

**MALLA REDDY**  
**DENTAL COLLEGE FOR WOMEN**

(SPONSORED BY CHANDRAMMA EDUCATIONAL SOCIETY)

Affiliated to KNRUHS, Warangal, Telangana, Recognized by Dental Council of India, New Delhi  
Suraram 'X' Road, Quthbullapur (M), Jeedimetla, Hyderabad -500055, [www.mrdcw.edu.in](http://www.mrdcw.edu.in)

# CRITERIA 1

## VALUE ADDED COURSE

### STRESS MANAGEMENT

**COURSE CODE: VAC -2004**



Date: 08-06-2020

Hyderabad

To,  
The Principal/Dean,  
Malla Reddy Dental College for women,  
Suraram.

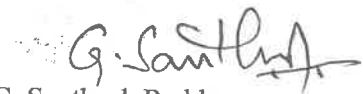
**Sub:** Requesting Permission to conduct **Value Added Course (VAC)** for IV BDS students.

Respected Sir,

The Programme Development Committee of MRDCW, would like to organize the Value-Added course on “**STRESS MANAGEMENT**” for IV year BDS students from 15<sup>th</sup> June 2020 to 17<sup>th</sup> June 2020. In this regard, kindly grant us permission for the same and support the event with necessary resources.

Thanking You,

Yours faithfully,



Dr. G. Santhosh Reddy

VAC CO-ORDINATOR

Professor & HOD

Department of Oral Maxillofacial Surgery

Malla Reddy Dental College for Women.

  
Principal / Dean  
Malla Reddy Dental College for Women



  
Principal / Dean  
Malla Reddy Dental College for Women

  
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**Ref: MRDCW/Circulars/VAC/2020/Jun-01**

Date: 10-06-2020

**Circular**

The Students of IV Year BDS are hereby informed to attend the **Value-added course** “**STRESS MANAGEMENT**” from 15<sup>th</sup> June 2020 to 17<sup>th</sup> June 2020. The concerned subject HODs are hereby requested to give permission to the students for attending the same.

Resource person – Ms. Indira Devi, ISKCON TEAM

Venue – ZOOM Online session

Date – 15<sup>st</sup> June 2020 to 17<sup>rd</sup> June 2020

Time – 9.00 AM - 4.00 PM



Principal/Dean,

Malla Reddy Dental College for Women

Principal / Dean

Malla Reddy Dental College for Women

**Copy to:**

- Students notice board
- All Department HODs
- Curriculum Committee
- All Academic Coordinators
- PA to Principal for filing





**Principal / Dean**

**Malla Reddy Dental College for Women**



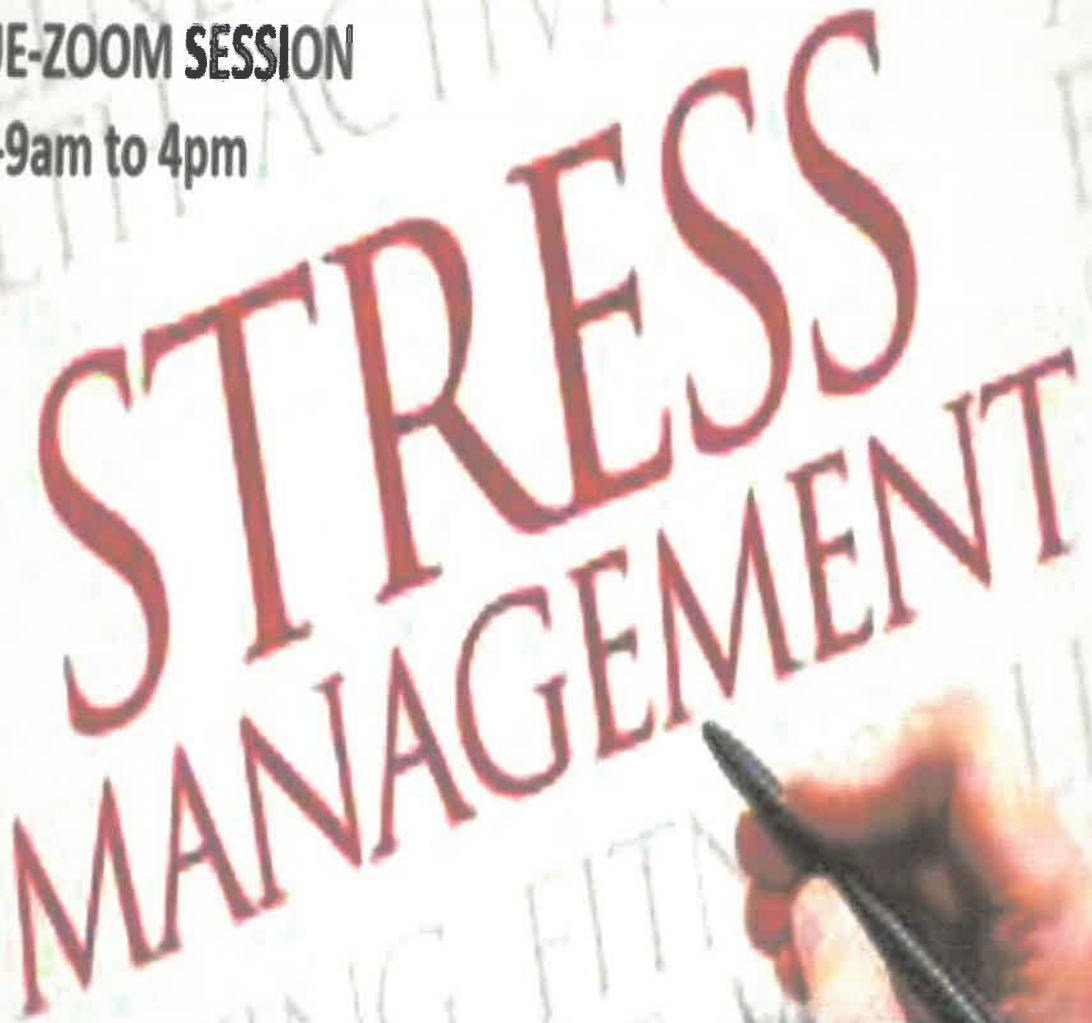
MALLA REDDY  
DENTAL COLLEGE FOR WOMEN

Welcomes all

DATE-15,16&17 JUNE 2020

VENUE-ZOOM SESSION

TIME-9am to 4pm



STRESS  
MANAGEMENT



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## STRESS MANAGEMENT

### DAY-1(15/6/20)

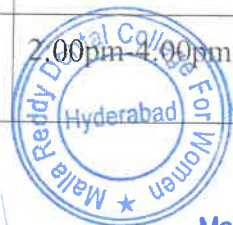
Session	Time	Name of the topic
Session 1	9:30am - 11:00am	Stress Management Introduction
Session 2	2:00pm -3:30pm	Approaches to stress management

