

Date: 14-06-2018

Hyderabad

To,

The Principal/Dean,

Malla Reddy Dental College for women,

Suraram.


Sub: Requesting Permission to conduct **Value Added Course (VAC)** for I Year BDS students.

Respected Sir,

The Programme Development Committee of MRDCW, would like to organize the Value-Added course on “**YOGA AND WELLNESS DAY**” for I Year BDS students from 21st Jun 2018 to 23rd June 2018. In this regard, kindly grant us permission for the same and support the event with necessary resources.

Thanking You,

Yours faithfully,


Dr. G. Santhosh Reddy

VAC CO-ORDINATOR

Professor & HOD

Department of Oral Maxillofacial Surgery

Malla Reddy Dental College for Women.


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Malla Reddy Dental College for Women




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Malla Reddy Dental College for Women


MALLA REDDY
DENTAL COLLEGE FOR WOMEN

(SPONSORED BY : CHANDRAMMA EDUCATIONAL SOCIETY)

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

Ref: MRDCW/Circulars/VAC/2018/Jun-01

Date: 16-06-2018

Circular

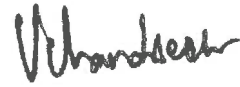
The Students of I Year BDS are hereby informed to attend the **Value-added course "YOGA AND WELLNESS DAY"** scheduled from 21st Jun 2018 to 23rd Jun 2018. The concerned subject HODs are hereby requested to give permission to the students for attending the same.

Resource person – Dr. M. Srinivasa Rao, Physical Director MREC

Venue – Cricket Ground, Malla Reddy health city

Date – 21st Jun 2018 to 23rd Jun 2018

Time – 9.00 AM - 4.00 PM



Principal/Dean

Malla Reddy Dental College for Women

Principal / Dean

Malla Reddy Dental College for Women

Copy to:

- Students notice board
- All Department HODs
- Curriculum Committee
- All Academic Coordinators
- PA to Principal for filing





Principal / Dean

Malla Reddy Dental College for Women



MALLA REDDY
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Welcomes all

YOGA AND WELLNESS DAY

DATE-21,22&23 June 2018
VENUE-Cricket Ground



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YOGA AND WELNESS

DAY-1(21/6/18)

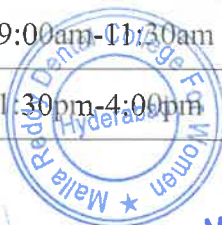
Session	Time	Name of the topic
Session 1	9:00am-11:30am	Importance of yoga
Session 2	1:30pm-4:00pm	How breathing exercise make difference during Covid-19

DAY-2(22/6/18)

Session	Time	Name of the topic
Session 3	9:00am-11:30am	Explanation of various breathing exercises
Session 4	1:30pm-4:00pm	Training for participants

DAY-3(23/6/18)

Session	Time	Name of the topic
Session 5	9:00am-11:30am	Training for the participants
Session 6	1:30pm-4:00pm	Interaction and Feedback



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DAY-3(08/08/18)		
Session	Time	Name of the topic
Session 9	10:00am-11:30am	Microsoft Power point and practically performed
	11:30am-11:45am	BREAK
Session 10	11:45am-1:00pm	DATA Designing
	1:00pm-2:00pm	LUNCH BREAK
Session 11	2:00pm-4:00pm	Safely, Security & Privacy
	4:00pm-4:15pm	TEA BREAK
Session 12	4:15pm-5:00pm	Discussion & Q/A



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COURSE SYLLABUS

YOGA AND WELLNESS

MODULE	SYLLABUS
MODULE 1 :	Introduction to Yoga and Wellness Basic Yoga Asanas Sun Salutations Sequence Intermediate Yoga Asanas
MODULE 2 :	Advanced Yoga Asanas Yoga for Wellness Yoga anatomy and Physiology Exploring the 8 Limbs of Yoga
MODULE 3 :	Nutrition and Wellness Yoga for Special Populations Teaching and Practicum Ethics and Professionalism



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REPORT OF THE EVENT

Date: 24-06-2018

YOGA AND WELLNESS DAY:

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.

COURSE OBJECTIVES:

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.

Outcome:

Yoga Programme creates a strong sense of identity, a strong sense of wellbeing, confident and involved learners, effective communication to the students.

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

VENUE: Cricket Ground, Malla Reddy Health City.

DATE: 21st Jun to 23rd Jun 2018

NUMBER OF PARTICIPANTS: 110 students from Ist year BDS

DURATION: 15 hrs




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Glimpse of the Course



BD

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G. Santosh

VAC Coordinator


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Yoga And wellness Day	
Course Code: VAC- 1801	Year: 1 st BDS
DATE: 21 st -23 rd June 2018	Total students Enrolled: 110
Venue: Cricket Ground, Malla Reddy Health City	
Time: 9.00 AM – 4.00 PM	

Attendance sheet for VAC: Yoga and Wellness Day

S.NO	REGISTRATION NO	NAME OF THE STUDENT	21/6/18 FN	21/6/18 AN	22/6/18 FN	22/6/18 AN	22/6/18 FN	22/6/18 AN
1	1802111001	ADDURI HIRANYA SAI	Hiranya	Hiranya	Hiranya	Hiranya	Hiranya	Hiranya
2	1802111002	AFIA AFSHEEN	Afia	Afia	Afia	Afia	Afia	Afia
3	1802111003	AGYALA NITHYASRI	Nithyasri	Nithyasri	Nithyasri	Nithyasri	Nithyasri	Nithyasri
4	1802111004	AKSHARA SRINIVAS	Akshara	Akshara	Akshara	Akshara	Akshara	Akshara
5	1802111005	ALA NAMRATA	Namratha	Namratha	Namratha	Namratha	Namratha	Namratha
6	1802111006	ALEKHYA GOUD IRUVURI	Alekhyaa	Alekhyaa	Alekhyaa	Alekhyaa	Alekhyaa	Alekhyaa




