



MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL
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/21052024/01

Date: 21.05.2024

CIRCULAR

This is to inform that a Value-added- course on Yoga will be starting from 22.05.2024(Wednesday). All interested student can attend the programme.

Course instructor : Dr.Prasad Aravind

Venue: Navatara Auditorium

Time: 06:30am

Dr.AnilMelath
PRINCIPAL

Principa
Mahe Institute of Dental Sciences & Hospita-
MAHE

Copy to:

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



☎:0490 2337406, 2336190, 2336191, 8301046544

✉ @: principal mahedentalcollege.org | administration@mahedentalcollege.org

🌐: www.mahedentalcollege.org

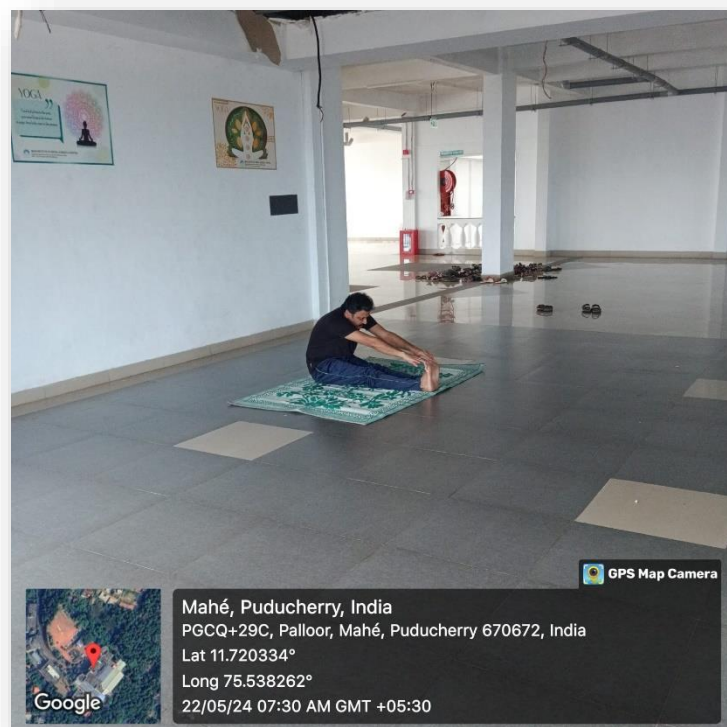
POST EVENT REPORT

The Department of Oral Pathology and Microbiology successfully conducted a value-added course on Yoga, titled 'Elixir,' on the 22nd of May, 2024. This program was designed for both undergraduate and postgraduate students, with the aim of promoting holistic well-being through the practice of yoga.

Dr. Prasad Aravind, Professor and Head of the Department of Prosthodontics, served as the instructor for the course. With his extensive knowledge and experience, Dr. Aravind guided the students through two enriching yoga sessions, focusing on techniques that enhance physical and mental health.

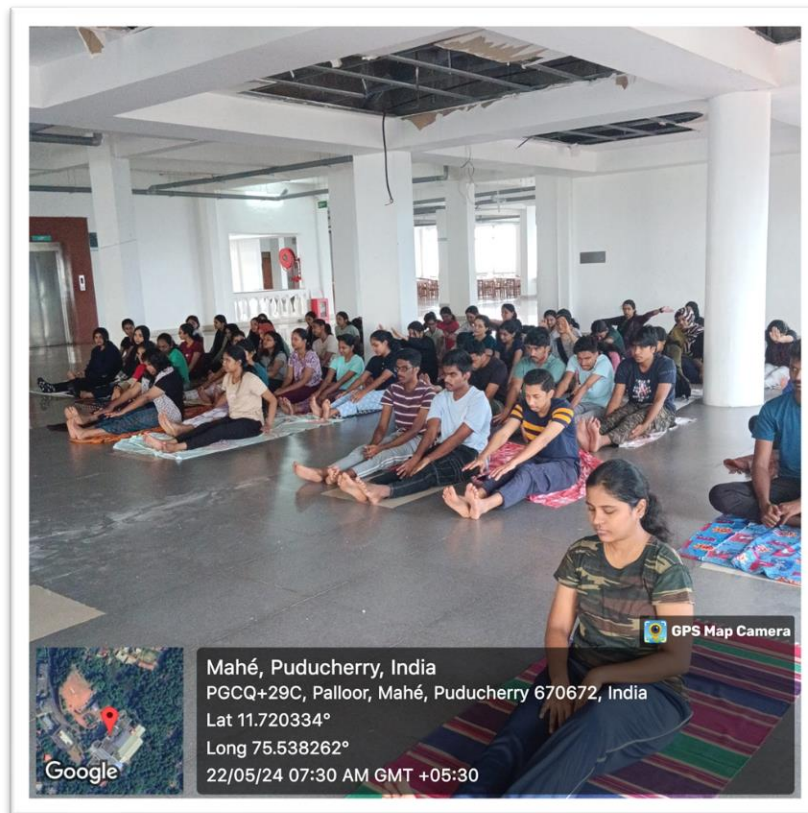
The students showed great enthusiasm and actively participated in the sessions. The program not only introduced them to the fundamentals of yoga but also emphasized the importance of incorporating such practices into their daily lives for long-term health benefits.

