

To,

Date: 3.12.18
Hyderabad

The Dean
Malla Reddy Institute of Medical Sciences
Suraram
Hyderabad.

From,
MEU Coordinator
Malla Reddy Institute of Medical Sciences
Suraram
Hyderabad.

Dear Sir,

Sub: Requisition of permission to conduct Value added course on "Beat the Stress-Management Techniques".

I, on behalf of the Department of Medical Education, MRIMS, would like to request you to grant permission for the conduct of a value added course on Beat the Stress-Management Techniques for 3rd MBBS from 20th to 22nd December, 2018 in the Lecture Hall, Ground Floor, Academic Block, MRIMS.

Thanking you,

Yours sincerely,

Jamunelami N.
MEU Coordinator

Permitted

V.V.V.V. Coor
Principal / Dean
Malla Reddy Institute of Medical Sciences



V.V.V.V. Coor
Principal / Dean
Malla Reddy Institute of Medical Sciences



MALLA REDDY INSTITUTE OF MEDICAL SCIENCES

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Recognized by Medical Council of India, Ministry of Health & Family Welfare, Govt. of India.

Affiliated to Kaloji Narayanarao University of Health Sciences, Warangal, Telangana.

CIRCULAR

Ref. No.: MRIMS/Circulars/VAC/ 2018/Dec-01

Date: 5.12.18

Course on “Beat the Stress-Management Techniques” will be conducted in Malla Reddy Institute of Medical Sciences from 20th to 22nd December, 2018 for 3rd MBBS students. HODs to inform the students and reschedule classes and postings. Students have to register with the program coordinator Dr. Jamuna Rani, MEU Coordinator, MRIMS.

Resource persons:

1. Dr. Anitha, Department of Psychiatry, IMH, Erragadda
2. Dr. Tabitha, Department of Psychiatry, MRIMS
3. Dr. Sunanda, MEU Coordinator, Mamata Medical College.

Venue: Lecture Hall, Ground floor, Academic Block, MRIMS

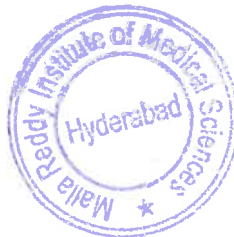
Date: 20.12.18- 22.12.18

Time: 9.00 am – 4:30pm



PRINCIPAL/DEAN

Copy to:

1. Circulation in classroom
2. All HoDs
3. Notice board
4. PA to Principal/Dean for filing




Principal / Dean
Malla Reddy Institute of Medical Sciences


Principal / Dean
Malla Reddy Institute of Medical Sciences

Suraram 'x' Road, Quthbullapur Municipality, Hyderabad - 500 055.

Tel : 9676017777, 9676027777, 7842090952

E-mail : mallareddyhospital@gmail.com mrimms.2012@gmail.com www.mrimms.org



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Beat the Stress- Management Techniques (VM-03)

COURSE OBJECTIVES

COURSE OBJECTIVES	At the end of the course, the students should be aware of <ul style="list-style-type: none">• Support networks within their medical school community and beyond.• Importance of seeking support from peers, mentors, and mental health professionals when managing stress.• Stress management techniques tailored to the demands of medical education and training.
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COURSE SYLLABUS

Module	Syllabus
MODULE 1	Stress- Definition Types of stress Sources of stress in professional environment
MODULE 2	Reading stress signals Relaxation techniques Resilience building techniques
MODULE 3	Coping mechanisms Support systems Self-care and well-being

COURSE OUTCOME

COURSE OUTCOME	The student will gain a deeper understanding of stress and its impact on professional performance and well-being and learn practical techniques to manage stress effectively and maintain a healthy work-life balance and develop resilience skills to bounce back from setbacks and navigate challenges with greater ease
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V. V. K. S. Das
Principal / Dean
Malla Reddy Institute of Medical Sciences
Jammuram, N.
COORDINATOR

Suraram 'x' Road, Quthbullapur Municipality, Hyderabad - 500 055.

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Beat the Stress- Management Techniques (VM-03)

Program Schedule

Time	Program	Faculty
Day 1, 20.12.18		
9-9:30 AM	- Registration	MEU Members
9:30- 10 AM	- Inaugural address	Dean Academic Dean Vice Principal Medical Superintendent
10 – 11:15AM	- Introduction to stress management	Dr. Tabitha
11:15- 11:30 AM	Tea break	
11:30 AM- 1PM	- Good stress vs Bad stress	Dr. Anita
1- 2 PM	Lunch Break	
2- 3.30 PM	- Understanding Stress	Dr. Anita
3.30- 4.30 PM	- Common sources of stress in professional settings	Dr. Sunanda
Day 2, 21.12.18		
9-9:30 AM	- Recap	MEU Members
9:30- 11 AM	- Stress Signals	Dr. Tabitha
11-11:15 AM	- Tea break	
11:15 AM- 1 PM	- Mindfulness and relaxation techniques	Dr. Anita
1- 2 PM	Lunch Break	
2- 3.30 PM	- Time management and prioritization	Dr. Sunanda
3.30- 4.30 PM	- Building Resilience	Dr. Tabitha
Day 3, 22.12.18		
9-9:30 AM	- Recap	MEU Members Principal / Dean



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Summary Report

Beat the Stress- Management Techniques (VM-03)

Stress management refers to the process of understanding and effectively dealing with stress in order to reduce its negative effects on one's physical, mental, and emotional well-being. It involves adopting various techniques, strategies, and behaviors to cope with and mitigate the impact of stressors in everyday life. Stress management is a proactive approach to maintaining a healthy lifestyle and optimizing well-being by effectively managing the inevitable stressors of life. It empowers individuals to take control of their responses to stress and cultivate greater resilience in the face of adversity. With these aims in mind this course was designed.

