



MANSAROVAR DENTAL COLLEGE


Mansarovar Campus, Rani Avanti Bai Marg, Village- Hinotia Aalam,

Ward No. 84, Kolar Road, Bhopal (M.P) 462042

Tel: +91-9111777225, 761158888. Website: www.mansarovardentalcollege.com

REPORT ON "LEARN TO MANAGE STRESS" PROGRAM 2019-2020

Title	Seminar on "Learn to Manage Stress"
Speaker	Mr. K Subramanian
Date & Time	20/11/2019 11 am – 12 pm
Venue	Auditorium, Mansarovar Dental College
No. of Participants	108
Summary	Mansarovar Dental College conducted a seminar on "Learn to Manage Stress". The speaker for the session was Mr. K Subramanian, Director at Vcare Medisolutions, Bhopal. The speaker told about the different methods of overcoming stress. He explained about the overcoming of stress at the student level and employee level. The speaker also illustrated the benefits and importance of yoga and meditation in our lives. The overall session was very informative and useful.


Dr. B. Gurudatt Nayak
Principal
Mansarovar Dental College
BHOPAL

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SEMINAR on



**MANSAROVAR
DENTAL COLLEGE**

**LEARN TO
MANAGE
STRESS**



SPEAKER

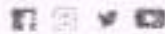
K. SUBRAMANIAM



20 NOVEMBER 2019 | Time: 11.00 am

Venue: Auditorium, Mansarovar Dental College, Bhopal

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VBK
Dr. B. Gurudatt Nayak
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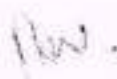
Ref No. : MDC/GSP/2115

Date: 18/11/2019

CIRCULAR


As a part of gender sensitization program Mansarovar Dental College is organizing a Seminar on "Learn to manage stress" on 20/11/2019 at 11:00 am in the auditorium. The speaker for the session is Mr. K Subramanian, Director at Vcare Medisolutions, Bhopal.

All the faculties and students are invited to attend the program and get benefitted.


PRINCIPAL

Dr. B Gurudatt Nayak

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Principal
Mansarovar Dental College
BHOPAL


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Principal
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
MANSAROVAR DENTAL COLLEGE, BHOPAL

Year : 2019-20

Date: 20/11/2019

Title of the Gender Equity Sensitization Programme: Seminar on " Learn to manage stress" By k Subramanian

S.No.	Name	Signature
1	DR. PUNEET PATHAK	Puneet
2	DR. MANOJ TIWARI	Manoj
3	DR. SHIKHA RAJPUT	Shikharajput
4	DR. ABHISHEK JAIN	Abhishek
5	DR. TARUN PANDEY	Tarun
6	DR. SANDEEP THAKUR	Sandeep
7	DR. NITESH KUMAR	Nitesh
8	DR. KARVIKA NAYAK	Karvika
9	DR. GAURAV M. GUPTA	Gaurav
10	DR. B. GURUDUTT NAYAK	B. Gurudutt
11	DR. SHUBHAM JAIN	Shubham
12	DR. ANTRIKSH AZAD	Antriksh
13	DR. MONISHA TIWARI	Monisha
14	DR. MAULSREE GULERIA	Maulsree
15	DR. KASTURI ROY	Kasturi
16	ARCHANA RAMESH PATLE	Archana
17	ARYA PATEL	Arya
18	AVANTIKA SHRESTHA	Avantika
19	AYUSHI RAJ	Ayushi
20	BALLU VYSHNAVI	B. vyshnavi
21	DIPALI KUMARI	Dipali
22	FARHAT ANSARI	Farhat