### DAY-2(16/6/20)

Session	Time	Name of the topic
Session 3	9:30am-11:00am	Learning Skills
Session 4	2:00pm-3:30pm	Coping stress

### DAY-3(16/6/20)

Session	Time	Name of the topic
Session 5	9:30am-11:00am	Stress management therapies and techniques
Session 6	2:00pm-4:00pm	Improving personal relation skills



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## COURSE SYLLABUS

### STRESS MANAGEMENT

MODULE	SYLLABUS
<b>MODULE 1 :</b>	Understanding Stress Coping Relaxation Techniques
<b>MODULE 2 :</b>	Time Management Healthy Habits Mindfulness Practices Social Support
<b>MODULE 3 :</b>	Communication Resilience Self-care Awareness of thoughts, emotions and sensations



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**REPORT OF THE EVENT**

Date: 18-06-2020

**STRESS MANAGEMENT:**

Managing stress is essential for maintaining overall well-being and productivity. Managing stress is a continuous process, and it's essential to find strategies that work best for you.

**COURSE OBJECTIVES:**

General objective:

Recognize the sources of stress in your life. These could be work-related, personal, or environmental factors.

Specific objectives:

- To Prioritize self-care activities that bring you joy and relaxation. Whether it's taking a warm bath, reading a book, or spending time in nature, carving out time for self-care is crucial for managing stress.
- To incorporate relaxation techniques into your daily routine, such as deep breathing exercises, progressive muscle relaxation, meditation, or mindfulness practices.

Outcome:

This Programme makes to Learn to say no to additional commitments if we are feeling overwhelmed. Establish clear boundaries between work and personal life to prevent burnout.

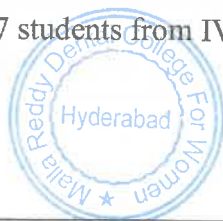
**RESOURCE PERSON:** Ms. Indira Devi, ISCKON TEAM

**VENUE:** Zoom Online session

**DATE:** 15<sup>th</sup> June 2020 to 17<sup>th</sup> June 2020

**NUMBER OF PARTICIPANTS:** 107 students from IV year BDS

**DURATION:** 15 hrs



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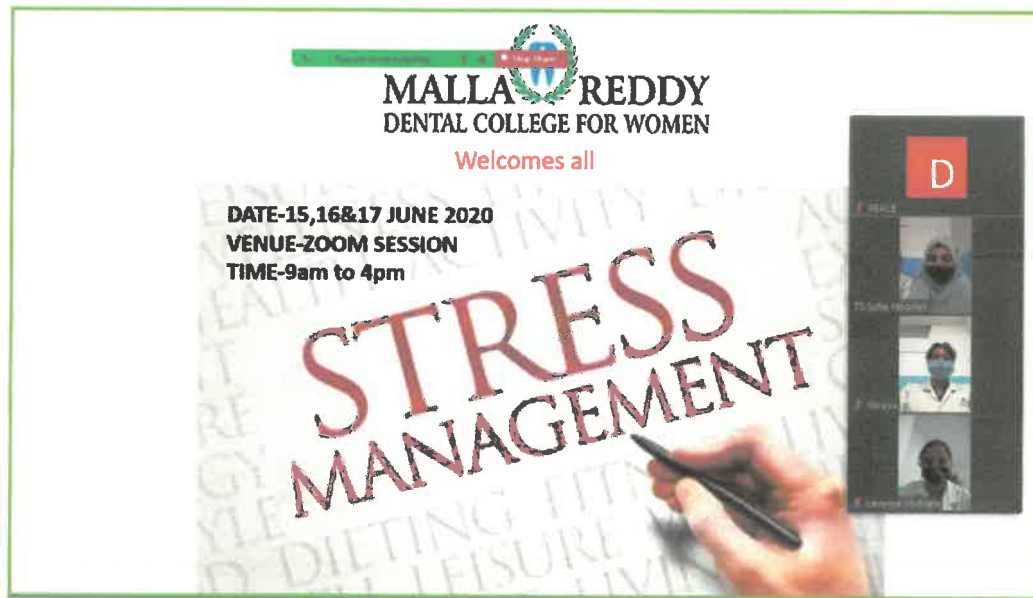
Suraram 'X' Road, Quthbullapur (M), Jeedimetla, Hyderabad - 500 055.

Phone : 91001 89797

Email : mrdcw.2013@gmail.com

www.mrdcw.org

Glimpse of the course



VAC Coordinator *G. Santhosh*



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### Stress Management

<b>Course Code:</b> VAC- 2004	<b>Year:</b> 4 <sup>th</sup> BDS
<b>DATE:</b> 15 <sup>th</sup> -17 <sup>h</sup> June 2020	<b>Total students Enrolled:</b> 107
<b>Venue:</b> Zoom Online Classes	
<b>Time:</b> 9.00 AM – 4.00 PM	

#### Attendance sheet for VAC: Stress Management

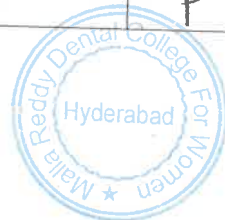
S.NO	REGISTRATION NO	NAME OF THE STUDENT	15/6/20 FN	15/6/20 AN	16/6/20 FN	16/6/20 AN	17/6/20 FN	17/6/20 AN
1	1702111001	A. MOUNIKA	P	P	P	P	P	P
2	1702111002	A.S. AMULYA	P	P	P	P	P	P
3	1702111003	AAYESHA AFREEN	P	P	P	P	P	P
4	1702111005	AKAVARAM SANKEERTHANA	P	P	P	P	P	P
5	1702111006	AKSHAYA AMA	P	P	P	P	P	P
6	1702111007	AKULA MOUNIKA	P	P	P	P	P	P



