To

Date: 2.9.19

The Dean

Hyderabad

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 "Mindfulness for Medical Undergraduates".

I, on behalf of the Department of Medical Education, MRIMS, would like to request you to grant permission for the conduct of a 3Value Added Course on "Mindfulness for Medical Undergraduates", for (Ist MBBS) from 11th September 2019 to 13th September 2019 in the Lecture Hall, Ground Floor, Academic Block, MRIMS.

Thanking you,

Yours sincerely,

Janualan D. **MEU Coordinator** 

Principal / Dean

Matla Reddy Institute of Medical Sciences

Principal | Dean Sciences

Principal | Dean Medical Sciences

Malla Reddy Institute of Medical Sciences



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

#### **CIRCULAR**

Ref. No.: MRIMS/Circulars/VAC/2019/Sept-01

Date: 3.9.19

"Mindfulness for Medical Undergraduates" course will be conducted in Malla Reddy Institute of Medical Sciences from 11<sup>th</sup> September 2019 to 13<sup>th</sup> September 2019 for (1<sup>st</sup> MBBS). HODs to inform the students and reschedule classes and postings. Students have to register with the program co-ordinator Dr.Jamuna Rani.

#### Resource persons:

- 1.Dr. Ramani. M, Academic Dean, Professor Department of Pathology, MRIMS.
- 2. Dr Rohit, Assistant Professor, Department of Pharmacology, MRIMS

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

Date - 11.9.2019 TO 13.9.2019

**Time** -9.00 am - 4:30 pm

PRINCIPAL/DEAN

#### Copy to:

1. Circulation in classroom

2. All HoDs

3. Notice board

4. PA to Principal for filing

Principal / Dean

Malla Reddy Institute of Medical Sciences

Principal / Dean

Mella Reddy Institute of Medical Sciences

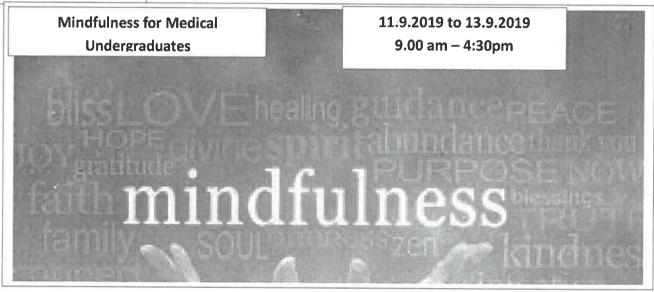


Suraram 'x' Road, Quthbullapur Municipality, Hyderabad - 500 055. Tel: 9676017777, 9676027777, 7842090952

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



### Malla Reddy Institute of Medical Sciences Department Of Medical Education



Lecture Hall, Ground floor, Academic Block, MRIMS

#### Resource persons:

- 1.Dr. Ramani. M, Academic Dean, Professor Department of Pathology, MRIMS.
- 2. Dr Rohit, Assistant Professor, Department of Pharmacology, MRIMS



Principal / Dean

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#### "Mindfulness for Medical Undergraduates" (VM06)

#### **COURSE OBJECTIVES**

COURSE	At the end of the course, the students should be:	
OBJECTIVES	Able to understanding of what mindfulness is and its relevance to medical practice	
·	<ul> <li>Able to manage mindfulness techniques to manage stress effectively during their medical education and future careers</li> <li>Able to cultivate compassion and empathy towards oneself and others, crucial for providing patient-centered care.</li> </ul>	

#### **COURSE SYLLABUS**

MODULE	Syllabus		
Module 1	Introduction and Principals mindfulness		
	Benefits of mindfulness in medical education and practice		
	Interactive exercises to introduce participants to mindfulness techniques		
Module 2	Understanding stress and its impact on physical and mental health		
	Guided mindful practices-Mindful breathing		
	Group Discussion on integrating mindfulness into daily routines to manage stress		
Module 3 Importance of compassion and empathy in medical practice			
Signs of burnout and its impact on personal well-being and patient care			
	Goal setting session for integrating mindful sessions into daily life for promoting resilence		

#### **COURSE OUTCOME**

COURSE OUTCOME	The course will help students to gain a deeper understanding of	
	mindfulness and its relevance to their personal and professional lives	
	and they will be will be better equipped to prevent burnout and sustain	
	their passion for medicine throughout their careers.	

Jamunlamin.



Principal / Pean
Malla Reddy Institute of Medical Sciences
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#### Mindfulness for Medical Undergraduates" (VM06)

#### **Program Schedule**

Time	Program	Faculty	
Day1, 11.9.2019			
9am-9:30am	Registration	MEU Members	
9:30am to 10Am	Inauguration, welcome address	Dean, Academic Dean, Vice Principal Academics, Medical Superintendent	
10am-11:00am	Introduction and Principals mindfulness	Dr M Ramani	
11:00am to 11:15am	Tea Break	Į.	
11:15pm to 1pm	Benefits of mindfulness in medical education and practice	Dr Rohit	
1pm-2pm	Lunch Break		
2pm-4.30pm	Interactive exercises to introduce participants to mindfulness techniques	Dr M Ramani , Dr Rohit	
Day2,12.9.2019		I.	
9am-9:30am	Recap	MEU Members	
9:30am to 11am	Understanding stress and its impact on physical and mental health	Dr M Ramani	
11:00am to 11:15am	Tea Break	L	
11:15am to 1:00pm	Guided mindful practices-Mindful breathing	Dr Rohit	
1pm-2pm	Lunch Break	5	
2pm-3pm 3pm-4.30pm	Group Discussion on integrating mindfulness into daily routines to manage stress	Dr M Ramani, Dr Rohit	
Day 3, 13.9.2019	3		
9am-9:30am	Recap	MEU Members	
9:30am to 11am	Importance of compassion and empathy in medical practice	8	
11am to 11:15am	Tea Break		
11:15am to 1pm	Signs of burnout and its impact on personal well-being and patient care	Dr M Ramani	
1pm-2pm	Lunch Break		
2pm-4pm	Goal setting session for integrating mindful sessions into daily life for promoting resilence	Dr Rohit	
4pm-4.30pnm	Reflections, Feedback	MEU Members	



Jamurelan D. COORDINATOR

Principal / Dean

Malla Reddy Institute of Medical Sciences

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#### **Summary Report**

#### VM06: Mindfulness for medical Undergraduates

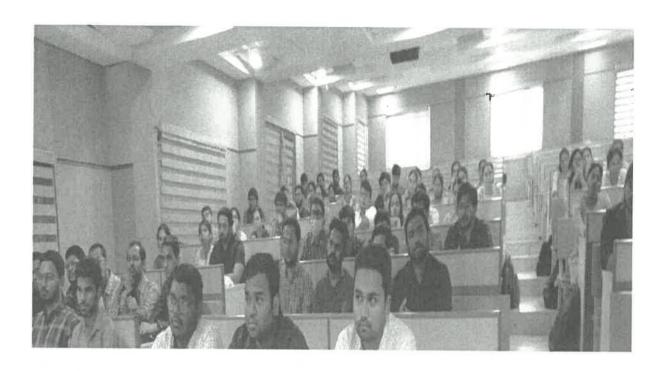
Mindfulness is increasingly recognized as a valuable skill for medical graduates due to its numerous benefits for both personal well-being and professional practice. mindfulness is essential for medical graduates to navigate the challenges of their profession, maintain their well-being, and provide high-quality care to their patients. By incorporating mindfulness into their training and practice, medical graduates can cultivate the skills needed to thrive personally and professionally in the demanding field of healthcare. Mindfulness techniques, such as meditation and deep breathing, can help medical graduates manage stress more effectively, leading to improved mental and emotional well-being. They can have better patient-doctor relationships and improved patient outcomes. The course also aims to make mindful healthcare professionals who are able to connect with their patients, listen actively to their concerns, and provide compassionate care. The resource person for this course was Dr M Ramani, academic Dean, Professor, Department of Pathology who is skilfull in training medical students for above course and well talented in giving counselling session sessions and she was supported by Dr Rohit who is also having excellent knowledge in above mentioned course.

