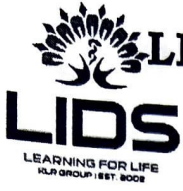


**LIFE SKILLS  
ACTIVITIES  
(2021-2022)**



# 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

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



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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

+



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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

**LIFE SKILLS  
ACTIVITIES  
(2020-2021)**



# LENORA INSTITUTE OF DENTAL SCIENCES

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## 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**

*[Handwritten signatures and initials]*  
Lalitha  
Sridevi  
Jacob

## 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**



*Principal*  
**PRINCIPAL**  
Lenora Institute of Dental Sciences  
RAJANAGARAM



**LIFE SKILLS  
ACTIVITIES  
(2019-2020)**



# LENORA INSTITUTE OF DENTAL SCIENCES

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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

College Notice Board

Principal  
PRINCIPAL  
Lenora Institute of Dental Sciences  
RAJANAGARAM.

Dept - of Peds - SR

Dept of OMFS - J

Dept of OMR - ds

Dept - of Perio - G. Santli

Dept of Orthodontics - V. Jeevithan

Dept. of PPD - B

Dept of Prostho - M. Satyanarayana

Dept of D.N - H



# LENORA INSTITUTE OF DENTAL SCIENCES

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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



*Principal*  
Principal  
Lenora Institute of Dental Sciences  
RAJANAGARAM

*Smya*  
Program Co-Ordinator

**LIFE SKILLS  
ACTIVITIES  
(2018-2019)**



# LENORA INSTITUTE OF DENTAL SCIENCES

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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

**Copy to:** Chairperson

Director

Secretary

All HOD's/Incharges

College Notice Board

Principal

PRINCIPAL

Lenora Institute of Dental Sciences  
RAJANAGARAM

Dept of Pedo - Srinivas

Dept of O.R. - ~~He~~

Dept of P.H.O. - B. Annaswamy

Dept of O.M.F.S. - ~~S~~

Dept of O.M.R. - ~~S~~

Dept of P.W.O. - Rangan

Dept of Orthodontics - V. Jeeva Ratan

Dept of Prostho - Nibha

~~10~~

Principal  
Rajawade Institute of Dental Sciences  
Rajawade





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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

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:2018-2019**



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

  
PRINCIPAL  
Lenora Institute of Dental Sciences  
RAJANAGARAM

  
Program Co-Ordinator

**LIFE SKILLS  
ACTIVITIES  
(2017-2018)**



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Date:22/10/2017

## 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

College Notice Board

  
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Lenora Institute of Dental Sciences  
RAJANAGARAM

Dept of OMFS - Q

Dept of OMR - L

Dept of Prostho - Widman

Dept of Perio - Repe

Dept of Pedo - SNOM

Dept of Orthodontics - H. Jessie Kellan

Dept of U/P - W

Dept. of PTHD - B. N. Kumar



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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**