

Date: 14-06-2021

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 "**WELLNESS OF YOGA**" for I Year BDS students from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021. 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.

  
Principal / Dean  
Malla Reddy Dental College for Women



  
Principal / Dean  
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/2021/Jun-01**

Date: 16-06-2021

**Circular**

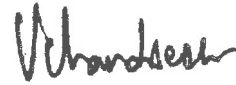
The Students of I Year BDS are hereby informed to attend the **Value-added course** “WELLNESS OF YOGA” scheduled from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 202. The concerned subject HODs are hereby requested to give permission to the students for attending the same.

Resource person – Mr. Chikka Srinivas, Yoga trainer in Malla Reddy Health city.

Venue – Cricket ground, Malla Reddy Health city.

Date – 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021

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

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

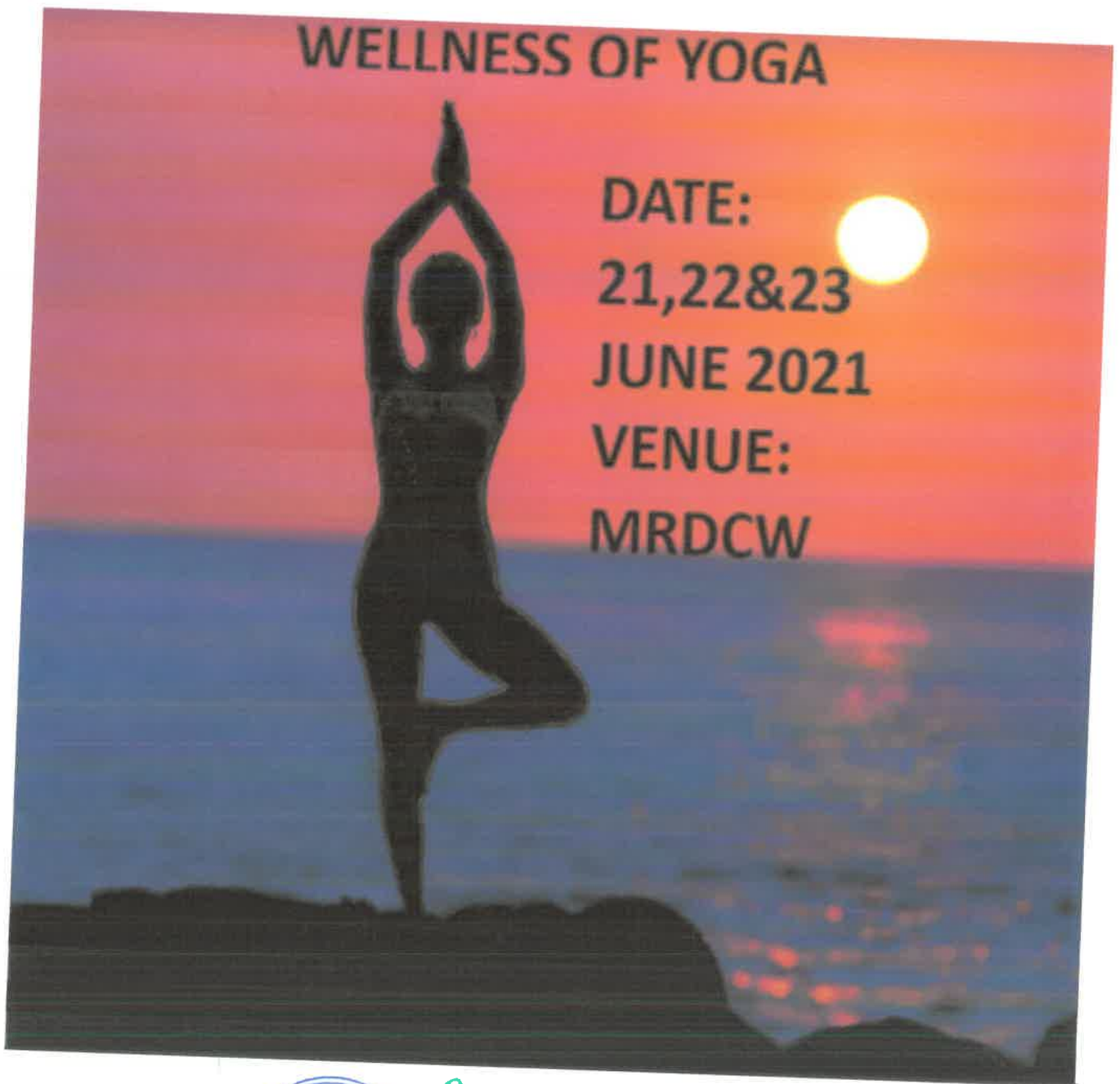
Phone : 91001 89797

Email : mrdcw.2013@gmail.com

www.mrdcw.org

  
**MALLA REDDY**  
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**Welcomes all**



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## WELLNESS OF YOGA

### DAY-1(21/6/21)

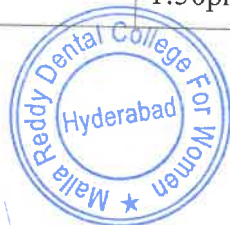
Session	Time	Name of the topic
Session 1	9:00am-11:30am	Importance of yoga
Session 2	1:30pm-4:00pm	How breathing exercise make difference during Covid-19

### DAY-2(22/6/21)

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(23/6/21)

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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## COURSE SYLLABUS

### WELLNESS OF YOGA

MODULE	SYLLABUS
MODULE 1 :	What is Physical Health? Mental Well-being Breath Awareness
MODULE 2 :	Mind Body Connection Stress Reduction Improved Sleep
MODULE 3 :	Improving Heart Health Detoxification Enhancing Immunity



*Bill*  
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Malla Reddy Dental College for Women

Suraram 'X' Road, Quthbullapur (M), Jeedimetla, Hyderabad - 500 055.  
Phone : 91001 89797

Email : mrdcw.2013@gmail.com      www.mrdcw.org



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**REPORT OF THE EVENT**

Date: 24-06-2021

**WELLNESS OF YOGA:**

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

**COURSE OBJECTIVES:**

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

Specific objectives:

