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

Date: 17<sup>th</sup> Jun 2024

**Letter of Approval**

To,

The Principal/Dean,

Malla Reddy Dental College for women,

Suraram.

**Sub: Requesting Permission to conduct a session on "Awaken with Asanas"**

Respected Sir,

The coordinator of MRDCW, would like to organize the session on "Awaken with Asanas" for PG's, interns on 21<sup>st</sup> Jun 2024. Kindly grant us permission for the same and support the event.

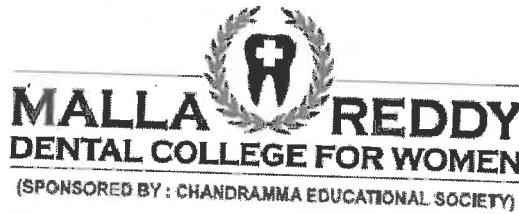
Thanking you.

Yours faithfully,

CO-ORDINATOR

  
Principal / Dean  
Malla Reddy Dental College for Women





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### Circular

Ref:MRDCW/Circulars/CES/2024/Jun

Date: 19<sup>th</sup> June 2024

The PG's, interns are here by informed that course titled "**Awaken with Asanas**" will be conducted on 21<sup>st</sup> Jun 2024. The concerned staff are hereby requested to give permission to the students attending the program.