The Program was conducted on 11.9.2019 to 13.9.2019at Lecture Hall, Ground Floor, academic Block, MRIMS for 150 students of 1<sup>st</sup> MBBS (2019 batch) for 15 hours



Principal / Dean

Malla Reddy Institute of Medical Sciences





VM06

Principal / Dean

Hyderabad S

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Mindfulness for Medical Undergraduates			
Course Code:VM06	IMBBS		
Date: 11.9.2019 to 13.9.2019	Time:9:00am-4:30pm		
Venue: Lecture Hall, Ground Floor, Academic Block	, MRIMS		
Total Students Registered: 150			

#### Details of Students enrolled for VM06: Mindfulness for Medical Undergraduates

Sr No	Name of Student	Registration No	Registered
1.	ABHISHEK VISHNUDAS N K	1901016001	Yes
2.	ADDI NIHARIKA	1901016002	Yes
3.	ADITI V SAJJANAR	1901016003	Yes
4.	ADITYARAJ SINGH THAKUR	1901016004	Yes
5.	AJJA VAMSHIKA	1901016005	Yes
6.	AKSHADA YERABATI	1901016006	Yes
7.	AKSHANTHALA VARSHITH	1901016007	Yes
8.	ALLA MOUNIKA REDDY	1901016008	Yes
9.	ALLAM SINDHU MEGHANA	1901016009	Yes
10.	AMARCHINTHA VARA LAKSHMI	1901016010	Yes
11.	AMBATI PADMA PRIYA	1901016011	Yes
12.	ANVITHA VEMULA	1901016012	Yes
13.	APARAAJITHA KOTA	1901016013	Yes
14.	AVALLI DIVYASRI	1901016014	Yes
15.	B RITHEESHA	1901016015	Yes
16.	B SWARUPA RANI	1901016016	Yes
17.	BALE SAURABH SHYAMSUNDAR	1901016017	Yes
18.	BANDARU BHAGIRADHA UDAYA SAI HARSHITHA	1901016018	Yes
19.	BANTU MADHURI	1901016019	Yes
20.	BHOOMIREDDY GANESH REDDY	1901016020	Yes
21.	BHUKYA SINDHU	1901016021	Yes
22.	BIRRU SATHWIK	1901016022	Yes
23.	BODDAPATI VENNELA VEENA	1901016023	Yes
24.	C B KRISHNA SREE	1901016024	Yes
25.	CHAISHWARYA	1901016025 V	V'Aw Yeso wie

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26.	CHADADEEP ARJUN KUMAR	1901016026	Yes
27.	CHALWADE ANUJ ANIL	1901016027	Yes
28.	CHANDA NAVYA	1901016028	Yes
29.	CHARVIKA LAKAVATH	1901016029	Yes
30.	CHATIRI PRANITHA	1901016030	Yes
31.	CHERUKU CHANDRAKUMAR	1901016031	Yes
32.	CHERUKURI HARISH CHOWDARY	1901016032	Yes
33.	CHINTAMANI SRI SHARAN	1901016033	Yes
34.	D ABHINAV KISHORE REDDY	1901016034	Yes
35.	DEEGUTLA SAI PRIYA	1901016035	Yes
36.	DEEKSHA SHUKLA	1901016036	Yes
37.	DEPA VENKAT REDDY	1901016037	Yes
38.	DEVA KAVYA	1901016038	Yes
39.	DEVSOTH VIKRAM	1901016039	Yes
40.	DODLA POOJASREE	1901016040	Yes
41.	DOMMETI SAMBHAVI	1901016041	Yes
42.	E NITHIN KUMAR	1901016042	Yes
43.	E SRI GOWRIE PRAVALLIKA	1901016043	Yes
44.	ETHNOORI PRANITHA	1901016044	Yes
45.	FATHIMA ASHRAF	1901016045	Yes
46.	G SHREYA REDDY	1901016046	Yes
47.	GADE V S S L SUBHADRA	1901016047	Yes
48.	GANGALA SAI MOHIT YADAV	1901016048	Yes
49.	GANGISHETTI AMOOLYA	1901016049	Yes
50.	GATTU LAYA	1901016050	Yes
51.	GOODA KAVYA	1901016051	Yes
52.	GUNDALA AAKANKSHA	1901016052	Yes
53.	H V VAISHNAVI	1901016053	Yes
54.	HARIVISHNU C B	1901016054	Yes
55.	HAZARI JAHNAVI	1901016055	Yes
56.	IRUGULA VARSHITHA	1901016056	Yes
57.	ITAL SANKALP ANAND	1901016057	Yes
58.	J SRINIVAS DATTA PRASAD	1901016058	Yes
59.	JALA AKHILA	1901016059	Yes
60.	JOSHUA SURESH PALAPARTHI	1901016060	Yes
61.	K HARSHITHA SREE	1901016061	Yes
62.	K SUMASRI	1901016062	Yes
63.	KAGITHA VENKATA SAI SHASHANK	1901016063	Yes
64.	KALLURI CHANDANA RAO	1901016064	Yes
65.	KAMPHAMPATI HARI CHANDANA	1901016065	al / Deah

