIPATED</b>	<b>GNM 3rd Years -<a href="#">B.Sc</a> 4th years</b>
<b>NO. OF FACULTY PARTICIPATED</b>	<b>2</b>
<b>TOPIC</b>	<b>Swasth Nari Sashakta Parivar Abhigyan</b>
<b>ORGANIZED BY</b>	<b>Dr. Vijaya Kumari Professor COHN MNR</b>
<b>RESOURCE PERSON</b>	<b>Mrs. Sobhana OJ Principal MNR CON</b>





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**MONTHLY ACTIVITIES - SEPTEMBER 2025**







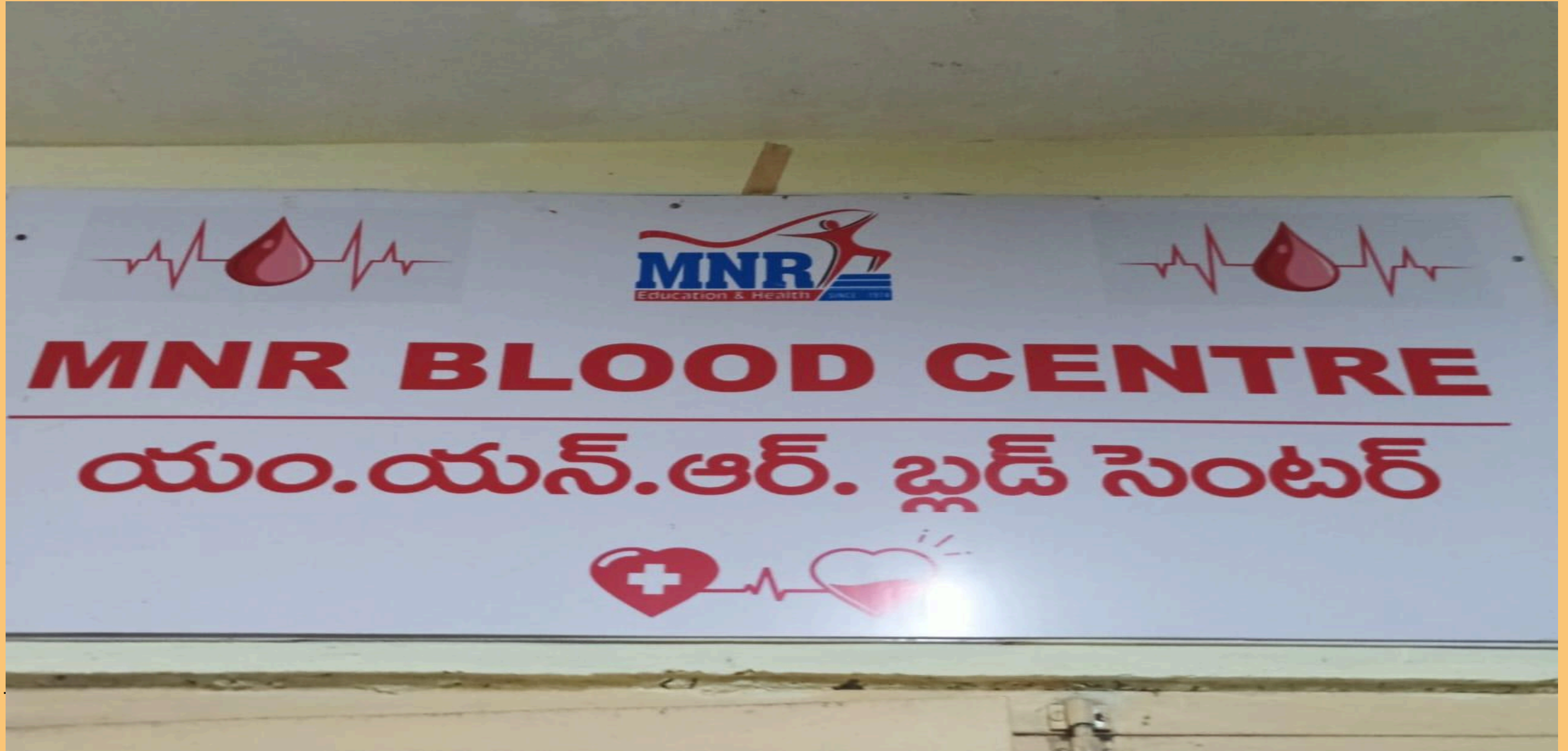




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**MONTHLY ACTIVITIES - SEPTEMBER 2025**