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23	GAYATRI SAHU	Giyatri
24	HANGWAMA SUBBA	Hangwa
25	ISHU RATHORE	Ishu Rathore
26	KAMNA PUSHP	Kamna
27	KISHAN SINHA	Kishan
28	KRITIKA SHARMA	Kritika
29	KUNKALA SONIA	Kunkala
30	LUBNA SHAREEF PINJARI	Lubna
31	MARIA MODI	Maria
32	MARIYA KALEEMULLAH KHAN	Mariya
33	MASIRA ALMAS	Masira
34	MASUM BHARTI	Masum
35	MEGHNA CHOUDHURY	Meghna
36	MIYAAMDO MODI	Miyamdo Modi
37	MONALI SAH	Monali
38	MUSHARRAT JAHAN	Musharrat
39	NAINIKA	Nainika
40	NANCY PRIYA	Nancy
41	NOYNIKA DWIVEDI	Noynika
42	PALLAVI NAGDEVE	Pallavi
43	PARUL HADA	Parul
44	PRACHI	Prachi
45	PRAGATI RANI	Pragati
46	PREET BIPIN BHANUSHALI	Preet
47	PRERNA SINGH	Prerna
48	PRIYA RAJESH MISHRA	Priya

49	PRIYANKA KUMARI	Priyanka
50	PRIYANSHU SHARMA	Priyanshu
51	RAGINI	Ragini
52	RAJAT KUMAR	Rajat
53	ROSHANI KAILASH VALECHA	Roshani
54	ROSHNI MOHARE	Roshni
55	SADHVI PATERIYA	Sadhvi
56	SAKSHI PANDEY	Sakshi
57	SAKSHI SHARMA	Sakshi
58	SANKALP SRIVASTAVA	Sankalp
59	SAURAV SINGH	Saurav
60	SAURAV DIGAMBAR MAKODE	Saurav
61	SHALINI TOMAR	Shalini
62	SHALINI SENGAR	Shalini
63	SHANU PARVIN K M	Shanu
64	SHARAYU MORE	S. More
65	SHEETANSHU KUMAR SHRIVASTVA	Sheetanshu
66	SHIFA ALI	Shifa
67	SHIV GOPAL SINGH	Shiv. G. Singh
68	SHIVANI MISHRA	Shivani
69	SHIWANGI	Shiwangi
70	SHRADDHA GEETE	Geete
71	SHREYAS S NAIR	Shreyas
72	SNEHANSHU PANDA	Snehanshu
73	SOMYA KUMARI	Somya
74	STUTI SUDHANSU SHEKHAR	Stuti

75	SURAJ MISHRA	Suroj
76	SWATI SINGH	Swathi
77	SWATI THAKUR	Swati
78	SWATI KUMARI	Swati
79	SWATI GUPTA	Swati Gupta
80	VARUN KUMAR SONI	
81	VISHAL RANA	Rana
82	VIVEK KUMAR	Vivek
83	GAUTAM	Gautam
84	JANKI SATISH	Janki
85	KIRTHANA RAJAGOPAL	Kirthana
86	LEANNE LEO BHANDU	Leanne
87	SAMRUDDHI RAJENDRA MAGARDH	Samruddhi
88	SHRAWANI AJAY MANDAOGADE	Shrawani
89	ANUSHIKA SINGH	Anushika
90	ATHIRA R NAIR	ATHIRA
91	BINNY BABU	Binny
92	DEEP SHIKHA	Deep
93	GAURI SANDIP BHAGAT	Gauri
94	GIRAMKAR GAYATRI HARISHCHANDRA	G.H. Gitambar
95	HEMLATA KUNTAL	Hemlata
96	I P SWATHI	I.P.S.
97	INDRANI BHOWMIK	Indrani
98	MUSKAN GANGARAM KUSHWAHA	Muskan
99	PRIYA	Priya
100	PRIYANKA VAIBHAV	Priyanka Vaibhav

Dr. B. Gurudatt Meysak
Principal
Mansarovar Dental College
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101	PUJA BHARTI	<i>Puja Bharti</i>
102	PUJARI SNEHAL JAYWANT	<i>Pujari</i>
103	RIMMI KUMARI	<i>Rimmi</i>
104	ROQAIYA HASNAIN	<i>Roqaiya</i>
105	SAKSHI MUKESH GUJARATHI	<i>Sakshi</i>
106	SARTHI SINHA	<i>Sarthi</i>
107	SAUMYA NAIR	<i>Saumya</i>
108	SAYALI RAJKUMAR ERANDE	<i>S Rajkumar</i>

