



CHILDREN'S EDUCATION SOCIETY (Regd.)

THE OXFORD DENTAL COLLEGE

(Recognized by the Govt. of Karnataka, Affiliated to Rajiv Gandhi University of Health Sciences,
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Bommanahalli, Hosur Road, Bangalore – 560 068.
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Website: www.theoxford.edu

Date: 22.04.2022

Ref:

Circular

This is to inform that The Oxford Dental College is conducting a program on
“Yoga and Wellness” on 22nd April 2022.

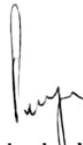
Speaker: Dr. Sneharaj

Organizers: The Oxford Dental College

Beneficiaries: UG's, PG's, Faculty

Venue: Auditorium

Timings: 09:30 AM onwards


Principal



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THE OXFORD DENTAL COLLEGE

A lecture on "Yoga and Wellness" conducted at The Oxford Dental College by
Dr. Sneharaj on 22nd April 2022.

ATTENDANCE SHEET

STAFF LIST

Sl.no.	Name of the staff	Signature
1.	Dr. A R PRADEEP	A.R Pradeep.
2.	Dr. PRIYA SUBRAMANIAM	Priya Subramaniam
3.	Dr. LAXMIKANTH S M	Dr. Laxmikanth.
4.	Dr. MALATHI DAYALAN	Malathi Dayalan
5.	Dr. SRIREKHA A	Sri Rekha.
6.	Dr. LEEKY MOHANTY	Leeky Mohanty
7.	Dr. SALEHA JAMADAR	Saleha Jamadar
8.	Dr. BHARATH VARDHANA	Bharath Vardhan
9.	Dr. SINDHU R	Sindhu.
10.	Dr. DEEPA PANDE	Deepa Pande.
11.	Dr. KIRAN K	Kiran
12.	Dr. MADHUSUDHAN	Madhusudan
13.	Dr. HARISH	Harish



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14.	Dr. SAVITHA	Savitha
15.	Dr. ANURADHA	Anuradha.
16.	Dr. ANTARA	Antara.
17.	Dr. RAGHUNANDAN	Raghunandan.
18.	Dr. MANJAREE	Manjaree.

PG STUDENTS LIST

Sl.no.	Name of the student	Signature
1.	Dr. MARIYAM ADIL SHAH	M. Adil
2.	Dr. NITIN R V	Nitin
3.	Dr. VARSHITHA A	Varshitha
4.	Dr. ABU SAWOOD	Abu
5.	Dr. RUPSA DAS	Rupsa.
6.	Dr. RAJATHA S GILBERT	Rajatha
7.	Dr. NEHA MUNDHRA	Neha
8.	Dr. SONIA SAHOO	Sonia
9.	Dr. NAZIYA SULTHANA	Naziya
10.	Dr. SAHANA B S	Sahana
11.	Dr. KOSANAM SAI HITESH	Kosam
12.	Dr. KAMINI SHARMA	Kamini



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13.	Dr. TARIKA G	Tarika
14.	Dr. NAUSHEEN ERAM	Nausheen
15.	Dr. AGNITEJ K T	Agnitej
16.	Dr. SHERIN JOHNSON	Sherin
17.	Dr. INDHU JOSE	Indhu.
18.	Dr. SARVAJITH B H	Sarvajith
19.	Dr. AVUTHU LIKITHA	Likitha.
20.	Dr. M CH S N V S UDAY KIRAN	Uday
21.	Dr. MADHULIKA K	Madhulika.
22.	Dr. SEHVISH QURESHI	Sehvi
23.	Dr. K ANUSHA RAVINDRA	Anusha Ravindra
24.	Dr. PATTU POGULA ANUSHA	Anusha
25.	Dr. SNEHA B KOLLA	Sneha - B. Kolla
26.	Dr. NANDINI R	Nandini
27.	Dr. VIVEK JYOTHISH	Vivek
28.	Dr. MADHULIKA K	Madhulika
29.	Dr. SEHVISH QURESHI	Sehvi
30.	Dr. K ANUSHA RAVINDRA	Anusha. Ravindra