**11**

**Extra -Curricular Activities**

<b>ACTIVITY DESCRIPTION</b>	<b>Ganesh Chaturdi</b>
<b>DATE</b>	<b>22-09-2025</b>
<b>NO. OF STUDENTS PARTICIPATED</b>	<b>GNM 3rd Years -<a href="#">B.Sc</a> 4th years</b>
<b>NO. OF FACULTY PARTICIPATED</b>	<b>2</b>
<b>TOPIC</b>	<b>—</b>
<b>ORGANIZED BY</b>	<b>MNR Hospital</b>
<b>RESOURCE PERSON</b>	<b>-----</b>





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**MONTHLY ACTIVITIES - SEPTEMBER 2025**

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**Co-Curricular Activities**

<b>ACTIVITY DESCRIPTION</b>	<b>Personality Development</b>
<b>DATE</b>	<b>30.09.2025</b>
<b>NO. OF STUDENTS PARTICIPATED</b>	<b>Bsc (N) 4th SEM</b>
<b>NO. OF FACULTY PARTICIPATED</b>	<b>2</b>
<b>TOPIC</b>	<b>How to attend Interview?</b>
<b>ORGANIZED BY</b>	<b>Mrs. A. Sangeetha MNR CON</b>
<b>RESOURCE PERSON</b>	<b>Dr. Tanu Jain Dentist</b>





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**MONTHLY ACTIVITIES - SEPTEMBER 2025**

**13**

**Co-Curricular Activities**

<b>ACTIVITY DESCRIPTION</b>	<b>MHN Workshop 2025</b>
<b>DATE</b>	<b>26.09.2025</b>
<b>NO. OF STUDENTS PARTICIPATED</b>	<b>Bsc (N) 6th SEM</b>
<b>NO. OF FACULTY PARTICIPATED</b>	<b>11</b>
<b>TOPIC</b>	<b>On Mental Health</b>
<b>ORGANIZED BY</b>	<b>Mrs. Udaya Sree Professor MNR CON</b>
<b>RESOURCE PERSON</b>	<b>Ms. Sobhana OJ Principal MNR CON</b>





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**MONTHLY ACTIVITIES - SEPTEMBER 2025**



# **MNR SCHOOL AND COLLEGE OF NURSING**

*Warmly invite you to our mental health  
nursing workshop to enhance knowledge,  
skills and compassion in mental health care*

**THEME:- AWARENESS OF MENTAL HEALTH  
DISORDERS AND TREATMENT**

**OUR GUEST:- Dr. SATHYANARAYANA MURTHY  
(CEO MNR HOSPITAL)  
Dr. VIDHYANATH  
(HOD PSYCHIATRIC DEPT)**



**TO BE HELD ON**

**Friday 26th September 2025  
From 9am to 3:30pm**



**Venue:- Lecture Hall 5 MNR Hospital**

**ORGANIZERS:-**

**Mrs. Shobhana O. J  
(Principal MNR CON)  
Mrs. Udaya sree G  
(Professor MHN Dept)  
Ms. Pratapa Mercy Jyothisna  
(Asst. Professor MHN Dept)**

**BEST WISHES:-**

**MR. RAVIVARMA  
(CHANCELLOR MNR UNIVERSITY &  
VICE CHAIRMAN MNR EDUCATIONAL TRUST)**







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[https://www.youtube.com/@MNRPrincipalsCollegeofNursing\\_u4n](https://www.youtube.com/@MNRPrincipalsCollegeofNursing_u4n)  
<https://www.youtube.com/channel/UCbtGkThqDApgvjtrxqyN6mA>





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**14**

**Co-Curricular Activities**

<b>ACTIVITY DESCRIPTION</b>	<b>Skill development on ear Irrigation</b>
<b>DATE</b>	<b>30.09.2025</b>
<b>NO. OF STUDENTS PARTICIPATED</b>	<b>Bsc (N) 6th SEM</b>
<b>NO. OF FACULTY PARTICIPATED</b>	<b>11</b>
<b>TOPIC</b>	<b>Ear Irrigation</b>
<b>ORGANIZED BY</b>	<b>Ms. Chaitnaya MNR CON</b>
<b>RESOURCE PERSON</b>	<b>-----</b>





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