YOGA AND WELLNESS



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

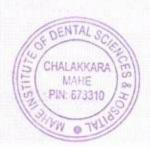
Faculty: 1) Dr.Raj AC, MINDS, Mahe

2) Dr.Ambili Ayilliath, MINDS, Mahe

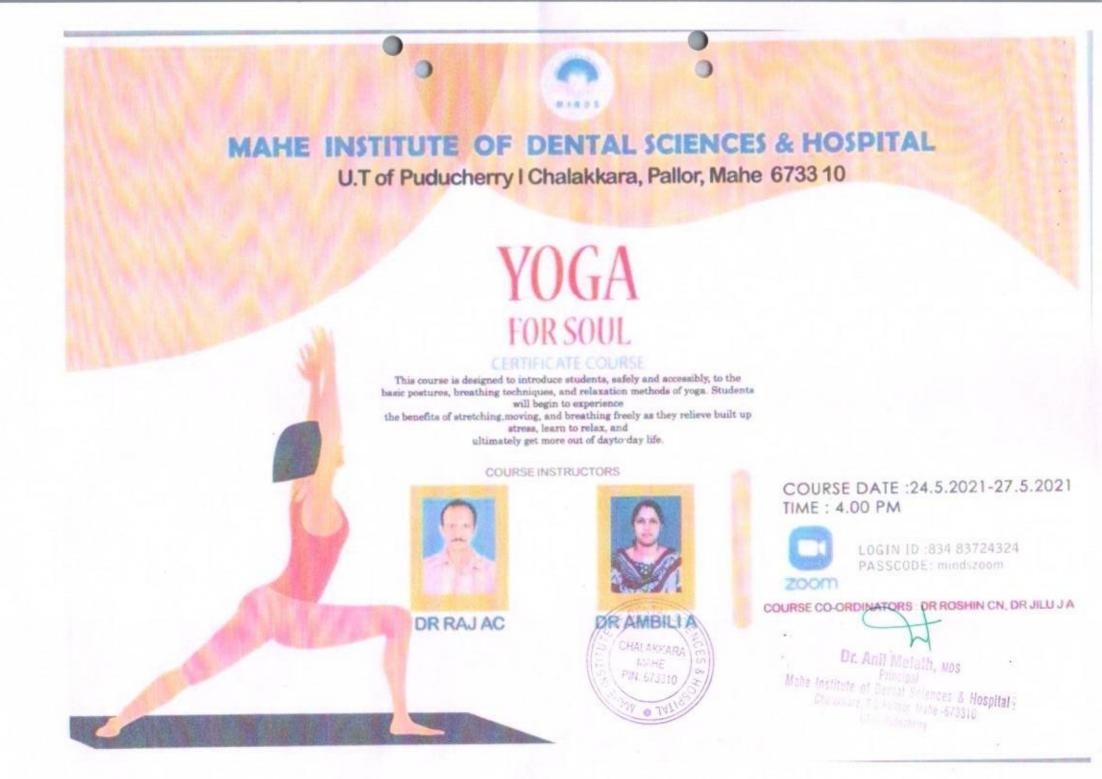
Total No. of participants: 81

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, Mos Principal Mahe Institute of Dental Sciences & Hospital -Chalakkara, P.O.Palloor, Mahe -673310 UT of Puducherry





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

YOGA FOR SOUL

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

RENJU CALDOZ

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, 673 310

Dr. ANIL MELATH PRINCIPAL, MINDS



DI.M SELVAMANI VICE PRINCIPAL, MINDS

Dr. Anti Melath, Mos Principal Maho Institute of Dental Sciences & Hospit Chalakera, PC Policor, Maho - 673310



YOGA

FOR SOUL

CERTIFICATE COURSE

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AWARDED TO

SHINU. M. CHERIAN

FOR SUCESSFULLY COMPLETING
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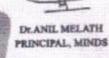
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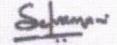
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Dr. Anil Melath, MDS
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Chalakkara, P.O.Palloor, Mahe -673310

UT OF PRODUCTION



YOGA

FOR SOUL

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DEANIL MELATH

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PRINCIPAL, MINDS



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UT of Puducherry



YOGA

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ANGELA GRACE PRAVEEN

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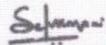
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UT of Pudecherry



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DE ANIL MELATH

Dr.ANIL MELATH PRINCIPAL, MINDS



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> Dr. Anil Melath, Mos Principal Mahe Institute of Dental Sciences & Hospital : Chalakkara, P.O.Palloor, Mahe -673310

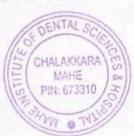
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YOGA FOR SOUL ONLINE CERTIFICATE COURSE PARTICIPATION LIST 2020-21

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 AIRT 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	1. /	UBAB HTIUHBA
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35. KEERTHANA LAKSHMI.K	33.	KAVITHA.R
	34.	KAVYASREE.V
36. LISA MATHEW	35.	KEERTHANA LAKSHMLK
A TABLE A STATE OF THE STATE OF	36.	LISA MATHEW
37. MOHANA PRIYA	37,	MOHANA PRIYA
38. MUHAMMED NIHAL	38.	MUHAMMED NIHAL



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



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

-	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	VIGNESHWARLD
73	VISMAYA SUJITH
74	YOGESH.A
75	NAHIDA NAZEER
76	. AJAY CANIL
77	. ASHMILA SHAS ABU
78	PREMCHANDAR I
79	. SHINU M CHERIYAN
80	SHREYA S



Dr. Anil Melath, Mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Mahe -673310 UT of Pudecherry



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

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	V			
8.	Programme venue		/		
9,	Degree to which the program is recommended to colleagues				

SH

CHALAKKARA MAHE
PIN: 673310

Dr. Anii Melath, Mps
Principal
Mahe Institute of Dental Sciences & Hospital
Chalakkara, P.O.Palloor, Mahe -673310
UT of Puducherry



