



PMS COLLEGE OF DENTAL SCIENCE & RESEARCH

Measures initiated by the Institution for promotion of gender equity during last five years.

Introduction

Gender Sensitization is a basic requirement to understand the sensitive requisite of a particular gender. Sustainable development relies on ending discrimination towards women and bestowing equal admittance to education and opportunities for employment.

The significance of nurturing equality amongst men and women in any domain is at the forefront of our institution. The proportion of female faculties, students and employees in our institution is 2 to 3 times as much as their male counterparts. Our aim is to provide a sense of equity-based work place environment to all the stakeholders. For the past few years, we have been organizing programs that highlights and enlightens our faculties, students and employees about handling delicate issues and situations with clarity and professionalism.

Celebration of International Women's Day where the issues pertaining to women, women's health, safety are highlighted. Besides Women's Day we have been celebrating International Men's Day and Transgender's Day.

Specific facilities provided for women

Safety and Security

To strengthen and ensure the safety and security of all our students, faculties and employees in general and women in particular, the institution has put the following measures in place –

1. Entire campus is under 24/7 surveillance with 128 CCTV cameras in and around the campus.
2. The institution has employed 24-hour security to watch over the campus and movements of the people who enter and exit.
3. Vehicle entry is under strict surveillance of the security staffs. The vehicle number is noted and monitored on entry and exit.
4. Students are permitted to leave the campus during college hours only by submission of gate pass issued by Principal/ Administrator to the duty security officer
5. Hostel inmates leaving the campus after college hours should obtain the hostel gate pass issued by the Warden and has to be handed over on return.
6. 'No parking' signboards are fixed at various points within the campus.
7. Presence of female faculties in all the committees in the institution.
8. Formation of student support and guidance program
9. Anti-ragging committee
10. Anti-Sexual harassment committee.
11. Anti-discrimination cell
12. Student grievance addressing committee




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13. Extra security is provided for the 1st BDS students from the day of induction till 3 months and will be under strict monitoring for 3 more months.
14. Separate prayer room, common rooms provided for girls.

Counselling

A student counsellor is appointed to address the student facing problems, to counsel and bring them back to enjoy their student life.

Mentor-mentee system is also implemented in our institute for the betterment of student life.

Campus facilities

1. Separate Rest rooms, recreation facilities, safety lockers, Prayer rooms are provided
2. Books and magazines pertaining to women empowerment in the library
3. Common rooms, prayer room, swimming pool and gymnasium usage is equal for both genders.

Day care

A day care center is present in our campus with trained staff to take care of the children of the employees of our institution.




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PMS DAYCARE

POLICIES & PROCEDURES

OBJECTIVES

1. To ensure quality daycare for all children admitted.
2. Encourage a child's entire development by providing:
 - A friendly, secure and pleasant environment with professional child care.
 - A wide range of activities aimed at improving children's emotional, intellectual, artistic, and spiritual well-being.
 - A tension free atmosphere for the parents in the institution.
3. To aid in developing positive parenting abilities.
4. To provide support to parents who are dealing with behavioural concerns in their children.
6. To assist parents in learning about normal child development and other child-related topics.
7. Children should receive safe and homely care during daycare hours.
7. Children with developmental issues must be referred to appropriate support and care.
8. Parents should be educated about their child's behaviour, health and nutritional requirements.



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9. Parents should be enlightened with parenting skills, including options for behaviour management.

10. Health and child-care issues should be better understood by parents.

Attendance

Policy:

- Regular attendance at the daycare center is extremely important.
- Parents can visit their children in the daycare at any time provided the parents maintain their hygiene.

Procedure

- Absence on any particular day, the parents should intimate the responsible personnel by 8am.

Arrival

Upon arrival, the parents shall

- Place all diaper bags and extra clothing in the cubby or bin for the child to avoid any infections.
- Label all bottles that need to be kept cold in the refrigerator, including soothers.
- Tell the staff member of the day care regarding your child's sleep and morning routine.
- Any medication that is required should be supplied with a doctor's prescription in writing to the authorities.



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Departure

Upon departure, the parents should

- Talk with the staff about their children's day.
- Maintain a personal contact with a staff member.
- Check your ward for any mishaps.

Daycare staff should

- If a child has missed three days of childcare in a row, contact the parents or guardians.
- Discuss the cause for the absence with the parents or guardians.
- Ensure that the child is safe and free of fatal or communicable diseases so that it does not affect the health of the other children coming in.

OPERATING HOURS

Throughout the year, the daycare will be open from Monday to Saturday. The College's working hours will define the hour of daycare functioning. To support continuing development, activities within the program will be monitored and altered in conjunction with parents, childcare workers, and other associated experts.

STAFF AT THE DAYCARE CENTRE:

All daycare staff must be fully vaccinated and trained in general hygiene and first aid procedures. All staff should have years of work experience in the field of



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childcare. The authorities will ensure the character of the staff in aspects like compassion as it is mandatory in this particular field.

REPORT INCIDENCE.

A parent should notify the daycare staff if their child exhibits unusual behaviour, falls, gets food poisoning, or develops a sickness.

DAY CARE CHARGES

The charges for the daycare facility will be as follows from December 2021.

Sl No.	Age Group	Fees (INR)
1.	From 6 months to 2 years	3000/-
2.	From 2 Years to 4 Years	2000/-
3.	From 4 year to 6 years	1500/-
4.	From 6 years and above	1000/-



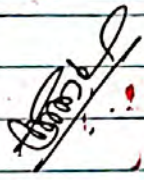
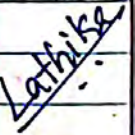
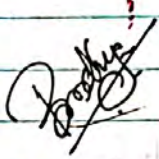
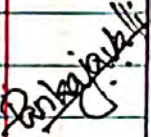
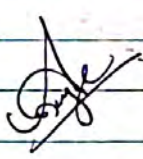
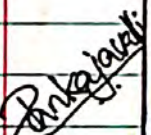
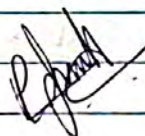
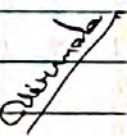
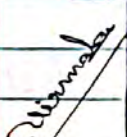
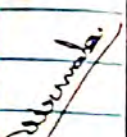

Principal



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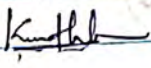
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Date of Enrollment	Sl No.	Parent's Name & Signature	Child's Name	Age	Gender	Ward's Signature
26/07/2016	1.	Subha. S 	Dev Priya M.S	1 1/2 yrs	Female	Lathika 
10/04/2017	2.	Bindhya. S.V 	Vaibhav. R	1 yr	Male	Pankaj 
01/08/2018	3.	Anuja. M.R 	Mathmika. A.P	8 months	Female	Pankaj 
10/06/2019	4	Dr Smithe. C 	Lishtha. R Nambiar	6 months	Female	Quimada 
02/12/2019	5	Neethu. P. Menon 	Dhyas Sandeep	2 yrs	Male	Quimada 
09/03/2021	6	Anumal. Thil 	Anon Viji Anand	Male		Quimada 

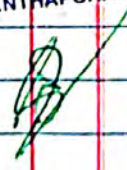


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Date of Enrollment	Sl No	Parent's Name & Signature	Child's Name	Age	Gender	Handwritten Signature
02/08/2021	7	Sreelakshmi J.S 	Rudra A.S	3yrs	Female	
01/09/2021	8	Keerthi K. Nair 	Hrishikesh K.S	4yrs	Male	
03/12/2021	9	Dr. Varsha Rajeev 	Shivani V. Das	8yrs	Female	
14/02/2022	10	Dr. Mira Mohan 	Lea Mirsh	2yrs 2wks	Female	
21/02/2022	11	Neena raj. u.s 	Abiya N.P	3 1/2	Female	
25/02/2022	12	DR. SHIANA JO 	YUVAINE ANN TOM.	19 MONTHS	FEMALE	



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DAYCARE REGISTRATION FORM

FOR OFFICE USE ONLY:

Date of Enrollment : 03.12.2021

Employee /Parent(s) Name, Designation & Department: Dr. VARSHA RAJEEV, READER,
DEPT. OF PROSTHODONTICS.

PERSONAL INFORMATION

Full Name of Child: SHIVANI V. DAS Date of Birth: 17.03.2021 Gender: Boy/Girl Girl

Address: 'AATHIRA' BLOCK 150, Perambakkade,
Thiruvananthapuram 695005

Mother's Name : Dr. VARSHA RAJEEV
Home Mobile Phone : 9844165652
Father's Name : Mr. KRISHNADAS. M
Home Mobile Phone : 9995850358

Place of Employment : PMS DENTAL COLLEGE
Work Mobile Number : 0472-2687878
Place of Employment : VSSC, Thumbe
Work Mobile Number :

Persons Authorized to Pick up Child (other than parents listed above)

1) Name : Varsha Rajeev Relationship : Mother

Emergency Contact (other than parents listed above)

1) Name : Keishnadas. M Relationship : Father

Health Details

Does your child have Regular medication (s) No

Allergies/Reactions and treatment (please list) No

Any concerns/issues regarding your child's health (seizures, asthma, vision, hearing, etc) (please list and describe): No

Please list any specific care instructions regarding

NIL

Date: 03.12.2021



Parent Signature: [Signature]



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DAYCARE REGISTRATION FORM

FOR OFFICE USE ONLY:

Date of Enrollment : 01/09/21

Employee /Parent(s) Name, Designation & Department: Keerthi K Nair, chairside Assistant & Clinic II

PERSONAL INFORMATION

Full Name of Child: HRISHIKESH K S Date of Birth: 27/04/21 Gender: Boy/Girl

Address: Ambike Bhavan Vellayannur p.o
vellayannur

Mother's Name : Keerthi K Nair

Home Mobile Phone : 8606154530

Father's Name : Shibu A S

Home Mobile Phone : 8606154530

Place of Employment

Work Mobile Number

Place of Employment

Work Mobile Number

Nattappara

Persons Authorized to Pick up Child (other than parents listed above)

1) Name : Keerthi K Nair Relationship : Mother

Emergency Contact (other than parents listed above)

1) Name : Shibu A S Relationship : Father

Health Details

Does your child have Regular medication (s) No

Allergies/Reactions and treatment (please list) No

Any concerns/issues regarding your child's health (seizures, asthma, vision, hearing, etc) (please list and describe): No

Please list any specific care instructions regarding

Date:

11/09/21



Parent Signature: [Signature]

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DAYCARE REGISTRATION FORM

FOR OFFICE USE ONLY:

Date of Enrollment : 02/08/21

Employee /Parent(s) Name, Designation & Department: Suelekshmi J.S, chairside
Assistant & Clinic II

PERSONAL INFORMATION

Full Name of Child: RUPRA A S Date of Birth: 20/09/19 Gender: Boy/Girl

Address: Percyfl Veedu, Iccozhayal Konam
Venjanamvadu.p.o

Mother's Name : Suelekshmi J.S

Home Mobile Phone : 9061188077

Father's Name : Akshil Jinisha

Home Mobile Phone : _____

Place of Employment : Vattappara

Work Mobile Number : _____

Place of Employment : _____

Work Mobile Number : _____

Persons Authorized to Pick up Child (other than parents listed above)

1) Name : Suelekshmi Relationship : Mother

Emergency Contact (other than parents listed above)

1) Name : Akshil Jinisha Relationship : Father

Health Details

Does your child have Regular medication (s) No

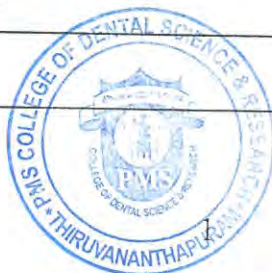
Allergies/Reactions and treatment (please list) No

Any concerns/issues regarding your child's health (seizures, asthma, vision, hearing, etc) (please list and describe): No

Please list any specific care instructions regarding _____

Date:

02/08/21



Parent Signature: _____



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DAYCARE REGISTRATION FORM

FOR OFFICE USE ONLY:

Date of Enrollment : 09/03/2021

Employee /Parent(s) Name, Designation & Department: Anamol Philip, Staff Nurse
OMFS PG.

PERSONAL INFORMATION

Full Name of Child: Anas Vipin Date of Birth: 26/6/2020 Gender: Boy/Girl

Address: Viji Bhavan, Karamkude, Cheeranibara .p.o
Nembayam . Tiruvandurum .

