

DAPM R V DENTAL COLLEGE AND HOSPITAL, BENGALURU**BRIEFING SESSION ON WELLBEING**

SPEAKER: Mrs Sushma

Audience: I BDS (2019-2020 Batch, RS3)

Date: 25-11-2019 Time: 1.30pm to 2.00pm

This is to state that a briefing session was being conducted for I BDS students on management of stress and well being at lecture hall 1 of DAPM R V Dental College and Hospital, Bengaluru on 25th November 2019 from 1.30pm to 2.00pm. The resource person was Mrs Sushma, Yoga teacher and Counsellor of DAPM R V Dental College and Hospital, Bengaluru. The students were briefed about concepts of stress management, breathing exercises and importance of yoga. The students were given the option of utilizing the counselling services offered at the campus. All the students had liked the session and it was concluded with question and answer round.

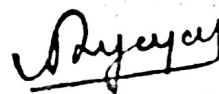
Madhura - 019.
 (DR MADHURA - 019)
 STAFF INCHARGE
 I BDS (2019-2020 Batch)



Principal

DAPM R V Dental College

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 BANGALORE 560 025

DAPM R.V DENTAL COLLEGE & HOSPITAL, BANGALORE
I BDS (RS3) July 2020 Batch

Briefing session by counsellor on 25-11-2019 (1:30pm-2:00pm)

S.No	Student Name & SIGN.
1	ANANYA THUNGARAKODI <i>Ananya T.</i>
2	ANU YADAV - Absent -
3	ARIFA <i>Arifa</i>
4	B AMBARISH KAMATH - Absent -
5	BAPI REDDY MANISHA REDDY <i>Manisha B</i>
5	BHOOMIKA V <i>Bhoomika V.</i>
7	CHAITRA R <i>Chaitra</i>
8	CHETU J R <i>Chetu</i>
9	DANIA MARIAM DELVI <i>Dania M</i>
10	DHATHRI C KASHYAP - Absent -
11	HARSHALA P AYACHIT <i>Harshala</i>
12	K SANCHIT RAO <i>Sanchit</i>
13	KAUSHIK C R <i>Kaushik C.R.</i>
14	KOMAL KUMARI <i>Komal kumaris</i>
15	M VAISHNAVI <i>Vaishnavi. M</i>
16	MAHATHI SINDHU <i>Mahathi S.</i>
17	MALEEHA KHAN <i>Maleeha Khan</i>
18	MANASA GANESH <i>Manasa</i>
19	MARISHA GHOSH <i>Marisha Ghosh</i>
20	N LOHITHA <i>N. Lohitha</i>
21	NIKITHA ANAND <i>Nitha</i>
22	PEREDDY PREE THI <i>P. Preethi</i>
23	POTTIPATI NIKHIL PRASHANTH <i>Nikhil Prashanth</i>
24	PRAJNA <i>Prajna</i>
25	PRASHANT KUMAR SINHA <i>Prashant</i>
26	PRATIBHA <i>Pratibha P.B</i>
27	R KEERTHANA <i>Keerthana</i>
28	RAINA SHAHANI <i>Raina</i>
29	RAKESH M V <i>Rakesh M.V</i>
30	RAMANANDA G BASIDONI <i>Ramananda</i>
31	RITHIKA PAI T <i>Rithika. Pai</i>
32	ROSHINI C SURI - Absent -
33	ROSHINI M - Absent -
34	S KIRTHANA <i>Kirthana</i>
35	SAHANA G V <i>Sahana Gv.</i>
36	SAHANA HEBBANI <i>Sahanathesha</i>
37	SAISHANMUKHA SUDHAMAYI ERRAMILI - Absent -
38	SALIKAH FATHIMA <i>Salika</i>

Sushma

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Sushma
21/11/19

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Bangalore - 560 078.

Madhura. 019. 25/11/2019
(DR. MADHURA 019)
STAFF INCHARGE
I BDS
2019-2020 BATCH

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Briefing session on wellbeing by Mrs Sushma for I BDS_3.jpg

39	SAMHITHA M	
40	SANJANA H C	Sanjana M
41	SHANIA SINHA	Shania
42	SHRAYA N	Shraya
43	SHREYA GANNARAPU	Shreya
44	SIDRA MARYAM	Sidra
45	SINDOORI H	Sindhu
46	SONALI ADINATH VASAWADE	Sonali
47	SOUMYA GHULE	Soumya
48	SUHASI S	Suhani S
49	SUMA V	Suma
50	SUMEET R M	Sumeet
51	SYEDA SAMIYA	Samiya
52	TAZEEN FATIMA	Tazeen
53	TRISHA R	Trisha
54	VAISHNAVI V	Vaish
55	VINEETH N V	Vineeth
56	VIRINCHI C	Virinchi C
57	VISHWA SWAROOP S	Vishwa
58	YASHASWINI C	Yashaswini C
59	YASHASWINI K	Yashaswini K
50	ZAINA KAUSER HUSSAIN	Zaina

Madhura . M . G.
 (DR MADHURA - M . G.)
 STAFF INCHARGE
 I BDS 2019-2020 BATCH

Principals
 2/12/19

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Principals

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Report of counselling session for the II BDS students

A counselling session for the II BDS students was conducted on 6th January 2020 between 2pm to 3pm at Class room 2 by Mrs. Sushma who is a trained Yoga instructor and a Counsellor.

