

YOGA AND WELLNESS



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

POST EVENT REPORT

Programme Name: CERTIFICATE PROGRAMME - YOGA FOR SOUL

Date: 24.5.2021-27.5.2021

Venue: Zoom

Faculty: 1) Dr.Raj AC, MINDS, Mahe
2) Dr.Ambili Ayilliath, MINDS, Mahe

Total No. of participants: 81

A certificate programme "YOGA FOR SOUL" was held on 24.5.2021-27.5.2021. The programme was guided by Dr.Raj AC, Head of the Department of Oral Medicine and Radiology and Dr.Ambili Ayilliath, Reader, Department of Pedodontics. Students were asked to perform some asanas and their importances were also briefed to them. The students had a very eventful day and it was well appreciate by them. The feedback was then collected from the participants.

SIGNATURE:-



Dr. Anil Melath, MDS
Principal
Mahe Institute of Dental Sciences & Hospital
Chalakkara, P.O. Pallor, Mahe -673310
UT of Puducherry



MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL

U.T of Puducherry | Chalakkara, Pallor, Mahe 6733 10

YOGA FOR SOUL

CERTIFICATE COURSE

This course is designed to introduce students, safely and accessibly, to the basic postures, breathing techniques, and relaxation methods of yoga. Students will begin to experience the benefits of stretching, moving, and breathing freely as they relieve built up stress, learn to relax, and ultimately get more out of day to day life.

COURSE INSTRUCTORS



DR RAJ AC



DR AMBILIA



COURSE DATE : 24.5.2021-27.5.2021
TIME : 4.00 PM

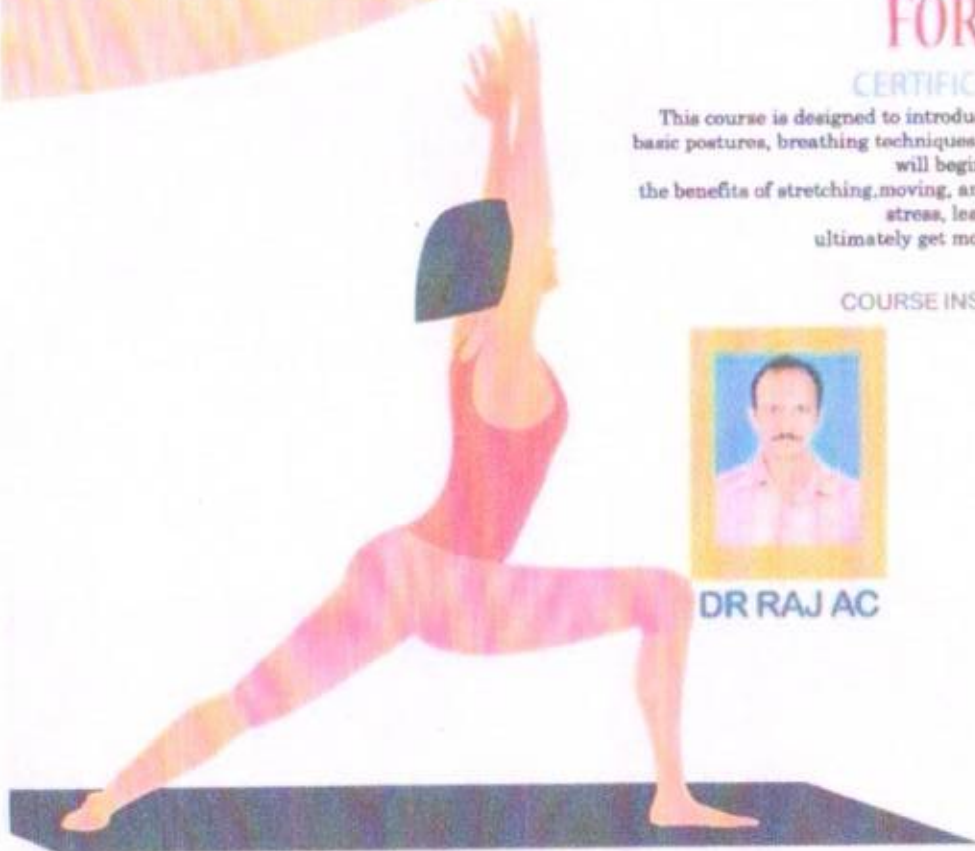


LOGIN ID : 834 83724324
PASSCODE : mindszoom

COURSE CO-ORDINATORS : DR ROSHIN CN, DR JILU J A

Dr. Anil Melath, MDS
Principal

Mahe Institute of Dental Sciences & Hospital
Chalakkara, P.O. Pallor, Mahe - 673310
U.T. Puducherry





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YOGA FOR SOUL

CERTIFICATE COURSE

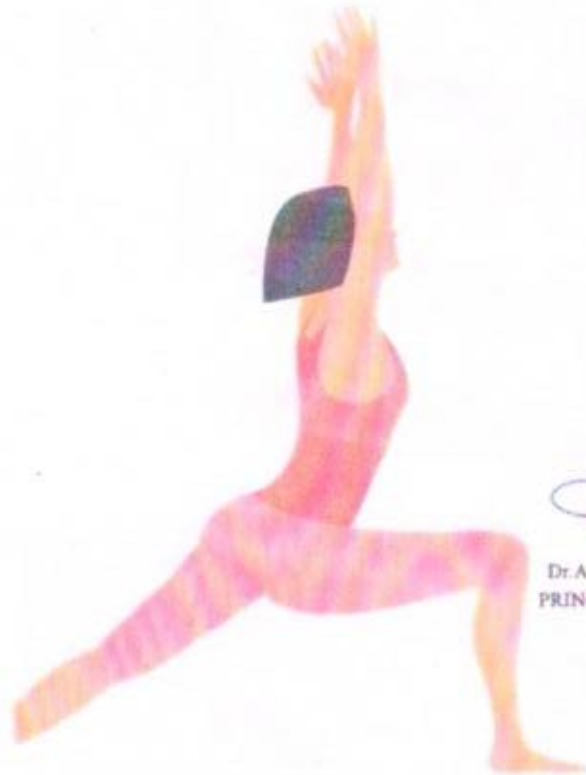
CERTIFICATE OF COURSE COMPLETION

AWARDED TO

.....*RENJU...CARDOZ*.....

FOR SUCESSFULLY COMPLETING
THE ONLINE CERTIFICATE COURSE YOGA FOR SOUL
HELD BETWEEN 24.5.2021 -27.5.2021

ORGANIZED BY,
MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL,
CHALAKKARA, MAHE,
U.T OF PUDUCHERRY, 873 310



Dr. ANIL MELATH
PRINCIPAL, MINDS



Dr. M SELVAMANI
VICE PRINCIPAL, MINDS

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YOGA

FOR SOUL

CERTIFICATE COURSE

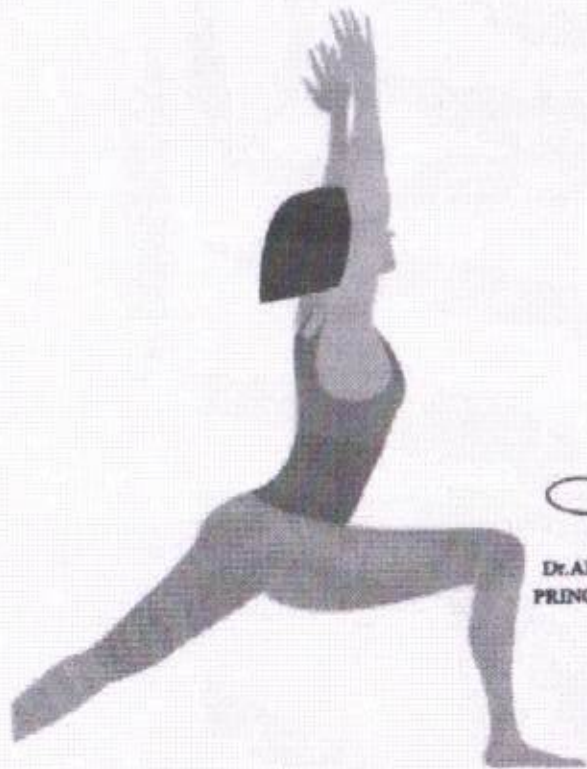
CERTIFICATE OF COURSE COMPLETION

AWARDED TO

SHINU. M. CHERIAN

FOR SUCCESSFULLY COMPLETING
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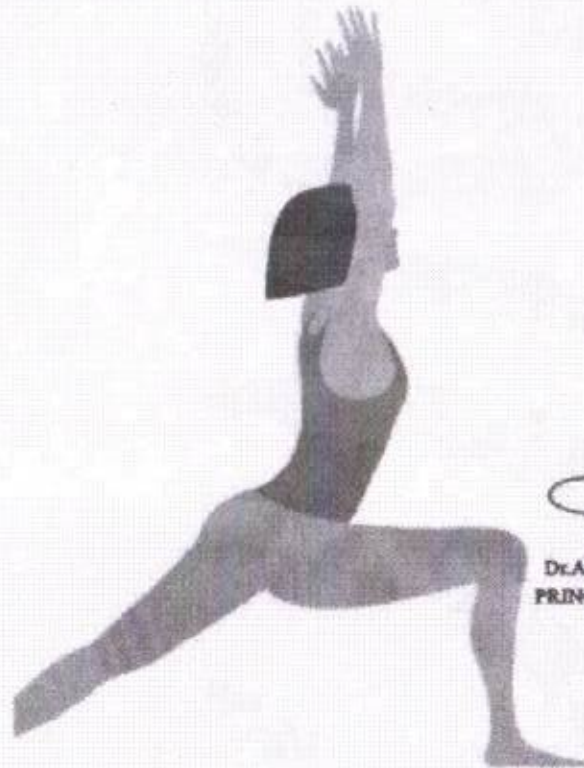
CERTIFICATE OF COURSE COMPLETION

AWARDED TO

..... SUBHINA . C. B.