Mother's Name	: <u>Anamol Philip</u>	Place of Employment	: <u>Pms Dental College</u>
Home Mobile Phone	: <u>8086381334</u>	Work Mobile Number	: <u>Vijayar</u>
Father's Name	: <u>Vipin Das</u>	Place of Employment	: _____
Home Mobile Phone	: <u>9539383783</u>	Work Mobile Number	: _____

Persons Authorized to Pick up Child (other than parents listed above)

1) Name : Vipin Das Relationship : Father

Emergency Contact (other than parents listed above)

1) Name : _____ Relationship : _____

Health Details

Does your child have Regular medication (s) No

Allergies/Reactions and treatment (please list) No

Any concerns/issues regarding your child's health (seizures, asthma, vision, hearing, etc) (please list and describe): No

Please list any specific care instructions regarding

Date: 09/03/2021



Parent Signature: [Signature]



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DAYCARE REGISTRATION FORM

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Date of Enrollment : 2/12/2019

Employee /Parent(s) Name, Designation & Department: Neethu P. Menon, Anatomy dep.

PERSONAL INFORMATION

Full Name of Child: Dhyan Sandeep Date of Birth: 26.09.17 Gender: ☒ Boy/Girl

Address: Home No 39 Vinayalca nagar
mullicola po Mannanthala

Mother's Name : Neethu P. Menon

Home Mobile Phone : 9567115725

Father's Name : Sandeep P. Naik

Home Mobile Phone : 8129657321

Place of Employment

Work Mobile Number

Place of Employment

Work Mobile Number

Pms college
Mannanthala
9567115725

Persons Authorized to Pick up Child (other than parents listed above)

1) Name : _____ Relationship : _____

Emergency Contact (other than parents listed above)

1) Name : _____ Relationship : _____

Health Details

Does your child have Regular medication (s) No

Allergies/Reactions and treatment (please list) Allergies - Dmt, some food

Any concerns/issues regarding your child's health (seizures, asthma, vision, hearing, etc) (please list and describe): Nothing

Please list any specific care instructions regarding

Date: 2/12/2019



1



Parent Signature: Neethu

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DAYCARE REGISTRATION FORM

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Date of Enrollment : 10/6/19

Employee /Parent(s) Name, Designation & Department: Dr SMITHA.C, Asst Prof, Microbiology

PERSONAL INFORMATION

Full Name of Child: Eshika R Nambiar Date of Birth: 13/12/18 Gender: Boy/Girl

Address: TRA-63, Sree lakam, Thittamangalam,

(P.O) Vattiyarkavu, Trivandrum

Mother's Name : SMITHA.C

Home Mobile Phone : 9895424094

Father's Name : RAJESH.R

Home Mobile Phone : 9895349416

Place of Employment : PMS DC

Work Mobile Number : _____

Place of Employment : _____

Work Mobile Number : _____

Persons Authorized to Pick up Child (other than parents listed above)

1) Name : SMITHA.C Relationship : Mother

Emergency Contact (other than parents listed above)

1) Name : RAJESH Relationship : Father

Health Details

Does your child have Regular medication (s) Nd

Allergies/Reactions and treatment (please list) Nd

Any concerns/issues regarding your child's health (seizures, asthma, vision, hearing, etc) (please list and describe): _____

Nd
Please list any specific care instructions regarding _____

Date:

10/6/19



Parent Signature:

[Signature]
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DAYCARE REGISTRATION FORM

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Date of Enrollment : 1/8/2018

Employee /Parent(s) Name, Designation & Department: Anuja MR, Charitable Assistant - Clinic III

PERSONAL INFORMATION

Full Name of Child: Aathrika Ap Date of Birth: 31/12/2017 Gender: Boy/Girl

Address: Panchakshari, Mottarvodes Vettinadu
Vattappare. p o

Mother's Name : Anuja MR.

Home Mobile Phone : 9744922422

Father's Name : Dr. Adarsh

Home Mobile Phone : 9531894787

Place of Employment : _____

Work Mobile Number : _____

Place of Employment : _____

Work Mobile Number : _____

Persons Authorized to Pick up Child (other than parents listed above)

1) Name : Dr. Adarsh Relationship : Father

Emergency Contact (other than parents listed above)

1) Name : 954456498 Relationship : Guardian

Health Details

Does your child have Regular medication (s) N/O

Allergies/Reactions and treatment (please list) N/O

Any concerns/issues regarding your child's health (seizures, asthma, vision, hearing, etc) (please list and describe): N/O

Please list any specific care instructions regarding

Date: 1/8/2018



Parent Signature: _____



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DAYCARE REGISTRATION FORM

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Date of Enrollment : 10/4/2017

Employee /Parent(s) Name, Designation & Department: Bindhya S.V, C/S Asst

PERSONAL INFORMATION

Full Name of Child: Vaibhav R. Date of Birth: 23/3/2016 Gender: Boy/Girl

Address: Kallanakkuzh Veedu,

Vattappara P.O Tiruvannam. 695028

Mother's Name : Bindhya S.V

Home Mobile Phone : 9526034497

Father's Name : Rajeev V.N

Home Mobile Phone : 8157901631

Place of Employment : Vattappara

Work Mobile Number :

Place of Employment : Pattom

Work Mobile Number :

Persons Authorized to Pick up Child (other than parents listed above)

1) Name : Rajeev V.N Relationship : Father

Emergency Contact (other than parents listed above)

1) Name : Rajeev V.N Relationship : Father

Health Details

Does your child have Regular medication (s) no

Allergies/Reactions and treatment (please list) no

Any concerns/issues regarding your child's health (seizures, asthma, vision, hearing, etc) (please list and describe): no

Please list any specific care instructions regarding

Date:

10/4/2017



Parent Signature:

[Signature]





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Date of Enrollment : 26/7/2016

Employee /Parent(s) Name, Designation & Department: Subha. S, UD Clerk, Adminis.

PERSONAL INFORMATION

Full Name of Child: DEVI PRIYA M Date of Birth: 13/9/2014 Gender: Boy/Girl ☒

Address: Grousi Bankasam, PIRA D-72

Peyadu, Tiruvandur

Mother's Name : SUBHA. S

Home Mobile Phone : 9947328216

Father's Name : MAHESH R

Home Mobile Phone : 9495998105

Place of Employment : VaHappan

Work Mobile Number :

Place of Employment : Palayam

Work Mobile Number :

Persons Authorized to Pick up Child (other than parents listed above)

1) Name : Relationship :

Emergency Contact (other than parents listed above)

1) Name : Rajam R. K. Nar Relationship : Grandmother

Health Details

Does your child have Regular medication (s) NO

Allergies/Reactions and treatment (please list) NO

Any concerns/issues regarding your child's health (seizures, asthma, vision, hearing, etc) (please list and describe): NO

Please list any specific care instructions regarding

Date: 26/7/2016



Parent Signature: [Signature]



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MOTIVATIONAL CLASS SCHEDULE 2021

SL NO	TOPIC	DATE	BATCH
1	Significance of counselling and Progressive muscle relaxation	03/11/2021	2 nd BDS
2	Significance of counselling and Progressive muscle relaxation	08/11/2021	4 th BDS Part 1
3	Significance of counselling and Progressive muscle relaxation	23/11/2021	2 nd BDS
4	Significance of counselling and Progressive muscle relaxation	24/11/2021	1 st BDS
5	Mental Health and Stress Relaxing Techniques	07/12/2021	2 nd BDS Additional
6	Life Skill Training Program	15/12/2021	3 rd BDS Additional



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MOTIVATIONAL CLASS SCHEDULE 2019

1.	Overthinking	5/1/19	1 st Year BDS
2.	Overthinking	12/1/19	2 nd Year BDS
3.	Overthinking	19/1/19	3 rd Year BDS
4.	Overthinking	25/1/19	4 th Year BDS – Part 1 and Part 2
5.	Purpose of life	2/2/19	1 st Year BDS
6.	Purpose of life	9/2/19	2 nd Year BDS
7.	Purpose of life	16/2/19	3 rd Year BDS
8.	Purpose of life	23/2/19	4 th Year BDS – Part 1 and Part 2
9.	Peer pressure	9/3/19	1 st Year BDS
10.	Peer pressure	16/3/19	2 nd Year BDS
11.	Peer pressure	23/3/19	3 rd Year BDS
12.	Peer pressure	30/3/19	4 th Year BDS Part 1 and Part 2
13.	Goal setting	6/4/19	1 st Year BDS
14.	Goal setting	13/4/19	2 nd Year BDS

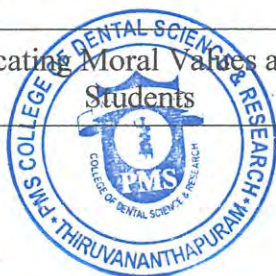


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15.	Goal setting	20/4/19	3 rd Year BDS
16.	Goal setting	27/4/19	4 th Year BDS – Part 1 and Part 2
17.	Meditation	4/5/19	1 st Year BDS
18.	Meditation	11/5/19	2 nd Year BDS
19.	Meditation	18/5/19	3 rd Year BDS
20.	Meditation	25/5/19	4 th Year BDS – Part 1 and Part 2
21.	Breaking habits	7/9/19	1 st Year BDS
22.	Breaking habits	14/9/19	2 nd Year BDS
23.	Breaking habits	21/9/19	3 rd Year BDS
24.	Breaking habits	28/9/19	4 th Year BDS – Part 1 and Part 2
25.	Tackle Behavioural Challenges	5/10/19	1 st Year BDS
26.	Tackle Behavioural Challenges	12/10/19	2 nd Year BDS
27.	Tackle Behavioural Challenges	19/10/19	3 rd Year BDS
28.	Tackle Behavioural Challenges	26/10/19	4 th Year BDS – Part 1 and Part 2
29.	Inculcating Moral Values among Students	2/11/19	1 st Year BDS



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30.	Inculcating Moral Values among Students	9/11/19	2 nd Year BDS
31.	Inculcating Moral Values among Students	16/11/19	1st Year BDS
32.	Inculcating Moral Values among Students	23/11/19	4 th Year BDS – Part 1 and Part 2
33.	Discipline techniques	7/12/19	3rd Year BDS
34.	Discipline techniques	14/12/19	2 nd Year BDS
35.	Discipline techniques	21/12/19	3 rd Year BDS
36.	Discipline techniques	28/12/19	4 th Year BDS – Part 1 and Part 2




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MOTIVATIONAL CLASS SCHEDULE 2018

1.	Goal setting	6/1/18	1 st Year BDS
2.	Goal setting	13/1/18	2 nd Year BDS
3.	Goal setting	20/1/18	3 rd Year BDS
4.	Goal setting	27/1/18	4 th Year BDS – Part 1 and Part 2
5.	Positive thinking and patience	3/2/18	1 st Year BDS
6.	Positive thinking and patience	10/2/18	2 nd Year BDS
7.	Positive thinking and patience	17/2/18	3 rd Year BDS
8.	Positive thinking and patience	24/2/18	4 th Year BDS – Part 1 and Part 2
9.	Tackle Behavioural Challenges	10/3/18	1 st Year BDS
10.	Tackle Behavioural Challenges	17/3/18	2 nd Year BDS
11.	Tackle Behavioural Challenges	24/3/18	3 rd Year BDS
12.	Tackle Behavioural Challenges	31/3/18	4 th Year BDS – Part 1 and Part 2
13.	Dignity, respect, compassion	7/4/18	1 st Year BDS
14.	Dignity, respect, compassion	14/4/18	2 nd Year BDS



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15.	Dignity, respect, compassion	21/4/18	3 rd Year BDS
16.	Dignity, respect, compassion	28/4/18	4 th Year BDS – Part 1 and Part 2
17.	Drug and alcohol awareness	5/5/18	1 st Year BDS
18.	Drug and alcohol awareness	12/5/18	2 nd Year BDS
19.	Drug and alcohol awareness	19/5/18	3 rd Year BDS
20.	Drug and alcohol awareness	26/5/18	4 th Year BDS – Part 1 and Part 2
21.	Youth mental health	8/9/18	1 st Year BDS
22.	Youth mental health	15/9/18	2 nd Year BDS
23.	Youth mental health	22/9/18	3 rd Year BDS
24.	Youth mental health	29/9/18	4 th Year BDS – Part 1 and Part 2
25.	Time management	6/10/18	1 st Year BDS
26.	Time management	13/10/18	2 nd Year BDS
27.	Time management	20/10/18	4 th Year BDS – Part 1 and Part 2
28.	Time management	27/10/18	3 rd Year BDS
29.	Student leadership and importance	3/11/18	1 st Year BDS



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30.	Student leadership and importance	10/11/18	2 nd Year BDS
31.	Student leadership and importance	17/11/18	3 rd Year BDS
32.	Student leadership and importance	24/11/18	4 th Year BDS – Part 1 and Part 2
33.	Being a winner	8/12/18	1 st Year BDS
34.	Being a winner	15/12/18	2 nd Year BDS
35.	Being a winner	22/12/18	3 rd Year BDS
36.	Being a winner	29/12/18	4 th Year BDS – Part 1 and Part 2