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

Outcome:

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

**RESOURCE PERSON:** Mr. Chikka Srinivas, Yoga trainer in Malla Reddy Health city.

**VENUE:** Cricket ground, Malla Reddy Health city.

**DATE:** 21<sup>st</sup>, 22<sup>nd</sup> & 23<sup>rd</sup> JUNE 2021

**NUMBER OF PARTICIPANTS:** 110 students from Ist year BDS

**DURATION:** 15hrs



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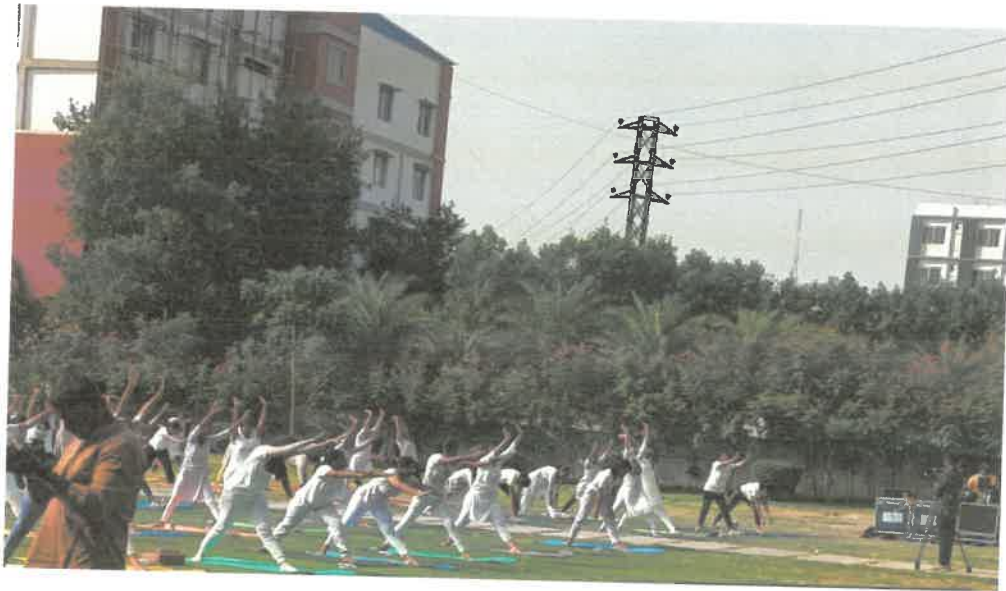
Suraram 'X' Road, Quthbullapur (M. Jeedimetla, Hyderabad - 500 055.

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Glimpse of the Course



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Malla Reddy Dental College for Women

*G. Santosh*  
VAC Coordinator

  
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<b>Wellness of Yoga</b>	
Course Code: VAC- 2101	Year: 1 <sup>st</sup> BDS
DATE: 21 <sup>st</sup> – 23 <sup>rd</sup> June 2021	Total students Enrolled: 110
Venue: Cricket Ground, Malla Reddy Health City.	
Time: 9.00 AM – 4.00 PM	

**Attendance sheet for VAC: Wellness of Yoga**

S.NO	REGISTRATION NO	NAME OF THE STUDENT	21/3/21 FN	21/3/21 AN	22/3/21 FN	22/3/21 AN	23/3/21 FN	23/3/21 AN
1	2102111001	ALETI SAI PRANEETHA	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
2	2102111002	ALLOJU SHRAVANI	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
3	2102111003	AMREEN FATHIMA	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
4	2102111004	AMTUL SEEMA HURIYTH	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
5	2102111005	AMUDA ANUSHA	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
6	2102111006	ANAPALA SIRI CHANDRIKA	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>

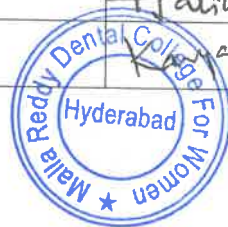


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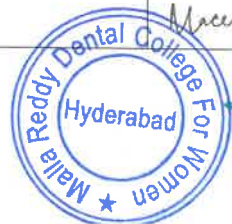


7	2102111007	ANJUM	Anjum	Anjum	Anjum	Anjum	Anjum	Anjum
8	2102111008	ANREDDY SRINIDHI REDDY	Anreddy	Anreddy	Anreddy	Anreddy	Anreddy	Anreddy
9	2102111009	ASMA FATIMA	Asma	Asma	Asma	Asma	Asma	Asma
10	2102111010	B MADHAVI	Madhavi	Madhavi	Madhavi	Madhavi	Madhavi	Madhavi
11	2102111011	BALAGA VANDANA	B. Vandana	B. Vandana	B. Vandana	B. Vandana	B. Vandana	B. Vandana
12	2102111012	BANDARI LIKKITHA	Likkitha	Likkitha	Likkitha	Likkitha	Likkitha	Likkitha
13	2102111013	BANDARU SHRAVYA	Shravya	Shravya	Shravya	Shravya	Shravya	Shravya
14	2102111014	BANOTH VIDYA RANI	BVR	BVR	A	A	A	A
15	2102111015	BHOOMANNAGARI SRINIJA	B. Srinija	B. Srinija	B. Srinija	B. Srinija	B. Srinija	B. Srinija
16	2102111016	BONTHAPALLY ANJANA	Anjana	Anjana	Anjana	Anjana	Anjana	Anjana
17	2102111017	BUTTI SAHASRA TEJA	Teja	Teja	Teja	Teja	Teja	Teja
18	2102111018	CHALVADI HARSHINI RAO	Harshini	Harshini	Harshini	Harshini	Harshini	Harshini
19	2102111019	CHENNOJI RACHITA RAVINDER	Chennoidu	Chennoidu	Chennoidu	Chennoidu	Chennoidu	Chennoidu
20	2102111020	CHOUDARY BHANU TEJASWVI GOUD	Tejaswini	Tejaswini	Tejaswini	Tejaswini	Tejaswini	Tejaswini
21	2102111021	DAMMAI BHAVITHA	Bhavitha	Bhavitha	Bhavitha	Bhavitha	Bhavitha	Bhavitha
22	2102111022	DANAM DEDEEPIYA	Deedepya	Deedepya	Deedepya	Deedepya	Deedepya	Deedepya
23	2102111023	DASARI DEEPTHI	Deepti	Deepti	Deepti	Deepti	Deepti	Deepti
24	2102111024	DASARI HARITHA	Haritha	Haritha	Haritha	Haritha	Haritha	Haritha
25	2102111025	DATLA KAVYA SREE	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya



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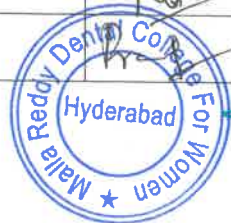
26	2102111026	DHARNI PREETHIKA VAISHNAVI	Vash	Vash	Vash	Vash	Vash	Vash
27	2102111027	DHAVALESHWARAPU BHAVITHA	Bh	Bh	Bh	Bh	Bh	Bh
28	2102111028	GEDDAM SUNITHA	Sunitha	Sunitha	Sunitha	Sunitha	Sunitha	Sunitha
29	2102111029	GHOUSIA IQRA	Iqra	Iqra	Iqra	Iqra	Iqra	Iqra
30	2102111030	ASHRITHA	Ashritha	Ashritha	Ashritha	Ashritha	Ashritha	Ashritha
31	2102111031	GUMMULA POOJA	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
32	2102111032	HAFSA HUSNAIN	Hafsahum	Hafsahum	Hafsahum	Hafsahum	Hafsahum	Hafsahum
33	2102111033	HAJERA TAMKEEN	Hajira	Hajira	Hajira	Hajira	Hajira	Hajira
34	2102111034	HUSNA AFREEN	Afreem	Afreem	Afreem	Afreem	Afreem	Afreem
35	2102111035	IQRA AREEJ	Iqra	Iqra	Iqra	Iqra	Iqra	Iqra
36	2102111036	JALDI HARIKA	Harka	Harka	Harka	Harka	Harka	Harka
37	2102111037	KADAMANDLA SUMITHA RAJ	Sumitha	Sumitha	Sumitha	Sumitha	Sumitha	Sumitha
38	2102111038	KALLEM PALLAVI	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi
39	2102111039	KATA BHOOMIKA	Bhoomika	Bhoomika	Bhoomika	Bhoomika	Bhoomika	Bhoomika
40	2102111040	KATUKOJWALA SANJANA	Sanjana	Sanjana	Sanjana	Sanjana	Sanjana	Sanjana
41	2102111041	KHILJI SADIKHA	Sadi	Sadi	Sadi	Sadi	Sadi	Sadi
42	2102111042	KOLA HARSHITHA	Harshitha	Harshitha	Harshitha	Harshitha	Harshitha	Harshitha
43	2102111043	KRUPALI HARISH THUMAR	Krupali	Krupali	Krupali	Krupali	Krupali	Krupali
44	2102111044	MACEERAH BEGUM	Maceerah	Maceerah	Maceerah	Maceerah	Maceerah	Maceerah



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45	2102111045	MADIHA KAUNEEN	Mg	Mg	Mg	Mg	Mg	Mg
46	2102111046	MANAL FATIMA AHMED	manal	manal	manal	manal	manal	manal
47	2102111047	MANISHA BHATI	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha
48	2102111048	MEDA THRISHA	Medef	Mef	Mef	Mef	Mef	Mef
49	2102111049	MEETHA TIWWARI	Meetha	Meetha	Meetha	Meetha	Meetha	Meetha
50	2102111050	MEHNOOR MINHAJ	Mehnoor	Mehnoor	Mehnoor	Mehnoor	Mehnoor	Mehnoor
51	2102111051	MERAJ SULTANA	Meraj	Meraj	A	A	A	A
52	2102111052	MOKAPWAR PRATHIKSHA REDDY	Pratiksha	Pratiksha	Pratiksha	Pratiksha	Pratiksha	Pratiksha
53	2102111053	MOTHKURI SHIVANI	Shivani	Shivani	Shivani	Shivani	Shivani	Shivani
54	2102111054	MULLI SOWMYA	Sowmya	Sowmya	Sowmya	Sowmya	Sowmya	Sowmya
55	2102111055	N. VAISHNAVI	Navani	Navani	Navani	Navani	Navani	Navani
56	2102111056	NAANDI VAISHNOO	Vaishnoo	Vaishnoo	Vaishnoo	Vaishnoo	Vaishnoo	Vaishnoo
57	2102111057	NABIA SULTANA	Nabia	Nabia	Nabia	Nabia	Nabia	Nabia
58	2102111058	NAHEED ANJUM	Nahed	Nahed	Nahed	Nahed	Nahed	Nahed
59	2102111059	NANDURI.V.A.S. SRILEKHA	Srilekha	Srilekha	Srilekha	Srilekha	Srilekha	Srilekha
60	2102111060	NANDURI V.A.S. SRIVIDYA	Srividya	Srividya	Srividya	Srividya	Srividya	Srividya
61	2102111061	NEKKANTI JISHNAVI	Jishnavi	Jishnavi	Jishnavi	Jishnavi	Jishnavi	Jishnavi
62	2102111062	NISA FAREHA	Nisa	Nisa	Nisa	Nisa	Nisa	Nisa
63	2102111063	PAPAGARI SAI PRAVALIKA	Pravalika	Pravalika	Pravalika	Pravalika	Pravalika	Pravalika