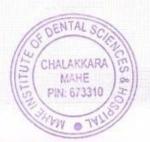
Affiliated to Pondicherry Central University, Recognized by Dental Council of India Chalakkara, P.O. Pallor, Mahe-673 310 U.T. of Puducherry. Ph: 0490 2337765

YOGA FOR SOUL FEEDBACK FORM

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SL NO	QUESTION	4	3	2	1
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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	1			
7.	The meeting room and facilities were comfortable and adequate		~		
8.	Programme venue		~		
9.	Degree to which the program is recommended to colleagues	V			





Dr. Anii Melath, Mos Principal Mahe Institute of Dental Sciences & Hospital Chafakkara, P.O. Palloor, Mahe -673310 UT of Puducherry



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YOGA FOR SOUL FEEDBACK FORM

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1.	Speaker presented information in a clear and organized manner		1		
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	V.			
5.	Usefulness of handouts and audio-visual materials	V			
6.	The course content met your expectations				
7.	The meeting room and facilities were comfortable and adequate	V			
8.	Programme venue		1		
9.	Degree to which the program is recommended to colleagues	1	1		





Dr. Anii Melath, Mps Principal Istitute of Dental Sciences & Ho

Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O. Palloor, Mahe -673310 UT of Puducherry



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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	V			
2.	The program objectives were met		4		
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	1			
6.	The course content met your expectations		V		
7.	The meeting room and facilities were comfortable and adequate	1			
8.	Programme venue				
9.	Degree to which the program is recommended to colleagues	1			

24

CHALAKKARA
MAHE
PIN: 673310

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



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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	V			
2.	The program objectives were met		V		
3,	Speaker included opportunities to learn interactively				
4.	Relevancy of the content to professional activities was a reason for you to participate	V			
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	1			
9.	Degree to which the program is recommended to colleagues	1			

Del

CHALAKKARA CHALAKKARA MAHE
PIN: 673310

Dr. Anii Melath, MDS
Principal
Make Institute of Dental Sciences & Hospital
Chalakkara, RO Palloor, Make -673310
UT of Puducherry



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

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

Principal

DR ANIL M

Copy to:

1. The Chairman.

2. The Vice Principal.

3. Administrator

Dr. Anii Melath, was Principal

Make Institute of Deptal Sciences & Hospital Chelaka in 20 Parloor, Mahe -678310 (F) of Parlocherry

4. Departments

MAHE PIN: 673310

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



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

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:-

CHALAKKARA CHALAKKARA MAHE PIN: 673310 &

Dr. Anti Melath, MDS
Principal
Maha Institute of Dental Sciences & Hospital Chalakkara, P.O. Palloor, Maha -673310
UT of Puducharry



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

Yoga Time

CERTIFICATE COURSE

This course is designed to introduce students, safely and accessibly, to the basic postures, breathing techniques, and relaxation methods of yogs. 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 dayto-day life.

COURSE INSTRUCTORS





COURSE DATE :11.5.2020-14.5.2020 TIME : 4.00 PM



LOGIN ID:842 89728744 PASSCODE: 482098



COURSE CO-ORDINATORS : DR ROSHIN CN, DR JILU 4A



al



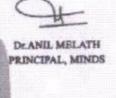
Yoga Time

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





Dr.MOHD FEROZ VICE PRINCIPAL, MINDS

Dr. Anii Melath, MDS
Principal
Mahe Institute of Dental Sciences & Hospital
Chalakkara, P.O.Palloor, Mahe -673510
UT of Paducherry



Yoga Time

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

SONU SHAHAZIB

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.MOHD FEROZ VICE PRINCIPAL, MINDS

Dr. Anii Melath, Mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Mahe -673310 UT of Puducherry



Yoga Time

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

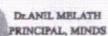
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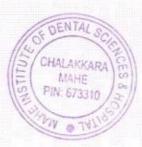
FOR SUCESSFULLY COMPLETING

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, 873 310





Dr.MOHD FEROZ VICE PRINCIPAL, MINDS

> Dr. Anil Melath, Mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Mahe -673310 UT of Pudusherry



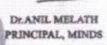
Yoga Time

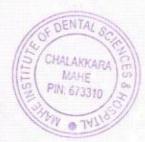
CERTIFICATE OF COURSE COMPLETION

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





Dr.MOHD FEROZ
VICE PRINCIPAL, MINDS

Dr. Anil Melath, Mos
Principal
Maha Institute of Dental Sciences & Hospital
Chatakkara, P.O.Palloor, Maha -673310
UT of Puducherry



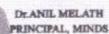
Yoga Time

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.MOHD FEROZ VICE PRINCIPAL, MINDS

Make Institute of Dental Sciences & Hospital
Chalakkara, P.O.Palicas Make - 673310
UT of Purchasts



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



4

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



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

MINDS
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. SANDOHRA P V
55. SANTHOSH KUMAR K
56. SARJADA NASREEN
57. SATCHIT TEISHREE
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. TUIN 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

Dr. Anii Melait, ups
Principal
Principal
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Ebelsions Principal Make - 672310
Ut at Podenhere



Dr. Anil Melath, Mos
Principal
Mahe Institute of Bental Sciences & Hospital
Chalakkara, P.O.Palloor, Mahe -673310
UT of Puducheny



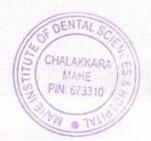
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'YOGA- BREATHING AND EXERCISE' FEEDBACK FORM

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	V			
2.	The program objectives were met		V		
3.	Speaker included opportunities to learn interactively	1			
4.	Relevancy of the content to professional activities was a reason for you to participate		/		
5.	Usefulness of handouts and audio-visual materials	1			
6.	The course content met your expectations		1		
7.	The meeting room and facilities were comfortable and adequate		-		
8.	Programme venue	1			
9.	Degree to which the program is recommended to colleagues		1		