FOR SUCCESSFULLY COMPLETING
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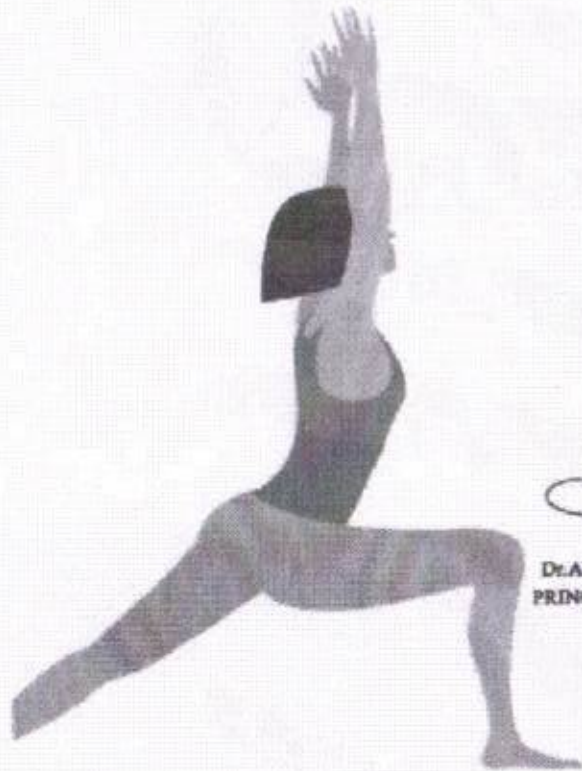
CERTIFICATE OF COURSE COMPLETION

AWARDED TO

ANGELA GRACE PRAVEEN.....

FOR SUCCESSFULLY COMPLETING
THE ONLINE CERTIFICATE COURSE YOGA FOR SOUL
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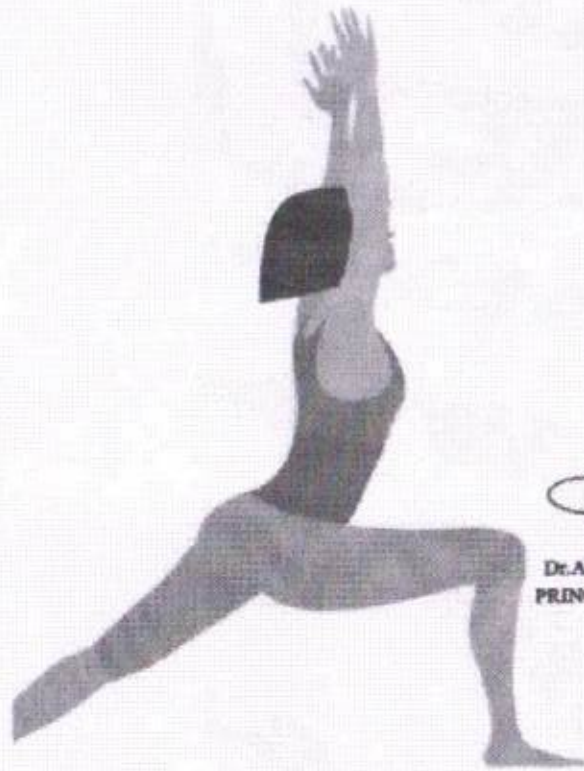
CERTIFICATE OF COURSE COMPLETION

AWARDED TO

.....*ADVAISHA S*.....

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PRINCIPAL, MINDS



Dr. M SELVAMANI
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**YOGA FOR SOUL
ONLINE CERTIFICATE COURSE
PARTICIPATION LIST
2020-21**

1. ABHUTH BABU
2. ADARSH UDAYAKUMAR.R
3. ADVAITA.S
4. AISWARYA RESHMI.K.K
5. AL THAUF ALI.N
6. AMRITHA MOHAN.K.T
7. ANAYA PRAVEEN
8. ANGELA GRACE PRAVEEN
9. ANGELIN.A
10. ANJANA BABU
11. ANUSHKA.K.S.BABU
12. ASCHARYA.K.SASI
13. ATHIRA.P
14. ATHUL AJIT
15. DAYA KRISHNA.K.M
16. DEENADAYALAN.M
17. DEVASUDHA.M
18. DEVIKA.M
19. ESWARI NIVETHA.K
20. FARHEEN FAISAL MOHAMED
21. FATHIMA NOURIN
22. FATHIMA SENIYA.T
23. FATHIMATHU NIHA
24. GAYATHRI GOVARDANAN
25. GEETHU.M.K
26. GOGULAVARTHINI.S
27. GOPIKA.T.V
28. HARFATH.P
29. HARIBHARATH.M
30. HEMACHANDIRAN.R
31. INDRAJA.R.S
32. JANANIE.B
33. KAVITHA.R
34. KAVYASREE.V
35. KEERTHANA LAKSHMI.K
36. LISA MATHEW
37. MOHANA PRIYA
38. MUHAMMED NIHAL
39. MUHAMMED SAHAL




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40. NADINE ANNE EDISON
41. NAMADHARAK SAI KOTTESWARAN.P.S
42. NAYANIKA
43. NEHA SANKAR
44. NIHALA.A.G
45. NITHYA JAYASHREE.B
46. NIVEDHYA.K
47. PAVITHRA.N
48. PRATHYUSHA PRAKASH
49. PRITHI.S
50. PRUDHVINATH CHOWDARLE
51. PUNYA.K
52. RAGA RANGINI.D
53. RAHUL.P.A
54. RASHENA NELOFUR.A
55. RENJU CARDOZ
56. RENTHA FATHIMA.M
57. RINSHA.K.T
58. SANA MUNIR KANJARANDY
59. SANDRA.S.L
60. SANJEEVINI.R
61. SAYOOJYA.V
62. SENEGA.S.G
63. SHADHA LIYANA.P.P
64. SHAHANA.K
65. SHAHANA THESNEEM
66. SHAHNA.P.T
67. SHAKOUFA NAZIR
68. SREELAKSHMI.P
69. SRIHARI.S
70. SUBHINA.C.B
71. THOMAS SAJI THOMAS
72. VIGNESHWAR.D
73. VISMAYA SUJITH
74. YOGESH.A
75. NAHIDA NAZEER
76. AJAY C ANIL
77. ASHMILA SHAS ABU
78. PREMCHANDAR J
79. SHINU M CHERIYAN
80. SHREYA S
81. SITHARA RAZACK



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**YOGA FOR SOUL
FEEDBACK FORM**

Please tick the appropriate option for each parameter.

SL NO	QUESTION	4	3	2	1
1.	Speaker presented information in a clear and organized manner	✓			
2.	The program objectives were met		✓		
3.	Speaker included opportunities to learn interactively	✓			
4.	Relevancy of the content to professional activities was a reason for you to participate	✓			
5.	Usefulness of handouts and audio-visual materials		✓		
6.	The course content met your expectations		✓		
7.	The meeting room and facilities were comfortable and adequate	✓			
8.	Programme venue		✓		
9.	Degree to which the program is recommended to colleagues	✓			



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SL. NO	QUESTION	4	3	2	1
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5.	Usefulness of handouts and audio-visual materials	✓			
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FEEDBACK FORM**

Please tick the appropriate option for each parameter.

SL NO	QUESTION	4	3	2	1
1.	Speaker presented information in a clear and organized manner	<input checked="" type="checkbox"/>			
2.	The program objectives were met		<input checked="" type="checkbox"/>		
3.	Speaker included opportunities to learn interactively	<input checked="" type="checkbox"/>			
4.	Relevancy of the content to professional activities was a reason for you to participate		<input checked="" type="checkbox"/>		
5.	Usefulness of handouts and audio-visual materials	<input checked="" type="checkbox"/>			
6.	The course content met your expectations		<input checked="" type="checkbox"/>		
7.	The meeting room and facilities were comfortable and adequate	<input checked="" type="checkbox"/>			
8.	Programme venue		<input checked="" type="checkbox"/>		
9.	Degree to which the program is recommended to colleagues	<input checked="" type="checkbox"/>			



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SL NO	QUESTION	4	3	2	1
1.	Speaker presented information in a clear and organized manner	✓			
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3.	Speaker included opportunities to learn interactively	✓			
4.	Relevancy of the content to professional activities was a reason for you to participate	✓			
5.	Usefulness of handouts and audio-visual materials		✓		
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9.	Degree to which the program is recommended to colleagues	✓			



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MINDS.P.O/23052021/1

Date:23.5.2021

CIRCULAR

This is to inform that a Online certificate programme YOGA FOR SOUL is scheduled from 24.5.2021-27.5.2021. All the registered candidates are requested to attend the programme. Zoom link will be shared in the batch Whatsapp group

Time: 4 Pm



DR. ANIL.M

Principal

Copy to:

1. The Chairman.
2. The Vice Principal.
3. Administrator
4. Departments

Dr. Anil Melath, MDS
Principal
Mahe Institute of Dental Sciences & Hospital
Chalakkara, P.O. Palloor, Mahe -673310
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POST EVENT REPORT

Programme Name: CERTIFICATE PROGRAMME YOGA- BREATHING AND EXERCISE

Date: 11.5.2020-14.5.2020

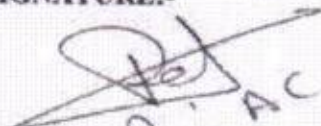
Venue: Navatara Auditorium

Faculty: 1) Dr.Raj AC, MINDS, Mahe
2) Dr.Ambili Ayilliath, MINDS, Mahe


Total No. of participants: 77

A certificate programme "YOGA- Breathing and Exercise" was held at Navatara Auditorium from 11.5.2020-14.5.2020. The programme was guided by Dr.Raj AC, Head of the Department of Oral Medicine and Radiology and Dr.Ambili Ayilliath, Reader, Department of Pedodontics. Students were asked to perform some asanas and their importances were also briefed to them. The students had a very eventful day and it was well appreciate by them. The feedback was then collected from the participants.

