

**YOGA  
AND  
MEDITATION  
2021-2022**

Date:02/08/2021

## Circular

This is to inform all UG and PG students that Yoga and Meditation classes will be organized daily in the college campus. All interested students should make use of this to attain good health, peace of mind and to learn relaxation techniques.

Program Coordinator: Mr. M. Ram Mohan, Yoga trainer

Phone no: 8341850483

Timings : 5:30 to 6:30 AM and 5:30 to 6:15 PM

**Copy to:** Chairperson

Director

Secretary

All HOD's/Incharges

College Notice Board

**Principal**

Principal  
Lenora Institute of Dental Sciences  
RAJANAGARAM

Date:24-08-2022


## ANNUAL REPORT

**Name of the program:** Yoga and Meditation

**Resource person details:** Mr. Ram Mohan, Yoga Instructor  
Lenora Institute of Dental Sciences.  
Rajahmundry  
Contact no: 8341850483

Lenora Institute of Dental Sciences organized a yoga training program. Students who were interested have attended this program. This training session mainly focused on the importance of yoga and meditation in daily life. Students who were trained expressed a sense of pride and joy for receiving training in yoga.

The management of Lenora Institute of Dental Sciences remarked about the need to pursue yoga and meditation on a daily basis, and thought awareness among all the students that yoga and meditation were a preferable solution to the numerous life style diseases, stress and anxiety.

  
Lenora Institute of Dental Sciences  
RAJANAGARAM

  
Program Co-Ordinator

**Name of the Program: Yoga and Meditation**

**AY:2021-2022**



**Students practicing in yoga and meditation in the campus area**

*[Signature]*  
**PRINCIPAL**  
Lenora Institute of Dental Sciences  
RAJANAGARAM

*[Signature]*  
**Program Coordinator**

**YOGA AND WELLNESS**  
**2020-2021**



# LENORA INSTITUTE OF DENTAL SCIENCES

(Recognised by GOI/ Dental Council of India & Affiliated to Dr. NTR UHS-BZA)

Accredited with NAAC "A" Grade

NH-16, Rajanagaram, Rajahmundry, East Godavari (Dt.), AP, India.

Web: [www.lids.ac.in](http://www.lids.ac.in), E-Mail: [lidsrajahmundry@gmail.com](mailto:lidsrajahmundry@gmail.com), PH:0883-2484492, Fax: 0883 2484493

## CIRCULAR

Date:03-09-2020

This is to inform all the students that 'Yoga and Meditation' classes will be conducted in the Open Auditorium from 4:30 pm to 5:30 pm in our college throughout the year. All the interested students can participate in these sessions.

Copy to:  
Chairperson  
Secretary  
Director  
All H.O.D's / In charges  
Notice Board

*[Signature]*  
**PRINCIPAL**  
Lenora Institute of Dental Sciences  
RAJANAGARAM

*[Signature]* Lalitha  
*[Signature]* Srideni  
*[Signature]* Jacob  
*[Signature]* Jayshanti  
*[Signature]* Jacob



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## ANNUAL REPORT

Date: 31/08/2021

Name of the program: Yoga and Meditation

Resource person details: I.N. Sai Lakshmi,  
Girls Hostel Warden, Lenora Institute of Dental Sciences,  
Rajanagaram.  
Contact no:7799771082

Lenora Institute Of Dental Sciences organized a yoga training program. Students who were interested have attended this program. This training session mainly focused on the importance of yoga and meditation in daily life. Students who were trained expressed a sense of pride and joy for receiving training in yoga.

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Program Co-Ordinator



PRINCIPAL  
PRINCIPAL

Lenora Institute of Dental Sciences  
RAJANAGARAM

LENORA INSTITUTE OF DENTAL SCIENCES  
RAJANAGRAM, RAJAHMUNDRY

YOGA & MEDITATION



*[Signature]*  
PRINCIPAL  
Lenora Institute of Dental Sciences  
RAJANAGARAM



**YOGA  
AND  
MEDITATION  
2019-2020**

Date: 17/10/2019

## Circular

This is to inform all UG and PG students that Yoga and Meditation classes will be organized daily in the college campus. All interested students should make use of this to attain good health, peace of mind and to learn relaxation techniques.

Program Coordinator: Mr. T. Surya, Yoga trainer

Phone no: 7032939914

Timings : 5:30 to 6:30 AM and 5:30 to 6:15 PM

**Copy to:** Chairperson

Director

Secretary

All HOD's/Incharges

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PRINCIPAL  
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Date:25-10-2020

## ANNUAL REPORT

**Name of the program:** Yoga and Meditation

**Resource person details:** Mr. T Surya, Yoga Instructor


Lenora Institute of Dental Sciences.

Rajahmundry

Contact no: 7303834683

Lenora Institute of Dental Sciences organized a yoga training program. Students who were interested have attended this program. This training session mainly focused on the importance of yoga and meditation in daily life. Students who were trained expressed a sense of pride and joy for receiving training in yoga.

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PRINCIPAL  
Lenora Institute of Dental Sciences  
RAJANAGARAM

  
Program Co-Ordinator

Name of the program: Yoga and Meditation

AY:2019-2020



*[Signature]*  
**PRINCIPAL**  
Lenora Institute of Dental Sciences  
RAJANAGARAM

*[Signature]*  
**Program Co-Ordinator**

**YOGA  
AND  
MEDITATION  
2018-2019**

Date:03/11/2018

## Circular

This is to inform all UG and PG students that Yoga and Meditation classes will be organized daily in the college campus. All interested students should make use of this to attain good health, peace of mind and to learn relaxation techniques.

Program Coordinator: MR. T. Surya, Yoga trainer

Phone no: 7032939914

Timings : 5:30 to 6:30 AM and 5:30 to 6:15 PM

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Date:25-08-2019

## ANNUAL REPORT

**Name of the program:** Yoga and Meditation

**Resource person details:** Mr. T Surya, Yoga Instructor

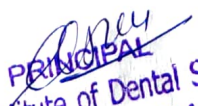
Lenora Institute of Dental Sciences.


Rajahmundry

Contact no: 7303834683

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PRINCIPAL  
Lenora Institute of Dental Sciences  
RAJANAGARAM


  
Program Co-Ordinator


**Name of the Program: Yoga and Meditation**

**AY:2018-2019**



**Students practicing in yoga and meditation in the campus area**

  
PRINCIPAL  
Lenora Institute of Dental Sciences  
RAJANAGARAM

  
Program Co-Ordinator



**YOGA  
AND  
MEDITATION  
2017-2018**

Date:22/10/2017

## Circular

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Program Coordinator: Mr T. Surya, Yoga trainer

Phone no: 7032939914

Timings : 5:30 to 6:30 AM and 5:30 to 6:15 PM

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Date:27-08-2018

## ANNUAL REPORT

**Name of the program:** Yoga and Meditation

**Resource person details:** Mr. T Surya, Yoga Instructor


Lenora Institute of Dental Sciences.

Rajahmundry

Contact no: 7303834683

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PRINCIPAL  
Lenora Institute of Dental Sciences  
RAJANAGARAM

  
Program Co-Ordinator

Name Of the Program: Yoga and Meditation

AY:2017-2018



**Students practicing in yoga and meditation in the campus area**

  
**PRINCIPAL**  
Lenora Institute of Dental Sciences  
RAJANAGARAM


  
**Program Co-Ordinator**

**Name Of the Program: Yoga and Meditation**

**AY:2017-2018**



**Students practicing in yoga and meditation in the campus area**

  
**PRINCIPAL**  
Lenora Institute of Dental Sciences  
RAJANAGARAM

  
**Program Co-Ordinator**