SPA



Dr. Anil Melath, Mps
Principal
Mahe Institute of Dental Sciences & Hospital
Chalakkara, P.O.Palloor, Mahe -673310
UT of Puducharry



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

'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	/			
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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	1			
5.	Usefulness of handouts and audio-visual materials		1		
6.	The course content met your expectations	/			
7.	The meeting room and facilities were comfortable and adequate		/		
8.	Programme venue		1		
9.	Degree to which the program is recommended to colleagues	1			

Sel

CHALAKKARA
MAHE
PIN: 673319

Dr. Anii Melath, Mos
Principal
Mahe Institute of Dental Sciences & Hospital
Chalakkara, P.O.Palloor, Mahe -673310
UT of Puducherry



MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL Chalakkara, P.O. Pallor, Mahe-673 310

U.T. of Puducherry.Ph: 0490 2337765

"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	~			
٨	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		1		
9.	Degree to which the program is recommended to colleagues	/			



Dr. Anil Melath, MDS Principal
Mahe Institute of Dental Sciences & Hospital
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Chalakkara, P.O. Pallor, Mahe-673 310 U.T. of Puducherry.Ph: 0490 2337765

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2.	The program objectives were met		V		
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4	Relevancy of the content to professional activities was a reason for you to participate		1		
5.	Usefulness of handouts and audio-visual materials	1			1
6.	The course content met your expectations		1		
7.	The meeting room and facilities were comfortable and adequate		1		
8.	Programme venue	1			
9,	Degree to which the program is recommended to colleagues		/		





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Dr. Anil Melath, Mos
Principal
Mahe Institute of Dental Sciences & Hospita
Chalakkara, P.O. Palloor, Mahe -673310
UT of Puducherry



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

'YOGA- BREATHING AND EXERCISE' FEEDBACK FORM

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SL NO	QUESTION	4	3	2	1
1.	Speaker presented information in a clear and organized manner	1			
2.	The program objectives were met		1		
3.	Speaker included opportunities to learn interactively	1			
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	1			
7.	The meeting room and facilities were comfortable and adequate				
8.	Programme venue		1		
9.	Degree to which the program is recommended to colleagues	/			

Sel



Dr. Anii Melath, Mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Mahe -673310 UT of Puducherry



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

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



· OR MIN.M

Principal

Copy to:

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

Dr. Anil Melalit, was
Frincipal
Mahe Institute of Dental Sciences & Hospital
Chalakkara, RG Pallon, Mahe -673310
UT at Pedactory

Dr. Anil Melath, Mos Principal

Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Mahe -673310 UT of Puducherry





MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL Chalakkara, P.O. Pallor, Mahe-673 310

U.T. of Puducherry.Ph: 0490 2337765

POST EVENT REPORT

Programme Name: CERTIFICATE PROGRAMME 'YOGA'

Date: 21.5.2019-24.5.2019

Venue: Navatara Auditorium

Faculty: 1) Dr.Rai 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:-

DENTALS CHALAKKARA MAHE PIN: 673310

Dr. Anii Melath, Mos Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O. Palloor, Mahe -673310 UT of Puducherry



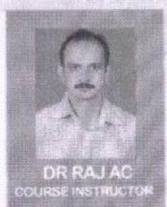
U.T of Puducherry I Chalakkara, Pallor, Mahe 6733 10

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 dayto-day life.



COURSE DATE :21.5.2019-24.5.2019 673310

CHALAKKARA

COURSE CO-ORDINATOR: MR CHACKOCHAN-(Physical

at

Dr. Anil Melath, Mos

Principal

Make Institute of Dental Sciences & Hospital

Chalakkara, Ro.Palloor, Make -673310

Iff of Puduchnin



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

YOGA

CERTIFICATE COURSE

CERTIFICATE OF COURSE COMPLETION

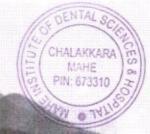
AWARDED TO

ANANTHA LAKSHMI.N

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

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





Moto

Dr.MOHD FEROZ VICE PRINCIPAL, MINDS

Mahe Institute of Dental Sciences & Hospital
Chalakkara, P.O.Palloor, Mahe -873310
UT of Puducherry



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

YOGA

CERTIFICATE COURSE

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

ATHUL. V

FOR SUCESSFULLY COMPLETING
THE CERTIFICATE COURSE ON YOGA
HELD BETWEEN 21.05.2019-24.5.2019
ORGANIZED BY,
MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL,
CHALAKKARA, MAHE,
U.T OF PUDUCHERRY, 673 310

Dr.ANIL MELATH PRINCIPAL, MINDS Dr.MOHD FEROZ

CHALAKKARA

MAHE PIN 673310 Dr.MOHD FEROZ VICE PRINCIPAL, MINDS

Dr. Anii Melath, i

Dr. Anii Melath, Mos Principal Maho Institute of Dental Sciences & Hospital Chalakkarn, P.O.Palloor, Maho -673310 UT of Pullocherry



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

YOGA CERTIFICATE COURSE

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AWARDED TO

POOJA MURALI

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





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



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

YOGA

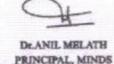
CERTIFICATE COURSE

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

M ANA LWA

FOR SUCESSFULLY COMPLETING
THE CERTIFICATE COURSE ON YOGA
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ORGANIZED BY,
MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL,
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U.T OF PUDUCHERRY, 673 310



CHALAKKARD MOHD FEROZ
MAHVICE PRINCIPAL, MINDS

Dr. Anii Metath, MDS
Principal
Mahe Institute of Dental Sciences & Hospita
Chalakkara, P.O.Palloor, Mahe -673310