To conduct this course, we had with us Dr. Anita, Professor, IMH, Erragadda as the key resource person. She apart from being a qualified Psychiatrist is also an experienced teacher and counsellor and could contribute immensely in addressing the students. Along with her we had Dr. Tabitha from the Department of Psychiatry, MRIMS who is an eloquent speaker who could provide the students with the support framework existing in our college. They were accompanied by Dr. Sunanda V, MEU Coordinator of Mamata Medical College, Bachupally who possesses an insight into the mindset of the students due to her years of teaching, hence giving an invaluable insight into how stress management techniques can help.

The program was conducted on 20.12.18- 22.12.18 at Lecture Hall, Ground floor, Academic Block, MRIMS for III MBBS (2016 batch) for 30 hours



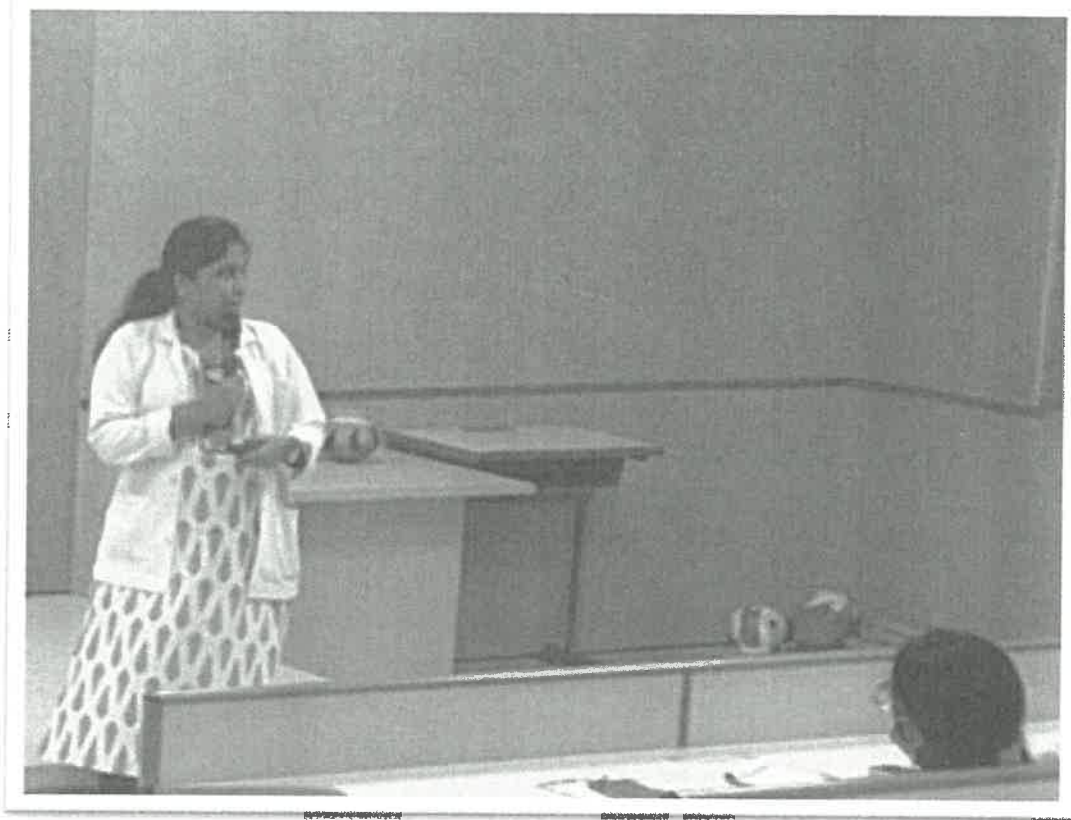
V.V.V.V. Principal / Dean

Malla Reddy Institute of Medical Sciences

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VM-03
Beat the Stress- Management Techniques



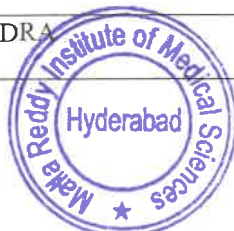
V.V.V.V. V.V.V.V.
Principal / Dean
Malla Reddy Institute of Medical Sciences

