



MALLA REDDY
DENTAL COLLEGE FOR WOMEN

(SPONSORED BY : CHANDRAMMA EDUCATIONAL SOCIETY)

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

YOGA AND WELLNESS


MALLA REDDY
DENTAL COLLEGE FOR WOMEN

(SPONSORED BY : CHANDRAMMA EDUCATIONAL SOCIETY)
Affiliation to Kaloji Narayanarao University of Health Sciences, Warangal, Telangana.
Recognised by Dental Council of India, New Delhi

Date: 18-06-2022

Letter of Approval

To

The Principal/Dean

Malla Reddy Dental College for women

Suraram.

Sub: Requesting Permission to conduct yoga programme

Respected Sir,

The coordinator of MRDCW, would like to organize the Yoga programme– **YOGA SHOWS THE WAY**, for I BDS students on 21.06.2022. Kindly grant us permission for the same and support the event.


Thanking you.

Yours faithfully,



CO-ORDINATOR




Principal
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.
Recognised by Dental Council of India, New Delhi

Date: 18-06-2022

Ref: MRDCW/Circulars/CES/2022/Jun-18

CIRCULAR

The students of I BDS are here by informed that course titled- 'YOGA SHOWS THE WAY'- will be conducted on 21June 2022. The concerned staff are here by requested to give permission to the students attending the programme.

