



Malla Reddy Institute of Dental Sciences

(SPONSORED BY CHANDRAMMA EDUCATIONAL SOCIETY)

Affiliated to KNRUHS, Warangal, Telangana, Recognized by Dental Council of India, New Delhi
Survey No. 138, Suraram Main Road, Quthbullapur, Jeedimetla, Hyderabad -500055, www.mrids.edu.in

CRITERIA -1.3.2

Value Added Course: Yoga for Body & Mind (DS-VAC-1902)



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Manane
Principal / Dean
Malla Reddy Institute of Dental Sciences

Date: 18.06.2019

Hyderabad

To

The Principal/Dean,

Malla Reddy Institute of Dental Sciences,

Suraram.

Sub: Request to conduct "YOGA for Body & Mind" event.

Respected Sir,

On the occasion of International Yoga Day on 21st June we would like to organize "YOGA for Body & Mind" event for II BDS students. The details of the event are as follows,

Resource person – MR. K. SRINIVAS RAO: Physical Director, Malla Reddy Engineering College, Gundlapochampally

Venue – Exam Hall, 5 th floor, MRIDS

Date – 21st – 25th June 2019

Time – 9.00 AM – 12.00 PM

We request you to grant permission for the event and provide the necessary support.

Thanking you.

Yours sincerely,



Namane

S. Sankar
Coordinator

Principal / Dean
Malla Reddy Institute of Dental Sciences



MALLA REDDY INSTITUTE OF DENTAL SCIENCES

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

Ref:MRIDS/Circulars/VAC/2019/Jun-01

Date: 19.06.2019

Hyderabad

CIRCULAR

On the occasion of International Yoga Day “YOGA for Body & Mind” event is being conducted in Malla Reddy Institute of Dental Sciences from 21st – 25th June 2019 for II BDS students. All the departments are informed to cancel the classes until 12.00 PM. Students have to register with the program Coordinator Dr. Savitri.

Resource person – MR. K. SRINIVAS RAO: Physical Director, Malla Reddy Engineering College, Gundlapochampally

Venue – Exam Hall, 5 th floor, MRIDS

Date – 21st – 25th June 2019

Time – 9.00 AM – 12.00 PM



Copy to:

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


PRINCIPAL/ DEAN

Principal / Dean
Malla Reddy Institute of Dental Sciences


Principal / Dean
Malla Reddy Institute of Dental Sciences

Survey No. 138, Malla Reddy Health City, Suraram 'X' Road, Quthbullapur Municipality,
Hyderabad - 500 055. Phone : 7997555544

Email: mrids.2012@gmail.com

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BROCHURE



MALLA REDDY
INSTITUTE OF DENTAL SCIENCES

YOGA FOR BODY & MIND

Course objectives

- Learn basic yoga exercises
- Learn breathing techniques
- Learn meditation

MR. K. SRINIVAS RAO

21 - 25 June 2019

Exam Hall, MRIDS



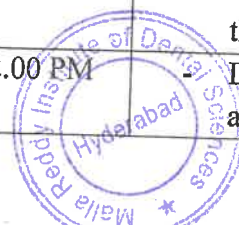
Namane

Principal / Dean
Malla Reddy Institute of Dental Sciences

**“YOGA FOR BODY & MIND”
COURSE DURATION: 15 HOURS**

PROGRAMME SCHEDULE

Day	Time	Activity
21.06.2019	09.00 AM – 12.00 PM	<ul style="list-style-type: none"> - History and philosophy of Yoga - Patanjali's Yoga Sutras - Breath awareness and mindfulness in Yoga practice - Basic Yoga etiquette and principles of safe practice
22.06.2019	09.00 AM – 12.00 PM	<ul style="list-style-type: none"> - Guided practice of foundational yoga asanas (postures) focusing on alignment and form - Understanding the biomechanics of key asanas such as Tadasana (Mountain Pose), Adho Mukha Svanasana (Downward-Facing Dog), and Bhujangasana (Cobra Pose) - Modifications and variations to accommodate individual needs and abilities - Concept of Vinyasa flow
23.06.2019	09.00 AM – 12.00 PM	<ul style="list-style-type: none"> - Exploration of pranayama (breath control) techniques to enhance energy, focus, and relaxation - Practice of Kapalabhati (Skull Shining Breath), Anulom Vilom (Alternate Nostril Breathing), and Bhramari (Bee Breath) - Introduction to meditation techniques including mindfulness meditation and loving-kindness meditation - Cultivating inner stillness and presence through guided meditation sessions
24.06.2019	09.00 AM – 12.00 PM	<ul style="list-style-type: none"> - Deepening the understanding of advanced asanas such as inversions, backbends, and



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Malla Reddy Institute of Dental Sciences

		<p>balances</p> <ul style="list-style-type: none"> - Exploring the philosophical concepts of Dharma (duty) and Karma (action) in relation to yoga practice and daily life
25.06.2019	09.00 AM – 12.00 PM	<ul style="list-style-type: none"> - Integration of yoga principles into daily life including diet, self-care, and relationships - Creating a personal yoga practice plan for continued growth and development


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“YOGA FOR BODY & MIND”

COURSE SYLLABUS

COURSE DESCRIPTION:

Yoga for Body & Mind is an introductory course in Yoga for beginners. It includes basic asanas, breathing & meditation techniques that will help the participants gain strength, flexibility and awareness. This course is like a foundation for more advanced Yoga practices.