17	B PREETHI	1601016017	Yes
18	B SHRUTHI	1601016018	Yes
19	B SUSHMA	1601016019	Yes
20	BANOTH PRADEEP KUMAR	1601016020	Yes
21	BANOTHU VAMSI KRISHNA	1601016021	Yes
22	BASAVA DIMPLE	1601016022	Yes
23	BASHETTY VAISHNAVI	1601016023	Yes
24	BATTULA GAYATRI	1601016024	Yes
25	BOBBILI CHARITHA	1601016025	No
26	BOGAM YASHWANTH	1601016026	Yes
27	BOYINA RAKSHITA YADAV	1601016027	Yes
28	CHALLA AISHWARYA REDDY	1601016028	Yes
29	CHANDASWI MANDRA	1601016029	Yes
30	CHERUKOTA RAJA	1601016030	Yes
31	CHILIVAERU RUCHITHA RAO	1601016031	Yes
32	CHITTALURI SRUJANA	1601016032	Yes
33	D DEEKSHEKA	1601016033	Yes
34	D MEGHANA	1601016034	Yes
35	DAKURI SATVIK REDDY	1601016035	Yes
36	DEVENDER R S	1601016036	Yes
37	DHANDU TARUN SAI KUMAR	1601016037	Yes
38	DHATRIKA GAYATHRI DEVI	1601016038	Yes
39	DODDIKINDI SHRAVAN REDDY	1601016039	Yes
40	DODDIKINDIWAD MADHULATA RAVINDRAREDDY	1601016040	Yes
41	FARHANA BEGUM	1601016041	Yes
42	GADDALA SUSHMA	1601016042	Yes
43	GADDAM MANASA	1601016043	Yes
44	GADDAMEEDI SAI TEJA	1601016044	Yes



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Malla Reddy Institute of Medical Sciences

45	GARIGANTI GOPALA KRISHNA	1601016045	No
46	GOWTHAVARAM CHENGALA ANANYAA	1601016046	Yes
47	GUMMULA CHINMAYI	1601016047	Yes
48	JADDU RISHIKA	1601016048	Yes
49	JAMBULA HASIKA REDDY	1601016049	Yes
50	JONNAKUTI SUNIL KUMAR REDDY	1601016050	Yes
51	JUTTUKONDA SUSHMA	1601016051	Yes
52	K KALYAN BABU	1601016052	Yes
53	K LAKSHMI BHARGAVI	1601016053	Yes
54	KAKI PRANEETH CHANDRA	1601016054	Yes
55	KALYANAM AISHWARYA	1601016055	Yes
56	KANAPARTHI TARUN	1601016056	Yes
57	KANDALA SWATHI	1601016057	Yes
58	KANNIKANTI LAKSHMI SATYA SAI LAHARI	1601016058	Yes
59	KAPPALA SANJAY EZEKIEL	1601016059	Yes
60	KATTEMPUDI MEGHANA	1601016060	No
61	KHADKEKAR NEHA	1601016061	Yes
62	KOMAL DHANRAJ	1601016062	Yes
63	KOMATINENI SAI VENISH	1601016063	No
64	KONDITY PRANEETH	1601016064	Yes
65	KONDURU Y SAHITHI	1601016065	Yes
66	KORAMONI SPOORTHY	1601016066	Yes
67	KOTHOLLA BINATHI	1601016067	Yes
68	KOTHURU HARSHITHA	1601016068	Yes
69	KOTLA SAI BHARGAVI	1601016069	Yes
70	KUNCHALA AKHILA	1601016070	Yes
71	KUSULURI SRI SAI MANI CHANDANA	1601016071	Yes
72	L SRINIDHI SANTHOSHINI	1601016072	No
73	LAGISETTI SARATH CHANDRA	1601016073	Yes



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102	P YADU VAMSHI REDDY	1601016102	Yes
103	PADAVALA RISHITHA NAIDU	1601016103	Yes
104	PARANKUSAM SAI KOMAL	1601016104	Yes
105	PASUMARTHY NIKITHA	1601016105	Yes
106	PASUPULA RAJITHA	1601016106	Yes
107	PASUPULETI ANUSHA	1601016107	Yes
108	PEDDIREDDI VINDHYA	1601016108	Yes
109	POLAMURI RITHVIK	1601016109	Yes
110	PRATHIPATHI NISSIANGELENE	1601016110	Yes

Jamunelam P.
Coordinator

V.V.V. Vasireddy
Principal/Dean



Principal / Dean
Malla Reddy Institute of Medical Sciences



V.V.V. Vasireddy
Principal / Dean
Malla Reddy Institute of Medical Sciences



MALLA REDDY INSTITUTE OF MEDICAL SCIENCES

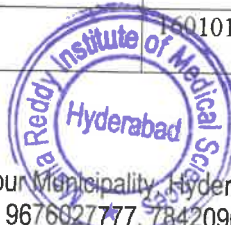
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Beat the Stress- Management Techniques	
Course Code: VM-03	Year: III MBBS
DATE: 20.12.18- 22.12.18	Time: 9:00AM -4:30 PM
Venue: Lecture Hall, Ground Floor, Academic Block, MRIMS	Batch: 2016 Batch
Total Students Registered- 115	

Details of students registered for VM-03-Beat the Stress- Management Techniques

Sr No	Name of Student	Registration No	Registered
1	A HARSHA VARDHAN	1601016001	Yes
2	A SAI SUNDEEP	1601016002	Yes
3	A UDAY SHREE	1601016003	Yes
4	AARFA DEVANI	1601016004	Yes
5	ADEPU JAHNAVI	1601016005	Yes
6	AEMBALI RAVI TEJA	1601016006	Yes
7	AKURATHI UMA POORNIMA	1601016007	Yes
8	ALLU RAVI KISHOR	1601016008	Yes
9	ANKIT SUNIL KULKARNI	1601016009	Yes
10	ANUHYA CHERIPALLY	1601016010	Yes
11	APPAMMAGARI SRIDHAR REDDY	1601016011	Yes
12	AREGUNTA BHAVYA	1601016012	Yes
13	ASMA BEGUM	1601016013	Yes
14	AVADHANAM KUMAR SUPRAJA	1601016014	Yes
15	AYAN MUKHERJEE	1601016015	Yes