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7	1702111008	ANUSHKA SRIVASTAV	P	P	P	P	P	P
8	1702111009	BALNE TEJASVI	P	P	P	P	P	P
9	1702111010	BEZAWADA LAKSHMI RAVALI	P	P	P	P	P	P
10	1702111011	BODDU SAI DURGA LALITHA SREE	P	P	P	P	P	P
11	1702111012	CHANDANA JAMMALAMADUGU	P	P	P	P	P	P
12	1702111013	CHEMUDUPATTI VENKATA SAI MAHESWARI	A	P	A	A	P	A
13	1702111014	CHERUKUPALLI NEELIMA	P	P	P	P	P	P
14	1702111015	CHINTHALA PREETHI	P	P	P	P	P	P
15	1702111016	DABBETA PRIYANKA	P	P	P	P	P	P
16	1702111017	DHEGAVATH NIHARIKA	P	P	P	P	P	P
17	1702111018	DODLE LAHARI	P	P	P	P	P	P
18	1702111019	DORNADULA KARUNYA	P	P	P	P	P	P
19	1702111020	DUBBA LIKHITHA	P	P	P	P	P	P
20	1702111022	EESARI VASUDHA	P	P	P	P	P	P
21	1702111023	ENJERLA SUSHMITHA ROSHNI	P	P	P	P	P	P
22	1702111026	GAJULA SAI PRAVALIKA	P	P	P	P	P	P
23	1702111027	GUDURI SUBRAMANYA SUSITA	P	P	P	P	P	P
24	1702111028	GUDURU JAHNAVI	P	P	P	P	P	P

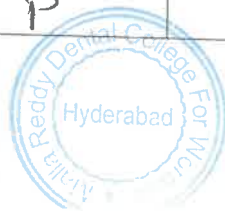


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25	1702111031	GURRAM BHAVITHA	P	P	P	P	P	P
26	1702111032	IPSITA NAYAK	P	P	P	P	P	P
27	1702111034	J RAJESHWARI	P	P	P	P	P	P
28	1702111035	JAGATHA VENKATA RAGA LAKSHMI SWAPNIKA	P	P	P	P	P	P
29	1702111036	JAKKALA KAVERI	P	P	P	P	P	P
30	1702111037	JANGAM PRANITHA	P	P	P	P	P	P
31	1702111039	JAVERIA NAZ	P	P	P	P	P	P
32	1702111040	JULA SRINIDHI	P	P	P	P	P	P
33	1702111041	KAKARLA SAI RATNA SIRI	P	P	P	P	P	P
34	1702111042	KARUPOTHU PRASANNA	P	P	P	P	P	P
35	1702111043	KASOJU SHREYA	P	P	P	P	P	P
36	1702111044	KATEPALLY SINDHU	P	P	P	P	P	P
37	1702111045	KATHUBANDA ALANA	P	P	P	P	P	P
38	1702111046	KAVATI MAMATHA	P	P	P	P	P	P
39	1702111047	KOLLU NIHARIKA	P	P	P	P	P	P
40	1702111048	KOMMU SARASWATHI	P	P	P	P	P	P
41	1702111049	KONDAPALLI GAYATHRI	P	P	P	P	P	P
42	1702111050	KONGARA SAI RITIKA	P	P	P	P	P	P
43	1702111051	KOTHAPALLY DURGA	P	P	P	P	P	P



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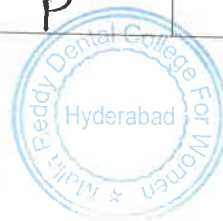
44	1702111052	KUMARI UJALA SHARMA	P	P	P	P	P	P
45	1702111055	MAVEEIIYA FATHIMA	P	P	P	P	P	P
46	1702111056	MAVURAPU SUSHMA SAI	P	P	P	P	P	P
47	1702111058	MIYAPURAM ALEKHYA	P	P	P	P	P	P
48	1702111060	NANDALA AKHILA	P	P	P	P	P	P
49	1702111064	PARADESI SWETHA MIRIAM	P	P	P	P	P	P
50	1702111065	PASAM SAI POOJITHA REDDY	P	P	P	P	P	P
51	1702111066	PATLOLLA NAGALAXMI	P	P	P	P	P	P
52	1702111067	PEDDAPALLI DARSHA NIRUPAMA	P	P	P	P	P	P
53	1702111068	PEERLAGUDEM SRAVANI	A	P	A	A	P	A
54	1702111069	PITTA PRATHIBHA	P	P	P	P	P	P
55	1702111071	POGU SNEHA	P	P	P	P	P	P
56	1702111072	POOJA SRIVASTAVA	P	P	P	P	P	P
57	1702111073	R SRIDEVI	P	P	P	P	P	P
58	1702111074	RANGISHETTI MANASA	P	P	P	P	P	P
59	1702111075	REDDYGARI SUSHMA	P	P	P	P	P	P
60	1702111077	S. UMA MAHESHWARI	P	P	P	P	P	P
61	1702111078	SAMALA DEEKSHITHA REDDY	P	P	P	P	P	P
62	1702111079	SARDARNI RANDHEER KOUR	P	P	P	P	P	P



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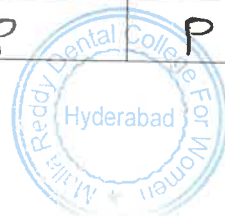
		SETHI						
63	1702111080	SHAIK AYESHA FATHIMA	P	P	P	P	P	P
64	1702111081	SHEENA HAFIZA	P	P	P	P	P	P
65	1702111083	SIMMY KUMARI	P	P	P	P	P	P
66	1702111085	SRI VIDHYA KAKANI	P	P	P	P	P	P
67	1702111086	SUMAYYA SHEHWAR	P	P	P	P	P	P
68	1702111087	SYEDA ASMA FATIMA	P	P	P	P	P	P
69	1702111089	T S S SRAVANTHI	P	P	P	P	P	P
70	1702111091	VASALA SNEHA	P	P	P	P	P	P
71	1702111092	VEDARAJU HARIKA NAGA VENKATA SANTHOSHI	P	P	P	P	P	P
72	1702111093	VELUMULA SRIJA	P	P	P	P	P	P
73	1702111094	VEMSHETTI SPOORTHY	P	P	P	P	P	P
74	1702111095	VILASAGARAM SWETHA	P	P	P	P	P	P
75	1702111096	VONTIMITTA LAKSHMI SHAKITHA	P	P	P	P	P	P
76	1702111097	VUSKEMURI SRAVANTHI	P	P	P	P	P	P
77	1702111098	VYSYARAJU DHARANI	P	P	P	P	P	P
78	1702111099	YARUKALA SRI LAHARI	P	P	P	P	P	P
79	1702111100	YELURU HARSHINI	P	P	P	P	P	P