UT of Pudpohersy



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

CERTIFICATE COURSE

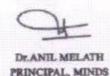
CERTIFICATE OF COURSE COMPLETION

AWARDED TO

GAYATHRI.T

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

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



DEMOND FEROZ CHALAKKARA MAHE VICE PRINCIPAL, MINDS PIN: 673310

Mahe Institute of Dental Sciences & Hospital

Chalakkara, P.O. Palloot, Mahe -673310

UT of Puducherry



YOGA CERTIFICATE COURSE PARTICIPATION LIST 2018-19

CV 8.1		2018-	The state of the s		
SI. No	Participant Name	DAYI	DAY 2	DAY 3	DAY 4
1.	AARSHA B.S	/	-	-	,
2.	ABIRAMI P	/	-	_	
3.	ADITHYAN V	A	A	A	
4.	AHALIA ANWAR PN	1			
5.	AISHWARYA R	1	1	/	,
6.	AJITHKUMAR M	/	-	/	
7.	AMITHA KRISHNA M	1		-	
8.	ANANTHLAKSHMI N	1	-	/	A
9.	ANJANA M	A	/	-	
10.	ANJANA S RAJAN	1	1	/	
11.	ARUNA S	1	-	4	-
12.	ARUNDHATI S	/	/	/	1
13.	ASWATHY BABU	1	A	/	/
14.	ASWATHY PREMAN	A	A		/
15.	ASWATHY S NAIR	1	1		1
16.	ATHIRA S RAJ	1	/	_	/
17.	AYISHA LUBINA SALIM	1	/	A	1



Dr. Anti Melath, uos
Principal
Mahe Institute of Dental Sciences & Hospital
Chalakkara, P.O.Palloor, Mahe -673310
UT of Puducherry



18.	CHANDANA T K	/	1	/	1
19.	DEVAYANI S	-	1/	1	1
20.	DHARMARAJ D	-	1	A	
21.	DHIVYA S S	/		1	+
22.	DILIPT	/		17	1
23.	DIVYAA S	A	A	1	1
24.	FATHIMA NAJA	/		1/	1
25.	FATHIMATHUL NIDHA PARVIN	1	1	/	1
26.	FATHIMATHUL SHAMSHEENA	1	1	/	A
27.	FEMIDA	1			H
28.	GOPIKA SUDHEER	/	1	A	1
29.	HENA FRANCIS	1	/		1
30.	JAGATHEESH RAMAKRISHNA	/	_	-	1
31.	KAVYAPC	A	1	-	1
32.	MADHAN KUMAR R	/	1		,
33.	MADHUMATHA M	1	/	/	1
34.	MADHUMITHA S	/	A		1
35.	MOHAMED NABEEL TIHAMI	/	A	/	1
36.	NIMISHA U K	/	-	1	A
37.	OVIYA U	/	1	A	1
38.	PALLAVI A NAIR	1	/	/	1



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



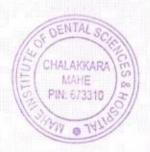
39.	PAVITHIRA T	1	/	/	/
40.	POOJA MURALI	/		A	
41.	PRAVEEN P	/			1
42.	PREETHI K	/		/	
43.	RAJESH R			1	
44.	ROFI R	-/-		1	
45.	ROSHLINE RAAJI S	A		19	
46.	SAHITHYA D	/	A	1	
47.	SANGEETHA SANJAYAN	/	A	/	
48.	SANJAY S	/		/	
49.	SARIGA R	/	1	/	A
50.	SATHYA M	Α	-		
51.	SHREEDEVI E	-	_		
52.	SIDHARTH S	/			
53.	SIVASHAKTHI S	/		A	
54.	SONA PRADEEP	1		1	
55.	SOUNDARYA JYOTHI DASARI	/	_		
56.	SRIRAMANAN S	1		1	
57.	SRISOWMIYA M	/		1	A
58.	SUBHA B	A		/	
59.	SUHA YOUNUS	- 1	1		-

CHALAKKARA
MAHE
PIN 673310
O
THIS

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



60.	SWATHI S	/		1	
61.			/	-	/
W1.	THARANE D	1	-	A	1
62.	THEERTHA K	1	/	1	1
63.	THEERTHA SUNIL	1	-	-	1
64.	VAISHALI K	1	-	1	
65.	VAISHALI R NAIR	-/	/	1	
66.	AISWARYA P J	A	A	/	A
67.	ARUNKUMAR S	/	1/	4	
68.	ATHUL V	-	1	/	
69.	FATHIMATHUL NAJIYA P K	/		/	1
70.	GAYATHRI T	1	/	4	
71.	KEERTHIGA K	/	A	A	
72.	MAMBAIL GADHA	1	1	/	_
73.	MEGHNA M	-	1/	1	A
74.	NANDHA DINESH	A	/	/	1
75.	RAMEESA ISMAIL VP	/	1/	/	1



Dr. Anii Melath, Mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Maha -673310 UT of Puducherry



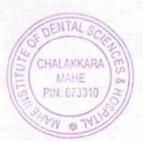
Chalakkara, P.O. Pallor, Mahe-673 310 U.T. of Puducherry.Ph: 0490 2337765

YOGA FEEDBACK FORM

Please tick the appropriate option for each parameter.

