

Date: 22-07-2022

Hyderabad

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

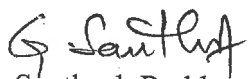
Sub: Requesting Permission to conduct **Value Added Course (VAC)** for IV year BDS students.

Respected Sir,

The Programme Development committee of MRDCW, would like to organize the Value-Added course on **“HOW TO OVERCOME STRESS”** for IV Year BDS students from 27th July 2022 to 29th July 2022. 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


MALLA REDDY
DENTAL COLLEGE FOR WOMEN

(SPONSORED BY : CHANDRAMMA EDUCATIONAL SOCIETY)

Affiliated to Kaloji Narayana Rao University of Health Sciences, Warangal, Telangana.
Recognised by Dental Council of India, New Delhi.

Ref: MRDCW/Circulars/VAC/2022/Jul-01

Date: 25-07-2022

Circular

The Students of IV Year BDS students are hereby informed to attend the **Value-added course "HOW TO OVERCOME STRESS"** scheduled from 27th July 2022 to 29th July 2022. The concerned subject HODs are hereby requested to give permission to the students for attending the same.

Resource person – Mr. H.G. Mahashringa Dasa, Director of ISKCON, Namahatta
@Kukatpally.

Venue – Lecture Gallery, MRMCW

Date – 19, 20 & 21 SEP 2022

Time – 9.00 AM to 4.00 PM



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




Principal / Dean
Malla Reddy Dental College for Women

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

Phone : 91001 89797

Email : mrdcw2013@gmail.com

www.mrdcw.edu.in



MALLA REDDY
DENTAL COLLEGE FOR WOMEN

Welcomes all



HOW TO OVERCOME STRESS

DATE - 27th to 29st JULY

VENUE - MRM CW

619643822



Blue

Principal / Dean

Malla Reddy Dental College for Women



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HOW TO OVERCOME STRESS

DAY-1(27/7/22)

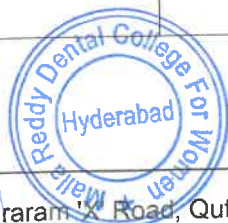
Session	Time	Name of the topic
Session 1	9:30am - 11:00am	Stress Management Introduction
Session 2	2:00pm -3:30pm	Approaches to stress management

DAY-2(28/7/22)

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

DAY-3(29/7/22)

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



Bue
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COURSE SYLLABUS

HOW TO OVERCOME STRESS

MODULE	SYLLABUS
MODULE 1 :	Deep Breathing and Relaxation Techniques Exercise regularly Healthy Lifestyle
MODULE 2 :	Time Management Mindfulness and Meditation Social Support Limiting Stressors
MODULE 3 :	Positive Coping Strategies Seeking Professional Help Self Compassion




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REPORT OF THE EVENT

Date: 30-07-2022

HOW TO OVERCOME STRESS

Stress is a natural human response that prompts us to address challenges and threats in our lives. Stress is how we react when we feel under pressure or threatened. It usually happens when we are in a situation that we don't feel we can manage or control. Everyone experiences *stress* to some degree.

COURSE OBJECTIVES:

General objective:

Improving to cope with the difficult events that happen in life.

Specific objectives:

- Implementing a daily mindfulness practice, such as meditation or deep breathing exercises, for at least 10 minutes
- Practicing positive self-talk and reframing negative thoughts by consciously replacing them with more constructive and optimistic ones.

Outcome:

This Programme makes the students to recognize their stress triggers and how to manage them, develop proactive responses to stressful situations, coping tips for managing stress and learn to manage stress through diet, sleep and other lifestyle factors.

RESOURCE PERSON: Mr. H.G. Mahashringa Dasa, Director of ISKCON, Namahatta @Kukatpally.