In this session the students were told as to how to focus on the positive aura. They were taught to overcome fear, stress during exams and how to withdrawal all negatives in their life. Since it was an interactive session, the counsellor guided them to follow the right path. Also she taught them about some breathing exercises and some mind reading techniques which were very informative.

Take home messages for the students was as to how to get rid of negatives and focus on positive ones.

All of them enjoyed the session and in future they wanted to attend more of these counselling sessions.

Sushma

Sharma

Arjun

Arjun

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500 028

GROUP COUNSELLING FOR II BDS
STUDENTS BY Mrs. Sushma

6103
MON

- | | |
|--------------------------|------------------|
| 1. Abhisri CP | Abhisri |
| 2. Suma Soodan | Sushma |
| 3. Sankarini V | Sankarini |
| 4. Shivani Gupta | Shivani |
| 5. Somya Shree | Somya |
| 6. Nandini Patil | Nandini |
| 7. SWATHI RAS | Swathi Ras |
| 8. VAISHNAVI SHETTY | Vaishvi |
| 9. DINU RESI | Dinu |
| 10. FARSEENA -M | Farseena |
| 11. Debatra Kurda | Debatra |
| 12. Vinutha | Vinutha |
| 13. Sandhya Harichandana | Sandhya |
| 14. Greetanjali D | Greetanjali |
| 15. Rajitha B.R | Rajitha B.R. |
| 16. Sagarika B.S. | Sagarika |
| 17. Sonika K. Gowda | Sonika Gowda |
| 18. SAFIYYAH MARYAM | Safiyyah |
| 19. SARIYA KHANUM | Sariya |
| 20. SREELAKSHMI. R. NAIR | Sreelakshmi |
| 21. NEHA - S | Neha |
| 22. Reshma Varma | Reshma |
| 23. Alwina Veronica Raju | Alwina |
| 24. Dherika Suresh | Dherika |
| 25. Sushara V | Sushara V |
| 26. Gowthami. A. H | Gowthami |
| 27. Dedeepak Reddy | Dedeepak |
| 28. Naren R Parashar | Naren R Parashar |

Sushma

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GROUP COUNSELLING FOR II BDS
STUDENTS BY Mrs. Sushma

6103
MON

- | | |
|--------------------------|------------------|
| 1. Abhisri CP | Abhisri |
| 2. Suma Soodan | Sushma |
| 3. Sankarini V | Sankarini |
| 4. Shivani Gupta | Shivani |
| 5. Somya Shetty | Somya |
| 6. Nandini Patil | Nandini |
| 7. SWATHI RAS | Swathi Raj |
| 8. VAISHNAVI SHETTY | Vaishvi |
| 9. DINU RESI | Dinu |
| 10. FARSEENA -M | Farseena |
| 11. Debatra Kurda | Debatra |
| 12. Vinutha | Vinutha |
| 13. Sandhya Harichandana | Sandhya |
| 14. Greetanjali D | Greetanjali |
| 15. Rajitha B.R | Rajitha B.R. |
| 16. Sagarika B.S. | Sagarika |
| 17. Sonika K. Gowda | Sonika Gowda |
| 18. SAFIYYAH MARYAM | Safiyyah |
| 19. SARIYA KHANUM | Sariya |
| 20. SREELAKSHMI. R. NAIR | Sreelakshmi |
| 21. NEHA - S | Neha |
| 22. Reshma Varma | Reshma |
| 23. Alwina Veronica Raju | Alwina |
| 24. Dherika Suresh | Dherika |
| 25. Sushara V | Sushara V |
| 26. Gowthami. A. H | Gowthami |
| 27. Dedeepak Reddy | Dedeepak |
| 28. Naren R Parashar | Naren R Parashar |

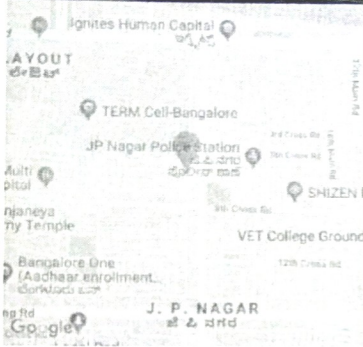
Sushma

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- (29) Daurhan. J. Daurhan
- (30) Shashank. S. Bhat Shashank
- (31) Peranan mubera Peranan
- (32) ~~Alag Nachiketh patil~~ Alag