66.	KANDIKONDA SWATHI	1901016066	Yes
67.	KARANJE DEEPIKA	1901016067	Yes
68.	KARLAPALEM R V H SAI RITESH	1901016068	Yes
69.	KAVERI NUKALA	1901016069	Yes
70.	KAVYA GANGAVARAPU	1901016070	Yes
71.	KETHANA BHARAT SUHAS	1901016071	Yes
72.	KIRAN R SHINE T P	1901016072	Yes
73.	KOLAKATLA SHRAVAN KUMAR	1901016073	Yes
74.	KOMMU PADMA	1901016074	Yes
75.	KOTLA RAMYA SREE	1901016075	Yes
76.	KRISHNA GANESH BHARADWAJ JONNAVITHULA	1901016076	Yes
77.	KUNSOTH TRISHA	1901016077	Yes
78.	KURA VAISHNAVI REDDY	1901016078	Yes
79.	KUSUMARAJU SHARANYA	1901016079	Yes
80.	MANDALA LAVANYA	1901016080	Yes
81.	MEESALA SURENDRA	1901016081	Yes
82.	MERIGA SOWBHAGYA	1901016082	Yes
83.	MIRYALA ANVITHA	1901016083	Yes
84.	MOGILI VAISHNAVI	1901016084	Yes
85.	MOHAMMED AMER MOHIUDDIN	1901016085	Yes
86.	MOHAMMED RIYAN SIDDIQUI	1901016086	Yes
87.	MOHITH RAO DODDAVARAPU	1901016087	Yes
88.	MOMULA NEHA	1901016088	Yes
89.	MUKTHA SIDDHARTHA NAIDU	1901016089	Yes
90.	MUTTABOINA ANISHA	1901016090	Yes
91.	MUTYALA VISHAL KUMAR	1901016091	Yes
92.	NAGA VAISHNAVI UPPALA	1901016092	Yes
93.	NATCHARAJU PRANAV	1901016093	Yes
94.	NEHA GUPTA	1901016094	Yes
95.	NITYA REDDY GEEREDDY .	1901016095	Yes
96.	P ADITI REDDY	1901016096	Yes
97.	P KAVYASREE	1901016097	Yes
98.	PAKALA VISHWAK SEN REDDY	1901016098	Yes
99.	PALAKURTHI SAI SRIKAR	1901016099	Yes
100.	PANTHALA KAMAL KRISHNA	1901016100	Yes
101.	PARASA SURYA VAMSI	1901016101	Yes
102.	PASULA SHIVA KRISHIM YADAV	1901016102	Yes
103.	PATHIPATI MRODULA	1901016103	Yes
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105.	PAVAN CHAND BANDI	1901016105	Yes
106.	PAWAR SNEHAL SATISH	1901016106	Yes
107.	PEETHA SURYANARAYANA	1901016107	Yes
108.	POBBATHI S J SONURAJ	1901016108	Yes
109.	POTHAN SRI SAI VARIKUTI	1901016109	Yes
110.	PRANAY KUMAR TUMULU	1901016110	Yes
111.	PRODDUKU AARTI	1901016111	Yes
112.	PURI ADITI YOGESH	1901016112	Yes
113.	RAJULAPATI BALA RAMA KRISHNA	1901016113	Yes
114.	RAMSHETTI SOUMYA	1901016114	Yes
115.	REKAPALLI VASAVI	1901016115	Yes
116.	RITHIKA RAO B	1901016116	Yes
117.	RONITH REDDY JAGITHARAM	1901016117	Yes
118.	RUCHITHA MAMIDALA	1901016118	Yes
119.	SAI GANESH DASARI	1901016119	Yes
120.	SAI PRATHISHTA PEETA	1901016120	Yes
121.	SAI PREETHAM REDDY CHADA	1901016121	Yes
122.	SAI SHREEGRA PURANIK	1901016122	Yes
123.	SANTHOSHI	1901016123	Yes
124.	SARA HARI PRIYA	1901016124	Yes
125.	SARLANA HASMITHA	1901016125	Yes
126.	SHAGA NANDINI REDDY	1901016126	Yes
127.	SHAIK SHAROOQ	1901016127	Yes
128.	SHAIK TAJ SONA TABASSUM	1901016128	Yes
129.	SHAKALA SATHVIK	1901016129	Yes
130.	SHREYA SRIDHAR	1901016130	Yes
131.	SHYAM SIVA SUNDER KAVALI	1901016131	Yes
132.	SIDDUGALLA NITIN HRUDAI	1901016132	Yes
133.	SNIGDHA MAHANKALI	1901016133	Yes
134.	SRUTHI DOMA	1901016134	Yes
135.	SUDHARSHAN P BAGUKKUDUMBI	1901016135	Yes
136.	SULAKSHANA APPALA	1901016136	Yes
137.	SUMA SREE JALADI	1901016137	Yes
138.	TANISHA GARG	1901016138	Yes
139.	TANMAYEE RAMESH NALAVADE	1901016139	Yes
140.	TANNERU BHANU PRATHYUSHA	1901016140	Yes
141.	THANNEERU SANJANA	1901016141	Yes
142.	THANUGUNDLA SANJAY REDDY	1901016142	Yes
143.	V ABHINAVI	1901016143	Yes
144.	V ADYUTI	1901016144	Yes

145.	V SRI CHAITHRA	1901016145	Yes
146.	VANDANAPU AMULYA	1901016146	Yes
147.	VELDURTHI PRAVALIKA	1901016147	Yes
148.	VEMULA BALA SAI	1901016148	Yes
149.	VISHNU CHAITANYA ANGAMPALLY	1901016149	Yes
150.	YASASWINI NIMMAGADDA	1901016150	Yes

Tamurelam 1. Coordinator

Principal/Dean



Principal / Dean

Malla Reddy Institute of Medical Sciences



Principal / Dean

Malla Reddy Institute of Medical Sciences

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Venue: Lecture Hall, Ground Floor, Acade	emic Block, MRIMS	
Total Students Registered:70		
	•	

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1.	ABHISHEK VISHNUDAS N K	1901016001	Yes
2.	ADDI NIHARIKA	1901016002	Yes
3.	ADITI V SAJJANAR	1901016003	Yes
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61.	K HARSHITHA SREE	1901016061	Yes

62.	K SUMASRI	1901016062	Yes
63.	KAGITHA VENKATA SAI SHASHANK	1901016063	Yes
64.	KALLURI CHANDANA RAO	1901016064	Yes
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75.	KOTLA RAMYA SREE	1901016075	Yes
76.	KRISHNA GANESH BHARADWAJ JONNAVITHULA	1901016076	Yes
77.	KUNSOTH TRISHA	1901016077	Yes
78.	KURA VAISHNAVI REDDY	1901016078	Yes
79.	KUSUMARAJU SHARANYA	1901016079	No
80.	MANDALA LAVANYA	1901016080	Yes
81.	MEESALA SURENDRA	1901016081	Yes
82.	MERIGA SOWBHAGYA	1901016082	Yes
83.	MIRYALA ANVITHA	1901016083	Yes
84.	MOGILI VAISHNAVI	1901016084	Yes
85.	MOHAMMED AMER MOHIUDDIN	1901016085	Yes
86.	MOHAMMED RIYAN SIDDIQUI	1901016086	Yes
87.	MOHITH RAO DODDAVARAPU	1901016087	Yes
88.	MOMULA NEHA	1901016088	Yes
89.	MUKTHA SIDDHARTHA NAIDU	1901016089	Yes
90.	MUTTABOINA ANISHA	1901016090	Yes
91.	MUTYALA VISHAL KUMAR	1901016091	Yes
92.	NAGA VAISHNAVI UPPALA	1901016092	Yes
93.	NATCHARAJU PRANAV	1901016093	Yes
94.	NEMAGUPIA	1901016094	Yes
95.	MIYA REDDY GEEREDDY	1901016095	Yes V.V.
96.	PADHYIPREDDY	1901016096	Yes Principal / Dean

Principal / Dean

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97.	P KAVYASREE	1901016097	Yes
98.	PAKALA VISHWAK SEN REDDY	1901016098	Yes
99.	PALAKURTHI SAI SRIKAR	1901016099	Yes
100.	PANTHALA KAMAL KRISHNA	1901016100	Yes
101.	PARASA SURYA VAMSI	1901016101	Yes
102.	PASULA SHIVA KRISHNA YADAV	1901016102	No
103.	PATHIPATI MRUDULA	1901016103	Yes
104.	PATIL RUCHA RAJESH	1901016104	Yes
105.	PAVAN CHAND BANDI	1901016105	Yes
106.	PAWAR SNEHAL SATISH	1901016106	Yes
107.	PEETHA SURYANARAYANA	1901016107	Yes
108.	POBBATHI S J SONURAJ	1901016108	Yes
109.	POTHAN SRI SAI VARIKUTI	1901016109	Yes
110.	PRANAY KUMAR TUMULU	1901016110	Yes
111.	PRODDUKU AARTI	1901016111	Yes
112.	PURI ADITI YOGESH	1901016112	Yes
113.	RAJULAPATI BALA RAMA KRISHNA	1901016113	Yes
114.	RAMSHETTI SOUMYA	1901016114	Yes
115.	REKAPALLI VASAVI	1901016115	Yes
116.	RITHIKA RAO B	1901016116	Yes
117.	RONITH REDDY JAGITHARAM	1901016117	Yes
118.	RUCHITHA MAMIDALA	1901016118	Yes
119.	SAI GANESH DASARI	1901016119	Yes
120.	SAI PRATHISHTA PEETA	1901016120	Yes
121.	SAI PREETHAM REDDY CHADA	1901016121	Yes
122.	SAI SHREEGRA PURANIK	1901016122	Yes
123.	SANTHOSHI	1901016123	Yes
124.	SARA HARI PRIYA	1901016124	Yes
125.	SARLANA HASMITHA	1901016125	No
126.	SHAGA NANDINI REDDY	1901016126	Yes
127.	SHAIK SHAROOQ	1901016127	Yes
128.	SHAIK TAJ SONA TABASSUM	1901016128	Yes
129.	SHAKALA SATHVIK	1901016129	Yes
130.	SHREYA SRIDHAR	1901016130	Yes
131.	SHYAM SIVA SUNDER KAVALI	1901016131	Yes
132.	SIDDUGALLA NITIN HRUDAI	1901016132	Yes
133.	SNIGDHA MAHANKALI	1901016133	Yes
134.	SRUTHI DOWN of Mag	1901016134	Yes
	Hyderabad Sca		Principal / De