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7	1802111007	AL SHIFA PARVEEN	shifa	shifa	shifa	shifa	shifa	shifa
8	1802111008	ANNARAM MEENAKSHI	Meenakshi	meenak	Meenu	meenu	meenak	meenu
9	1802111009	ARE AKHILA	Akila	Akhila	Akila	Akila	Akhila	Akila
10	1802111010	ASKANI SAI CHARITHA	charitha	charitha	charitha	charitha	charitha	charitha
11	1802111011	AYESHA MUNAZZA	Aysha	Aysha	Aysha	Aysha	Aysha	Aysha
12	1802111012	AYISHA	Ayisha	A	A	Ayisha	A	A
13	1802111013	BANDI SPANDANA	Spandan	spandan	spandan	spandan	spandan	spandan
14	1802111014	BANOTHU HARI PRIYA	haripriya	haripriya	haripriya	haripriya	haripriya	haripriya
15	1802111015	BANOTHU VASAVI	Vasavi	Vasavi	Vasavi	Vasavi	Vasavi	Vasavi
16	1802111016	BOLLABATHINI HARITHA	Haritha	Haritha	Haritha	Haritha	Haritha	Haritha
17	1802111017	CHINDUKURI BHAVANA	Bhavani	Bhavani	Bhavani	Bhavani	Bhavani	Bhavani
18	1802111018	CH ABHIGNYA	Abhignya	Abhignya	Abhignya	Abhignya	Abhignya	Abhignya
19	1802111019	CHINTALA SAI HARSHINI	Harshini	Harshini	Harshini	Harshini	Harshini	Harshini
20	1802111020	CHITNENI DIVYA	Divya	Divya	Divya	Divya	Divya	Divya
21	1802111021	CHOUHAN RAJASREE	Rajara	Rajara	Rajara	Rajara	Rajara	Rajara
22	1802111022	D BHAGYASREE	Bhagyasree	Bhagyasree	Bhagyasree	Bhagyasree	Bhagyasree	Bhagyasree
23	1802111023	DASARI MONICA	Monica	Monica	Monica	Monica	Monica	Monica
24	1802111024	DEVATH APOORVA	Apoorva	Apoorva	Apoorva	Apoorva	Apoorva	Apoorva
25	1802111025	DUDEKULA PARVEEN	Parveen	Parveen	Parveen	Parveen	Parveen	Parveen



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26	1802111026	GURRALA SOFIYA	<u>Sofiya</u>	<u>Sofiya</u>	<u>Sofiya</u>	<u>Sofiya</u>	<u>Sofiya</u>	<u>Sofiya</u>
27	1802111027	GAADARI SANJANA	<u>Sanjana</u>	<u>Sanjana</u>	<u>Sanjana</u>	<u>Sanjana</u>	<u>Sanjana</u>	<u>Sanjana</u>
28	1802111028	GADDAM KEERTHANA	<u>Keerthana</u>	<u>Keerthana</u>	<u>Keerthana</u>	<u>Keerthana</u>	<u>Keerthana</u>	<u>Keerthana</u>
29	1802111029	GANGISHETTI SRIVANI	<u>Srivani</u>	<u>Srivani</u>	<u>Srivani</u>	<u>Srivani</u>	<u>Srivani</u>	<u>Srivani</u>
30	1802111030	GUDEPU ANJANA SREE	<u>Shree</u>	<u>Shree</u>	<u>Shree</u>	<u>Shree</u>	<u>Shree</u>	<u>Shree</u>
31	1802111031	HARIKA GOWRISETTI	<u>Harika</u>	<u>Harika</u>	<u>Harika</u>	<u>Harika</u>	<u>Harika</u>	<u>Harika</u>
32	1802111032	IMAAAN UNNISA	<u>Imaan</u>	<u>Imaan</u>	<u>Imaan</u>	<u>Imaan</u>	<u>Imaan</u>	<u>Imaan</u>
33	1802111033	IQRA MAHEEN	<u>Maheen</u>	<u>Maheen</u>	<u>Maheen</u>	<u>Maheen</u>	<u>Maheen</u>	<u>Maheen</u>
34	1802111034	JAKKULA VIJAYALAXMI	<u>Lakshmi</u>	<u>Lakshmi</u>	<u>Lakshmi</u>	<u>Lakshmi</u>	<u>Lakshmi</u>	<u>Lakshmi</u>
35	1802111035	JAMPULA MOUNIKA	<u>Mounika</u>	<u>Mounika</u>	<u>Mounika</u>	<u>Mounika</u>	<u>Mounika</u>	<u>Mounika</u>
36	1802111036	JUTTIKA JAHNAVI	<u>Jahnavi</u>	<u>Jahnavi</u>	<u>Jahnavi</u>	<u>Jahnavi</u>	<u>Jahnavi</u>	<u>Jahnavi</u>
37	1802111037	K V DEEKSHITA	<u>Deekshita</u>	<u>Deekshita</u>	<u>Deekshita</u>	<u>Deekshita</u>	<u>Deekshita</u>	<u>Deekshita</u>
38	1802111038	KALKUDE SHARANYA REDDY	<u>Sharanya</u>	<u>Sharanya</u>	<u>Sharanya</u>	<u>Sharanya</u>	<u>Sharanya</u>	<u>Sharanya</u>
39	1802111039	KALLOTTATHU SHARON JAMES	<u>Sharon</u>	<u>Sharon</u>	<u>Sharon</u>	<u>Sharon</u>	<u>Sharon</u>	<u>Sharon</u>
40	1802111040	KALLURI TRIVENI	<u>Triveni</u>	<u>Triveni</u>	<u>Triveni</u>	<u>Triveni</u>	<u>Triveni</u>	<u>Triveni</u>
41	1802111041	KASAVA RAJU VENKATA LAKSHMI HIMAJA	<u>Himaja</u>	<u>Himaja</u>	<u>Himaja</u>	<u>Himaja</u>	<u>Himaja</u>	<u>Himaja</u>
42	1802111042	KATKAM CHANDANA	<u>Chandana</u>	<u>Chandana</u>	<u>Chandana</u>	<u>Chandana</u>	<u>Chandana</u>	<u>Chandana</u>
43	1802111043	KHAMBAMPATI NAMATHA SRI	<u>Namatha</u>	<u>Namatha</u>	<u>Namatha</u>	<u>Namatha</u>	<u>Namatha</u>	<u>Namatha</u>
44	1802111044	KOLLURI HARI CHANDANA	<u>Chandana</u>	<u>Chandana</u>	<u>Chandana</u>	<u>Chandana</u>	<u>Chandana</u>	<u>Chandana</u>