COURSE OBJECTIVES:

General objective:

- To promote awareness of the benefits of Yoga

Specific objectives:

- To be able to do basic yoga asanas
- To be able to do various pranayama breathing
- To be able learn simple meditation technique

COURSE TOPICS:

Day 1: Introduction to Yoga Philosophy and Basics

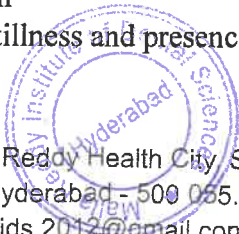
- Overview of the history and philosophy of yoga
- Introduction to the eight limbs of yoga according to Patanjali's Yoga Sutras
- Understanding the importance of breath awareness and mindfulness in yoga practice
- Basic yoga etiquette and principles of safe practice

Day 2: Asana Practice: Foundations and Alignment

- Guided practice of foundational yoga asanas (postures) focusing on alignment and form
- Understanding the biomechanics of key asanas such as Tadasana (Mountain Pose), Adho Mukha Svanasana (Downward-Facing Dog), and Bhujangasana (Cobra Pose)
- Modifications and variations to accommodate individual needs and abilities
- Introduction to the concept of Vinyasa flow and linking breath with movement

Day 3: Pranayama and Meditation Techniques

- Exploration of pranayama (breath control) techniques to enhance energy, focus, and relaxation
- Practice of Kapalabhati (Skull Shining Breath), Anulom Vilom (Alternate Nostril Breathing), and Bhramari (Bee Breath)
- Introduction to meditation techniques including mindfulness meditation and loving-kindness meditation
- Cultivating inner stillness and presence through guided meditation sessions



Nanana
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Email: mrids.2012@gmail.com

Website: www.mrids.org

Day 4: Deepening Asana Practice and Yoga Philosophy

- Deepening the understanding of advanced asanas such as inversions, backbends, and balances
- Exploring the philosophical concepts of Dharma (duty) and Karma (action) in relation to yoga practice and daily life
- Incorporating yoga philosophy into asana practice through intention setting and visualization
- Group discussions and reflection on the transformative power of yoga in personal growth and self-awareness

Day 5: Yoga Integration and Lifestyle Practices

- Integration of yoga principles into daily life including diet, self-care, and relationships
- Exploring Ayurveda and its connection to yoga for holistic health and wellness
- Creating a personal yoga practice plan for continued growth and development
- Celebration and closing ceremony to honour the journey and community created during the program

COURSE FORMAT:

- Lecture
- Demonstration and practice

COURSE OUTCOME:

Participants will engage in a balanced blend of physical practice, theoretical learning, and experiential activities to deepen their understanding and experience of yoga as a holistic system for well-being and self-discovery.



A handwritten signature in black ink, appearing to read "S. Sankar".

Coordinator

A handwritten signature in green ink, appearing to read "N. Anand".

Principal / Dean
Malla Reddy Institute of Dental Sciences



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REPORT OF THE EVENT

28.06.2019

Hyderabad

INTRODUCTION:

Yoga means, "To unite". Traditional Yoga originated in India. It includes physical exercises (asanas), breathing techniques (pranayama) and meditation. Yoga helps to create wellness at physical, mental, emotional and spiritual levels.

RESOURCE PERSON:

MR. K. SRINIVAS RAO: Physical Director, Malla Reddy Engineering College,
Gundlapochampally

VENUE: Exam Hall, Fifth Floor, Malla Reddy Institute of Dental Sciences

DURATION: 15 hours


TIME: 9.00 AM – 12.00 PM

DATE: 21st – 25th June 2019

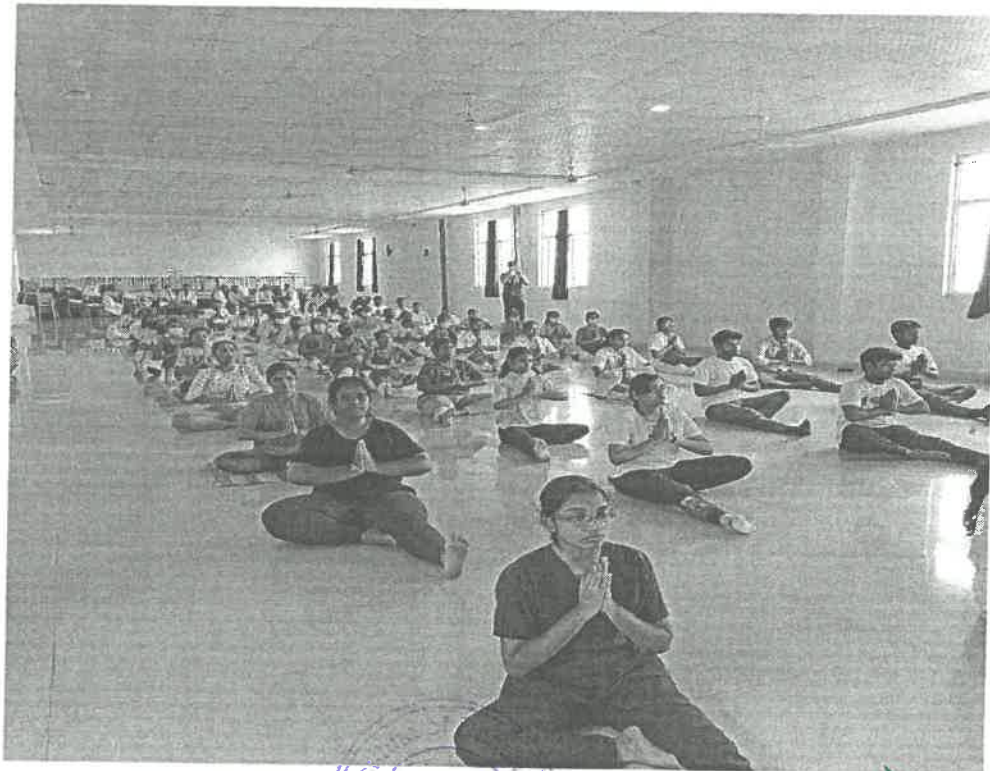
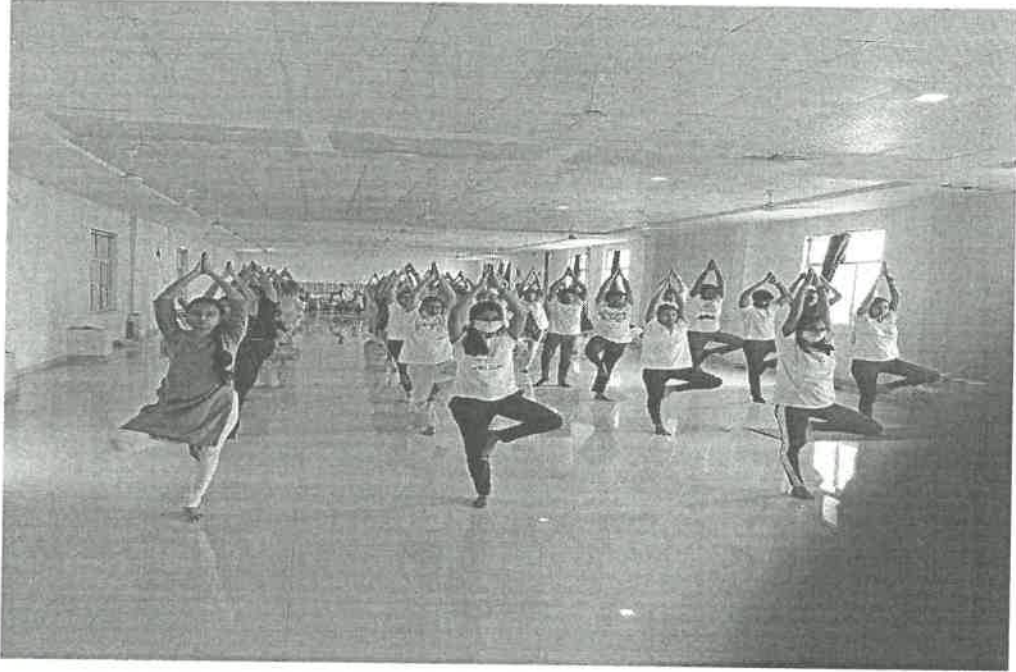
NUMBER OF PARTICIPANTS: 115 students from II BDS