Resource person – Mr. Chikka Srinivas, Yoga Trainer, Malla Reddy Health City

Venue – Cricket ground

Date – 21June 2022



Principal/Dean

Principal
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



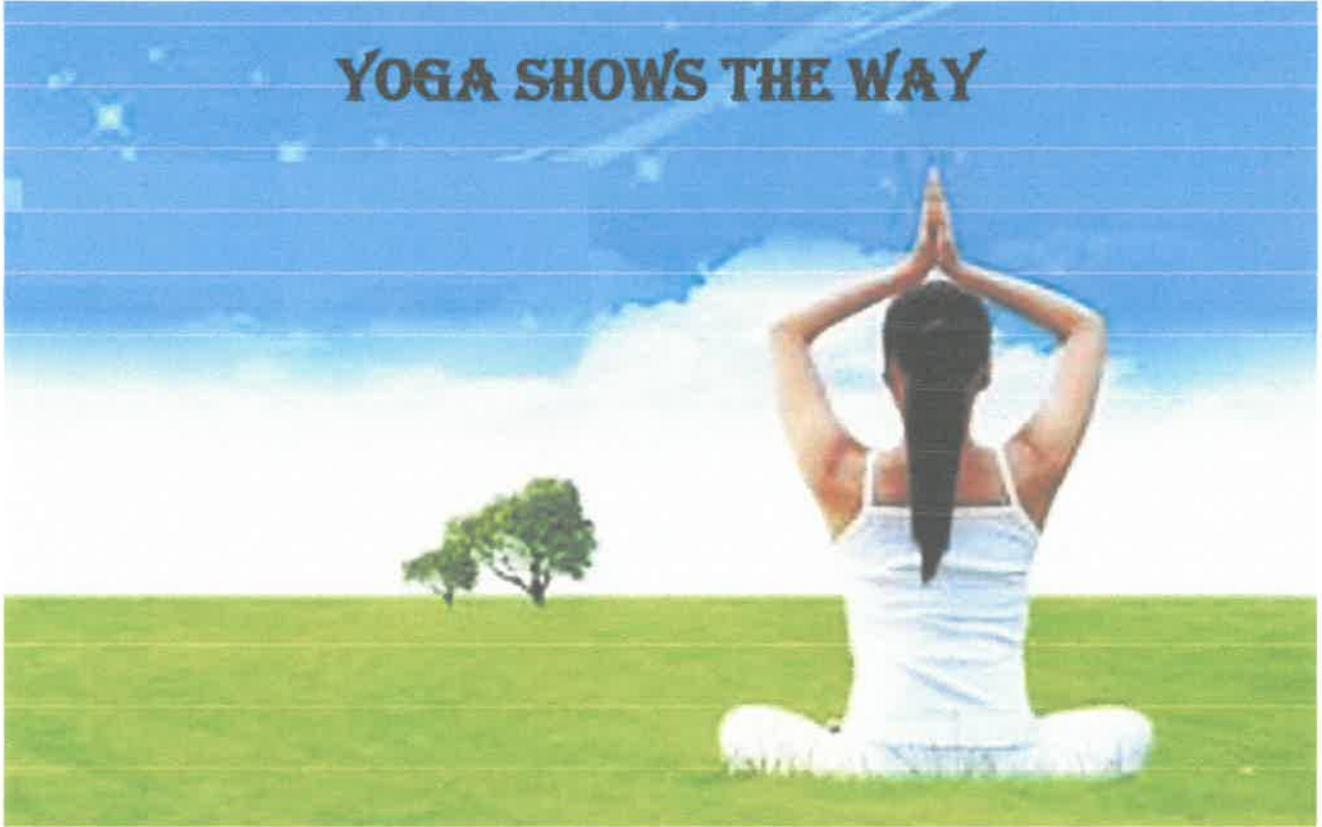

Principal
Malla Reddy Dental College
For Women


MALLA REDDY
DENTAL COLLEGE FOR WOMEN

(SPONSORED BY : CHANDRAMMA EDUCATIONAL SOCIETY)

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

Brochure



COURSE AGENDA / TIME TABLE:

Day	Time & Event
21-06-22	Lecture-importance of yoga Basics of yoga

B/O



Principal
Malla Reddy Dental College
For Women



**MALLA REDDY
DENTAL COLLEGE FOR WOMEN**

(SPONSORED BY : GHANDRAMMA EDUCATIONAL SOCIETY)

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

REPORT OF THE EVENT

24-06-2022

INTRODUCTION:

Yoga shows the way

Yoga is an ancient Indian practice that permits the mind and body to be in conjunction with each other. It incorporates meditation, breathing exercises, and stretches to allow stress reduction, relaxation, and rejuvenation. The term yoga means union. The asanas affect the muscles, joints and skin, and the whole body – glands, nerves, internal organs, bones, respiration and the brain

COURSE OBJECTIVES:

General objective:

The practice of yoga asanas develops strength flexibility, while soothing your nerves and calming your mind.

Specific objectives:

- Yoga is beneficial for physical fitness, musculoskeletal functioning and cardiovascular health.
- It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many life related disorders.
- Yoga helps to reduce depression, fatigue, anxiety disorders and stress.

RESOURCE PERSON: Mr. Chikka Srinivas, Yoga Trainer, Malla Reddy Health City

VENUE: Cricket ground

DATE: 21 June 2022

NUMBER OF PARTICIPANTS: 78 students from I BDS




Principal
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.
Recognised by Dental Council of India, New Delhi

Glimpse of the Event



PRQ

Principal
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.
Recognised by Dental Council of India, New Delhi

Date: 19-06-2021

Letter of Approval

To

The Principal/ Dean

Malla Reddy Dental College for women

Suraram.

Sub: Requesting Permission to conduct Session on Wellness of YOGA

Respected Sir,

The coordinator of MRDCW, would like to organize the Session on 'Wellness of YOGA for II BDS on 21JUNE 2021. Kindly grant us permission for the same and support the event.

Thanking you.

Yours faithfully,



CO-ORDINATOR




Principal
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.
Recognised by Dental Council of India, New Delhi

Date: 19-06-2021

Ref: MRDCW/Circulars/CES/2021/June-19

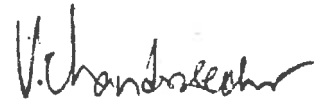
CIRCULAR

The II BDS Students are here by informed that course titled- 'Wellness of YOGA'-will be conducted on 21June 2021. The concerned staff are here by requested to give permission to the students attending the programme.