SL NO	QUESTION	4	3	2	1
l.	Speaker presented information in a clear and organized manner		/		
2.	The program objectives were met	V			
3.	Speaker included opportunities to learn interactively		~		
4.	Relevancy of the content to professional activities was a reason for you to participate	1			
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		V		
8.	Programme venue	~			
9,	Degree to which the program is recommended to colleagues				

Sel



Dr. Anii Melath, Mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Mahe -673310 UT of Puducherry



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SL NO	QUESTION	4	3	2	1
I.	Speaker presented information in a clear and organized manner	V	1		
2.	The program objectives were met	1			
3.	Speaker included opportunities to learn interactively		1		
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	1			
8.	Programme venue				
9.	Degree to which the program is recommended to colleagues	/		- Guilliagus	





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Dr. Anii Melath, Mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O. Paltoor, Mahe -573310 UT of Puducherry



MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL 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		1		
2.	The program objectives were met	1			
3.	Speaker included opportunities to learn interactively	1			
4.	Relevancy of the content to professional activities was a reason for you to participate	1			
5.	Usefulness of handouts and audio-visual materials		1		
6.	The course content met your expectations	1			
7.	The meeting room and facilities were comfortable and adequate				
8.	Programme venue	1/			
9.	Degree to which the program is recommended to colleagues				





Dr. Anil Melath, MDS
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MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL Chalakkara, P.O. Pallor, Mahe-673 310

U.T. of Puducherry.Ph: 0490 2337765

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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	1			
9.	Degree to which the program is recommended to colleagues		~		

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CHALAKKARA
MAHE
PIN: 673310

Dr. And Melath, Mos Principal Maha institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Maha -673310 UT of Puducherry



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

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

Rot



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



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

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

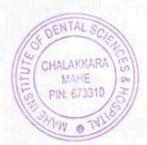
Copy to:

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

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Dr. Anii Melath, Mos
Principal
Mahe Institute of Dental Sciences & Hospital
Chalakkara, P.O.Palloor, Mahe - 573310
UT of Pudecherry



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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:-



Or. Anii Melath, Mos Principal Mahe Institute of Dental Sciences & Hospita Chalakkara, RO.Palloor, Mahe -673310 UT of Puducherry

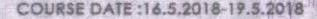


U.T of Puducherry I Chalakkara, Pallor, Mahe 6733 10

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 dayto-day life.



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





Dr. Anii Malath, seps
Principal
Mahe Institute of Deptal Colemas & Hospital
Chalaktara, Polythoor, Maha 1973310



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

YOGA IN DAILY LIFE

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

PAVITHRA B

FOR SUCESSFULLY COMPLETING
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HELD BETWEEN 16.5.2018-19.5.2018
ORGANIZED BY,
MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL,
CHALAKKARA, MAHE,
U.T OF PUDUCHERRY, 673 310

DEANIE MELATH PRINCIPAL, MINDS



DEBINOY MATHEWS

Mathe Institute of Daulal Subjaces & Worpital Galakkara, P.D. Palloor, Maha -623310

(IT of Publishers)



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

YOGA IN DAILY LIFE

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

RIYA JAMES

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

Dranil Melath

PRINCIPAL, MINDS



DEBNOY MATHEWSUT. Anil Melath, MOS

Anno Institute of Dental Sciences & Rospita

IT of Puducherry



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

YOGA IN DAILY LIFE

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

ABHIJITH PP

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, 873 310

DLANIL MELATH PRINCIPAL, MINDS



DEBINOY MATHEWS VICE PRINCIPAL, MINDS

UT of Puducherry



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YOGA IN DAILY LIFE

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AHAUL TOV

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DEANIL MELATH PRINCIPAL, MINDS



DIBINOY MATHEWS VICE PRINCIPAL, MINDS

Dr. Ant. Melath, Mos

Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Mahe -873310 UT of Puducherry



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YOGA IN DAILY LIFE

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HEBA JAMAL

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U.T OF PUDUCHERRY, 673 310

DEANIL MELATH PRINCIPAL, MINDS CHALAVRARA)

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Mahe instituterof Dental Sciences & Hospital Chatekkara, P.O.Pallods, Mahe - 572310

UT of Pudneher



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

YOGA IN DAILY LIFE

CERTIFICATE OF COURSE COMPLETION

AWARDED TO

NEHA RAJ

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

Dranil MELATH PRINCIPAL, MINDS CHALAKKARA CHARAKA CHARAKA

DEBINOY MATHEWS VICE PRINCIPAL, MINDS

Dr. Anii Melath, was

Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Mahe -673310

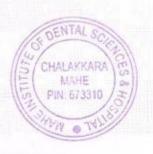
UT of Puducherry



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

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

SI. No		2017-			
	Participant Name	DAYI	DAY 2	DAY 3	DAY 4
1.	ABDUL SATAR A	7	/	,	A
2.	АВНИТН РР			1	1
3.	AISWARYA PRIYA A	1	1	А	,
4.	AKHISHA POYIL	/		1	1
5.	ANAGHA A		A	1	1
6.	ANJANA A T		-	1	A
7.	ANJANA KUPPADAKATH		1	1	1
8.	ANJANA SACHEENDRAN V		1	A	1
9.	ANJU ANILKUMAR		1	1	1
10.	ANUSHIYA M	A	1	1	1
11.	APARNA	/	/	A	1
12.	ARUNKUMAR S		/	1	Д
13.	ARYA CHANDRAN		/	,	1
14.	ASHWAGOSH K		1	1	1
15.	ASHYA DINESH	1	1	A	1
16.	ATHUL PRAKASH	-	1	1	1
17.	ATHUL T V	/	1	,	1



4

Dr. Anil Metath, Mps.

Principal

Mahe Institute of Dental Sciences & Hospital
Chalakkara, P.O.Palloor, Mahe -873310

UT of Puducherry



SI. No	Participant Name	DAYI	DAY 2	DAY 3	DAY 4
18.	AYISHATHUL NOORA M	Α	7	1	1
19.	CHANDANA RAJAN RK	/		1	1
20.	CHARANSAI KALYAN PS	/	,	A	1
21.	DEEPIKAA DEVI A	-	-	1	1
22.	DEREK SHAJI PIOUS		A	1	A
23.	DEVIKA PP	1	1	/	1
24.	ГАНЕЕМА К	/	1	1	1
25.	FIDHA KV	/	1	1	,
26.	GANESH R		1	A	A
27.	GANESHNEE AV	-	/	1	1
28.	GANGA GUNASILAN	1	/	1	1
29.	HARIKRISHNA T	/	/	1	1
30.	HASWINI M	A	1	A	1
31.	HEBA JAMAL		9	1	4
32.	HIBA MOHAMMED POOLAKUNNATH	2	/	,	,
33.	KANAKAMANI R		/	A	1
34.	KANIMOZHI K		-	1	1
35.	KARTHIKA G	/	/	1	1
36.	MAHA MOHAMMED AM		1	1	1