Resource person – Mr. Chikka Srinivas, Yoga Trainer

Venue – MRHC

Date- 21<sup>st</sup> June 2024

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

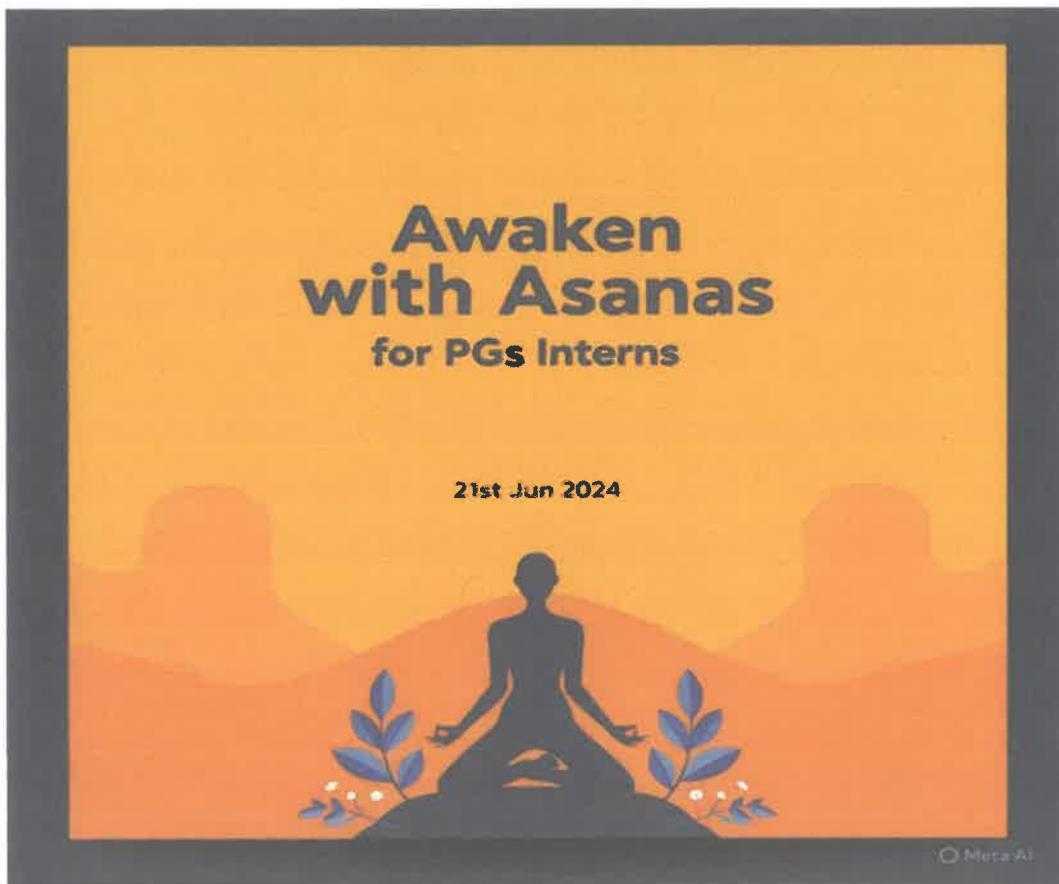




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## Brochure



## COURSE AGENDA / TIME TABLE:

Day	Time & Event
21 <sup>st</sup> Jun 2024	"Awaken with Asanas"



 Principal / Dean  
Malla Reddy Dental College for Women

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

Phone : 91001 89797

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



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## REPORT OF THE EVENT

23<sup>rd</sup> June 2024

A yoga session titled "*Awaken with Asanas*" was held on 21st June 2024 for postgraduate students and interns to mark International Yoga Day. The session promoted physical and mental well-being through guided asanas and breathing exercises, encouraging participants to adopt yoga as a part of their daily routine.

### General Objectives:

- To promote awareness of the physical, mental, and emotional benefits of yoga.
- To encourage a healthy lifestyle and self-care practices among postgraduate students and interns.
- To introduce participants to simple yoga postures and breathing techniques for daily practice.
- To highlight the role of yoga in stress reduction, concentration enhancement, and overall well-being.

### Specific Objectives:

To guide participants through foundational yoga asanas suitable for beginners.

- To demonstrate effective breathing techniques (pranayama) for stress relief and focus.
- To educate students on the correct posture and alignment during asana practice.
- To promote daily physical activity as part of mental and emotional health management.

Resource person – Mr. Chikka Srinivas, Yoga Trainer

Venue – MRHC

Date- 21<sup>st</sup> Jun 2024

Number of participants: 83



Principal / Dean  
Malla Reddy Dental College for Women

Coordinator

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### Glimpse



A Capability Enhancement Programme on 21st June 2024, a yoga session titled *"Awaken with Asanas"* was conducted for postgraduate students and interns to mark International Yoga Day. The session aimed to promote physical and mental well-being through simple yoga postures and breathing techniques. Participants engaged in guided asanas, pranayama, and relaxation practices. The event encouraged stress relief, improved focus, and a deeper sense of self-awareness. Students responded with enthusiasm and expressed interest in continuing yoga regularly. The session successfully highlighted the importance of integrating wellness into daily routines.



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## Malla Reddy Dental College for Women

### "Awaken with Asanas"

Course code- DS- CES  
Date- 21<sup>st</sup> Jun 2024  
Venue – Cricket Ground, MRHC

Year: PG's, interns  
Total students registered: 83

Details of the students registered:"Awaken with Asanas"

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	R Apoorva
4.	24204111001	Anushka Pattnaik	Anushka Pattnaik
5.	24204111002	C Sravanthi	C Sravanthi
6.	24204111003	Maddi Rishitha	Rishitha
7.	24200111001	Datrika Kavya Sree	D. Kavya
8.	24200111002	Karnati Anusha	K. Anusha
9.	24200111003	Khazi Ahamed Asifa	Asifa
10.	24205111001	A Manasa	A. Manasa
11.	24205111002	Gattu Sanjana Rothams	Rothams
12.	24201111001	Ameena Arshiya	Arshiya
13.	24201111002	Ramadevi Kanukutla	Ramadevi
14.	24201111003	Suram Likhitha	Likhitha
15.	24203111001	Aswitha Nalla	Aswitha
16.	24203111002	Mantha Raghavi	Mantha Raghavi
17.	24203111003	Namilakonda Vaishnavi	Vaishnavi
18.	23206111001	Guduri Subramanya Susita	Susita
19.	23206111002	K Mallika Yadav	Mallika
20.	23206111003	S Srija Mili	Srija
21.	23204111001	Jammalamadaka Sri Sai Mayukha	Mayukha
22.	23204111002	Shaik Ayesha Fatima	Ayesha
23.	23204111003	Tasleem Begum	Tasleem
24.	23200111001	Basawana Ruchika	Ruchika
25.	23200111002	Rayaprolu Neeharika	Neeharika
26.	23200111003	Suragani Venu Madhavi	Venu Madhavi
27.	23205111001	K Amulya Reddy	Amulya Reddy
28.	23205111002	R. Tejeshwari Thakur	Tejeshwari Thakur