135.	SUDHARSHAN P	1901016135	Yes
	BAGUKKUDUMBI	1901010133	
136.	SULAKSHANA APPALA	1901016136	Yes
137.	SUMA SREE JALADI	1901016137	Yes
138.	TANISHA GARG	1901016138	Yes
139.	TANMAYEE RAMESH	1901016139	Yes
	NALAVADE	1901010137	
140.	TANNERU BHANU	1901016140	Yes
	PRATHYUSHA	1901010140	
141.	THANNEERU SANJANA	1901016141	Yes
142.	THANUGUNDLA SANJAY	1901016142	Yes
	REDDY	1901010112	
143.	V ABHINAVI	1901016143	Yes
144.	V ADYUTI	1901016144	Yes
145.	V SRI CHAITHRA	1901016145	Yes
146.	VANDANAPU AMULYA	1901016146	Yes
147.	VELDURTHI PRAVALIKA	1901016147	Yes
148.	VEMULA BALA SAI	1901016148	Yes
149.	VISHNU CHAITANYA	1901016149	Yes
	ANGAMPALLY	1701010147	
150.	YASASWINI NIMMAGADDA	1901016150	Yes

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This to certify that Mr/Ms. <u>ABHISHEK VISHNUDAS N K</u> of
I year MBBS, bearing roll no: 1901016001, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .

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I year MBBS, bearing roll no: <u>1901016002</u> , has successfully completed the
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This to certify that Mr/Ms. ADITI V SAJJANAR	of
I year MBBS, bearing roll no:1901016003, has successfully completed the	he
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This to certify that Mr/Ms. <u>ADITYARAJ SINGH THAKUR</u>	of
I year MBBS, bearing roll no: 1901016004, has successfully completed the	16
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducte	d
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This to certify that Mr/Ms. AJJA VAMSHIKA of
I year MBBS, bearing roll no: 1901016005, has successfully completed the
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This to certify that Mr/Ms. <u>AKSHADA YERABATI</u> of
I year MBBS, bearing roll no: <u>1901016006</u> , has successfully completed the
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This to certify that Mr/Ms. AKSHANTHALA VARSHITH of
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This to certify that Mr/Ms. ALLA MOUNIKA REDDY 0	f
I year MBBS, bearing roll no: 1901016008, has successfully completed the	e
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This to certify that Mr/Ms. ALLAM SINDHU MEGHANA	of
I year MBBS, bearing roll no:1901016009	
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This to certify that Mr/Ms. AMARCHINTHA VARA LAKSHMI	of
I year MBBS, bearing roll no: 1901016010, has successfully completed the	
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I year MBBS, bearing roll no: 1901016011, has successfully completed the
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This to certify that Mr/Ms. ANVITHA VEMULA of
I year MBBS, bearing roll no: 1901016012, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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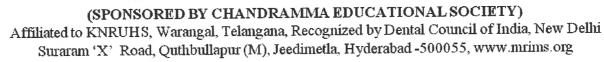
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Principal | Dean

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This to certify that Mr/Ms. APARA	AJITHA KOTA		of
I year MBBS, bearing roll no: _			
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This to certify that Mr/Ms. AVALLI DIVYASRI	of
I year MBBS, bearing roll no: 1901016014, has successfully completed the	1e
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducte	be
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	





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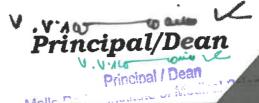
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This to certify that Mr/Ms. B RITHEESHA 0	f
I year MBBS, bearing roll no: <u>1901016015</u> , has successfully completed th	e
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducte	d
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This to certify that Mr/Ms. B SWARUPA RANI of
I year MBBS, bearing roll no: 1901016016, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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### **Certificate of Completion**

This to certify that Mr/Ms. BALE SAURABH SHYAMSUNDAR of
I year MBBS, bearing roll no: 1901016017, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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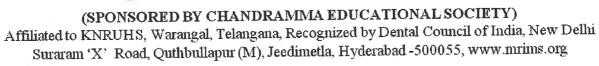
This to certify that Mr/Ms. BANDARU BHAGIRADHA UDAYA SAI HARSHITHA of
I year MBBS, bearing roll no: 1901016018, has successfully completed the
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Course code –VM06



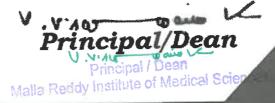
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This to certify that Mr/Ms. BANTU MADHURI of
I year MBBS, bearing roll no: 1901016019, has successfully completed the
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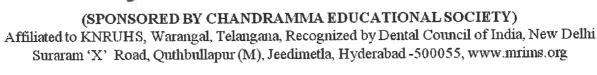
This to certify that Mr/Ms. BHOOMIREDDY GANESH REDDY	of
I year MBBS, bearing roll no:1901016020, has successfully completed the	he
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This to certify that Mr/Ms. BHUKYA	SINDHU		of
I year MBBS, bearing roll no:			
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This to certify that Mr/Ms. BIRRU	SATHWIK		of
I year MBBS, bearing roll no: _	1901016022	, has successfully	completed the
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This to certify that Mr/Ms. BODDAL	<u>PATI VENNELA VEEN</u>	NA	of
I year MBBS, bearing roll no: _	1901016023	_, has successfully	completed the
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I year MBBS, bearing roll no:			
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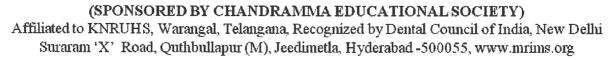
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This to certify that Mr/Ms. <u>CH AISHWARYA</u> of
I year MBBS, bearing roll no: 1901016025, has successfully completed the
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This to certify that Mr/Ms. <u>CHADADEEP ARJUN KUMAR</u> of
I year MBBS, bearing roll no: 1901016026, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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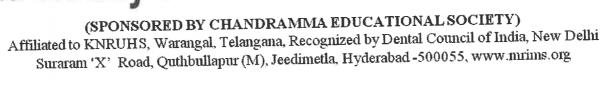




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This to certify that Mr/Ms. CHALWADE ANUJ ANIL of
I year MBBS, bearing roll no: 1901016027 , has successfully completed the
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This to certify that Mr/Ms. CHANDA NAVYA	of
I year MBBS, bearing roll no: 1901016028, has successfully completed	the
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This to certify that Mr/Ms. CHARVIKA LAKAVATH of
I year MBBS, bearing roll no: 1901016029, has successfully completed the
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This to certify that Mr/Ms. <u>CHATIRI PRANITHA</u> of
I year MBBS, bearing roll no:1901016030, has successfully completed the
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I year MBBS, bearing roll no: 1901016031, has successfully completed the	9
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I year MBBS, bearing roll no:1901016032, has successfully completed the
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#### **Certificate of Completion**

This to certify that Mr/MsCHINTAM	IANI SRI SHARAN		of
I year MBBS, bearing roll no:		•	
Value added Course — "MINDFULLNE	ESS FOR MEDICAL	. UNDERGRADUATI	ES", conducted
in the institute from 11 <sup>th</sup> Sept 2019 t	to 13 <sup>th</sup> Sept 2019 .		