Principal / Dean

Malla Reddy Institute of Medical Science:

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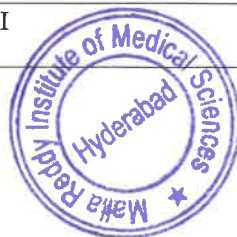
E-mail : mallareddyhospital@gmail.com mrimms.2012@gmail.com www.mrimms.org

16	B DEEPTHI	1601016016	Yes
17	B PREETHI	1601016017	Yes
18	B SHRUTHI	1601016018	Yes
19	B SUSHMA	1601016019	Yes
20	BANOTH PRADEEP KUMAR	1601016020	Yes
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43	GADDAM MANASA	1601016043	Yes



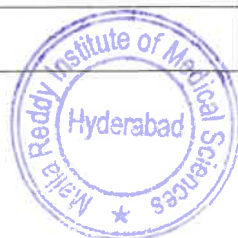
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44	GADDAMEEDI SAI TEJA	1601016044	Yes
45	GARIGANTI GOPALA KRISHNA	1601016045	Yes
46	GOWTHAVARAM CHENGALA ANANYAA	1601016046	Yes
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68	KOTHURU HARSHITHA	1601016068	Yes
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70	KUNCHALA AKHILA	1601016070	Yes
71	KUSULURI SRI SAI MANI CHANDANA	1601016071	Yes
72	L SRINIDHI SANTHOSHINI	1601016072	Yes



V.V.V. 10/10/2019
Principal / Dean
Malla Reddy Institute of Medical Sciences

73	LAGISETTI SARATH CHANDRA	1601016073	Yes
74	LAKSHMI ANKITHA ALLA	1601016074	Yes
75	LAVANGA JYOTHSNA SREE	1601016075	Yes
76	M DIVYA	1601016076	Yes
77	M PRATEEKSHA SINGH	1601016077	Yes
78	MALOVATHU HARI KRISHNA PRASAD	1601016078	Yes
79	MANNAM KARTHIK	1601016079	Yes
80	MAREBOINA SOWMYA LOLITA	1601016080	Yes
81	MARINGANTI OOHA	1601016081	Yes
82	MEENAKSHI MADDIKERY	1601016082	Yes
83	MEGHANA K	1601016083	Yes
84	MEKALA HARSHNI	1601016084	Yes
85	MERGOJU DIVYA	1601016085	Yes
86	MERUGU KARTHIK	1601016086	Yes
87	MERUVA SRI VAISHNAVI	1601016087	Yes
88	MESA AKHILA	1601016088	Yes
89	MOHD RAFIUDDIN	1601016089	Yes
90	MOOD JAYANTH CHOWHAN	1601016090	Yes
91	MUDAVATH ANITHA	1601016091	Yes
92	MUDAVATH SANTHOSH	1601016092	Yes
93	MULINTI RUCHIKA REDDY	1601016093	Yes
94	MUNIGETI RAJAVIND	1601016094	Yes
95	MUTTE SRIKANTH	1601016095	Yes
96	N SAHITHI RAO	1601016096	Yes
97	NAGA VENKATA SAI NEHA NIMMAGADDA	1601016097	Yes
98	NIKHIL REDDY KOTHAKOTA	1601016098	Yes
99	NIKITA SINGH	1601016099	Yes
100	P JEEVANA PRIYA	1601016100	Yes



V.V. Vasu
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Certificate of Completion

This to certify that Mr/Ms. A HARSHA VARDHAN of III
year MBBS, bearing roll no: 1601016001, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamunadorn
Coordinator



V. V. Rao
Principal/Dean

V. V. Rao
Principal / Dean

Malla Reddy Institute of Medical Sciences

Course code –VM03



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Certificate of Completion

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year MBBS, bearing roll no: 1601016002, has successfully completed the Value
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Jamundam. N
Coordinator

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Principal/Dean

V. V. Rao
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Certificate of Completion

This to certify that Mr/Ms. A UDAY SHREE of III
year MBBS, bearing roll no: 1601016003, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundam N
Coordinator



V. V. Rao
Principal/Dean

V. V. Rao
Principal / Dean
Malla Reddy Institute of Medical Sciences

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Certificate of Completion

This to certify that Mr/Ms. AARFA DEVANI of III
year MBBS, bearing roll no: 1601016004, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundam
Coordinator



V. V. Rao
Principal/Dean

V. V. Rao
Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. ADEPU JAHNAVI of III
year MBBS, bearing roll no: 1601016005, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamunadham N
Coordinator



V. V. Rao
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This to certify that Mr/Ms. AEMBALI RAVI TEJA of III
year MBBS, bearing roll no: 1601016006, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundam
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V. V. Rao
Principal/Dean

V. V. Rao
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Certificate of Completion

This to certify that Mr/Ms. AKURATHI UMA POORNIMA of III
year MBBS, bearing roll no: 1601016007, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. ALLU RAVI KISHOR of III
year MBBS, bearing roll no: 1601016008, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
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Certificate of Completion

This to certify that Mr/Ms. ANKIT SUNIL KULKARNI of III
year MBBS, bearing roll no: 1601016009, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
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Certificate of Completion

This to certify that Mr/Ms. ANUHYA CHERIPALLY of III
year MBBS, bearing roll no: 1601016010, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
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Certificate of Completion

This to certify that Mr/Ms. APPAMMAGARI SRIDHAR REDDY of III
year MBBS, bearing roll no: 1601016011, has successfully completed the Value
added Course – “BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3”, conducted in
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Certificate of Completion

This to certify that Mr/Ms. AREGUNTA BHAVYA of **III**
year MBBS, bearing roll no: 1601016012, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. ASMA BEGUM of III
year MBBS, bearing roll no: 1601016013, has successfully completed the Value
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the institute from 20th Dec 2018 to 22nd Dec 2018.