SIGNATURE:-


D. Raj AC




Dr. Anil Melath, MDS
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Yoga Time
 CERTIFICATE COURSE

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COURSE INSTRUCTORS



DR. RAJAN A



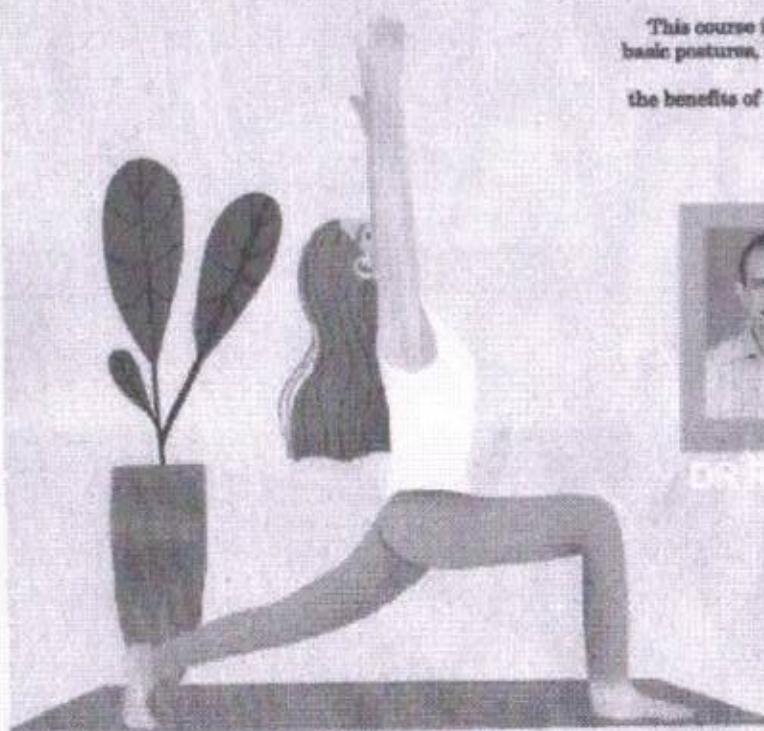
DR. AMBILLA

COURSE DATE : 11.5.2020-14.5.2020
TIME : 4.00 PM



ZOOM

LOGIN ID : 842 89728744
 PASSCODE : 482098



COURSE CO-ORDINATORS : DR ROSHINI CN, DR JILU JA



Dr. An...
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Yoga Time

CERTIFICATE COURSE

CERTIFICATE OF COURSE COMPLETION

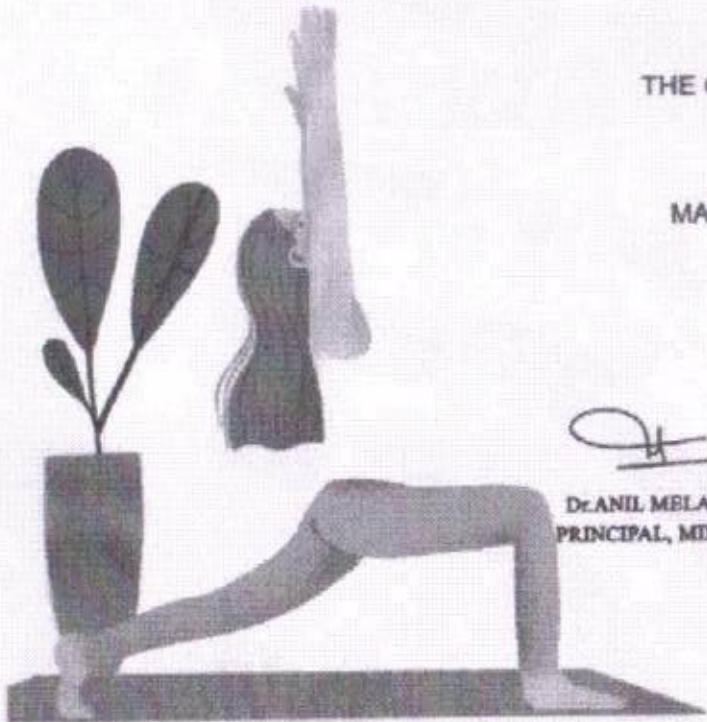
AWARDED TO

VISHNU. C. T

FOR SUCESSFULLY COMPLETING
THE ONLINE CERTIFICATE COURSE ON YOGA - YOGA TIME
HELD BETWEEN 11.5.2020-14.5.2020

ORGANIZED BY,

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U.T OF PUDUCHERRY, 673 310



Dr. ANIL MELATH
PRINCIPAL, MINDS



Dr. MOHD FERAZ
VICE PRINCIPAL, MINDS

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Yoga Time

CERTIFICATE COURSE

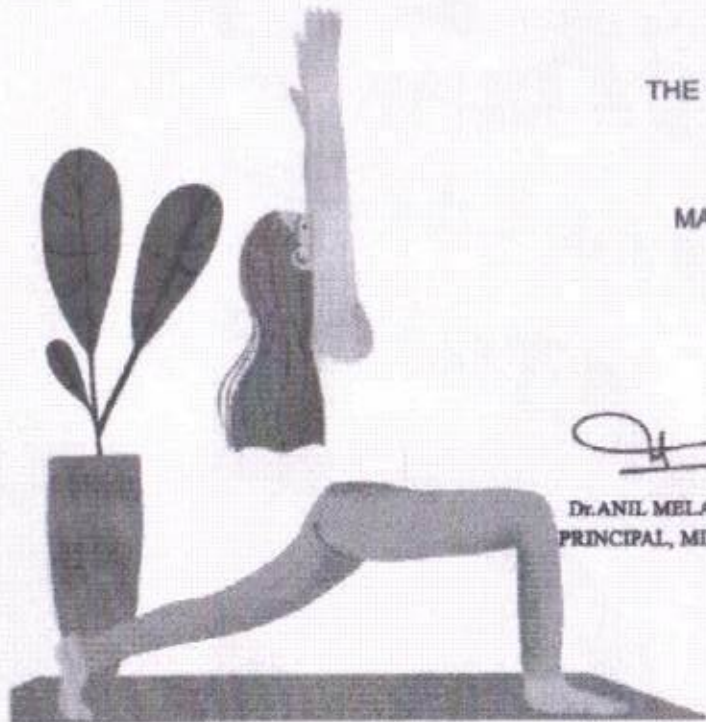
CERTIFICATE OF COURSE COMPLETION

AWARDED TO

SONU SHAHAZIB

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HELD BETWEEN 11.5.2020-14.5.2020

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Yoga Time

CERTIFICATE COURSE

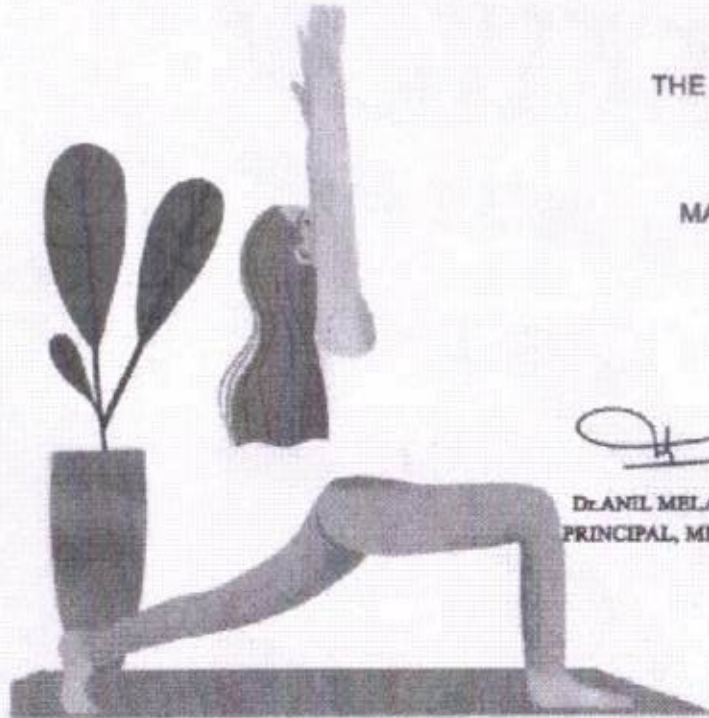
CERTIFICATE OF COURSE COMPLETION

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HELD BETWEEN 11.5.2020-14.5.2020

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Yoga Time

CERTIFICATE COURSE

CERTIFICATE OF COURSE COMPLETION

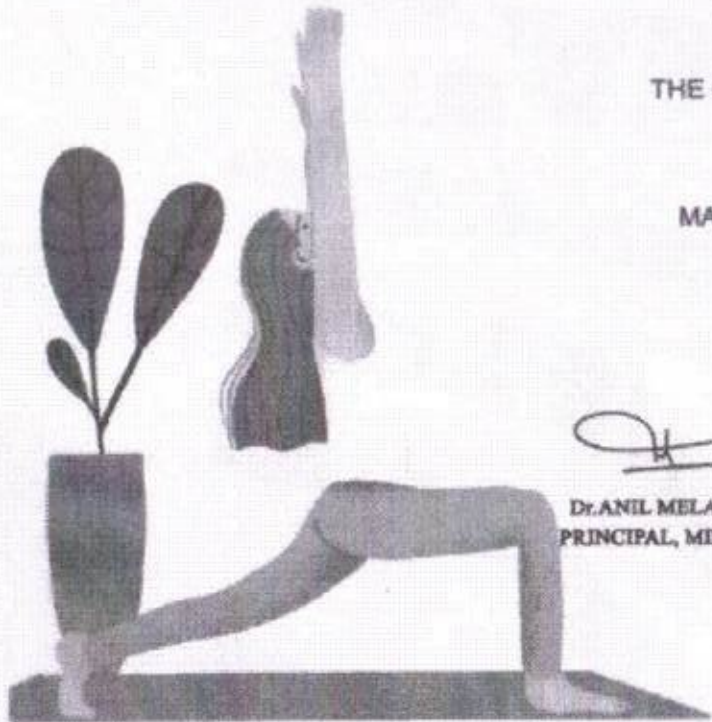
AWARDED TO

MOHAMMED DANISH . P . P

FOR SUCESSFULLY COMPLETING
THE ONLINE CERTIFICATE COURSE ON YOGA - YOGA TIME
HELD BETWEEN 11.5.2020-14.5.2020

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CERTIFICATE OF COURSE COMPLETION