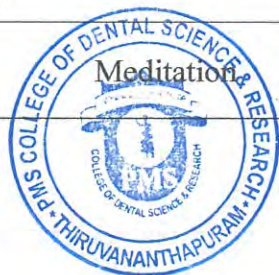

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MOTIVATIONAL CLASS SCHEDULE 2017

1.	Recovering from failure	7/1/17	1 st Year BDS
2.	Recovering from failure	14/1/17	2 nd Year BDS
3.	Recovering from failure	21/1/17	3 rd Year BDS
4.	Recovering from failure	28/1/17	4 th Year BDS – Part 1 and Part 2
5.	Ill effects of Dowry System	4/2/17	1 st Year BDS
6.	Ill effects of Dowry System	11/2/17	2 nd Year BDS
7.	Ill effects of Dowry System	18/2/17	3 rd Year BDS
8.	Ill effects of Dowry System	25/2/17	4 th Year BDS – Part 1 and Part 2
9.	Fear Management	4/2/17	1 st Year BDS
10.	Fear Management	11/2/17	2 nd Year BDS
11.	Fear Management	18/2/17	3 rd Year BDS
12.	Fear Management	25/2/17	4 th Year BDS – Part 1 and Part 2
13.	Meditation	4/3/17	1 st Year BDS



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14.	Meditation	11/3/17	3rd Year BDS
15.	Meditation	18/3/17	2nd Year BDS
16.	Meditation	25/3/17	4 th Year BDS – Part 1 and Part 2
17.	How to overcome peer pressure	8/4/17	1 st Year BDS
18.	How to overcome peer pressure	15/4/17	2 nd Year BDS
19.	How to overcome peer pressure	22/4/17	3 rd Year BDS
20.	How to overcome peer pressure	29/4/17	4 th Year BDS – Part 1 and Part 2
21.	Anger Management	6/5/17	1 st Year BDS
22.	Anger Management	13/5/17	2 nd Year BDS
23.	Anger Management	20/5/17	3 rd Year BDS
24.	Anger Management	27/5/17	4 th Year BDS – Part 1 and Part 2
25.	Maintenance of Emotional Balance	9/9/17	1 st Year BDS
26.	Maintenance of Emotional Balance	16/9/17	2 nd Year BDS
27.	Maintenance of Emotional Balance	23/9/17	3 rd Year BDS
28.	Maintenance of Emotional Balance	30/9/17	4 th Year BDS – Part 1 and Part 2



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29.	Self esteem	7/10/17	1 st Year BDS
30.	Self esteem	14/10/17	2 nd Year BDS
31.	Self esteem	21/10/17	3 rd Year BDS
32.	Self esteem	28/10/17	4 th Year BDS – Part 1 and Part 2
33.	How to become a responsible youth	4/11/17	1 st Year BDS
34.	How to become a responsible youth	11/11/17	2 nd Year BDS
35.	How to become a responsible youth	18/11/17	3 rd Year BDS
36.	How to become a responsible youth	25/11/17	4 th Year BDS – Part 1 and Part 2
37.	Inculcating Moral Values among Students	2/12/17	1 st Year BDS
38.	Inculcating Moral Values among Students	9/12/17	2 nd Year BDS
39.	Inculcating Moral Values among Students	16/12/17	3 rd Year BDS
40.	Inculcating Moral Values among Students	30/12/17	4 th Year BDS – Part 1 and Part 2



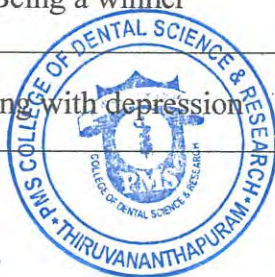
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MOTIVATIONAL CLASS SCHEDULE 2016

Sl. No:	TOPIC	DATE	BATCH
1.	Effective ways of communication	3/9/16	1 st Year BDS
2.	Effective ways of communication	10/9/16	2 nd Year BDS
3.	Effective ways of communication	17/9/16	3 rd Year BDS
4.	Effective ways of communication	24/9/16	4 th Year BDS – Part 1 and Part 2
5.	Set your goal	8/10/16	1 st Year BDS
6.	Set your goal	15/10/16	2 nd Year BDS
7.	Set your goal	22/10/16	3 rd Year BDS
8.	Set your goal	29/10/16	4 th Year BDS – Part 1 and Part 2
9.	Being a winner	5/11/16	1 st Year BDS
10.	Being a winner	12/11/16	2 nd Year BDS
11.	Being a winner	19/11/16	3 rd Year BDS
12.	Being a winner	26/11/16	4 th Year BDS – Part 1 and Part 2
13.	Dealing with depression	3/12/16	1 st Year BDS



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14.	Dealing with depression	10/12/16	2 nd Year BDS
15.	Dealing with depression	17/12/16	4th Year BDS – Part 1 and Part 2
16.	Dealing with depression	31/12/16	3rd Year BDS



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Teaching Programme to be

Progressive

Organized By :

Time: 12.00 pm to 12.30 pm

Date :

Muscle Relaxation.
Students Counsellor: Mes. Nisha Chacko

Venue : R Ahmed Auditorium

03-11-2021

Name.

Sl. No.

Class of study

Signature.

14

Name.

Sl. No.

Class of Study.

Signature

1. Sineha Subash

2nd year

2. Veni S.

1st year

3. Sandra S.

1st year

4. Shobha Munus

2nd year

5. Sakshana Vasanth V.H

1st year

6. Soanar Mellina

2nd year

7. Soorya J.J

2nd year

8. Alina d

2nd year

9. Cleury P

2nd year

10. Amiya S.

2nd year

11. Hashmi S.M

2nd year

12. Gopika K.J

2nd year

13. Fernna Alana

2nd year

14. Aarna Manoj

2nd year

15. Atimi Ashraf

2nd year

16. Aruna Jayaram

2nd year

17. Binu Abraham

2nd year

18. Hajeel A

2nd year

19. Prasanna Prathima A

2nd year

20. Adarsh S.M

2nd year

21. Thammal

2nd year

22. Khadeja A

2nd year

23. Thang R.P

2nd year

24. Akha Arjun

2nd year

25. S. Anupama

2nd year

26. Nagesh Babu

2nd year

27. S. Arun Kumar

2nd year

28. Rahul S.J

2nd year

29. Gokul I ANIL

2nd year

30. S. Arun Kumar

2nd year

31. S. Arun Kumar

2nd year

32. S. Arun Kumar

2nd year

33. S. Arun Kumar

2nd year

34. S. Arun Kumar

2nd year



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15

Training Programme For Post

Progressive

I Kerala Students
Muscle Relaxation.

Organised By: Students

Counsellor Mes. Nishi

Time: 12:00 pm to 12:30 Pm. Dt: 08.11.19

Venue: R. Ahmed Auditorium.

Sl.No	Name	Class of Study	Signature	Sl.No	Name	Class of Study	Signature
1	ASHRAF MATHAN N	IV-1					
2	SAFAR.S	IV-1					
3	Parvathy. S. lemana	IV-1					
4	Prathy Prathy.BT	IV-1					
5	Krishna.S	IV-1					
6	Pragna.P.S	IV-1					
7	Arya.A	IV-1					
8	Hudya.A.M.	IV-1					
9	Shraddhens	IV-1					
10	Shruthy.S	IV-1					
11	Tharsh	IV-1					
12	Radhika.S	IV-1					
13	Raveer.R.	IV-1					
14	Arvika.R	IV-1					
15	Aradhya.Ah.	IV-1					
16	Abhisec.P.C.	IV-1					
17	Insels	IV-1					
18	Megha.S	IV-1					
19	Nika.A	IV-1					
20	Sagar.J.S.	IV-1					
21	Rahana	IV-1					
22	Gauthika.S.	IV-1					
23	Vipina.Raj	IV-1					
24	Theresa.JL	IV-1					
25	Shabana Begum	IV-1					



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TRAINING PROGRAM FOR SECOND BDS REGULAR STUDENTS
PROGRESSIVE MUSCLE RELAXATIONS.
Organized By STUDENTS COUNSELLOR Mrs. Nisha.

Venue: Department of Orthodontics. Date: 28.11.2024 Time: 11.30 am to 12.30 pm.

Sl.No.	Name.	Class of Study.	Signature.		
1.	Adarsh. S.M.	II BDS.		34. Sopha. T. J.	II BDS
2.	Ajmi Akbarf.	II BDS.		35. Sudhesh Kumar - S	" "
3.	Akshil	" "		36. Saini	" "
4.	Amara Sanyas.	" "		37. Tharuna. C. K.	" "
5.	Ananya. S. Choudhary	" "		38. Theena. R. P.	" "
6.	Angele Sathkri	" "		39. Veni	" "
7.	Apurva. S.	" "			
8.	Anurag. S.	" "			
9.	Anu Krishna.	" "			
10.	Aparna Menon	" "			
11.	Ayush. B. S.	" "			
12.	Bismil. H. K.	" "			
13.	P. Divyashree	" "			
14.	Imran. N.	" "			
15.	Imran	" "			
16.	Imran. Abdul Salam	" "			
17.	Imran. Imran.	" "			
18.	Imran. Q.	" "			
19.	Imran. P. Anil	" "			
20.	Imran. A.	" "			
21.	Imran. M. M. M. M.	" "			
22.	Imran. S.	" "			
23.	Imran. S.	" "			
24.	Imran. S.	" "			
25.	Imran. S.	" "			
26.	Imran. S.	" "			
27.	Imran. S.	" "			
28.	Imran. S.	" "			
29.	Imran. S.	" "			
30.	Imran. S.	" "			
31.	Imran. S.	" "			
32.	Imran. S.	" "			
33.	Imran. S.	" "			



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TRAINING PROGRAM FOR TEST AND RELAXATION
PROGRESSIVE MUSCLE RELAXATION
ORGANIZED BY : STUDENT COUNSELLOR NISHA

STUDENTS
Venue : Dr. R. Ahmed Medical Auditorium
Time : 10.30 pm to 01.00 pm Date : 24/11/21

Sl.No	NAME	Class of Study	Signature	Sl.No	NAME	Class of Study	Signature
1.	Fathima L.	1st year B Batch					
2.	Aneeqa P.M.	1st year A Batch					
3.	Khaduja Rushin	1st year B Batch					
4.	Rajna N	1st year C Batch					
5.	Fathima Fayaz	1st year B Batch					
6.	Mirza Nargam	1st year C Batch					
7.	Neha George	1st year C Batch					
8.	Kma Ali	1st year A Batch					
9.	S.A. Namika	1st year C Batch					
10.	Adithya Mohanudhanan	1st year A Batch					
11.	Adithya	1st year A Batch					
12.	Aleena begum	1st year A Batch					
13.	Ruana Sarin	1st year C Batch					
14.	Sajan S. Jay	1st year C Batch					
15.	Hirana	1st year B Batch					
16.	Adithya	1st year A Batch					
17.	Dya Saran	1st year B Batch					
18.	Ayza Sarin	1st year A Batch					
19.	Ashwin R	1st year B Batch					
20.	Tishu Anil	1st year B Batch					
21.	Fahim Chandan	1st year A Batch					

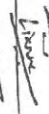
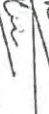
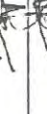
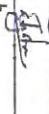


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36

TRAINING PROGRAM For II BDS Addl. Batch STUDENTS.
MENTAL HEALTH AND STRESS RELAXING TECHNIQUES. Organized By PMS DENTAL COLLEGE.
SPEAKER: NIGHT Students Council, Time And Date: 07/12/2021 18:00 to 12:30 pm.

37

Sl-No	Name	Class of Study	Signature	Gr. No.	Name	Class of Study	Signature
1.	Sarayu. S. Naik	1 st Year (Addl.)					
2.	Neha Jay	1 st Year (Addl.)					
3.	Harini Arun	1 st Year (Addl.)					
4.	Devika S	1 st Year (Addl.)					
5.	Kaushika B. Naik	1 st Year (Addl.)					
6.	Kalavika B	1 st Year (Addl.)					
7.	Alia Varghese	1 st Year (Addl.)					
8.	Bhargavathi SK	1 st Year (Addl.)					
9.	Alvina Shanmugam	1 st Year (Addl.)					
10.	Siddhant J	1 st Year (Addl.)					
11.	Ashika Abdul Samad	1 st Year (Addl.)					
12.	Aashika Udayakumar	1 st Year (Addl.)					
13.	Harshika Shajahan	1 st Year (Addl.)					
14.	Ashwini Anush B.	1 st Year (Addl.)					
15.	Asha S	1 st Year (Addl.)					
16.	Harshika S	1 st Year (Addl.)					
17.	Jayalakshmi B.S.	1 st Year (Addl.)					
18.	Ashika M. Prasad	1 st Year (Addl.)					
19.	Ashika P. Kumar	1 st Year (Addl.)					
20.	Sagarika S. Chandra	1 st Year (Addl.)					
21.	Melina Varma	1 st Year (Addl.)					
22.	Lakshmi Parvathi	1 st Year (Addl.)					
23.	Ashika Shanmugam	1 st Year (Addl.)					