Resource person – Mr. Chikka Srinivas, Yoga Trainer, Malla Reddy Health City

Venue – Cricket ground

Date- 21June 2021



Principal/Dean

Principal
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





Principal
Malla Reddy Dental College
For Women

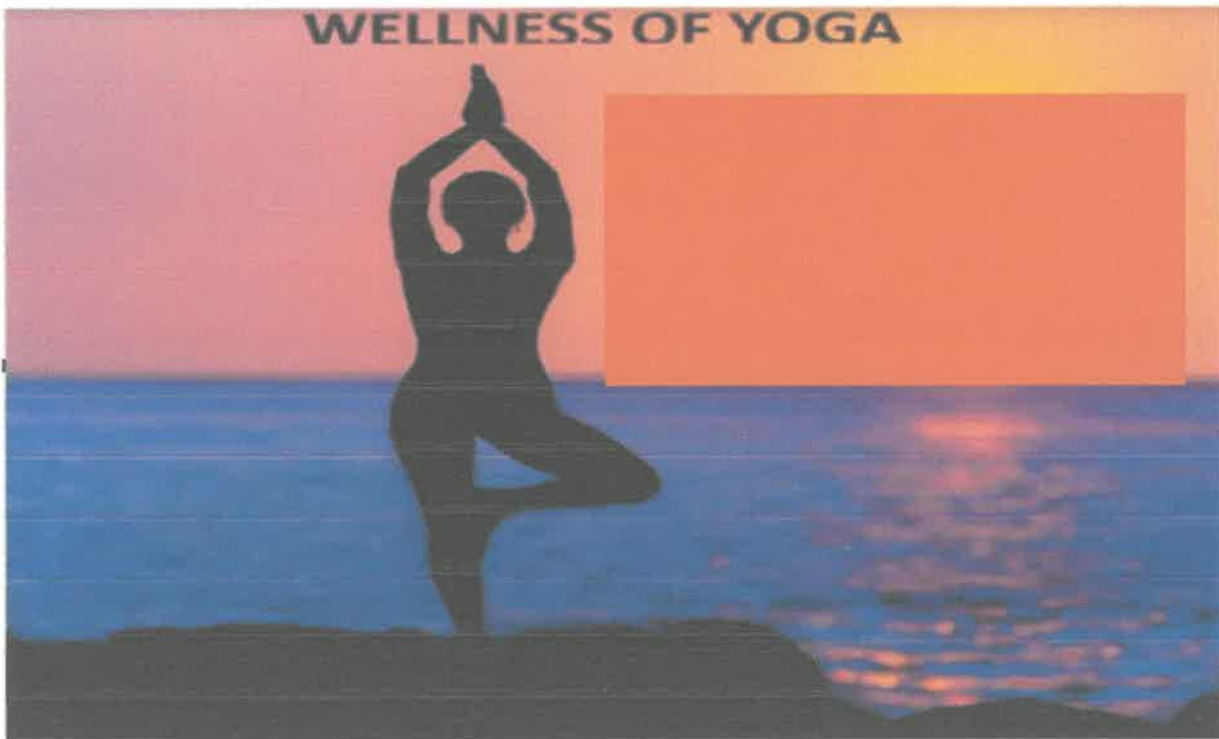


MALLA REDDY DENTAL COLLEGE FOR WOMEN

(SPONSORED BY : CHANDRAMMA EDUCATIONAL SOCIETY)

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

Brochure



COURSE AGENDA / TIME TABLE:

Day	Event
21-06-2021	Session on wellness on YOGA

B.S.



Principal
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.
Recognised by Dental Council of India, New Delhi

REPORT OF THE EVENT

24-06-2021

INTRODUCTION:

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.

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:

- Provides 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.

RESOURCE PERSON: Mr. Chikka Srinivas, Yoga Trainer, Malla Reddy Health City

VENUE: Cricket ground

DATE– 21 JUNE 2021

NUMBER OF PARTICIPANTS: 85 students from II BDS



Principal
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.
Recognised by Dental Council of India, New Delhi

Glimpse of the Event



Bis

Principal
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.
Recognised by Dental Council of India, New Delhi

Date: 20-06-2020

Letter of Approval

To

The Principal/ Dean

Malla Reddy Dental College for women

Suraram.

Sub: Requesting Permission to conduct Basic Yoga Course

Respected Sir,

The coordinator of MRDCW, would like to organize '**Basic Yoga Course**' for Ist BDS on 21st June 2020. Kindly grant us permission for the same and support the event.

Thanking you.

Yours faithfully,



CO-ORDINATOR




Principal
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.
Recognised by Dental Council of India, New Delhi

Date: 20-06-2020

Ref: MRDCW/Circulars/CES/2020/June-20

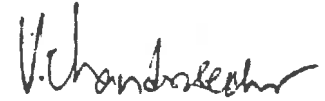
CIRCULAR

The I BDS are here by informed that course titled-‘Basic Yoga Course’-will be conducted on 21June 2020. The concerned staff are hereby requested to give permission to the students attending the programme.

Resource person – Dr. M. Srinivasa Rao, Phys. Director, Malla Reddy Engineering College.

