

# St. Joseph Dental College

## CIRCULAR

Dt: 04.03.2025

This is to inform all first-year BDS students that the Women Empowerment cell of St. Joseph Dental College is organizing a lecture on "Yoga and Meditation Practices for Mental Wellness " on March 5th, 2025, from 10 a.m. to 11 a.m. at the college auditorium.

All 1<sup>st</sup> year BDS students (Girls) are directed to attend this informative session.

It is informed that students should get their yoga mats for this session.

Speaker: Dr. G. Srilatha, Associate Professor, EEE Department, Sir. C.R.R.

College of Engineering, Eluru

Date : 05.03.2025(Wednesday)

Time : 10 AM-11 AM

Venue: Auditorium, St. Joseph Dental College

  
Dr. N. Sleeveva Raju  
**Dr. N. SLEEVA RAJU**  
Principal  
St. Joseph Dental College  
Duggirala, Eluru-534 003  
Eluru Dist., A.P., INDIA  
To



All the HODs of Medical & Dental Departments

Copy to: Rev. Fr. G. Moses, Secretary & Correspondent

Copy to: Rev. Fr. L. Felix, Administrator