



MALLA REDDY
DENTAL COLLEGE FOR WOMEN

(SPONSORED BY : CHANDRAMMA EDUCATIONAL SOCIETY)

Affiliated to Kaloji Narayana Rao University of Health Sciences, Warangal, Telangana.
Recognised by Dental Council of India, New Delhi.

Yoga and wellness

Suraram 'X' Road, Quthbullapur (M), Jeedimetla, Hyderabad - 500 055.

Phone : 91001 89797

Email : mrdcw2013@gmail.com www.mrdcw.edu.in

Academic Year

2023-24


MALLA REDDY
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Date : 2nd Sept 2023

To

The Dean

Malla Reddy Dental College for women


Suraram.

Sub: Requesting Permission to conduct a session on Capability Enhancement Programme related to "**Holistic Wellness through Yoga**"

Respected Sir,

The coordinator of MRDCW, would like to organize the Session on "**Holistic Wellness through Yoga**" for I & II BDS on 7th Sept 2023. Kindly grant us permission for the same and support the event.

Thanking you.


Yours faithfully,

CO-ORDINATOR


MALLA REDDY
DENTAL COLLEGE FOR WOMEN

(SPONSORED BY : CHANDRAMMA EDUCATIONAL SOCIETY)

Affiliated to Kaloji Narayana Rao University of Health Sciences, Warangal, Telangana.
Recognised by Dental Council of India, New Delhi.

Date: 4th Sept 2023

Ref:MRDCW/Circulars/CES/2021/June-19

The I & II BDS STUDENTS are hereby informed that course titled "Holistic Wellness through Yoga"-will be conducted on 7th Sept 2023. The concerned staff are hereby requested to give permission to the students attending the programme.

Resource person – Mr. Chikka Srinivas, Yoga Trainer, MRHC

Venue – Cricket ground

Date- 7th Sept 2023



BWS
Principal/Dean

Principal / Dean

Malla Reddy Dental College for Women

Copy to:

1. Circulation in student's classroom
2. All HODs
3. Notice board
4. PA to Dean for filing

Suraram 'X' Road, Quthbullapur (M), Jeedimetla, Hyderabad - 500 055.

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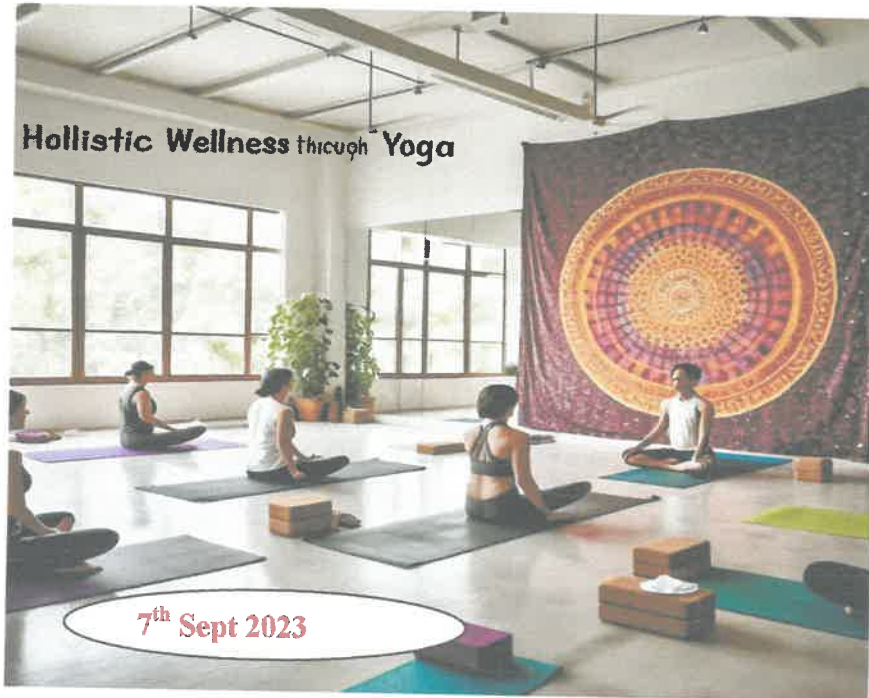
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Brochure



COURSE AGENDA / TIME TABLE:

Day	Time & Event
7 th Sept 2023	"Holistic Wellness through Yoga"

Suraram 'X' Road, Quthbullapur (M), Jeedimetla, Hyderabad - 500 055.

Phone : 91001 89797

Email : mrdcw2013@gmail.com

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Report

This program aimed to introduce 1st and 2nd BDS students to the principles and practices of yoga, empowering them to take charge of their overall wellness and resilience. By exploring the connection between yoga and holistic wellness, students learned valuable techniques to manage stress, improve their physical and mental health, and enhance their quality of life.

General Objective:

- To educate and empower 1st and 2nd BDS students on the principles and practices of yoga for achieving holistic wellness and enhancing overall quality of life.

Specific Objectives:

- To understand the concept of holistic wellness and its importance in dental education
- To learn various yoga postures (asanas) and breathing techniques (pranayama) for stress relief and relaxation

Resource person – Mr. Chikka Srinivas, Yoga Trainer, MRHC

Venue – Cricket ground

Date- 7th Sept 2023


Coordinator

Glimpse of the Event



A Capability Enhancement Programme on Holistic Wellness through Yoga was conducted for 1st and 2nd BDS students, with an overwhelming 95 students registering for the session. This engaging programme introduced yoga as a powerful tool for managing stress, improving focus, and enhancing overall well-being. Through interactive sessions and guided practices, participants learned valuable techniques to cultivate physical, mental, and emotional resilience. By embracing yoga, these future dentists can now better manage the demands of their profession and maintain a healthy work-life balance.

Malla Reddy Dental College for Women

Holistic Wellness through Yoga	
Course code- DS- CES	Year : I & II BDS
Date- 7 th Sept 2023	Total students registered: 95
Venue – lecture hall 3, Malla Reddy Dental College for Women	

Details of the students registered: **Holistic Wellness through Yoga**

I & II BDS

S.No	Name	Signature
1.	A HARSHITHA	Harshitha
2.	ADEELA SALWA	Salwa
3.	AISHWARIYA SINGH DEO	Aishwariya
4.	AKUNURI SAI RITISHA	Ritisha
5.	AMEENA FIRDOUS	Ameena
6.	AYESHA NOOR	Ayesha
7.	AYESHA SIDDIQHA	Ayesha
8.	AZRA TAHREEM	Tahreem
9.	BADNAPURAM SAISWETHA	Swetha
10.	BENAZIR KAUSER	Kauser
11.	DURGAM KRUTHIKA GOUD	Kruthika
12.	FAREEHA FATIMA	Fatima
13.	FAREEHA TABASSUM	Fareeha
14.	G S SAKSHI ARYAN	Aryan
15.	GAJAWADA AISHWARYA	Fatima
16.	HAJIRA FATIMA	Fatima
17.	HURIYAH MOHAMAD ZIA	Huriyah
18.	HUZMA BEGUM	Huzma
19.	KASARLA SHREYA	Shreya
20.	KASARLA SINDHU REDDY	Sindhu
21.	M NIVYA	Nivya
22.	MALLAMARI JESSICA	Jessica
23.	MAMIDALA SWAPNA	Swapna
24.	MANAR OSMANI	Osmani
25.	MANUPATI KAVYA	Kavya
26.	MUZAINAH BAKHTIYAR	Bakhtiyar
27.	N VANI	Vani
28.	NABEELA ARSHAD	Arshad
29.	NABILA TAHREEN	Tahreem
30.	NADAGOUNDLAVARI NAVEENA	Naveena
31.	P SAHITI	Sahiti
32.	PAIDI CHANDANA	Chandana