Coordinator


Principal / Dean
Malla Reddy Institute of Dental Sciences

GLIMPSE OF THE COURSE



Nanane
Principal / Dean
Malla Reddy Institute of Dental Sciences



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Yoga for Body & Mind	
Course Code: DS-VAC-1902	Year : II BDS
DATE: 21 st – 25 th June 2019	Total students Registered: 115
Venue: Exam Hall, Fifth Floor, Malla Reddy Institute of Dental Sciences	
Time: 9.00 AM – 12.00 PM	

Details of Students registered for Value added Course: Yoga for Body & Mind

S.No.	Name of the Student	Hall Ticket No.	Registered
1.	AADI CHANDANA	1802109001	Yes
2.	ABDULLAH BILAL	1802109002	Yes
3.	AHIL VUTUKURU	1802109003	Yes
4.	AMENA FAZAL	1802109006	Yes
5.	AMIT KUMAR RAMANI	1802109007	Yes
6.	ANKI YAMUNA	1802109008	Yes
7.	ANOUSHKA RAPARTIWAR	1802109009	Yes
8.	ANYARAMBHATLA MEGHANA	1802109010	Yes
9.	ASHWARYA POOPPAL	1802109011	Yes
10.	AYESHA ALEEMUDDIN	1802109012	Yes
11.	B PRAGNYA	1802109013	Yes
12.	BAKKURI RAHUL	1802109014	Yes
13.	BATTULA SNEHA PUJITHA	1802109015	Yes
14.	BAYYA MAHIMA SHARON	1802109016	Yes
15.	BHANDHAVI GUNDAM	1802109017	Yes
16.	BHUKYA THULASI	1802109018	Yes
17.	BIRAGANI SRI LATHA	1802109019	Yes
18.	BOINI HARIKA	1802109020	Yes
19.	BOKKISAM MEGHANA	1802109021	Yes
20.	BURA HIMA NANDINI	1802109022	Yes
21.	CHANDANA SANKHLA	1802109023	Yes
22.	CHILIVERI PRATHIKSHA	1802109024	Yes
23.	CHINTALA BINDUPRIYA	1802109025	Yes
24.	DANDAY SREE TEJA	1802109026	Yes
25.	DANIYA RAHMAN	1802109027	Yes
26.	DEVIREDDY NISHITHA REDDY	1802109028	Yes
27.	DHANALAKOTI ANUSHA	1802109029	Yes
28.	DUSSA SHARVAN PREETHAM	1802109030	Yes

Survey No. 138, Malla Reddy Health City, Suraram 'X' Road, Quthbullapur Municipality, Hyderabad - 500 055. Phone : 7997555544

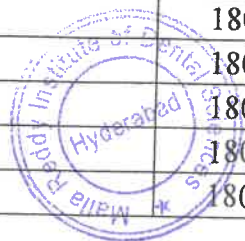
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Website: www.mrids.org