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## **Certificate of Completion**

This to certify that Mr/Ms. <u>D ABHINAV KISHORE REDDY</u>	f
I year MBBS, bearing roll no: <u>1901016034</u> , has successfully completed th	
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducte	d
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	





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V. V. Moreonia

Principal / Dean

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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>DEEGUT</u>	LA SAI PRIYA		of
I year MBBS, bearing roll no:	1901016035	, has successfully	completed the
Value added Course — "MINDFULLN	ESS FOR MEDICA	AL UNDERGRADUATI	S", conducted
in the institute from 11 <sup>th</sup> Sept 2019	to 13 <sup>th</sup> Sept 2019		





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## **Certificate of Completion**

This to certify that Mr/Ms. <u>DEEKSHA SHUKLA</u> of
I year MBBS, bearing roll no: 1901016036, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .

Jamundam (1 Coordinator



Principal/Dean

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### **Certificate of Completion**

This to certify that Mr/Ms. <u>DEPA VENKAT REDDY</u>	of
I year MBBS, bearing roll no:1901016037, has successfully completed	the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduc	ted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	

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## **Certificate of Completion**

This to certify that Mr/Ms. <u>DEVA KA</u>	VYA		of
I year MBBS, bearing roll no:			
Value added Course — "MINDFULLNI	ESS FOR MEDICAL	UNDERGRADUATI	ES", conducted
in the institute from 11 <sup>th</sup> Sept 2019 t	to 13 <sup>th</sup> Sept 2019 .		





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Course code –VM06

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## **Certificate of Completion**

This to certify that Mr/MsDEVSOTI	H VIKRAM		of
I year MBBS, bearing roll no:			
Value added Course — "MINDFULLNI	ESS FOR MEDICAL	UNDERGRADUATI	ES", conducted
in the institute from 11 <sup>th</sup> Sept 2019	to 13 <sup>th</sup> Sept 2019 .		

Jamundam () Coordinator

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#### **Certificate of Completion**

This to certify that Mr/Ms. <b>DODLA</b>	POOJASREE		of
I year MBBS, bearing roll no: _	1901016040	, has successfully	completed the
Value added Course — "MINDFULLN	IESS FOR MEDICA	AL UNDERGRADUAT	ES", conducted
in the institute from 11th Sept 2019	to 13 <sup>th</sup> Sept 2019		

Janualom (Coordinator



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#### **Certificate of Completion**

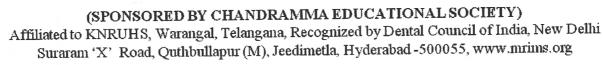
This to certify that Mr/Ms. <u>DOMMETI SAMBHAVI</u>	0f
I year MBBS, bearing roll no: <u>1901016041</u> , has successfully completed the	he
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducte	ed
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	

Januadam (Coordinator



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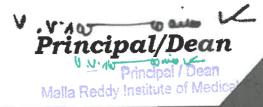


## **Certificate of Completion**

This to certify that Mr/Ms. <u>E NITHIN KUMAR</u>	of
I year MBBS, bearing roll no: 1901016042, has successfully comple	
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", cor	aducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	

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## **Certificate of Completion**

This to certify that Mr/Ms. <u>E SRI GOWRIE PRAVALLIKA</u> 0
I year MBBS, bearing roll no:1901016043, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from 11th Sept 2019 to 13th Sept 2019.







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### **Certificate of Completion**

This to certify that Mr/Ms. <u>ETHNOORI PRANITHA</u> of
I year MBBS, bearing roll no:1901016044, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .







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# **Certificate of Completion**

This to certify that Mr/Ms. <u>FATHIMA ASHRAF</u>	of
I year MBBS, bearing roll no:1901016045, has successfully completed t	the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduct	ed
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### **Certificate of Completion**

This to certify that Mr/Ms. <u>G SHREYA REDDY</u> of
I year MBBS, bearing roll no:1901016046, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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## **Certificate of Completion**

This to certify that Mr/Ms. <u>GADE V S S L SUBHADRA</u> of
I year MBBS, bearing roll no: 1901016047, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .

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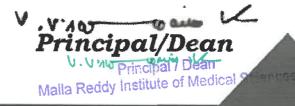
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### **Certificate of Completion**

This to certify that Mr/Ms. <u>GANGALA SAI MOHIT YADAV</u>	of
I year MBBS, bearing roll no:1901016048, has successfully completed t	he
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduct	ed
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	







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### **Certificate of Completion**

This to certify that Mr/Ms. GANGISHETTI AMOOLYA 0
I year MBBS, bearing roll no: 1901016049, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .

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#### **Certificate of Completion**

This to certify that Mr/Ms. GATTU LAYA	of
I year MBBS, bearing roll no: 1901016050, has successfully completed to	he
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduct	ed
in the institute from 11th Sept 2019 to 13th Sept 2019.	

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## **Certificate of Completion**

This to certify that Mr/Ms. GOODA KAVYA of
I year MBBS, bearing roll no: 1901016051, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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### **Certificate of Completion**

This to certify that Mr/Ms. GUNDALA	AAKANKSHA	_ of
I year MBBS, bearing roll no:	1901016052 , has successfully completed	the
Value added Course — "MINDFULLNE	SS FOR MEDICAL UNDERGRADUATES", conduc	ted
in the institute from 11th Sept 2019 to	o 13 <sup>th</sup> Sept 2019.	





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## **Certificate of Completion**

This to certify that Mr/Ms. H V VAISHNAVI	of
I year MBBS, bearing roll no:1901016053, has successfully completed the	10
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducte	d
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	







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#### **Certificate of Completion**

This to certify that Mr/Ms. HARIVISHNUCB	of
I year MBBS, bearing roll no:1901016054, has successfully completed the	he
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted	ed
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	

Janual on (Coordinator



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#### **Certificate of Completion**

This to certify that Mr/Ms. HAZARI JAHNAVI	of
I year MBBS, bearing roll no: 1901016055, has successfully completed the	1e
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducte	d
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	

Jamundam (1 Coordinator



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# **Certificate of Completion**

This to certify that Mr/Ms. <u>IRUGULA VARSHITHA</u>
I year MBBS, bearing roll no: 1901016056 has sweet for
value added course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES" conducted
in the institute from 11th Sept 2019 to 13th Sept 2019.





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# **Certificate of Completion**

	m ·
	This to certify that Mr/Ms. <u>ITAL SANKALP ANAND</u>
	I year MBBS, bearing roll no: 1901016057
	Value added Course — "MINIDELLIANDED FOR THE
ı	MINDFULLNESS FOR MEDICAL UNDERGRADUATEGY
	Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted in the institute from 11 <sup>th</sup> Sept 2019 to 13 <sup>th</sup> Sept 2019.
	Sept 2019 to 13th Sept 2019.





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# **Certificate of Completion**

This to certify that Mr/Ms. <u>J SRINIVAS DATTA PRASAD</u> of
I year MBBS, bearing roll no: 1901016058, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from 11th Sept 2019 to 13th Sept 2019.

Jamundam () Coordinator



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#### **Certificate of Completion**

This to certify that Mr/Ms. JALA AKHILA	of
I year MBBS, bearing roll no:1901016059, has successfully completed the	he
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducte	ed
in the institute from 11th Sept 2019 to 13th Sept 2019.	