BW
Dr. B. Gurudatt Nayak
Principal
Mansarovar Dental College



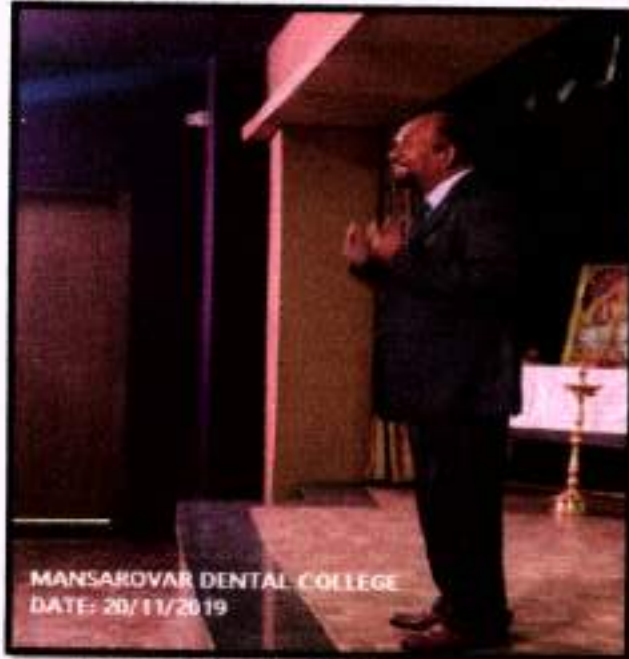
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Seminar on "Learn to Manage Stress" by K Subramanian



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REPORT ON STRESS MANAGEMENT PROGRAM 2021-2022

Title	Seminar on Stress Management
Speaker	K. Subramanian
Date & Time	30/12/2021 11 am
Venue	Auditorium, Mansarovar Dental College
No. of Participants	78
Summary	Stress... no one can explain their own stress to others in our fast pace life. We tolerate these high levels of stress in our day to day to life. Mansarovar Dental College successfully expedited program on Stress management for students and faculties on 30/12/2021. Our esteemed speaker Mr. K Subramanian with his wife Geeta Subramanian took the initiative on demonstrating stress relief through yogasana and various effective stress management techniques.

Dr. B. Gurudatt Nayak
Principal
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**MANSAROVAR
DENTAL COLLEGE**

KEYNOTE

on

Topic **STRESS MANAGEMENT
FOR STUDENTS AND
FACULTIES**



Speaker
K. SUBRAMANIAN
Director, Vcare Medisolutions, Bhopal

📅 December 30, 2021 🕒 11 AM to 1 PM 📍 Mansarovar Dental College,
Auditorium

www.mansarovardentalcollege.com



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Dr. B. Gurudatt Nayak
Principal
Mansarovar Dental College
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Ref No. : MDC/GSP/2367

Date: 24/12/2021

CIRCULAR

As a part of gender sensitization program Mansarovar Dental College is organizing a Seminar on Stress Management on 30/12/2021 at 11 am in the auditorium. The speaker for the session is Mr. K Subramanian, Director at Vcare Medisolutions, Bhopal.

All the faculties and students are invited to attend the program and get benefitted.

