



SRI ADICHUNCHANAGIRI SHIKSHANA TRUST (R.)
BGS GLOBAL INSTITUTE OF MEDICAL SCIENCES

(Affiliated to Rajiv Gandhi University of Health Sciences, Bangalore)
No. 67, BGS Health & Education City, Uttarahalli Road, Kengeri,
Bangalore- 560060

Report

on

MIND over MAT(TER)

Yoga Health and Wellness program

Date	Started on 22 nd May 2021 (One year Program)
Venue	Yoga Hall /Yoga Centre
Organized by	Department of Physiology, BGS GIMS
Team Members	Dr. M E Mohan, Principal Dr. Crystal Dsouza (Assistant Prof /Tutor) Dr. Govind G S (Tutor) Mr.Ronald (Faculty) Mr Prakash (Sports) Vibha final year Rachana 2 nd year Siddharth 1 st year
Participants	Students and Faculty
Outcome of the Program	At the end of this program, participants able to achieve self-well-being and Community harmony through the following areas <ol style="list-style-type: none">1. Leadership skills - To become resilient and realize ones individual potential2. Social skills - To improve physical, mental and emotional wellbeing3. Research - To explore Yoga as an adjunct to modern medicine4. Career - To expose the interns to integrative medicine
Brief report about the Program	In this Yoga Health and Wellness program , following topics were discussed through Lectures and physical involvement of the participants. <ul style="list-style-type: none">• Enhancing performance and stress management• Weekly once Yoga programs for faculty and students, extendable on request• Special stress management exercise prior to exams and after wards• Talks by pioneers on Integrative medicine• Case studies



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**State Level Intercollegiate Quiz Competition “COGNITAIR” held at BSGGIMS,
Bangalore**

Date & Time	31 st May 2022 Time: 8.45.a.m.-3p.m
Venue	BGS GIMS Auditorium
Organized by	Quiz Club in cooperation with Pre final year Students ,BGS GIMS
Program in charge	Quiz Club, BSGGIMS
Objective of the Program	<ul style="list-style-type: none">• Provide platform for students to explore their skills outside the classroom like event management, leadership, decision making.• Opportunity for students to organization and curation of events right from conceptualization, planning and execution of such academic events• To develop capability to organize such an event at higher level.
Brief Report about the Program	<p>The event was based on Phase I and Phase II MBBS subjects (Anatomy, Physiology, Biochemistry, Pathology, Pharmacology, Microbiology) along with Public Health and AETCOM to ensure a well-rounded approach, aimed to be on par with the PG entrance examinations like NEXT, USMLE, etc. Under the guidance of the quiz committee, the 3rd year students (Batch2019-20) organized an intercollegiate quiz for UG Medical Students of Phase II, III- Part 1 and Phase III- Part 2.</p> <p>There was a total of 38 teams that registered from 13 different medical colleges. On the day of the event, we had 29 teams from 11 medical colleges. The event brought about the sense of leadership, planning and smooth execution of events. It was of help to participants in terms of application of knowledge acquired during their basic sciences classes.</p>

Quiz committee

Chairperson- Dr. M E Mohan, Dean cum Principal

Faculty Dr. Naveen, Professor, Dept. of Medicine

Dr. Rohini K R, Asst. Professor Dept. of Anatomy

Dr. Roopashree N, Asst. Professor Dept. of Physiology

Students -IIIrd Year MBBS- Deekshaa Vinay, Vishal Venugopal, Anup Sarang, Aisiri Deepak, Nikhil Vallamkondu, Preetham Reddy

IIInd Year MBBS-Rachana.K, Lishanth Vagish V, Srivatsa CD, Tejas R, Dristi Shetty, Nidhi Nagesh, Surabhi.L, Sahithi Chetahan, Sparsha Kalra, Shaima Banu



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BGS GIMS International Yoga Day

Date & Time	21st June 2022 Time: 7.30 a.m.- 10.30 am
Venue	BGS Global Institute of Medical Sciences Cricket ground, Bangalore
Organized by	BGS GIMS
Hosted by	BGS Global Institute of Medical Sciences
Brief Report about the Event	Yoga Day was inaugurated by His Holiness Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, Revered Sri Sri Dr. Prakashanath Swamiji, Dr. MK Ramesh, Hon'ble Vice Chancellor, RGUHS, M Krishnappa, MLA, Ms. Nishvika Naidu, Film actress.