The course was highly successful, creating significant awareness among the students about the importance of yoga and its numerous health benefits. The positive response from participants underscores the value of integrating such wellness programs into the academic environment, contributing to the overall well-being of the student community.





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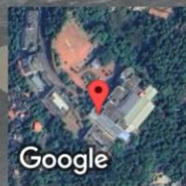


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Mahé, Puducherry, India
PGCQ+29C, Palloor, Mahé, Puducherry 670672, India
Lat 11.720102°
Long 75.538159°
22/05/24 07:05 AM GMT +05:30

GPS Map Camera

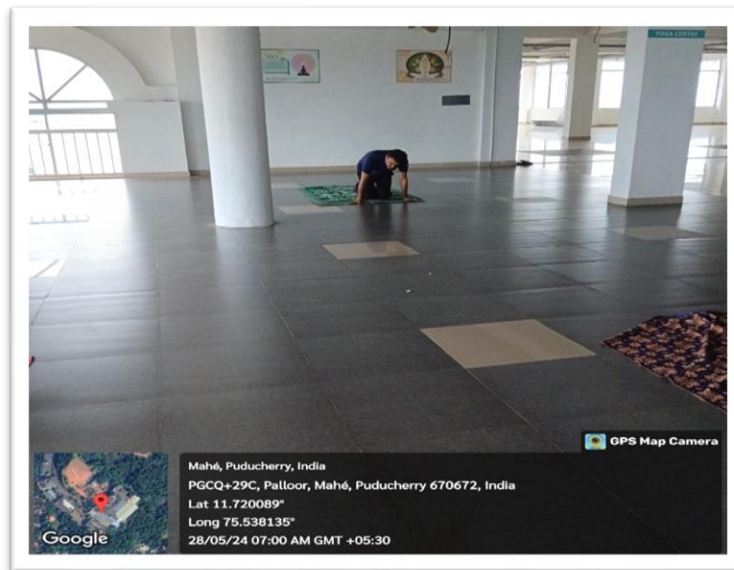
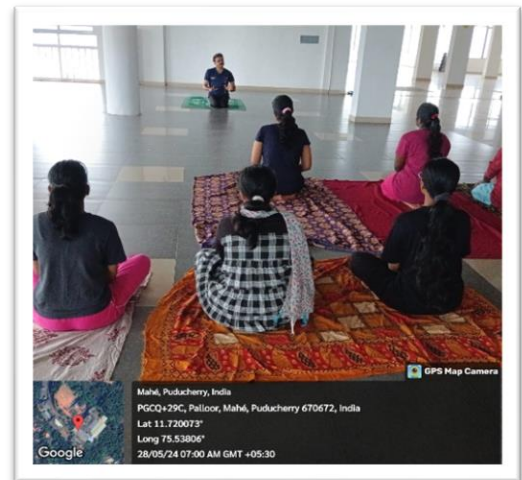