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64	2102111064	PRAKHYTI CHANDRIKA KULKARNI	Kulkarni	Kulkarni	Kulkarni	Kulkarni	Kulkarni	Kulkarni
65	2102111065	QHARIA JAHAN	Quf	Quf	Quf	Quf	Quf	Quf
66	2102111066	QUDEJA MAHNOOR	Qadeja	Qadeja	Qadeja	Qadeja	Qadeja	Qadeja
67	2102111067	RAMSHA AMJED	Ramsha	Ramsha	Ramsha	Ramsha	Ramsha	Ramsha
68	2102111068	RATNAM SRAVANI	Sravani	Sravani	Sravani	Sravani	Sravani	Sravani
69	2102111069	RESHMA	Reshma	Reshma	Reshma	Reshma	Reshma	Reshma
70	2102111070	RUKSANA JABEEN	Rukh	A	A	Rukh	A	A
71	2102111071	SANIA SHAREEF	Sania	Sania	Sania	Sania	Sania	Sania
72	2102111072	SARA YASMEEN	Yasmeen	Yasmeen	Yasmeen	Yasmeen	Yasmeen	Yasmeen
73	2102111073	SARAH FATIMA	Sarah	Sarah	Sarah	Sarah	Sarah	Sarah
74	2102111074	SENDRA VENKATA HIMA BINDU	Hima	Hima	Hima	Hima	Hima	Hima
75	2102111075	SHAIK AREEFA BEGUM	Areefa	Areefa	Areefa	Areefa	Areefa	Areefa
76	2102111076	SHAIK ARSHIYA MEHARAJ	Arshiya	Arshiya	Arshiya	Arshiya	Arshiya	Arshiya
77	2102111077	SHAIK RUKSANA	Rukh	Rukh	Rukh	Rukh	Rukh	Rukh
78	2102111078	SHAISTA	Shasta	Shasta	Shasta	Shasta	Shasta	Shasta
79	2102111079	SHANMUKHI TUSHARA TUMMALA	Tumale	Tumale	Tumale	Tumale	Tumale	Tumale
80	2102111080	SHIREEN REHI	Shireen	Shireen	Shireen	Shireen	Shireen	Shireen
81	2102111081	SIDRA FATIMA	Sidra	Sidra	Sidra	Sidra	Sidra	Sidra



'82	2102111082	SINGAPURAM PRANAVI	Pranavi	Pranavi	Pranavi	Pranavi	Pranavi	Pranavi
83	2102111083	SURI KAMESWARI SAMHITA	Sambhita	Sambhita	Sambhita	Sambhita	Sambhita	Sambhita
84	2102111084	SYEDA AFIYA ALI	Afiya	Afiya	Afiya	Afiya	Afiya	Afiya
85	2102111085	SYEDA AISHA BANU	Aisha	Aisha	Aisha	Aisha	Aisha	Aisha
86	2102111086	SYEDA ZAHRA FATIMA	Zahra	Zahra	Zahra	Zahra	Zahra	Zahra
87	2102111087	TABASSUM SULTANA	Tabassum	Tabassum	Tabassum	Tabassum	Tabassum	Tabassum
88	2102111088	TARUNI SRIVASTAV	Taruni	Taruni	Taruni	Taruni	Taruni	Taruni
89	2102111089	THATI MOCHARITHA YADAV	Mocharitha	Mocharitha	Mocharitha	Mocharitha	Mocharitha	Mocharitha
90	2102111090	THATIKONDA SHALINI	Shalini	Shalini	Shalini	Shalini	Shalini	Shalini
91	2102111091	THOTA KIRANMAI	Kiranmai	Kiranmai	Kiranmai	Kiranmai	Kiranmai	Kiranmai
92	2102111092	UMME HANI	Hani	Hani	Hani	Hani	Hani	Hani
93	2102111093	UZMA AFREEN	Uzma	Uzma	Uzma	Uzma	Uzma	Uzma
94	2102111094	VARDU LAKSHMI SANJANA	Sanjana	Sanjana	Sanjana	Sanjana	Sanjana	Sanjana
95	2102111095	VARIKUPALA BINDHU	Bindhu	Bindhu	Bindhu	Bindhu	Bindhu	Bindhu
96	2102111096	VEMULA KAVYA	Kavya	Kavya	Kavya	Kavya	Kavya	Kavya
97	2102111097	YEMMELA BHAVITHA	Bhavitha	Bhavitha	Bhavitha	Bhavitha	Bhavitha	Bhavitha
98	2102111098	YENEPALLY SREYA	Sreya	Sreya	Sreya	Sreya	Sreya	Sreya
99	2102111099	ZEBUNNISA BEGAM	Zebunnisa	Zebunnisa	Zebunnisa	Zebunnisa	Zebunnisa	Zebunnisa
100	2102111100	ZOBIA NAAZ	Zobia	Zobia	Zobia	Zobia	Zobia	Zobia



*Bull*

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101	2002111015	CHANDUPATLA VARSHITHA REDDY	Varshitha	Varshitha	Varshitha	Varshitha	Varshitha	Varshitha
102	2002111039	K NIKSHIPTHA	Nikship	Nikship	Nikship	Nikship	Nikship	Nikship
103	2002111040	KANEEZ FATIMA	Kaneez	Kaneez	Kaneez	Kaneez	Kaneez	Kaneez
104	2002111042	KONDE RITHVIKA	Rithvika	Rithvika	Rithvika	Rithvika	Rithvika	Rithvika
105	2002111095	VANGA ASHWITHA	Ash	Ash	Ash	Ash	Ash	Ash
106	2002111046	MADHAVI LAVUDIYA	Lavudiya	Lavudiya	Lavudiya	Lavudiya	Lavudiya	Lavudiya
107	2002111074	SABREEN JAWAD MIRZA	Sabreen	Sabreen	Sabreen	Sabreen	Sabreen	Sabreen
108	2002111092	T SAI PRANATHI	Pranathi	Pranathi	Pranathi	Pranathi	Pranathi	Pranathi
109	1902111010	AYESHA MOHIUDDIN	Ayesha	A	Ayesha	A	A	A
110	1602111083	SAKKI RISHITHA	Rish	Rish	Rish	Rish	Rish	Rish

G. Santhya  
VAC Coordinator

V Chandeech  
Principal/ Dean



BW

Principal / Dean  
Malla Reddy Dental College for Women



# MALLA REDDY DENTAL COLLEGE FOR WOMEN

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Affiliation to Kaloji Narayanarao University of Health Sciences, Warangal, Telangana.