33.	PAMU TEJASHWINI	Tejashwini
34.	PAMU VENNELA	Vennela
35.	PANJALA HARINI	Afanoni
36.	SABA NAUSHEEN	Sabarathes
37.	SADIYA	sadiya
38.	SAKINA JUVERIYA	Juweriya
39.	SAMMETA BHAVYA SRI	Bhavya Sri
40.	SAMYUKTHA BORIGA	samyuktha
41.	SHIFA IRHUM	shifa
42.	SHREYA BIRAJDAR	Birajdar
43.	SHRUTHI G	Shruthi
44.	SOHA AKHTAR	Akhtar
45.	SRIGADHA LAYA	Srigadha
46.	UMME ROOMAN	Rooman
47.	VADDARAM RACHANA	Rachana
48.	VAIBHAVI BHIMRAO MULE	Vaibhava
49.	VASA NEHA NAMRATHA	Namratha
50.	VELPULA SARIU	Sariu
51.	A DANA SHREE	Velupula Shree
52.	A SAI KEERTHANA	Keerthana
53.	ADEEBAH FATIMA	Fatima
54.	ALVIRA GHOUSIA SAIF	Abeeba Fatima
55.	AMATUNNOOR	Ghousia Saif
56.	AYESHA NIGAR	Ayesha
57.	BANDARAGALLA STELLA	Bandaragalla
58.	BANDARU BHAVANA	Bhavana
59.	BANKURU NAVYA SREE	Navya sree
60.	BANOTH NAVANEETHA	Navaneetha
61.	C KRITHIKA SAI	Krithika
62.	CHAPALA SRIKALA	Saikalala
63.	CHARUMATHI DINTAKURTHI	Charumathi
64.	DEVALLA HRISHITA	D. Hrishitha
65.	DHARAVATH MANVITHA	manvitha
66.	GANGASANI MEGHANA REDDY	Meghana
67.	GORTHI V S A S PAVANI	Pavani
68.	GORTY BHAVAJNA	G. Bhavajna
69.	GUNDAMPATI HARSHITHA	Harshitha
70.	IRAM JUVERIYA	Juweriya
71.	K PREETHI APARNA	Aparna
72.	KOLA PRASANNA	Prasanna
73.	MANDAPAKA HIMA SREE	Hima sree
74.	MOHAMMAD SHAFIYA FAHEEM	Shafiqah
75.	NABA FATIMA	Fatima
76.	NADIPELLI SATHWIKA RAO	Sathwika Rao
77.	ONTEDDU MEGHANA	Meghana

78.	PAGILLA AKHILA	Akhila
79.	PENTAREDDY NEHA REDDY	Neha
80.	PINNA HANIKA	Hanika
81.	PRATHIGUDUPU VISHNUPRIYA	Vishnu priya
82.	SAGALA MEGHANA MAHESWARI	Meghana
83.	SAMDERIYA POOJA	Pooja
84.	SAMREEN BEGUM	Samreen
85.	SANIA MIRZA	Sania
86.	SANIKOMMU PUJITHA	Pujitha
87.	SHEZA AROUSH	Sheza Aroush
88.	SHEZA KHAN	Sheza Khan
89.	SUMAIYA BEGUM	sumaiya
90.	SUMAYYA	Sumayya
91.	SUMAYYA MUBEEN	Sumayya
92.	VENNAMANENI SANJANA	Sanjana
93.	ZAHRA FATIMA	Fatima
94.	ZAINAB MARWA KHATOON	Zainab marwa
95.	ZAINAB MEHDI KHATOON	Mehdi


Coordinator

Malla Reddy Dental College for Women



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Suraram 'X' Road, Quthbullapur (M), Jeedimetla, Hyderabad -500055, www.mrdcw.org

Certificate of Completion

THIS TO CERTIFY THAT MR/MS. ADEELA SALWA OF I & II BDS, HAS
SUCCESSFULLY COMPLETED THE COURSE – “HOLISTIC WELLNESS THROUGH
YOGA” CONDUCTED IN THE INSTITUTE ON 7TH SEPTEMBER 2023

Coordinator



Reddy
Dean

Principal / Dean
Malla Reddy Dental College for Women

Malla Reddy Dental College for Women

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Certificate of Completion

THIS TO CERTIFY THAT MR/MS. A HARSHITHA OF I & II BDS , HAS
SUCCESSFULLY COMPLETED THE COURSE – “HOLISTIC WELLNESS THROUGH
YOGA” CONDUCTED IN THE INSTITUTE ON 7TH SEPTEMBER 2023


Coordinator




Dean
Principally Dean
Malla Reddy Dental College for Women

Academic Year
2022-23



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Date: 18-06-2022

Letter of Approval

To

The Principal/Dean

Malla Reddy Dental College for women

Suraram.

Sub: Requesting Permission to conduct yoga programme

Respected Sir,

The coordinator of MRDCW, would like to organize the Yoga programme– **YOGA SHOWS THE WAY**, for I BDS students on 21.06.2022. Kindly grant us permission for the same and support the event.

Thanking you.

Yours faithfully,

CO-ORDINATOR



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Date: 18-06-2022

Ref: MRDCW/Circulars/CES/2022/Jun-18

CIRCULAR

The students of I BDS are here by informed that course titled- 'YOGA SHOWS THE WAY'- will be conducted on 21 June 2022. The concerned staff are here by requested to give permission to the students attending the programme.

Resource person – Mr. Chikka Srinivas, Yoga Trainer, Malla Reddy Health City

Venue – Cricket ground

Date – 21 June 2022



Principal/Dean

Principal
Malla Reddy Dental College
For Women

Copy to:

1. Circulation in student's classroom
2. All HODs
3. Notice board
4. PA to Dean for filing

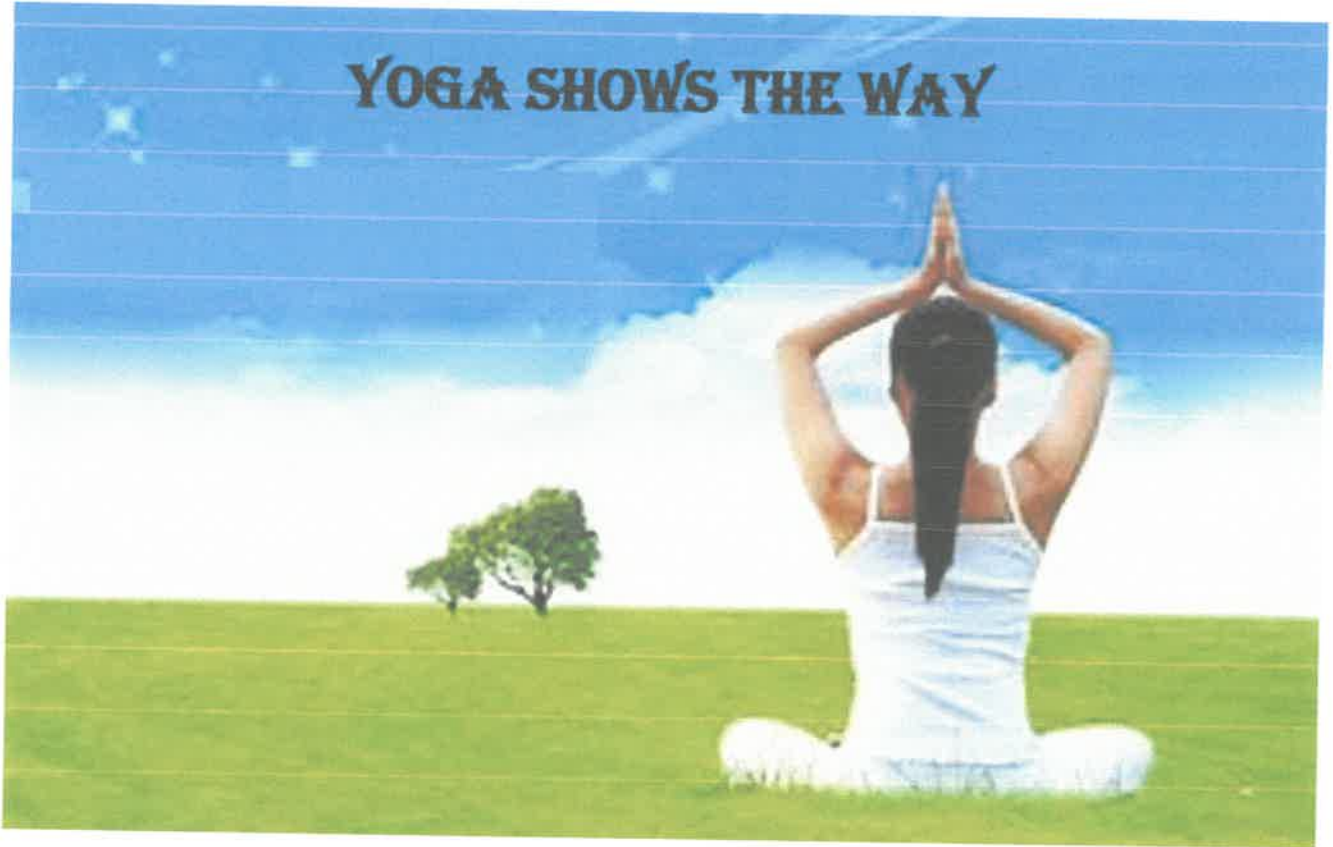


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Brochure



COURSE AGENDA / TIME TABLE:

Day	Time & Event
21-06-22	Lecture-importance of yoga Basics of yoga

BIO



Principal
Malla Reddy Dental College
For Women



MALLA REDDY
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REPORT OF THE EVENT

24-06-2022

INTRODUCTION:

Yoga shows the way

Yoga is an ancient Indian practice that permits the mind and body to be in conjunction with each other. It incorporates meditation, breathing exercises, and stretches to allow stress reduction, relaxation, and rejuvenation. The term yoga means union. The asanas affect the muscles, joints and skin, and the whole body – glands, nerves, internal organs, bones, respiration and the brain

COURSE OBJECTIVES:

General objective:

The practice of yoga asanas develops strength flexibility, while soothing your nerves and calming your mind.