Venue – Online (Zoom Session)

Date- 21June2020



Principal/ Dean

Principal
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



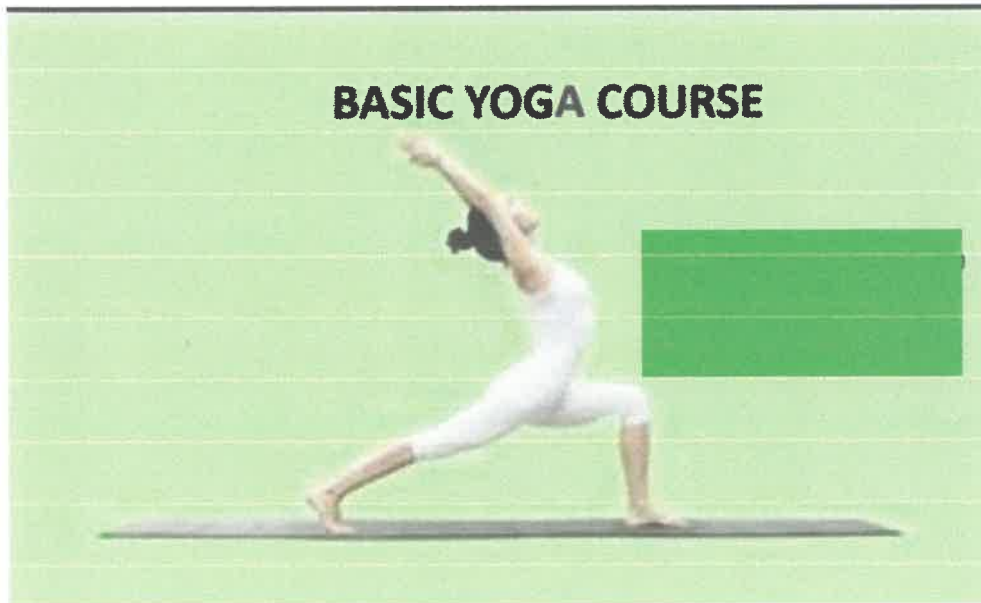

Principal
Malla Reddy Dental College
For Women


MALLA REDDY
DENTAL COLLEGE FOR WOMEN

(SPONSORED BY : CHANDRAMMA EDUCATIONAL SOCIETY)

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

Brochure



COURSE AGENDA / TIME TABLE:

Day	Event
21-6-2020	Basic Yoga Course





Principal
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.
Recognised by Dental Council of India, New Delhi

REPORT OF THE EVENT

18-06-2020

INTRODUCTION:

Basic yoga course can be an excellent way to manage stress, improve flexibility, build strength, and enhance overall well-being. Helps to connect with like-minded individuals and build a supportive community. Group classes offer encouragement, motivation, and a sense of belonging.

General objective: It provide a solid foundation for your practice and empower you to cultivate greater physical, mental, and emotional well-being.

Specific objectives:

- Began with an introduction to the fundamental principles and philosophy of yoga. You may learn about the history of yoga, its different branches, and its benefits for physical and mental health.
- The core of the course was focused on learning basic yoga poses or asanas. These poses included standing poses, seated poses, forward bends, backbends, twists, and balancing poses

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

VENUE: Online (Zoom Session)

DATE– 21 June 2020

NUMBER OF PARTICIPANTS: 75 students from I BDS



Principal
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

Glimpse of the event



Principal

Principal
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.
Recognised by Dental Council of India, New Delhi

Date: 20-06-2019

Letter of Approval

To

The Principal/Dean

Malla Reddy Dental College for women

Suraram.

Sub: Requesting Permission to conduct a session on Yoga in daily life

Respected Sir,

The coordinator of MRDCW, would like to organize a session on '**Yoga in Daily life**' for II BDS on 21 June 2019. Kindly grant us permission for the same and support the event.

Thanking you.

Yours faithfully,



CO-ORDINATOR




Principal
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.
Recognised by Dental Council of India, New Delhi

Date: 20-06-2019

Ref:MRDCW/Circulars/CES/2019/Jun-20

CIRCULAR

The II BDS are here by informed that course titled-‘Yoga in daily life’-will be conducted on 21 June 2019. The concerned staff are hereby requested to give permission to the students attending the programme.