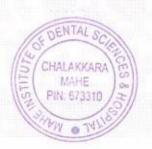


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Dr. Anii Melath, MDS
Principal
Maha Institute of Dental Sciences & Hospital
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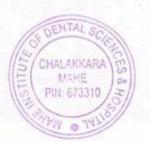
SI. No	Participant Name	DAYI	DAY 2	DAY 3	DAY 4
37.	MAHISHALINI A	1	/	/	1
38.	MALAVIKA RAJ	-/	1		K
39.	MALAVIKA VINOD	/	/		1
40.	MALINI A	,	A		1
41.	MARIYA JOSEPH PERUMALIL		2	A	1
42.	MOHAMMED SUROUR	/	/	/	A
43.	MOHANAPRIYA P	1	1		1
44.	MUFEEDA MARIYAM K	1	/	-	1
45.	MUHAMMED SHABIN RK	,	A	1	1
46.	MUNEERA NAVAL		1	A	1
47.	NABEEL MP		,	-	A
48.	NANDHA DINESH		/	/	1
49.	NEERAJA JAYARAM	7	1	1	1
50.	NEHA RAJ	/	-		A
51.	NETHAJI K		/	A	1
52.	NIHALA SHUKOOR R	-	1	-	A
53.	NISSHANTHI A		A	1	1
54.	NIVEDHYA R		2	1	1
55.	NOORUL HAMNA		/	1	1



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



SI. No	Participant Name	DAYI	DAY 2	DAY 3	DAY 4
56.	PAVENTHAN JOLIE COEUR R	A		/	Ą
57.	PAVITHRA B		1	/	1
58.	PUSHPASHANTHI M			A	-
59.	RADHIKA S		1	/	1
60.	RAGHUL G	/	-	1	1
61.	RAMEESA ISMAIL VP		/	A	1
62.	RASEENA THASNEEM		-	1	A
63.	RESHMA JOSEPH	A	1	1	-
64.	RHEA ANNE EAPEN		-	/	1
65.	RIA JAMES	1	1	/	/
66.	SANDRA SALEELAN	7	/	Δ	1
67.	SARA SADEER		/		A
68.	SARA THALHATH		/	/	
69,	SHALAKA DAHANANJAY		/	/	/
70.	SHANA SULTHANA	/	1	A	1
71.	SHAPNA S		/	/	1
72.	SHERIEN AYSHA	7	1	1	A
73.	SHERIN SHAHANA	A	1	. /	/
74.	SNEHA T		/	/	/

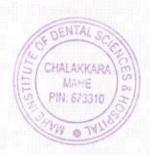


A

Dr. Anii Melath, Mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Mahe -673310 UT of Puducherry



SI. No	Participant Name	DAYI	DAY 2	DAY 3	DAY 4
75.	SRIRAM GN	A	_	-	/
76.	SUBAPRIYA G		-	1	/
77.	SUNNY JOSEPH CHAKOLA		-	A	/
78.	SWATHI RS	/	/		A
79.	SWEDHA P		/	1	
80.	SWETHA SIVAKUMAR	/	-	A	1
81.	THAFSEERATH N	A	/	/	A
82.	THEERTHA VISHWANADH N		-	1	1
83.	VISHAK M KUMAR	/	/	1	/
84.	VISHNU VARDAN S		7	A	/
85.	VYSHNAVI RAMACHANDRAN		/	/	1



Dr. Anil Melath, Mos Principal Maha Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Make -673310 UT of Podocherry



Chalakkara, P.O. Pallor, Mahe-673 310 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				
7.	The meeting room and facilities were comfortable and adequate	1			
8.	Programme venue				
9.	Degree to which the program is recommended to colleagues				

Sel



Dr. Anii Meiath, Mos

Principal
Mahe Institute of Dental Sciences & Hospital
Chalakkara, P.O.Palloor, Mahe -673310
Ut of Puducherry



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

YOGA IN DAILY LIFE FEEDBACK FORM

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6.	The course content met your expectations		1		
7.	The meeting room and facilities were comfortable and adequate				
8.	Programme venue	1			
9.	Degree to which the program is recommended to colleagues		/		

CHALAKKARA MAME PIN. 673310 S

Dr. Anil Metath, Mos Principal Make Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Make -673310 UT of Puducherry



Chalakkara, P.O. Pallor, Mahe-673 310 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
L	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	1			
7.	The meeting room and facilities were comfortable and adequate	1			
8.	Programme venue				
9.	Degree to which the program is recommended to colleagues				

Di



CH

Dr. Anil Melath, Mos Priscipal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Maha -673310 UT at Puducherry



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

YOGA IN DAILY LIFE FEEDBACK FORM

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1.	Speaker presented information in a clear and organized manner	1			
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	1			
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		1		
9.	Degree to which the program is recommended to colleagues	1			

Spal

CHALAKKARA COMMAND PIN 673310 CHALAKKARA

Dr. Anil Melath, Mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O. Palloor, Mahe -673310 UT of Pudecherry



Chalakkara, P.O. Pallor, Mahe-673 310 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		1		
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		1		
6.	The course content met your expectations	1			
7.	The meeting room and facilities were comfortable and adequate	1			
8.	Programme venue	1			
9.	Degree to which the program is recommended to colleagues				

Sel



Dr. Anil Metath, Mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Mahe -673310 UT of Peducheny



YOGA IN DAILY LIFE FEEDBACK FORM

Please tick the appropriate option for each parameter.