Specific objectives:

- Yoga is beneficial for physical fitness, musculoskeletal functioning and cardiovascular health.
- It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many life related disorders.
- Yoga helps to reduce depression, fatigue, anxiety disorders and stress.

RESOURCE PERSON: Mr. Chikka Srinivas, Yoga Trainer, Malla Reddy Health City

VENUE: Cricket ground

DATE: 21 June 2022

NUMBER OF PARTICIPANTS: 78 students from I BDS





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Glimpse of the Event



PRO

Principal
Malla Reddy Dental College
For Women

MALLA REDDY DENTAL COLLEGE FOR WOMEN

Yoga shows the way

Course Code: DS-CES	Year: 1 st BDS
DATE: 21st June 2022	Total students Registered: 78
Venue: Cricket Ground, Malla Reddy Health city	

Details of Students registered : Yoga shows the way

Ist BDS Students

S.NO	NAME OF THE STUDENT	REGISTRATION NO	SIGNATURE
1	A HARSHITHA	2202111001	
2	ADEELA SALWA	2202111002	
3	AISHWARIYA SINGH DEO	2202111003	
4	AKUNURI SAI RITISHA	2202111004	
5	AMEENA FIRDOUS	2202111005	
6	AQSA MUSKAN	2202111006	
7	ASMA MAHVEEN	2202111007	
8	AWLIA FATIMA	2202111008	
9	AYESHA ABBASI	2202111009	
10	AYESHA FIRDOUS	2202111010	
11	AYESHA NOOR	2202111011	
12	AYESHA SIDDIQHA	2202111012	
13	AZRA TAHREEM	2202111013	
14	BADNAPURAM SAISWETHA	2202111014	
15	BENAZIR KAUSER	2202111015	
16	BIBI SARA	2202111016	
17	BOJJA SREE ANANYA	2202111017	
18	BURRA PRANAVI	2202111018	
19	D POOJITHA	2202111019	
20	DHANAVATH SANGEETHA	2202111020	
21	DURGAM KRUTHIKA GOUD	2202111021	
22	FAREEHA FATIMA	2202111022	
23	FAREEHA TABASSUM	2202111023	
24	G S SAKSHI ARYAN	2202111024	
25	GAJAWADA AISHWARYA	2202111025	
26	GALI FATHIMA KEERTHI	2202111026	
27	GANGONI VISHNU PRIYA	2202111027	
28	GASIGANTI RUCHITHA	2202111028	
29	GONGALLA RIKTHA REDDY	2202111029	
30	GUNDA MEGHANA	2202111030	
31	HAJIRA FATIMA	2202111031	
32	HURIYAH MOHAMAD ZIA	2202111032	
33	HUZMA BEGUM	2202111033	
34	KASARLA SHREYA	2202111034	
35	KASARLA SINDHU REDDY	2202111035	

36	KATHULA LOHITHA	2202111036	Kathula
37	KIZISHTA KHANAM	2202111037	Chama
38	KONDURU NAMRATHA	2202111038	K. Namratha
39	KONTHAM SATHWIKHA	2202111039	K. Sathwikha
40	KOPPULA LIKHITHA	2202111040	Likhitha
41	M NIVYA	2202111041	Nivya
42	MALLAMARI JESSICA	2202111042	Jessica
43	MAMIDALA SWAPNA	2202111043	Swapna
44	MANAR OSMANI	2202111044	Osmani
45	MANUPATI KAVYA	2202111045	Kavya
46	MARYAM	2202111046	Maryam
47	MEMUGADDA NANDINI	2202111047	N. Nandini
48	MOHAMMED FARIHA KHANAM	2202111048	Fariha
49	MUSKAAN FATHIMA	2202111049	Fathima
50	MUTHYALA SRUJANA	2202111050	Srujana
51	MUZAINAH BAKHTIYAR	2202111051	Bakhtiyar
52	N VANI	2202111052	Vani
53	NABEELA ARSHAD	2202111053	Nabeela
54	NABILA TAHREEN	2202111054	Tahreem
55	NADAGOUNDLAVARI NAVEENA	2202111055	Naveena
56	NAMANI MADHURYA	2202111056	Madhurya
57	NARAYANADASU ABHINAYA	2202111057	Abhinaya
58	NEELAM SAI PALLAVI	2202111058	Sai Pallavi
59	NIDA HAMEED	2202111059	Nida
60	P ADITI DATTA	2202111060	Aditi
61	P SAHITI	2202111061	Sahiti
62	PAIDI CHANDANA	2202111062	Chandana
63	PAMU TEJASHWINI	2202111063	Tejashwini
64	PAMU VENNELA	2202111064	Vennela
65	PANJALA HARINI	2202111065	Harini
66	PAPITHOTI THABITHA KESHEERA	2202111066	Thabitha
67	POTHURAJU SRIHARIKA	2202111067	Sriharika
68	PRAGNYA SAKA	2202111068	Pragnya
69	RADHIKA DUBEY	2202111069	Radhika
70	RIMSHA MIRZA	2202111070	Rimsha
71	SABA NAUSHEEN	2202111071	Saba
72	SADIYA	2202111072	Sadiya
73	SAKINA JUVERIYA	2202111073	Juveriya
74	SAMMETA BHAVYA SRI	2202111074	Bhavya
75	SAMYUKTHA BORIGA	2202111075	Samyuktha
76	SAPAVAT NANDINI	2202111076	Nandini
77	SARA FATIMA	2202111077	Sara
78	SAYEDA KAUSAR FATHIMA	2202111078	Kausar Fathima


CO-ORDINATOR


PRINCIPAL / DEAN

Malla Reddy Dental College for Women

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Surrana 'X' Road, Quthbullapur (M), Jeedimetla, Hyderabad -500055, www.mrdcw.org

Certificate of Completion

This to certify that Ms. Azra Tahreem, of 1 year BDS has Successfully completed the course —
“YOGA shows the way”, conducted in the institute on 21st June 2022.


Coordinator


Dean

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Certificate of Completion

This to certify that Ms. A.Harshita, of 1 year BDS has Successfully completed the Course – “YOGA shows the way”, conducted in the institute on 21st June 2022.


Coordinator


Dean

Academic Year
2021-22



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Date: 19-06-2021

Letter of Approval

To

The Principal/ Dean

Malla Reddy Dental College for women

Suraram.

Sub: Requesting Permission to conduct Session on Wellness of YOGA

Respected Sir,

The coordinator of MRDCW, would like to organize the Session on 'Wellness of YOGA for II BDS on 21JUNE 2021. Kindly grant us permission for the same and support the event.

Thanking you.

Yours faithfully,

CO-ORDINATOR



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Date: 19-06-2021

Ref: MRDCW/Circulars/CES/2021/June-19

CIRCULAR

The II BDS Students are here by informed that course titled- 'Wellness of YOGA'-will be conducted on 21June 2021. The concerned staff are here by requested to give permission to the students attending the programme.