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80	1602111048	KARAMCY NISHOSTERGA	P	P	P	P	P	P
81	1602111086	SHAKERAH ZAFREEN	P	P	P	P	P	P
82	1602111092	THANDARPALLY AKHILA	P	P	P	P	P	P
83	1602111096	VANAM AISHWARYA LAKSHMI	P	P	P	P	P	P
84	1602111007	B RUCHITHA	P	P	P	P	P	P
85	1602111026	GANDLA TEJASWINI	P	P	P	P	P	P
86	1602111045	KANDUKURI MANI CHANDANA	P	P	P	P	P	P
87	1602111057	MADDIKATLA MADHURI LATHA	P	P	P	P	P	P
88	1602111082	SADIYA ANJUM	P	P	P	P	P	P
89	1602111088	SIRAM SRAVANTHI	P	P	P	P	P	P
90	1602111091	TANNERU SOUJANYA	P	P	P	P	P	P
91	14705089	THORRURI SHRAVYA SREE	P	P	P	P	P	P
92	14705091	UPPULA MYTHILI PATEL	P	P	P	P	P	P
93	15705054	LUKKA INDU	P	A	P	A	A	A
94	15705056	MADHAMCHETTY APTI	P	P	P	P	P	P
95	1602111008	BALAVANTHAPU SHRUTHI	P	P	P	P	P	P
96	1602111012	BOLLAMAINA VIDYA	P	P	P	P	P	P
97	1602111014	BUPALLY PALLAVI	P	P	P	P	P	P
98	1602111020	DULIKATLA SUSHMA	P	P	P	P	P	P



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99	1602111025	GANDHAM SHARONROSE	P	P	P	P	P	P
100	1602111032	GOPAVARAM SAI SUVIDHA	P	P	P	P	P	P
101	1602111042	JAYA MADHURI V	P	P	P	P	P	P
102	1602111068	NEHA SRIRAM	P	P	P	P	P	P
103	1602111080	S MAMATHA LATHA	P	P	P	P	P	P
104	1602111098	VEDIRE CHARITHA REDDY	P	P	P	P	P	P
105	14705009	ARJUMAND FATIMA	P	P	P	P	P	P
106	15705037	GANGAPUTHRA NIKHITHA	P	P	P	P	P	P
107	15705061	MIDIDODDI VYSHNAVI	P	P	P	P	P	P

VAC Coordinator

*V Chandrasekhar*  
Principal/ Dean



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Principal / Dean  
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<b>Stress Management</b>	
<b>Course Code:</b> VAC- 2004	<b>Year:</b> 4 <sup>th</sup> BDS
<b>DATE:</b> 15 <sup>th</sup> -17 <sup>h</sup> June 2020	Total students Enrolled: 107
<b>Venue:</b> Zoom Online Classes	
<b>Time:</b> 9.00 AM – 4.00 PM	

## Details of Students Enrolled for VAC: Stress management

S.NO	NAME OF THE STUDENT	REGISTRATION NO	ENROLLED
1	A. MOUNIKA	1702111001	Yes
2	A.S. AMULYA	1702111002	Yes
3	AAYESHA AFREEN	1702111003	Yes
4	AKAVARAM SANKEERTHANA	1702111005	Yes
5	AKSHAYA AMA	1702111006	Yes
6	AKULA MOUNIKA	1702111007	Yes
7	ANUSHKA SRIVASTAV	1702111008	Yes
8	BALNE TEJASVI	1702111009	Yes
9	BEZAWADA LAKSHMI RAVALI	1702111010	Yes
10	BODDU SAI DURGA LALITHA SREE	1702111011	Yes
11	CHANDANA JAMMALAMADUGU	1702111012	Yes
12	CHEMUDUPATTI VENKATA SAI MAHESWARI	1702111013	Yes
13	CHERUKUPALLI NEELIMA	1702111014	Yes
14	CHINTHALA PREETHI	1702111015	Yes
15	DABBETA PRIYANKA	1702111016	Yes
16	DHEGAVATH NIHARIKA	1702111017	Yes
17	DODLE LAHARI	1702111018	Yes
18	DORNADULA KARUNYA	1702111019	Yes
19	DUBBA LIKHITHA	1702111020	Yes
20	EESARI VASUDHA	1702111022	Yes
21	ENJERLA SUSHMITHA ROSHNI	1702111023	Yes
22	GAJULA SAI PRAVALIKA	1702111026	Yes
23	GUDURI SUBRAMANYA SUSITA	1702111027	Yes
24	GUDURU JAHNAVI	1702111028	Yes
25	GURRAM BHAVITHA	1702111031	Yes
26	IPSITA NAYAK	1702111032	Yes
27	J RAJESHWARI	1702111034	Yes
28	JAGATHA VENKATA RAGA LAKSHMI SWAPNIKA	1702111035	Yes
29	JAKKALA KAVERI	1702111036	Yes
30	JANGAM PRANITHA	1702111037	Yes

Suraram 'X' Road, Quthbullapur (M), Jeedimetla, Hyderabad - 500 055.

