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Recognized by Dental Council of India, New Delhi, Ministry of Health & Family Welfare, Govt. of India.  
A Constituent Unit of Malla Reddy Vishwavidyapeeth (Deemed to be University) Suraram, Hyderabad.

Letter of Approval

Date: 30<sup>th</sup> Apr 2025

To,

The Principal/Dean,

Malla Reddy Dental College for women,

Suraram.

Sub: Requesting Permission to conduct a session on "**Mental Health for All**"

Respected Sir,

The coordinator of MRDCW, would like to organize the Session on "**Mental Health for All**" for PG's, interns on 08<sup>th</sup> May 2025. Kindly grant us permission for the same and support the event.

Thanking you.

Yours faithfully,



CO-ORDINATOR

Principal / Dean  
Malla Reddy Dental College for Women





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Date: 05<sup>th</sup> May 2025

Ref:MRDCW/Circulars/CES/2025/May

Circular

The PG's, interns are here by informed that course titled "**Mental Health for All**" will be conducted on 08<sup>th</sup> May 2025. The concerned staff are hereby requested to give permission to the students attending the program.

**Resource person – Dr. Madhusudhan, Professor in Biochemistry, MRMCW**

**Venue – lecture hall 3, MRDCW.**

**Date- 08<sup>th</sup> May 2025.**

Principal/Dean

Principal / Dean  
Malla Reddy Dental College for Women

Copy to:

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



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

Phone : 91001 89797

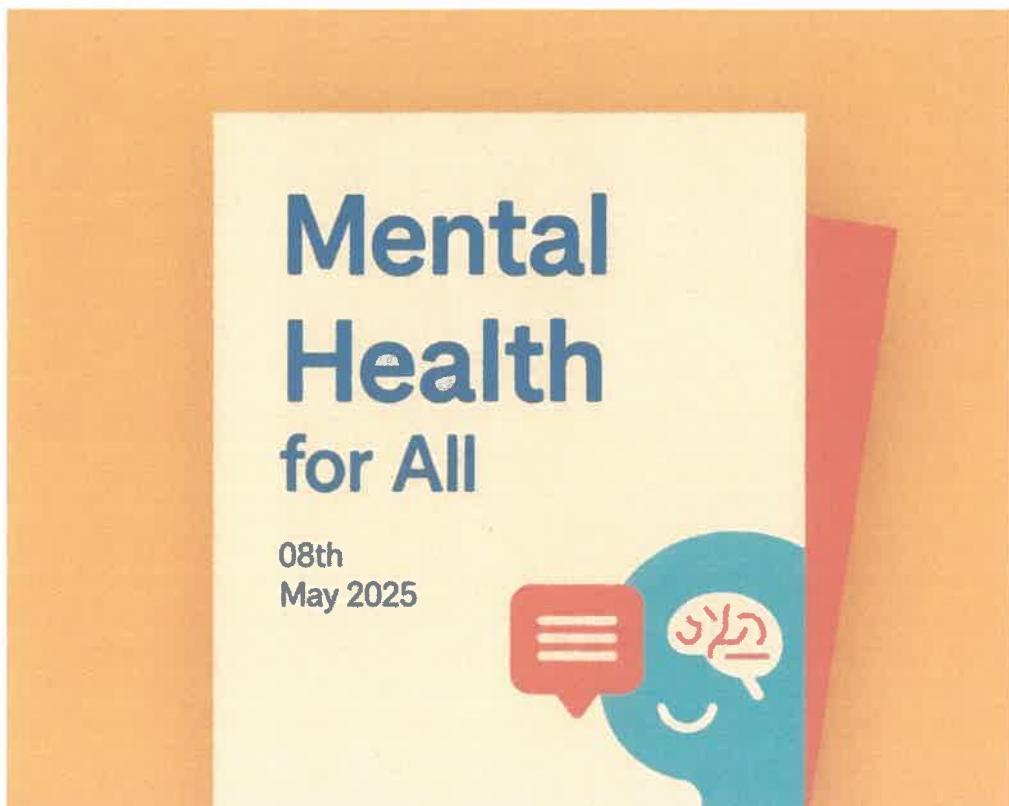
Email: [mrdcw2013@gmail.com](mailto:mrdcw2013@gmail.com) Website: [www.mrdcw.edu.in](http://www.mrdcw.edu.in)



