



MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL
Affiliated to Pondicherry Central University, Recognized by Dental Council of India
Chalakkara, P.O. Pallor, Mahe-673 310
U.T. of Puducherry. Ph : 0490 2337765



MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL

Accredited by NAAC with "A+" grade

Recognized by Dental Council of India | Affiliated to Pondicherry Central University

A Unit of Mahe Educational & Charitable NRI trust | Chalakkara, Pallor, Mahe- 673310, U.T of Puducherry

Ref. No: MINDS.P.O/15032024/02

Date:15.03.2024

CIRCULAR

This is to inform that there will be a soft skill development class on the topic "**TIME MANAGEMENT AND PRODUCTIVITY**" on 19.03.2024(Tuesday) for first year BDS Students.

All the Student are instructed to attend the programme without fail.

**Speaker: Dr.Anil Melath, Principal,
Professor & HOD, Dept. of Periodontics**

Venue: Lecture Hall IV

Time: 03:00pm to 04:00pm

**Dr.Anil Melath
PRINCIPAL**

**Principal
Mahe Institute of Dental Sciences & Hospital
MAHE**

Copy to

1. Chairman
2. CEO
3. Vice Principal
4. Administrator
5. All HOD's
6. IQAC



☎:0490 2337406, 2336190, 2336191, 8301046544

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🌐: www.mahedentalcollege.org



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TIME MANAGEMENT AND PRODUCTIVITY

Date: 19/03/2024

SNo	ID. No	Name	Signature
1	23BDS01	ABHINAV R S	
2	23BDS02	ABHIRAM KRISHNA K P	
3	23BDS03	ADITHYA HARI	
4	23BDS04	AHAMED MUSTHAFA	
5	23BDS05	AJMAL NIYAS K V	
6	23BDS06	AKARSH O S	
7	23BDS07	ALENA TRESSA MARTIN	
8	23BDS08	ALIYA ABDULLA	
9	23BDS09	AMRITA DEVI SHINE	
10	23BDS10	ANAGHA	
11	23BDS11	ANAGHA LIZ BOBBY	
12	23BDS12	ARSHYA RAJESH	
13	23BDS13	ARTHI S	
14	23BDS14	ATHUL SMITHA SANTHOSH	
15	23BDS15	AYISHA FATHIMA A	
16	23BDS16	AYISHA RISHA K M	
17	23BDS17	AYSHA HANEENA C	
18	23BDS18	BAKKILAKSHMI K	
19	23BDS19	BISMINA NISAR	
20	23BDS20	DEEPIKA S	
21	23BDS21	DHANALAKSHMI M D	
22	23BDS22	DHANUSRII V	
23	23BDS23	DRISYA RAJ	



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24	23BDS24	EVELYN AJITH JOSEPH	
25	23BDS25	FAHAD P K	
26	23BDS26	FASNA SHERIN M K	
27	23BDS27	FATHIMA	
28	23BDS28	FATHIMA ABDULARAHOOF	
29	23BDS29	FATHIMA ANSILA O	
30	23BDS30	FATHIMA FIDA	
31	23BDS31	FATHIMA JUMANA P P	
32	23BDS32	FATHIMA LIYANA K	
33	23BDS33	FATHIMA NASSIM	
34	23BDS34	FATHIMA RIFA	
35	23BDS35	FATHIMA RIFA K P	
36	23BDS36	FATHIMATHUL FIDA	
37	23BDS37	FATHIMATHUL JAMNA	
38	23BDS38	GOPIKA SUBHASH	
39	23BDS39	HARIKRISHNA P P	
40	23BDS40	HARIREKHA P K	
41	23BDS41	HASNA SHERIN P K	
42	23BDS42	ISMAIL NOUSHAD M	
43	23BDS43	JIBA NOOR AZEEZ	
44	23BDS44	JILU NAJIYA Y H	
45	23BDS45	JYOTHIKA L	
46	23BDS46	MALAVIKA ANIL KUMAR	
47	23BDS47	MANASA K V	
48	23BDS48	MARJAN T	
49	23BDS49	MERLIN SHARIN A DARATHI N	
50	23BDS50	MINHA ASHRAF	



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51	23BDS51	MOHANA PRASHATH S	
52	23BDS52	MUHAMMED DHARWISH V P	
53	23BDS53	MUHAMMED NOUMA SHIBIL	
54	23BDS54	N GOPIKA NATH	
55	23BDS55	NADHA FATHIMA K M P	
56	23BDS56	NADHA RISWIN K A	
57	23BDS57	NAFEESA AALIYAH	
58	23BDS58	NEHA BALAKRISHNAN A P	
59	23BDS59	NEHAL N V	
60	23BDS60	NIDA FARHA V	
61	23BDS61	NIYA KHADEEJA	
62	23BDS62	NOOHA SHIRIN A	
63	23BDS63	NOURIN NOURAS	
64	23BDS64	P P LUBNA RIYAS	
65	23BDS65	PARVATHI P AJI	
66	23BDS66	PARVATHY BIJU PRASAD	
67	23BDS67	RAFIDA MOIDU	
68	23BDS68	RAGHAVENDRAN K	
69	23BDS69	RAGUL SUBBU	
70	23BDS70	RAHUL RAJEEV	
71	23BDS71	REJA BEEVI	
72	23BDS72	RESHMA	
73	23BDS73	RITHWIK A PRASANTH	
74	23BDS74	RIZWAN O P	
75	23BDS75	ROOBI V K	
76	23BDS76	ROSIN B	
77	23BDS77	S SWETHA	



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78	23BDS78	SAFA MARVA P	
79	23BDS79	SANA FATHIMA	
80	23BDS80	SAYAN SAJI	
81	23BDS81	SHAFAF C T	
82	23BDS82	SHARBILA MUSTAFA	
83	23BDS83	SHEVIN LATHEEF	
84	23BDS84	SHIGHA SOFY	
85	23BDS85	SHREYAS JAYAKRISHNAN	
86	23BDS86	SISIRA N P	
87	23BDS87	SRADHA S S	
88	23BDS88	SREELAKSHMY T V	
89	23BDS89	SREERUDHRA P R	
90	23BDS90	SRUTHI M K	
91	23BDS91	SWALIHA KAREEM T K	
92	23BDS92	THENMOZHI S	
93	23BDS93	THOMAS BINOY	
94	23BDS94	V A RIZWANA	
95	23BDS95	VIGNESH RAJU K	
96	23BDS96	VINAYAK B CHANDRAN	



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POST EVENT REPORT

Venue: Lecture Hall 4

Date: 19/03/2024

Dr. Anil Melath, Principal, Professor, and Head of Department of Periodontics, delivered an impactful lecture on **Time Management and Productivity** to First year BDS students at Lecture Hall 4 from 3:00 PM to 4:00 PM. The session covered essential principles of time management, setting SMART goals, prioritization techniques, overcoming procrastination, and introduced valuable time management tools and resources. These tools included digital calendars, task management apps, and productivity techniques like the Pomodoro Technique. Attendees actively participated in discussions, sharing their experiences and seeking advice on improving their time management skills. The session contributed significantly to the holistic development of the students, empowering them for success in their academic and professional lives.