Phone : 91001.89797

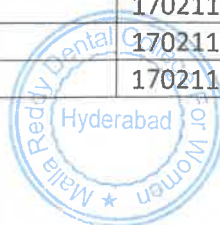
Email : mrdcw.2013@gmail.com

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31	JAVERIA NAZ	1702111039	Yes
32	JULA SRINIDHI	1702111040	Yes
33	KAKARLA SAI RATNA SIRI	1702111041	Yes
34	KARUPOTHU PRASANNA	1702111042	Yes
35	KASOJU SHREYA	1702111043	Yes
36	KATEPALLY SINDHU	1702111044	Yes
37	KATHUBANDA ALANA	1702111045	Yes
38	KAVATI MAMATHA	1702111046	Yes
39	KOLLU NIHARIKA	1702111047	Yes
40	KOMMU SARASWATHI	1702111048	Yes
41	KONDAPALLI GAYATHRI	1702111049	Yes
42	KONGARA SAI RITIKA	1702111050	Yes
43	KOTHAPALLY DURGA	1702111051	Yes
44	KUMARI UJALA SHARMA	1702111052	Yes
45	MAVEEIIYA FATHIMA	1702111055	Yes
46	MAVURAPU SUSHMA SAI	1702111056	Yes
47	MIYAPURAM ALEKHYA	1702111058	Yes
48	NANDALA AKHILA	1702111060	Yes
49	PARADESI SWETHA MIRIAM	1702111064	Yes
50	PASAM SAI POOJITHA REDDY	1702111065	Yes
51	PATLOLLA NAGALAXMI	1702111066	Yes
52	PEDDAPALLI DARSHA NIRUPAMA	1702111067	Yes
53	PEERLAGUDEM SRAVANI	1702111068	Yes
54	PITTA PRATHIBHA	1702111069	Yes
55	POGU SNEHA	1702111071	Yes
56	POOJA SRIVASTAVA	1702111072	Yes
57	R SRIDEVI	1702111073	Yes
58	RANGISHETTI MANASA	1702111074	Yes
59	REDDYGARI SUSHMA	1702111075	Yes
60	S. UMA MAHESHWARI	1702111077	Yes
61	SAMALA DEEKSHITHA REDDY	1702111078	Yes
62	SARDARNI RANDHEER KOUR SETHI	1702111079	Yes
63	SHAIK AYESHA FATHIMA	1702111080	Yes
64	SHEENA HAFIZA	1702111081	Yes
65	SIMMY KUMARI	1702111083	Yes
66	SRI VIDHYA KAKANI	1702111085	Yes
67	SUMAYYA SHEHWAR	1702111086	Yes
68	SYEDA ASMA FATIMA	1702111087	Yes
69	T S S SRAVANTHI	1702111089	Yes
70	VASALA SNEHA	1702111091	Yes
71	VEDARAJU HARIKA NAGA VENKATA SANTHOSHI	1702111092	Yes
72	VELUMULA SRIJA	1702111093	Yes
73	VEMSHETTI SPOORTHY	1702111094	Yes
74	VILASAGARAM SWETHA	1702111095	Yes
75	VONTIMITTA LAKSHMI SHAKITHA	1702111096	Yes
76	VUSKEMURI SRAVANTHI	1702111097	Yes
77	VYSYARAJU DHARANI	1702111098	Yes
78	YARUKALA SRI LAHARI	1702111099	Yes
79	YELURU HARSHINI	1702111100	Yes



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80	KARAMCY NISHOSTERGA	1602111048	Yes
81	SHAKERAH ZAFREEN	1602111086	Yes
82	THANDARPALLY AKHILA	1602111092	Yes
83	VANAM AISHWARYA LAKSHMI	1602111096	Yes
84	B RUCHITHA	1602111007	Yes
85	GANDLA TEJASWINI	1602111026	Yes
86	KANDUKURI MANI CHANDANA	1602111045	Yes
87	MADDIKATLA MADHURI LATHA	1602111057	Yes
88	SADIYA ANJUM	1602111082	Yes
89	SIRAM SRAVANTHI	1602111088	Yes
90	TANNERU SOUJANYA	1602111091	Yes
91	THORRURI SHRAVYA SREE	14705089	Yes
92	UPPULA MYTHILI PATEL	14705091	Yes
93	LUKKA INDU	15705054	Yes
94	MADHAMCHETTY APTI	15705056	Yes
95	BALAVANTHAPU SHRUTHI	1602111008	Yes
96	BOLLAMAINA VIDYA	1602111012	Yes
97	BUPALLY PALLAVI	1602111014	Yes
98	DULIKATLA SUSHMA	1602111020	Yes
99	GANDHAM SHARONROSE	1602111025	Yes
100	GOPAVARAM SAI SUVIDHA	1602111032	Yes
101	JAYA MADHURI V	1602111042	Yes
102	NEHA SRIRAM	1602111068	Yes
103	S MAMATHA LATHA	1602111080	Yes
104	VEDIRE CHARITHA REDDY	1602111098	Yes
105	ARJUMAND FATIMA	14705009	Yes
106	GANGAPUTHRA NIKHITHA	15705037	Yes
107	MIDIDODDI VYSHNAVI	15705061	Yes

*G. Santosh*  
VAC Coordinator

*V. Chandrasekhar*  
principal/Dean



*B. U. S.*  
Principal / Dean  
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# MALLA REDDY DENTAL COLLEGE FOR WOMEN

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

Recognised by Dental Council of India, New Delhi

<b>Stress Management</b>	
<b>Course Code:</b> VAC- 2004	<b>Year:</b> 4 <sup>th</sup> BDS
<b>DATE:</b> 15 <sup>th</sup> -17 <sup>th</sup> June 2020	Total students Enrolled: 107
<b>Venue:</b> Zoom Online Classes	
<b>Time:</b> 9.00 AM – 4.00 PM	

### Details of Students Successfully completed VAC: Stress management

S.NO	NAME OF THE STUDENT	REGISTRATION NO	SUCCESSFULLY COMPLETED
1	A. MOUNIKA	1702111001	Yes
2	A.S. AMULYA	1702111002	Yes
3	AAYESHA AFREEN	1702111003	Yes
4	AKAVARAM SANKEERTHANA	1702111005	Yes
5	AKSHAYA AMA	1702111006	Yes
6	AKULA MOUNIKA	1702111007	Yes
7	ANUSHKA SRIVASTAV	1702111008	Yes
8	BALNE TEJASVI	1702111009	Yes
9	BEZAWADA LAKSHMI RAVALI	1702111010	Yes
10	BODDU SAI DURGA LALITHA SREE	1702111011	Yes
11	CHANDANA JAMMALAMADUGU	1702111012	Yes
12	CHEMUDUPATTI VENKATA SAI MAHESWARI	1702111013	No
13	CHERUKUPALLI NEELIMA	1702111014	Yes
14	CHINTHALA PREETHI	1702111015	Yes
15	DABBETA PRIYANKA	1702111016	Yes
16	DHEGAVATH NIHARIKA	1702111017	Yes
17	DODLE LAHARI	1702111018	Yes
18	DORNADULA KARUNYA	1702111019	Yes
19	DUBBA LIKHITHA	1702111020	Yes
20	EESARI VASUDHA	1702111022	Yes
21	ENJERLA SUSHMITHA ROSHNI	1702111023	Yes
22	GAJULA SAI PRAVALIKA	1702111026	Yes
23	GUDURI SUBRAMANYA SUSITA	1702111027	Yes
24	GUDURU JAHNAVI	1702111028	Yes
25	GURRAM BHAVITHA	1702111031	Yes
26	IPSITA NAYAK	1702111032	Yes
27	J RAJESHWARI	1702111034	Yes
28	JAGATHA VENKATA RAGA LAKSHMI SWAPNIKA	1702111035	Yes
29	JAKKALA KAVERI	1702111036	Yes

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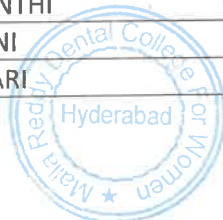
Phone : 91001 89797