Reconginsed by Dental Council of India, New Delhi

## Wellness of Yoga

<b>Course Code:</b> VAC- 2101	<b>Year:</b> I year BDS
<b>DATE:</b> 21 <sup>st</sup> – 23 <sup>rd</sup> June 2021	Total students Enrolled: 110
<b>Venue:</b> Cricket Ground, Malla Reddy Health City.	
<b>Time:</b> 9.00 AM – 4.00 PM	

### Details of Students Enrolled for VAC: Wellness of Yoga

S.NO	NAME OF THE STUDENT	REGISTRATION NO	ENROLLED
1	ALETI SAI PRANEETHA	2102111001	Yes
2	ALLOJU SHRAVANI	2102111002	Yes
3	AMREEN FATHIMA	2102111003	Yes
4	AMTUL SEEMA HURIYTH	2102111004	Yes
5	AMUDA ANUSHA	2102111005	Yes
6	ANAPALA SIRI CHANDRIKA	2102111006	Yes
7	ANJUM	2102111007	Yes
8	ANREDDY SRINIDHI REDDY	2102111008	Yes
9	ASMA FATIMA	2102111009	Yes
10	B MADHAVI	2102111010	Yes
11	BALAGA VANDANA	2102111011	Yes
12	BANDARI LIKKITHA	2102111012	Yes
13	BANDARU SHRAVYA	2102111013	Yes
14	BANOTH VIDYA RANI	2102111014	Yes
15	BHOOMANNAGARI SRINIJA	2102111015	Yes
16	BONTHAPALLY ANJANA	2102111016	Yes
17	BUTTI SAHASRA TEJA	2102111017	Yes
18	CHALVADI HARSHINI RAO	2102111018	Yes
19	CHENNOJI RACHITA RAVINDER	2102111019	Yes
20	CHOUDARY BHANU TEJASWVI GOUD	2102111020	Yes
21	DAMMAI BHAVITHA	2102111021	Yes
22	DANAM DEDEEPYA	2102111022	Yes
23	DASARI DEEPTHI	2102111023	Yes
24	DASARI HARITHA	2102111024	Yes
25	DATLA KAVYA SREE	2102111025	Yes
26	DHARNI PREETHIKA VAISHNAVI	2102111026	Yes
27	DHAVALESHWARAPU BHAVITHA	2102111027	Yes
28	GEDDAM SUNITHA	2102111028	Yes
29	GHOUSIA IQRA	2102111029	Yes
30	GUGULOTHU ASHRITHA	2102111030	Yes
31	GUMMULA POOJA	2102111031	Yes

Principal / Dean

Malla Reddy Dental College for Women

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

Phone : 91001 89797

Email : mrdcw.2013@gmail.com

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32	HAFSA HUSNAIN	2102111032	Yes
33	HAJERA TAMKEEN	2102111033	Yes
34	HUSNA AFREEN	2102111034	Yes
35	IQRA AREEJ	2102111035	Yes
36	JALDI HARIKA	2102111036	Yes
37	KADAMANDLA SUMITHA RAJ	2102111037	Yes
38	KALLEM PALLAVI	2102111038	Yes
39	KATA BHOOMIKA	2102111039	Yes
40	KATUKOJWALA SANJANA	2102111040	Yes
41	KHILJI SADIKHA	2102111041	Yes
42	KOLA HARSHITHA	2102111042	Yes
43	KRUPALI HARISH THUMAR	2102111043	Yes
44	MACEERAH BEGUM	2102111044	Yes
45	MADIHA KAUNEEN	2102111045	Yes
46	MANAL FATIMA AHMED	2102111046	Yes
47	MANISHA BHATI	2102111047	Yes
48	MEDA THRISHA	2102111048	Yes
49	MEETHA TIWWARI	2102111049	Yes
50	MEHNOOR MINHAJ	2102111050	Yes
51	MERAJ SULTANA	2102111051	Yes
52	MOKAPWAR PRATHIKSHA REDDY	2102111052	Yes
53	MOTHKURI SHIVANI	2102111053	Yes
54	MULLI SOWMYA	2102111054	Yes
55	N. VAISHNAVI	2102111055	Yes
56	NAANDI VAISHNOO	2102111056	Yes
57	NABIA SULTANA	2102111057	Yes
58	NAHEED ANJUM	2102111058	Yes
59	NANDURI V.A.S. SRILEKHA	2102111059	Yes
60	NANDURI V.A.S. SRIVIDYA	2102111060	Yes
61	NEKKANTI JISHNAVI	2102111061	Yes
62	NISA FAREHA	2102111062	Yes
63	PAPAGARI SAI PRAVALIKA	2102111063	Yes
64	PRAKHYTI CHANDRIKA KULKARNI	2102111064	Yes
65	QHARIA JAHAN	2102111065	Yes
66	QUDEJA MAHNOOR	2102111066	Yes
67	RAMSHA AMJED	2102111067	Yes
68	RATNAM SRAVANI	2102111068	Yes
69	RESHMA	2102111069	Yes
70	RUKSANA JABEEN	2102111070	Yes
71	SANIA SHAREEF	2102111071	Yes
72	SARA YASMEEN	2102111072	Yes
73	SARAH FATIMA	2102111073	Yes
74	SENDRA VENKATA HIMA BINDU	2102111074	Yes
75	SHAIK AREEFA BEGUM	2102111075	Yes
76	SHAIK ARSHIYA MEHARAJ	2102111076	Yes
77	SHAIK RUKSANA	2102111077	Yes
78	SHAISTA	2102111078	Yes
79	SHANMUKHI TUSHARA TUMMALA	2102111079	Yes
80	SHIREEN REHI	2102111080	Yes
81	SIDRA FATIMA	2102111081	Yes