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## Brochure



### COURSE AGENDA / TIME TABLE:

Day	Time & Event
08 <sup>th</sup> May 2025	"Mental Health for All"-

  
Principal / Dean  
Malla Reddy Dental College for Women



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

Phone : 91001 89797

Email: [mrdcw2013@gmail.com](mailto:mrdcw2013@gmail.com) Website: [www.mrdcw.edu.in](http://www.mrdcw.edu.in)



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### Report of Event

Date: 10<sup>th</sup> May 2025

#### Introduction:

To promote awareness, understanding, and support for mental health and well-being among BDS postgraduate students, fostering a healthier academic and personal environment.

#### Objectives:

##### General Objectives:

- **To integrate mental health awareness into the academic culture of dental education**, promoting long-term mental wellness as a core value.
- **To advocate for the normalization of mental health discussions** among students, faculty, and healthcare professionals in training.

##### Specific Objectives:

1. **To sensitize students** to the importance of mental health as an integral part of overall well-being and professional development.
2. **To identify and address** the unique mental health challenges faced by dental students, including performance pressure, long academic hours, patient management stress, and sleep deprivation.
3. **To provide knowledge** about the biological, psychological, and social factors that influence mental health.
4. **To equip students** with basic stress-relief practices like deep breathing, guided meditation, journaling, and emotional regulation techniques.

Resource person – Dr. Madhusudhan, Professor in Biochemistry, MRMCW

Venue – lecture hall 3, MRDCW.

Date- 08<sup>th</sup> May 2025.

Number of participants: 83

  
Principal / Dean  
Malla Reddy Dental College for Women

  
Coordinator  
  
Malla Reddy Dental College for Women  
Hyderabad

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Glimpse of the Event



The “Mental Health for All” awareness program, held on 08<sup>th</sup> May 2025, brought together 88 interns and postgraduate students for an engaging and insightful session on mental well-being. The event featured expert talks, interactive discussions, and stress-relief activities aimed at promoting emotional resilience and self-care. Students actively participated, sharing their thoughts and gaining practical tools to manage academic stress. The program successfully created a safe and supportive space for open dialogue on mental health.



Coordinator



Principal / Dean  
Malla Reddy Dental College for Women



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**"Mental Health for All"**

Course code- DS- CES

Year: PG's, interns

Date- 08<sup>th</sup> May 2025

Total students registered: 83

Venue – lecture hall 3, MallaReddy Dental College for Women

Details of the students registered:"Mental Health for All"

PG's, interns

S.No	Registration number	Student Name	Signature
1.	24206111001	Boggarapu Sushma	Sushma
2.	24206111002	Pachalla Sai Sri Sravya	Sravya
3.	24206111003	R Apoorva	Apoorva
4.	24204111001	Anushka Pattnaik	Anushka, P.
5.	24204111002	C Sravanthi	Sravanthi
6.	24204111003	Maddi Rishitha	M. Rishitha
7.	24200111001	Datrika Kavya Sree	Kavya
8.	24200111002	Karnati Anusha	K. Anusha
9.	24200111003	Khazi Ahamed Asifa	K.A. Asifa
10.	24205111001	A Manasa	Manasa
11.	24205111002	Gattu Sanjana Rothams	G. Sanjana
12.	24201111001	Ameena Arshiya	Arshiya
13.	24201111002	Ramadevi Kanukutla	R. Kanukutla
14.	24201111003	Suram Likhitha	Likhitha
15.	24203111001	Aswitha Nalla	Aswitha
16.	24203111002	Mantha Raghavi	M. Raghavi
17.	24203111003	Namilakonda Vaishnavi	Vaishnavi
18.	23206111001	Guduri Subramanya Susita	G.S. Susita
19.	23206111002	K Mallika Yadav	Mallika
20.	23206111003	S Srija Mili	Srija
21.	23204111001	Jammalamadaka Sri Sai Mayukha	Sri Sai Mayukha
22.	23204111002	Shaik Ayesha Fatima	Shaik Ayesha
23.	23204111003	Tasleem Begum	Begum
24.	23200111001	Basawana Ruchika	B. Ruchika
25.	23200111002	Rayaprolu Neeharika	Neeharika
26.	23200111003	Suragani Venu Madhavi	Venu Madhavi
27.	23205111001	K Amulya Reddy	Amulya
28.	23205111002	R. Tejeshwari Thakur	Tejeshwari