Deyyay

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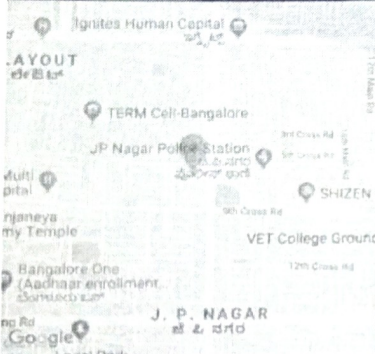
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India

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D. Jayaram

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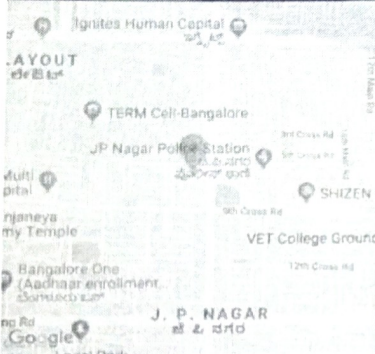
D. Jayas

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D. Jayas

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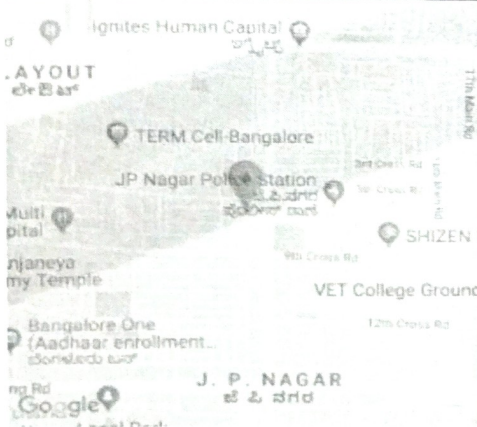
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Prayushi

• LAXI ANANDAN
• SANKAR ANANDAN
• SUDAN K



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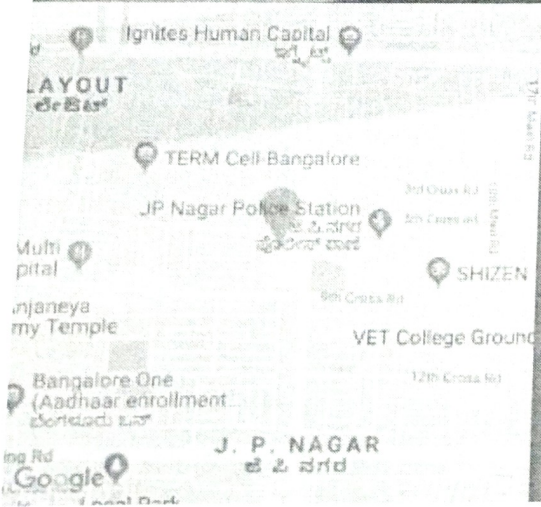
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Pandurajyalakshmi
PRINCIPAL

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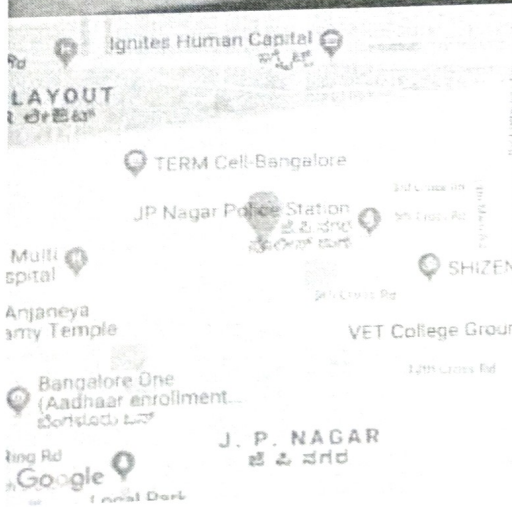
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D. A. Pandu
PRINCIPAL