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TRAINING PROGRAM FOR UG Life. Skill

52

Date: 15.12.20

Specimen: Student Councilors. Nos.

Sl. No.	Name.	Class of Study	Signature
1.	Sathulakshmi. C	III BSc Addl	
2.	Mahima San. Sathulakshmi	"	
3.	Fargana Sathulakshmi	"	
4.	Mahima Sathulakshmi	III BSc Addl	
5.	Aparna. S. N.	"	
6.	Prathima Nagesh	III BSc -	
7.	Prathima Sathulakshmi	"	
8.	Hela	III BSc -	
9.	Sathulakshmi	III BSc	
10.	Rukma Sathulakshmi	III BSc Addl	
11.	Meenu. M. S.	III BSc Addl	
12.	Edwin	"	
13.	Thirum. B.	"	
14.	Sathulakshmi. S.	"	
15.	Prathima Sathulakshmi	"	
16.	Aruna	"	
17.	Sathulakshmi	III BSc Addl	

III BSC Addl STUDENTS

Training Program.

Time: 10.00 am to 10.30 am.

Nicks.

53

Sl. No.	Name	Class of Study	Signature
1.			
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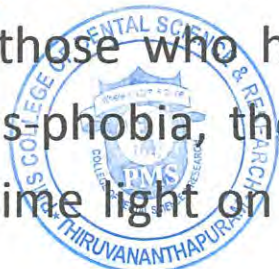
DENTAL CAMP TO THE DALE VIEW

TRANSGENDER PROJECT

INTRODUCTON

Health for all is the attainment by all the people of the world a level of health that will permit them to lead a socially and economically productive life. Gender is hierarchical and produces inequalities that intersect with other social and economic inequalities. The LGBT community is a loosely defined grouping of lesbian, gay, bisexual and transgender. Transgender and gender nonconforming people are a marginalized set of the population that continues to experience health care inequalities.

20th of November has been observed annually as **The Transgender Day of Remembrance** to memorialize those who have been murdered as a result of transphobia, the day is been followed to throw some lime light on the social discriminations



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by transgender community. A dental camp is been organised regularly by Department of Public Health Dentistry, PMS College of Dental Science and Research in association with **The Daleview Transgender Project camp at Kunnukuzhy, Trivandrum** on 20th November, 2021. A questionnaire study was carried out to assess the barriers that are being faced by transgender community while accessing oral health care.



Dentists work together for caring and improving the oral health through preventing and treating oral diseases and promoting oral health among the public. This study aims to assess the barriers to access oral health care among the transgender populations.




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PROGRAM EVENTS

A team of 6 house surgeons and a dental nurse, headed by Dr. Deepankumar C V (Asst. Prof, Dept. of Public Health Dentistry) started off from the college by 9:00 am with the comprehensive dental van to the camp site, **The Daleview Transgender Project camp at Kunnukuzhy, Trivandrum**. We had been volunteered by Mrs. Jeena and Mr. Akhil.

On reaching the venue Dr Kiran S Shankar had already made arrangements necessary for the screening, initially our team with Dr Deepan Kumar C V, had a discussion on pursuing the questionnaire study by including a transgender volunteer for administering the questionnaire and an intern each



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to record the oral health status using WHO assessment form. The Participants who required treatment were referred to dental van facility for basic treatment.



Our team rendered essential dental health care at the venue which included health promotion through; oral health awareness, oral hygiene instructions and specific basic treatment such as oral prophylaxis, restorations(ART), antibiotic prophylaxis, etc., totally free of cost. Patients were referred to our college for further advanced treatments and follow-up. We had a fair participation, number of 30 transgender participated in the camp. The Camp was concluded with last participant screened at 1.30 PM. The




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President Mr Dipin Das, of Daleview Transgender Project finally gave the vote of thanks and our work was appreciated by serving us with hi-lunch.

CONCLUSION

The Community were so cooperative, eager to know about their oral health status and were also keen to follow all of the instructions provided by us and were willing to undergo various treatments as well. They also expressed the negligence experienced by them in the past from other medical professionals. But they appreciated and thanked the social commitment and community work rendered by PMS College of dental sciences and research and extended their interest to carry out further sustainable programs in future.




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Team Public Health
Dentistry@ DALEVIEW
PROJECT



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15/11/21

15/11/21

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4.30 pm

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3.30 pm

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6.30 pm

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Adesha

TVM

II

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4.00 pm

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Amrta

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Adesha

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16/12/21

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12.30 pm

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Aditya

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H.S.

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4 pm

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Gayatri

Vattappan

MDS II

605

4 pm

~~AS~~

6.30

~~AS~~

Aditya

"

"

602

"

~~AS~~

6.30

~~AS~~

Ananya

"

"

602

"

~~AS~~

6.30

~~AS~~

Adhvi

Nathanam

II MDS

808

3.50 pm

~~AS~~

6.25 pm

~~AS~~

17/12/21

Shijas

TVM

I BDS

805

8.15 am

~~AS~~

4.30 pm

~~AS~~

17/12/21

Anshu

WH

Inter

406

8.30 am

~~AS~~

6.30 pm

~~AS~~

Ajith

TVM

Inter

409

3.20

~~AS~~

6.30 pm

~~AS~~

17/12/21

Nayana

TVM

I BDS

22

3.00 pm

~~AS~~

5.45 pm

~~AS~~

Hannah

"

"

"

"

~~AS~~

"

~~AS~~

Shravan

TVM

II BDS

24

3.30 pm

~~AS~~

6.30 pm

~~AS~~

13/12/21

Asha B

TVM

I BDS

804

1.00 pm

~~AS~~

4.50 pm

~~AS~~

Sandra V

TVM

"

805

1.00 pm

~~AS~~

5.00 pm

~~AS~~

Nadine

TVM

IV-1

210

1.00 pm

~~AS~~

5.30 pm

~~AS~~

19/12/21

Sandra Mathan

~~AS~~ TVM

II BDS

805

8.15 am

~~AS~~

4.30 pm

~~AS~~

Shravan Mathan

~~AS~~ TVM

"

805

8.15 am

~~AS~~

4.30 pm

~~AS~~

Shravan T J

~~AS~~ TVM

"

805

8.15 am

~~AS~~

4.30 pm

~~AS~~

Adhvi

TVM

Inter

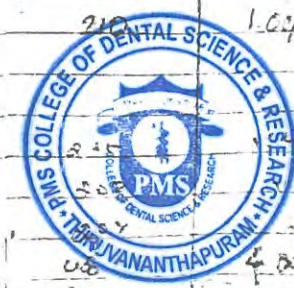
403

8.00 pm

~~AS~~

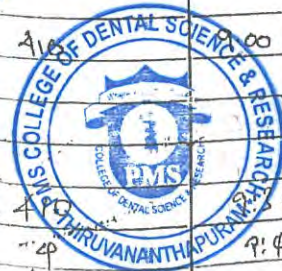
4.00 pm

~~AS~~



PRINCIPAL
PMS COLLEGE OF DENTAL
& RESEARCH
TIRUVANANTHAPURAM-28

Date	28	Name	Purpose	Batch	Room	Time out	Sign	Time in	29	Sign
15/10/17		Ashwini	out	H5	405	7:15	Startup	5:00		
		Shabana	"	"	"	"	Shabana	"		
		Rashe	"	"	"	"	Rashe	"		
		Namathu	"	"	404	"	Namathu	"		
		Femi	"	"	"	"	Femi	"		
		Adheena	"	"	"	"	Adheena	"		
		Tenne	"	"	406	"	Tenne	"		
		Ameena	"	"	"	"	Ameena	"		
		Atma	"	"	"	"	Atma	"		
		Olma	"	"	"	"	Olma	"		
		Amr	Out	P4	507	8:10	Amr	7:00		
		Layane	Out	P4	502	8:10	Layane	7:00		
		Arjith					Arjith			
		Prashanth	Church	TP	1	8:30	Prashanth	1:30 p		
		Ramelmuri-V	Temple	W-1	111	8:30 am	Ramelmuri-V	11:30 am		
		Maya-V	Temple	W-1	111	"	Maya-V	11:30 am		
		Arif	Church	W-1	112	8:45	Arif	10:30		
		Arif	"	"	"	"	Arif	"		
		Alena	"	W-1	201	"	Alena	"		
		Praga	"	"	1705	8:45	Praga	"		
		Rose Mary	Church	W-1	1	"	Rose Mary	11:40 p		
		Jasim	"	"	17	"	Jasim	"		
		Risnu	"	"	33	8:45	Risnu	"		
		Linsu	Church	W-1	33	"	Linsu	2:30 pm		
		Mazin	"	"	33	"	Mazin	"		
		Malavika RPR	"	"	"	"	Malavika RPR	"		
		Shwara	camp	Interp	"	"	Shwara	2:30		
		Fathosa	"	"	"	"	Fathosa	"		
		Meera	"	"	"	"	Meera	"		
		Manjori	"	"	"	"	Manjori	"		
		Dinika	Class	HS	"	"	Dinika	"		
		Samm	shurgery	W-1	"	"	Samm	"		
		Meera S	"	"	"	"	Meera S	"		
		Malavika N.S	Church	"	"	"	Malavika N.S	"		
		Saleha	Church	"	"	"	Saleha	"		



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SCIENCE & RESEARCH
THIRUVANANTHAPURAM

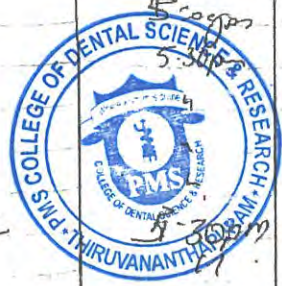
5:30
6:00
6:30
7:15

Date	Name	Purpose	Batch	Room No.	Time out	Sign	Time in	Sign
31/12/17	Shilpa	Shopping	I BDi	5	6.30 am		11	
	Kavya	"	"	9	"		11	
	Saimila	"	"	5	"		5	
	M. Thirya	"	"	4	"		5:00	
	Joby	Church	Dnd BDi	308	5:30 am		10:00 am	
	Neetha			720	"		"	
	Nesto			"	7 am		10:20	
	Rosmarry			17	7 am		10:20	
	N. K. K. K.	church	"	21	"		"	
	Tanya	Temple	III BDi	10	7:00 am		"	
	Kalya	"	"	18	"		"	
	Thirya	"	"	20	"		"	
	Selva	"	"	27	7 am		10:15 am	
	Neetha	Church	IV-1	206	7 am		10:15 am	
	Alana	"	"	201	"		"	
	Neetha	Temple	III BDi	1	7:55 am		10:00	
	Lijal	church	IV-4	12	8:47		10:00	
	Anny	"	"	"	"		"	
	Sinde	"	"	217	"		"	
	Im	church	P2	107	8:45		9:40 am	
	Dhanya	"	IV-1	613	"		6 pm	
	Lijal	"	"	"	"		"	
	Lyreshwara	"	"	"	9:20		10:40 am	
	Neetha	"	"	906	1:45		12:40 pm	
	Shikha	"	"	"	3:45		"	
	Anoosha	Adoring	III-1	706	5:20		5:45 pm	
	Priya	"	"	"	"		"	
	Rajalakshmi	"	"	"	"		"	
	Arshi	"	"	"	"		"	
	Janya	"	"	"	"		"	
	Shanil	"	class	110	"		"	
	Arshi	"	"	"	"		"	
	Arshi	"	"	"	"		"	
	Arshi	"	"	"	"		"	
	Arshi	"	"	"	"		"	
	Arshi	"	"	"	"		"	
	Arshi	"	"	"	"		"	
	Arshi	"	"	"	"		"	
	Arshi	"	"	"	"		"	
	Arshi	"	"	"	"		"	