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This to certify that Mr/Ms. AVADHANAM KUMAR SUPRAJA of III
year MBBS, bearing roll no: 1601016014, has successfully completed the Value
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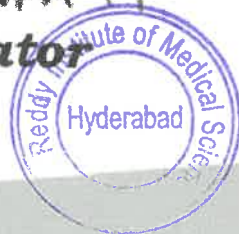
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This to certify that Mr/Ms. AYAN MUKHERJEE of III
year MBBS, bearing roll no: 1601016015, has successfully completed the Value
added Course – “BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3”, conducted in
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This to certify that Mr/Ms. B DEEPTHI of III
year MBBS, bearing roll no: 1601016016, has successfully completed the Value
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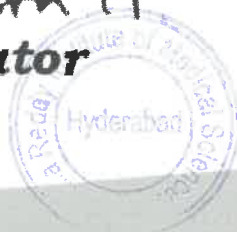
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Certificate of Completion

This to certify that Mr/Ms. B PREETHI of III
year MBBS, bearing roll no: 1601016017, has successfully completed the Value
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This to certify that Mr/Ms. B SHRUTHI of III
year MBBS, bearing roll no: 1601016018, has successfully completed the Value
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This to certify that Mr/Ms. B SUSHMA of III
year MBBS, bearing roll no: 1601016019, has successfully completed the Value
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This to certify that Mr/Ms. BANOTH PRADEEP KUMAR of III
year MBBS, bearing roll no: 1601016020, has successfully completed the Value
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This to certify that Mr/Ms. BANOTHU VAMSI KRISHNA of III
year MBBS, bearing roll no: 1601016021, has successfully completed the Value
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Certificate of Completion

This to certify that Mr/Ms. BASAVA DIMPLE of III
year MBBS, bearing roll no: 1601016022, has successfully completed the Value
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Certificate of Completion

This to certify that Mr/Ms. BASHETTY VAISHNAVI of III
year MBBS, bearing roll no: 1601016023, has successfully completed the Value
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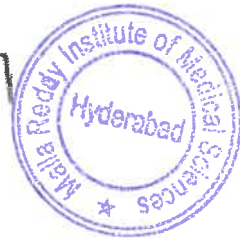
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Certificate of Completion

This to certify that Mr/Ms. BATTULA GAYATRI of III
year MBBS, bearing roll no: 1601016024, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
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Certificate of Completion

This to certify that Mr/Ms. BOBBILI CHARITHA of III
year MBBS, bearing roll no: 1601016025, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
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Certificate of Completion

This to certify that Mr/Ms. BOGAM YASHWANTH of III
year MBBS, bearing roll no: 1601016026, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
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Certificate of Completion

This to certify that Mr/Ms. BOYINA RAKSHITA YADAV of III
year MBBS, bearing roll no: 1601016027, has successfully completed the Value
added Course – “BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3”, conducted in
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This to certify that Mr/Ms. CHALLA AISHWARYA REDDY of III
year MBBS, bearing roll no: 1601016028, has successfully completed the Value
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This to certify that Mr/Ms. CHANDASWI MANDRA of III
year MBBS, bearing roll no: 1601016029, has successfully completed the Value
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This to certify that Mr/Ms. CHERUKOTA RAJA of III
year MBBS, bearing roll no: 1601016030, has successfully completed the Value
added Course – **“BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3”**, conducted in
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This to certify that Mr/Ms. CHILIVAERU RUCHITHA RAO of III
year MBBS, bearing roll no: 1601016031, has successfully completed the Value
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This to certify that Mr/Ms. CHITTALURI SRUJANA of III
year MBBS, bearing roll no: 1601016032, has successfully completed the Value
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This to certify that Mr/Ms. D DEEKSHEKA of III
year MBBS, bearing roll no: 1601016033, has successfully completed the Value
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This to certify that Mr/Ms. D MEGHANA of III
year MBBS, bearing roll no: 1601016034, has successfully completed the Value
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This to certify that Mr/Ms. DAKURI SATVIK REDDY of III
year MBBS, bearing roll no: 1601016035, has successfully completed the Value
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This to certify that Mr/Ms. DEVENDER R S of III
year MBBS, bearing roll no: 1601016036, has successfully completed the Value
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Certificate of Completion

This to certify that Mr/Ms. DHANDU TARUN SAI KUMAR of **III**
year MBBS, bearing roll no: 1601016037, has successfully completed the Value
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Certificate of Completion

This to certify that Mr/Ms. DHATRIKA GAYATHRI DEVI of III
year MBBS, bearing roll no: 1601016038, has successfully completed the Value
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This to certify that Mr/Ms. DODDIKINDI SHRAVAN REDDY of III
year MBBS, bearing roll no: 1601016039, has successfully completed the Value
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Certificate of Completion