Principal / Dean

Malla Reddy Institute of Dental Sciences

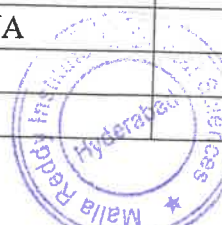
29.	EEGA HARINI	1802109031	Yes
30.	GAJAVELLY SREEJA	1802109032	Yes
31.	GOLI SUPRAJA	1802109033	Yes
32.	GOLLA NAVA SREE	1802109034	Yes
33.	GOWLIKAR SUSHMITHA	1802109035	Yes
34.	GUDIMETLA DHARANI	1802109036	Yes
35.	GUJJARI KRISHNA MURTHY KALYAN KUMAR	1802109037	Yes
36.	HANA MOHAMAD ZIA	1802109038	Yes
37.	HARIDAS HARIKA	1802109039	Yes
38.	HEMANTH RATHOD RATHLAVATH	1802109040	Yes
39.	J BHARATH KUMAR	1802109041	Yes
40.	JAIWAL SNIGDHA	1802109042	Yes
41.	K A SRIPRIYA	1802109044	Yes
42.	K BHAVANA	1802109045	Yes
43.	K RAM CHARAN	1802109046	Yes
44.	KANDULA SATHVIKA	1802109047	Yes
45.	KANTEDYAVATHI KRISHNAPRASAD	1802109048	Yes
46.	KATHLEEN R JOHNSON	1802109049	Yes
47.	KAVADAPU MEGHANA	1802109050	Yes
48.	KONDASANI KALYAN REDDY	1802109051	Yes
49.	KOUDA VARSHA	1802109052	Yes
50.	KUNA JAHNAVI	1802109053	Yes
51.	M A AZEEZ	1802109054	Yes
52.	M SAI SRUTHI	1802109055	Yes
53.	MAARIYAH NASEEM KHAN	1802109056	Yes
54.	MAITHRY HEPSIBAH	1802109058	Yes
55.	MEDISETTY NAGAJYOTHI	1802109059	Yes
56.	MEKAPOTHULA SARIKA	1802109060	Yes
57.	MILIND CHAKRABORTY	1802109061	Yes
58.	MIRZA SADATH ALI BAIG	1802109062	Yes
59.	MIYAPURAM SAI PRASANNA	1802109063	Yes
60.	MODEM AISHWARYA	1802109064	Yes
61.	MOHAMMED AKRAM GHALIYA	1802109065	Yes
62.	MUSKAN CHAUHAN	1802109066	Yes
63.	NALLABOTHULA SIMRITHA	1802109067	Yes
64.	NAMPALLY VAISHNAVI	1802109068	Yes
65.	NELAPATLA NIHARIKA	1802109069	Yes
66.	NOOTHPALLY SRIVENI	1802109070	Yes
67.	P S THIRUMALESH	1802109071	Yes
68.	PALLAVI NAHAK	1802109072	Yes
69.	PALTHYA PADMAVATHI	1802109073	Yes
70.	PINNAMANENI ROHITHA SAI	1802109074	Yes



Principal / Dean

Malla Reddy Institute of Dental Sciences

71.	POBBATI THANMAI	1802109075	Yes
72.	PONNURU VENKATA SRI HYNDAVI	1802109076	Yes
73.	PUPPALA SRIVATSAV	1802109077	Yes
74.	R ANISHA KEREN	1802109078	Yes
75.	RAHUL SHARMA GUNTUR	1802109079	Yes
76.	RAMPALLI LALITHA	1802109080	Yes
77.	S D PRIYANKA	1802109081	Yes
78.	SAFA HASAN	1802109082	Yes
79.	SAFIA OMER	1802109083	Yes
80.	SARANGA HARINI	1802109084	Yes
81.	SHAKIB ABDUL RAFEE	1802109085	Yes
82.	SOMISETTY KRISHNA PRIYA	1802109086	Yes
83.	SRIRAMOJU RACHANA	1802109087	Yes
84.	SWARASYA N	1802109088	Yes
85.	SYEDA FATIMA	1802109089	Yes
86.	SYEDA SUMAIYA FATIMA	1802109090	Yes
87.	TATA ANIL KUMAR	1802109091	Yes
88.	UNDAVALLI CHARMITA	1802109092	Yes
89.	UROOG HABEEB	1802109093	Yes
90.	V KIRTHIC	1802109094	Yes
91.	VANKINIKI PRIYANKA	1802109095	Yes
92.	VELAMALA JAHNAVI	1802109096	Yes
93.	VENGALA SHIVANI	1802109098	Yes
94.	VERAVELLI BHAVYA SRI RAO	1802109099	Yes
95.	K VEDISHA	1802109100	Yes
96.	KUNTA SHIVA SAKETH GOUD	1702109058	Yes
97.	MOHAMMED SHAURUDDIN	1702109071	Yes
98.	G N BEULAH SUSHANTHI	15701024	Yes
99.	GADIRAJU PRANAVI	15701026	Yes
100.	LAKSHMI MANASA SANKEPALLY	15701045	Yes
101.	MAMIDI AKSHARA GOUD	15701049	Yes
102.	MEGHANA MARTHLA	15701050	Yes
103.	MUKKALA SUNNIHITH REDDY	15701053	Yes
104.	N MEGHANA	15701055	Yes
105.	NISHAATH KHASIM	15701059	Yes
106.	POOSA VAMSHIKA	15701065	Yes
107.	PULI BHARANI	15701067	Yes
108.	PUNUGOTI SAIRAM	15701068	Yes
109.	S DEVIKA	15701073	Yes
110.	VEMURI GEETAHARICHANDANA	15701096	Yes
111.	CH NAGA VINITHA	14701014	Yes <i>anave</i>
112.	N MALLIKA SHRAVYA	14701053	Yes <i>anave</i>



Principal *anave*
Malla Reddy Institute of Dental Sciences

113.	VENNELA GURRAM	14701093	Yes
114.	VULAVA JYOSTNA	14701095	Yes
115.	MUTHYAM SRIHITHA	13701052	Yes

[Signature]
Coordinator

[Signature]
Academic Dean

[Signature]
Principal / Dean
Principal/Dean
Malla Reddy Institute of Dental Sciences



[Signature]
Principal / Dean
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Yoga for Body & Mind

Course Code: DS-VAC-1902

DATE: 21st - 25th June 2019

Year : II BDS

Total students Completed: 107

Venue: Exam Hall, Fifth Floor, Malla Reddy Institute of Dental Sciences

Time: 9.00 AM - 12.00 PM

Details of Students successfully completed Value added Course: Yoga for Body & Mind