Email : mrdcw.2013@gmail.com

www.mrdcw.org

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Malla Reddy Dental College for Women

30	JANGAM PRANITHA	1702111037	Yes
31	JAVERIA NAZ	1702111039	Yes
32	JULA SRINIDHI	1702111040	Yes
33	KAKARLA SAI RATNA SIRI	1702111041	Yes
34	KARUPOTHU PRASANNA	1702111042	Yes
35	KASOJU SHREYA	1702111043	Yes
36	KATEPALLY SINDHU	1702111044	Yes
37	KATHUBANDA ALANA	1702111045	Yes
38	KAVATI MAMATHA	1702111046	Yes
39	KOLLU NIHARIKA	1702111047	Yes
40	KOMMU SARASWATHI	1702111048	Yes
41	KONDAPALLI GAYATHRI	1702111049	Yes
42	KONGARA SAI RITIKA	1702111050	Yes
43	KOTHAPALLY DURGA	1702111051	Yes
44	KUMARI UJALA SHARMA	1702111052	Yes
45	MAVEEIIYA FATHIMA	1702111055	Yes
46	MAVURAPU SUSHMA SAI	1702111056	Yes
47	MIYAPURAM ALEKHYA	1702111058	Yes
48	NANDALA AKHILA	1702111060	Yes
49	PARADESI SWETHA MIRIAM	1702111064	Yes
50	PASAM SAI POOJITHA REDDY	1702111065	Yes
51	PATLOLLA NAGALAXMI	1702111066	Yes
52	PEDDAPALLI DARSHA NIRUPAMA	1702111067	Yes
53	PEERLAGUDEM SRAVANI	1702111068	Yes
54	PITTA PRATHIBHA	1702111069	No
55	POGU SNEHA	1702111071	Yes
56	POOJA SRIVASTAVA	1702111072	Yes
57	R SRIDEVI	1702111073	Yes
58	RANGISHETTI MANASA	1702111074	Yes
59	REDDYGARI SUSHMA	1702111075	Yes
60	S. UMA MAHESHWARI	1702111077	Yes
61	SAMALA DEEKSHITHA REDDY	1702111078	Yes
62	SARDARNI RANDHEER KOUR SETHI	1702111079	Yes
63	SHAIK AYESHA FATHIMA	1702111080	Yes
64	SHEENA HAFIZA	1702111081	Yes
65	SIMMY KUMARI	1702111083	Yes
66	SRI VIDHYA KAKANI	1702111085	Yes
67	SUMAYYA SHEHWAR	1702111086	Yes
68	SYEDA ASMA FATIMA	1702111087	No
69	T S S SRAVANTHI	1702111089	Yes
70	VASALA SNEHA	1702111091	Yes
71	VEDARAJU HARIKA NAGA VENKATA SANTHOSHI	1702111092	Yes
72	VELUMULA SRIJA	1702111093	Yes
73	VEMSHETTI SPOORTHY	1702111094	Yes
74	VILASAGARAM SWETHA	1702111095	Yes
75	VONTIMITTA LAKSHMI SHAKITHA	1702111096	Yes
76	VUSKEMURI SRAVANTHI	1702111097	Yes
77	VYSYARAJU DHARANI	1702111098	Yes
78	YARUKALA SRI LAHARI	1702111099	Yes



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79	YELURU HARSHINI	1702111100	Yes
80	KARAMCY NISHOSTERGA	1602111048	Yes
81	SHAKERAH ZAFREEN	1602111086	Yes
82	THANDARPALLY AKHILA	1602111092	Yes
83	VANAM AISHWARYA LAKSHMI	1602111096	Yes
84	B RUCHITHA	1602111007	Yes
85	GANDLA TEJASWINI	1602111026	Yes
86	KANDUKURI MANI CHANDANA	1602111045	Yes
87	MADDIKATLA MADHURI LATHA	1602111057	Yes
88	SADIYA ANJUM	1602111082	Yes
89	SIRAM SRAVANTHI	1602111088	Yes
90	TANNERU SOUJANYA	1602111091	Yes
91	THORRURI SHRAVYA SREE	14705089	Yes
92	UPPULA MYTHILI PATEL	14705091	Yes
93	LUKKA INDU	15705054	No
94	MADHAMCHETTY APTI	15705056	Yes
95	BALAVANTHAPU SHRUTHI	1602111008	Yes
96	BOLLAMAINA VIDYA	1602111012	Yes
97	BUPALLY PALLAVI	1602111014	Yes
98	DULIKATLA SUSHMA	1602111020	Yes
99	GANDHAM SHARONROSE	1602111025	Yes
100	GOPAVARAM SAI SUVIDHA	1602111032	Yes
101	JAYA MADHURI V	1602111042	Yes
102	NEHA SRIRAM	1602111068	Yes
103	S MAMATHA LATHA	1602111080	Yes
104	VEDIRE CHARITHA REDDY	1602111098	Yes
105	ARJUMAND FATIMA	14705009	Yes
106	GANGAPUTHRA NIKHITHA	15705037	Yes
107	MIDIDODDI VYSHNAVI	15705061	Yes

*G. Santhya*  
VAC Coordinator

*V Chandrasekhar*  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. A. MOUNIKA of IV year BDS,  
bearing roll no: 1702111001, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. A.S. AMULYA of IV year BDS,  
bearing roll no: 1702111002, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. AKAVARAM SANKEERTHANA of IV year BDS,  
bearing roll no: 1702111005, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. AKSHAYA AMA of IV year BDS,  
bearing roll no: 1702111006, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. AKULA MOUNIKA of IV year BDS,  
bearing roll no: 1702111007, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. ANUSHKA SRIVASTAV of IV year BDS,  
bearing roll no: 1702111008, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. BALNE TEJASVI of IV year BDS,  
bearing roll no: 1702111009, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. BEZAWADA LAKSHMI RAVALI of IV year BDS,  
bearing roll no: 1702111010, has Successfully completed the Value added Course – “**Stress  
Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. BODDU SAI DURGA LALITHA SREE of IV year BDS,  
bearing roll no: 1702111011, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. CHANDANA JAMMALAMADUGU of IV year BDS,  
bearing roll no: 1702111012, has Successfully completed the Value added Course – “**Stress  
Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

*G. Santosh*  
**Coordinator**



*Bue*  
**Principal / Dean**  
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*V. Chandrasekhar*  
**Principal/Dean**