Jamundam () Coordinator



Principal Dean
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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>JOSHUA SURESH PALAPARTHI</u> of
I year MBBS, bearing roll no: 1901016060, has successfully completed the
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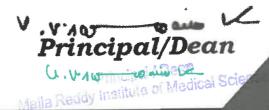
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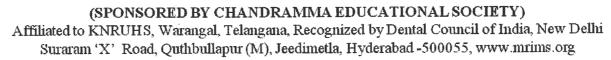
#### **Certificate of Completion**

This to certify that Mr/Ms. <u>K HARS</u>	HITHA SREE		of
I year MBBS, bearing roll no: _			
Value added Course — "MINDFULLN	IESS FOR MEDICAL	UNDERGRADUATI	ES", conducted
in the institute from 11 <sup>th</sup> Sept 2019	to 13 <sup>th</sup> Sept 2019 .	•	









#### **Certificate of Completion**

This to certify that Mr/Ms. <u>K SUMAS</u>	RI		of
I year MBBS, bearing roll no:	1901016062	_, has successfully	completed the
Value added Course — "MINDFULLNE	SS FOR MEDICAL	UNDERGRADUATI	ES", conducted
in the institute from 11 <sup>th</sup> Sept 2019 t	o 13 <sup>th</sup> Sept 2019.		



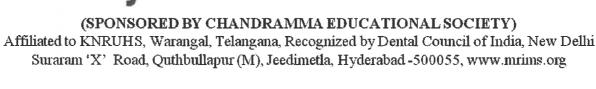


Principal / Dean

Principal / Dean

Principal / Dean

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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>KAGITHA VENKATA SAI SHASHANK</u> of
I year MBBS, bearing roll no:1901016063, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .

Januadan (Coordinator



Principal/Dean

Principal/Dean

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# Certificate of Completion

This to certify that Mr/Ms. KALLURI CHANDANA RAO I year MBBS, bearing roll no: 1901016064, has successfully completed the Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted in the institute from 11th Sept 2019 to 13th Sept 2019.

Coordinator



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# **Certificate of Completion**

This to certify that Mr/Ms. KAMBHAMPATI HARI CHANDANA I year MBBS, bearing roll no: 1901016065 , has successfully completed the Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted in the institute from 11th Sept 2019 to 13th Sept 2019.

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# **Certificate of Completion**

m sombretitil
This to certify that Mr/Ms. <u>KANDIKONDA SWA</u> THI
I year MBBS, bearing roll no: 1901016066 , has successfully completed the Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted in the institute from 11 <sup>th</sup> Sept 2019 to 13 <sup>th</sup> Sept 2019.

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#### **Certificate of Completion**

This to certify that Mr/Ms. KARANJ	E DEEPIKA		0f
I year MBBS, bearing roll no:	1901016067	_, has successfully	completed the
Value added Course — "MINDFULLNI	ESS FOR MEDICAL	UNDERGRADUATI	ES", conducted
in the institute from 11th Sept 2019 t	to 13 <sup>th</sup> Sept 2019.		





Principal/Dean

V. V Pincipal Dean

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#### **Certificate of Completion**

This to certify that Mr/Ms. KARLAPALEM R V H SAI RITESH	of
I year MBBS, bearing roll no:1901016068, has successfully completed t	
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduct	ed
in the institute from 11th Sept 2019 to 13th Sept 2019.	

Jamundam () Coordinator



Principal/Dean

U. W. Pincipal / Dean

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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>KAVERI NUKALA</u> of
I year MBBS, bearing roll no:1901016069, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>KAVYA GANGAVARAPU</u>	0f
I year MBBS, bearing roll no:1901016070, has successfully completed the	1e
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducte	b
in the institute from 11th Sept 2019 to 13th Sept 2019.	

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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>KETHANA BHARAT SUHAS</u>	of
I year MBBS, bearing roll no:1901016071, has successfully completed the	he
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducte	ed
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	

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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>KIRAN R SHINE T P</u> of
I year MBBS, bearing roll no:, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .

Januadam (



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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>KOLAKATLA SHRAVAN KUMAR</u> of
I year MBBS, bearing roll no:1901016073, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .

Janualom 1 Coordinator



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# **Certificate of Completion**

This to certify that Mr/Ms. KOMMU PADMA of
I year MBBS, bearing roll no: 1901016074, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .





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#### **Certificate of Completion**

This to certify that Mr/Ms. KOTLA RAMYA SREE of
I year MBBS, bearing roll no:1901016075, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .

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#### **Certificate of Completion**

This to certify that Mr/Ms. KRISHNA GANESH BHARADWAJ JONNAVITHULA of
I year MBBS, bearing roll no:1901016076, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>KUNSOTH TRISHA</u> of
I year MBBS, bearing roll no:1901016077, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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#### **Certificate of Completion**

This to certify that Mr/Ms. KURA VAISHNAVLREDDY	of
I year MBBS, bearing roll no:1901016078	_, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICA"	L UNDERGRADUATES", conducted
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#### **Certificate of Completion**

This to certify that Mr/Ms. KUSUMARAJU SHARANYA	of
I year MBBS, bearing roll no:1901016079	, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICA	L UNDERGRADUATES", conducted
in the institute from 11 <sup>th</sup> Sept 2019 to 13 <sup>th</sup> Sept 2019	•





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#### **Certificate of Completion**

This to certify that Mr/Ms. MANDALA LAVANYA of
I year MBBS, bearing roll no:1901016080, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .





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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>MEESALA SURENDRA</u> of
I year MBBS, bearing roll no: <u>1901016081</u> , has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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#### **Certificate of Completion**

This to certify that Mr/Ms. MERIGA SOWBHAGYA	of
I year MBBS, bearing roll no:1901016082, has successfully completed to	the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduct	ted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	



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#### **Certificate of Completion**

This to certify that Mr/Ms. MIRYALA	ANVITHA		of
I year MBBS, bearing roll no:	1901016083	_, has successfully	completed the
Value added Course — "MINDFULLNE	SS FOR MEDICAL	UNDERGRADUATI	ES", conducted
in the institute from 11 <sup>th</sup> Sept 2019 t	o 13 <sup>th</sup> Sept 2019 .		







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#### **Certificate of Completion**

This to certify that Mr/Ms. MOGILI VAISHNAVI of
I year MBBS, bearing roll no:1901016084, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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#### **Certificate of Completion**

This to certify that Mr/Ms. MOHAMMED AMER MOHIUDDIN	)f
I year MBBS, bearing roll no: 1901016085, has successfully completed the	16
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducte	d
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	





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#### **Certificate of Completion**

This to certify that Mr/Ms. MOHAMMED RIYAN SIDDIQUI of
I year MBBS, bearing roll no: <u>1901016086</u> , has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from 11 <sup>th</sup> Sept 2019 to 13 <sup>th</sup> Sept 2019.

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#### **Certificate of Completion**

This to certify that Mr/Ms. MOHITH RAO DODDAVARAPU of
I year MBBS, bearing roll no: 1901016087, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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Januadam (1 Coordinator



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#### **Certificate of Completion**

This to certify that Mr/Ms. MOMULA NEHA	of
I year MBBS, bearing roll no:1901016088, has successfully completed t	he
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduct	ed
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	

Jamundam (Coordinator



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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>MUKTHA SIDDHARTHA NAIDU</u> of
I year MBBS, bearing roll no:1901016089, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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#### **Certificate of Completion**

This to certify that Mr/Ms. MUTTABOINA ANISHA of
I year MBBS, bearing roll no: 1901016090 , has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .