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2.	ABDULLAH BILAL	1802109002	Yes
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Principal / Dean
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87.	TATA ANIL KUMAR	1802109091	Yes
88.	UNDAVALLI CHARMITA	1802109092	Yes
89.	UROOG HABEEB	1802109093	No
90.	V KIRTHIC	1802109094	Yes
91.	VANKINIKI PRIYANKA	1802109095	Yes
92.	VELAMALA JAHNAVI	1802109096	Yes
93.	VENGALA SHIVANI	1802109098	Yes
94.	VERAVELLI BHAVYA SRI RAO	1802109099	Yes
95.	K VEDISHA	1802109100	Yes
96.	KUNTA SHIVA SAKETH GOUD	1702109058	No
97.	MOHAMMED SHAURUDDIN	1702109071	Yes
98.	G N BEULAH SUSHANTHI	15701024	Yes
99.	GADIRAJU PRANAVI	15701026	Yes
100.	LAKSHMI MANASA SANKEPALLY	15701045	Yes
101.	MAMIDI AKSHARA GOUD	15701049	Yes
102.	MEGHANA MARTHLA	15701050	Yes
103.	MUKKALA SUNNIHITH REDDY	15701053	Yes
104.	N MEGHANA	15701055	Yes
105.	NISHAATH KHASIM	15701059	Yes
106.	POOSA VAMSHIKA	15701065	Yes
107.	PULI BHARANI	15701067	Yes
108.	PUNUGOTI SAIRAM	15701068	Yes
109.	S DEVIKA	15701073	Yes
110.	VEMURI GEETAHARICHANDANA	15701096	Yes
111.	CH NAGA VINITHA	14701014	Yes
112.	N MALLIKA SHRAVYA	14701053	Yes



Pravara

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113.	VENNELA GURRAM	14701093	Yes
114.	VULAVA JYOSTNA	14701095	Yes
115.	MUTHYAM SRIHITHA	13701052	No

[Handwritten Signature]
Coordinator

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Academic Dean

[Handwritten Signature]
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This is to certify that Mr./Ms. ABDULLAH BILAL of 11 year
BDS, bearing roll no: 1802109002 has successfully completed the Value added Course
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This is to certify that Mr./Ms. AHIL VUTUKURU of II year


BDS, bearing roll no: 1802109003 has successfully completed the Value added Course

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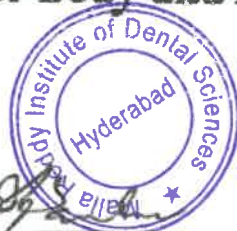
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This is to certify that Mr./Ms. AMENA FAZAL of II year

BDS, bearing roll no: 1802109006 has successfully completed the Value added Course

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[Signature]
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This is to certify that Mr./Ms. AMIT KUMAR RAMANI of II year

BDS, bearing roll no: 1802109007 has successfully completed the Value added Course

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M. Anwar

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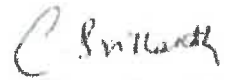
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This is to certify that Mr./Ms. ANKI YAMUNA of II year
BDS, bearing roll no: 1802109008 has successfully completed the Value added Course
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This is to certify that Mr./Ms. ANOUSHKA RAPARTIWAR of II year

BDS, bearing roll no: 1802109009 has successfully completed the Value added Course

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This is to certify that Mr./Ms. ANYARAMBHATLA MEGHANA of II year

BDS, bearing roll no: 1802109010 has successfully completed the Value added Course

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This is to certify that Mr./Ms. AYESHA ALEEMUDDIN of 11 year

BDS, bearing roll no: 1802109012 has successfully completed the Value added Course

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This is to certify that Mr./Ms. B PRAGNYA of II year

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This is to certify that Mr./Ms. BAKKURI RAHUL of II year

BDS, bearing roll no: 1802109014 has successfully completed the Value added Course

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This is to certify that Mr./Ms. BATTULA SNEHA PUJITHA of II year

BDS, bearing roll no: 1802109015 has successfully completed the Value added Course

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This is to certify that Mr./Ms. BAYYA MAHIMA SHARON of 11 year

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This is to certify that Mr./Ms. BHANDHAVI GUNDAM of II year

BDS, bearing roll no: 1802109017 has successfully completed the Value added Course

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This is to certify that Mr./Ms. BHUKYA THULASI of II year

BDS, bearing roll no: 1802109018 has successfully completed the Value added Course

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This is to certify that Mr./Ms. BIRAGANI SRI LATHA of II year
BDS, bearing roll no: 1802109019 has successfully completed the Value added Course
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This is to certify that Mr./Ms. BOINI HARIKA of II year

BDS, bearing roll no: 1802109020 has successfully completed the Value added Course

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This is to certify that Mr./Ms. BOKKISAM MEGHANA of II year

BDS, bearing roll no: 1802109021 has successfully completed the Value added Course

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Certificate of Completion

This is to certify that Mr./Ms. BURA HIMA NANDINI of 11 year

BDS, bearing roll no: 1802109022 has successfully completed the Value added Course

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This is to certify that Mr./Ms. CHANDANA SANKHLA of 11 year

BDS, bearing roll no: 1802109023 has successfully completed the Value added Course

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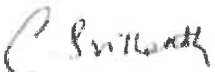
This is to certify that Mr./Ms. CHILIVERI PRATHIKSHA of 11 year


BDS, bearing roll no: 1802109024 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. CHINTALA BINDUPRIYA of II year

BDS, bearing roll no: 1802109025 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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Certificate of Completion

This is to certify that Mr./Ms. DANDAY SREE TEJA of II year

BDS, bearing roll no: 1802109026 has successfully completed the Value added Course

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This is to certify that Mr./Ms. DANIYA RAHMAN of 11 year

BDS, bearing roll no: 1802109027 has successfully completed the Value added Course

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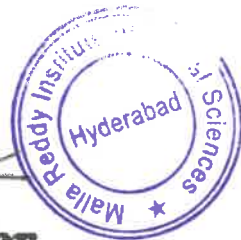
Certificate of Completion

This is to certify that Mr./Ms. DEVIREDDY NISHITHA REDDY of II year


BDS, bearing roll no: 1802109028 has successfully completed the Value added Course

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Certificate of Completion

This is to certify that Mr./Ms. DUSSA SHARVAN PREETHAM of 11 year

BDS, bearing roll no: 1802109030 has successfully completed the Value added Course

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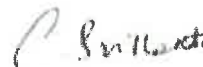
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This is to certify that Mr./Ms. EEGA HARINI of II year
BDS, bearing roll no: 1802109031 has successfully completed the Value added Course
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This is to certify that Mr./Ms. GAJAVELLY SREEJA of II year
BDS, bearing roll no: 1802109032 has successfully completed the Value added Course
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This is to certify that Mr./Ms. GOLI SUPRAJA of II year