Resource person – Mr. Chikka Srinivas, Yoga Trainer, Malla Reddy Health City

Venue – Cricket ground

Date- 21June 2021

Principal/Dean

Principal
Malla Reddy Dental College
For Women

Copy to:

1. Circulation in student's classroom
2. All HODs
3. Notice board
4. PA to Dean for filing

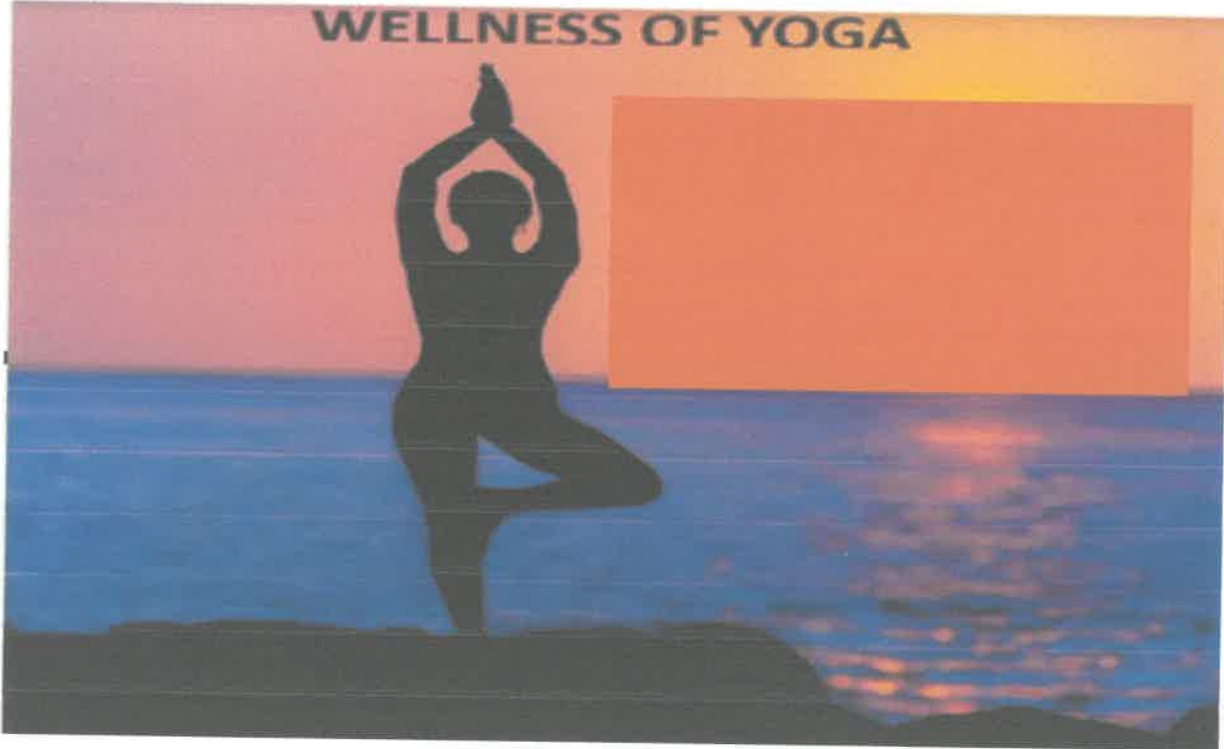


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Brochure



COURSE AGENDA / TIME TABLE:

Day	Event
21-06-2021	Session on wellness on YOGA

B.S.



Principal
Malla Reddy Dental College
For Women



(SPONSORED BY : CHANDRAMMA EDUCATIONAL SOCIETY)

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REPORT OF THE EVENT

24-06-2021

INTRODUCTION:

The comprehensive nature of yoga's influence on wellness, encompassing various dimensions of health and well-being. It aims to investigate how regular yoga practice contributes to a sense of overall wellness and vitality in individuals, promoting physical, mental, and emotional health, as well as fostering a deeper connection to oneself and the world around them.

OBJECTIVES:

General objective: To explore and understand the holistic impact of yoga practice on overall well-being, encompassing physical health, mental well-being, emotional balance, and spiritual growth.

Specific objectives:

- Provides a holistic approach to emotional well-being by fostering self-awareness, emotional regulation, and resilience. It helps individuals manage negative emotions, cope with stressors, and cultivate a sense of inner peace and contentment.
- To reduce stress levels. Through breath control (pranayama), relaxation techniques, and mindfulness practices, yoga helps lower cortisol levels and induces the relaxation response, leading to reduced stress and anxiety.

RESOURCE PERSON: Mr. Chikka Srinivas, Yoga Trainer, Malla Reddy Health City

VENUE: Cricket ground

DATE– 21 JUNE 2021

NUMBER OF PARTICIPANTS: 85 students from II BDS



MALLA REDDY DENTAL COLLEGE FOR WOMEN

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Glimpse of the Event



Pr

Principal
Malla Reddy Dental College
For Women

MALLA REDDY DENTAL COLLEGE FOR WOMEN

Wellness of Yoga	
Course Code: DS-CES	Year: 2 nd BDS
DATE: 21 st June 2021	Total students Registered: 85
Venue: Cricket Ground, Malla Reddy Health City.	

Details of Students registered : Wellness of Yoga

2nd Yr BDS Students

S.NO	NAME OF THE STUDENT	REGISTRATION NO	SIGNATURE
1	ADDURI RISHITHA	2002111001	<i>Rishitha</i>
2	ADIGOPPULA SOUMYA	2002111002	<i>Soomya</i>
3	AMTUL SAFOORAH	2002111003	<i>A. Safoora</i>
4	ANAESA SAYEED	2002111004	<i>A. Sayeed</i>
5	ANQUA FIRDOUSE	2002111005	<i>Aniqua</i>
6	ARRA SAI SHIVANI	2002111006	<i>Arra Sai</i>
7	AYESHA FAREHA	2002111007	<i>Aysha</i>
8	AYESHA SIDDIQA	2002111008	<i>Aysha Siddiqua</i>
9	AYESHA SULTANA	2002111009	<i>Sultana</i>
10	B BRINDA	2002111010	<i>Brinda</i>
11	BALASTU MEGHANA	2002111011	<i>Meghana B.</i>
12	BURKA VARSHA	2002111012	<i>Varsha</i>
13	CHADAGONDA ANUSHA	2002111014	<i>Anusha</i>
14	CHAUHAN RAGASANJANA	2002111016	<i>Ragasanjana</i>
15	CHERUVUKOMMU VARSHA	2002111017	<i>Varsha</i>
16	CHINTHANURI MANASA	2002111018	<i>Manasa</i>
17	CHOPPARI SWARNAMOULI	2002111019	<i>Swarnamouli</i>
18	D DIVYA SREE	2002111020	<i>Divya Sree</i>
19	D JHANSI	2002111021	<i>Jhansi</i>
20	DODDA MAHITHA	2002111022	<i>Mahitha</i>
21	DURGAPU AAKANKSHA	2002111023	<i>Aakanksha D.</i>
22	E SUNITHA	2002111024	<i>Sunitha</i>
23	EDUNOORI TEJASREE	2002111025	<i>Tejasree</i>
24	FAIZA AHMADI	2002111026	<i>Faiza ahmadi</i>

25	GANGI SHETTY SONALI GUPTA	2002111027	Sonali
26	GANTOLA HEMA	2002111028	Hema
27	GARIMELLA SRAAVANI	2002111029	Sraavani
28	GUDEPU KAVYA	2002111031	Kavya
29	HAFSA SHUJA	2002111032	Shuja
30	HUSNA FATIMA	2002111033	Fatima
31	HUSNA SULTANA	2002111034	Husna
32	IFFATH ANSARI	2002111035	Ansari
33	JORIGE SRI LAKSHMI SRAVYA	2002111036	Sravya
34	JUVVALA SUNEETHA	2002111037	Suneetha
35	K N S PRANAVI	2002111038	Pranavi
36	KOLAKATLA SAHITHI	2002111041	Sahithi
37	KUSAM NAVYA SRI	2002111043	Navya
38	LAKKARAJ LAKSHMI LAASYA	2002111044	Laasya
39	LANKAPALLI VIJAYA KUMARI	2002111045	Vijaya
40	MADIHA FATIMA	2002111047	Fatima
41	MADIHA KHAN	2002111048	Madiha
42	MALKA CHANDANA	2002111049	Chandana
43	MAMTA	2002111050	Mamta
44	MANGALAGIRI POOJITHA	2002111051	Poojitha
45	MANKU SHRAVANI	2002111052	Shravani
46	MARIA AHMED	2002111053	Ahmed
47	MAZREENA NIGAR	2002111054	Nigar
48	MEHER JABEEN	2002111055	Jabeen
49	MOHAMMADI ZAINAB NAJAM	2002111056	Zainab
50	NABEELA MAHROOR	2002111057	Mahroor
51	NAGARAM SUPRIYA	2002111058	Supriya
52	NUSRATH UNNISA BEGUM	2002111059	Unnisa
53	P ADVAITHA	2002111060	Advaita
54	P DEVA DHARSHINI	2002111061	Dharshini
55	P SNEHA	2002111062	Sneha
56	PAIDIPALLY HASITHA	2002111063	Hasitha
57	P SONIYA MAYURI	2002111064	Mayuri
58	PHADATARE SAKSHI	2002111065	Sakshi
59	PONNAM VARSHA	2002111066	Varsha