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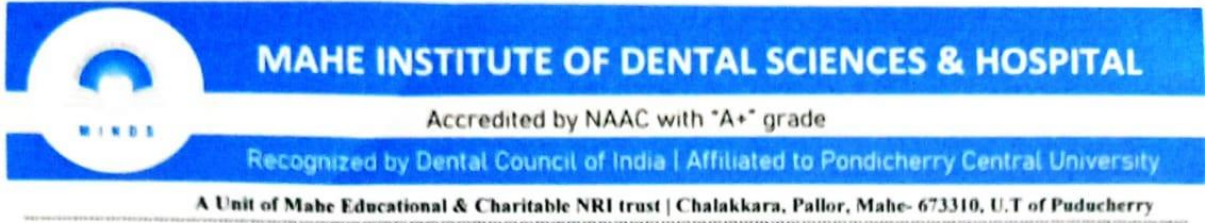


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Ref. No: MINDS.P.O/15062024/04

Date: 15.06.2024

CIRCULAR

This is to inform that "International Yoga Day" celebration will be held on 21.06.2024(Friday).

First year BDS Students are instructed to attend the programme without fail.

Resource Person: Mr.Appachan K . J, MA, MSc YOGA

Venue: Navatara Auditorium

Time: 02:00pm onwards

Dr. Anil Melath
PRINCIPAL

Principal
Mahe Institute of Dental Sciences & Hospital
MAHE

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3. Vice Principal
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INTERNATIONAL YOGA DAY

21ST JUNE 2024

'YOGA - ZEN'

Yoga is the gateway to happiness and the secret to a healthy mind.

Wishing you a Happy International Yoga Day



RESOURCE PERSON: MR.APPACHAN.K.J, MA, M.SC YOGA.
YOGA PRACTITIONER.
VENUE : NAVATARA, 4TH FLOOR
TIME: 2PM ONWARDS



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21.06.2024

YOGA - ZEN

PARTICIPANTS LIST

1ST YEAR REGULAR BATCH 2023-2024			
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	



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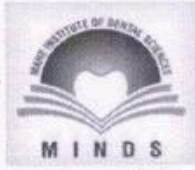
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21.06.2024

22	23BDS22	DHANUSRI V	
23	23BDS23	DRISYA RAJ	
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	



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21.06.2024

47	23BDS47	MANASA K V	
48	23BDS48	MARJAN T	
49	23BDS49	MERLIN SHARIN A DARATHI N	
50	23BDS50	MINHA ASHRAF	
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	



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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	
78	23BDS78	SAFA MARVA P	
79	23BDS79	SANA FATHIMA	
80	23BDS80	SAYAN SAJI	
81	23BDS81	SHAFAF C T	
82	23BDS82	SHARBILA MUSTAFA	
83	23BDS83	SHE SIN 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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SCIENCE AND HOSPITAL**



In Association With IQAC &
Physical Education Department, MINDS.

Certificate of Appreciation

Proudly Presented to

MR. APPACHAN.K.J

For being the Resource person for the 'Yoga-Zen'
program conducted as a part of Celebration of
International Day of Yoga, 21st June, 2024.