Resource person – Mr. Balanji Reddy, Yoga Trainer

Venue – LECTURE HALL 03

Date- 21JUNE 2019



Principal/ Dean

Principal
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





Principal
Malla Reddy Dental College
For Women

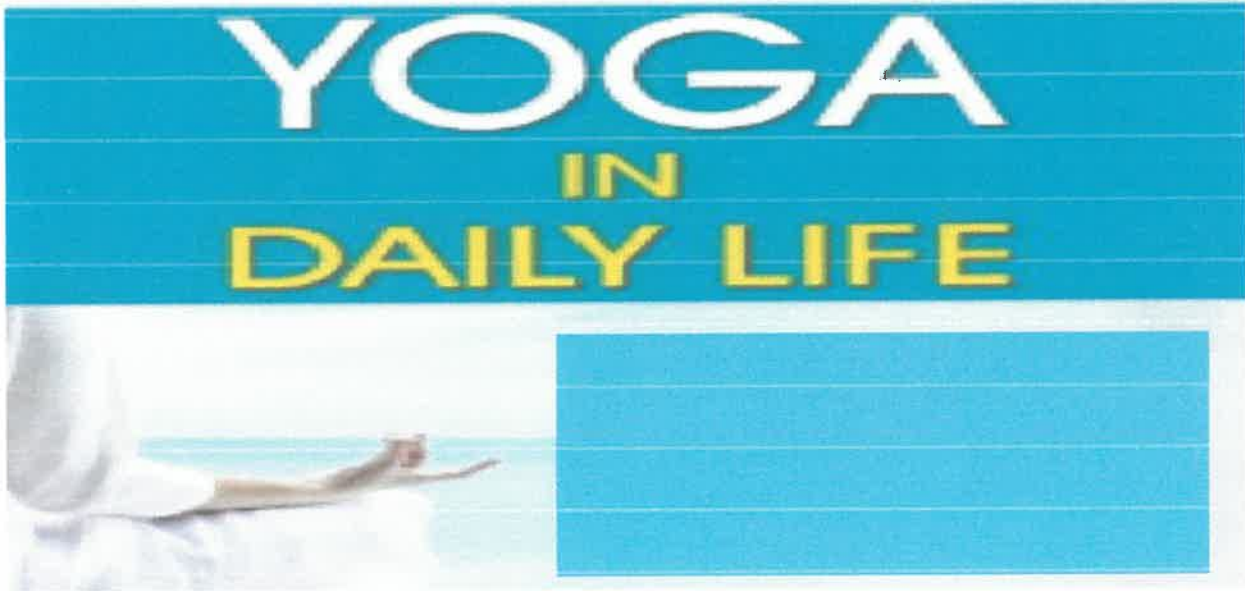


MALLA REDDY DENTAL COLLEGE FOR WOMEN

(SPONSORED BY : CHANDRAMMA EDUCATIONAL SOCIETY)

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

Brochure



COURSE AGENDA / TIME TABLE:

Day	Event
21-06-2019	Yoga in daily life

BIO



Principal
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

REPORT OF THE EVENT

23-06-2019

INTRODUCTION:

Incorporating yoga into your daily routine can have numerous physical, mental, and emotional benefits. The term yoga means union. The asanas affect the muscles, joints and skin, and the whole body – glands, nerves, internal organs, bones, respiration and the brain

General objective: to take short breaks throughout the day to stretch and release tension, especially if you have a sedentary job.

Specific objectives:

- The practice of yoga asanas develops strength flexibility, while soothing your nerves and calming your mind.
- To cultivate gratitude through yoga by ending each day with a brief reflection on what you're thankful for. Practicing gratitude can enhance your overall well-being and perspective on life.

RESOURCE PERSON: Mr. Balanji Reddy, Yoga Trainer

VENUE: Lecture hall 03

DATE– 21 JUN 2019

NUMBER OF PARTICIPANTS: 65 Students from II BDS



Principal
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.
Recognised by Dental Council of India, New Delhi

Glimpse of the Event



Principal
Malla Reddy Dental College
For Women


MALLA REDDY
DENTAL COLLEGE FOR WOMEN

(SPONSORED BY : CHANDRAMMA EDUCATIONAL SOCIETY)
Affiliation to Kaloji Narayanrao University of Health Sciences, Warangal, Telangana.
Recognised by Dental Council of India, New Delhi

Date: 20-06-2018

Letter of Approval

To

The Principal/Dean

Malla Reddy Dental College for women

Suraram.

Sub: Requesting Permission to conduct Yoga and Wellness Day

Respected Sir,

The coordinator of MRDCW, would like to organize 'Yoga and Wellness Day' for I BDS on 21 June 2018. Kindly grant us permission for the same and support the event.

Thanking you.