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31.	Dr. SWATHI A	Swathi
32.	Dr. RASHMI ANAGHA K R	Rangh
33.	Dr. THEJASWINI L	Thejaswini
34.	Dr. IRENE ANN THOMAS	Irene
35.	Dr. TANVI S	Tanvi
36.	Dr. SANA NASREEN	Sana
37.	Dr. V AISHWARYA	Aishwarya
38.	Dr. SRIABINAYA S	Sriabina
39.	Dr. SHARADHI HEGDE	Sharadhi
40.	Dr. PRABHA SHREE	Prabhasree
41.	Dr. AKSHAY V ANAND	Akshay
42.	Dr. JISHNU PN	Jishnu
43.	Dr. LOHITHA K	Lohitha
44.	Dr. SOKKAM MANASA	Manasa
45.	Dr. PARI ANAND	Pari
46.	Dr. NIVEDITHA M	Niveditha
47.	Dr. MADHURIMA GOSWAMI	Madhurima
48.	Dr. M M VISHNU PRIYA	Vishnu
49.	Dr. NIKHIL V JOSE	Nikhil
50.	Dr. MRUNALINI CHOUKSEY	Mrunalini



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52.	Dr. RATHNASHREE M V	Rathnashree.
53.	Dr. SADIYA NAZ	Sadiya
54.	Dr. S MAHIMA	Mahima
55.	Dr. CHANDHANA A V	Chandhana
56.	Dr. BHAGYASHREE M	Bhagyashree
57.	Dr. YAMUNA RANI	Yamuna Rani
58.	Dr. VINITHA G KAIMAL	Vinitha

UG STUDENTS LIST

Sl.no.	Name of the student	Signature
1.	NIKITA SARMA	Nikita S.
2.	ASHUTOSH TRIPATHY	Ashutosh
3.	MD AKHLAQR RAHMAN	Akhlaqr
4.	NEWIN JACOB JOHN	Newin
5.	SHATABDI NEWAR	Shatabdi
6.	SEN TOM	Sen Tom
7.	V. SNEHA	Sneha
8.	JENIFER. A	Jenifer
9.	HEMAM NIVEDITA DEVI	Hemam



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11.	TEJAL U GOWDA	Tejas
12.	UTHARA M DAS	Uthara
13.	VARSHINI C V	Varshani
14.	VINUTHA NAVANEETHAM	Vinutha
15.	YAMAN EQBAL	Yama
16.	YUMNA ABDUL AZEEZ	Yumna.
17.	ZENILE SEB	Zenile
18.	FAHIM HUSSAIN BORA	Fahim
19.	SUPRIYA S	Supriya
20.	SWETA DAS	Sweta Das
21.	NALLAGONDA THEJESH	Nallagonda
22.	D.V THANUJA	Thanuja
23.	REVATHI. J	Revathi
24.	AYUSHMAN GHOSH	Ayushman Ghosh
25.	PRASURJYA PLABON HAZARIKA	Prasurjya
26.	AKSHYA RAJ	Akshya Raj
27.	ANKAM MOKSHA	Ankam
28.	R CHETHANA	Chethana



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30.	MUSKAN ANJUM. A	Muskan.
31.	FARHEEN RAFEEK	Farheen RafEEK
32.	HAJIRA	hajira
33.	KAVYASHREE GURUNG	Kavya
34.	LIRIK JONGKEY	Lirik
35.	NEEHARJIT MAHANTA	Neeharjit
36.	NEHA GUPTA	neha
37.	SHARANYA L	Sharanya L.
38.	SHIFA MARIYAM H	Shifa
39.	SOUVIK BANERJEE	Souvik.
40.	LUPAMUDRA PARASAR	Lupamudra
41.	NEHA D NAIDU	Neha.
42.	NANDINI. S	Nandini
43.-	BASAVARAJ .	Basavaraj
44.	N. SHARIKA.	Shatika
45.	CHANDANA. H. A	Chandana.
46.	NIKITA R PATIL	Nikita
47.	MADHURA NAGAYYA HIREMATH	Madhura



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49.	ANDHAVARAPU SREETIKA	Andhavarapu
50.	C. S SNEHA	Sneha.
51.	ROOPA RAAJITHA UPPALAPATI	Roopa Rajitha
52.	ROOPASHREE H S	Roopa
53.	RUQAIYYA TALATH KHAZI	Ruqaiyya
54.	SATABDI ROY	Satabdi
55.	KAVYA SHREE. G	Kavya.
56.	SAMRIDDHI BHATTACHARJEE	Samriddhi
57.	CHARCHITA B GOHAIN	Charchita
58.	TEJASWINI SANJAY HUDDAR	Tejaswini
59.	ARSHIYA MOHAMMADI	Arshiya
60.	MADHUSHREE. K	Madhusree
61.	PRIYA. P	Priya
62.	MEGHANA. J	Meghana
63.	TEJASHWINI VANAROTTI	Tejaswini
64.	OSAMA SHARIFF	Osama