This to certify that Mr/Ms. DODDIKINDIWAD MADHULATA RAVINDRAREDDY of III
year MBBS, bearing roll no: 1601016040, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
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Coordinator



V.V.10
Principal/Dean

V.V.10
Principal / Dean
Malla Reddy Institute of Medical Sciences

Course code –VM03

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Certificate of Completion

This to certify that Mr/Ms. FARHANA BEGUM of III
year MBBS, bearing roll no: 1601016041, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamunadan
Coordinator



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Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. GADDALA SUSHMA of III
year MBBS, bearing roll no: 1601016042, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundam
Coordinator



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Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. GADDAM MANASA of III
year MBBS, bearing roll no: 1601016043, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundam
Coordinator



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Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. GADDAMEEDI SAI TEJA of III
year MBBS, bearing roll no: 1601016044, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. GARIGANTI GOPALA KRISHNA of III
year MBBS, bearing roll no: 1601016045, has successfully completed the Value
added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES-VAC 3**”, conducted in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. G CHENGALA ANANYAA of
III year MBBS, bearing roll no: 1601016046, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. GUMMULA CHINMAYI of
III year MBBS, bearing roll no: 1601016047, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. JADDU RISHIKA of

III year MBBS, bearing roll no: 1601016048, has Successfully completed the

Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in

the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. JAMBULA HASIKA REDDY of
III year MBBS, bearing roll no: 1601016049, has Successfully completed the
Value added Course – **“BEAT THE STRESS-MANAGEMENT TECHNIQUES”**, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamunda
Coordinator



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Certificate of Completion

This to certify that Mr/Ms. JONNAKUTI SUNIL KUMAR REDDY of
III year MBBS, bearing roll no: 1601016050, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. JUTTUKONDA SUSHMA of
III year MBBS, bearing roll no: 1601016051, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. K KALYAN BABU of
III year MBBS, bearing roll no: 1601016052, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. K LAKSHMI BHARGAVI of
III year MBBS, bearing roll no: 1601016053, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. KAKI PRANEETH CHANDRA of
III year MBBS, bearing roll no: 1601016054, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. KALYANAM AISHWARYA of
III year MBBS, bearing roll no: 1601016055, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Coordinator



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Certificate of Completion

This to certify that Mr/Ms. KANAPARTHI TARUN of
III year MBBS, bearing roll no: 1601016056, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. KANDALA SWATHI of
III year MBBS, bearing roll no: 1601016057, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundar
Coordinator



V.V.AQ
Principal/Dean

V.V.AQ
Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. K LAKSHMI SATYA SAI LAHARI of
III year MBBS, bearing roll no: 1601016058, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamunda
Coordinator



V. V. Rao
Principal/Dean

Principal
Malla Reddy Institute of Medical Sciences
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Certificate of Completion

This to certify that Mr/Ms. KAPPALA SANJAY EZEKIEL of

III year MBBS, bearing roll no: 1601016059, has Successfully completed the

Value added Course – “BEAT THE STRESS-MANAGEMENT TECHNIQUES”, conducted, in

the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundam
Coordinator



[Handwritten Signature]
Principal/Dean

[Handwritten Signature]
Principal / Dean

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Certificate of Completion

This to certify that Mr/Ms. KATTEMPUDI MEGHANA of

III year MBBS, bearing roll no: 1601016060, has Successfully completed the

Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in

the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. KOMAL DHANRAJ of
III year MBBS, bearing roll no: 1601016062, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Coordinator



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Principal/Dean

Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. KOMATINENI SAI VENISH of
III year MBBS, bearing roll no: 1601016063, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamunadam
Coordinator



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Principal/Dean

Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. KONDITY PRANEETH of
III year MBBS, bearing roll no: 1601016064, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jayaram
Coordinator



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Principal/Dean

Principal / Dean

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Certificate of Completion

This to certify that Mr/Ms. KONDURU Y SAHITHI of
III year MBBS, bearing roll no: 1601016065, has Successfully completed the
Value added Course – **“BEAT THE STRESS-MANAGEMENT TECHNIQUES”**, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundam
Coordinator



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Principal/Dean

V.V. Rao
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Certificate of Completion

This to certify that Mr/Ms. KORAMONI SPHOORTHY of
III year MBBS, bearing roll no: 1601016066, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundam
Coordinator



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Principal/Dean

Principal / Dean

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Certificate of Completion

This to certify that Mr/Ms. KOTHOLLA BINATHI of
III year MBBS, bearing roll no: 1601016067, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundam
Coordinator



V.V.10
Principal/Dean

V.V.10
Principal / Dean

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Certificate of Completion

This to certify that Mr/Ms. KOTHURU HARSHITHA of

III year MBBS, bearing roll no: 1601016068, has Successfully completed the

Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in

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Certificate of Completion

This to certify that Mr/Ms. KOTLA SAI BHARGAVI of
III year MBBS, bearing roll no: 1601016069, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Coordinator



V.V.105
Principal/Dean

V.V.105
Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. KUNCHALA AKHILA of
III year MBBS, bearing roll no: 1601016070, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Coordinator



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Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. K SRI SAI MANI CHANDANA of
III year MBBS, bearing roll no: 1601016071, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
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Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. L SRINIDHI SANTHOSHINI of
III year MBBS, bearing roll no: 1601016072, has Successfully completed the
Value added Course – **“BEAT THE STRESS-MANAGEMENT TECHNIQUES”**, conducted, in
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Coordinator