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82	SINGAPURAM PRANAVI	2102111082	Yes
83	SURI KAMESWARI SAMHITA	2102111083	Yes
84	SYEDA AFIYA ALI	2102111084	Yes
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88	TARUNI SRIVASTAV	2102111088	Yes
89	THATI MOCHARITHA YADAV	2102111089	Yes
90	THATIKONDA SHALINI	2102111090	Yes
91	THOTA KIRANMAI	2102111091	Yes
92	UMME HANI	2102111092	Yes
93	UZMA AFREEN	2102111093	Yes
94	VARDU LAKSHMI SANJANA	2102111094	Yes
95	VARIKUPALA BINDHU	2102111095	Yes
96	VEMULA KAVYA	2102111096	Yes
97	YEMMELA BHAVITHA	2102111097	Yes
98	YENEPALLY SREYA	2102111098	Yes
99	ZEBUNNISA BEGAM	2102111099	Yes
100	ZOBIA NAAZ	2102111100	Yes
101	CHANDUPATLA VARSHITHA REDDY	2002111015	Yes
102	K NIKSHIPTHA	2002111039	Yes
103	KANEEZ FATIMA	2002111040	Yes
104	KONDE RITHVIKA	2002111042	Yes
105	VANGA ASHWITHA	2002111095	Yes
106	MADHAVI LAVUDIYA	2002111046	Yes
107	SABREEN JAWAD MIRZA	2002111074	Yes
108	T SAI PRANATHI	2002111092	Yes
109	AYESHA MOHIUDDIN	1902111010	Yes
110	SAKKI RISHITHA	1602111083	Yes

*G. Santosh*  
VAC Coordinator

*V Chandrasekh*  
Principal/Dean



*Bue*  
Principal/Dean  
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# MALLA REDDY DENTAL COLLEGE FOR WOMEN

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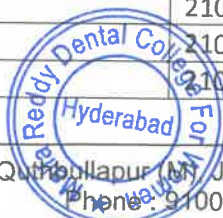
Affiliation to Kaloji Narayanarao University of Health Sciences, Warangal, Telangana.  
Recongised by Dental Council of India, New Delhi

## Wellness of Yoga

<b>Course Code:</b> VAC- 2101	<b>Year:</b> 1 <sup>st</sup> BDS
<b>DATE:</b> 21 <sup>st</sup> – 23 <sup>rd</sup> June 2021	Total students Enrolled: 110
<b>Venue:</b> Cricket Ground, Malla Reddy Health City.	
<b>Time:</b> 9.00 AM – 4.00 PM	

### Details of Students Successfully completed VAC: Wellness of Yoga

S.NO	NAME OF THE STUDENT	REGISTRATION NO	SUCCESSFULLY COMPLETED
1	ALETI SAI PRANEETHA	2102111001	Yes
2	ALLOJU SHRAVANI	2102111002	Yes
3	AMREEN FATHIMA	2102111003	Yes
4	AMTUL SEEMA HURIYTH	2102111004	Yes
5	AMUDA ANUSHA	2102111005	Yes
6	ANAPALA SIRI CHANDRIKA	2102111006	Yes
7	ANJUM	2102111007	Yes
8	ANREDDY SRINIDHI REDDY	2102111008	Yes
9	ASMA FATIMA	2102111009	Yes
10	B MADHAVI	2102111010	Yes
11	BALAGA VANDANA	2102111011	Yes
12	BANDARI LIKKITHA	2102111012	Yes
13	BANDARU SHRAVYA	2102111013	Yes
14	BANOTH VIDYA RANI	2102111014	No
15	BHOOMANNAGARI SRINIJA	2102111015	Yes
16	BONTHAPALLY ANJANA	2102111016	Yes
17	BUTTI SAHASRA TEJA	2102111017	Yes
18	CHALVADI HARSHINI RAO	2102111018	Yes
19	CHENNOJI RACHITA RAVINDER	2102111019	Yes
20	CHOUDARY BHANU TEJASWVI GOUD	2102111020	Yes
21	DAMMAI BHAVITHA	2102111021	Yes
22	DANAM DEDEEPPYA	2102111022	Yes
23	DASARI DEEPTHI	2102111023	Yes
24	DASARI HARITHA	2102111024	Yes
25	DATLA KAVYA SREE	2102111025	Yes
26	DHARNI PREETHIKA VAISHNAVI	2102111026	Yes
27	DHAVALESHWARAPU BHAVITHA	2102111027	Yes
28	GEDDAM SUNITHA	2102111028	Yes
29	GHOUSIA IQRA	2102111029	No
30	GUGULOTHU ASHRITHA	2102111030	Yes
31	GUMMULA POOJA	2102111031	Yes



Principal / Dean

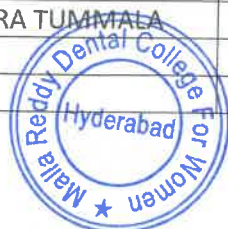
Suraram 'X' Road, Quthbullapur, Medimetla, Hyderabad - 500 055.

Phone: 91001 89797

Email : mrdcw.2013@gmail.com

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81	SIDRA FATIMA	2102111081	Yes



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86	SYEDA ZAHRA FATIMA	2102111086	Yes
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95	VARIKUPALA BINDHU	2102111095	Yes
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97	YEMMELA BHAVITHA	2102111097	Yes
98	YENEPALLY SREYA	2102111098	Yes
99	ZEBUNNISA BEGAM	2102111099	No
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103	KANEEZ FATIMA	2002111040	Yes
104	KONDE RITHVIKA	2002111042	Yes
105	VANGA ASHWITHA	2002111095	Yes
106	MADHAVI LAVUDIYA	2002111046	Yes
107	SABREEN JAWAD MIRZA	2002111074	Yes
108	T SAI PRANATHI	2002111092	Yes
109	AYESHA MOHIUDDIN	1902111010	No
110	SAKKI RISHITHA	1602111083	Yes

VAC Coordinator

*G. Saurabh*

*V Chandrasekhar*  
Principal/Dean



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





# Malla Reddy Dental College for Women

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

## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. ALETI SAI PRANEETHA of I Year BDS  
bearing roll no: 2102111001, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



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



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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. ALLOJU SHRAVANI of I Year BDS  
bearing roll no: 2102111002, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
Principal / Dean  
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**Principal/Dean**





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## *Certificate of Completion*

Course Code: VAC-2101

This to certify that Mr/Ms. AMREEN FATHIMA of I Year BDS  
bearing roll no: 2102111003, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

*G. Santhi*  
**Coordinator**



*Bu*  
Principal / Dean  
Malla Reddy Dental College for Women *V. Chandrasekhar*  
**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. AMTUL SEEMA HURIYTH of I Year BDS  
bearing roll no: 2102111004, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. AMUDA ANUSHA of I Year BDS  
bearing roll no: 2102111005, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. ANAPALA SIRI CHANDRIKA of I Year BDS  
bearing roll no: 2102111006, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. ANJUM of I Year BDS  
bearing roll no: 2102111007, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