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BANGALORE-560 041



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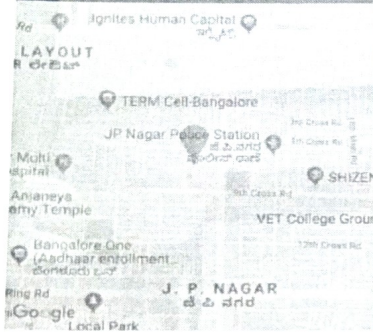
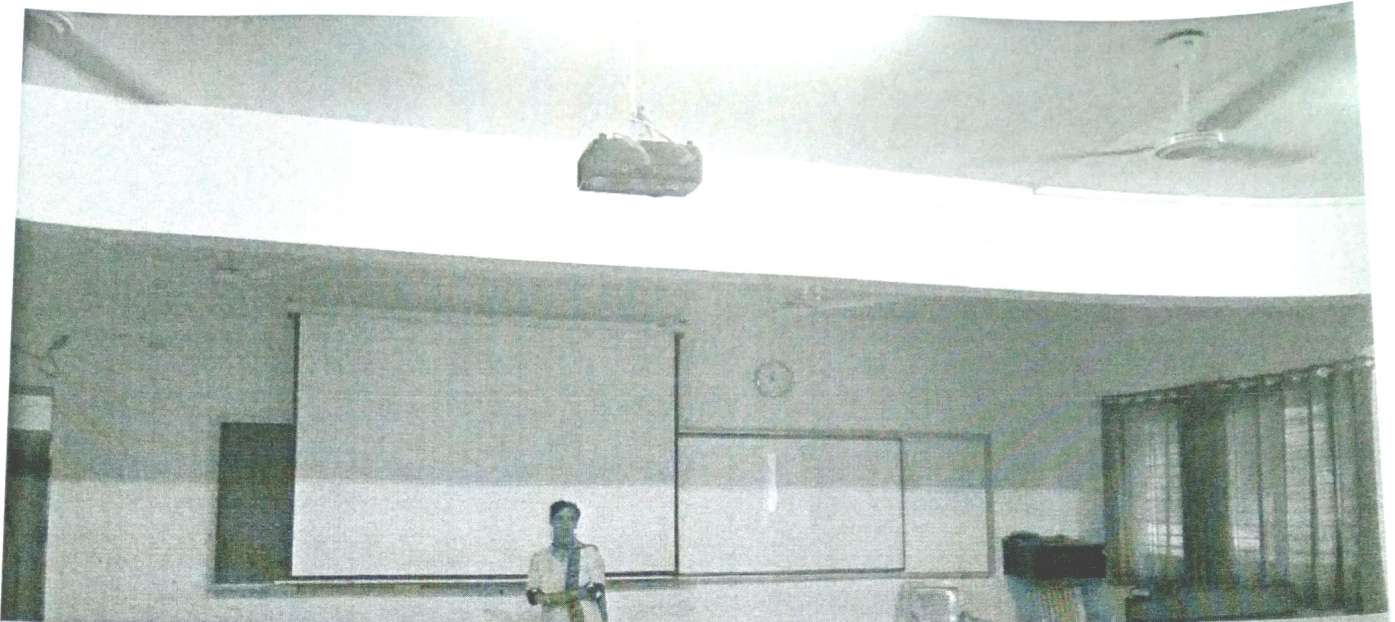
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2020-01-06(Mon) 01:45(PM) *Rajendra*

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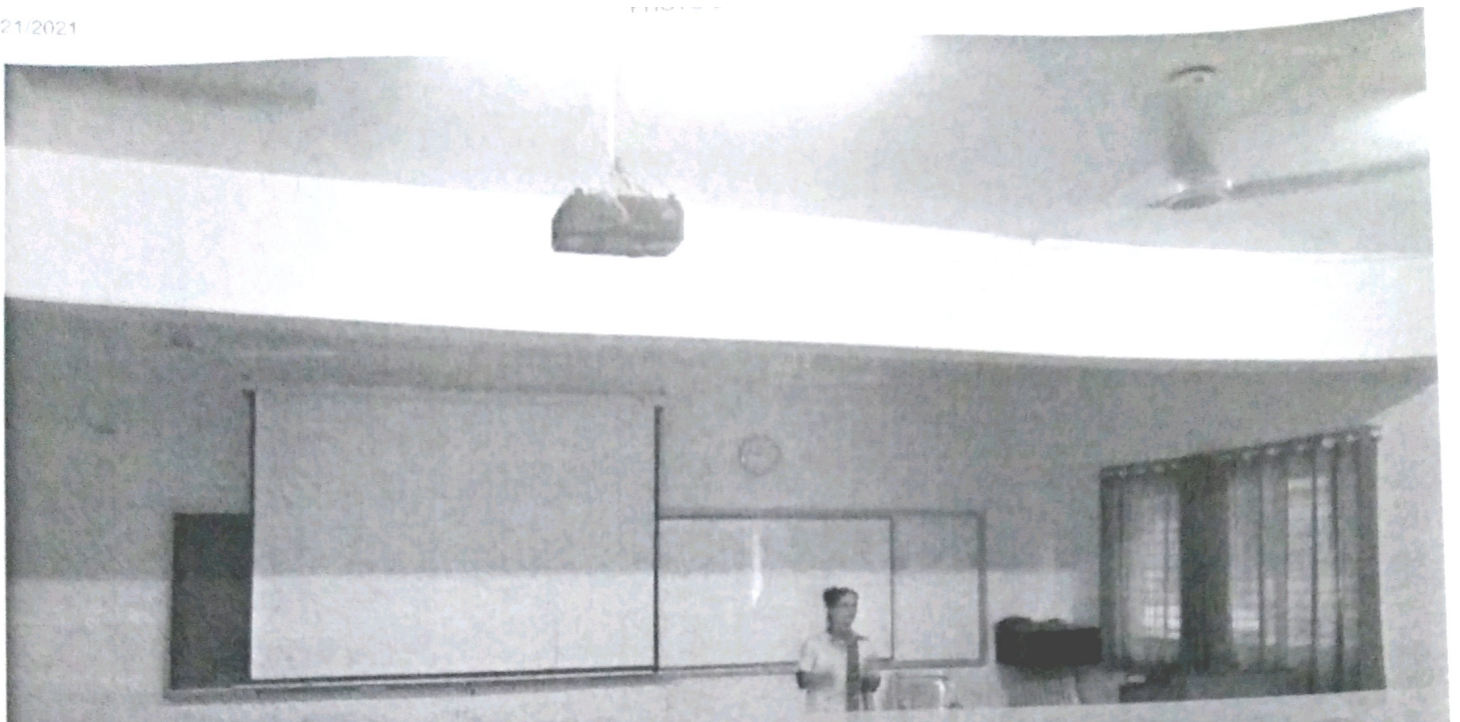
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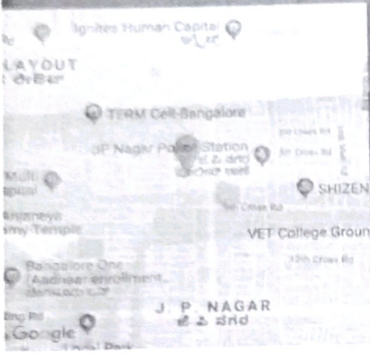
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Panduraj