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Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. LAGISETTI SARATH CHANDRA of
III year MBBS, bearing roll no: 1601016073, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
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Jamunadham
Coordinator



V.V. Rao
Principal/Dean

V.V. Rao
Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. LAKSHMI ANKITHA ALLA of

III year MBBS, bearing roll no: 1601016074, has Successfully completed the

Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in

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Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. LAVANGA JYOTHSNA SREE of

III year MBBS, bearing roll no: 1601016075, has Successfully completed the

Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in

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Certificate of Completion

This to certify that Mr/Ms. M DIVYA of
III year MBBS, bearing roll no: 1601016076, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundam
Coordinator



V. V. Rao

Principal/Dean

V. V. Rao
Principal / Dean

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Certificate of Completion

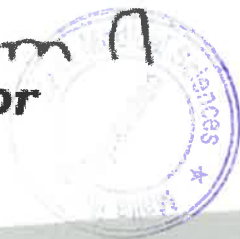
This to certify that Mr/Ms. M PRATEEKSHA SINGH of

III year MBBS, bearing roll no: 1601016077, has Successfully completed the

Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in

the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamunadham N
Coordinator



V.V. Rao
Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. M HARI KRISHNA PRASAD of

III year MBBS, bearing roll no: 1601016078, has Successfully completed the

Value added Course – **“BEAT THE STRESS-MANAGEMENT TECHNIQUES”**, conducted, in

the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundam A
Coordinator



V. V. Rao

Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. MANNAM KARTHIK of
III year MBBS, bearing roll no: 1601016079, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Coordinator



V. V. Rao

Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. MAREBOINA SOWMYA LOLITA of
III year MBBS, bearing roll no: 1601016080, has Successfully completed the
Value added Course – **“BEAT THE STRESS-MANAGEMENT TECHNIQUES”**, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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V.V.10
Principal/Dean

V.V.10

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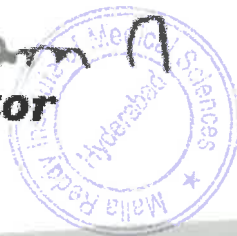
This to certify that Mr/Ms. MARINGANTI OOHA of

III year MBBS, bearing roll no: 1601016081, has Successfully completed the

Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in

the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. MEENAKSHI MADDIKERY of
III year MBBS, bearing roll no: 1601016082, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamunda
Coordinator



V.V. Rao

Principal/Dean

Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. MEGHANA K of
III year MBBS, bearing roll no: 1601016083, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Coordinator



V.V.105
Principal/Dean

V.V.105
Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. MEKALA HARSHNI of

III year MBBS, bearing roll no: 1601016084, has Successfully completed the

Value added Course – **“BEAT THE STRESS-MANAGEMENT TECHNIQUES”**, conducted, in

the institute from 20th Dec 2018 to 22nd Dec 2018.

Jayaram
Coordinator



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Principal/Dean

V. V. Rao
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Certificate of Completion

This to certify that Mr/Ms. MERGOJU DIVYA of
III year MBBS, bearing roll no: 1601016085, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
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Coordinator



V.V.10
Principal/Dean

V.V.10
Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. MERUGU KARTHIK of
III year MBBS, bearing roll no: 1601016086, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Coordinator



V.V.105
Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. MERUVA SRI VAISHNAVI of

III year MBBS, bearing roll no: 1601016087, has Successfully completed the

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V.V.V. Venkatesh

Principal/Dean

V.V.V. Venkatesh
Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. MESA AKHILA of
III year MBBS, bearing roll no: 1601016088, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Coordinator



V.V.V.V. ✓
Principal/Dean

V.V.V.V. ✓
Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. MOHD RAFIUDDIN of
III year MBBS, bearing roll no: 1601016089, has Successfully completed the
Value added Course – **“BEAT THE STRESS-MANAGEMENT TECHNIQUES”**, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Coordinator



[Signature]
Principal/Dean

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Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. MOOD JAYANTH CHOWHAN of
III year MBBS, bearing roll no: 1601016090, has Successfully completed the
Value added Course – **“BEAT THE STRESS-MANAGEMENT TECHNIQUES”**, conducted, in
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Certificate of Completion

This to certify that Mr/Ms. MUDAVATH ANITHA of
III year MBBS, bearing roll no: 1601016091, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. MUDAVATH SANTHOSH of
III year MBBS, bearing roll no: 1601016092, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. MULINTI RUCHIKA REDDY of
III year MBBS, bearing roll no: 1601016093, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
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Certificate of Completion

This to certify that Mr/Ms. MUNIGETI RAJAVIND of
III year MBBS, bearing roll no: 1601016094, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
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Certificate of Completion

This to certify that Mr/Ms. MUTTE SRIKANTH of
III year MBBS, bearing roll no: 1601016095, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. N SAHITHI RAO of
III year MBBS, bearing roll no: 1601016096, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundam
Coordinator



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Principal/Dean

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Principal / Dean
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Certificate of Completion

This to certify that Mr./Ms. NAGA VENKATA SAI NEHA N of
III year MBBS, bearing roll no: 1601016097, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundam
Coordinator



V.V.V.105
Principal/Dean

V.V.V.105
Principal / Dean

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Certificate of Completion

This to certify that Mr/Ms. P JEEVANA PRIYA of
III year MBBS, bearing roll no: 1601016100, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Coordinator