60	POTHARAJU SHIRISHA	2002111067	Shirisha
61	PULKAM AKSHITHA	2002111068	Akshitha
62	RAIYA TASNEEM	2002111069	Tasneem
63	RAVULA AISHWARYA	2002111071	Aishwarya
64	S PRANATHI	2002111072	Pranathi
65	SABA FIRDOUSE	2002111073	Saba Firdouse
66	SADIYA KHANAM	2002111075	Sadiya
67	SAFIYA TABASSUM	2002111076	Tabassum
68	SAFOORA FATHIMA	2002111077	Fathima
69	SAGGU SREE BHANU	2002111078	Saggu Sree Bhanu
70	SAMRAH MEHVEEN	2002111079	Samrah Mehveen
71	SANA	2002111080	Sana
72	SANA NAWAZIYA	2002111081	Sana Nawaziya
73	SANIA KHANAM BAIG	2002111082	Sania Khanam
74	SARANGAM SAMEEKSHA	2002111083	Sameeksha
75	SEELI GREESHMA	2002111084	Greeshma
76	SHAHZEENA MAHVEEN	2002111085	Shahzeena
77	SHIFA NAAZ	2002111086	Shifa
78	SHREYA SINGH	2002111087	Shreya
79	SUFIA NOORIEN	2002111088	Sufia Noorien
80	SUMAIYA SAMREEN	2002111089	Sumaiya Samreen
81	SYEDA AMENA TABASSUM	2002111090	Syeda Amena
82	SYEDA MUNAWARI AYESHA AHMED	2002111091	Syeda Ayesha
83	THOOM SHIVANI	2002111093	Thoom Shivani
84	THUMMA GAYATHRI	2002111094	Thumma Gayathri
85	VILASAGARAM POOJA	2002111096	Pooja


Coordinator


Principal/Dean

Malla Reddy Dental College for Women

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Certificate of Completion

This to certify that Ms. Avesha Fareha, of II Year BDS has Successfully completed the Course –
“Wellness of YOGA”, conducted in the institute on 21st June 2021.

Coordinator

Dean

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Certificate of Completion

This to certify that Ms. A.Rishitha , of II Year BDS has Successfully completed the Course –
“Wellness of YOGA”, conducted in the institute on 21st June 2021.



Coordinator



Dean

Academic Year

2020-21



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Reconginsed by Dental Council of India, New Delhi

Date: 20-06-2020

Letter of Approval

To

The Principal/ Dean

Malla Reddy Dental College for women

Suraram.

Sub: Requesting Permission to conduct Basic Yoga Course

Respected Sir,

The coordinator of MRDCW, would like to organize '**Basic Yoga Course**' for Ist BDS on 21st June 2020. Kindly grant us permission for the same and support the event.

Thanking you.

Yours faithfully,

CO-ORDINATOR



**MALLA REDDY
DENTAL COLLEGE FOR WOMEN**

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Recognised by Dental Council of India, New Delhi

Date: 20-06-2020

Ref: MRDCW/Circulars/CES/2020/June-20

CIRCULAR

The I BDS are here by informed that course titled-‘Basic Yoga Course’-will be conducted on 21 June 2020. The concerned staff are hereby requested to give permission to the students attending the programme.

Resource person – Dr. M. Srinivasa Rao, Phys. Director, Malla Reddy Engineering College.

Venue – Online (Zoom Session)

Date- 21 June 2020

Principal/ Dean

Principal
Malla Reddy Dental College
For Women

Copy to:

1. Circulation in student's classroom
2. All HODs
3. Notice board
4. PA to Dean for filing

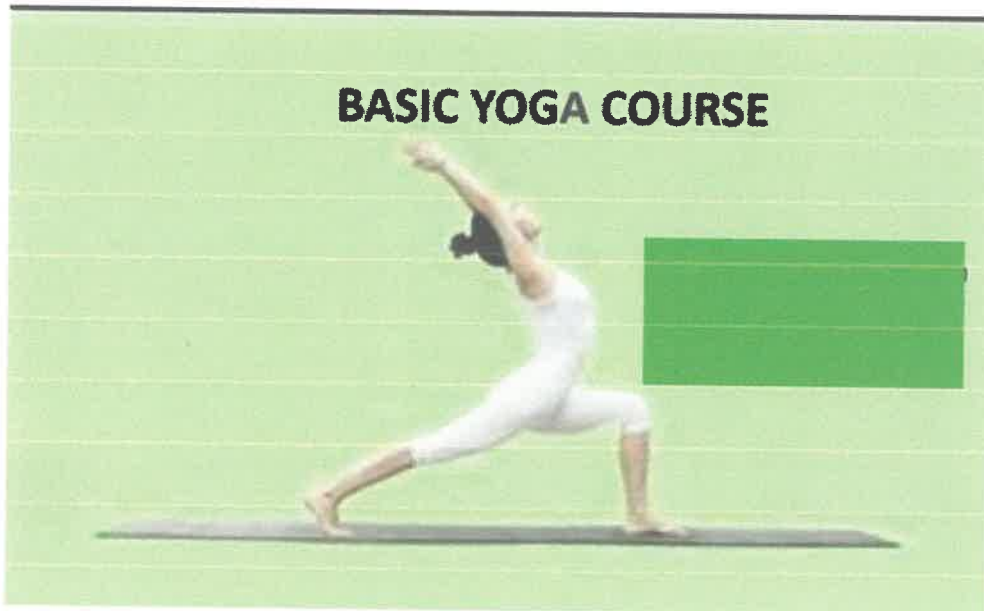


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Brochure



COURSE AGENDA / TIME TABLE:

Day	Event
21-6-2020	Basic Yoga Course



Principal
Malla Reddy Dental College
For Women



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REPORT OF THE EVENT

18-06-2020

INTRODUCTION:

Basic yoga course can be an excellent way to manage stress, improve flexibility, build strength, and enhance overall well-being. Helps to connect with like-minded individuals and build a supportive community. Group classes offer encouragement, motivation, and a sense of belonging.

General objective: It provide a solid foundation for your practice and empower you to cultivate greater physical, mental, and emotional well-being.

Specific objectives:

- Began with an introduction to the fundamental principles and philosophy of yoga. You may learn about the history of yoga, its different branches, and its benefits for physical and mental health.
- The core of the course was focused on learning basic yoga poses or asanas. These poses included standing poses, seated poses, forward bends, backbends, twists, and balancing poses

RESOURCE PERSON: Dr. M. Srinivasa Rao, Phys. Director, MREC.

VENUE: Online (Zoom Session)

DATE– 21 June 2020

NUMBER OF PARTICIPANTS: 75 students from I BDS





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Glimpse of the event



Principal

Principal
Malla Reddy Dental College
For Women

MALLA REDDY DENTAL COLLEGE FOR WOMEN

Basic Yoga Course	
Course Code: DS-CES	Year: 1 st BDS
DATE: 21 st June 2020	Total students Registered: 75
Venue: Zoom Online Classes	

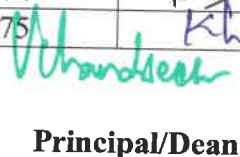
Details of Students registered : Basic Yoga course

1st BDS Students

S.NO	NAME OF THE STUDENT	REGISTRATION NO	SIGNATURE
1	ADDURI RISHITHA	2002111001	Rishitha
2	ADIGOPPULA SOUMYA	2002111002	Soumya
3	AMTUL SAFOORAH	2002111003	Safura
4	ANAESA SAYEED	2002111004	Sayed
5	ANIQUA FIRDOUSE	2002111005	Aniqua firdouse
6	ARRA SAI SHIVANI	2002111006	Sri shivani
7	AYESHA FAREHA	2002111007	Fareha
8	AYESHA SIDDIQA	2002111008	Ayesha
9	AYESHA SULTANA	2002111009	Sultana
10	B BRINDA	2002111010	Brinda
11	BALASTU MEGHANA	2002111011	Meghana
12	BURKA VARSHA	2002111012	Burka
13	C SAHITHI	2002111013	Sahithi
14	CHADAGONDA ANUSHA	2002111014	Anusha
15	CHANDUPATLA VARSHITHA REDDY	2002111015	Varshitha
16	CHAUHAN RAGASANJANA	2002111016	Ragasanjana
17	CHERUVUKOMMU VARSHA	2002111017	Varsha
18	CHINTHANURI MANASA	2002111018	Manasa
19	CHOPPARI SWARNAMOULI	2002111019	Swarnamouli
20	D DIVYA SREE	2002111020	Divya
21	D JHANSI	2002111021	Jhansi
22	DODDA MAHITHA	2002111022	Mahitha
23	DURGAPU AAKANKSHA	2002111023	Aakanksha
24	E SUNITHA	2002111024	Sunitha
25	EDUNOORI TEJASREE	2002111025	Tejasree
26	FAIZA AHMADI	2002111026	Ahmadi
27	GANGI SHETTY SONALI GUPTA	2002111027	Sonali
28	GANTOLA HEMA	2002111028	Hema
29	GARIMELLA SRAAVANI	2002111029	Sraavani
30	GOPALDAS MEGHANA	2002111030	Meghana
31	GUDEPU KAVYA	2002111031	Kavya
32	HAFSA SHUJA	2002111032	Shuja
33	HUSNA FATIMA	2002111033	Fatima