AWARDED TO

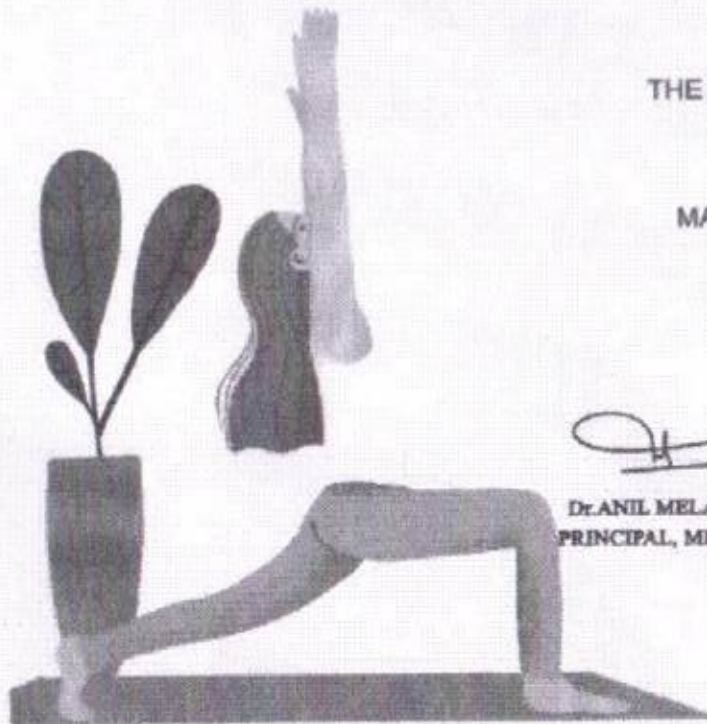
SANTHOSH KUMAR.K

FOR SUCESSFULLY COMPLETING

THE ONLINE CERTIFICATE COURSE ON YOGA - YOGA TIME
HELD BETWEEN 11.5.2020-14.5.2020

ORGANIZED BY,

MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL,
CHALAKKARA, MAHE,
U.T OF PUDUCHERRY, 673 310



Dr. ANIL MELATH
PRINCIPAL, MINDS



Dr. MOHD FERROZ
VICE PRINCIPAL, MINDS

Dr. Anil Melath, MDS
Principal
Mahe Institute of Dental Sciences & Hospital
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U.T of Puducherry




MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL
Chalakkara, P.O. Pallor, Mahe-673 310
U.T. of Puducherry. Ph : 0490 2337765

YOGA TIME
ONLINE CERTIFICATE COURSE
PARTICIPATION LIST
2019-20

1. ABHINAV SHEKHAR
2. ADINATH R
3. ADITYA NARAYANAN
4. AFIA S
5. AKASH V
6. AMISHA ANAND
7. AMNA A G
8. ANAGHA C P
9. ANAGHA P
10. ANNIES KURUVILLA
11. ANUPAM C
12. ANUPRIYA T A
13. ANUSREE
14. ARUNIMA T V
15. ASLAMA MOHAMMAD ALI
16. ASWATHI V K
17. ASWATHY P R
18. ATHIRA P
19. ATHULYA CHANDRAN
20. BAVITHRA R
21. BENIL POALOSE
22. DILSHA NOUSHAD
23. DRISYA SEKHAR
24. ESHA BARKAVIE
25. FARZEEN JAMEELA
26. HARILAKSHMI UNNI
27. HARIPRASHANTH R
28. HASNA SAJITHA MOHAMMEDALI
29. INDUJA R
30. ISRAA IQBAL POMMANICHI VALIYAKATH
31. JOE JOSE
32. KAVYA K C
33. KEERTHANA PRAMOD
34. LUBANA M
35. MALAVIKA
36. MEERA M
37. MOHAMMED DANISH PP
38. MOHAMMED JASEEL S V




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39. MOHAMMED NIHAAL ZACKARIYA
40. MOHAMMED SAHAL
41. NAHIDA NAZEER
42. NIKHITHA
43. NISHA JOHNSON
44. NOUFY NAVAS
45. POOJA DAYANAND KUNJAN
46. POOJA SANJEEV P V
47. PRISCILLA MERCY B
48. RAMANA R
49. ROSE JENCY P A
50. ROZANA B
51. RUMANA NIZAR
52. SALMANUL FARSI M I
53. SANAA SATHAR
54. SANDDHRA P V
55. SANTHOSH KUMAR K
56. SARJADA NASREEN
57. SATCHIT TEJSHREE
58. SHAFNA MOHAMMED T M
59. SHALINI A
60. SHAMILA K V
61. SHWETHA JANICE A
62. SONU SHAHAZIB
63. SOORAJ B
64. THEHAZIN NAVAZ
65. TIJIN S MATHEW
66. VISHNU C T
67. VISHNUPRIYA A K
68. ZIYAD ZAINUL ABDEEN ZAKARIYA
69. ZUBA SUNEED
70. AISWARYA P J
71. ATHUL V
72. FATHIMA NAURIN
73. NANDHA DINESH
74. SONA PRADEEP
75. SOUNDARYA JYOTHI DASARI
76. SULABHI M S
77. VIMAL RAJ M


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**'YOGA- BREATHING AND EXERCISE'
FEEDBACK FORM**

Please tick the appropriate option for each parameter.

SL NO	QUESTION	4	3	2	1
1.	Speaker presented information in a clear and organized manner	✓			
2.	The program objectives were met		✓		
3.	Speaker included opportunities to learn interactively	✓			
4.	Relevancy of the content to professional activities was a reason for you to participate		✓		
5.	Usefulness of handouts and audio-visual materials	✓			
6.	The course content met your expectations		✓		
7.	The meeting room and facilities were comfortable and adequate		✓		
8.	Programme venue	✓			
9.	Degree to which the program is recommended to colleagues		✓		



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5.	Usefulness of handouts and audio-visual materials	✓			
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8.	Programme venue	✓			
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SL NO	QUESTION	4	3	2	1
1.	Speaker presented information in a clear and organized manner	<input checked="" type="checkbox"/>			
2.	The program objectives were met		<input checked="" type="checkbox"/>		
3.	Speaker included opportunities to learn interactively	<input checked="" type="checkbox"/>			
4.	Relevancy of the content to professional activities was a reason for you to participate	<input checked="" type="checkbox"/>			
5.	Usefulness of handouts and audio-visual materials		<input checked="" type="checkbox"/>		
6.	The course content met your expectations	<input checked="" type="checkbox"/>			
7.	The meeting room and facilities were comfortable and adequate		<input checked="" type="checkbox"/>		
8.	Programme venue		<input checked="" type="checkbox"/>		
9.	Degree to which the program is recommended to colleagues	<input checked="" type="checkbox"/>			



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Date:10.5.2020

CIRCULAR

This is to inform that an online certificate programme YOGA- BREATHING AND EXERCISE is scheduled from 11.5.2020-14.5.2020. All the registered candidates are requested to join the programme through Zoom application using the following details

LOGIN ID :842 897 287 44

PASSCODE: 482098

Time: 4 P M

Platform : Zoom cloud Meeting



Principal

Copy to:

1. The Chairman.
2. The Vice Principal.
3. Administrator
4. Departments

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POST EVENT REPORT

Programme Name: CERTIFICATE PROGRAMME 'YOGA'

Date: 21.5.2019-24.5.2019

Venue: Navatara Auditorium

Faculty: 1) Dr.Raj AC, MINDS, Mahe

Total No. of participants: 75

A certificate programme "YOGA" was held at Navatara Auditorium from 21.5.2019-24.5.2019. The programme was guided by Dr.Raj AC, Head of the Department of Oral Medicine and Radiology. Students were asked to perform some asanas and their importances were also briefed to them. The students had a very eventful day and it was well appreciate by them. The feedback was then collected from the participants.

SIGNATURE:-



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YOGA CERTIFICATE COURSE

2018-19

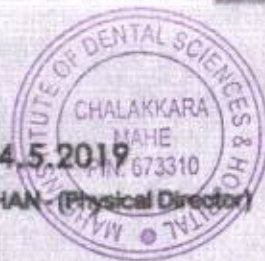


This course is designed to introduce students, safely and accessibly, to the basic postures, breathing techniques, and relaxation methods of yoga. Students will begin to experience the benefits of stretching, moving, and breathing freely as they relieve built up stress, learn to relax, and ultimately get more out of day-to-day life.