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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. CHINTHALA PREETHI of IV year BDS,  
bearing roll no: 1702111015, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. DABBETA PRIYANKA of IV year BDS,  
bearing roll no: 1702111016, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. DHEGAVATH NIHARIKA of IV year BDS,  
bearing roll no: 1702111017, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. DODLE LAHARI of IV year BDS,  
bearing roll no: 1702111018, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. DORNADULA KARUNYA of IV year BDS,  
bearing roll no: 1702111019, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. DUBBA LIKHITHA of IV year BDS,  
bearing roll no: 1702111020, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. EESARI VASUDHA of IV year BDS,  
bearing roll no: 1702111022, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. ENJERLA SUSHMITHA ROSHNI of IV year BDS,  
bearing roll no: 1702111023, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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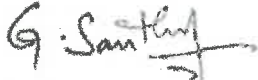
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. GAJULA SAI PRAVALIKA of IV year BDS,  
bearing roll no: 1702111026, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**





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

Course Code: VAC-2004

This to certify that Mr/Ms. GUDURI SUBRAMANYA SUSITA of IV year BDS,  
bearing roll no: 1702111027, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. GUDURU JAHNAVI of IV year BDS,  
bearing roll no: 1702111028, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. GURRAM BHAVITHA of IV year BDS,  
bearing roll no: 1702111031, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. J RAJESHWARI of IV year BDS,  
bearing roll no: 1702111034, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. JAGATHA VENKATA RAGA LAKSHMI SWAPNIKA of IV year BDS,  
bearing roll no: 1702111035, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## *Certificate of Completion*

Course Code: VAC-2004

This to certify that Mr/Ms. JAKKALA KAVERI of IV year BDS,  
bearing roll no: 1702111036, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. JANGAM PRANITHA of IV year BDS,  
bearing roll no: 1702111037, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. JAVERIA NAZ of IV year BDS,  
bearing roll no: 1702111039, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

*G. Santosh*  
**Coordinator**



*BW*  
**Principal / Dean**  
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*Whandee*  
**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. JULA SRINIDHI of IV year BDS,  
bearing roll no: 1702111040, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. KAKARLA SAI RATNA SIRI of IV year BDS,  
bearing roll no: 1702111041, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**





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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. KARUPOTHU PRASANNA of IV year BDS,  
bearing roll no: 1702111042, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. KASOJU SHREYA of IV year BDS,  
bearing roll no: 1702111043, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. KATEPALLY SINDHU of IV year BDS,  
bearing roll no: 1702111044, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. KATHUBANDA ALANA of IV year BDS,  
bearing roll no: 1702111045, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

*G. Santosh*  
**Coordinator**



*BUL*  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. KAVATI MAMATHA of IV year BDS,  
bearing roll no: 1702111046, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. KOLLU NIHARIKA of IV year BDS,  
bearing roll no: 1702111047, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. KOMMU SARASWATHI of IV year BDS,  
bearing roll no: 1702111048, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. KONDAPALLI GAYATHRI of IV year BDS,  
bearing roll no: 1702111049, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. KONGARA SAI RITIKA of IV year BDS,  
bearing roll no: 1702111050, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. KOTHAPALLY DURGA of IV year BDS,  
bearing roll no: 1702111051, has Successfully completed the Value added Course – “Stress  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. KUMARI UJALA SHARMA of IV year BDS,  
bearing roll no: 1702111052, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. MAVEEIYA FATHIMA of IV year BDS,  
bearing roll no: 1702111055, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. MAVURAPU SUSHMA SAI of IV year BDS,  
bearing roll no: 1702111056, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. MIYAPURAM ALEKHYA of IV year BDS,  
bearing roll no: 1702111058, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. NANDALA AKHILA of IV year BDS,  
bearing roll no: 1702111060, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## *Certificate of Completion*

Course Code: VAC-2004

This to certify that Mr/Ms. PARADESI SWETHA MIRIAM of IV year BDS,  
bearing roll no: 1702111064, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. PASAM SAI POOJITHA REDDY of IV year BDS,  
bearing roll no: 1702111065, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. PATLOLLA NAGALAXMI of IV year BDS,  
bearing roll no: 1702111066, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. PEDDAPALLI DARSHA NIRUPAMA of IV year BDS,  
bearing roll no: 1702111067, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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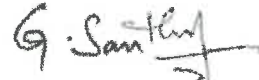
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. PEERLAGUDEM SRAVANI of IV year BDS,  
bearing roll no: 1702111068, has Successfully completed the Value added Course – “**Stress  
Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## *Certificate of Completion*

Course Code: VAC-2004

This to certify that Mr/Ms. POOJA SRIVASTAVA of IV year BDS,  
bearing roll no: 1702111072, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

*G. Santosh*  
**Coordinator**



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

Course Code: VAC-2004

This to certify that Mr/Ms. R SRIDEVI of IV year BDS,  
bearing roll no: 1702111073, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## *Certificate of Completion*

Course Code: VAC-2004

This to certify that Mr/Ms. RANGISHETTI MANASA of IV year BDS,  
bearing roll no: 1702111074, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. REDDYGARI SUSHMA of IV year BDS,  
bearing roll no: 1702111075, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

*G. Santosh*  
**Coordinator**



*Bue*  
**Principal / Dean**  
Malla Reddy Dental College for Women

*Whandasa*  
**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. S. UMA MAHESHWARI of IV year BDS,  
bearing roll no: 1702111077, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. SAMALA DEEKSHITHA REDDY of IV year BDS,  
bearing roll no: 1702111078, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. SARDARNI RANDHEER KOUR SETHI of IV year BDS,  
bearing roll no: 1702111079, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

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

Course Code: VAC-2004

This to certify that Mr/Ms. SHAIK AYESHA FATHIMA of IV year BDS,  
bearing roll no: 1702111080, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. SHEENA HAFIZA of IV year BDS,  
bearing roll no: 1702111081, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. SIMMY KUMARI of IV year BDS,  
bearing roll no: 1702111083, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

*G. Santosh*  
**Coordinator**



*Bull*  
**Principal / Dean**  
Malla Reddy Dental College for Women

*V. Chandrasekhar*  
**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. SRI VIDHYA KAKANI of IV year BDS,  
bearing roll no: 1702111085, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. SUMAYYA SHEHWAR of IV year BDS,  
bearing roll no: 1702111086, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. T S S SRAVANTHI of IV year BDS,  
bearing roll no: 1702111089, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. VASALA SNEHA of IV year BDS,  
bearing roll no: 1702111091, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**