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66.	PRASAD P	<i>Prasad</i>
67.	PRASHMA	<i>Prashma.</i>
68.	PRIYASHA DEY	<i>Priyasha</i>
69.	RAJESH N	<i>Rajesh.</i>
70.	ROJASHREE	<i>Rojashree</i>
71.	VIDHYASHRI	<i>Vidhyashri</i>
72.	M. JANI BABA.	<i>Jani</i>
73.	G.S. SIMRAN.	<i>Simran</i>
74.	POORNA SHREE. G.L	<i>Poorna</i>
75.	MADHURI. K	<i>Madhuri</i>
76.	GIRISH. M	<i>Girish</i>
77.	ANANYA. S	<i>Ananya</i>
78.	RAGASHREE. B	<i>Ragashree</i>
79.	NISCHITHA. S	<i>Nischitha</i>
80.	TVISHITA POLAKALA	<i>Tvishita</i>
81.	ROHAN BORA	<i>Rohan Bora.</i>
82.	SANJAY AUGUSTINE	<i>Sanjay</i>
83.	SHEKHA S	<i>Shekha</i>



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85.	TWINKLE THOMAS	Twinkle
86.	ROHAN BORA	Rohan Bora
87.	RACHANA RAMESH	Rachana
88.	MOKATI LAKSHMI VENKATA PRASAD	Venkata Prasad
89.	MONALISA	Monalisa
90.	NEEHA LAKPOTI	Neha
91.	JAGANNATH DAS	Jagannath Das
92.	KRISTI SAIKIA	Kristi
93.	RINKU H JAIN	Rinku
94.	SHAIK ABDUL SAMAD	Shaik. Abdul -
95.	PARTHA PRIYAM MAHANTA	Partha
96.	TANIYA	Taniya
97.	NIVEDHITHA. R	Nivedhitha
98.	VAISHNAVI. B	Vaishnavi - B
99.	KHUSBOO KHATUN	Khusboo
100.	M T TEJASHWINI	M.T Tejashwini
101.	MERIN ANN BENNY	Merin



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103.	ARADHANA DEKA	<i>Aradhana</i>
104.	SHRUTISHEELA DEKA	<i>Shrutisheela</i>
105.	PALLABI DAS	<i>Pallabi</i>
106.	POOJA PRASAD	<i>Pooja</i>
107.	AGNES ASHNA C T	<i>Agnes</i>
108.	ANKITA SINGH	<i>Ankita</i>
109.	SREE LAKSHMI. S	<i>Sreelakshmi</i>
110.	JYOSHNA R REDDY	<i>Jyoshna</i>
111.	ANIL P JOSEPH	<i>Anil</i>
112.	VIJAYARAJ. T.R	<i>Vijayaraj</i>
113.	CHALLA SIVA SAAKETH REDDY	<i>Saaketh</i>
114.	VIJAYA CHETHANA. R	<i>Vijaya</i>
115.	T KATHYRN	<i>T. Kathryn</i>
116.	SADIA SHAIKH	<i>Kathryn</i>
117.	JOEL JOSE	<i>Joel</i>
118.	PATHAN ARSHIA KHANAM	<i>Arshia</i>
119.	THANNOJ KIRAN BIJA	<i>Thannoj</i>



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121.	MAUSUMI BHARALI	Mausumi
122.	K SREESHMA	Sreeshma.
123.	KAVYASHREE Y M	Kavyashree
124.	KHAZI MOHAMED SANAULLA	Sanaulla . .
125.	KUSHALA G	Kushala
126.	VANSHIKA SHREYA	Vanshika
127.	B PREETHI	preethi
128.	MONISHA. U	Monisha
129.	FAYEZA ABDUL HAMEED	Fayeza
130.	HANUSHA. S	Hanusheer
131.	AMINA RUSAFIDA. K.A	Amina
132.	NIVEDA. M	Niveda.
133.	PRIYANKA. K	Priyanka
134.	SOWBHAGYALAKSHMI. K	Sowbhagy
135.	SACHIN KUMAR	Sachin
136.	DISHA SHARMA	Disha .
137.	DIVYA SURESH	Divya
138.	GARADALA PRAGNA SRI	G. Pragna



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141.	ANAM NASRIN	Anam
142.	ARTI KUMARI	Arti
143.	VALLURI AFRIN	Valluri
144.	CHARBELLE NATALIE CARMO LOBO	Charbelle
145.	DEEPIKA M R	Deepika
146.	DINESH M	Dinesh
147.	SANJU SHREE V	Sanju
148.	ZAIBA UMAIMA	Zaiba
149.	AKELA SAI HALEKYA	A Sai Halekyar
150.	AMPAGOUNI RAMYA	Ramy
151.	ANWESA MOHANTY	Anwesa
152.	D NEEHA	Neeha
153.	ARJUN. D	Arjun
154.	M. JOTHIKA	Jothika
155.	BENSON M VARGHESE	Benson
156.	SHALINI	Shalini