PRINCIPAL

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
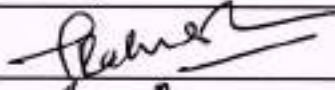
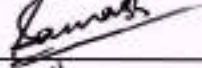

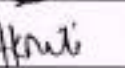
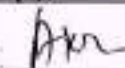
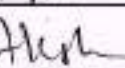
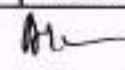
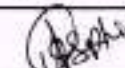


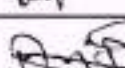
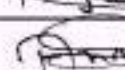
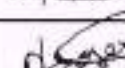
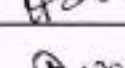
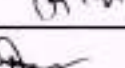
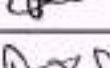
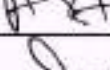
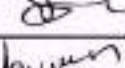

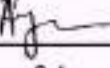
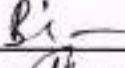
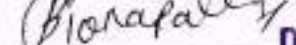
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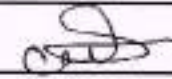
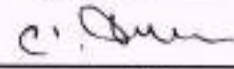
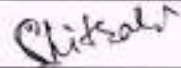
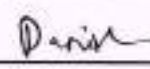
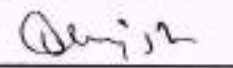

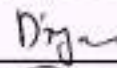
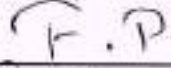
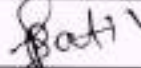
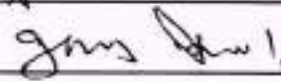
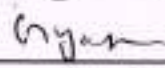
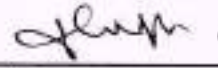
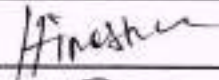
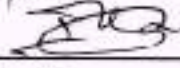
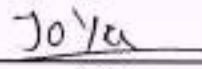
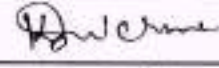
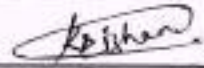
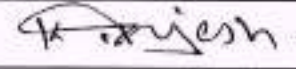
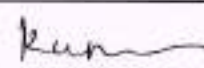
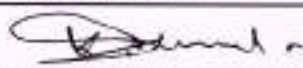
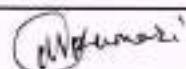

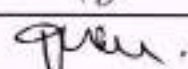
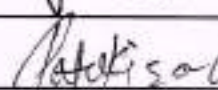
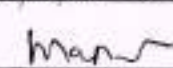
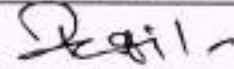
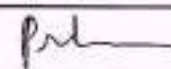
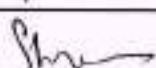
Year :2021-22

Date: 30/12/2021

Title : Seminar on Stress Management

S.No.	Name	Signature
1	DR. B. GURUDUTT NAYAK	
2	DR. TRIPTY RAHANGDALE	
3	DR. SAURABH SHRIVASTAVA	
4	DR. RICHA AGARWAL	
5	DR. ABHISHEK JAIN	
6	AKRITI PATHAK	
7	AKRUTI DAS	
8	AKSHITA DHAKAD	
9	ALANKRITI DEHARIYA	
10	ALIENA SUSAN PHILIP	
11	ANANYA PANDEY	
12	ANIKET KUMAR TOMER	
13	ANJANI DUBEY	
14	ANMOL TIWARI	
15	ANN ROSE RAJU	
16	ANUGRAHA ANNA NINAN	
17	ANUJ AGARWAL	
18	ARFIN SIDDIQUE	
19	ASTHA BUNDELA	
20	ASWANI B S	
21	AYUSH KUMAR	
22	BIJOY B DANIEL	
23	BOINAPALLY ARTHI	


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24	CAROLINE ROSE PAUL	
25	CHAMARTHI RAM KUMAR	
26	CHITRALI	
27	DANISH ALI	
28	DANISH MARGHOOB AHMAD	
29	DEWANGI	
30	DIVYA JOSHI	
31	FIRDAUS PERWEEN	
32	GANESH PATEL	
33	GANGAKHEDKAR SAKSHI AMOL	
34	GYANA SINGH	
35	HARSH POONIWALA	
36	HIMANSHU SAPDHARE	
37	IRSHAD	
38	JOYA JAMIL	
39	KOMAL VERMA	
40	KRISHNAPRASAD S	
41	KUMBHARE ASHITA RAJESH	
42	KUNAL KUMAR	
43	KUSHAL AGARWAL	
44	MANSHI KUMARI	
45	MD QAISAR ALI	
46	PANKAJ SHARMA	
47	PATEL KIRAN SUNIL	
48	PATIL HARSHADA VIKAS	
49	PATIL MANASI GOVINDRAO	
50	PATIL PRITI KISHOR	
51	PATIL SHREYA SHIVAJIRAO	