34	HUSNA SULTANA	2002111034	Husna Sultan
35	IFFATH ANSARI	2002111035	Iffath Ansari
36	JORIGE SRI LAKSHMI SRAVYA	2002111036	Lakshmi Sravya/c.
37	JUVVALA SUNEETHA	2002111037	Suneetha
38	K N S PRANAVI	2002111038	Pranavi
39	K NIKSHIPTHA	2002111039	Nikshiptha
40	KANEEZ FATIMA	2002111040	Kaneez Fatima
41	KOLAKATLA SAHITHI	2002111041	Sahithi
42	KONDE RITHVIKA	2002111042	Rithvika
43	KUSAM NAVYA SRI	2002111043	Kusam Navya
44	LAKKARAJ LAKSHMI LAASYA	2002111044	Lakshmi Laasya
45	LANKAPALLI VIJAYA KUMARI	2002111045	Vijaya Kumari
46	MADHAVI LAVUDIYA	2002111046	Madhavi Lavudiya
47	MADIHA FATIMA	2002111047	Madiha Fatima
48	MADIHA KHAN	2002111048	Madiha Khan
49	MALKA CHANDANA	2002111049	Malika Chandana
50	MAMTA	2002111050	Mamta
51	MANGALAGIRI POOJITHA	2002111051	Poojitha
52	MANKU SHRAVANI	2002111052	Shravani
53	MARIA AHMED	2002111053	Maria Ahmed
54	MAZREENA NIGAR	2002111054	Mazreena Nigar
55	MEHER JABEEN	2002111055	Meher Jabeen
56	MOHAMMADI ZAINAB NAJAM	2002111056	Zainab Najam
57	NABEELA MAHROOR	2002111057	Nabeela Mahroor
58	NAGARAM SUPRIYA	2002111058	Supriya
59	NUSRATH UNNISA BEGUM	2002111059	Nusrath Unnisa Begum
60	P ADVAITHA	2002111060	Advaita
61	P DEVA DHARSHINI	2002111061	Devadharshini
62	P SNEHA	2002111062	Sneha
63	PAIDIPALLY HASITHA	2002111063	Hasitha
64	P SONIYA MAYURI	2002111064	Soniya Mayuri
65	PHADATARE SAKSHI	2002111065	Sakshi
66	PONNAM VARSHA	2002111066	Varsha
67	POTHARAJU SHIRISHA	2002111067	Shirisha
68	PULKAM AKSHITHA	2002111068	Akshitha
69	RAIYA TASNEEM	2002111069	Tasneem
70	RAPELLI SUPRIYA	2002111070	Supriya
71	RAVULA AISHWARYA	2002111071	Aishwarya
72	S PRANATHI	2002111072	Pranathi
73	SABA FIRDOUSE	2002111073	Saba
74	SABREEN JAWAD MIRZA	2002111074	Sabreen Jawad Mirza
75	SADIYA KHANAM	2002111075	Sadiya Khanam


Coordinator


Principal/Dean



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Sutarani 'X' Road, Quthb-ullapur (Qd), Jeedimetla, Hyderabad -500055, www.mrdcw.org

Certificate of Completion

This to certify that Ms. Faiza Ahmadi, 1 Year BDS has Successfully completed the Course – “Basic YOGA Course”, conducted in the institute on 21st June 2020.

Coordinator

Dean





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Certificate of Completion

This to certify that Ms. CSahithi, 1 Year BDS has Successfully completed the Course — “Basic YOGA Course”, conducted in the institute on 21st June 2020.




Coordinator


Dean

Academic Year

2019-20



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Date: 20-06-2019

Letter of Approval

To

The Principal/Dean

Malla Reddy Dental College for women

Suraram.

Sub: Requesting Permission to conduct a session on Yoga in daily life

Respected Sir,

The coordinator of MRDCW, would like to organize a session on 'Yoga in Daily life' for II BDS on 21 June 2019. Kindly grant us permission for the same and support the event.

Thanking you.

Yours faithfully,

CO-ORDINATOR


MALLA REDDY
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Recognised by Dental Council of India, New Delhi

Date: 20-06-2019

Ref:MRDCW/Circulars/CES/2019/Jun-20

CIRCULAR

The II BDS are hereby informed that course titled-‘Yoga in daily life’-will be conducted on 21 June 2019. The concerned staff are hereby requested to give permission to the students attending the programme.

Resource person – Mr. Balanji Reddy, Yoga Trainer

Venue – LECTURE HALL 03

Date- 21JUNE 2019



Principal/ Dean

Principal
Malla Reddy Dental College
For Women

Copy to:

1. Circulation in student’s classroom
2. All HODs
3. Notice board
4. PA to Dean for filing

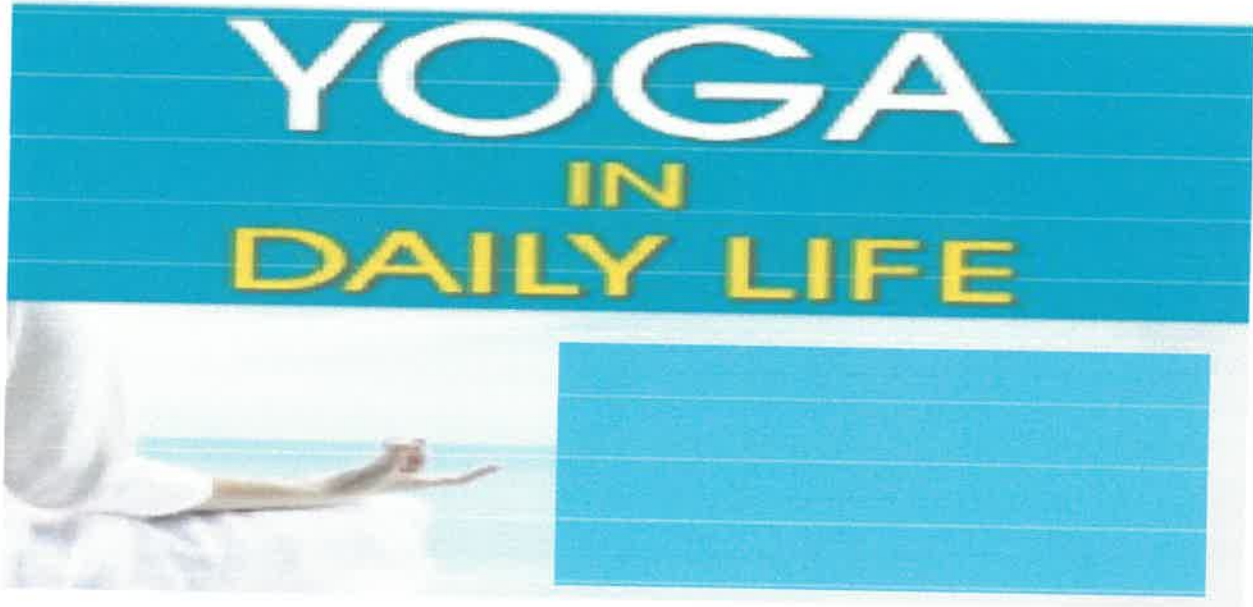


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Brochure



COURSE AGENDA / TIME TABLE:

Day	Event
21-06-2019	Yoga in daily life

BIO



Principal
Malla Reddy Dental College
For Women



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REPORT OF THE EVENT

23-06-2019

INTRODUCTION:

Incorporating yoga into your daily routine can have numerous physical, mental, and emotional benefits. The term yoga means union. The asanas affect the muscles, joints and skin, and the whole body – glands, nerves, internal organs, bones, respiration and the brain

General objective: to take short breaks throughout the day to stretch and release tension, especially if you have a sedentary job.

Specific objectives:

- The practice of yoga asanas develops strength flexibility, while soothing your nerves and calming your mind.
- To cultivate gratitude through yoga by ending each day with a brief reflection on what you're thankful for. Practicing gratitude can enhance your overall well-being and perspective on life.