Suraram 'X' Roads, Quthbullapur (M), Jeedimetla, Hyderabad - 500 055. Principal / Dean

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29.	23201111001	E Sri Vyshnavi	Vyshnavi
30.	23201111002	Kavati Mamatha	Mamatha
31.	23201111003	R Alankrita	Alankrita
32.	23203111001	Mettu Akanksha	Akanksha
33.	23203111002	S Clara Georgina	Clara
34.	23203111003	Thalla Bhunu Samykyaa	Samykyaa
35.	22206111001	Gunnam Sai Nishitha	Nishitha
36.	22206111002	Gurijala Raval	Raval
37.	22206111003	M Raval	Raval
38.	22204111001	K. Lavanya	Lavanya
39.	22204111002	Sree Prathyusha Samavedam	Prathyusha
40.	22204111003	T. Sruti	Sruti
41.	22200111001	Aishwariya Sharma	Aishwariya
42.	22200111002	R Sandhya Reddy	Sandhya
43.	22200111003	S Srilakshmi	Srilakshmi
44.	22205111001	Palla Mugdha Reddy	Mugdha
45.	22205111002	V Spandana	Spandana
46.	22201111001	B. Bhavya Teja	Bhavya
47.	22201111002	Sariya Tazeen	Tazeen
48.	22201111003	Thakur Ashwini Singh	Ashwini
49.	22203111001	B Sushma	Sushma
50.	22203111002	M Harshitha	Harshitha
51.	22203111003	Shravya Reddy Kottala	Shravya
52.	20021111001	Adduri Rishitha	Rishitha
53.	20021111002	Adigoppula Soumya	Soumya
54.	20021111003	Amtul Safoorah	Safoorah
55.	20021111004	Anaesa Sayeed	Sayeed
56.	20021111005	Aniqua Firdouse	Firdouse
57.	20021111011	Balastu Meghana	Meghana
58.	20021111012	Burka Varsha	Varsha
59.	20021111014	Chadagonda Anusha	Anusha
60.	20021111017	Cheruvukommu Varsha	Varsha
61.	20021111018	Chinthanuri Manasa	Manasa
62.	20021111026	Faiza Ahmadi	Faiza
63.	20021111027	Gangi Shetty Sonali Gupta	Sonali
64.	20021111028	Gantola Hema	Hema
65.	20021111029	Garimella Sraavani	Sraavani
66.	20021111031	Gudepu Kavya	Kavya
67.	20021111038	K N S Pranavi	Pranavi
68.	20021111041	Kolakatla Sahithi	Sahithi
69.	20021111044	Lakkaraj Lakshmi Laasya	Laasya
70.	20021111047	Madiha Fatima	Fatima



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71.	2002111048	Madiha Khan	Madiha
72.	2002111055	Meher Jabeen	Jabeen
73.	2002111056	Mohammadi Zainab Najam	Zainab Najam
74.	2002111057	Nabeela Mahroor	Nabeela Mahroor
75.	2002111062	P Sneha	Sneha
76.	2002111063	Paidipally Hasitha	Hasitha
77.	2002111083	Sarangam Sameeksha	Sameeksha
78.	2002111084	Seeli Greeshma	Greeshma
79.	2002111085	Shahzeena Mahveen	Mahveen
80.	2002111086	Shifa Naaz	Naaz
81.	2002111087	Shreya Singh	Shreya
82.	2002111088	Sufia Noorien	Sufia
83.	2002111089	Sumaiya Samreen	Samreen



Coordinator



Principal / Dean  
Malla Reddy Dental College for Women





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## *Certificate of Completion*

*This to certify that Mr/Ms. Sumaiya Samreen  
of PG's & Interns, has successfully completed the Course-  
"Mental Health for All" conducted in the institute  
on 8<sup>th</sup> May 2025*

*Coordinator*



*Principal / Dean  
Malla Reddy Dental College for Women*

*Dean*



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## *Certificate of Completion*

*This to certify that Mr/Ms. Sufia Noorien  
of PG's & Interns, has successfully completed the Course-  
"Mental Health for All" conducted in the institute  
on 8<sup>th</sup> May 2025*

*Coordinator*



Principal / Dean  
Malla Reddy Dental College for Women

*Dean*