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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>MUTYALA VISHAL KUMAR</u>	of
I year MBBS, bearing roll no: <u>1901016091</u> , has successfully completed t	the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduct	ted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	

Jamundom (Coordinator



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#### **Certificate of Completion**

This to certify that Mr/Ms. NAGA VAISHNAVI I	PPALA of
I year MBBS, bearing roll no:19010160	92, has successfully completed the
Value added Course — "MINDFULLNESS FOR M	EDICAL UNDERGRADUATES", conducted
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## **Certificate of Completion**

This to certify that Mr/Ms. NATCHA	RAJU PRANAV	of
I year MBBS, bearing roll no:		
Value added Course — "MINDFULLN	ESS FOR MEDICAL	UNDERGRADUATES", conducted
in the institute from 11 <sup>th</sup> Sept 2019	to 13 <sup>th</sup> Sept 2019.	

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## **Certificate of Completion**

This to certify that Mr/Ms. NEHA	GUPTA		of
I year MBBS, bearing roll no: _	1901016094	_, has successfully	completed the
Value added Course — "MINDFULL	NESS FOR MEDICAL	UNDERGRADUATI	ES", conducted
in the institute from 11 <sup>th</sup> Sept 201	9 to 13th Sept 2019.		

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#### **Certificate of Completion**

This to certify that Mr/Ms. NITYA R	EDDY GEEREDDY		of
I year MBBS, bearing roll no:			
Value added Course — "MINDFULLNE	ESS FOR MEDICAL	UNDERGRADUATI	ES", conducted
in the institute from 11th Sept 2019 t	to 13 <sup>th</sup> Sept 2019.		

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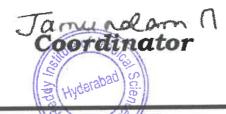
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## **Certificate of Completion**

This to certify that Mr/Ms. <u>P ADITI REDDY</u> 0
I year MBBS, bearing roll no: <u>1901016096</u> , has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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#### **Certificate of Completion**

This to certify that Mr/Ms. P KAVYASREE of
I year MBBS, bearing roll no:1901016097, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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#### **Certificate of Completion**

This to certify that Mr/Ms. PAKALA V	ISHWAK SEN RED	<u>DDY</u>	of
I year MBBS, bearing roll no:	1901016098	_, has successfully	completed the
Value added Course — "MINDFULLNES	S FOR MEDICAL	UNDERGRADUATI	ES", conducted
in the institute from 11th Sept 2019 to	13 <sup>th</sup> Sept 2019.		





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# **Certificate of Completion**

This to certify that Mr/Ms. PALAKURTHI SAI SRIKAR of
I year MBBS, bearing roll no: 1901016099, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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### **Certificate of Completion**

This to certify that Mr/Ms. PANTHALA KAMAL KRISHNA	of
I year MBBS, bearing roll no:1901016100, has successfully completed to	the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduct	ted
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Janualom 1 Coordinator



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## **Certificate of Completion**

This to certify that Mr/Ms. PARASA SURYA VAMSI of
I year MBBS, bearing roll no:1901016101, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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## **Certificate of Completion**

This to certify that Mr/Ms. PASULA SHIVA KRISHNA YADAV of
I year MBBS, bearing roll no:1901016102, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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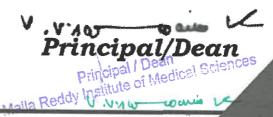
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### **Certificate of Completion**

This to certify that Mr/Ms. PATHIPATI MRUDULA of
I year MBBS, bearing roll no:1901016103, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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## **Certificate of Completion**

This to certify that Mr/Ms. PATIL RUCHA RAJESH	of
I year MBBS, bearing roll no:1901016104, has successfully completed t	he
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduct	ed
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	

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#### **Certificate of Completion**

This to certify that Mr/Ms. PAVAN CHAND BANDI of
I year MBBS, bearing roll no:1901016105, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .

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### **Certificate of Completion**

This to certify that Mr/Ms. PAWAR	R SNEHAL SATISH		of
I year MBBS, bearing roll no:	1901016106	_, has successfully	completed the
Value added Course — "MINDFULLN	ESS FOR MEDICAL	UNDERGRADUATI	ES", conducted
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This to certify that Mr/Ms. PEETHA SURYANARAYANA of
I year MBBS, bearing roll no:1901016107, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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#### **Certificate of Completion**

This to certify that Mr/Ms. POBBATE	II S J SONURAJ		of
I year MBBS, bearing roll no:	1901016108	_, has successfully	completed the
Value added Course — "MINDFULLNE	SS FOR MEDICAL	UNDERGRADUATI	ES", conducted
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### **Certificate of Completion**

This to certify that Mr/Ms. POTHAN SRI SAI VARIKUTI 0	f
I year MBBS, bearing roll no: 1901016109, has successfully completed the	e
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted	d
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	







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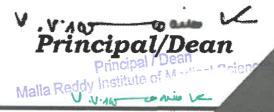
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### **Certificate of Completion**

This to certify that Mr/Ms. PRANAY KUMAR TUMULU of
I year MBBS, bearing roll no:1901016110, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from 11th Sept 2019 to 13th Sept 2019.







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## **Certificate of Completion**

This to certify that Mr/Ms. PRODDUKU AARTI of
I year MBBS, bearing roll no:1901016111, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from 11th Sept 2019 to 13th Sept 2019.





Principal/Dean

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## **Certificate of Completion**

This to certify that Mr/Ms. PURI ADITI YOGESH 0
I year MBBS, bearing roll no: 1901016112, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from 11th Sept 2019 to 13th Sept 2019.

Janualan 1 Coordinator



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## **Certificate of Completion**

This to certify that Mr/Ms. <u>RAJULAPATI BALA RAMA KRISHNA</u> of
I year MBBS, bearing roll no:1901016113, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .







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### **Certificate of Completion**

This to certify that Mr/Ms. RAMSHETTI SOUMYA of
I year MBBS, bearing roll no:1901016114, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from 11th Sept 2019 to 13th Sept 2019.

Janual on 1 Coordinator





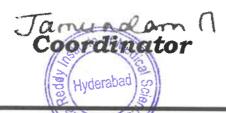
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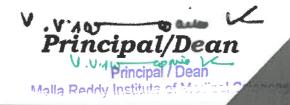
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## **Certificate of Completion**

This to certify that Mr/Ms. <u>REKAPALLI VASAVI</u> of
I year MBBS, bearing roll no:1901016115, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .







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### **Certificate of Completion**

This to certify that Mr/Ms. RITHIKA RAO B of
I year MBBS, bearing roll no:1901016116, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .

Jamundom (Coordinator



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#### **Certificate of Completion**

This to certify that Mr/Ms. RONITH REDDY JAGITHARAM 0
I year MBBS, bearing roll no: 1901016117, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .





Principal/Dean

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## **Certificate of Completion**

This to certify that Mr/Ms. <u>RUCHITHA MAMIDALA</u> of
I year MBBS, bearing roll no:1901016118, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from 11th Sept 2019 to 13th Sept 2019.





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Principal / Dean
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## **Certificate of Completion**

This to certify that Mr/Ms. SAI GANESH DASARI of
I year MBBS, bearing roll no:, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .





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## **Certificate of Completion**

This to certify that Mr/Ms. SAI PRATHISHTA PEETA of
I year MBBS, bearing roll no: 1901016120, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from 11th Sept 2019 to 13th Sept 2019.





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Course code –VM06

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## **Certificate of Completion**

This to certify that Mr/Ms. <u>SAI PREETHAM REDDY CHADA</u> of
I year MBBS, bearing roll no:1901016121, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .

Januadam (Coordinator



Principal/Dean
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Principal/Dean
Principal/Dean
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### **Certificate of Completion**

This to certify that Mr/Ms. SAI SHREEGRA PURANIK of
I year MBBS, bearing roll no: 1901016122, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .