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45	1802111045	KONKATI SHRUTHI	Shruthi	Shruthi	Shruthi	Shruthi	Shruthi	Shruthi
46	1802111046	KOTHAPALLI MEGHANA	Megha	Megha	Megha	Megha	Megha	Megha
47	1802111047	KSHITHIJA V SWAMY	Kswamy	Kswamy	Kswamy	Kswamy	Kswamy	Kswamy
48	1802111048	MACHHA SHRAVYA	Shravya	Shravya	Shravya	Shravya	Shravya	Shravya
49	1802111049	MADUGULA SRAVANTHI	Sravanti	Sravanti	Sravanti	Sravanti	Sravanti	Sravanti
50	1802111050	MAHAJAN YOGITHA	Yogitha	Yogitha	Yogitha	Yogitha	Yogitha	Yogitha
51	1802111051	MANDA AKANKSHA	Akanksha	A	A	Akanksha	A	A
52	1802111052	MARANI SHRAVANI	Shravani	Shravani	Shravani	Shravani	Shravani	Shravani
53	1802111053	MARIYAM RUHI ANWAR	Ruhi	Ruhi	Ruhi	Ruhi	Ruhi	Ruhi
54	1802111054	MEHREEN FATIMA	Mehreen	Mehreen	Mehreen	Mehreen	Mehreen	Mehreen
55	1802111055	MENCHU MAANSI	Maansi	Maansi	Maansi	Maansi	Maansi	Maansi
56	1802111056	METTU KEERTHI	Keerthi	Keerthi	Keerthi	Keerthi	Keerthi	Keerthi
57	1802111057	MUCHAPOTHULA TEJASWINI	Tejaswini	Tejaswini	Tejaswini	Tejaswini	Tejaswini	Tejaswini
58	1802111058	MUNDE NIHARIKA	Niharika	Niharika	Niharika	Niharika	Niharika	Niharika
59	1802111059	NAGARAPU SREEJA	Sreeja	Sreeja	Sreeja	Sreeja	Sreeja	Sreeja
60	1802111060	NEHA TAHSEEN	Neha	Neha	Neha	Neha	Neha	Neha
61	1802111061	PANDULA PRIYANKA	Priyanka	P. Priyanka	P. Priyanka	P. Priyanka	P. Priyanka	P. Priyanka
62	1802111062	PANJALA SOUSHILYA	Soushilya	Soushilya	Soushilya	Soushilya	Soushilya	Soushilya
63	1802111063	PASUNURI AARTHI	Aarthi	Aarthi	Aarthi	Aarthi	Aarthi	Aarthi



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64	1802111064	PERICHERLA SANJANA	<u>Sanjana</u>	<u>Sanjana</u>	<u>Sanjana</u>	<u>Sanjana</u>	<u>Sanjana</u>	<u>Sanjana</u>
65	1802111065	PIDIMALLA MOUNIKA	<u>Mounika</u>	<u>Mounika</u>	<u>Mounika</u>	<u>Mounika</u>	<u>Mounika</u>	<u>Mounika</u>
66	1802111066	PIPPRA OOHAA	<u>Ooha</u>	<u>Ooha</u>	<u>Ooha</u>	<u>Ooha</u>	<u>Ooha</u>	<u>Ooha</u>
67	1802111067	PITLA NAYANA	<u>PITLa</u>	<u>PITLa</u>	<u>PITLa</u>	<u>PITLa</u>	<u>PITLa</u>	<u>PITLa</u>
68	1802111068	PRIYANKA P	<u>Priyanka</u>	<u>A</u>	<u>Priyanka</u>	<u>A</u>	<u>A</u>	<u>A</u>
69	1802111069	PULLURI SWARNA SREE	<u>Swarna</u>	<u>Swarna</u>	<u>Swarna</u>	<u>Swarna</u>	<u>Swarna</u>	<u>Swarna</u>
70	1802111070	RACHULAPALLY GEERVANI	<u>R-G</u>	<u>R-G</u>	<u>R-G</u>	<u>R-G</u>	<u>R-G</u>	<u>R-G</u>
71	1802111071	RAFATH NOORI	<u>Noori</u>	<u>Noori</u>	<u>Noori</u>	<u>Noori</u>	<u>Noori</u>	<u>Noori</u>
72	1802111072	REENA KOUSAL	<u>Reena Kousal</u>	<u>Reena Kousal</u>	<u>Reena Kousal</u>	<u>Reena Kousal</u>	<u>Reena Kousal</u>	<u>Reena Kousal</u>
73	1802111073	ROQUIA IRFAN	<u>Irfan</u>	<u>Irfan</u>	<u>Irfan</u>	<u>Irfan</u>	<u>Irfan</u>	<u>Irfan</u>
74	1802111074	RUBA TARANNUM	<u>Roquia</u>	<u>Roquia</u>	<u>Roquia</u>	<u>Roquia</u>	<u>Roquia</u>	<u>Roquia</u>
75	1802111075	S P MANEESHA	<u>Maneesha</u>	<u>Maneesha</u>	<u>Maneesha</u>	<u>Maneesha</u>	<u>Maneesha</u>	<u>Maneesha</u>
76	1802111076	SABBI ROHITHA	<u>Rohitha</u>	<u>Rohitha</u>	<u>Rohitha</u>	<u>Rohitha</u>	<u>Rohitha</u>	<u>Rohitha</u>
77	1802111077	SAI ANHITI ESTRAMULI	<u>Sai</u>	<u>Sai</u>	<u>Sai</u>	<u>Sai</u>	<u>Sai</u>	<u>Sai</u>
78	1802111078	SAI VATHSALA SALUNKE	<u>V</u>	<u>V</u>	<u>V</u>	<u>V</u>	<u>V</u>	<u>V</u>
79	1802111079	SANNAPURI NANDINI	<u>Nandini</u>	<u>Nandini</u>	<u>Nandini</u>	<u>Nandini</u>	<u>Nandini</u>	<u>Nandini</u>
80	1802111080	SARAH MEHREEN	<u>Sarah</u>	<u>Sarah</u>	<u>Sarah</u>	<u>Sarah</u>	<u>Sarah</u>	<u>Sarah</u>
81	1802111081	SAVASI MALAVIKA	<u>Malavika</u>	<u>Malavika</u>	<u>Malavika</u>	<u>Malavika</u>	<u>Malavika</u>	<u>Malavika</u>
82	1802111082	SHABNAM BEGUM	<u>Shabnam</u>	<u>Shabnam</u>	<u>Shabnam</u>	<u>Shabnam</u>	<u>Shabnam</u>	<u>Shabnam</u>