PRINCIPAL
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SCIENCE & RESEARCH
THIRUVANANTHAPURAM-28

Date	Name	Purpose	Batch	Room No.	Out time	Sign	In time	Sign
8/12/16	Henna	out	III	W4	9:30 am	Henna	11 pm	Henna
	Ann	"	"	212	10:00	Ann		
	Unub	"	"	"	11	Unub		
	Shy	"	"	"	11:10	Shy	10:30	Shy
	22	"	"	615	"	22	2:05 pm	22
	Kee Thana	"	"	701	11:50	Kee	2:05 pm	Kee
	Anya	"	"	205	"	Anya		
	Delika	"	"	607	"	Delika		
	Fathima N.	"	"	E104	12:30 pm	Fathima	6:30	Fathima
	Ayswarya	"	"	9	"	Ayswarya	"	Ayswarya
	Fagne	out	"	15	1:00 pm	Fagne	5:45 pm	Fagne
	Darsha	"	"	13	"	Darsha	"	Darsha
	Mahima	"	III	210	1:30 pm	Mahima	5:20 pm	Mahima
8/12/16	Ashly Shifins	out	1st year	2090	3:20	Ashly	5:15 pm	Ashly
	Aranya	out	IV BDS-I	220	4 pm	Aranya		
	Thyari	Kerasadip	"	302	4:15	Thyari	6:45	Thyari
	Ashe	"	"	"	4:15	Ashe	6 pm	Ashe
	Divya	VHprn	Inteen	406	6:30 pm	Divya	6 pm	Divya
	Amruti	"	"	209	"	Amruti	6 pm	Amruti
	Agri	"	4:30	5311	"	Agri	5:45 pm	Agri
	Sasmita	"	4:30	3	"	Sasmita	5:45 pm	Sasmita
	Taseena	Quart.	Inteen	401	"	Taseena	6 pm	Taseena
	Dina	"	"	"	"	Dina	6:15 pm	Dina
	Rajalekshmi	Vatargane	III	201	4:30	Rajalekshmi	5:00 pm	Rajalekshmi
	Arthi	"	III	204	"	Arthi	5:00 pm	Arthi
	Ranchali	"	III	11	"	Ranchali		
	Rosemary	out	III	12	"	Rosemary		
	Renu	"	"	13	"	Renu		
	Karun	"	"	14	"	Karun		
	Sru Gayathri	"	"	103	"	Sru Gayathri		
	Adhena	"	IV-II	222	"	Adhena	6:30	Adhena
	Tara	"	"	17	"	Tara	"	Tara
	Jisha	"	"	105	"	Jisha	"	Jisha
	Anyu	"	"	"	"	Anyu	"	Anyu
	Amr	"	"	"	"	Amr	"	Amr
	Amr	"	"	"	"	Amr	"	Amr



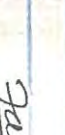
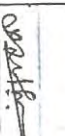
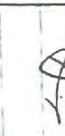
PRINCIPAL
PMS COLLEGE OF DENTAL
SCIENCE & RESEARCH
THIRUVANANTHAPURAM-28

Date	Name	Batch	Room	Purpose	Out time	Sign	Time	Sign
25/6/19	Alaine	1st	404	Out	4:00		6:25	
	Sobell	"	"	"	"		"	
	Smith	"	"	out	2:15		6:00	
	Atkinson	m	8	out	2:15		6:00	
	Praydha	m	8	out	2:15		6:00	
	Krishnapriya B	Post	15					
	Ranga-vijay	"						
	Joshi	"						
	Taddeus M	VI	20	hospital	2:00 PM		7:00 PM	
	Harke	"	11	"	3 PM		4:15	
	Rendu	"	1	"	4:15		6:10 PM	
	John	Pr II		Flu	4:20		5:30	
	Sunder	6th	506	Wk				
	Nadiga Jalaru	III RD	122	Quit	4:25 PM		6:25 PM	
26/1/19	Alina P	Ind yr	17	late home	7:10 AM		5:15 PM	
	Sobell	4th	404	Church	7:10		5:30	
	Smith	"	"	"	"		5:10	
	Atkinson	"	1	"	"		5:11	
	Alaina	2nd	85	Kendrasaswari	9:00 PM		6:00 PM	
	Praydha	2nd year	211	Sea Shopping	9:10 PM		6:00 PM	
	Rendu	"	14	"	"		"	
	Atkinson	III RD	204	"	"		"	
	Smith	III RD	802	Kendrasaswari	9:00		1:11	
	Sunder	III RD	302	"	9:00		"	
	Alaina	III RD	202	"	9:10		"	
	Praydha	III RD	506	Nanda	10:00		3:15	
	Smith	"	22	Postam	10:30		3:25	
	Nadiga	IV RD	21	"	10:30		"	
	Rendu	"	18	"	"		"	
	Atkinson	"	18	"	"		"	
	Praydha	IV RD	20	Postam	11:15		6:10	
	Smith	IV RD	404	Postam	11:15		6:10	
	Alaina	IV RD	180	Postam	11:15		6:10	
	Praydha	IV RD	804	Postam	11:15		6:10	



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SCIENCE & RESEARCH
TIRUVANANTHAPURAM-28

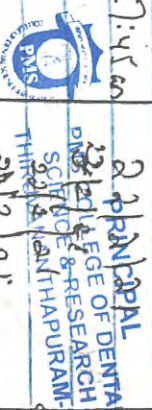
Sl. No.	Date	Name	Room	Time	Remarks	Signature	Time	Signature
1	15/11/21	Arina	Turn	IV-1	705	8:15 am		
2	15/11/21	Arina	"	PQ 10	604			
3	15/11/21	Arina	"		605			
4	15/11/21	Arina	"		611			
5	15/11/21	Arina	TURN	IV-1	210	3:30 pm		
6	15/11/21	Arina	TURN	II	9	4:00 pm		
7	15/11/21	Arina	TURN	II	89			
8	15/11/21	Arina	TURN	II	10			
9	15/11/21	Arina	TURN	I	805	12:30 pm		
10	15/11/21	Arina	"	AS	408	3:20		
11	15/11/21	Arina	"	AS	"	"		
12	15/11/21	Arina	TURN	HS	486	4 pm		
13	15/11/21	Arina	TURN	MD5 II	605	4 pm		
14	15/11/21	Arina	"	"	602	"		
15	15/11/21	Arina	"	"	603	"		
16	15/11/21	Arina	TURN	II MD5	608	3:30 pm		
17	15/11/21	Arina	"	"	805	2:15 pm		
18	15/11/21	Arina	"	Turn	406	3:27		
19	15/11/21	Arina	"	Turn	409	3:27		
20	15/11/21	Arina	"	Turn	22	3:00 pm		
21	15/11/21	Arina	TURN	II 805	24	3:30 pm		
22	15/11/21	Arina	"	14 805	804	1:00 pm		
23	15/11/21	Arina	"	"	805	1:00 pm		
24	15/11/21	Arina	TURN	IV-1	210	3:30 pm		
25	15/11/21	Arina	"	"	210	3:30 pm		
26	15/11/21	Arina	"	"	210	3:30 pm		
27	15/11/21	Arina	"	"	210	3:30 pm		
28	15/11/21	Arina	"	"	210	3:30 pm		
29	15/11/21	Arina	"	"	210	3:30 pm		
30	15/11/21	Arina	"	"	210	3:30 pm		

Date	Name	Room no	Time out	Sign	Time In	Time out	Sign
30/1/2020	Ashu B. Thomas	244	2:15 pm		30/1/2020	12:50 pm	
"	Ashu B. S	203	"		30/1/2020	11:20	
"	Ganesh U.S	207	2:15 pm		30/1/2020	8:00 am	
"	Narun Kader	302	"		31/1/2020	8:00 am	
"	Aranya	309	2:15 pm		31/1/2020	8:00 am	
"	Wyle	315	4:30 pm		31/1/2020	5:45 am	
31/1/20	Sridharini	220	4:30 pm		31/1/2020	6:00 am	
"	Gom	211	9:00 am		31/1/2020	7:15	
"	Shrutha B	219	9:15		31/1/2020	1:15 pm	
31/1/20	Malavika	224	"		31/1/2020	1:30 pm	
"	Shruthi Jivan	416	11:00		31/1/2020	6:00 pm	
"	Aru	28	4:00		31/1/2020	9:15 pm	
"	Sruti	32	4:00		31/1/2020	6:00 pm	
"	Sarjine	31	"		31/1/2020	9:15 pm	
31/1/2020	Cal	301	2:00		31/1/2020	9:15 pm	
1/2/2020	FARHIMA FARICY	303	1:00 pm		18/2/2020	8:00 am	
1/2/2020	Ashly	303	2:00		3/2/2020	8:00	
1/2/2020	Angiel	224	"		8/2/2020	"	
1/2/2020	Nadine M	222	2:30 pm		8/2/2020	5:00	
1/2/2020	Jacelin	209	2:30 pm		4/2/2020	7 am	
1/2/2020	Ashu B. Thomas	224	2:00 pm		7/2/2020	12:45	
"	DINKA	413	2:20		7/2/2020	12:45	
"	Noula	304	2:30		7/2/2020	4:30	
"	Amrita	35	2:30		7/2/2020	7:30	
"	Shruthi	28	2:35 pm		13/2/2020	7:00 pm	
1/2/2020	Nadine	30	"		13/2/2020	8:00	
"	Shruthi	148	2:30		13/2/2020	12:00	
2/2/2020	Aranya	216	3:00 pm		13/2/2020	12:00 pm	
"	Nadine	14	4:00		13/2/2020	12:00	
3/2/2020	Nadine	416	5:10		13/2/2020	12:00	



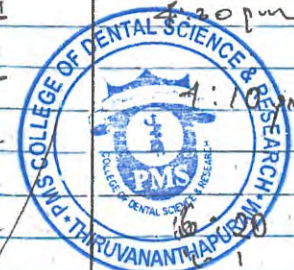
7.0 PRINCIPAL
PMS COLLEGE OF DENTAL
SCIENCE & RESEARCH
TIRUVANANTHAPURAM-28

Date	Name	Batch	Room No	Sign	To Time	Trachele	Sign
13/03/2021 13/03/2021	Shikha Kha	IV-II	32		6:15	14/03/2021	
15/2/21	Nandhika Nandhika	} IV-II	} 31		5:35 pm 5:35 pm	16/2/21 16/2/21	
	dilini	IV-II	14		5:35 pm	16/2/21	
16/2/21	Aruba K. V Shahen	} IV-II	} 302		4:10 pm	} 3/3/21	
18/2/21	Ranica	IV-II	9		21/2/21	22/2/21	
19/2/21	D/ANM Sethi	IV-II	413		21/2/21	21-02-21	
17/2/21	Vasudha	IV-II	304		21/2/2021	21-02-21	
11/2/21	Thiruvithala	IV-II	309		10:45 am	21-02-21	
17/2/21	Thiruvithala	IV-II	303		3:00 pm	21-02-21	
17/2/21	Atturak	IV-I	222		2:10 pm	21/02/21	
18/2/21	Kyleru	IV-II	1130		12:35 pm	21/02/21	
18/3/21	Angela Mary	IV-II	1:30		4:00 pm	21/2/21	
19/2/21	Niray	IV-I	221		8:45	22/2/21	
19/2/21	Namaya	IV-II	414		4:00 am 2:45	20/2/21 22/2/21	
7/3/20	Malavika	IV-I	223		4:00 am	20/2/2021	
20/2/21	Sayana A. S. dan	IV-II	217		7:45 am	22/2/21	
20/2/21	Sana Sakthi	IV-II	219		7:45 am	22/2/21	
20/2/21	Archana Lakshmi	IV-I	308		5:55 pm	20/2/21	
20/2/21	Nandhya	IV-I	31		5:55 pm	20/2/21	
20/2/21	Juleen	IV-II	204		5:55 pm	20/2/21	
20/2/21	Arpa	IV-II	14		5:55 pm	20/2/21	
20/2/21	Shrini	IV-II	412		5:55 pm	20/2/21	



[illegible]