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Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. P SUMALINI REDDY of

III year MBBS, bearing roll no: 1601016101, has Successfully completed the

Value added Course – **“BEAT THE STRESS-MANAGEMENT TECHNIQUES”**, conducted, in

the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamunadam
Coordinator



V.V. Rao

Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. P YADU VAMSHI REDDY of
III year MBBS, bearing roll no: 1601016102, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. PADAVALA RISHITHA NAIDU of
III year MBBS, bearing roll no: 1601016103, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
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Certificate of Completion

This to certify that Mr/Ms. PARANKUSAM SAI KOMAL of
III year MBBS, bearing roll no: 1601016104, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Principal/Dean

V.V.V.V.
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Certificate of Completion

This to certify that Mr/Ms. PASUMARTHY NIKITHA of
III year MBBS, bearing roll no: 1601016105, has Successfully completed the
Value added Course – **“BEAT THE STRESS-MANAGEMENT TECHNIQUES”**, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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Certificate of Completion

This to certify that Mr/Ms. PASUPULA RAJITHA of
III year MBBS, bearing roll no: 1601016106, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

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V. V. Rao
Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. PASUPULETI ANUSHA of
III year MBBS, bearing roll no: 1601016107, has Successfully completed the
Value added Course – **“BEAT THE STRESS-MANAGEMENT TECHNIQUES”**, conducted, in
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V. V. Rao

Principal/Dean

Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. PEDDIREDDI VINDHYA of
III year MBBS, bearing roll no: 1601016108, has Successfully completed the
Value added Course – **“BEAT THE STRESS-MANAGEMENT TECHNIQUES”**, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamunadaram A
Coordinator



V. V. Rao
Principal/Dean

V. V. Rao
Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. POLAMURI RITHVIK of

III year MBBS, bearing roll no: 1601016109, has Successfully completed the

Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in

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Certificate of Completion

This to certify that Mr/Ms. PRATHIPATHI NISSIANGELENE of
III year MBBS, bearing roll no: 1601016110, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
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Certificate of Completion

This to certify that Mr/Ms. PREETHI VANGARI of
III year MBBS, bearing roll no: 1601016111, has Successfully completed the
Value added Course — **“BEAT THE STRESS-MANAGEMENT TECHNIQUES”**, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamuna
Coordinator



V. V. Rao
Principal/Dean

V. V. Rao
Principal / Dean
Malla Reddy Institute of Medical Sciences

Course code – VM03



Malla Reddy Institute of Medical Sciences

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Suraram 'X' Road, Quthbullapur (M), Jeedimetla, Hyderabad -500055, www.mrims.org



Certificate of Completion

This to certify that Mr/Ms. PURI NAVYASREE of
III year MBBS, bearing roll no: 1601016112, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundam
Coordinator



V. V. Rao
Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. R H NISCHALA of
III year MBBS, bearing roll no: 1601016113, has Successfully completed the
Value added Course – **“BEAT THE STRESS-MANAGEMENT TECHNIQUES”**, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamundam
Coordinator



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Certificate of Completion

This to certify that Mr/Ms. R SAI CHITRA of
III year MBBS, bearing roll no: 1601016114, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamunadaram
Coordinator



V. V. Rao
Principal/Dean

V. V. Rao
Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. RAMANAPUDI HIMA SAMEERA of
III year MBBS, bearing roll no: 1601016115, has Successfully completed the
Value added Course – “**BEAT THE STRESS-MANAGEMENT TECHNIQUES**”, conducted, in
the institute from 20th Dec 2018 to 22nd Dec 2018.

Jamunadham
Coordinator



V. V. Rao
Principal/Dean

V. V. Rao
Principal / Dean
Malla Reddy Institute of Medical Sciences

Course code – VM03



MALLA REDDY INSTITUTE OF MEDICAL SCIENCES

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Affiliated to Kaloji Narayanarao University of Health Sciences, Warangal, Telangana.

Feedback analysis of students on VALUE ADDED COURSES							
Academic Year : 2018-2019				Year: III MBBS			
Name of the VAC: Beat the Stress- Management Techniques							
Course Code: VM-03							
Students Completed: 110							
Students feedback on the program was collected and analyzed, using Likert rating on the scale of 1 to 5 for each of the following parameters.							
(1- strongly Disagree, 2- Disagree, 3- Uncertain, 4- Agree, 5- Strongly Agree)							
Sl. No	Attributes	5	4	3	2	1	Average Score
1	Course is relevant to my needs	105	5				4.93
2	The objectives were clearly stated and appropriate	102	7	1			4.89
3	The flow of content was seamless	100	5	5			4.84
4	The speakers were well prepared	108	2				4.89
5	The A-V aids were well used	105	3	2			4.79
6	Speakers provided time for clarification of doubts	108	1	1			4.84
7	Opportunities for hands-on learning/ practical application were given	107	2	1			4.81
8	This course is useful and needed to help doctors work efficiently	105	5				4.95

Suggestions: Excellent sessions. Please plan yearly sessions like this.

Jannunelami,
Coordinator



V.V.V.V. ————

Principal/Dean V.V.V.V. ————
Principal / Dean

Malla Reddy Institute of Medical Sciences

Principal / Dean

Malla Reddy Institute of Medical Sciences

Suraram 'x' Road, Quthbullapur Municipality, Hyderabad - 500 055.

Tel : 9676017777, 9676027777, 7842090952

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