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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	Georgina
34.	23203111003	Thalla Bhanu Samykyta	Samykyta
35.	22206111001	Gunnam Sai Nishitha	Nishitha
36.	22206111002	Gurijala Ravalı	Ravalı
37.	22206111003	M Ravalı	Ravalı M.
38.	22204111001	K. Lavanya	Lavanya
39.	22204111002	Sree Prathyusha Samavedam	Prathyusha
40.	22204111003	T. Sruti	Sruti
41.	22200111001	Aishwariya Sharma	Aishwarya
42.	22200111002	R Sandhya Reddy	Sandhya Reddy
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.	2002111002	Adigoppula Soumya	Soumya
53.	2002111003	Amtul Safoorah	Safoorah
54.	2002111004	Anaesa Sayeed	Sayeed
55.	2002111005	Aniqua Firdouse	Firdouse
56.	2002111006	Arra Sai Shivani	Sivani
57.	2002111007	Ayesha Fareha	Fareha
58.	2002111008	Ayesha Siddiqa	Siddiqa
59.	2002111021	D Jhansi	Jhansi
60.	2002111022	Dodda Mahitha	Mahitha
61.	2002111023	Durgapu Aakanksha	Aakanksha
62.	2002111024	E Sunitha	Sunitha
63.	2002111026	Faiza Ahmadi	Faiza
64.	2002111027	Gangi Shetty Sonali Gupta	Sonali
65.	2002111028	Gantola Hema	Hema
66.	2002111032	Husna Fatima	Fatima
67.	2002111033	Husna Sultana	Sultana
68.	2002111035	Iffath Ansari	Ansari
69.	2002111036	Jorige Sri Lakshmi Sravya	Sravya
70.	2002111038	K N S Pranavi	Pranavi





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71.	2002111041	Kolakatla Sahithi	<i>Sahithi</i>
72.	2002111055	Meher Jabeen	<i>Jabeen</i>
73.	2002111056	Mohammadi Zainab Najam	<i>Zainab</i>
74.	2002111057	Nabeela Mahroor	<i>Nabeela</i>
75.	2002111062	P Sneha	<i>Sneha</i>
76.	2002111063	Paidipally Hasitha	<i>Hasitha</i>
77.	2002111065	Phadatare Sakshi	<i>Sakshi</i>
78.	2002111085	Shahzeena Mahveen	<i>Mahveen</i>
79.	2002111086	Shifa Naaz	<i>Shifa</i>
80.	2002111087	Shreya Singh	<i>Shreya</i>
81.	2002111088	Sufia Noorien	<i>Sufia</i>
82.	2002111097	Vimala Justina Juturu	<i>Justina</i>
83.	2002111098	Vodnala Lavanya	<i>Lavanya</i>



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## *Certificate of Completion*

*This to certify that Mr/Ms **BOGGARAPU SUSHMA**  
of PG's & Interns, has successfully completed the Course –  
**"AWAKEN WITH ASANAS"**  
conducted in the institute on 21<sup>ST</sup> JUNE 2024*

Coordinator



Principal / Dean  
Malla Reddy Dental College for Women

Dean



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## *Certificate of Completion*

*This to certify that Mr/Ms **PACHALLA SAI SRI SRAVYA** of PG's & Interns, has successfully completed the Course – **"AWAKEN WITH ASANAS"** conducted in the institute on 21<sup>ST</sup> JUNE 2024*

Coordinator



Principal / Dean  
Malla Reddy Dental College for Women

Dean