Date	Name	Room No	Time out	Sign	Time in	Date in	Sign
7/9	Amina	102	11:30		6:30	16/9/19	
7/9	Pooja	"	"		6:30	"	
7/9	Parvathi M	706	1:00 pm		1:40 PM	15/9/19	
7/9	Naseem	101	2:00 pm		2:40 pm	15/9/19	
7/9	Sumaya	105	"		7:00 am	16/9/19	
7/9	Peethukeshu J	707	1:00 pm		6:00 am	16/9/19	
7/01	Vijayalakshmi	201	1:00 pm		2:50 pm	15/9/19	
7/9/19	Ashe	708	1:00 pm		6:00 pm	17/9/19	
7/9/19	Fathma Nayer	105	1:00 pm		3:40 pm	15/9/19	
7/11/19	Anupama	19	2:00 pm		7:00 pm	16/9/19	
8/01/19	Dalysa H.	1024	10:00 a		"	16/9/19	
"	Sanya Soni	114	4:30		"	16/9/19	
"	Poojamma	707	1:00 pm		7:30 pm	16/9/19	
8/09/19	Parvathi M	706	2:00 pm		6:00 pm	16/9/19	
8/9/19	Jayam	701	2:00 pm		6:00 am	16/9/19	
7/11	Shudha	114	4:00		7:00 am	16/9/19	
"	Amenkhan	106	4:00		6:00 am	16/9/19	
7/6/19	Safa	108	2 pm		10 am	17/9/19	
20/9/19	Sanya Soni	114	4 pm		4: pm	22/9/19	
20/9/19	Alana	301	"		8 am	20/9/19	
20/9/19	Shradha Anil K	114	4:00 p		9:00 am	23/9/19	
20/9/19	Pradhukeshu J	707	4:00		2:00 pm	21/9/19	
20/9/19	Parvathi M	706	4:00		7:30 am	24/9/19	
"	Pooja	102	1:30		6:17 pm	23/9/19	
"	Alyna	"	"		"	"	
20/9/19	Saipriya S	707	2:00		9:00 am	23/9/19	
20/11/19	Arijathirna	301	4:00		4:20 pm	23/9/19	
20/9/19	Sheela P. Kuman	706	1:00		4:10 pm	22/9/19	
20/9/19	Saipriya	707	1:00		"	"	
20/9/19	Shubana Rahane	104	4:00		"	"	
20/9/19	Ruhana	101	4:00		"	"	
20/7/19	Keema	101	4:00		"	"	
20/9/19	Sumaya	105	4:00		"	"	
20/9/19	Thanya Pradheep	706	4:00		1:00 am	23/9/19	
20/9/19	Thanya B	105	4:40		7:00 am	23/9/19	



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Date	Name	Room No	Time out	Sign	Time in	Date in	Sign
6/7/19	Breelachan - C	505	2:30pm				
6/7/19	Anneke	601	6:00pm				
5/7/19	Monika	502	1:00pm				
9/7/19	Gayathri - V. Vair	609	4:30pm				
10/7/19	Dr. Arayachand S.	513	4pm				
	Dr. Monika	502	4pm				
12/7/19	Dr. Arayachand	513	4pm				
13/7/19	Dr. Deepa	508	2pm				
15/7/19	Dr. Meby	512	2:30am				
13/07/19	Dr. Monika	502	8:00am				
12/7/19	Dr. Annu	602	8:00am				
14/7/2019	Dr. Annu	604	12:30pm				
16/7/2019	Dr. Annu	602	8:00am				
16/7/19	Dr. Arayachand	513	4:30pm				
18/7/19	Dr. Smayyal	501	4:00pm				
20/7/19	Dr. Annu	602	2:00pm				
20/7/19	Dr. Smayyal	501	2:00pm				
20/7/19	Dr. Meby	512	2pm				
20/7/19	Dr. Annu	513	1:15pm				
20/7/19	Dr. Gayathri	609	2:15pm				
20/7/19	Dr. Deepa	508	2:15pm				
20/7/19	Dr. Monika	502	3:00pm				
25/7/19	Dr. Annu	513	4pm				
25/7/19	Dr. Smayyal	501	4pm				
28/7/19	Dr. Meby	512	2pm				
29/7/19	Dr. Deepa	508	2pm				
29/7/19	Dr. Annu	602	2pm				
29/7/19	Dr. Annu	513	4:45pm				
30/7/19	Dr. Arayachand S.	513	1pm				
31/7/19	Dr. Smayyal	501	4:00pm				
01/08/2019	Dr. Sini Rajan	608	11:00am				
1/8/19	Dr. Meby	512	3:10pm				
1/8/19	Dr. Breelachan	505	3:10pm				
2/8/19	Dr. Monika	503	12pm				
3/8/19	Dr. Deepa	615	2pm				
3/8/19	Dr. Annu	602	2pm				

Date	Name	Room	Time out	Sign	Time in	Date in	Sign
22/12/19	Dr. Sumayya A.	608	2:30 pm	[Signature]	24/12 8 am	24/12/19	[Signature]
22/12/19	Dr. Aragha	601A	2:50 pm	[Signature]		26/12/19	[Signature]
24/12/19	Dr. Deba	615	4:00 pm	[Signature]	26/12/19	6:50	[Signature]
24/12/19	Dr. Gyanathan	609	11:20 am	[Signature]	27/12/19	7:30	[Signature]
24/12/19	Dr. Goscain	610	12:30 pm	[Signature]	29/12/19	4:00 pm	[Signature]
24/12/19	Dr. Aarathy P	613	12:30 pm	[Signature]	3:15 pm	29/12/2019	[Signature]
25/12/19	Dr. Aryachand	605	2 pm	[Signature]	3:30 pm	27/12/19	[Signature]
25/12/19	Dr. Monila	603	2 pm	[Signature]	4 pm	30/12/19	[Signature]
26/12/19	Dr. Deba	615	4:00 pm	[Signature]	6:50 am	31/12/19	[Signature]
28/12/19	Dr. Annu	602	2:00 pm	[Signature]	8:00 am	20/12/20	[Signature]
28/12/19	Dr. Meby	614	12 pm	[Signature]	3:30 pm	30/12/19	[Signature]
28/12/19	Dr. Gyanathan	609	4:20 pm	[Signature]	4:30 pm	1/1/20	[Signature]
28/12/19	Dr. Sumayya A.	608	2:00 pm	[Signature]	8:00	29/12/19	[Signature]
28/12/19	Dr. Annu	604	2 pm	[Signature]	3:30 pm	31/12/2019	[Signature]
31/12/19	Dr. Meby	614	2 pm	[Signature]	7:40 am	02/01/2020	[Signature]
1/1/2020	Dr. Annu	602	6:45 am	[Signature]	8:15 am	21/1/2020	[Signature]
4/1/2020	Dr. Deba	615	2:00 pm	[Signature]	7:05	6/1/2020	[Signature]
4/1/2020	Dr. Sumayya	608	2:00 pm	[Signature]	10:00 am	5/1/2020	[Signature]
4/1/2020	Dr. Aragha	601A	2:00 pm	[Signature]	8:30	9/1/2020	[Signature]
4/1/2020	Dr. Aryachand	605	2:30 pm	[Signature]	3:30 pm	6/1/20	[Signature]
4/1/2020	Dr. Monila	603	"	[Signature]	12:00 pm	5/1/2020	[Signature]
4/1/2020	Dr. Annu	604	"	[Signature]	4:00 pm	6/1/2020	[Signature]
5/1/20	Dr. Gyanathan	609	9:30	[Signature]	5:30 pm	13/1/20	[Signature]
7/1/20	Dr. Meby	614	3 pm	[Signature]	7:00 am	15/1/20	[Signature]
7/1/20	Dr. Annu	604	4 pm	[Signature]	4:45 pm	10/1/20	[Signature]
9/1/20	Dr. Meby	614	4:45 pm	[Signature]	13/1/2020	8:00 am	[Signature]
11/1/2020	Dr. Deba	615	2:00 pm	[Signature]	5 pm	13/1/2020	[Signature]
11/1/2020	Dr. Meby	614	2 pm	[Signature]	9:10	28/1/20	[Signature]
11/1/2020	Dr. Sumayya	608	2 pm	[Signature]	3 pm	14/1/20	[Signature]
13/1/2020	Dr. Aryachand	605	2 pm	[Signature]	3 pm	14/1/20	[Signature]
13/01/2020	Dr. Monila	603	6:30 pm	[Signature]	7:45 am	20/1/20	[Signature]
15/1/2020	Dr. Meby	614	1:15 pm	[Signature]	4 pm	20/1/20	[Signature]
15/1/20	Dr. Monila	603	1:30 pm	[Signature]	11:10 am	20/1/20	[Signature]
15/1/20	Dr. Aryachand	605	1:20 pm	[Signature]			

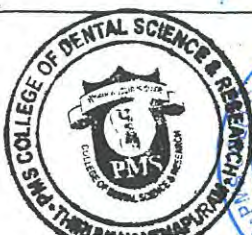


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	NAME	DATE	IN TIME	GYM/ SWIMMING POOL	OUT TIME	SIGNATURE
	Christine S. George	15/06/19	4:40pm	GYM	6:00pm	
	Salma Abdul Rahman	18/06/19	4:40pm	Gym	6:10	
	Christine S. George	18/06/19	4:40pm	Gym	6:30	
	Christine S. George	20/6/19	4:40pm	Gym	6:20	
	Christine S. George	23/6/19	4:20pm	Gym	6:30	
	Salma	25/6/19	5:15	Gym		
	Christine S. George					
9	Salma	2/7/19	5:00	Gym	6:30	
10	Nasuni	2/7/19	5:00	Gym		
11	Christine	4/7/19	4:40pm	Gym	6:30	
2	Salma	4/7/19	4:50	Gym		
3	Nasuni	4/7/19	4:50	Gym	6:30	
1	Nasuni	8/7/19	5:00	Gym	6:30	
2	Salma	"	5:20	"	"	
1	Nasuni	7/7/19	4:15pm	Gym	6:00	
4	Christine	9/7/19	4:20	Gym	6:30	
2	Salma	9/7/19	4:45	"	6:30	
3	Nasuni	9/7/19	5:00	Gym	6:30	
1	Nadiya Salma	11/7/19	5:23pm	Gym	6:20pm	Nadiya
1	Nadiya Salma	13/7/19	5:30pm	Gym	6:30pm	Nadiya
1	Nadiya Salma	14/7/19	4:50pm	Gym	6:00pm	Nadiya
1	Nasuni	23/7/19	4:50pm	Gym	6:20pm	Nadiya
2	Christine	27/7/19	"	"	"	
3	Christine	25/7/19	"	"	"	
1	Suibin	30/7/19	4:50pm	Gym	6:00pm	
1	Nasuni	1/8/19	5:00pm	"		
2	Christy	"	"	"		
28/8/19	Salma	27/8/19	4:45	"	6:00pm	
27/8/19	Sumi	27/8/19	5:00pm	Gym	6:00pm	

28/8/19
29/8/19

Sumi
Nadiya



5:00pm Gym 6:30
5:30pm Gym 6:30

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Nadiya

No	NAME	DATE	IN TIME	SWIMMING TIME	
1.	Nadiya Salam	31/12/19	4:55pm	6:11pm	A
2.	Aswanya Bijn	2/1/2020	5:05pm	6:30pm	A
2.	Nadiya Salam	2/1/2020	5:15pm	"	A
3.	Aswathy Masiam	2/1/2020	5:15pm	"	A
1.	Azma	7/1/2020	5:15pm Gym	6:30	A
2.	Snithila	"	"	6:30	A
3.	Keziah	"	"	6:30	A
4.	Aswathy Masiam	7/1/2020	5:20pm Gym	6:20pm	A
5.	Nadiya Salam	7/1/2020	5:20pm Gym	6:20	A
6.	Aswanya Bijn	9/1/2020	5:10pm Gym	6:20	A
7.	Keziah	9/1/2020	5:10pm Gym	6:20	A
1	Azma	11/01/2020	5:10pm Gym	6:20pm	A
2.	Nadiya Salam	11/1/2020	5:15pm Gym	6:10pm	A
1.	Snithila	12/1/2020	3:15pm Gym	4:30	A
2.	Azma	12/1/2020	3:30pm Gym	5:10pm	A
1.	Azma	14/1/2020	4:45pm Gym	5:45pm	A
2.	Snithila	14/1/2020	4:45pm	5:45pm	A
3.	Aswanya Bijn	15/1/2020	5pm Gym	6:30pm	A
4.	Azma	14/1/2020	5pm Gym	6:20	A
5.	Ashwin R	14/1/2020	5pm Gym	6:20	A
6.	Keziah	14/1/2020	5pm Gym	6:30A	A
1)	Snithila	16/1/20	4:45pm Gym	5:30A	A
2)	Azma	16/1/20	5:10 Gym	6:15	A
3)	Aswanya	"	" Gym	6:30A	A
4)	Ashwin R	"	5:10 Gym	6:15	A
5)	Keziah	16/1/20	5:00	6:30A	A
1	Azma	18/1/20	5:30 Gym	6:55A	A
1)	Ashwin	20/1/2020	5:15 Gym	6:20	A
2)	Azma	21/1/2020	5:15 Gym	6:15	A