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B. P. Nagar, 560 041



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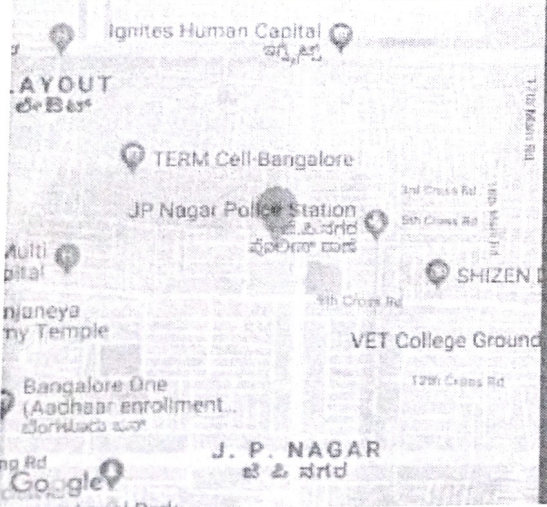
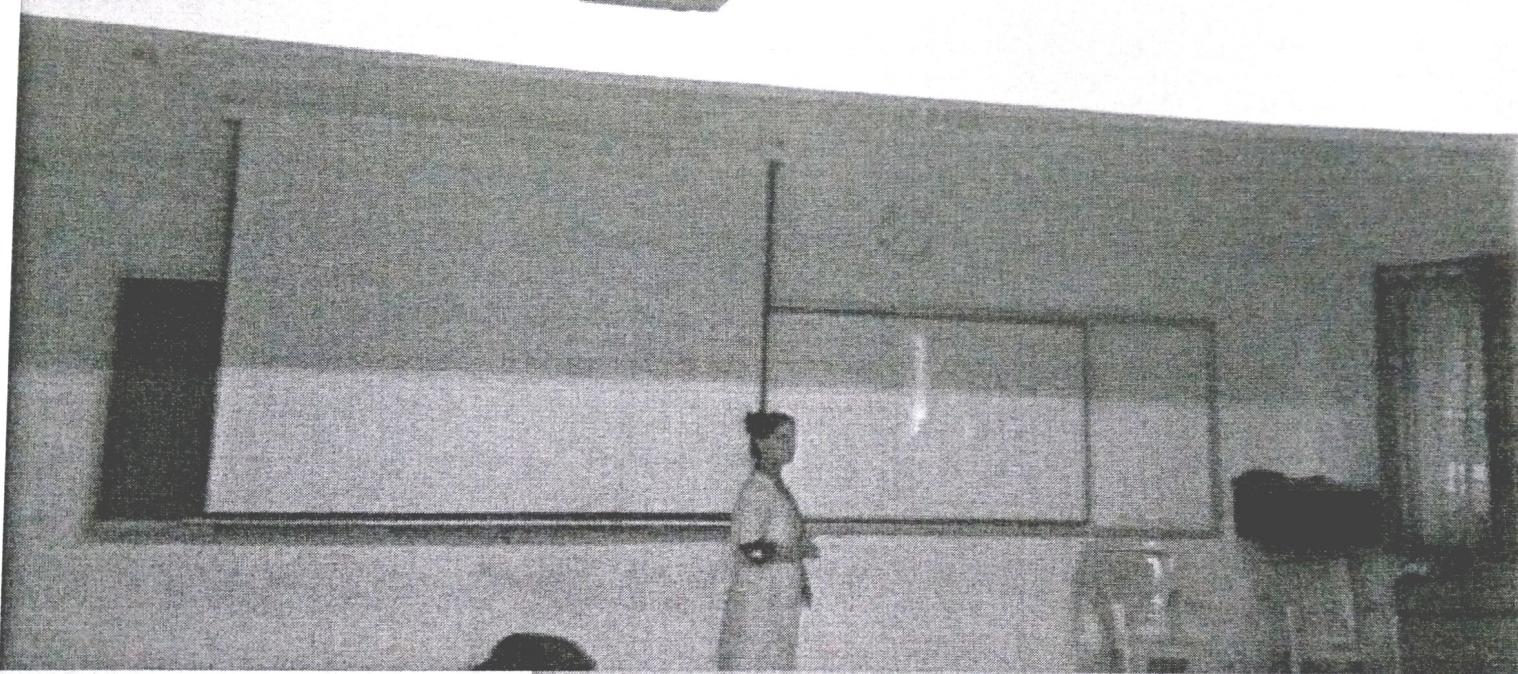
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A. Pandu
PRINCIPAL