DR RAJ AC
COURSE INSTRUCTOR

COURSE DATE : 21.5.2019-24.5.2019
COURSE CO-ORDINATOR : MR CHACKOCHAN (Physical Director)



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YOGA

CERTIFICATE COURSE

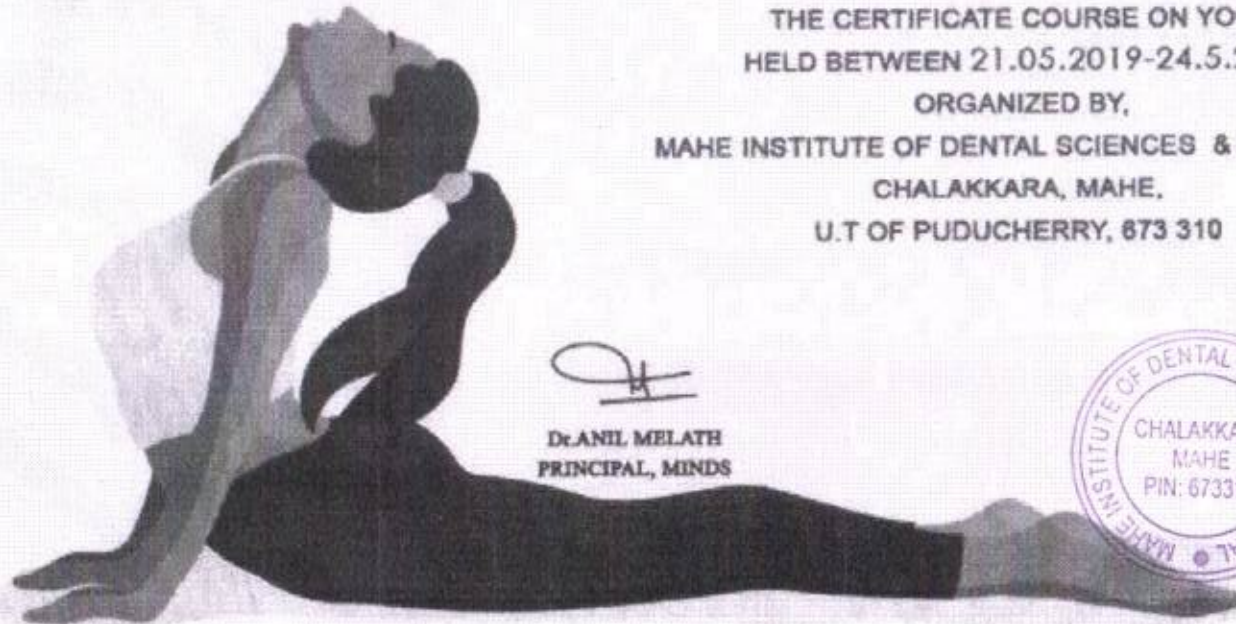
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AWARDED TO

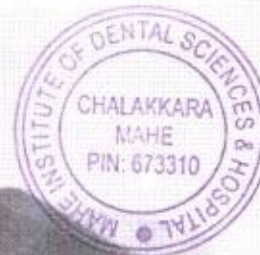
ANANTHA LAKSHMI . N

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HELD BETWEEN 21.05.2019-24.5.2019