DATE	NAME	DATE	IN TIME	GYN/ SWIMING	OUT TIME	SIG
28/5/2020	Nadiya Salanu	28	4:37pm		6:10pm	Nadiya
28/5/2020	Rinu Rahman	28	4:40pm		6:10pm	Rinu
28/5/2020	Reema Nazarendhi	28	4:50pm		6:10pm	Reema
30/5/20	Rinu Rahman	30	5:00pm		6:30pm	Rinu
30/5/20	Nadiya Salanu	210	5:00pm		6:30pm	Nadiya
30/5/20	Reema	30	5pm		6:30pm	Reema
31/5/20	Nadiya Salanu	210	4:30pm		6:00pm	Nadiya
01/6/20	Basith		4:30pm		6:00pm	Basith
2/6/20	Nadiya Salanu	210	4:45pm		6:15pm	Nadiya
2/6/20	Reema	318	5:25pm		6:15pm	Reema
4/6/20	Nadiya Salanu		4:41pm		6:00pm	Nadiya
4/6/20	Rinu Rahman		4:54pm		5:55pm	Rinu
11/6/20	Nadiya Salanu		4:30pm	Gym	6:00pm	Nadiya
14/6/20	Nadiya Salanu		4:45pm	Gym	6:00pm	Nadiya
16/6/20	Nadiya Salanu		5:00pm	Gym	6:30pm	Nadiya
20/6/20	Nadiya Salanu		5:00pm	Gym	6:00pm	Nadiya
21/6/20	Nadiya Salanu		5:00pm	Gym	6:15pm	Nadiya
23/6/20	Nadiya Salanu		5:10pm	Gym	6:30pm	Nadiya
25/6/20	Nadiya Salanu		5:10pm	Gym	6:30pm	Nadiya



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9/2/21	Nadiya Salam. A. Raisa	4:30pm 4:30pm	Exym. Exym.	Nadiya
11/2/21	Nadiya Salam. A.	5:20pm	Exym. 6:00pm	Nadiya
13/2/21.	Nadiya Salam.	4:45pm	Exym. 5:45pm	Nadiya
14/2/2021	Nadiya Salam	4:30pm	Exym. 6pm	Nadiya
14/2/21	Thasleema	4:30pm	Exym. 6pm	Nadiya
16/2/2021	Nadiya Salam	4:35pm	Exym. 5:20pm	Nadiya
16/2/2021	Raisa	5:00pm	Exym. 6pm	Nadiya
16/2/2021	Thasleema	5:00pm	Exym. 6pm	Nadiya
20/2/2021	Nadiya Salam	4:30pm	Exym. 5:20pm	Nadiya
23/2/2021	Nadiya Salam	4:30pm	Exym. 5:30pm	Nadiya
23/2/21.	Thasleema	4:45pm	Exym. 5:20pm	Nadiya
2/3/2021	Nadiya Salam	4:30pm	Exym. 5:45pm	Nadiya
2/3/2021.	Thasleema	"	"	Nadiya
4/3/2021	Nadiya Salam.	4:38pm	Exym. 5:40pm	Nadiya
9/3/2021	Nadiya Salam	4:56pm	Exym. "	Nadiya
12/3/2021.	Nadiya Salam.	4:57pm	Exym. 5:58pm	Nadiya
13/3/2021	Nadiya Salam	4:48pm	Exym. 5:25pm	Nadiya
14/3/2021	Nadiya Salam.	4:52pm	Exym. 5:50pm	Nadiya
16/3/2021	Nadiya Salam	4:58pm	Exym. 5:50pm	Nadiya
18/3/2021	Nadiya Salam	4:40pm	Exym. 5:47pm	Nadiya
18/3/2021	Reeba th	4:40pm	Reeba 6:12pm	Reeba



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11/4/21	Vipina	4:55 pm	Gym	5:55 pm	Vipina
13/4/21	Sajna JS	4:55 pm	Gym	5:55 pm	Sajna
13/4/21	Vipina	5:00 pm	Gym	6:00 pm	Vipina
13/4/21	Reeba Thomas	4:45 pm	Gym	5:55 pm	Reeba
15/4/21	Reeba Thomas	4:41 pm	Gym	6:00 pm	Reeba
20/4/21	Vipina	5:01 pm	Gym	6:00 pm	Vipina
20/4/21	Sajna	4:45 pm	Gym	6:00 pm	Sajna
20/4/21	Reeba	4:30 pm	Gym	6:00 pm	Reeba
22/4/21	Vipina	4:17 pm	Gym	6:00 pm	Vipina
24/4/21	Sajna	4:45 pm	Gym	6:15 pm	Sajna
24/4/21	Reeba	4:45 pm	Gym	6:15 pm	Reeba
24/4/21	Vipina	4:15 pm	Gym	6:15 pm	Vipina
1/4/21	Ashlin	5:30 pm	Gym	6:30 pm	Ashlin
2/4/21	Ashlin	3:00 pm	Gym	4:30 pm	Ashlin
4/7/21	Rinu	4:00 pm	Gym	6:00 pm	Rinu
4/7/21	Ashlin	4:00 pm	Gym	6:00 pm	Ashlin
6/7/21	Rinu	4:45 pm	Gym	6:30 pm	Rinu
6/7/21	Ashlin	4:45 pm	Gym	6:30 pm	Ashlin
6/7/21	Rinu	4:45 pm	Gym	6:30 pm	Rinu
8/7/21	Rinu	4:45 pm	Gym	6:30 pm	Rinu



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0/8/21	Abhinav	5:00	gym	6:00pm	
12/8/21	Rinu	5:00pm	gym	6:30pm	
12/8/21	Fathima L	4:30pm	gym	5:30pm	
12/8/21	Aamina S.S	4:30 pm	gym	5:30 pm	
12/8/21	Aysha Sithara D	4:30pm	gym	5:30pm	
24/8/21	Ashlin R	4:30pm	Gym	6:00pm	
26/8/21	Ashlin R	4:30pm	Gym	6:00pm	
26/8/21	Aysha Sithara D	4:40pm	Gym	6:00pm	
26/8/21	Fathima L	4:40pm	Gym	6:00pm	
26/8/21	Aamina S.S	4:40pm	Gym	6:00pm	
26/8/21	Nasrin Kader	5:00pm	gym	5:42	
28/8/21	Vipina	4:45	Gym	6pm	
29/8/21	Vipina	4:50	Gym	6pm	
31/8/21	Ashlin R	5:00	Gym	6:00pm	
31/8/21	Vipina	5:30	Gym	6pm	
2/9/21	Nasrin	5:00	gym		
2/9/21	Ashlin R	5:11pm	Gym	6:30	
5/9/21	Vipina		Gym	6pm	



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30/10/21	Ashlin R	4:45	Gym	5:30	Ashlin
30/10/21	Aiswarya Bijn	5:10	Gym	6:30	Aiswarya
31/10/21	Ashlin R	4:00	Gym	5:00	Ashlin
2/11/21	Azmi	5:15	Gym	6:15	Azmi
2/11/21	Aparna	5:15	Gym	6:00	Aparna
4/11/21	APARNA	4:00	Gym	5:00	Aparna
6/11/21	Azmi	4:57	Gym	6:00	Azmi
8/11/21	APARNA	4:58	Gym	5:30	Aparna
9/11/21	APARNA	4:33	Gym	6:00	Aparna
9/11/21	Priyanka A	4:33	Gym	6:00	Priyanka
11/11/21	Ashlin R	4:40	Gym	6:30	Ashlin
14/11/21	Ashlin R	4:30	Gym	6:30	Ashlin
14/11/21	Priyanka A	5:13	Gym	6:00	Priyanka
15/11/21	Asmi M-S	4:15	Gym	5:00	Asmi
16/11/21	Ashna S Anwar	4:15	Gym	5:00	Ashna
16/11/21	APARNA	4:15	Gym	5:30	Aparna
16/11/21	Bhagavathi	4:15	Gym	6:30	Bhagavathi
16/11/21	Najva	4:22	Gym		Najva
17/11/21	Maria	4:22	Gym		Maria
18/11/21	Priyanka	4:22	Gym	5:30	Priyanka
18/11/21	Blagana	4:22	Gym	5:00	Blagana
18/11/21	Aparna	4:22	Gym	5:00	Aparna



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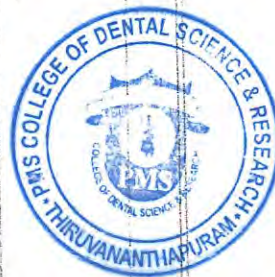
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16

18/11/21 Ashwin R
 18/11/21 Asmi M.S
 18/11/21 Ashwin S Anvar
 18/11/21 Najwa
 18/11/21 Maewa
 18/11/21 Priyanka A
 20/11/21 Ashwin R
 20/11/21 Priyanka A
 20/11/21 APARNA
 23/11/21 Ashwin R
 25/11/21 Ashwin R
 2/12/21 Maewa
 4/12/21 Maewa
 9/12/21 Maewa
 11/12/21 Maewa



4.00	Gym	6.00	Maewa
4.00	Gym	5.00	Asmi
4.00	Gym	5.00	Ashwin
4.00	Gym	6.00	Najwa
4.27	Gym	5.37	Maewa
4.44	Gym	5.30	Maewa
4.50	Gym	6.00	Maewa
5.06	Gym	5.50	Maewa
5.10	Gym	5.50	Maewa
4.12	Gym	6.00	Maewa
3.00	Gym	5.00	Maewa
4.53	Gym	6.00	Maewa
4.14	Gym	6.00	Maewa
4.04	Gym	4.20	Maewa
4.57	Gym	5.57	Maewa



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DENTAL
 ARCH
 TEAM-28

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No	NAME	DATE	IN TIME	GYM/ SWIMMING POOL	OUT TIME	SIGN TURI
1.	Basith Samad	21/10/19	5:00pm	Gym	6:00pm	Bas
2.	Basith Samad	23/10/19	5:45pm	Gym	6:12pm	Bas
3.	Rahul R	23/10/19	5:45pm	Gym	6:12pm	Bas
4.	RAHUL R.	28/10/19	4:30pm	Gym	6:30pm	Bas
5.	BASITH.	25/10/19	4:30pm	Gym	6:00pm	Bas
6.	AJMAL.	25/10/19	4:30pm	Swimming	6:30pm	Bas
7.	PRASITH.	25/10/19	4:30pm	Swimming	6:30pm	Bas
8.	RAHUL R.	28/10/19	4:30pm	Gym	6:30pm	Bas
9.	Basith	30/10/19	4:30pm	Gym	6:20pm	Bas
10.	RAHUL R.	2/11/19	4:30pm	Gym	6:30pm	Bas
11.	RAHUL R.	6/11/19	4:00pm	Gym	5:20pm	Bas

1.	Basith	15/1/20	4:30 pm	Gym	6:00pm	Bas
2.	Balu	15/1/20	5:30 pm	Gym		

1.	Basith	05/2/20				
2.)	Basith	19/2/2020	5:15pm	Gym		
3.)	Felbin	24/2/20	6:00	Gym	7:00pm	Bas
4.)	Felbin	26/2/20	6:00	Gym	6:45pm	Bas
5.)	Felbin	28/2/20	6:00pm	Gym	7:15pm	Bas
6.)	Felbin	2/3/20	6:00pm	Gym		
7.	Basith	11/3/2020	5:00pm	Gym	6:00pm	Bas

1)	Basith	1/6/20	4:30pm	6:00pm		Bas
2)	Felbin	1/6/20	5pm	Gym	6:30pm	Bas
3)	RAHUL R	1/6/20	5pm	Gym	6:30pm	Bas

1)	Basith	3-6-20	4:30 pm	Gym	5:30 pm	Bas
2	Rebin	3-6-20	4:30 pm	"	6:00 pm	Bas
3)	RAHUL R	3-6-20	5: pm	"	6: pm	Bas



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No	NAME	DATE	IN TIME	GYM/ SWIM	OUT TIME	SIG
1.	Basith	1-07-20	4:30 pm	Gym	6:30 pm	
2.	Ajmal	1-07-20	"	"	"	
3.	Rahul R	1-07-20	"	"	"	
1.	Basith	3-7-20	5 pm	Gym	6:30	B
2.	Febin	3-7-20	"	Gym	6:30	John
1.	Basith	6-7-20	4:30	Gym	6:30	B
2.	Febin	"	"	Gym	6:30	John
1.	Basith	8-7-20	4:30 pm	Gym	6:30	B
2.	Febin	8-7-20	"	Gym	6:30	John
1.	Basith	5/8/20	4:30	Gym	6:30 pm	B
2.	Ajmal	5/8/20	4:30	Gym	"	Ajmal
3.	Febin	5/08/20	5:00 pm	Gym	"	John
4.	Krishnan Unni	"	5:00 pm	Gym	"	Krish
1.	Basith	07/08/20	5 pm	Gym	6:30 pm	B
2.	Krishnan Unni	"	"	"	"	Krish
3.	Febin	"	"	"	"	John
1.	Febin	10/08/20	4:30	Gym	6:30 pm	John
2.	Basith	10/08/20	"	"	"	B
3.	Krishnan Unni	10/08/20	"	"	"	Krish
1.	Basith	14-8-20	5 pm	Gym	6:30	B
2.	Krishnan Unni	"	"	Gym	"	Krish
3.	Febin	"	"	Gym	"	John
1.	Ajmal	02-09-20	5 pm	Gym	6:30	Ajmal
2.	Ija	02-09-20	"	Gym	"	John
3.	Basith	02-09-20	"	Gym	"	B
4.	Krishnan Unni	02-09-20	"	Gym	"	Krish
5.	Rahul R		5:30 pm	"	6:30 pm	Rahul