Yours faithfully,



CO-ORDINATOR




Principal
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.
Recognised by Dental Council of India, New Delhi

Date: 20-06-2018

Ref:MRDCW/Circulars/CES/2018/June20

CIRCULAR

The I BDS are here by informed that course titled- 'Yoga And Wellness Day'-will be conducted on 21 June 2018. The concerned staff are hereby requested to give permission to the students attending the programme.

Resource person – Dr. M. Srinivasa Rao, Phys. Director, Malla Reddy Engineering College.

Venue – Cricket Ground

Date- 21 June 2018



Principal/ Dean

Principal
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




Principal
Malla Reddy Dental College
For Women

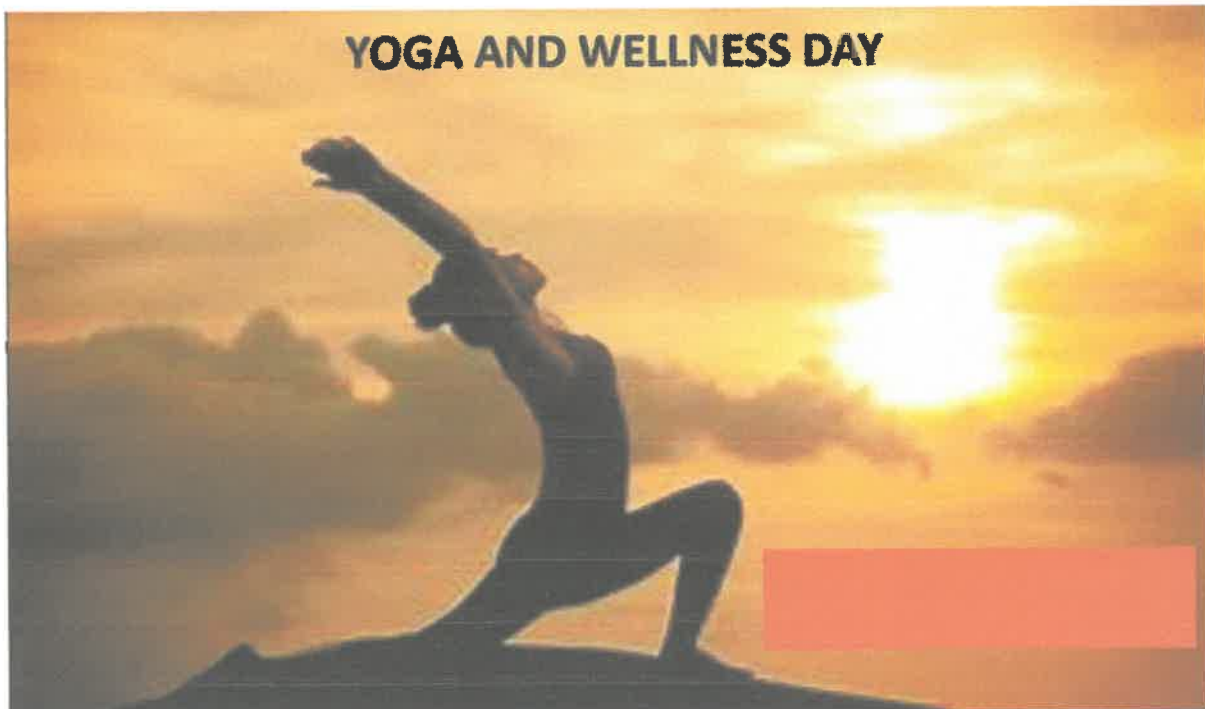


MALLA REDDY DENTAL COLLEGE FOR WOMEN

(SPONSORED BY : CHANDRAMMA EDUCATIONAL SOCIETY)

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

Brochure



COURSE AGENDA / TIME TABLE:

Day	Event
21-06-2018	Yoga And Wellness Day

PRD

Principal
Malla Reddy Dental College
For Women





**MALLA REDDY
DENTAL COLLEGE FOR WOMEN**

(SPONSORED BY : CHANDRAMMA EDUCATIONAL SOCIETY)

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

REPORT OF THE EVENT

24-06-2018

INTRODUCTION:

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.

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

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

VENUE: Cricket ground

DATE– 21 June 2018

NUMBER OF PARTICIPANTS: 72 students from I BDS




Principal
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.
Recognised by Dental Council of India, New Delhi

Glimpse of the Event



Principal
Malla Reddy Dental College
For Women