BDS, bearing roll no: 1802109033 has successfully completed the Value added Course

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This is to certify that Mr./Ms. GOLLA NAVA SREE of 11 year
BDS, bearing roll no: 1802109034 has successfully completed the Value added Course
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This is to certify that Mr./Ms. GOWLIKAR SUSHMITHA of II year
BDS, bearing roll no: 1802109035 has successfully completed the Value added Course
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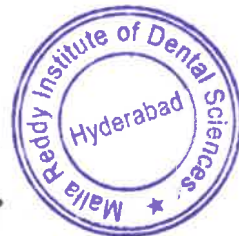
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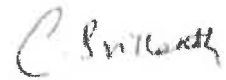
This is to certify that Mr./Ms. GUDIMETLA DHARANI of 11 year

BDS, bearing roll no: 1802109036 has successfully completed the Value added Course

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This is to certify that Mr./Ms. GUJJARI KRISHNA MURTHY KALYAN KUMAR of II year

BDS, bearing roll no: 1802109037 has successfully completed the Value added Course

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This is to certify that Mr./Ms. HARIDAS HARIKA of II year

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This is to certify that Mr./Ms. HEMANTH RATHOD RATHLAVATH of II year

BDS, bearing roll no: 1802109040 has successfully completed the Value added Course

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This is to certify that Mr./Ms. J BHARATH KUMAR of II year

BDS, bearing roll no: 1802109041 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

Coordinator



Academic Dean

Principal / Dean
Malla Reddy Institute of Dental Sciences

Principal/ Dean



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Certificate of Completion

This is to certify that Mr./Ms. JAIWAL SNIGDHA of II year
BDS, bearing roll no: 1802109042 has successfully completed the Value added Course
— **“Yoga for Body and Mind”**, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

Coordinator



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Malla Reddy Institute of Dental Sciences

Principal/ Dean



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Certificate of Completion

This is to certify that Mr./Ms. K A SRIPRIYA of 11 year

BDS, bearing roll no: 1802109044 has successfully completed the Value added Course

—“Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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Certificate of Completion

This is to certify that Mr./Ms. K BHAVANA of II year
BDS, bearing roll no: 1802109045 has successfully completed the Value added Course
— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. K RAM CHARAN of II year

BDS, bearing roll no: 1802109046 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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Certificate of Completion

This is to certify that Mr./Ms. KANDULA SATHVIKA of II year
BDS, bearing roll no: 1802109047 has successfully completed the Value added Course
— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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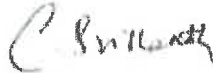
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Certificate of Completion

This is to certify that Mr./Ms. KANTEDYAVATHI KRISHNAPRASAD of II year
BDS, bearing roll no: 1802109048 has successfully completed the Value added Course
— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. KATHLEEN R JOHNSON of II year

BDS, bearing roll no: 1802109049 has successfully completed the Value added Course

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Certificate of Completion

This is to certify that Mr./Ms. KAVADAPU MEGHANA of II year

BDS, bearing roll no: 1802109050 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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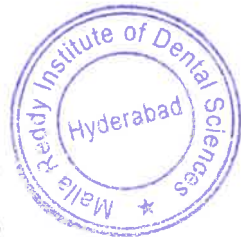
Certificate of Completion

This is to certify that Mr./Ms. KONDASANI KALYAN REDDY of II year


BDS, bearing roll no: 1802109051 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. KUNA JAHNAVI of II year

BDS, bearing roll no: 1802109053 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. M A AZEEZ of II year

BDS, bearing roll no: 1802109054 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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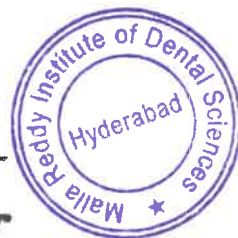
Certificate of Completion

This is to certify that Mr./Ms. M SAI SRUTHI of II year

BDS, bearing roll no: 1802109055 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. MAARIYAH NASEEM KHAN of II year

BDS, bearing roll no: 1802109056 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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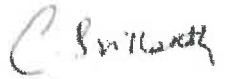
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Certificate of Completion

This is to certify that Mr./Ms. MAITHRY HEPSIBAH of II year
BDS, bearing roll no: 1802109058 has successfully completed the Value added Course
— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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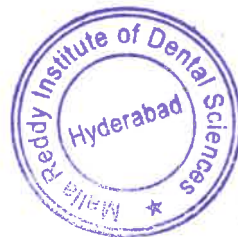
Certificate of Completion

This is to certify that Mr./Ms. MEDISETTY NAGAJYOTHI of II year

BDS, bearing roll no: 1802109059 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. MEKAPOTHULA SARIKA of II year

BDS, bearing roll no: 1802109060 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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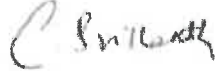
This is to certify that Mr./Ms. MILIND CHAKRABORTY of II year


BDS, bearing roll no: 1802109061 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. MIRZA SADATH ALI BAIG of II year
BDS, bearing roll no: 1802109062 has successfully completed the Value added Course
— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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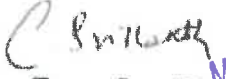
This is to certify that Mr./Ms. MODEM AISHWARYA of II year


BDS, bearing roll no: 1802109064 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


Coordinator




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Certificate of Completion

This is to certify that Mr./Ms. MOHAMMED AKRAM GHALIYA of 11 year

BDS, bearing roll no: 1802109065 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

Coordinator



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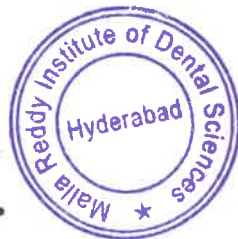
Certificate of Completion

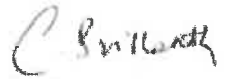
This is to certify that Mr./Ms. MUSKAN CHAUHAN of 11 year

BDS, bearing roll no: 1802109066 has successfully completed the Value added Course