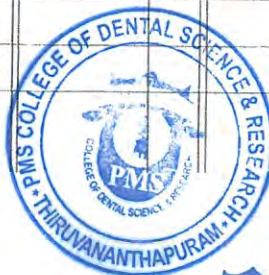
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No	NAME	DATE	IN TIME	GYM / SWIMMING POOL	OUT TIME	SIGN
1.	Ajmal	6/11/20	5 pm	Gym	6:30pm	Ajmal
2.	Unni	"	"	"	"	Unni
3.	Basith	6/11/20	5:30pm	Gym	"	Basith
4.	Tijo	6/11/20	"	Gym	"	Tijo
1)	Basith	09/11/20	5 pm	Gym	6:30	Basith
2)	Unni	09/11/20	"	Gym	6:30	Unni
3)	Tijo	09/11/20	"	Gym	6:30	Tijo
4)	Ajmal	"	5:30	"	6:30	Ajmal
1)	Basith	16/11/20	4:30	Gym	6:00pm	Basith
2)	Unni	"	4:30	Gym	6:00pm	Unni
1.	Basith	23-11-20	5 pm	Gym	6:1 pm	Basith
2.	Ajmal	23-11-20	"	"	6:30	Ajmal
3)	Tijo	23-11-20	5:30pm	Gym	"	Tijo
4)	Unni	"	5:30pm	Gym	6:30	Unni
1.	Tijo	7/12/20	5 pm	Gym	6:30	Tijo
2)	Ajmal	7/12/20	5:30p	"	"	Ajmal
3)	Basith	07-12-20	"	"	6:30	Basith
4)	Krishna Unni	"	"	Gym	6:30	Krishna
5)	Rahul R	7/12/20	5:30 pm	"	"	Rahul
1.	Ajmal	9/12/20	4:30 p	Gym		Ajmal
2.	Basith	"	"	"		Basith
3.	Rahul	9/12/20	5: pm	Gym		Rahul
1)	Basith	11-12-20	5 pm	Gym		Basith
2)	Ajmal	11-12-20	"	"		Ajmal
3)	Tijo	11-12-20	"	Gym		Tijo
4)	Krishna Unni	11/12/20	5:30pm	Gym		Krishna



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No	NAME	DATE	INTIME	GYM/ SWIMMING POOL	OUT TIME	SIGN
1)	Basilh	18/10/21	4:30 pm	Gym	6:30 pm	Basil
2)	Tijo	18/10/21	"	"	"	Tijo
3)	Ajmal	18/10/21	5 pm	gym	7 pm	Ajmal
4)	Krishnan Unni	18/10/21	5 pm	gym	7 pm	Krish
1.	Ajmal	20/10/21	4:30	Gym	6:30	Ajmal
2.	Basilh	"	5 pm	gym	"	Basil
3.	Tijo	20/10/21	5 pm	Gym	"	Tijo
1.	Basilh	22/10/21	5 pm	Gym	7 pm	Basil
2.	Ajmal	22/10/21	5 pm	"	"	Ajmal
3.	Krishnan Unni	22/10/21	5 pm	"	7 pm	Krish
1)	Basilh	11/11/21	5 pm	Gym	6:30 pm	Basil
2)	Tijo	11/11/21	5 pm	Gym	6:30 pm	Tijo
1)	Ajmal	3/11/21	4:30	Gym	6:30	Ajmal
2)	Basilh	3/11/21	"	"	"	Basil
3)	Tijo	3/11/21	5 pm	gym	6:30	Tijo
4)	Krishnan Unni	3/11/21	5 pm	gym	6:30	Krish
1.	Tijo	10/11/21	4:30 pm	Gym	6:30	Tijo
2.	Ajmal	"	"	"	"	Ajmal
3.	Basilh	"	"	"	"	Basil
4.	Krishnan Unni	10/11/21	5 pm	gym	7 pm	Krish
5.	Rahul R	10/11/21	5 pm	gym	7 pm	Rahul
1.	Basilh	22/11/21	4:30	Gym	6:30 pm	Basil
2.	Krishnan Unni	22/11/21	"	Gym	6:30 pm	Krish
1.	Basilh	24/11/21	5 pm	Gym	6:30 pm	Basil
2.	Tijo	24/11/21	"	"	"	Tijo
3.	Krishnan Unni	"	"	"	7 pm	Krish
4.	Ajmal	24/11/21	5:30 pm	Gym	7 pm	Ajmal



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No	TWO SHIFT	NAME	DATE	IN TIME	GYM/ SWIMMING POOL	OUT TIME	SGN
1.2							
1.		Tijo	3/12/21	4:30	Gym	6:30 pm	Ju
2.		Basith	3/12/21	11	Gym	6:30 pm	Bas
3.		Ajmal	3/12/21	11	Gym	6:30 pm	Ajl
1.		Basith	6/12/21	4:30 pm	Gym	6:30 pm	Bas
2.		Ajmal	6/12/21	11	11	11	Ajl
3.		Tijo	6/12/21	5 pm	Gym	7 pm	Ju
4.		Krishnan Unni	6/12/21	5 pm	Gym	7 pm	Ku
1.		Basith	10/12/21	5 pm	Gym	7 pm	Bas
2.		Ajmal	11	11	11	7 pm	Ajl
1.		Tijo	13/12/21	4:30 pm	Gym	6:30 pm	Ju
2.		Basith	11	11	Gym	11	Bas
3.		Ajmal	13/12/21	5 pm	Gym	7 pm	Ajl
4.		Krishnan Unni	13/12/21	5 pm	Gym	7 pm	Ku
1.		Basith	15/12/21	4:30 pm	Gym	6:30 pm	Bas
2.		Tijo	15/12/21	4:30 pm	Gym	6:30 pm	Ju
3.		Ajmal	15/12/21	5 pm	Gym	7 pm	Ajl
4.		Krishnan Unni	15/12/21	5 pm	Gym	7 pm	Ku



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PMS COLLEGE OF DENTAL SCIENCE & RESEARCH
(A Unit of NRI Service and Educational Trust)
Hostel Students leave / Permission application



Date :

Name : _____ Clinic Posted _____
Roll No. : _____
Course : BDS/MDS/----- Year of Study : I / II / III / IV / Final Year I / II - CRRI
Hostel Room No. : _____
Reason for late Permission : _____
Reason for leave : _____
Leave applied for (Date) : From _____ Time: _____ To _____ Time : _____
Students visiting location : Home / Guardian Home
Parent / Guardian Name & Ph No. : _____
Address of visting location : _____
Respected Sir,

Yours Sincerely

Note: 80% attendance is mandatory for appearing university examinations. Leave letter is for intimation and office purpose only.

(For Office Use)
No. of days sanctioned (with dates) :

Name : _____ Yars of Study : _____
Leave/Permission Granted : Yes /No
Mail received from parent : Yes / No/ NA
Faculty Approval : Yes / No/ NA
Attachments (If any required) : Yes / No/ NA

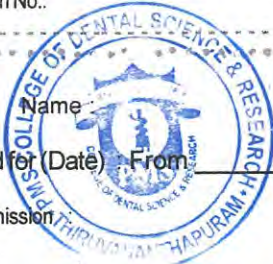
Associate Dean (Student affairs)
Dr. AFZAL. A

Asso. Dean (Academics)
Dr. Vinod Mony

OFFICE COPY

[Form to be handed over to Assoc. Dean (Student Affairs)]

Name : _____ Year of Study: _____ Clinic Posted _____
Leave/Permission applied for (Date) : From _____ Time: _____ To _____ Time : _____
Reason for Leave / late permission _____
Wheather permission to visit as day scholar- Yes / No Guardian Name & Ph. No: _____
Visiting Location address & Ph No.: _____



Warden's Copy

Date:

Name : _____ Year of Study: _____ Clinic Posted _____
Leave/Permission applied for (Date) : From _____ Time: _____ To _____ Time : _____
Reason for Leave / late permission _____
Parent Name & Ph No. : _____
Address of visiting location : _____



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Associate Dean (Student Affairs)
Dr. AFZAL. A

Asso. Dean (Academics)
Dr. Vinod Mony



PMS COLLEGE OF DENTAL SCIENCE & RESEARCH
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NAAC ACCREDITED DENTAL COLLEGE



Day Scholars-Students Leave application

FROM

Date :

Name :
Roll. No. :
Year of Study :
Clinic Posted. :

Course BDS / MDS

To,

The Dean / Associate Dean (Student Affairs)
PMS Dental college Vattappara

Reason for Leave :

Leave applied for (Date) : From _____ To _____

Respected Sir,

Yours Sincerely

Note: 80% attendance is mandatory for appearing university examinations. Leave letter is for intimation and office purpose only.

(For Office Use)

Name : Year :
Leave/ Granted : Yes / No No. of days sanctioned (with dates) :
Mail received from parent : Yes / No/ NA
Faculty Approval : Yes / No/ NA
Attachment (if any required) : Yes / No/ NA

Associate Dean (Student Affairs)
Dr. Afzal. A

Asso. Dean (Academics)
Dr. Vinod Mony

Form to be handed over to Assoc. Dean (Student Affairs) Office

Date :

Name : Roll No: Cours: Dept : Year of Study:
Leave applied for (Date)
Reason for Leave
Contact Number of parent
Student Signature :
Visting Location Address :

Associate Dean (Students Affairs)
Dr. AFZAL. A



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[Handwritten signature]


PMS COLLEGE OF DENTAL SCIENCE & RESEARCH
Golden Hills, Vattappara, Trivandrum
REQUEST FOR PERMISSION EARLY GOING / LATE COMING

Date.....

Name

Designation

Department

Time From To

Alternate Arrangement

Vehicle No




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Administrator/ Manager/ HR Officer


PMS COLLEGE OF DENTAL SCIENCE & RESEARCH
Golden Hills, Vattappara, Trivandrum
OUT PASS SLIP

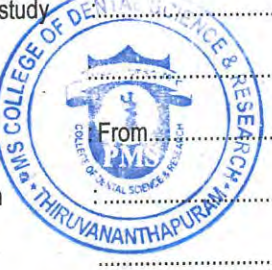
Name of Student :

Year of study Batch

Date

Time From am /pm To am /pm

Reason

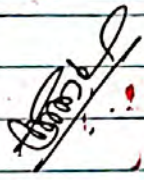
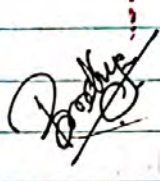
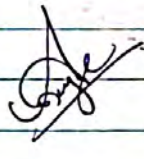
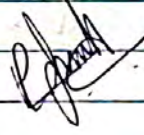
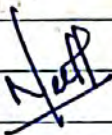



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Signature of
Candidate

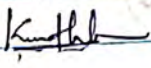

 Signature of
Guide

Signature of
Associate Dean (Academic)

Date of Enrollment	Sl No.	Parent's Name & Signature	Child's Name	Age	Gender	Warden's Signature
26/07/2016	1.	Subha. S 	Dev Priya M.S	1 1/2 yrs	Female	Lathika
10/04/2017	2.	Bindhya. S.V 	Vaibhav. R	1 yr	Male	Pankajali
01/08/2018	3.	Anuja. M.R 	Mathmika. A.P	8 months	Female	Pankajali
10/06/2019	4	Dr Smithe. C 	Lishtha. R Nambiar	6 months	Female	Quimada
02/12/2019	5	Neethu. P. Menon 	Dhyas Sandeep	2 yrs	Male	Quimada
09/03/2021	6	Anumel. Thil 	Anon Viji Anand	Male		Quimada



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THIRUVANANTHAPURAM-28

Date of Enrollment	Sl No	Parent's Name & Signature	Child's Name	Age	Gender	Handwritten Signature
02/08/2021	7	Sreelakshmi J.S 	Rudhra A.S	3yrs	Female	
01/09/2021	8	Keerthi K. Nair 	Hrishikesh K.S	4yrs	Male	
03/12/2021	9	Dr. Varsha Rajeev 	Shivani V Das	8yrs	Female	
14/02/2022	10	Dr. Mira Mohan 	Lea Mirsh	2yrs 2wks	Female	
21/02/2022	11	Neena raj. u.s 	Abiya N.P	3 1/2	Female	
25/02/2022	12	DR. SHIANA JO 	YUVAINE ANN TOM.	19 MONTHS	FEMALE	



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