RESOURCE PERSON: Mr. Balanji Reddy, Yoga Trainer

VENUE: Lecture hall 03

DATE– 21 JUN 2019

NUMBER OF PARTICIPANTS: 65 Students from II BDS



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Glimpse of the Event



Principal
Malla Reddy Dental College
For Women

MALLA REDDY DENTAL COLLEGE FOR WOMEN

Yoga in Daily life	
Course Code: DS-CES	Year: 2 nd BDS
DATE: 21 st June 2019	Total students Registered: 65
Venue: Cricket Ground, Malla Reddy Health City	

Details of Students registered : Yoga in Daily Life

2nd BDS Students

S.NO	NAME OF THE STUDENT	REGISTRATION NO	SIGNATURE
1	ADDURI HIRANYA SAI	1802111001	Hiranya
2	AFIA AFSHEEN	1802111002	Afsheen
3	AGYALA NITHYASRI	1802111003	Nithya
4	AKSHARA SRINIVAS	1802111004	Srinivas
5	ALA NAMRATA	1802111005	Namrata
6	ALEKHYA GOUD IRUVURI	1802111006	Alekhya
7	AL SHIFA PARVEEN	1802111007	Parveen
8	ANNARAM MEENAKSHI	1802111008	Meenakshi
9	ARE AKHILA	1802111009	Akhila
10	ASKANI SAI CHARITHA	1802111010	Charitha
11	AYESHA MUNAZZA	1802111011	Munazza
12	BANDI SPANDANA	1802111013	Spandana
13	BOLLABATHINI HARITHA	1802111016	Haritha
14	CHINDUKURI BHAVANA	1802111017	Bhavana
15	CH ABHIGNYA	1802111018	Abhigna
16	CHINTALA SAI HARSHINI	1802111019	Harshini
17	CHITNENI DIVYA	1802111020	Divya
18	DASARI MONICA	1802111023	Monica
19	DUDEKULA PARVEEN	1802111025	Parveen
20	GURRALA SOFIYA	1802111026	Sofiya
21	GAADARI SANJANA	1802111027	Sanjana
22	GADDAM KEERTHANA	1802111028	Keethana
23	GANGISHETTI SRIVANI	1802111029	Srivani
24	GUDEPU ANJANA SREE	1802111030	Anjana
25	HARIKA GOWRISETTI	1802111031	Gowrisetti
26	IMAAAN UNNISA	1802111032	Unnisa
27	IQRA MAHEEN	1802111033	Maheen
28	JAKKULA VIJAYALAXMI	1802111034	Vijaya
29	JAMPULA MOUNIKA	1802111035	Mounika
30	JUTTIKA JAHNAVI	1802111036	Jahnavi
31	K V DEEKSHITA	1802111037	Deekshita
32	KALKUDE SHARANYA REDDY	1802111038	Sharanya
33	KALLOTTATHU SHARON JAMES	1802111039	Sharon
34	KALLURI TRIVENI	1802111040	Triveni
35	KASAVA RAJU VENKATA LAKSHMI HIMAJA	1802111041	Himaja

36	KATKAM CHANDANA	1802111042	
37	KHAMBAMPATI NAMATHA SRI	1802111043	
38	KOLLURI HARI CHANDANA	1802111044	
39	KSHITHIJA V SWAMY	1802111047	
40	MADUGULA SRAVANTHI	1802111049	
41	MAHAJAN YOGITHA	1802111050	
42	MARANI SHRAVANI	1802111052	
43	MARIYAM RUHI ANWAR	1802111053	
44	MEHREEN FATIMA	1802111054	
45	MENCHU MAANSI	1802111055	
46	MUCHAPOTHULA TEJASWINI	1802111056	
47	NAGARAPU SREEJA	1802111058	
48	NEHA TAHSEEN	1802111059	
49	PANDULA PRIYANKA	1802111060	
50	PANJALA SOUSHILYA	1802111061	
51	PASUNURI AARTHI	1802111062	
52	PERICHERLA SANJANA	1802111063	
53	PIDIMALLA MOUNIKA	1802111064	
54	PIPPRA OOHA	1802111065	
55	PRIYANKA P	1802111067	
56	PULLURI SWARNA SREE	1802111068	
57	RACHULAPALLY GEERVANI	1802111069	
58	RAFATH NOORI	1802111070	
59	REENA KOUSAL	1802111071	
60	S P MANEESHA	1802111074	
61	SABBI ROHITHA	1802111075	
62	SAI ANHITI ESTRAMULI	1802111076	
63	SAI VATHSALA SALUNKE	1802111077	
64	SANNAPURI NANDINI	1802111078	
65	SARAH MEHREEN	1802111079	

Coordinator

Principal/Dean



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Certificate of Completion

This to certify that Ms. Mehreen Fatima, of II year BDS, has Successfully completed the Course —
“**YOGA in daily Life**”, conducted, in the institute on 21st Jun 2019.




Coordinator


Dean



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Suraram X Road, Quthbullapur (D.O. Jeedimetla, Hyderabad -500025, www.mrdcw.org

Certificate of Completion

This to certify that Ms. C.DIvya, of II year BDS, has Successfully completed the course – “YOGA in daily Life”, conducted, in the institute on 21st Jun 2019.




Coordinator


Dean

Academic Year
2018-19



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Date: 20-06-2018

Letter of Approval

To

The Principal/Dean

Malla Reddy Dental College for women

Suraram.

Sub: Requesting Permission to conduct Yoga and Wellness Day

Respected Sir,

The coordinator of MRDCW, would like to organize 'Yoga and Wellness Day' for I BDS on 21 June 2018. Kindly grant us permission for the same and support the event.

Thanking you.

Yours faithfully,

CO-ORDINATOR


MALLA REDDY
DENTAL COLLEGE FOR WOMEN

(SPONSORED BY : CHANDRAMMA EDUCATIONAL SOCIETY)

Affiliation to Kaloji Narayanarao University of Health Sciences, Warangal, Telangana.
Recognised by Dental Council of India, New Delhi

Date: 20-06-2018

Ref:MRDCW/Circulars/CES/2018/June20

CIRCULAR

The I BDS are here by informed that course titled- 'Yoga And Wellness Day'-will be conducted on 21 June 2018. The concerned staff are hereby requested to give permission to the students attending the programme.

Resource person – Dr. M. Srinivasa Rao, Phys. Director, Malla Reddy Engineering College.

Venue – Cricket Ground

Date- 21 June 2018



Principal/ Dean

Principal
Malla Reddy Dental College
For Women

Copy to:

1. Circulation in student's classroom
2. All HODs
3. Notice board
4. PA to Dean for filing

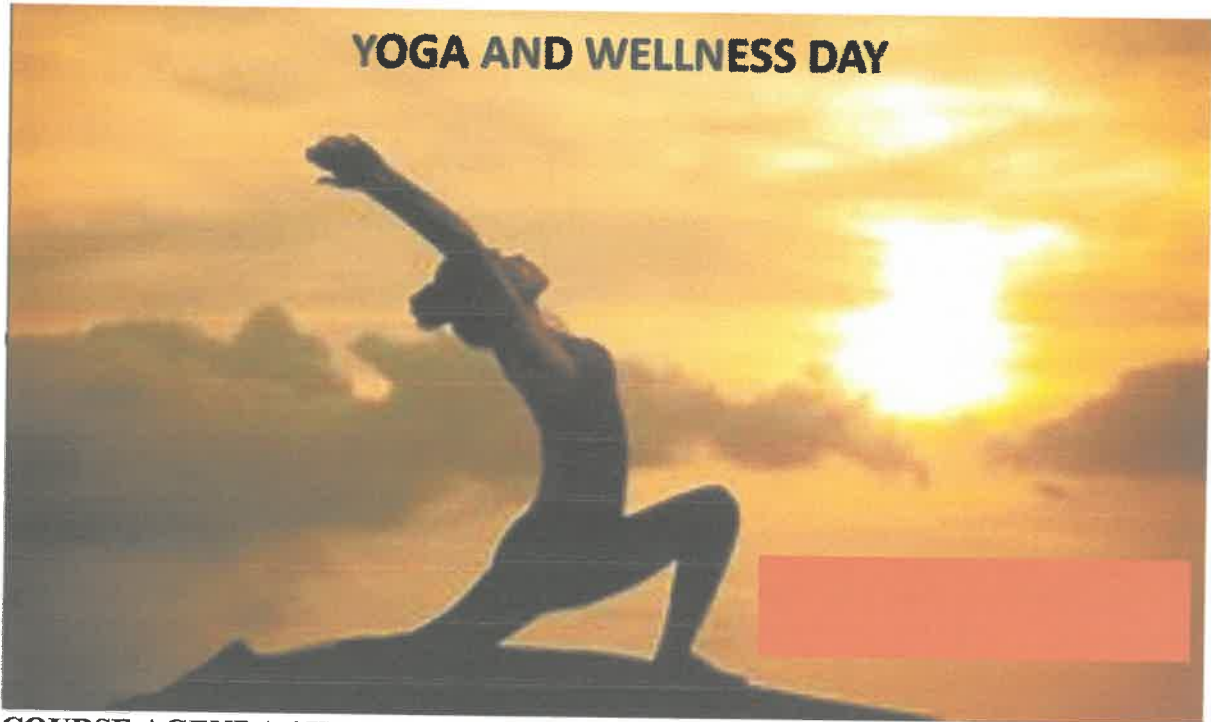


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Brochure



COURSE AGENDA / TIME TABLE:

Day	Event
21-06-2018	Yoga And Wellness Day

Pro

Principal
Malla Reddy Dental College
For Women





**MALLA REDDY
DENTAL COLLEGE FOR WOMEN**

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REPORT OF THE EVENT

24-06-2018

INTRODUCTION:

Hosting a Yoga and Wellness Day can be a fantastic opportunity to promote health and well-being. It incorporates meditation, breathing exercises, and stretches to allow stress reduction, relaxation, and rejuvenation.