A. PANDU MEMORIAL
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DAPM R V DENTAL COLLEGE AND HOSPITAL, BENGALURU**BRIEFING SESSION ON WELLBEING**

SPEAKER: Mrs Sushma

Audience: III BDS (2019-2020 Batch, R.SJ)

Date: 03-01-2020 Time: 1.30pm to 2.00pm

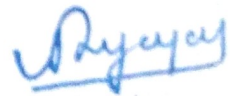
A briefing session was being conducted for III BDS students on management of stress and well being at lecture hall 3 of DAPM R V Dental College and Hospital, Bengaluru on 3rd Jan 2020 between 1.30pm to 2.00pm. The resource person was Mrs Sushma, Yoga teacher and Counsellor of DAPM R V Dental College and Hospital, Bengaluru. The students were briefed about the concepts of stress management, breathing exercises and importance of yoga in day today activities. The students were given the option of utilizing the counselling services offered at the campus. All the students had liked the session and it was concluded with question and answer round.

Madhura H.G.
(Dr MADHURA H.G.)
III BDS STAFF COORDINATOR



Principal

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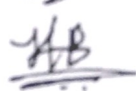
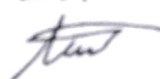
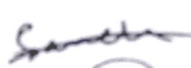

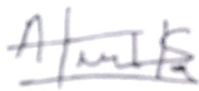




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BENGALURU


BRIEFING SESSION FOR III BDS (RS 3)
BY MRS SUSHMA.

LECTURE HALL : 3

Time : 1.00pm - 1.30pm
Date : 03-01-2020.

Sl. NO.	NAME OF THE STUDENT	SIGN OF THE STUDENT
①	Aakash Malik	
②	Bhavans.k	
③	Amit	
④	Sandhishe	
⑤	Anusha. B	 Anusha. B
⑥	Anusha. M	
⑦	Afreen Shifa	
⑧	Raksha. S	
⑨	Sneha K Bhat	
⑩	Pooja M. Yadav	

Madama-rg. 03/01/20
LDA MADHURA. (rg)
III BDS STAFF COORDINATOR


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BANGALORE-560 078

Sl. NO.	NAME OF THE STUDENT	SIGN OF THE STUDENT
11	Rakshita . V.	<u>Rakshita</u>
12	Vaishnav K. S	<u>Vaishnav</u>
13	Devayani	<u>Devayani</u>
14	Apoorva	<u>Apoorva</u>
15	Greeshma	<u>Greeshma</u>
16	Ashika	<u>Ashika</u>
17	Daeshan	<u>Daeshan</u>
18	Shweta Sajad.	<u>Shweta</u>
19	Anjali	<u>Anjali</u>
20	Sweeti Mishra	<u>Sweeti</u>
21	Prachi	<u>Prachi</u>
22	Maria Shilpa	<u>Shilpa</u>

~~23~~

Madhura . M. G. 23/01/2020
CDR MADHURA M. G.

~~24~~

III BDS STAFF COORDINATOR

Sushma

PRINCIPAL

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D.V. DENTAL COLLEGE

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BANGALORE 560 012

Sushma
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D.A. PANDU MEMORIAL
D.V. DENTAL COLLEGE

Sl. No.	NAME OF THE STUDENT	SIGN OF THE STUDENT
25	V. Krishna Sameela	VAS
26	Shilpa Joshi	Shilpa
27	Asha Rani	Asha
28	Neha Choudhary	Neha
29	Blumikaal	Bl
30	Maanya V	Maanya
31	M.N Keerthana	MN
32	Neha Patil	Neha
33	Sakshi	Sakshi
34	Pilike	Pilike
35	Kavya G M	K
36	Mishrah	Mishrah
37	Nikitha Issou	Nikitha
38	Rukmini A	Rukmini
39	Navind Shetty	Navind

Madhura Reg 03/01/2020
 (DR MADHURA H.G.)
 IV BDS STAFF COORDINATOR

Praveen

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 BANGALORE 560 078

Praveen

PRINCIPAL
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Report of counseling session

Counseling session for the IV BDS students was done on 26th November 2019 from 1.30 to 2.30pm by Mrs. Sushma.