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158.	SRISHTI SWAYAMPRAHA	Srishti
159.	ANAGHA AJAYAN	Anagha. Ajayan
160.	ANUPAMA	Anupama
161.	ANUPAMA MOHAN KUMAR	Anupama M.
162.	ARPITHA S	Arpitha
163.	ATHMEETHA	Athmeetha
164.	BHAVANA S	Bhavana
165.	BHAVANI M S	Bhavani M S
166.	AISHWARYA MUTTANNA PALLED	Aishwarya
168.	SHAIKH AISHA KHATOON IRFAN	Shaiikh
169.	ANU SANTHAM PAUL	Anu
170.	ANAKHA RAJ	Anakha
171.	AISHWARYA S BHARADWAJ	Aishwary Bharadwa



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CERTIFICATE OF PARTICIPATION



THE OXFORD DENTAL COLLEGE

Certificate of Attendance

This is to certify that
Dr. Mariyam Adil Shah
has attended a course on
Yoga and Wellness
conducted on 22nd April 2022
at The Oxford Dental College, Bengaluru.

Dr. A R Pradeep
Dean
The Oxford Dental College



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BANNER



THE OXFORD DENTAL COLLEGE BENGALURU

Conducting
Capability enhancement course on
"Yoga and Wellness"

By

Speaker: Dr. Sneharaj
Senior Lecturer

Department of Pediatric and Preventive Dentistry

Venue: Auditorium, The Oxford Dental College
Date: 22nd April 2022



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BROCHURE



THE OXFORD DENTAL COLLEGE BENGALURU

Invites you to a program on
“Yoga and Wellness”

Speaker: Dr. Sneharaj
Date: 22nd April 2022
Time: 09:30 am onwards
Platform: Auditorium, The Oxford
Dental College



Dr. Sneharaj
Senior Lecturer
Department of Pediatric and Preventive
Dentistry
The Oxford Dental College, Bengaluru



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FEEDBACK FORMS

THE OXFORD DENTAL COLLEGE

Participant's feedback on the Capability Enhancement programme on
“YOGA AND WELLNESS”

Speaker: Dr. Sneharaj

Name of the participant: Dr. Mariyam

Date: 22.04.2022

SL.NO	QUESTIONS	RATING SCALE			
		POOR	SATISFACTORY	GOOD	EXCELLENT
1	Overall organization of the Program			✓	
2	Appropriateness of the facilities provided			✓	
3	Topic and content of the Program			✓	
4	Effectiveness of hand-on sessions				✓
5	Opportunity provided for interacting with guest speaker/presenter				✓
6	Whether helpful for career advancement			✓	
7	Appropriateness to meet the industry standards				✓
8	Overall experience during the program			✓	
9	Any suggestions				✓

Signature of the participant



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Website: www.theoxford.edu

ACTIVITY REPORT

REPORT OF THE PROGRAMME

The Oxford Dental College conducted a capability enhancement course on

“Yoga and Wellness”

for the PG and UG students and faculty by Dr. Sneharaj.

The course was conducted on 22nd April 2022. A total of **247** participants attended the program of which few were under graduates, post graduates and faculty. Everyone assembled at 09:00 am in the College Auditorium for registration. The course started at 09:30 am which included the yoga sessions.



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CURRICULUM

YOGA AND WELLNESS

Types of Yoga and Meditation and Its Impact on Body& Mind

1. Why introduce Yoga for dental students and professionals?
2. Prevalence of musculoskeletal pain and its risk factors
3. Advantages of Yoga
4. Stress management through yoga
5. Different Asanas
6. Meditation and Mindfulness
7. Impacts of yoga on mind and body



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TIME TABLE

YOGA AND WELLNESS (3 HRS)

Date	Speaker	Attendees
22.04.2022	Dr. Sneharaj	UG students, PG students, Faculty

09:30 am – 09:45 am

Welcoming the gathering

09:45 am – 10:00 am

Introducing the Speaker

10:00 am – 11:00 am

Introduction to Yoga

11:00 am – 12:00 pm

Demonstration of different asanas

12:00 pm – 12:15 pm

Vote of thanks



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PHOTOS





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PROGRAM OUTCOME

Regular yoga practice can help to improve strength and flexibility in the muscles surrounding the spine, neck, shoulders and stomach. This has a positive effect on posture during clinical practice. As dental health professionals we are role models to our patients, our colleagues and the public. Therefore, it's important we do everything we can to stay physically and mentally healthy to be able to provide the best possible care.