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CERTIFICATE COURSE

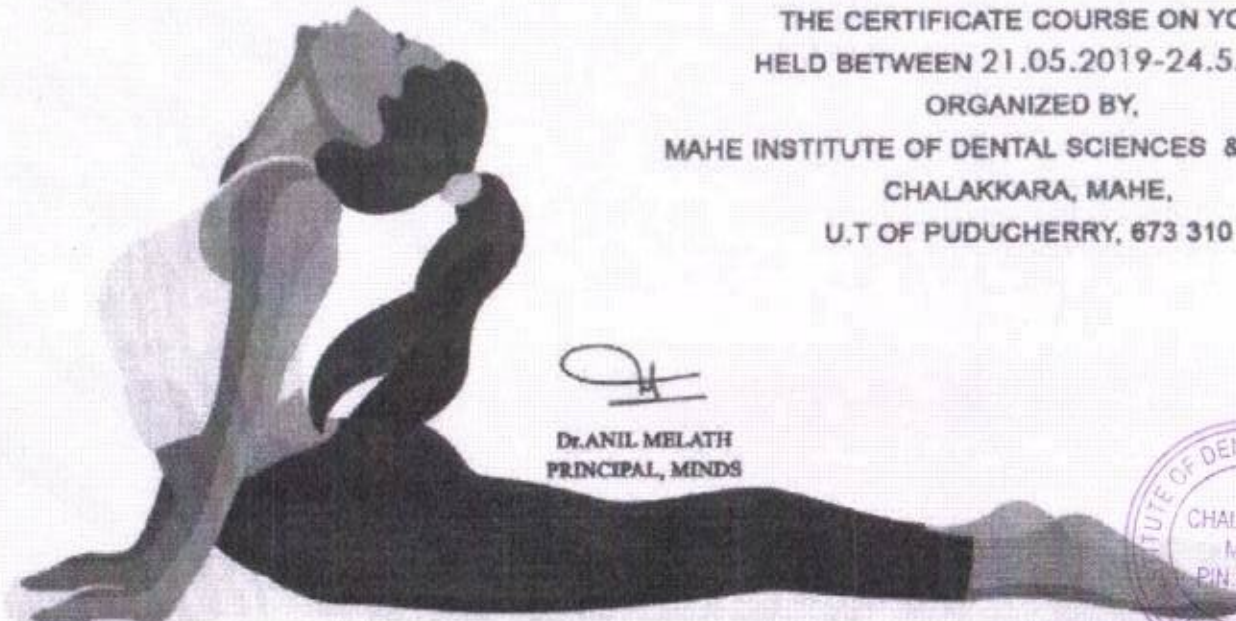
CERTIFICATE OF COURSE COMPLETION

AWARDED TO

ATHUL . V

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CERTIFICATE COURSE

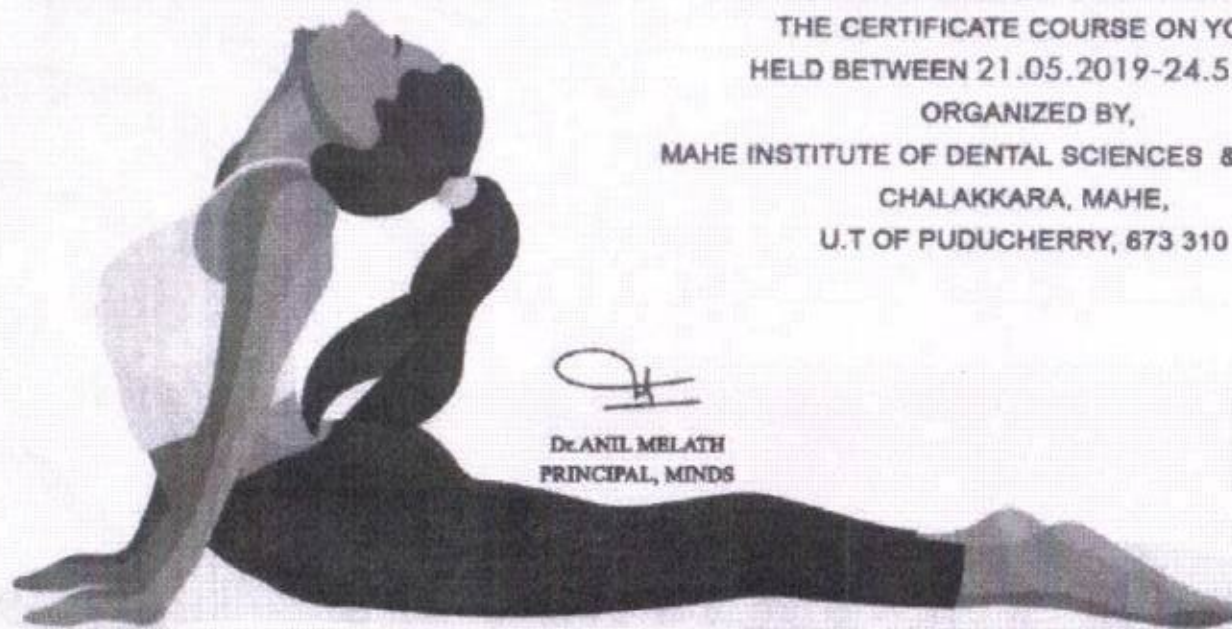
CERTIFICATE OF COURSE COMPLETION

AWARDED TO

POOJA MURALI

FOR SUCESSFULLY COMPLETING
THE CERTIFICATE COURSE ON YOGA
HELD BETWEEN 21.05.2019-24.5.2019

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PRINCIPAL, MINDS



Dr. MOHD. FERAZ
VICE-PRINCIPAL, MINDS

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CERTIFICATE COURSE

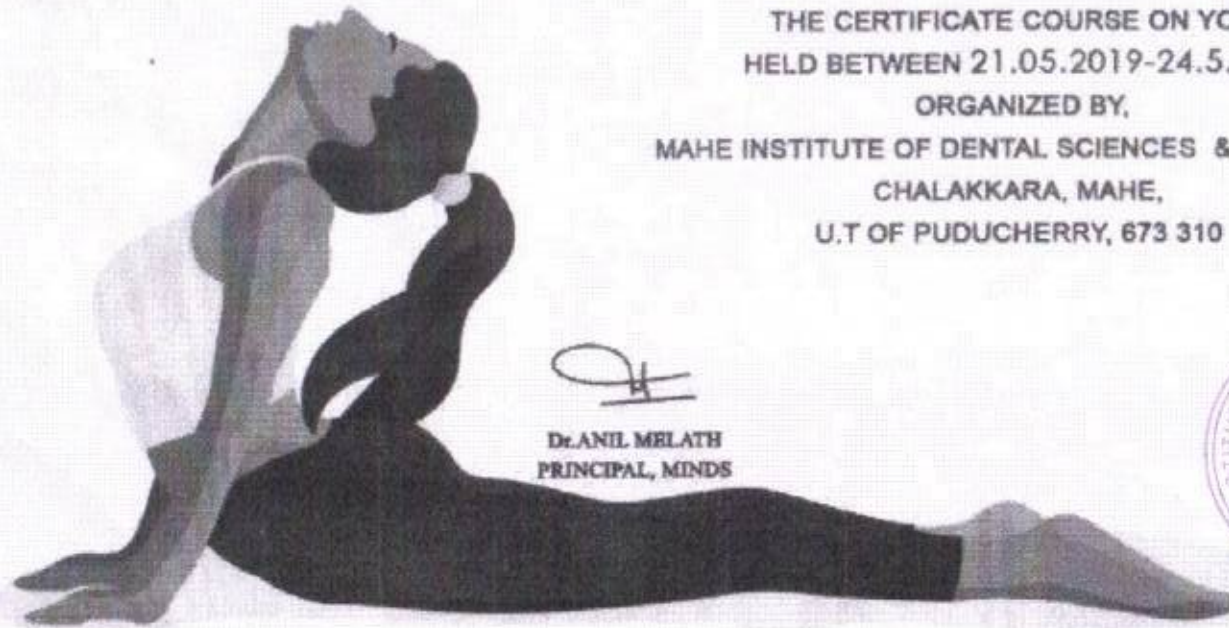
CERTIFICATE OF COURSE COMPLETION

AWARDED TO

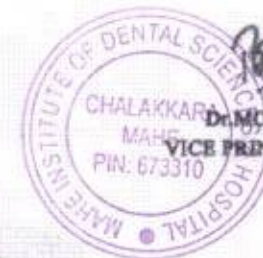
ANJANA M

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CERTIFICATE COURSE

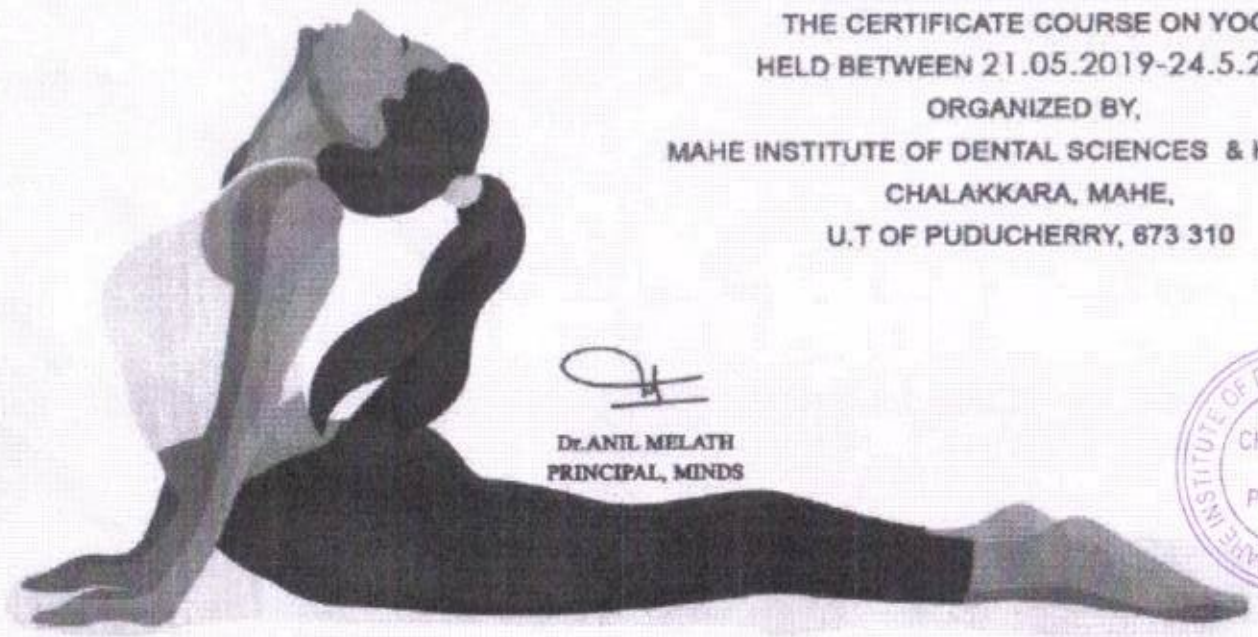
CERTIFICATE OF COURSE COMPLETION

AWARDED TO

GAYATHRI . T

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U.T OF PUDUCHERRY, 673 310



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Dr. ANIL MELATH
PRINCIPAL, MINDS

[Signature]
Dr. MOHD FERAZ
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CHALAKKARA
MAHE
PIN: 673310

[Signature]
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YOGA
CERTIFICATE COURSE
PARTICIPATION LIST
2018-19

Sl. No	Participant Name	DAY 1	DAY 2	DAY 3	DAY 4
1.	AARSHA B.S	/	/	/	/
2.	ABIRAMI P	/	/	/	/
3.	ADITHYAN V	A	A	A	/
4.	AHALIA ANWAR PN	/	/	/	/
5.	AISHWARYA R	/	/	/	/
6.	AJITHKUMAR M	/	/	/	/
7.	AMITHA KRISHNA M	/	/	/	/
8.	ANANTHLAKSHMI N	/	/	/	A
9.	ANJANA M	A	/	/	/
10.	ANJANA S RAJAN	/	/	/	/
11.	ARUNA S	/	/	A	/
12.	ARUNDHATI S	/	/	/	/
13.	ASWATHY BABU	/	A	/	/
14.	ASWATHY PREMAN	A	A	/	/
15.	ASWATHY S NAIR	/	/	/	/
16.	ATHIRA S RAJ	/	/	/	/
17.	AYISHA LUBINA SALIM	/	/	A	/



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18.	CHANDANA T K	/	/	/	/
19.	DEVAYANI S	/	/	/	/
20.	DHARMARAJ D	/	/	A	/
21.	DHIVYA S S	/	/	/	/
22.	DILIP T	/	/	/	/
23.	DIVYAA S	A	A	/	/
24.	FATHIMA NAJA	/	/	/	/
25.	FATHIMATHUL NIDHA PARVIN	/	/	/	/
26.	FATHIMATHUL SHAMSHEENA	/	/	/	A
27.	FEMIDA	/	/	/	/
28.	GOPIKA SUDHEER	/	/	A	/
29.	HENA FRANCIS	/	/	/	/
30.	JAGATHEESH RAMAKRISHNA	/	/	/	/
31.	KAVYA P C	A	/	/	/
32.	MADHAN KUMAR R	/	/	/	/
33.	MADHUMATHA M	/	/	/	/
34.	MADHUMITHA S	/	A	/	/
35.	MOHAMED NABEEL TIHAMI	/	A	/	/
36.	NIMISHA U K	/	/	/	A
37.	OVIYA U	/	/	A	/
38.	PALLAVI A NAIR	/	/	/	/




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39.	PAVITHIRA T	/	/	/	/
40.	POOJA MURALI	/	/	A	/
41.	PRAVEEN P	/	/	/	/
42.	PREETHI K	/	/	/	/
43.	RAJESH R	/	/	/	/
44.	ROFI R	/	/	A	/
45.	ROSHLINE RAAJI S	A	/	/	/
46.	SAHITHYA D	/	A	/	/
47.	SANGEETHA SANJAYAN	/	A	/	/
48.	SANJAY S	/	/	/	A
49.	SARIGA R	/	/	/	/
50.	SATHYA M	A	/	/	/
51.	SHREEDEVI E	/	/	/	/
52.	SIDHARTH S	/	/	/	/
53.	SIVASHAKTHI S	/	/	A	/
54.	SONA PRADEEP	/	/	/	/
55.	SOUNDARYA JYOTHI DASARI	/	/	/	/
56.	SRIRAMANAN S	/	/	/	/
57.	SRISOWMIYA M	/	/	/	A
58.	SUBHA B	A	/	/	/
59.	SUHA YOUNUS	/	/	/	/




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60.	SWATHI S	/	/	✓	/
61.	THARANE D	/	/	A	/
62.	THEERTHA K	/	/	/	/
63.	THEERTHA SUNIL	/	/	/	/
64.	VAISHALI K	/	/	/	/
65.	VAISHALI R NAIR	/	/	/	/
66.	AISWARYA P J	A	A	/	A
67.	ARUNKUMAR S	/	/	A	/
68.	ATHUL V	/	/	/	/
69.	FATHIMATHUL NAJIYA P K	/	/	/	/
70.	GAYATHRI T	/	/	A	/
71.	KEERTHIGA K	/	A	A	/
72.	MAMBAIL GADHA	/	/	/	A
73.	MEGHNA M	/	/	/	/
74.	NANDHA DINESH	A	/	/	/
75.	RAMEESA ISMAIL VP	/	/	/	/




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**YOGA
FEEDBACK FORM**

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UT of Puducherry



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Chalakkara, P.O. Pallor, Mahe-673 310
U.T. of Puducherry. Ph : 0490 2337765

**YOGA
FEEDBACK FORM**

Please tick the appropriate option for each parameter.

SL NO	QUESTION	4	3	2	1
1.	Speaker presented information in a clear and organized manner	✓			
2.	The program objectives were met	✓			
3.	Speaker included opportunities to learn interactively		✓		
4.	Relevancy of the content to professional activities was a reason for you to participate		✓		
5.	Usefulness of handouts and audio-visual materials	✓			
6.	The course content met your expectations		✓		
7.	The meeting room and facilities were comfortable and adequate	✓			
8.	Programme venue		✓		
9.	Degree to which the program is recommended to colleagues	✓			



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Date:20/5/2019

CIRCULAR

This is to inform that a certificate programme in YOGA is scheduled from 21.5.2019-24.5.2019.
All the registered candidates are requested to attend the programme.

Venue: Navathara

Time: 2.30pm

DR ANIL . M

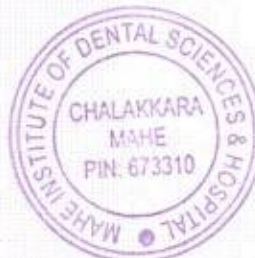
Principal

Copy to:

1. The Chairman.
2. The Vice Principal.
3. Administrator
4. Departments

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POST EVENT REPORT

Programme Name: CERTIFICATE COURSE "YOGA IN DAILY LIFE"

Date: 16.5.2018-19.5.2018

Venue: Navatara Auditorium

Faculty: 1) Dr.Raj AC, MINDS, Mahe

Total No. of participants: 85

A certificate course "Yoga in Daily Life" was held at Navatara Auditorium from 16.5.2018-19.5.2018. The programme was guided by Dr.Raj AC, Head of the Department of Oral Medicine and Radiology. Students were asked to perform some asanas and their importances were also briefed to them. The students had a very eventful day and it was well appreciate by them. The feedback was then collected from the participants.

SIGNATURE:-



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YOGA IN DAILY LIFE

2017-18

This course is designed to introduce students, safely and accessibly, to the basic postures, breathing techniques, and relaxation methods of yoga. Students will begin to experience the benefits of stretching, moving, and breathing freely as they relieve built up stress, learn to relax, and ultimately get more out of day to day life.