General objective: to stay flexible and adaptable throughout the planning process to ensure a positive experience for all participants.

Specific objectives:

- Yoga is beneficial for physical fitness, musculo skeletal functioning and cardiovascular health.

Yoga helps to reduce depression, fatigue, anxiety disorders and stress

RESOURCE PERSON: Dr. M. Srinivasa Rao, Phys. Director, MREC.

VENUE: Cricket ground

DATE– 21 June 2018

NUMBER OF PARTICIPANTS: 72 students from I BDS



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Glimpse of the Event



Principal
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For Women

MALLA REDDY DENTAL COLLEGE FOR WOMEN

Yoga and wellness Day	
Course Code : DS-CES	Year: 1 st BDS
DATE : 21 st June 2018	Total students Registered: 72
Venue : Cricket Ground, Malla Reddy Health City	

Details of Students registered : Yoga and Wellness Day

1st BDS Students

S.NO	NAME OF THE STUDENT	REGISTRATION NO	SIGNATURE
1	ADDURI HIRANYA SAI	1802111001	<i>Handwritten signature</i>
2	AFIA AFSHEEN	1802111002	<i>Afsheen</i>
3	AGYALA NITHYASRI	1802111003	<i>Nithya</i>
4	AKSHARA SRINIVAS	1802111004	<i>Akshara</i>
5	ALA NAMRATA	1802111005	<i>Namrata</i>
6	ALEKHYA GOUD IRUVURI	1802111006	<i>Alli</i>
7	AL SHIFA PARVEEN	1802111007	<i>Parveen</i>
8	ANNARAM MEENAKSHI	1802111008	<i>Meenakshi</i>
9	ARE AKHILA	1802111009	<i>Akhila</i>
10	ASKANI SAI CHARITHA	1802111010	<i>Charitha</i>
11	AYESHA MUNAZZA	1802111011	<i>Ayesha</i>
12	AYISHA	1802111012	<i>Ayisha</i>
13	BANDI SPANDANA	1802111013	<i>Spandana</i>
14	BANOTHU HARI PRIYA	1802111014	<i>Priya</i>
15	BANOTHU VASAVI	1802111015	<i>Vasavi</i>
16	BOLLABATHINI HARITHA	1802111016	<i>Haritha</i>
17	CHINDUKURI BHAVANA	1802111017	<i>Bhavana</i>
18	CH ABHIGNYA	1802111018	<i>Abhignya</i>
19	CHINTALA SAI HARSHINI	1802111019	<i>Harshini</i>
20	CHITNENI DIVYA	1802111020	<i>Divya</i>
21	CHOUHAN RAJASREE	1802111021	<i>Raji</i>
22	D BHAGYASREE	1802111022	<i>Bhagnasree</i>
23	DASARI MONICA	1802111023	<i>Monica</i>
24	DEVATH APOORVA	1802111024	<i>Apoorva</i>
25	DUDEKULA PARVEEN	1802111025	<i>Parveen</i>
26	GURRALA SOFIYA	1802111026	<i>Sofiya</i>
27	GAADARI SANJANA	1802111027	<i>Sanjana</i>
28	GADDAM KEERTHANA	1802111028	<i>Keerthana</i>
29	GANGISHETTI SRIVANI	1802111029	<i>Srivani</i>
30	GUDEPU ANJANA SREE	1802111030	<i>Anjana</i>
31	HARIKA GOWRISETTI	1802111031	<i>Harika</i>
32	IMAAAN UNNISA	1802111032	<i>Unnisa</i>
33	IQRA MAHEEN	1802111033	<i>Maheen</i>
34	JAKKULA VIJAYALAXMI	1802111034	<i>Vijayalakshmi</i>

35	JAMPULA MOUNIKA	1802111035	<i>Mounika</i>
36	JUTTIKA JAHNAVI	1802111036	<i>Jahnavi.</i>
37	K V DEEKSHITA	1802111037	<i>Deekshita.</i>
38	KALKUDE SHARANYA REDDY	1802111038	<i>Reddy</i>
39	KALLOTTATHU SHARON JAMES	1802111039	<i>Sharon James</i>
40	KALLURI TRIVENI	1802111040	<i>Triveni.</i>
41	KASAVA RAJU VENKATA LAKSHMI HIMAJA	1802111041	<i>Himaja</i>
42	KATKAM CHANDANA	1802111042	<i>Chandana</i>
43	KHAMBAMPATI NAMATHA SRI	1802111043	<i>Namatha</i>
44	KOLLURI HARI CHANDANA	1802111044	<i>Chandana.</i>
45	KONKATI SHRUTHI	1802111045	<i>Shruthi.</i>
46	KOTHAPALLI MEGHANA	1802111046	<i>Meghana.</i>
47	KSHITHIJA V SWAMY	1802111047	<i>Kshithi</i>
48	MACHHA SHRAVYA	1802111048	<i>Shravya</i>
49	MADUGULA SRAVANTHI	1802111049	<i>Sravanthi</i>
50	MAHAJAN YOGITHA	1802111050	<i>Yogitha</i>
51	MANDA AKANKSHA	1802111051	<i>Akanksha</i>
52	MARANI SHRAVANI	1802111052	<i>Shravani</i>
53	MARIYAM RUHI ANWAR	1802111053	<i>Mariyam.</i>
54	MEHREEN FATIMA	1802111054	<i>Mehreen</i>
55	MENCHU MAANSI	1802111055	<i>Maansi</i>
56	METTU KEERTHI	1802111056	<i>Keerthi.</i>
57	MUCHAPOTHULA TEJASWINI	1802111057	<i>Tejaswini</i>
58	MUNDE NIHARIKA	1802111058	<i>Niharika.</i>
59	NAGARAPU SREEJA	1802111059	<i>Sreeja.</i>
60	NEHA TAHSEEN	1802111060	<i>Neha Tahseen</i>
61	PANDULA PRIYANKA	1802111061	<i>Priyanka</i>
62	PANJALA SOUSHILYA	1802111062	<i>Soushilya.</i>
63	PASUNURI AARTHI	1802111063	<i>Aarthi.</i>
64	PERICHERLA SANJANA	1802111064	<i>Sanjana.</i>
65	PIDIMALLA MOUNIKA	1802111065	<i>Mounika.</i>
66	PIPPRA OOHA	1802111066	<i>Ooha</i>
67	PITLA NAYANA	1802111067	<i>Nayana</i>
68	PRIYANKA P	1802111068	<i>Priyanka.</i>
69	PULLURI SWARNA SREE	1802111069	<i>Swarna Sree</i>
70	RACHULAPALLY GEERVANI	1802111070	<i>Geervani</i>
71	RAFATH NOORI	1802111071	<i>Rafath Noori</i>
72	REENA KOUSAL	1802111072	<i>Kousal.</i>


Coordinator


Principal/Dean



Malla Reddy Dental College for Women

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Suraram 'X' Road, Quthbullapur (M), Jeedimetla, Hyderabad - 500055, www.mrdcw.org

Certificate of Completion

This to certify that Ms. **AHIRANYA SAI** of 1 year BDS, has Successfully completed the Course —
“**YOGA and Wellness**”, conducted, in the institute on 21st Jun 2018.




Coordinator


Dean



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Certificate of Completion

This to certify that Ms. CH.ARBHIGNYA of I year BDS, has Successfully completed the Course — “**YOGA and Wellness**”, conducted, in the institute on 21st Jun 2018.


Coordinator


Dean