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83	1802111083	SHAFIA IMROZ	Shafia	Shafia	Shafia	Shafia	Shafia	Shafia
84	1802111084	SHAFIANA FATIMA	Fatima	Fatima	Fatima	Fatima	Fatima	Fatima
85	1802111085	SHIVANI MAHAJAN	M. Shivani	M. Shivani	M. Shivani	M. Shivani	M. Shivani	M. Shivani
86	1802111086	SRIPADA CHANDANA	Chandana	Chandana	Chandana	Chandana	Chandana	Chandana
87	1802111087	SYEDA SAFIA SULTANA	Safia	Safia	Safia	Safia	Safia	Safia
88	1802111088	SYEDA SANA RAZVI	Sana	Sana	Sana	Sana	Sana	Sana
89	1802111089	T LAKSHMI PRIYA	T. Lakshmi Priya	T. Lakshmi Priya	T. Lakshmi Priya	T. Lakshmi Priya	T. Lakshmi Priya	T. Lakshmi Priya
90	1802111090	TASNEEM UNNISSA	Tasneem	Tasneem	Tasneem	Tasneem	Tasneem	Tasneem
91	1802111091	PENDYALA TEJASWINI	Tejaswini	Tejaswini	Tejaswini	Tejaswini	Tejaswini	Tejaswini
92	1802111092	THIRUNAHARI ABDHIJA	Abdhiya	Abdhiya	Abdhiya	Abdhiya	Abdhiya	Abdhiya
93	1802111093	UGNI SRAVYA SREE	Sravya	Sravya	Sravya	Sravya	Sravya	Sravya
94	1802111094	UMAIMA SAMEEN	Sameen	Sameen	Sameen	Sameen	Sameen	Sameen
95	1802111095	VADLURI SONY	Sony	Sony	Sony	Sony	Sony	Sony
96	1802111096	VANGA NIKHITHA	Nikhitha	Nikhitha	Nikhitha	Nikhitha	Nikhitha	Nikhitha
97	1802111097	VEERAMALLA SATHWIKA GOUD	Sathwika	Sathwika	Sathwika	Sathwika	Sathwika	Sathwika
98	1802111098	VOOTUKURI SANJANA REDDY	Sanjana	Sanjana	Sanjana	Sanjana	Sanjana	Sanjana
99	1802111099	ZEENATH AFREEN	ZEENATH Afreen	ZEENATH Afreen	ZEENATH Afreen	ZEENATH Afreen	ZEENATH Afreen	ZEENATH Afreen
100	1802111100	ZIA TAHURA	Zia	Zia	Zia	Zia	Zia	Zia
101	1702111004	AFREEN FATIMA	Afreen Fatima	Afreen Fatima	Afreen Fatima	Afreen Fatima	Afreen Fatima	Afreen Fatima



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102	1702111030	GUNTURI PADMA PRIYA	Priya	Priya	Priya	Priya	Priya	Priya
103	1702111054	MARIYAM UNNISA	Maniyam	Maniyam	Maniyam	Maniyam	Maniyam	Maniyam
104	1702111063	PANTANGI DIVYA	Divya	Divya	Divya	Divya	Divya	Divya
105	1702111033	IRHAM DANIYAN	Daniyan	Daniyan	Daniyan	Daniyan	Daniyan	Daniyan
106	1702111061	NISHIKA REDDY KOMATIREDDY	K. Nishika	K. Nishika	K. Nishika	K. Nishika	K. Nishika	K. Nishika
107	1702111038	JATOTH DIVYA	Divya	Divya	Divya	Divya	Divya	Divya
108	1702111090	TANMAYEE SRIPADA	Tanmayee	Tanmayee	Tanmayee	Tanmayee	Tanmayee	Tanmayee
109	1602111038	HARINI B	Harini	Harini	Harini	Harini	Harini	Harini
110	1602111083	SAKKI RISHITHA	Rishitha	Rishitha	Rishitha	Rishitha	Rishitha	Rishitha

G. Santosh
VAC Coordinator

V Chandrasekhara
Principal/ Dean



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MALLA REDDY DENTAL COLLEGE FOR WOMEN

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Yoga And wellness Day	
Course Code: VAC- 1801	Year: 1 st BDS
DATE: 21 st -23 rd June 2018	Total students Enrolled: 110
Venue: Cricket Ground, Malla Reddy Health City	
Time: 9.00 AM – 4.00 PM	