DR. ANIL MALATHI
INSTRUCTOR

COURSE DATE : 16.5.2018-19.5.2018

COURSE CO-ORDINATOR : MR CHACKOCHAN - (Physical Director)



Dr. Anil Malathi, MDS
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**YOGA
IN DAILY LIFE**

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

PAVITHRA B



FOR SUCESSFULLY COMPLETING
THE CERTIFICATE COURSE ON BASIC YOGA
HELD BETWEEN 16.5.2018-19.5.2018

ORGANIZED BY,
MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL,
CHALAKKARA, MAHE,
U.T OF PUDUCHERRY, 673 310

Dr. ANIL MELATH
PRINCIPAL, MINDS



Dr. BINOY MATHEWS
VICE PRINCIPAL, MINDS

Anil Melath, MDS
Principal
Mahe Institute of Dental Sciences & Hospital
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YOGA IN DAILY LIFE

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

RIYA JAMES

FOR SUCESSFULLY COMPLETING
THE CERTIFICATE COURSE ON BASIC YOGA
HELD BETWEEN 16.5.2018-19.5.2018

ORGANIZED BY,

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Dr. DINOY MATHEWS
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**YOGA
IN DAILY LIFE**

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

ABHIJITH PP

FOR SUCCESSFULLY COMPLETING
THE CERTIFICATE COURSE ON BASIC YOGA
HELD BETWEEN 16.5.2018-19.5.2018

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Dr. BINOY MATHEWS
VICE PRINCIPAL, MINDS

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**YOGA
IN DAILY LIFE**

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

ATHUK T.V

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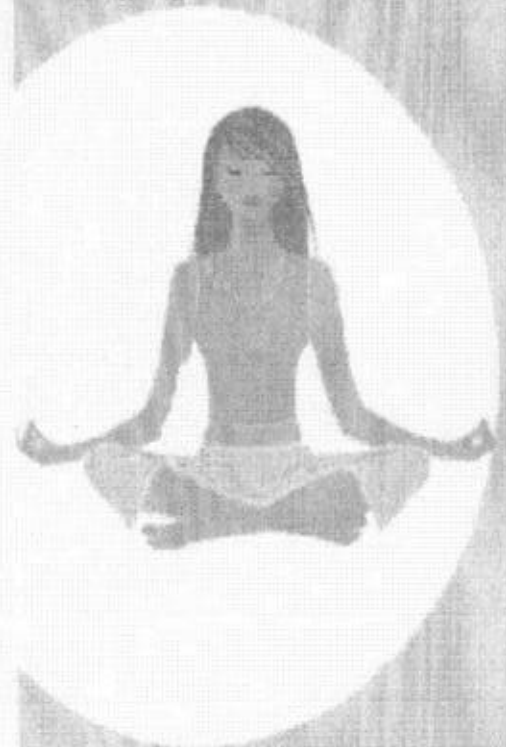
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**YOGA
IN DAILY LIFE**

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

HEBA JAMAL



FOR SUCESSFULLY COMPLETING
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YOGA IN DAILY LIFE

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

NEHA RAJ

FOR SUCCESSFULLY COMPLETING
THE CERTIFICATE COURSE ON BASIC YOGA
HELD BETWEEN 16.5.2018-19.5.2018

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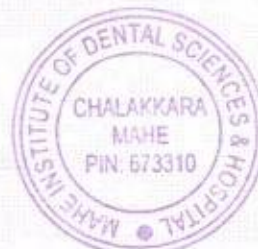
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YOGA IN DAILY LIFE BASIC YOGA COURSE PARTICIPATION LIST 2017-18

Sl. No	Participant Name	DAY1	DAY 2	DAY 3	DAY 4
1.	ABDUL SATAR A	/	/	/	A
2.	ABHIJITH PP	/	/	/	/
3.	AISWARYA PRIYA A	/	/	A	/
4.	AKHISHA POYIL	/	/	/	/
5.	ANAGHA A	/	A	/	/
6.	ANJANA A T	/	/	/	A
7.	ANJANA KUPPADAKATH	/	/	/	/
8.	ANJANA SACHEENDRAN V	/	/	A	/
9.	ANJU ANILKUMAR	/	/	/	/
10.	ANUSHIYA M	A	/	/	/
11.	APARNA	/	/	A	/
12.	ARUNKUMAR S	/	/	/	A
13.	ARYA CHANDRAN	/	/	/	/
14.	ASHWAGOSH K	/	/	/	/
15.	ASHYA DINESH	/	/	A	/
16.	ATHUL PRAKASH	/	/	/	/
17.	ATHUL T V	/	/	/	/





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Sl. No	Participant Name	DAY 1	DAY 2	DAY 3	DAY 4
18.	AYISHATHUL NOORA M	A	/	/	/
19.	CHANDANA RAJAN RK	/	/	/	/
20.	CHARANSAI KALYAN PS	/	/	A	/
21.	DEEPIKAA DEVI A	/	/	/	/
22.	DEREK SHAJI PIOUS	/	A	/	A
23.	DEVIKA PP	/	/	/	/
24.	FAHEEMA K	/	/	/	/
25.	FIDHA KV	/	/	/	/
26.	GANESH R	/	/	A	A
27.	GANESHNEE AV	/	/	/	/
28.	GANGA GUNASILAN	/	/	/	/
29.	HARIKRISHNA T	/	/	/	/
30.	HASWINI M	A	/	A	/
31.	HEBA JAMAL	/	/	/	A
32.	HIBA MOHAMMED POOLAKUNNATH	/	/	/	/
33.	KANAKAMANI R	/	/	A	/
34.	KANIMOZHI K	/	/	/	/
35.	KARTHIKA G	/	/	/	/
36.	MAHA MOHAMMED AM	/	/	/	/





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37.	MAHISHALINI A	/	/	/	/
38.	MALAVIKA RAJ	/	/	/	A
39.	MALAVIKA VINOD	/	/	/	/
40.	MALINI A	/	A	/	/
41.	MARIYA JOSEPH PERUMALIL	/	/	A	/
42.	MOHAMMED SUROUR	/	/	/	A
43.	MOHANAPRIYA P	/	/	/	/
44.	MUFEEDA MARIYAM K	/	/	/	/
45.	MUHAMMED SHABIN RK	/	A	/	/
46.	MUNEERA NAVAL	/	/	A	/
47.	NABEEL MP	/	/	/	A
48.	NANDHA DINESH	/	/	/	/
49.	NEERAJA JAYARAM	/	/	/	/
50.	NEHA RAJ	/	/	/	A
51.	NETHAJI K	/	/	A	/
52.	NIHALA SHUKOOR R	/	/	/	A
53.	NISSHANTHI A	/	A	/	/
54.	NIVEDHYA R	/	/	/	/
55.	NOORUL HAMNA	/	/	/	/




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56.	PAVENTHAN JOLIE COEUR R	A	/	/	A
57.	PAVITHRA B	/	/	/	/
58.	PUSHPASHANTHI M	/	/	A	/
59.	RADHIKA S	/	/	/	/
60.	RAGHUL G	/	/	/	/
61.	RAMEESA ISMAIL VP	/	/	A	/
62.	RASEENA THASNEEM	/	/	/	A
63.	RESHMA JOSEPH	A	/	/	/
64.	RHEA ANNE EAPEN	/	/	/	/
65.	RIA JAMES	/	/	/	/
66.	SANDRA SALEELAN	/	/	A	/
67.	SARA SADEER	/	/	/	A
68.	SARA THALHATH	/	/	/	/
69.	SHALAKA DAHANANJAY	/	/	/	/
70.	SHANA SULTHANA	/	/	A	/
71.	SHAPNA S	/	/	/	/
72.	SHERIEN AYSHA	/	/	/	A
73.	SHERIN SHAHANA	A	/	/	/
74.	SNEHA T	/	/	/	/




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Sl. No	Participant Name	DAY 1	DAY 2	DAY 3	DAY 4
75.	SRIRAM GN	A	/	/	/
76.	SUBAPRIYA G	/	/	/	/
77.	SUNNY JOSEPH CHAKOLA	/	/	A	/
78.	SWATHI RS	/	/	/	A
79.	SWEDHA P	/	/	/	/
80.	SWETHA SIVAKUMAR	/	/	A	/
81.	THAFSEERATH N	A	/	/	A
82.	THEERTHA VISHWANADH N	/	/	/	/
83.	VISHAK M KUMAR	/	/	/	/
84.	VISHNU VARDAN S	/	/	A	/
85.	VYSHNAVI RAMACHANDRAN	/	/	/	/




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7.	The meeting room and facilities were comfortable and adequate	<input checked="" type="checkbox"/>			
8.	Programme venue		<input checked="" type="checkbox"/>		
9.	Degree to which the program is recommended to colleagues	<input checked="" type="checkbox"/>			



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U.T. of Puducherry. Ph : 0490 2337765

**YOGA IN DAILY LIFE
FEEDBACK FORM**

Please tick the appropriate option for each parameter.

SL NO	QUESTION	4	3	2	1
1.	Speaker presented information in a clear and organized manner	✓			
2.	The program objectives were met	✓			
3.	Speaker included opportunities to learn interactively		✓		
4.	Relevancy of the content to professional activities was a reason for you to participate	✓			
5.	Usefulness of handouts and audio-visual materials	✓			
6.	The course content met your expectations		✓		
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8.	Programme venue	✓			
9.	Degree to which the program is recommended to colleagues	✓			



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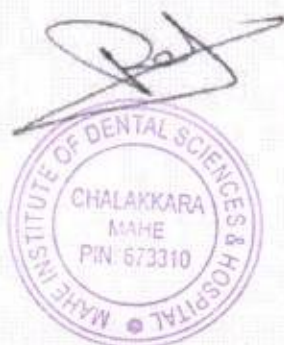


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5.	Usefulness of handouts and audio-visual materials		✓		
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7.	The meeting room and facilities were comfortable and adequate	✓			
8.	Programme venue		✓		
9.	Degree to which the program is recommended to colleagues	✓			



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U.T. of Puducherry. Ph:0490 2337765

Date:14.5.2018

CIRCULAR

This is to inform that a certificate programme 'YOGA IN DAILY LIFE' is scheduled from 16.5.2018-19.5.2018. All the registered candidates are requested to attend the programme.