52	PATIL SHRUSTHI SUNIL	Shruthi Sunil
53	POOJA GAUTAM	Pooja
54	PRAKRITI RAJ	Prakriti
55	PRANAY DONGRE	Pranay
56	PRITI BOURI	Priti
57	PRIYA KUMARI RATHORE	Priya K. Rathore
58	RAHUL KUMAR	Rahul
59	RAHUL PATEL	Rahul
60	RAVI KISHAN	Ravi
61	REENA PATIDAR	Reena
62	RISHITA CHATURVEDI	Rishita
63	RITESH PARMAR	Ritesh
64	SAKSHI SONI	Sakshi
65	SAKSHI SRIVASTAVA	Sakshi
66	SALOKHE SHRADHA SAMBHAJI	Shradha
67	SALONI GUPTA	Saloni
68	SANCHI	Sanchi
69	SAPKAL PAYAL GAJANAN	Sapkal
70	SATYAM KUMAR	Satyam
71	SAURABH KAILASH DIWNALE	Saurabh
72	SAURAV SUMAN	Saurav
73	SHARMA SWATI GIRISH	Swati
74	SHIVANSHI PARASHAR	Shivanshi
75	SHRADDHA SINGH	Shraddha
76	SHREYASH JADHAV	Shreyash
77	SHRIYA PANDEY	Shriya
78	SIDDHARTH SINGH	Siddharth

Dr. B. Gurudatt Nayak
Principal
Mansarovar Dental College
BHOPAL



MANSAROVAR DENTAL COLLEGE

Mansarovar Campus, Rani Avanti Bai Marg, Village- Hinotia Aalam,

Ward No. 84, Kolar Road, Bhopal (M.P) 462042

Tel: +91-9111777225, 761158888. Website: www.mansarovardentalcollege.com

Seminar on Stress Management



Unnamed Road, Bhopal, Barragath Chichali, Kolar Rd, Bhopal, Madhya Pradesh 462042, India

Latitude
23.1524678°

Local 11:42:04 AM
GMT 06:17:41 AM

Longitude
77.4241695°

Altitude 419.8 meters
Thursday, 30 Jul 2021



Unamed Road, Bhopal, Barragath Chichali, Kolar Rd, Bhopal, Madhya Pradesh 462042, India

Latitude
23.1525134°

Local 11:47:41 AM
GMT 06:17:41 AM

Longitude
77.4241695°

Altitude 419.8 meters
Thursday, 30 Jul 2021


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PROGRAMME REPORT

Name of event	7 LESSON ON BUSINESS LEADERSHIP
Date of event	15-2-2021
Participants	65
Resource person	FABIAN SCHROEDER
Aim and objective of visit	Effective leadership in business can bolster and promote teamwork, cultivate a sense of greater good, motivate, inspire trust, or provide purpose and direction. To enhance this quality in our students Mansarovar Dental College conducted a program on BUSINESS LEADERSHIP
Report	<p>Leadership in business is the capacity of a company's management to set and achieve challenging goals, take fast and decisive action when needed, outperform the competition, and inspire others to perform at the highest level they can. Mansarovar Dental College conducted a program on BUSINESS LEADERSHIP on. The Speaker of the session was FABIAN SCHROEDER.</p> <p>The programme started by lamp lighting by Dr Tripty Rahangdale ma'am vice principal of the institution and Dr Nishi Mishra head of oral medicine department. The guest speaker was felicitated by MR GAURAV Tiwari , CED, Mansarovar Group . There were 65 participants present in the programme. The vote of thanks was given by Dr. Purvi Awasthi.</p>

Dr. B. Gurudatt Nayak
Principal

Mansarovar




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Principal
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BHOPAL