Details of Students Enrolled for VAC: Yoga and Wellness Day

S.NO	NAME OF THE STUDENT	REGISTRATION NO	ENROLLED
1	ADDURI HIRANYA SAI	1802111001	Yes
2	AFIA AFSHEEN	1802111002	Yes
3	AGYALA NITHYASRI	1802111003	Yes
4	AKSHARA SRINIVAS	1802111004	Yes
5	ALA NAMRATA	1802111005	Yes
6	ALEKHYA GOUD IRUVURI	1802111006	Yes
7	AL SHIFA PARVEEN	1802111007	Yes
8	ANNARAM MEENAKSHI	1802111008	Yes
9	ARE AKHILA	1802111009	Yes
10	ASKANI SAI CHARITHA	1802111010	Yes
11	AYESHA MUNAZZA	1802111011	Yes
12	AYISHA	1802111012	Yes
13	BANDI SPANDANA	1802111013	Yes
14	BANOTHU HARI PRIYA	1802111014	Yes
15	BANOTHU VASAVI	1802111015	Yes
16	BOLLABATHINI HARITHA	1802111016	Yes
17	CHINDUKURI BHAVANA	1802111017	Yes
18	CH ABHIGNYA	1802111018	Yes
19	CHINTALA SAI HARSHINI	1802111019	Yes
20	CHITNENI DIVYA	1802111020	Yes
21	CHOUHAN RAJASREE	1802111021	Yes
22	D BHAGYASREE	1802111022	Yes
23	DASARI MONICA	1802111023	Yes
24	DEVATH APOORVA	1802111024	Yes
25	DUDEKULA PARVEEN	1802111025	Yes
26	GURRALA SOFIYA	1802111026	Yes
27	GAADARI SANJANA	1802111027	Yes
28	GADDAM KEERTHANA	1802111028	Yes
29	GANGISHETTI SRIVANI	1802111029	Yes
30	GUDEPU ANJANA SREE	1802111030	Yes
31	HARIKA GOWRISETTI	1802111031	Yes
32	IMAAAN UNNISA	1802111032	Yes



Principal / Dean

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

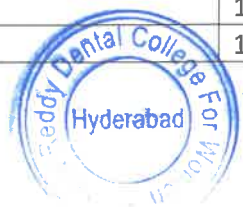
Phone : 91001 89797

Email : mrdcw.2013@gmail.com

www.mrdcw.org

Malla Reddy Dental College for Women

33	IQRA MAHEEN	1802111033	Yes
34	JAKKULA VIJAYALAXMI	1802111034	Yes
35	JAMPULA MOUNIKA	1802111035	Yes
36	JUTTIKA JAHNAVI	1802111036	Yes
37	K V DEEKSHITA	1802111037	Yes
38	KALUDE SHARANYA REDDY	1802111038	Yes
39	KALLOTTATHU SHARON JAMES	1802111039	Yes
40	KALLURI TRIVENI	1802111040	Yes
41	KASAVA RAJU VENKATA LAKSHMI HIMAJA	1802111041	Yes
42	KATKAM CHANDANA	1802111042	Yes
43	KHAMBAMPATI NAMATHA SRI	1802111043	Yes
44	KOLLURI HARI CHANDANA	1802111044	Yes
45	KONKATI SHRUTHI	1802111045	Yes
46	KOTHAPALLI MEGHANA	1802111046	Yes
47	KSHITHIJA V SWAMY	1802111047	Yes
48	MACHHA SHRAVYA	1802111048	Yes
49	MADUGULA SRAVANTHI	1802111049	Yes
50	MAHAJAN YOGITHA	1802111050	Yes
51	MANDA AKANKSHA	1802111051	Yes
52	MARANI SHRAVANI	1802111052	Yes
53	MARIYAM RUHI ANWAR	1802111053	Yes
54	MEHREEN FATIMA	1802111054	Yes
55	MENCHU MAANSI	1802111055	Yes
56	METTU KEERTHI	1802111056	Yes
57	MUCHAPOTHULA TEJASWINI	1802111057	Yes
58	MUNDE NIHARIKA	1802111058	Yes
59	NAGARAPU SREEJA	1802111059	Yes
60	NEHA TAHSEEN	1802111060	Yes
61	PANDULA PRIYANKA	1802111061	Yes
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67	PITLA NAYANA	1802111067	Yes
68	PRIYANKA P	1802111068	Yes
69	PULLURI SWARNA SREE	1802111069	Yes
70	RACHULAPALLY GEERVANI	1802111070	Yes
71	RAFATH NOORI	1802111071	Yes
72	REENA KOUSAL	1802111072	Yes
73	ROQUIA IRFAN	1802111073	Yes
74	RUBA TARANNUM	1802111074	Yes
75	S P MANEESHA	1802111075	Yes
76	SABBI ROHITHA	1802111076	Yes
77	SAI ANHITI ESTRAMULI	1802111077	Yes
78	SAI VATHSALA SALUNKE	1802111078	Yes
79	SANNAPURI NANDINI	1802111079	Yes
80	SARAH MEHREEN	1802111080	Yes
81	SAVASI MALAVIKA	1802111081	Yes



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82	SHABNAM BEGUM	1802111082	Yes
83	SHAFIA IMROZ	1802111083	Yes
84	SHAFIANA FATIMA	1802111084	Yes
85	SHIVANI MAHAJAN	1802111085	Yes
86	SRIPADA CHANDANA	1802111086	Yes
87	SYEDA SAFIA SULTANA	1802111087	Yes
88	SYEDA SANA RAZVI	1802111088	Yes
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90	TASNEEM UNNISSA	1802111090	Yes
91	PENDYALA TEJASWINI	1802111091	Yes
92	THIRUNAHARI ABDHIJA	1802111092	Yes
93	UGNI SRAVYA SREE	1802111093	Yes
94	UMAIMA SAMEEN	1802111094	Yes
95	VADLURI SONY	1802111095	Yes
96	VANGA NIKHITHA	1802111096	Yes
97	VEERAMALLA SATHWIKI GOUD	1802111097	Yes
98	VOOTUKURI SANJANA REDDY	1802111098	Yes
99	ZEENATH AFREEN	1802111099	Yes
100	ZIA TAHURA	1802111100	Yes
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103	MARIYAM UNNISA	1702111054	Yes
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109	HARINI B	1602111038	Yes
110	SAKKI RISHITHA	1602111083	Yes

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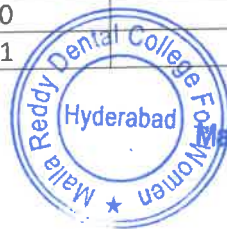
Yoga And wellness Day

Course Code: VAC- 1801	Year: 1 st BDS
DATE: 21 st -23 rd June 2018	Total students Enrolled: 110
Venue: Cricket Ground, Malla Reddy Health City	
Time: 9.00 AM – 4.00 PM	

Details of Students Successfully completed VAC: Yoga and Wellness Day

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G. Santosh
VAC Coordinator

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Bas
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. ADDURI HIRANYA SAI of 1 year BDS,
bearing roll no: 1802111001, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Malla Reddy Dental College for Women


