

SCHOOL OF PHARMACY

REPORT ON

AWARENESS PROGRAM

On 20th December 2024, an enlightening and thought-provoking session titled “Exploration of Mind” was conducted at Nalla Narasimha Reddy Education Society’s Group of Institutions (NNRG). The event was held in the Seminar Hall and was specially curated for first-year B.Pharmacy and MBA students, with the aim of nurturing mindfulness, emotional intelligence, and inner well-being.

The session was led by Dr. Manjo Matnani, Coordinator of VIHASA (Values in Healthcare: A Spiritual Approach), an internationally recognized program that focuses on enhancing values and resilience among healthcare and management professionals. Dr. Matnani was accompanied by Sister Trilochana, whose compassionate presence and practical insights added a deeply reflective dimension to the session.

The event was graced by the distinguished presence of Dr. Janardhana Raju, Dean of the School of Engineering, and Dr. T. Ravindra Reddy, Dean of the School of Management, who both emphasized the significance of emotional balance and mental clarity in academic and professional success. Their presence underscored the institution’s commitment to holistic education.

The session focused on the exploration of the human mind, self-awareness, the role of positive thinking, and techniques for achieving inner peace in a fast-paced, competitive world. Through interactive exercises, real-life scenarios, and group reflections, students were guided to introspect and understand their thought patterns, emotional responses, and behavioral habits.

Key highlights of the session included:

- Understanding the power of thoughts and their impact on well-being
- Developing emotional intelligence and resilience
- Techniques for mindfulness and stress management
- Encouraging values such as compassion, integrity, and gratitude

Students responded enthusiastically to the session, actively engaging in the discussions and activities. Many participants shared their reflections and expressed how the session helped them gain clarity, calmness, and a renewed sense of self-awareness.


The program was deeply appreciated for its holistic approach and its ability to address the often-overlooked aspects of student life—mental well-being and inner growth. It left a lasting impression on attendees and fostered a space of empathy, positivity, and personal transformation.

The event concluded with a formal vote of thanks, appreciating the efforts of the speakers and the enthusiastic participation of students. The success of “Exploration of Mind” reinforced the

institution's belief that education must go beyond academics to include the nurturing of the mind and spirit.



"Dr. Manjo Matnani and Sister Trilochana engaging students during the 'Exploration of Mind' session at NNRG."


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