Principal/Dean
Principal / Dean
Malla Reddy Institute of Medical Scien



#### **Certificate of Completion**

This to certify that Mr/Ms. SANTHOSHI	of
I year MBBS, bearing roll no: 1901016123	_, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL	L UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept 2019 to $13^{th}$ Sept 2019.	•

Januackom () Coordinator



Principal/Dean
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Malla Reddy Institute of Medical So

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## **Certificate of Completion**

This to certify that Mr/Ms. <u>SARA HARI PRIYA</u>	of
I year MBBS, bearing roll no:1901016124, has successfully completed t	he
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduct	ed
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	

Januadan (Coordinator



Principal/Dean
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#### **Certificate of Completion**

This to certify that Mr/Ms. SARLANA	HASMITHA		of
I year MBBS, bearing roll no:			_
Value added Course — "MINDFULLNE	SS FOR MEDICAL	UNDERGRADUATI	ES", conducted
in the institute from 11th Sept 2019 t	o 13 <sup>th</sup> Sept 2019 .		





Principal/Dean

Vincipal/Dean

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#### **Certificate of Completion**

This to certify that Mr/Ms. SHAGA NANDINI REDDY	of
I year MBBS, bearing roll no:1901016126, has successfully completed t	he
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduct	ed
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	





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## **Certificate of Completion**

This to certify that Mr/Ms. SHAIK SHAROOQ	of
I year MBBS, bearing roll no:1901016127, has successfully completed to	the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduct	ted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	

Janualan (Coordinator



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### **Certificate of Completion**

This to certify that Mr/Ms. SHAIK TAJ SONA TABASSUM of
I year MBBS, bearing roll no:1901016128, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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#### **Certificate of Completion**

This to certify that Mr/Ms. SHAKALA SATHVIK of
I year MBBS, bearing roll no:, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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#### **Certificate of Completion**

This to certify that Mr/Ms. SHREYA	SRIDHAR		of
I year MBBS, bearing roll no:	1901016130	_, has successfully	completed the
Value added Course — "MINDFULLN	ESS FOR MEDICAL	UNDERGRADUATI	ES", conducted
in the institute from 11 <sup>th</sup> Sept 2019	to 13 <sup>th</sup> Sept 2019 .		

Januadam (1 Coordinator





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#### **Certificate of Completion**

This to certify that Mr/Ms. SHYAM SIVA SUNDER KAVALI of
I year MBBS, bearing roll no:1901016131, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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Janu rolam (Coordinator



Principal/Dean

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#### **Certificate of Completion**

This to certify that Mr/Ms. SIDDUGALLA NITIN HRUDAI	0f
I year MBBS, bearing roll no: 1901016132, has successfully completed the	10
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducte	d
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	







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#### **Certificate of Completion**

This to certify that Mr/Ms. SNIGDHA MAHANKALI 0
I year MBBS, bearing roll no:1901016133, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from 11th Sept 2019 to 13th Sept 2019.





Principal/Dean

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### **Certificate of Completion**

This to certify that Mr/Ms. SRUTHI DOMA of
I year MBBS, bearing roll no:1901016134, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>SUDHARSHAN P BAGUKKUDUMBI</u> of
I year MBBS, bearing roll no: 1901016135, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>SULAKSHANA APPALA</u>	of
I year MBBS, bearing roll no:1901016136, has successfully completed	the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduc	ted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	





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### **Certificate of Completion**

This to certify that Mr/Ms. <u>SUMA SREE JALADI</u> of
I year MBBS, bearing roll no:1901016137, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from 11th Sept 2019 to 13th Sept 2019.

Janualan (Coordinator



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#### **Certificate of Completion**

This to certify that Mr/Ms. TANISHA GARG of
I year MBBS, bearing roll no:1901016138, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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#### **Certificate of Completion**

This to certify that Mr/Ms. TANMAYEE RAMESH NALAVADE of	
I year MBBS, bearing roll no: 1901016139, has successfully completed the	<b>3</b>
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted	l
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	

Januadam (Coordinator



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#### **Certificate of Completion**

This to certify that Mr/Ms. TANNERU BHANU PRATHYUSHA	of
I year MBBS, bearing roll no:1901016140, has successfully completed the	he
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in the institute from 11th Sept 2019 to 13th Sept 2019.	





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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>THANNEERU SANJANA</u> of
I year MBBS, bearing roll no:1901016141, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .





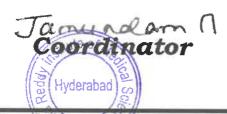
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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>THANUGUNDLA SANJAY REDDY</u> of
I year MBBS, bearing roll no:1901016142, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .





Principal/Dean

Vylycipal (Dean)

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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>V ABHINAVI</u> of
I year MBBS, bearing roll no:1901016143, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
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Jamundam (Coordinator



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# **Certificate of Completion**

This to certify that Mr/Ms. <u>V ADYUTI</u> of
I year MBBS, bearing roll no:1901016144, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from 11th Sept 2019 to 13th Sept 2019.





Principal/Deanness
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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>V SRI CHAITHRA</u> of
I year MBBS, bearing roll no: 1901016145, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .

Januadom 1 Coordinator



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Principal Land Sciences
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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>VANDANAPU AMULYA</u>	of
I year MBBS, bearing roll no: <u>1901016146</u> , has successfully completed t	he
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduct	ed
in the institute from $11^{th}$ Sept 2019 to $13^{th}$ Sept 2019.	

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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>VELDURTHI PRAVALIKA</u>	of
I year MBBS, bearing roll no: 1901016147, has successfully completed to	he
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conduct	ed
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	

Januadam (Coordinator



V .V .No Principal/Dean

Malla Redu

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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>VEMULA BALA SAI</u> of
I year MBBS, bearing roll no:1901016148, has successfully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted
in the institute from $11^{\text{th}}$ Sept $2019$ to $13^{\text{th}}$ Sept $2019$ .

Janualan 1 Coordinator



Principal/Dean

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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>VISHNU CHAITANYA ANGAMPALLY</u> of		
I year MBBS, bearing roll no: 1901016149, has successfully completed the		
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADUATES", conducted		
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .		







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#### **Certificate of Completion**

This to certify that Mr/Ms. <u>YASASWINI NIMMAGADDA</u>	of
I year MBBS, bearing roll no:1901016150, has successful	ully completed the
Value added Course — "MINDFULLNESS FOR MEDICAL UNDERGRADU	ATES", conducted
in the institute from $11^{th}$ Sept $2019$ to $13^{th}$ Sept $2019$ .	

Januadam (Coordinator



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#### MALLA REDDY INSTITUTE OF MEDICAL SCIENCES

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Year: I MBBS Academic Year: 2019-2020

Name of the VAC: Mindfulness of Medical Graduates

Students Registered: 150

Course Code: VM06

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	120	18	5			4.80
2	The objectives were clearly stated and appropriate	123	15	5			4.83
3	The flow of content was seamless	118	12	10	3		4.71
4	The speakers were well prepared	127	10	6			4.85
5	The A-V aids were well used	138	5				4.97
6	Speakers provided time for clarification of doubts	115	20	8			4.75
7	Opportunities for hands-on learning/ practical application were given	125	15	3			4.85
8	This course is useful and needed to help doctors work efficiently	110	20	13			4.68

Suggestions: 1.Good Session with lot of interaction

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V. V. No co our V. Principal/Dean

Principal / Dean Talla Reddy Institute of Medical Sciences

V. Video un mis Le Principal / Dean

Malla Reddy Institute of Medical Scien

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