Principal/Dean



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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. AFIA AFSHEEN of 1 year BDS,
bearing roll no: 1802111002, has Successfully completed the Value added Course – “**YOGA
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This to certify that Mr/Ms. AGYALA NITHYASRI of 1 year BDS,
bearing roll no: 1802111003, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

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This to certify that Mr/Ms. AKSHARA SRINIVAS of I year BDS,
bearing roll no: 1802111004, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

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This to certify that Mr/Ms. ALA NAMRATA of 1 year BDS,
bearing roll no: 1802111005, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. ALEKHYA GOUD IRUVURI of 1 year BDS,
bearing roll no: 1802111006, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. AL SHIFA PARVEEN of I year BDS,
bearing roll no: 1802111007, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. ANNARAM MEENAKSHI of 1 year BDS,
bearing roll no: 1802111008, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. ARE AKHILA of 1 year BDS,
bearing roll no: 1802111009, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. KATKAM CHANDANA of I year BDS,
bearing roll no: 1802111042, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. KHAMBAMPATI NAMATHA SRI of 1 year BDS,
bearing roll no: 1802111043, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

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This to certify that Mr/Ms. KOLLURI HARI CHANDANA of 1 year BDS,
bearing roll no: 1802111044, has Successfully completed the Value added Course – “**YOGA
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This to certify that Mr/Ms. KONKATI SHRUTHI of I year BDS,
bearing roll no: 1802111045, has Successfully completed the Value added Course – “**YOGA
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This to certify that Mr/Ms. KOTHAPALLI MEGHANA of I year BDS,
bearing roll no: 1802111046, has Successfully completed the Value added Course – “**YOGA
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Coordinator




Principal / Dean
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. MARIYAM RUHI ANWAR of 1 year BDS,
bearing roll no: 1802111053, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

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Coordinator



Dr. V. S. Reddy
Principal / Dean
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. MEHREEN FATIMA of 1 year BDS,
bearing roll no: 1802111054, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. MENCHU MAANSI of 1 year BDS,
bearing roll no: 1802111055, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. METTU KEERTHI of I year BDS,
bearing roll no: 1802111056, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. MUCHAPOTHULA TEJASWINI of 1 year BDS,
bearing roll no: 1802111057, has Successfully completed the Value added Course – “YOGA
and Wellness”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. KASAVA RAJU VENKATA LAKSHMI HIMAJA of 1 year BDS,
bearing roll no: 1802111041, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. MACHHA SHRAVYA of 1 year BDS,
bearing roll no: 1802111048, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. MADUGULA SRAVANTHI of 1 year BDS,
bearing roll no: 1802111049, has Successfully completed the Value added Course – “**YOGA
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Course Code: VAC-1801

This to certify that Mr/Ms. MAHAJAN YOGITHA of 1 year BDS,
bearing roll no: 1802111050, has Successfully completed the Value added Course – “**YOGA
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Course Code: VAC-1801

This to certify that Mr/Ms. MANDA AKANKSHA of 1 year BDS,
bearing roll no: 1802111051, has Successfully completed the Value added Course – “**YOGA
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Course Code: VAC-1801

This to certify that Mr/Ms. MARANI SHRAVANI of 1 year BDS,
bearing roll no: 1802111052, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. NAGARAPU SREEJA of 1 year BDS,
bearing roll no: 1802111059, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. NEHA TAHSEEN of 1 year BDS,
bearing roll no: 1802111060, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. PANDULA PRIYANKA of I year BDS,
bearing roll no: 1802111061, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santhya
Coordinator



P.R.
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Whandasa
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. KSHITHIJA V SWAMY of I year BDS,
bearing roll no: 1802111047, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. PANJALA SOUSHILYA of 1 year BDS,
bearing roll no: 1802111062, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

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Course Code: VAC-1801

This to certify that Mr/Ms. PASUNURI AARTHI of 1 year BDS,
bearing roll no: 1802111063, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. PERICHERLA SANJANA of 1 year BDS,
bearing roll no: 1802111064, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santly
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This to certify that Mr/Ms. PIDIMALLA MOUNIKA of 1 year BDS,
bearing roll no: 1802111065, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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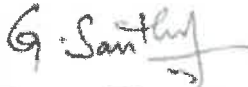
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This to certify that Mr/Ms. PIPPRA OOHA of 1 year BDS,
bearing roll no: 1802111066, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. PITLA NAYANA of 1 year BDS,
bearing roll no: 1802111067, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. PRIYANKA P of 1 year BDS,
bearing roll no: 1802111068, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. PULLURI SWARNA SREE of I year BDS,
bearing roll no: 1802111069, has Successfully completed the Value added Course – “**YOGA
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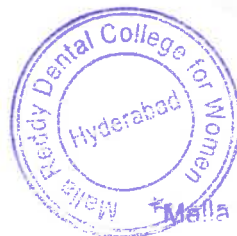
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. MUNDE NIHARIKA of I year BDS,
bearing roll no: 1802111058, has Successfully completed the Value added Course – “**YOGA
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Course Code: VAC-1801

This to certify that Mr/Ms. SP MANEESHA of 1 year BDS,
bearing roll no: 1802111075, has Successfully completed the Value added Course – “**YOGA
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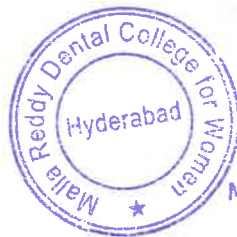
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. SABBI ROHITHA of 1 year BDS,
bearing roll no: 1802111076, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

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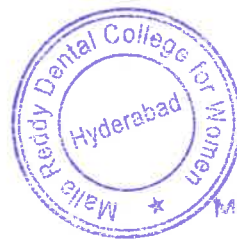
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. SAI ANHITI ESTRAMULI of 1 year BDS,
bearing roll no: 1802111077, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. SAI VATHSALA SALUNKE of 1 year BDS,
bearing roll no: 1802111078, has Successfully completed the Value added Course – “**YOGA
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Course Code: VAC-1801