—“Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


Coordinator




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Principal/ Dean



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Certificate of Completion

This is to certify that Mr./Ms. NALLABOTHULA SIMRITHA of II year

BDS, bearing roll no: 1802109067 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

Coordinator



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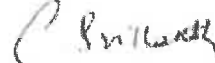
This is to certify that Mr./Ms. NAMPALLY VAISHNAVI of II year

BDS, bearing roll no: 1802109068 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


Coordinator




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Certificate of Completion

This is to certify that Mr./Ms. NELAPATLA NIHARIKA of II year

BDS, bearing roll no: 1802109069 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

Coordinator



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Certificate of Completion

This is to certify that Mr./Ms. NOOTHPALLY SRIVENI of II year

BDS, bearing roll no: 1802109070 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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Certificate of Completion

This is to certify that Mr./Ms. P S THIRUMALESH of II year

BDS, bearing roll no: 1802109071 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


Coordinator




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Principal / Dean
Malla Reddy Institute of Dental Sciences


Principal/ Dean



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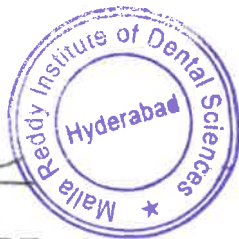
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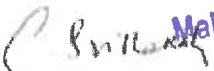
This is to certify that Mr./Ms. PALLAVI NAHAK of 11 year

BDS, bearing roll no: 1802109072 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


Coordinator




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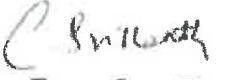
This is to certify that Mr./Ms. PALTHYA PADMAVATHI of II year

BDS, bearing roll no: 1802109073 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. PINNAMANENI ROHITHA SAI of II year

BDS, bearing roll no: 1802109074 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

Coordinator



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Certificate of Completion

This is to certify that Mr./Ms. POBBATI THANMAI of II year

BDS, bearing roll no: 1802109075 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

Coordinator



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Certificate of Completion

This is to certify that Mr./Ms. PONNURU VENKATA SRI HYNDAVI of II year

BDS, bearing roll no: 1802109076 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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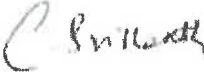
This is to certify that Mr./Ms. PUPPALA SRIVATSAV of II year

BDS, bearing roll no: 1802109077 has successfully completed the Value added Course

– “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. RAHUL SHARMA GUNTUR of II year

BDS, bearing roll no: 1802109079 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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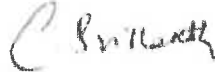
This is to certify that Mr./Ms. RAMPALLI LALITHA of II year

BDS, bearing roll no: 1802109080 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


Coordinator




Academic Dean


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Certificate of Completion

This is to certify that Mr./Ms. S D PRIYANKA of II year

BDS, bearing roll no: 1802109081 has successfully completed the Value added Course

—“Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. SAFA HASAN of II year

BDS, bearing roll no: 1802109082 has successfully completed the Value added Course

—“Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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Certificate of Completion

This is to certify that Mr./Ms. SAFIA OMER of II year
BDS, bearing roll no: 1802109083 has successfully completed the Value added Course
– “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


Coordinator




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Certificate of Completion

This is to certify that Mr./Ms. SARANGA HARINI of II year
BDS, bearing roll no: 1802109084 has successfully completed the Value added Course
— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. SHAKIB ABDUL RAFAE of II year
BDS, bearing roll no: 1802109085 has successfully completed the Value added Course
— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. SOMISETTY KRISHNA PRIYA of II year
BDS, bearing roll no: 1802109086 has successfully completed the Value added Course
— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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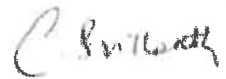
This is to certify that Mr./Ms. SRIRAMOJU RACHANA of II year


BDS, bearing roll no: 1802109087 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. SWARASYA N of 11 year
BDS, bearing roll no: 1802109088 has successfully completed the Value added Course
— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. SYEDA FATIMA of II year

BDS, bearing roll no: 1802109089 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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Malla Reddy Institut.

Principal/ Dean



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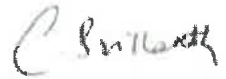
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Certificate of Completion

This is to certify that Mr./Ms. SYEDA SUMAIYA FATIMA of 11 year
BDS, bearing roll no: 1802109090 has successfully completed the Value added Course
— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. TATA ANIL KUMAR of II year

BDS, bearing roll no: 1802109091 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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Certificate of Completion

This is to certify that Mr./Ms. UNDAVALLI CHARMITA of 11 year

BDS, bearing roll no: 1802109092 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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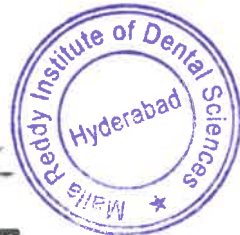
Certificate of Completion

This is to certify that Mr./Ms. V KIRTHIC of II year

BDS, bearing roll no: 1802109094 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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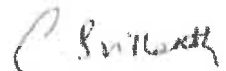
This is to certify that Mr./Ms. VANKINIKI PRIYANKA of 11 year

BDS, bearing roll no: 1802109095 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. VELAMALA JAHNAVI of II year

BDS, bearing roll no: 1802109096 has successfully completed the Value added Course

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Certificate of Completion

This is to certify that Mr./Ms. VENGALA SHIVANI of II year
BDS, bearing roll no: 1802109098 has successfully completed the Value added Course
— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. VERAVELLI BHAVYA SRI RAO of II year

BDS, bearing roll no: 1802109099 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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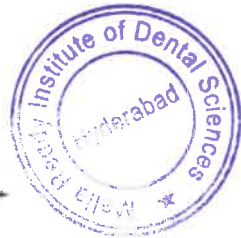
Certificate of Completion

This is to certify that Mr./Ms. K VEDISHA of II year

BDS, bearing roll no: 1802109100 has successfully completed the Value added Course

– “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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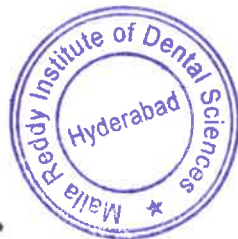
Certificate of Completion