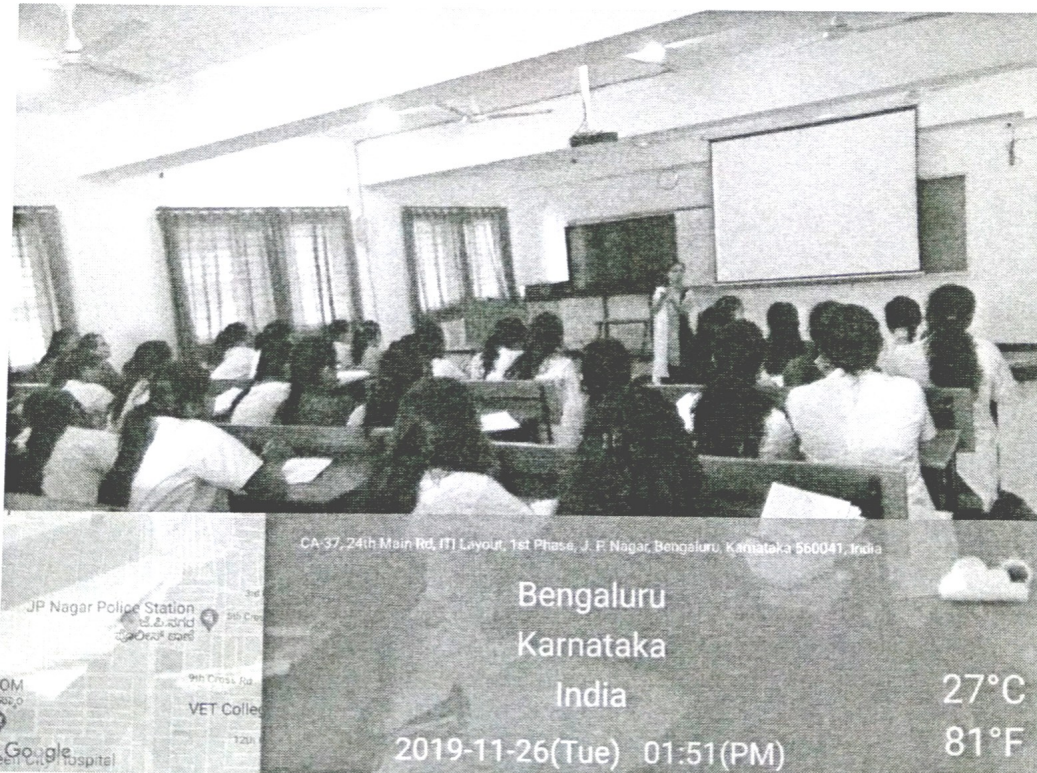
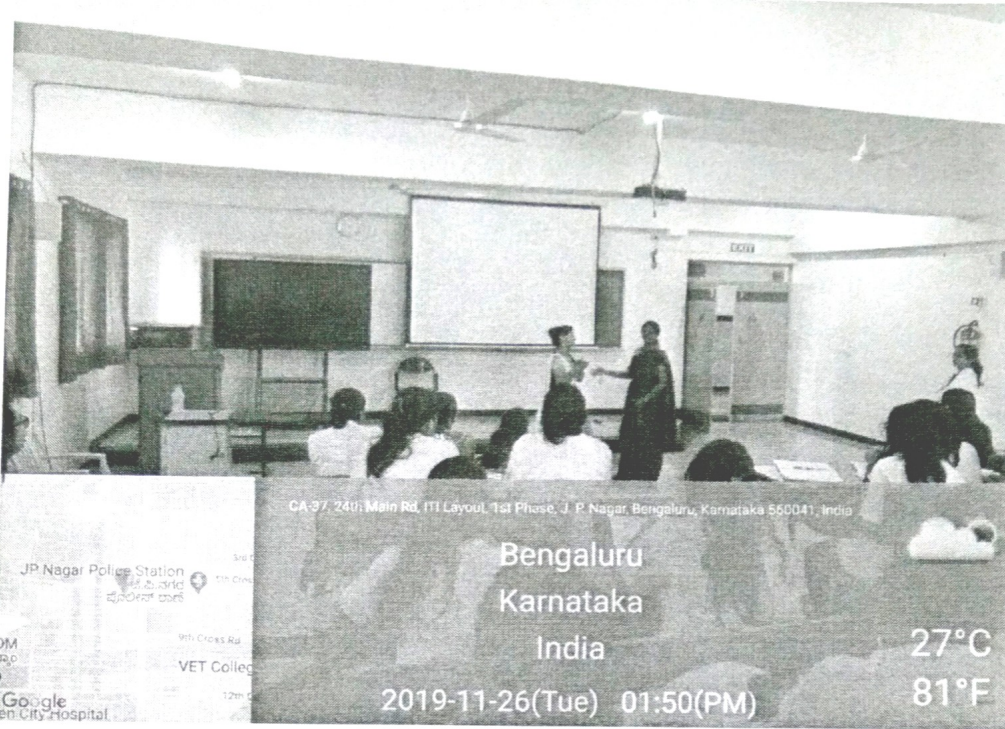
The session began with categorizing the various thought that the students have and how it is imperative for the students to focus on the positive ones. The students were also educated about: feelings, attitude, nature and destiny. It was refreshing as the students were made to practice breathing techniques. The counsellor explained the necessity to focus on their goals regardless of the obstacles that may come in their way and also motivated them to pursue the path of righteousness. They were able to take several take home messages from the session.