**DR. ANIL MELATH
PRINCIPAL**

**DR. M SELVAMANI
VICE PRINCIPAL**

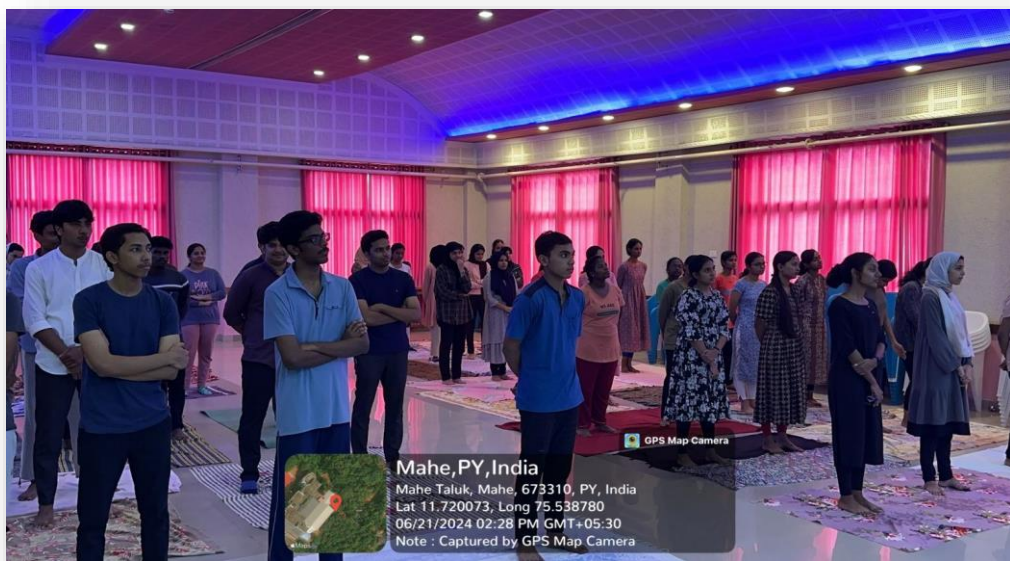


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3:38 PM | 5.7KB/s | VoWiFi | 58% | 2:34 PM | 2.4KB/s | 66% | 3:40 PM | 2.5KB/s | 58%

Bhuvan Yoga **Bhuvan Yoga** **Bhuvan Yoga**

Detail View Sent Data **International Day of Yoga (IDY)** **Detail View Sent Data**

Mobile app for Event Reporting - 2024

Photo-1 Photo-2 Photo-1 Photo-2

Number of Participants : 60

Organizing Agency : Mahe institute of dental sciences and hospital

Yoga Instructor Name : Mr. Appachan.K.J

Event Place and Address : Mahe institute of dental sciences and hospital Chalakkara Mahe U T of Puducherry

Volunteer Name : Ex: Mr Saketh

Volunteer EMAIL : xyz@gmail.com

Volunteer Mobile Number : Ex: 9898989898

GPS Accuracy: 4.0 m

1. Name of the Activity : Yoga2024
2. Creation Time : 2024-6-21 15:15:7
3. Number of Participants : 60
4. Organizing Agency : Mahe institute of dental sciences and hospital
5. Yoga Instructor : Mr. Appachan.K.J
6. Event Place : Mahe institute of dental sciences and hospital Chalakkara Mahe U T of Puducherry

1. Name of the Activity : Yoga2024
2. Creation Time : 2024-6-21 15:13:30
3. Number of Participants : 60
4. Organizing Agency : Mahe institute of dental sciences and hospital
5. Yoga Instructor : Mr. Appachan.K.J
6. Event Place : Mahe institute of dental sciences and hospital Chalakkara Mahe U T of Puducherry

Close Close

FDCCapp - Bhuvan Yoga version 1.7
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Photo



Feedback form

21.06.2024

YOGA-ZEN

1. **Effectiveness of Techniques:**

- On a scale of 1 to 10, how would you rate the effectiveness of the yoga techniques taught in enhancing your physical flexibility and strength?
1 2 3 4 5 6 7 8 9 10

2. **Mindfulness and Relaxation:**

- Did the course adequately address mindfulness and relaxation techniques through yoga practices?
 - Yes
 - No

3. **Variety of Practices:**

- How satisfied were you with the variety of yoga practices (e.g., Hatha, Vinyasa, Restorative) covered in this course?
 - Very Satisfied
 - Satisfied
 - Neutral
 - Dissatisfied
 - Very Dissatisfied

4. **Instructor's Guidance:**

- Rate the instructor's ability to guide and explain yoga postures and breathing techniques:
 - Excellent
 - Good
 - Fair
 - Poor

5. **Physical Benefits:**

- Have you experienced noticeable improvements in your physical well-being (e.g., reduced stress, improved posture) after participating in this yoga course?
 - Significant Improvement
 - Moderate Improvement
 - Slight Improvement
 - No Improvement

6. **Understanding Yoga Philosophy:**

- To what extent did the course cover the philosophical aspects of yoga (e.g., yogic principles, meditation)?
 - Comprehensive Coverage
 - Adequate Coverage
 - Partial Coverage
 - Minimal Coverage
 - No Coverage

7. **Application of Breathing Techniques:**

- How confident do you feel in applying the breathing exercises (Pranayama) learned in this course to manage stress in daily life?
 - Very Confident
 - Confident
 - Neutral
 - Not very Confident
 - Not Confident at all

8. **Overall Satisfaction:**

- On a scale of 1 to 5, how satisfied are you with the overall value and quality of this yoga value-added course?
 - 1: Very Dissatisfied
 - 2: Dissatisfied
 - 3: Neutral
 - 4: Satisfied
 - 5: Very Satisfied