This is to certify that Mr./Ms. MOHAMMED SHAURUDDIN of II year

BDS, bearing roll no: 1702109071 has successfully completed the Value added Course

– “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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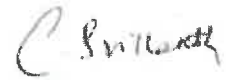
This is to certify that Mr./Ms. G N BEULAH SUSHANTHI of 11 year


BDS, bearing roll no: 15701024 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. GADIRAJU PRANAVI of 11 year

BDS, bearing roll no: 15701026 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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Certificate of Completion

This is to certify that Mr./Ms. LAKSHMI MANASA SANKEPALLY of II year

BDS, bearing roll no: 15701045 has successfully completed the Value added Course

—“Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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Malla Reddy Institute of Dental Sciences

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Certificate of Completion

This is to certify that Mr./Ms. MAMIDI AKSHARA GOUD of II year

BDS, bearing roll no: 15701049 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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Certificate of Completion

This is to certify that Mr./Ms. MEGHANA MARTHLA of II year

BDS, bearing roll no: 15701050 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

Coordinator



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Certificate of Completion

This is to certify that Mr./Ms. MUKKALA SUNNIHITH REDDY of II year
BDS, bearing roll no: 15701053 has successfully completed the Value added Course
— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


Coordinator




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Malla Reddy Institute of Dental Sciences


Principal/ Dean



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Certificate of Completion

This is to certify that Mr./Ms. N MEGHANA of II year
BDS, bearing roll no: 15701055 has successfully completed the Value added Course
— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


Coordinator




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Certificate of Completion

This is to certify that Mr./Ms. NISHAATH KHASIM of II year

BDS, bearing roll no: 15701059 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

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Certificate of Completion

This is to certify that Mr./Ms. POOSA VAMSHIKA of II year

BDS, bearing roll no: 15701065 has successfully completed the Value added Course

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Coordinator



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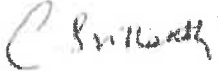
This is to certify that Mr./Ms. PULI BHARANI of II year


BDS, bearing roll no: 15701067 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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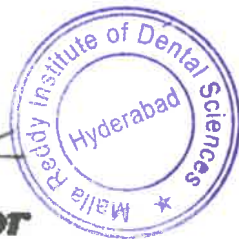
Certificate of Completion

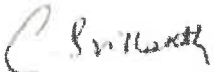
This is to certify that Mr./Ms. PUNUGOTI SAIRAM of 11 year


BDS, bearing roll no: 15701068 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


Coordinator




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Certificate of Completion

This is to certify that Mr./Ms. S DEVIKA of II year

BDS, bearing roll no: 15701073 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.

Coordinator



Academic Dean

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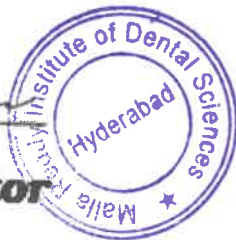
Certificate of Completion

This is to certify that Mr./Ms. VEMURI GEETAHARICHANDANA of II year

BDS, bearing roll no: 15701096 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Certificate of Completion

This is to certify that Mr./Ms. CH NAGA VINITHA of II year
BDS, bearing roll no: 14701014 has successfully completed the Value added Course
— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


Coordinator




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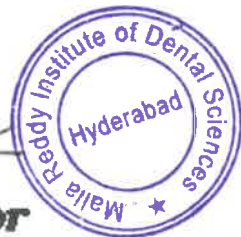
Certificate of Completion

This is to certify that Mr./Ms. N MALLIKA SHRAVYA of II year

BDS, bearing roll no: 14701053 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


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Malla Reddy Institute of Dental Sciences

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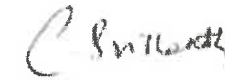
Affiliated to KNRUHS, Warangal, Telangana, Recognized by Dental Council of India, New Delhi
Survey No. 138, Suraram Main Road, Quthbullapur, Jeelimeeta, Hyderabad -500055, www.mids.org

Certificate of Completion

This is to certify that Mr./Ms. VENNELA GURRAM of 11 year
BDS, bearing roll no: 14701093 has successfully completed the Value added Course
—“Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.



Coordinator


Academic Dean


Principal / Dean


Principal/ Dean



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Certificate of Completion

This is to certify that Mr./Ms. VULAVA JYOSTNA of II year

BDS, bearing roll no: 14701095 has successfully completed the Value added Course

— “Yoga for Body and Mind”, conducted in the institute from 21st Jun 2019 to 25th Jun 2019.


Coordinator




Academic Dean

Principal / Dean
Malla Reddy Institute of Dental Sciences


Principal/Dean

Feedback analysis of students on VALUE ADDED COURSE							
Academic Year : 2019-2020				Year: II year BDS			
Name of the VAC: Yoga for Body and Mind							
Course Code: DS-VAC--1902				Students Registered:		115	
Students feedback on course conducted on the scale of 1 to 5 for each of the following parameters.							
(1- strongly Disagree, 2- Disagree, 3- Uncertain, 4- Agree, 5- Strongly Agree)							
Sl. No	Attributes	5	4	3	2	1	Average Score
1	Speaker presented information in a clear and organized manner	63	38	14			4.43
2	The course objectives were met	59	28	26	2		4.25
3	Examples of cases were shown to facilitate understanding	63	32	13	7		4.31
4	Speaker included opportunities to learn interactively	46	36	33			4.11
5	Relevancy of the content to professional activities was a reason for you to participate	61	28	20	6		4.25
6	Usefulness of handouts and audiovisual materials	48	42	21	4		4.17
7	The course content met your expectations	47	45	21	2		4.19
8	Given sufficient time to complete the task in workshop	46	37	32			4.12
9	The provided information is Clear and comprehensive	66	41	8			4.50
10	The meeting room and facilities were comfortable and adequate	74	30	10	1		4.54

Suggestions: needed more interaction

Coordinator



Principal / Dean
Malla Reddy Institute of Dental Sciences

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