*G. Santini*  
**Coordinator**



*Bue*  
Principal / Dean  
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*V. Chandrasekar*  
**Principal/Dean**





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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. ANREDDY SRINIDHI REDDY of I Year BDS  
bearing roll no: 2102111008, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

*G. Santhya*  
**Coordinator**



*Buu*  
Principal / Dean  
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*V. Chandrasekar*  
**Principal/Dean**





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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. ASMA FATIMA of I Year BDS

bearing roll no: 2102111009, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. B MADHAVI of I Year BDS  
bearing roll no: 2102111010, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

*G. Santhya*  
**Coordinator**



*Bue*  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. BALAGA VANDANA of I Year BDS  
bearing roll no: 2102111011, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
**Principal / Dean**  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. BANDARI LIKKITHA of I Year BDS  
bearing roll no: 2102111012, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. BANDARU SHRAVYA of I Year BDS  
bearing roll no: 2102111013, has Successfully completed the Value added Course —  
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Course Code: VAC-2101

This to certify that Mr/Ms. BHOOMANNAGARI SRINIJA of I Year BDS  
bearing roll no: 2102111015, has Successfully completed the Value added Course —  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. BONTHAPALLY ANJANA of I Year BDS  
bearing roll no: 2102111016, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. BUTTI SAHASRA TEJA of I Year BDS  
bearing roll no: 2102111017, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. CHALVADI HARSHINI RAO of I Year BDS  
bearing roll no: 2102111018, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. CHENNOJI RACHITA RAVINDER of I Year BDS  
bearing roll no: 2102111019, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. DAMMAI BHAVITHA of I Year BDS  
bearing roll no: 2102111021, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. DANAM DEDEEPIYA of I Year BDS  
bearing roll no: 2102111022, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. DASARI DEEPTHI of I Year BDS  
bearing roll no: 2102111023, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## *Certificate of Completion*

Course Code: VAC-2101

This to certify that Mr/Ms. DASARI HARITHA of I Year BDS  
bearing roll no: 2102111024, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

*G. Santosh*  
**Coordinator**



*Bull*  
Principal / Dean  
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*V. Chandrasekar*  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. DATLA KAVYA SREE of I Year BDS  
bearing roll no: 2102111025, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. DHARNI PREETHIKA VAISHNAVI of I Year BDS  
bearing roll no: 2102111026, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. DHAVALESHWARAPU BHAVITHA of I Year BDS  
bearing roll no: 2102111027, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. GEDDAM SUNITHA of I Year BDS  
bearing roll no: 2102111028, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. GUGULOTHU ASHRITHA of I Year BDS  
bearing roll no: 2102111030, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. GUMMULA POOJA of I Year BDS  
bearing roll no: 2102111031, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. HAFSA HUSNAIN of I Year BDS

bearing roll no: 2102111032, has Successfully completed the Value added Course –

“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

*G. Santhya*  
**Coordinator**



*Bull*  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. HAJERA TAMKEEN of I Year BDS  
bearing roll no: 2102111033, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. HUSNA AFREEN of I Year BDS  
bearing roll no: 2102111034, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. IQRA AREEJ of I Year BDS  
bearing roll no: 2102111035, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. JALDI HARIKA of I Year BDS  
bearing roll no: 2102111036, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. KADAMANDLA SUMITHA RAJ of I Year BDS  
bearing roll no: 2102111037, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. KALLEM PALLAVI of I Year BDS  
bearing roll no: 2102111038, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. KATA BHOOMIKA of I Year BDS  
bearing roll no: 2102111039, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**





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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. KATUKOJWALA SANJANA of I Year BDS  
bearing roll no: 2102111040, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. KHILJI SADIKHA of I Year BDS  
bearing roll no: 2102111041, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. KOLA HARSHITHA of I Year BDS  
bearing roll no: 2102111042, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. MACEERAH BEGUM of I Year BDS  
bearing roll no: 2102111044, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. MADIHA KAUNEEN of I Year BDS  
bearing roll no: 2102111045, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. MANAL FATIMA AHMED of I Year BDS  
bearing roll no: 2102111046, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. MANISHA BHATI of I Year BDS  
bearing roll no: 2102111047, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. MEDA THRISHA of I Year BDS  
bearing roll no: 2102111048, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. MEETHA TIWWARI of I Year BDS

bearing roll no: 2102111049, has Successfully completed the Value added Course —

“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. MEHNOOR MINHAJ of I Year BDS  
bearing roll no: 2102111050, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## *Certificate of Completion*

Course Code: VAC-2101

This to certify that Mr/Ms. MOKAPWAR PRATHIKSHA REDDY of I Year BDS  
bearing roll no: 2102111052, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. MOTHKURI SHIVANI of I Year BDS  
bearing roll no: 2102111053, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. MULLI SOWMYA of I Year BDS  
bearing roll no: 2102111054, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. N. VAISHNAVI of I Year BDS  
bearing roll no: 2102111055, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. NAANDI VAISHNOO of I Year BDS  
bearing roll no: 2102111056, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. NABIA SULTANA of I Year BDS  
bearing roll no: 2102111057, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. NAHEED ANJUM of I Year BDS  
bearing roll no: 2102111058, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. NANDURI V.A.S. SRILEKHA of I Year BDS  
bearing roll no: 2102111059, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**





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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. NANDURI V.A.S. SRIVIDYA of I Year BDS  
bearing roll no: 2102111060, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. NEKKANTI JISHNAVI of I Year BDS

bearing roll no: 2102111061, has Successfully completed the Value added Course —

“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**





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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. NISA FAREHA of I Year BDS  
bearing roll no: 2102111062, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. PAPAGARI SAI PRAVALIKA of I Year BDS  
bearing roll no: 2102111063, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. PRAKHYTI CHANDRIKA KULKARNI of I Year BDS  
bearing roll no: 2102111064, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