SL NO	QUESTION	4	3	2	1	Ī
1.	Speaker presented information in a clear and organized manner	/				Color Section 1
2.	The program objectives were met		1			
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	/				1
7.	The meeting room and facilities were comfortable and adequate	/				1
8.	Programme venue		,			1
9.	Degree to which the program is recommended to colleagues	1				-

Pat



Dr. Anil Melath, Mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Mahe -673310 UT of Puducheny



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

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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	1				
5.	Usefulness of handouts and audio-visual materials	1				
6.	The course content met your expectations		1			
7.	The meeting room and facilities were comfortable and adequate	1				
8.	Programme venue	1				
9.	Degree to which the program is recommended to colleagues	/				

Del



Dr. Anii Melath, Mos
Principal
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UT of Puducherry



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I,	Speaker presented information in a clear and organized manner	1			
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4.	Relevancy of the content to professional activities was a reason for you to participate	1			
5.	Usefulness of handouts and audio-visual materials	1			
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8.	Programme venue	1			
9.	Degree to which the program is recommended to colleagues	1			



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



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5.	Usefulness of handouts and audio-visual materials	1			
6.	The course content met your expectations		,		
7.	The meeting room and facilities were comfortable and adequate				
8.	Programme venue		1		
9.	Degree to which the program is recommended to colleagues				

DENTAL CHALAKKARA MARE

PIN: 573310

Dr. Anil Melath, Mos Principal Maha Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Maha -573310 UT of Pudacheny



MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL Chalakkara, P.O. Pallor, Mahe-673 310

U.T. of Puducherry.Ph: 0490 2337765

YOGA IN DAILY LIFE FEEDBACK FORM

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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	1			
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6.	The course content met your expectations	1			
7.	The meeting room and facilities were comfortable and adequate				
8.	Programme venue				
9.	Degree to which the program is recommended to colleagues	1			

20

CHALAMKARA
MAHSE
PIN: 573310

Dr. Anil Melalit, Mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Mahe -673310



Chalakkara, P.O. Palloor, Mahe-673 310 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



Copy to:

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

OR MIN.M

Principal

Dr. Anil Melath, MDS
Principal
Principal
Make Institute of Dental Sciences & Hospital
Chalakkara, P.O. Pallock, Make -673310
UT of Paducherry



Dr. Anii Melath, Mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Mahe -673310 UT of Puducherry



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

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:-

At -

AKKARA AK

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



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

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 dayto-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





h. un

Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Pallour, Mahe - 673310

If of Pagacagree

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







CERTIFICATE OF COURSE COMPLETION

AWARDED TO

NIMA TONNY

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

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DEANIL MELATH PRINCIPAL, MINDS



Dr MOHD FERO

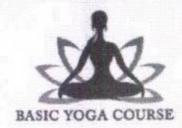
Dr.MOHD FEROZ VICE PRINCIPAL, MINDS

Dr. Anii Melath, wos Priscipal

Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloot, Mahe -678310 UT of Pulucherry







CERTIFICATE OF COURSE COMPLETION

AWARDED TO

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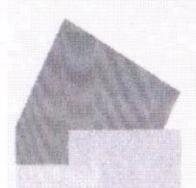
FOR SUCESSFULLY COMPLETING THE CERTIFICATE COURSE ON BASIC YOGA HELD BETWEEN 9.5.2017-12.5.2017. ORGANIZED BY. MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL, CHALAKKARA, MAHE, U.T OF PUDUCHERRY, 673 310

Dr.ANIL MELATH PRINCIPAL, MINDS



DLMOHD FEROZ VICE PRINCIPAL, MINDS

Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O. Palloor, Malie -673310







CERTIFICATE OF COURSE COMPLETION

AWARDED TO

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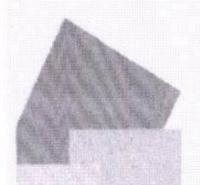
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Dr.ANIL MELATH PRINCIPAL, MINDS

Dr.MOHD FEROZ

CHALARKARVICE PRINCIPAL, MINDS Dr. Anil Melalli, Mos FIN. 67,3310

Chalakkara, P.O.Palloor, Mahe -673310







CERTIFICATE OF COURSE COMPLETION

AWARDED TO

GOPIKA. K

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 CHALAKKARA DEMOND FEROZ MAHE PIN 673310 YEE PRINCIPAL, MIN

VICE PRINCIPAL, MINDS Dr. Anii Melath, MOS

Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O. Palloor, Mahe -673310 UT of Puducharry







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, 873 310

Dr.ANIL MELATH PRINCIPAL, MINDS O TY

Dr.MOHD FEROZ VICE PRINCIPAL, MINDS

Dr. Anli Meiath, was

Make Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Mahe -673310 UT of Puducherry



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

BASIC YOGA COURSE PARTICIPATION LIST 2016-17

		2010-	* 1		
SI. No	Participant Name	DAYI	DAY 2	DAY 3	DAY 4
1.	AFRA AFZAL	1	1	A	1
2.	AISHWARIA PJ	/	/	/	1
3.	AISWARYA GANESH	1	A	1	А
4.	AJITH KUMAR I	/	1	1	1
5.	ALEEMA SUMAN ARIF	/	1	1	1
6.	AL-NUSRATH RAHILA	/	1	A	1
7.	AMEER JAFFAR	/	1	1	1
8.	ANANYA SIVAN	1	1	/	A
9.	ANAVADYA S	1	1	1	1
10.	ANJANA BINOY	/	1	1	1
11.	ANNA TOM	/	1	A	1
12.	ANUSREE S	/	1	1	1
13.	APARNA P	1	1	1	,
14.	ARATHI MITHRAN	/	1	/	A
15.	ARCHUTHAMANAN A	1	1	1	1
16.	ARULMOZHI S	/	1	1	A
17.	ARYA CHANDRA BABU	/	1	1	-
18.	ASHINA	/	/	1	A





Dr. Anii Melath, Mos Principal Mahe Institute of Destal Sciences & Hospital Chalakkara, P.O.Palicor, Mahe -673310 UT of Puducheny