All in all it was a beneficial session.



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Counseling for IV BDS students by Mrs. Sushma on 26/11/2019

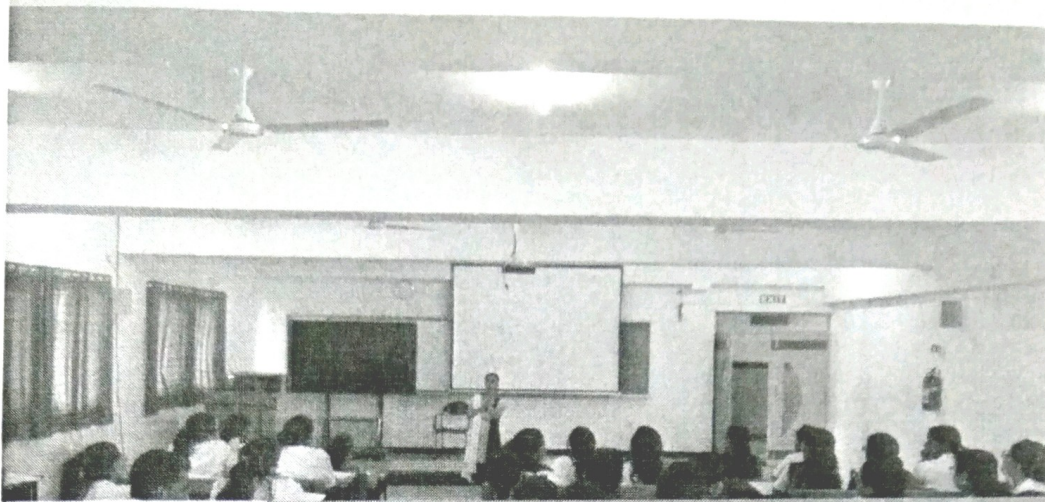


Sushma

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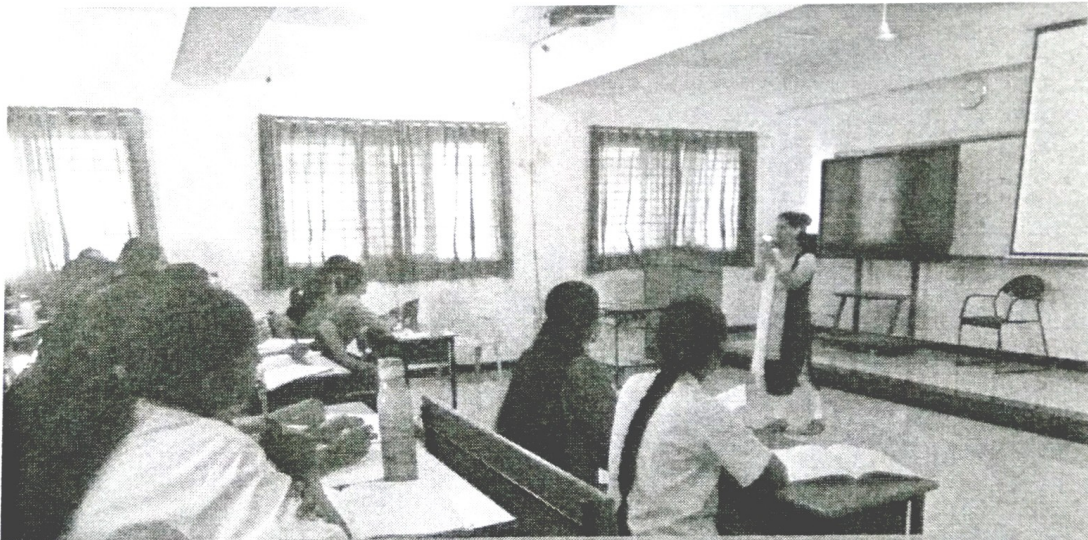


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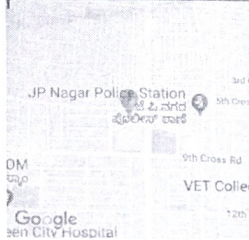
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D. Jayaraj

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Prajaya

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