*G. Santhya*  
**Coordinator**



*BW*  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. QHARIA JAHAN of I Year BDS  
bearing roll no: 2102111065, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
**Principal / Dean**  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. QUDEJA MAHNOOR of I Year BDS  
bearing roll no: 2102111066, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
**Principal / Dean**  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. RAMSHA AMJED of I Year BDS  
bearing roll no: 2102111067, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. RATNAM SRAVANI of I Year BDS  
bearing roll no: 2102111068, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**





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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. RESHMA of I Year BDS  
bearing roll no: 2102111069, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

*G. Santluy*  
**Coordinator**



*BLU*  
Principal / Dean  
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*Chandrasekar*  
**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SANIA SHAREEF of I Year BDS  
bearing roll no: 2102111071, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SARA YASMEEN of I Year BDS  
bearing roll no: 2102111072, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SARAH FATIMA of I Year BDS  
bearing roll no: 2102111073, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**





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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SENDRA VENKATA HIMA BINDU of I Year BDS  
bearing roll no: 2102111074, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SHAIK ARSHIYA MEHARAJ of I Year BDS  
bearing roll no: 2102111076, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SHAIK RUKSANA of I Year BDS  
bearing roll no: 2102111077, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SHAISTA of I Year BDS  
bearing roll no: 2102111078, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SHANMUKHI TUSHARA TUMMALA of I Year BDS  
bearing roll no: 2102111079, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SHIREEN REHI of I Year BDS  
bearing roll no: 2102111080, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SIDRA FATIMA of I Year BDS  
bearing roll no: 2102111081, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

*G. Santini*  
**Coordinator**



*BW*  
Principal / Dean  
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*Whandasa*  
**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SINGAPURAM PRANAVI of I Year BDS  
bearing roll no: 2102111082, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

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**Coordinator**



*BW*  
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*Abhisek*  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SURI KAMESWARI SAMHITA of I Year BDS  
bearing roll no: 2102111083, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SYEDA AFIYA ALI of I Year BDS  
bearing roll no: 2102111084, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SYEDA AISHA BANU of I Year BDS  
bearing roll no: 2102111085, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SYEDA ZAHRA FATIMA of I Year BDS  
bearing roll no: 2102111086, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. TABASSUM SULTANA of I Year BDS  
bearing roll no: 2102111087, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**





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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. TARUNI SRIVASTAV of I Year BDS  
bearing roll no: 2102111088, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

*G. Santini*  
**Coordinator**



*Bull*  
Principal / Dean  
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*V. Chandrasekar*  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. THATI MOCHARITHA YADAV of I Year BDS  
bearing roll no: 2102111089, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

*G. Santosh*  
**Coordinator**



*BUE*  
Principal / Dean  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. THOTA KIRANMAI of I Year BDS  
bearing roll no: 2102111091, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

*G. Santhya*  
**Coordinator**



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

*V. Chandrasekhar*  
**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. UMME HANI of I Year BDS  
bearing roll no: 2102111092, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**





Principal / Dean  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. UZMA AFREEN of I Year BDS  
bearing roll no: 2102111093, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
Principal / Dean  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. VARDU LAKSHMI SANJANA of I Year BDS  
bearing roll no: 2102111094, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. VARIKUPALA BINDHU of I Year BDS  
bearing roll no: 2102111095, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. YEMMELA BHAVITHA of I Year BDS  
bearing roll no: 2102111097, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. YENEPALLY SREYA of I Year BDS

bearing roll no: 2102111098, has Successfully completed the Value added Course —

“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. ZOBIA NAAZ of I Year BDS

bearing roll no: 2102111100, has Successfully completed the Value added Course —

“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
**Principal / Dean**  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. CHANDUPATLA VARSHITHA REDDY of I Year BDS  
bearing roll no: 2002111015, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. K NIKSHIPTHA of I Year BDS

bearing roll no: 2002111039, has Successfully completed the Value added Course —

“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. KANEEZ FATIMA of I Year BDS

bearing roll no: 2002111040, has Successfully completed the Value added Course —

“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
**Principal / Dean**  
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**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. KONDE RITHVIKA of I Year BDS

bearing roll no: 2002111042, has Successfully completed the Value added Course –

“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
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Malla Reddy Dental College for Women

  
**Principal/Dean**





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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. VANGA ASHWITHA of I Year BDS  
bearing roll no: 2002111095, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
Principal / Dean  
Malla Reddy Dental College for Women

  
**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. MADHAVI LAVUDIYA of I Year BDS  
bearing roll no: 2002111046, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



  
Principal / Dean  
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**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SABREEN JAWAD MIRZA of I Year BDS  
bearing roll no: 2002111074, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

  
**Coordinator**



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

  
**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. T SAI PRANATHI of I Year BDS  
bearing roll no: 2002111092, has Successfully completed the Value added Course —  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

*G. Santosh*  
**Coordinator**



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

*Chandrasekar*  
**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2101

This to certify that Mr/Ms. SAKKI RISHITHA of I Year BDS  
bearing roll no: 1602111083, has Successfully completed the Value added Course –  
“Wellness of YOGA”, conducted in the institute from 21<sup>st</sup> June 2021 to 23<sup>rd</sup> June 2021.

*G. Santosh*  
**Coordinator**



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

*V. Chandrasekhar*  
**Principal/Dean**





# MALLA REDDY DENTAL COLLEGE FOR WOMEN

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

## Feedback analysis of students on VALUE ADDED COURSES

Academic Year : 2021 - 2022

Year: II & III year BDS

Name of the VAC: Wellness of Yoga

Course Code: VAC-2101

Students Registered:

214

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	156	51	5	2		4.69
2	Content was organised and easy to follow	162	48	3	1		4.73
3	The objectives of value added course were clearly defined	149	60	5			4.67
4	The participation and interaction were encouraged	182	30	2			4.84
5	Course experience will be useful in my work	150	59	3	2		4.67
6	The resource person was knowledgeable about the topic	176	30	6	2		4.78
7	The time allotted for the course is sufficient	168	42	2	2		4.76
8	Did the course provide good balance between theory & practice?	190	21	3			4.87

Suggestions: Requires more practical time to acquire the benefits of yoga.

  
Coordinator

  
Principal/Dean



  
Principal / Dean  
Malla Reddy Dental College for Women