This to certify that Mr/Ms. SANNAPURI NANDINI of 1 year BDS,
bearing roll no: 1802111079, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

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This to certify that Mr/Ms. SARAH MEHREEN of 1 year BDS,
bearing roll no: 1802111080, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

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This to certify that Mr/Ms. ROQUIA IRFAN of I year BDS,
bearing roll no: 1802111073, has Successfully completed the Value added Course – “**YOGA
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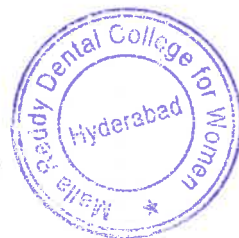
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This to certify that Mr/Ms. RUBA TARANNUM of 1 year BDS,
bearing roll no: 1802111074, has Successfully completed the Value added Course – “**YOGA
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Course Code: VAC-1801

This to certify that Mr/Ms. RACHULAPALLY GEERVANI of I year BDS,
bearing roll no: 1802111070, has Successfully completed the Value added Course – “**YOGA
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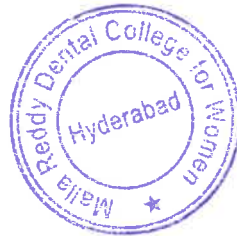
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This to certify that Mr/Ms. RAFATH NOORI of I year BDS,
bearing roll no: 1802111071, has Successfully completed the Value added Course – “**YOGA
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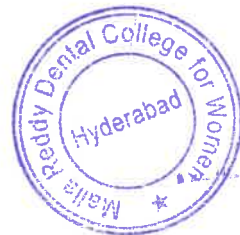
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This to certify that Mr/Ms. REENA KOUSAL of 1 year BDS,
bearing roll no: 1802111072, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. SAVASI MALAVIKA of 1 year BDS,
bearing roll no: 1802111081, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. SHABNAM BEGUM of 1 year BDS,
bearing roll no: 1802111082, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santhya
Coordinator



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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. SHAFIA IMROZ of 1 year BDS,
bearing roll no: 1802111083, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. SHAFIANA FATIMA of 1 year BDS,
bearing roll no: 1802111084, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. SHIVANI MAHAJAN of 1 year BDS,
bearing roll no: 1802111085, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. SRIPADA CHANDANA of 1 year BDS,
bearing roll no: 1802111086, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. SYEDA SAFIA SULTANA of 1 year BDS,
bearing roll no: 1802111087, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. UMAIMA SAMEEN of 1 year BDS,
bearing roll no: 1802111094, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. VADLURI SONY of I year BDS,
bearing roll no: 1802111095, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. VANGA NIKHITHA of 1 year BDS,
bearing roll no: 1802111096, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santhi
Coordinator



B.S.
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W. Chandrasekhar
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. VEERAMALLA SATHWIKA GOUD of I year BDS,
bearing roll no: 1802111097, has Successfully completed the Value added Course – “YOGA
and Wellness”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santhya
Coordinator



PM
Principal / Dean
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Chandrasekar
Principal/Dean



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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. SYEDA SANA RAZVI of I year BDS,
bearing roll no: 1802111088, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. T LAKSHMI PRIYA of 1 year BDS,
bearing roll no: 1802111089, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. TASNEEM UNNISSA of 1 year BDS,
bearing roll no: 1802111090, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. PENDYALA TEJASWINI of I year BDS,
bearing roll no: 1802111091, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. THIRUNAHARI ABDHIJA of I year BDS,
bearing roll no: 1802111092, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. UGNI SRAVYA SREE of 1 year BDS,
bearing roll no: 1802111093, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. PANTANGI DIVYA of I year BDS,
bearing roll no: 1702111063, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santhya
Coordinator



B. D.
Principal / Dean
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Whandrasekar
Principal/Dean



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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. IRHAM DANIYAN of I year BDS,
bearing roll no: 1702111033, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. NISHIKA REDDY KOMATIREDDY of 1 year BDS,
bearing roll no: 1702111061, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. JATOTH DIVYA of 1 year BDS,
bearing roll no: 1702111038, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santosh
Coordinator



BQ
Principal / Dean
Malla Reddy Dental College for Women

Whandasa
Principal/Dean



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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. TANMAYEE SRIPADA of 1 year BDS,
bearing roll no: 1702111090, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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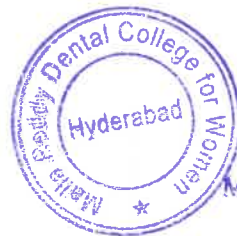
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. HARINI B of 1 year BDS,
bearing roll no: 1602111038, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. SAKKI RISHITHA of 1 year BDS,
bearing roll no: 1602111083, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. VOOTUKURI SANJANA REDDY of 1 year BDS,
bearing roll no: 1802111098, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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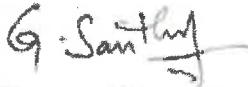
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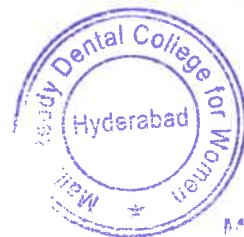
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. ZEENATH AFREEN of 1 year BDS,
bearing roll no: 1802111099, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. ZIA TAHURA of I year BDS,
bearing roll no: 1802111100, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. AFREEN FATIMA of 1 year BDS,
bearing roll no: 1702111004, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. GUNTURI PADMA PRIYA of I year BDS,
bearing roll no: 1702111030, has Successfully completed the Value added Course – “YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. MARIYAM UNNISA of 1 year BDS,
bearing roll no: 1702111054, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. BANDI SPANDANA of 1 year BDS,
bearing roll no: 1802111013, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. BANOTHU HARI PRIYA of I year BDS,
bearing roll no: 1802111014, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. BANOTHU VASAVI of I year BDS,
bearing roll no: 1802111015, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santhya
Coordinator



B. S. S.
Principal / Dean
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V. Chandrasekhar
Principal/Dean



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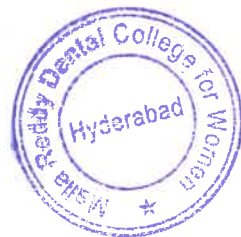
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. BOLLABATHINI HARITHA of 1 year BDS,
bearing roll no: 1802111016, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Course Code: VAC-1801