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RIKI	0.6				
19.	AYSHA P P	1		1	-
20.	AYSHA SHAHBATH NOORI	1	1	1	/
21.	BADARIYA	1	/	A	1
22.	BALAJI G	/	1	1	/
23.	BHUVANESWARI T	/	1	1	1
24.	BRINDAMALAR V	/	1	1	A
25.	DHURKA DEVI N	/	/	1	1
26.	DIJISHNA DINACHANDRAN	/	1	A	-
27.	DIVIN DAVY MANJALY	1	/	1	1
28.	DIVYADARSHINI N	/	1	1	1
29.	FATHIMA HAFSANA	/	1	/	A
30.	FATHIMATH MITHA	/	/	4	1
31.	FATHIMATHUL ANSHAHARA P K	/	A	1	-
32.	GAYATHRI SWAMINATH S	/	1	1	A
33.	GOPIKA K	1	1	1	1
34.	HARSHA S S	/	1	1	-
35.	HEMNATH SHEKAR G	/	/	A	1
36.	HIBA HARIS K K	/	A	1	-
37.	HIBA SHERIN K	/	1	1	_
38.	HYFA SHAMEEM	/	1	1	/
39.	ISWARIYA V	/	1	1	1



Dr. Anil Melath, Mos Principal Mahe lestitute of Dental Sciences & Hospita Chalakkara, RO.Palloos, Mahe -673310 UT of Puducherry



MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL Chalakkara, P.O. Pallor, Mahe-673 310

U.T. of Puducherry. Ph: 0490 2337765

111	2 0				
40.	JEENATH BEGAM K	1	1	1	1
41.	JOS PAUL C PIUS	1	A	1	/
42.	KHADEEJATHUL DILSHADA	/	A	1	1
43.	LAKSHMI VIKAS	1	1	A	1
44.	LINTA TESS JOSEPH	/	/	1	/
45.	LUBAIBA YAQOOB T K	/	A	/	/
46.	MALINI P	/	1	A	1
47.	MANISHA MOHAN	/	1	1	1
48.	MEGHANA JEEVARAJ	/	1	1	1
49.	MEGHANA SUNIL	/	A	1	/
50.	MISHA PAUL	/	1	1	A
51.	MUHAMMAD VAJID CHATHOTH	/	1	1	1
52.	MUHAMMED MANSOOR M P	/	A	1	1
53.	MUHAMMED THANSEEH	/	1	4	A
54.	MUHSINA K	/	1	1	1
55.	NANDITHA V NAIR	/	1	1	1
56.	NAYEEMA M	/	1	1	1
57.	NIMA TONNY	/	A	1	1
58.	NITHYA SWARNALAKSHMI G	/	/	A	4
59.	NOUREEN NAZIR MOHAMMED	,	1	1	1
60.	PARVATHY NARAYANAN	1	/	1	1



Dr. Anii Melath, Mos Principal Mahe Institute of Dental Sciences & Hospital, Chalakkara, P.O. Palloor, Mahe -673310 UT of Puducherry

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

61.	PRABAVATHY M	/	A	1	1
62.	PRAKASH N	/	A	1	1
63.	PRANAV P P	1	A	1	1
64.	RAMANA S	1	1	1	1
65.	RANEESHA	/	1	1	1
66.	RASNAHA NASRIN K	/	1	A	1
67.	REMSEENA P K	1	1	1	A
68.	REMYA K P	1	1	1	0
69.	RESMIYA C K	/	1	1	1
70.	RISWANA V K	/	1	1	/
71.	RIYA FATHIMA T	/	1	1	1
72.	RIYA RAJESH	/	1	1	1
73.	RIYA RAMADAS	1	/	1	1
74.	RUGMA KANNAN	/	A	1	A
75.	SAFEEDA V	/	1	1	1
76.	SANDRA BENNY	/	1	1	1
77.	SHAFNA SHERIN	/	1	/	,
78.	SHAHBAZ S J	/	/	1	A
79.	SHEDA MAJEED	/	1	1	1
80.	SHREDHA MADHU	/	1	1	1
81.	SREE HARI S	/	1	/	1



Dr. Anli Melatir, mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.D.Palloor, Maha -673310 UT of Puducherry



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

82.	SREELAKSHMI	1	1	Ą	1
83.	SREELAKSHMI P	,	1	1	1
84.	SREELAKSHMI T	1	1	1	A
85.	THAFNA SHARIN	1	1	A	1
86.	THEERTHA BABURAJ	1	A	1	1
87.	THEERTHA M J	1	1	1	1
88.	THEERTHA V M	1	1	1	A
89.	VYSHNAVI K	1	1	1	1



Dr. Anil Melath, Mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palloor, Mahe -673310 UT of Puducharry



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

'BASIC YOGA COURSE' FEEDBACK FORM

Please tick the appropriate option for each parameter.

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

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Dr. Anil Meiath, Mos Principal Mahe Institute of Dental Sciences & Hospital Chalakkara, P.O.Palioor, Mahe -673310 UT of Puducherry



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

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7.	The meeting room and facilities were comfortable and adequate		/		
8.	Programme venue	1			
9.	Degree to which the program is recommended to colleagues		/		





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UT of Puducherry



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'BASIC YOGA COURSE' FEEDBACK FORM

Please tick the appropriate option for each parameter.

SL NO	QUESTION	4	3	2	1
ı.	Speaker presented information in a clear and organized manner	1			
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	1			
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	1			
8.	Programme venue		/		
9.	Degree to which the program is recommended to colleagues	/			

Set



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9.	Degree to which the program is recommended to colleagues	1			





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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

CHALAMKARA CANAMANA CANAMANA MAME
POR GENSING

DR ANK.M

Principal

Copy to:

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

CHALAKKARA PROMISE PIN. 673310

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