  
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## *Certificate of Completion*

Course Code: VAC-2004

This to certify that Mr/Ms. VEDARAJU HARIKA NAGA VENKATA SANTHOSHI of IV year BDS,  
bearing roll no: 1702111092, has Successfully completed the Value added Course – “**Stress  
Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## *Certificate of Completion*

Course Code: VAC-2004

This to certify that Mr/Ms. VELUMULA SRIJA of IV year BDS,  
bearing roll no: 1702111093, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. VEMSHETTI SPOORTHY of IV year BDS,  
bearing roll no: 1702111094, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

*G. Santhya*  
**Coordinator**



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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. VILASAGARAM SWETHA of IV year BDS,  
bearing roll no: 1702111095, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. VONTIMITTA LAKSHMI SHAKITHA of IV year BDS,  
bearing roll no: 1702111096, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. VUSKEMURI SRAVANTHI of IV year BDS,  
bearing roll no: 1702111097, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. VYSYARAJU DHARANI of IV year BDS,  
bearing roll no: 1702111098, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. YARUKALA SRI LAHARI of IV year BDS,  
bearing roll no: 1702111099, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## *Certificate of Completion*

Course Code: VAC-2004

This to certify that Mr/Ms. YELURU HARSHINI of IV year BDS,  
bearing roll no: 1702111100, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. KARAMCY NISHOSTERGA of IV year BDS,  
bearing roll no: 1602111048, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## *Certificate of Completion*

Course Code: VAC-2004

This to certify that Mr/Ms. SHAKERAH ZAFREEN of IV year BDS,  
bearing roll no: 1602111086, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**



  
**Principal / Dean**  
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**Principal/Dean**



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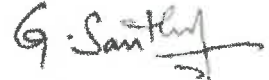
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. THANDARPALLY AKHILA of IV year BDS,  
bearing roll no: 1602111092, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**



  
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**Principal/Dean**



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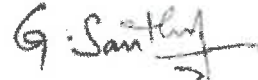
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. VANAM AISHWARYA LAKSHMI of IV year BDS,  
bearing roll no: 1602111096, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. B RUCHITHA of IV year BDS,  
bearing roll no: 1602111007, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. GANDLA TEJASWINI of IV year BDS,  
bearing roll no: 1602111026, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. KANDUKURI MANI CHANDANA of IV year BDS,  
bearing roll no: 1602111045, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. MADDIKATLA MADHURI LATHA of IV year BDS,  
bearing roll no: 1602111057, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. SADIYA ANJUM of IV year BDS,  
bearing roll no: 1602111082, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. SIRAM SRAVANTHI of IV year BDS,  
bearing roll no: 1602111088, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**





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## *Certificate of Completion*

Course Code: VAC-2004

This to certify that Mr/Ms. TANNERU SOUJANYA of IV year BDS,  
bearing roll no: 1602111091, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**



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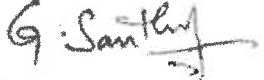
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. THORRURI SHRAVYA SREE of IV year BDS,  
bearing roll no: 14705089, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. UPPULA MYTHILI PATEL of IV year BDS,  
bearing roll no: 14705091, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. MADHAMCHETTY AAPT of IV year BDS,  
bearing roll no: 15705056, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**





**Principal / Dean**  
Malla Reddy Dental College for Women

  
**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. BALAVANTHAPU SHRUTHI of IV year BDS,  
bearing roll no: 1602111008, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. BOLLAMAINA VIDYA of IV year BDS,  
bearing roll no: 1602111012, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**





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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. BUPALLY PALLAVI of IV year BDS,  
bearing roll no: 1602111014, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**



  
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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. DULIKATLA SUSHMA of IV year BDS,  
bearing roll no: 1602111020, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
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## *Certificate of Completion*

Course Code: VAC-2004

This to certify that Mr/Ms. GANDHAM SHARONROSE of IV year BDS,  
bearing roll no: 1602111025, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

*G. Santosh*  
**Coordinator**



*BW*  
**Principal / Dean**  
Malla Reddy Dental College for Women

*V. Chandrasekar*  
**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. GOPAVARAM SAI SUVIDHA of IV year BDS,  
bearing roll no: 1602111032, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

*G. Santosh*  
**Coordinator**



*BW*

**Principal / Dean**  
Malla Reddy Dental College for Women

*V. Chandrasekhar*  
**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. JAYA MADHURI V of IV year BDS,  
bearing roll no: 1602111042, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**



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

Course Code: VAC-2004

This to certify that Mr/Ms. NEHA SRIRAM of IV year BDS,  
bearing roll no: 1602111068, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**





**Principal / Dean**  
Malla Reddy Dental College for Women

  
**Principal/Dean**



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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. S MAMATHA LATHA of IV year BDS,  
bearing roll no: 1602111080, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**



  
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**Principal/Dean**





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## Certificate of Completion

Course Code: VAC-2004

This to certify that Mr/Ms. VEDIRE CHARITHA REDDY of IV year BDS,  
bearing roll no: 1602111098, has Successfully completed the Value added Course – “Stress  
Management”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**





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

Course Code: VAC-2004

This to certify that Mr/Ms. ARJUMAND FATIMA of IV year BDS,  
bearing roll no: 14705009, has Successfully completed the Value added Course – “**Stress Management**”, conducted, in the institute from 15<sup>th</sup> Jun 2020 to 17<sup>th</sup> Jun 2020.

  
**Coordinator**



  
**Principal / Dean**  
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# MALLA REDDY DENTAL COLLEGE FOR WOMEN

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Feedback analysis of students on VALUE ADDED COURSES							
Academic Year : 2020 - 2021					Year: IV year BDS		
Name of the VAC: Stress Management							
Course Code: VAC-2004					Students Registered:		107
Students feedback on curriculum collected and analyzed, 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	How informative was the course	71	31	5			4.62
2	Content was organised and easy to follow	75	29	2	1		4.66
3	The objectives of value added course were clearly defined	68	30	7	2		4.53
4	The participation and interaction were encouraged	80	22	5			4.70
5	Course experience will be useful in my work	74	28	4	1		4.64
6	The resource person was knowledgeable about the topic	85	19	3			4.77
7	The time allotted for the course is sufficient	70	30	7			4.59
8	Did the course provide good balance between theory & practice?	83	20	3	1		4.73

Suggestions: The time allotted was not sufficient.

*G. Santosh*  
Coordinator

*V. Chandrasekhara*  
Principal/Dean



*PS*  
Principal / Dean  
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