This to certify that Mr/Ms. CHINDUKURI BHAVANA of I year BDS,
bearing roll no: 1802111017, has Successfully completed the Value added Course – “**YOGA
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. CH ABHIGNYA of I year BDS,
bearing roll no: 1802111018, has Successfully completed the Value added Course – “**YOGA
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Coordinator




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Course Code: VAC-1801

This to certify that Mr/Ms. CHINTALA SAI HARSHINI of 1 year BDS,
bearing roll no: 1802111019, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santosh
Coordinator



BD
Principal / Dean
Malla Reddy Dental College for Women
Whandeev
Principal/Dean



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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. CHITNENI DIVYA of 1 year BDS,
bearing roll no: 1802111020, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. D BHAGYASREE of 1 year BDS,
bearing roll no: 1802111022, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. DASARI MONICA of 1 year BDS,
bearing roll no: 1802111023, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santosh
Coordinator



B.S.
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. DEVATH APOORVA of I year BDS,
bearing roll no: 1802111024, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Malla Reddy Dental College for Women **Principal/Dean**



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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. DUDEKULA PARVEEN of 1 year BDS,
bearing roll no: 1802111025, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. ASKANI SAI CHARITHA of 1 year BDS,
bearing roll no: 1802111010, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. AYESHA MUNAZZA of 1 year BDS,
bearing roll no: 1802111011, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santosh
Coordinator



BS
Principal / Dean
Malla Reddy Dental College for Women
Whandrew
Principal/Dean



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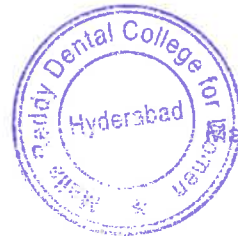
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. AYISHA of I year BDS,
bearing roll no: 1802111012, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. IMAAN UNNISA of 1 year BDS,
bearing roll no: 1802111032, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. IQRA MAHEEN of I year BDS,
bearing roll no: 1802111033, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santly
Coordinator



RO
Principal / Dean
Malla Reddy Dental College for Women

Whandeev
Principal/Dean



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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. JAKKULA VIJAYALAXMI of I year BDS,
bearing roll no: 1802111034, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. JAMPULA MOUNIKA of 1 year BDS,
bearing roll no: 1802111035, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. JUTTIKA JAHNAVI of I year BDS,
bearing roll no: 1802111036, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Malla Reddy Dental College for Women


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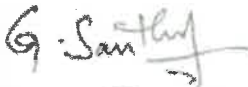
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. K V DEEKSHITA of I year BDS,
bearing roll no: 1802111037, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. KALKUDE SHARANYA REDDY of 1 year BDS,
bearing roll no: 1802111038, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santhi
Coordinator



B. S.
Principal / Dean
Malla Reddy Dental College for Women

Whandrew
Principal/Dean



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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. KALLOTTATHU SHARON JAMES of I year BDS,
bearing roll no: 1802111039, has Successfully completed the Value added Course – “YOGA
and Wellness”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santini
Coordinator



BB
Principal / Dean
Malla Reddy Dental College for Women

V. Chandrasekhar
Principal/Dean



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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. KALLURI TRIVENI of 1 year BDS,
bearing roll no: 1802111040, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


Coordinator




Principal / Dean
Malla Reddy Dental College for Women


Principal/Dean



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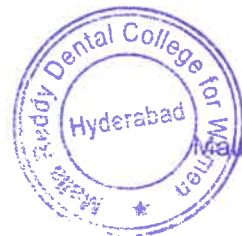
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. GURRALA SOFIYA of 1 year BDS,
bearing roll no: 1802111026, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. GAADARI SANJANA of 1 year BDS,
bearing roll no: 1802111027, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santhya
Coordinator



B.S.
Principal / Dean
Malla Reddy Dental College for Women

Whandasa
Principal/Dean



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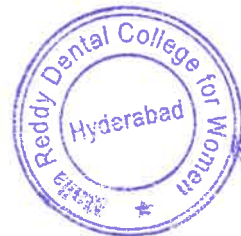
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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. GADDAM KEERTHANA of I year BDS,
bearing roll no: 1802111028, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santly
Coordinator



BLR
Principal / Dean
Malla Reddy Dental College for Women

Whandasa
Principal/Dean



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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. GANGISHETTI SRIVANI of 1 year BDS,
bearing roll no: 1802111029, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


Coordinator




Principal / Dean
Malla Reddy Dental College for Women


Principal/Dean



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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. GUDEPU ANJANA SREE of 1 year BDS,
bearing roll no: 1802111030, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.


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Certificate of Completion

Course Code: VAC-1801

This to certify that Mr/Ms. HARIKA GOWRISETTI of 1 year BDS,
bearing roll no: 1802111031, has Successfully completed the Value added Course – “**YOGA
and Wellness**”, conducted, in the institute from 21st Jun 2018 to 23rd Jun 2018.

G. Santhya
Coordinator



B.R.
Principal / Dean
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Whandasa
Principal/Dean



MALLA REDDY DENTAL COLLEGE FOR WOMEN

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Feedback analysis of students on VALUE ADDED COURSES

Academic Year : 2018-2019

Year: I year BDS

Name of the VAC: Yoga And Wellness

Course Code: VAC-1801

Students Registered:

110

Students feedback on curriculum collected and analyzed, 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	How informative was the course	78	21	11			4.61
2	Content was organised and easy to follow	81	17	12			4.63
3	The objectives of value added course were clearly defined	83	21	3	3		4.67
4	The participation and interaction were encouraged	85	16	9			4.69
5	Course experience will be useful in my work	90	15	5			4.77
6	The resource person was knowledgeable about the topic	88	22				4.80
7	The time allotted for the course is sufficient	85	19	6			4.72
8	Did the course provide good balance between theory & practice?	87	23				4.79

Suggestions: Could have demonstrated more yoga asanas for daily life.


Coordinator


Principal/Dean




Principal / Dean
Malla Reddy Dental College for Women