Venue: Navathara
Time: 2.30 PM



Principal

Dr. Anil Melath, MDS
Principal
Mahe Institute of Dental Sciences & Hospital
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Copy to:

1. The Chairman.
2. The Vice Principal.
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POST EVENT REPORT

Programme Name: BASIC YOGA COURSE

Date: 9.5.2017-12.5.2017

Venue: Navatara Auditorium

Faculty: 1) Dr.Raj AC, MINDS, Mahe

Total No. of participants: 89

A basic yoga course was held at Navatara Auditorium from 9.5.2017-12.5.2017. The programme was guided by Dr.Raj AC, Head of the Department of Oral Medicine and Radiology. Students were asked to perform some asanas and their importance were also briefed to them. The students had a very eventful day and it was well appreciate by them. The feedback was then collected from the participants.

SIGNATURE:-



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This course is designed to introduce students, safely and accessibly, to the basic postures, breathing techniques, and relaxation methods of yoga. Students will begin to experience the benefits of stretching, moving, and breathing freely as they relieve built up stress, learn to relax, and ultimately get more out of day-to-day life.

The aim of this course is to promote vibrant health and to tap the body's latent energy reserves.

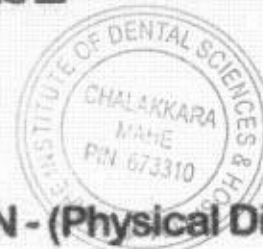


BASIC YOGA COURSE

9.5.2017-12.5.2017



COURSE CO-ORDINATOR : MR CHACKOCHAN - (Physical Director)



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BASIC YOGA COURSE

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

NIMA TONNY

FOR SUCCESSFULLY COMPLETING
THE CERTIFICATE COURSE ON BASIC YOGA
HELD BETWEEN 9.5.2017-12.5.2017,
ORGANIZED BY,
MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL,
CHALAKKARA, MAHE,
U.T OF PUDUCHERRY, 673 310

Dr. ANIL MELATH
PRINCIPAL, MINDS



Dr. MOHD FEROS
VICE PRINCIPAL, MINDS

Dr. Anil Melath, MDS
Principal
Mahe Institute of Dental Sciences & Hospital
Chalakkara, P.O. Palloor, Mahe - 673310
U.T of Puducherry



MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL



BASIC YOGA COURSE

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

APARNA . P

FOR SUCCESSFULLY COMPLETING
THE CERTIFICATE COURSE ON BASIC YOGA
HELD BETWEEN 9.5.2017-12.5.2017,
ORGANIZED BY,
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Dr. MOHD FERAZ
VICE PRINCIPAL, MINDS

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Principal
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UT of Puducherry



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BASIC YOGA COURSE

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

BALAJI G

FOR SUCCESSFULLY COMPLETING
THE CERTIFICATE COURSE ON BASIC YOGA
HELD BETWEEN 9.5.2017-12.5.2017,

ORGANIZED BY,
MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL,
CHALAKKARA, MAHE,
U.T OF PUDUCHERRY, 673 310

Dr. ANIL MELATH
PRINCIPAL, MINDS



Dr. MOHD FERAZ
VICE PRINCIPAL, MINDS

Dr. Anil Melath, MDS
Principal
Mahe Institute of Dental Sciences & Hospital
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UT of Puducherry



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BASIC YOGA COURSE

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

GOPKA. K

FOR SUCCESSFULLY COMPLETING
THE CERTIFICATE COURSE ON BASIC YOGA
HELD BETWEEN 9.5.2017-12.5.2017,
ORGANIZED BY,
MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL,
CHALAKKARA, MAHE,
U.T OF PUDUCHERRY, 673 310

Dr. ANIL MELATH
PRINCIPAL, MINDS



Dr. MOHD FERUZ
VICE PRINCIPAL, MINDS

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UT of Puducherry



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BASIC YOGA COURSE

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

AMEER JAFFAR

FOR SUCESSFULLY COMPLETING
THE CERTIFICATE COURSE ON BASIC YOGA
HELD BETWEEN 9.5.2017-12.5.2017.

ORGANIZED BY,
MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL,
CHALAKKARA, MAHE,
U.T OF PUDUCHERRY, 673 310

Dr. ANIL MELATH
PRINCIPAL, MINDS



Dr. MOHD FERUZ
VICE PRINCIPAL, MINDS

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BASIC YOGA COURSE
PARTICIPATION LIST
2016-17

Sl. No	Participant Name	DAY 1	DAY 2	DAY 3	DAY 4
1.	AFRA AFZAL	/	/	A	/
2.	AISHWARIA P J	/	/	/	/
3.	AISWARYA GANESH	/	A	/	A
4.	AJITH KUMAR I	/	/	/	/
5.	ALEEMA SUMAN ARIF	/	/	/	/
6.	AL-NUSRATH RAHILA	/	/	A	/
7.	AMEER JAFFAR	/	/	/	/
8.	ANANYA SIVAN	/	/	/	A
9.	ANAVADYA S	/	/	/	/
10.	ANJANA BINOY	/	/	/	/
11.	ANNA TOM	/	/	A	/
12.	ANUSREE S	/	/	/	/
13.	APARNA P	/	/	/	/
14.	ARATHI MITHRAN	/	/	/	A
15.	ARCHUTHAMANAN A	/	/	/	/
16.	ARULMOZHI S	/	/	/	A
17.	ARYA CHANDRA BABU	/	/	/	/
18.	ASHINA	/	/	/	A





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19.	AYSHA P P	/	/	/	/
20.	AYSHA SHAHBATH NOORI	/	/	/	/
21.	BADARIYA	/	/	A	/
22.	BALAJI G	/	/	/	/
23.	BHUVANESWARI T	/	/	/	/
24.	BRINDAMALAR V	/	/	/	A
25.	DHURKA DEVI N	/	/	/	/
26.	DIJISHNA DINACHANDRAN	/	/	A	/
27.	DIVIN DAVY MANJALY	/	/	/	/
28.	DIVYADARSHINI N	/	/	/	/
29.	FATHIMA HAFSANA	/	/	/	A
30.	FATHIMATH MITHA	/	/	A	/
31.	FATHIMATHUL ANSHAHARA P K	/	A	/	/
32.	GAYATHRI SWAMINATH S	/	/	/	A
33.	GOPIKA K	/	/	/	/
34.	HARSHA S S	/	/	/	/
35.	HEMNATH SHEKAR G	/	/	A	/
36.	HIBA HARIS K K	/	A	/	/
37.	HIBA SHERIN K	/	/	/	/
38.	HYFA SHAMEEM	/	/	/	/
39.	ISWARIYA V	/	/	/	/




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40.	JEENATH BEGAM K	/	/	/	/
41.	JOS PAUL C PIUS	/	A	/	/
42.	KHADEEJATHUL DILSHADA	/	A	/	/
43.	LAKSHMI VIKAS	/	/	A	/
44.	LINTA TESS JOSEPH	/	/	/	/
45.	LUBAIBA YAQOOB T K	/	A	/	/
46.	MALINI P	/	/	A	/
47.	MANISHA MOHAN	/	/	/	/
48.	MEGHANA JEEVARAJ	/	/	/	/
49.	MEGHANA SUNIL	/	A	/	/
50.	MISHA PAUL	/	/	/	A
51.	MUHAMMAD VAJID CHATHOTH	/	/	/	/
52.	MUHAMMED MANSOOR M P	/	A	/	/
53.	MUHAMMED THANSEEH	/	/	A	A
54.	MUHSINA K	/	/	/	/
55.	NANDITHA V NAIR	/	/	A	/
56.	NAYEEMA M	/	/	/	/
57.	NIMA TONNY	/	A	/	/
58.	NITHYA SWARNALAKSHMI G	/	/	A	A
59.	NOUREEN NAZIR MOHAMMED	/	/	/	/
60.	PARVATHY NARAYANAN	/	/	/	/



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61.	PRABAVATHY M	/	A	/	/
62.	PRAKASH N	/	A	/	/
63.	PRANAV P P	/	A	/	/
64.	RAMANA S	/	/	/	/
65.	RANEESHA	/	/	/	/
66.	RASNAHA NASRIN K	/	/	A	/
67.	REMSEENA P K	/	/	/	A
68.	REMYA K P	/	/	/	/
69.	RESMIYA C K	/	/	/	/
70.	RISWANA V K	/	/	/	/
71.	RIYA FATHIMA T	/	/	/	/
72.	RIYA RAJESH	/	/	/	/
73.	RIYA RAMADAS	/	/	/	/
74.	RUGMA KANNAN	/	A	/	A
75.	SAFEEDA V	/	/	/	/
76.	SANDRA BENNY	/	/	/	/
77.	SHAFNA SHERIN	/	/	/	/
78.	SHAHBAZ S J	/	/	/	A
79.	SHEDA MAJEED	/	/	/	/
80.	SHREDHA MADHU	/	/	/	/
81.	SREE HARI S	/	/	/	/



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82.	SREELAKSHMI	/	/	A	/
83.	SREELAKSHMI P	/	/	/	/
84.	SREELAKSHMI T	/	/	/	A
85.	THAFNA SHARIN	/	/	A	/
86.	THEERTHA BABURAJ	/	A	/	/
87.	THEERTHA M J	/	/	/	/
88.	THEERTHA V M	/	/	/	A
89.	VYSHNAVI K	/	/	/	/



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'BASIC YOGA COURSE'
FEEDBACK FORM

Please tick the appropriate option for each parameter.

SL. NO	QUESTION	4	3	2	1
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3.	Speaker included opportunities to learn interactively		✓		
4.	Relevancy of the content to professional activities was a reason for you to participate		✓		
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6.	The course content met your expectations		✓		
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8.	Programme venue		✓		
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U.T. of Puducherry. Ph:0490 2337765

Date: 8.5.2017

CIRCULAR

This is to inform that a 'BASIC YOGA COURSE' is scheduled from 9.5.2017 to 12.5.2017. All the registered candidates are requested to attend the programme.

Venue: Navathara

Time: 2.30 pm- 6.30pm



DR ANIL M

Principal

Copy to:

1. The Chairman.
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3. Administrator
4. Departments



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