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Photograph of the event









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35th IAP UNDERGRADUATE QUIZ – 2022

The 35th IAP (Indian Academy of Pediatrics) undergraduate college round quiz was conducted at the BGS Global Institute of Medical Sciences and Hospital, Bengaluru, Karnataka on 28th July 2022. This is a memorable event for the Pediatrics department as well as the institution as this is the fourth round of IAP UG quiz to be conducted in this college. It was an honor and privilege for the department of Pediatrics and all the staff to be a part of this academic event.

The venue was hospital lecture hall and the compere for the event was Dr. Darshan C, Assistant professor, Paediatrics and Dr.Pooja V The program began with rendering prayers to his divine soul Padmabushana Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji, His Holiness Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, Revered Sri Sri Dr. Prakashnathaswamiji , in the presence of our beloved Dean and Principal Dr. Mohan. M.E, Medical Superintendent Dr. Srikanth Kulkarni, Dr.Ramesh M- Head of the department of Paediatrics. We sought God's blessings with a melodious invocation song, followed by lamp lighting. The audience was welcomed by Dr.Ramesh M. Our dynamic Dean cum Principal addressed the gathering. The quiz master was Associate Professor Dr Vinod. M, who started the quiz after explaining the rules in detail. The quiz experts were Dr Ramesh M, Dr Sharath Chandra and Dr Rohith H R.

Our Assistant Professor was actively involved in co-ordinating the audience questions at the end of each round. The audience showed active participation. The vote of thanks was delivered by Dr.Shruthi. This was followed by refreshment for the members of the audience. It was indeed a feast of knowledge. The quiz was done using PowerPoint slides and proceeded smoothly in six rounds which included visual, clinical scenarios and rapid-fire rounds which were monitored by Dr Rahul R, Dr Mamatha and Dr. Madhukiran were the score

keepers. The participants were final year MBBs students who showed enthusiastic and active participation. The time keeper was Dr Sowmyashree G. The audio-visual team extended excellent support to the smooth conduct of the program. At the end of a very engaging and interactive quiz which was well fought by both teams, team A was declared as the winners with a clear margin



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Report

on

“Leadership and Team Building”

Date	8 TH JULY 2022
Venue	Lecture hall no-1 , Administrative block
Organized by	Department of Community Medicine, BGSGIMS
Coordinator/ Program in charge	Dr. Jayashree S. Seeri
Students Benefited	50 Students
Objective of the Program	The main objective of the program is to build the competency of leadership and team building.
Program outcome	<p>Team building is one of the leadership qualities. So, each student has built up this competency and end up with good result in assigned task.</p> <p>The students gained in depth knowledge about these quality and recent updates. The gained knowledge will boost confidence of students in facing the complaint encountered as medical practitioners and lead the team.</p>
Brief report about the Program	<p>In this program, following topics were discussed through Lectures.</p> <ul style="list-style-type: none">• Team Member selection.• Commitment of Members.• Management support.• Communication skills• Barriers in team Building.• Leadership qualities• Case studies




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“Communication Skills”

Date	22 nd Feb 2023
Venue	Lecture hall no-2 , Administrative block
Organized by	Department of Psychiatry, BGS GIMS
Coordinator/ Program in charge	Dr. Keertish
Students Benefited	50 Students
Objective of the Program	The main objective of the program is to build the competency of Communication .
Program outcome	one of the important quality the medical field is, how best doctor is going understand the case. The same has to be communicated to the patient. So each student has built up this competency and able to solve the problem of the case.
Brief report about the Program	In this program, following topics were discussed through Lectures and case studies. <ul style="list-style-type: none">• Communication skills• Barriers in Communication.• Transactional Analysis• Case studies


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