VENUE: Lecture Gallery, MRMCW

DATE: 27th, 28th & 29th July 2022

NUMBER OF PARTICIPANTS: 105 students from IV year BDS

DURATION: 15 hrs



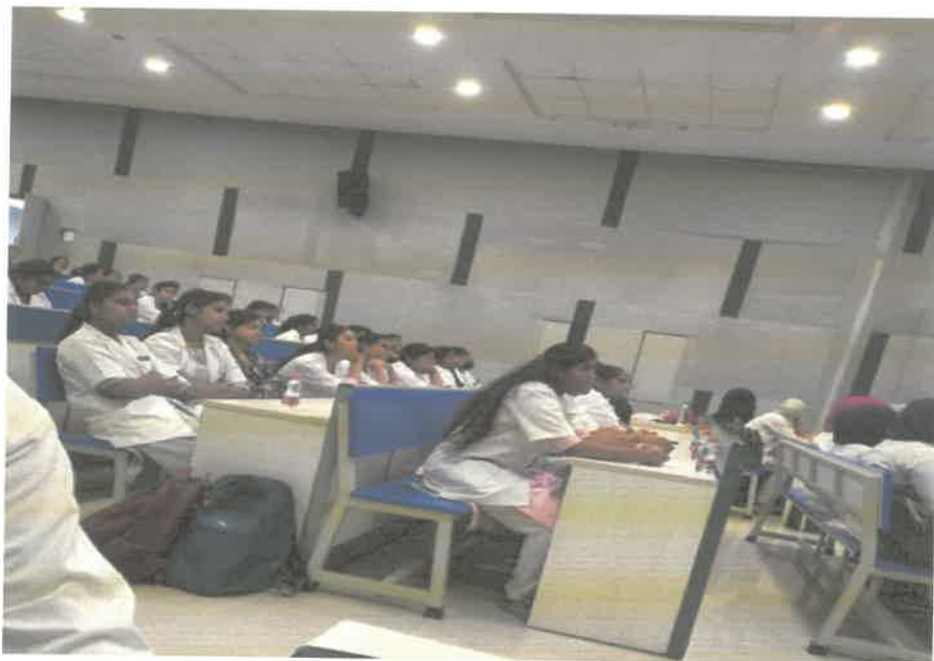
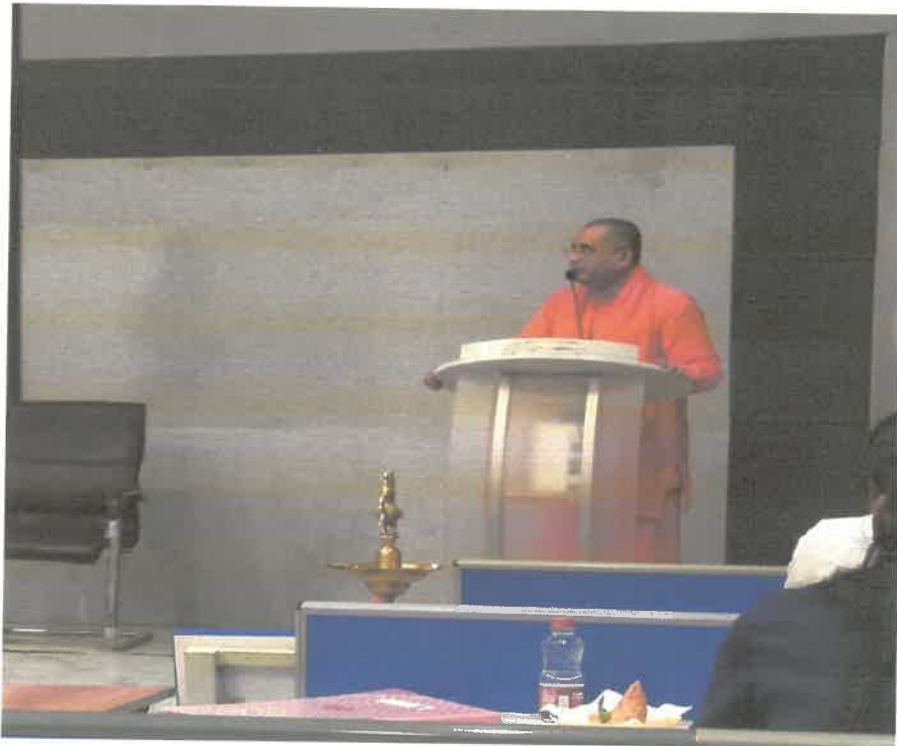

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Glimpse of the course



Bue
Principal / Dean
Malla Reddy Dental College for Women

G. Santosh
VAC Coordinator


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How to overcome stress	
Course Code: VAC- 2205	Year: 4 th BDS
DATE: 27 th -29 th July 2022	Total students Enrolled: 105
Venue: Lecture gallery, MRMCW	
Time: 9.00 AM – 4.00 PM	

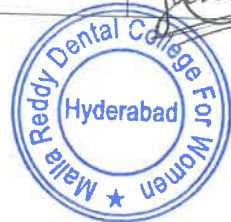
Attendance sheet for VAC: How to Overcome Stress

S.NO	REGISTRATION NO	NAME OF THE STUDENT	27/7/22 FN	27/7/22 AN	28/7/22 FN	28/7/22 AN	29/7/22 FN	29/7/22 AN
1	1902111001	A SAI PRANEETHA	Sai	Sai	Sai	Sai	Sai	Sai
2	1902111002	AFNAN AYESHA ZOYA	Kaya	Anya	Anya	Anya	Anya	Anya
3	1902111006	ANANTHULA SHIVANI	Shivani	Shivani	Shivani	Shivani	Shivani	Shivani
4	1902111007	ARYA SINGH	Arya	Arya	Arya	Arya	Arya	Arya
5	1902111008	AVULA SUNITHANJALI	Sun	Sun	Sun	Sun	Sun	Sun
6	1902111009	AYESHA AMREEN	Amy	Amy	Amy	Amy	Amy	Amy



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7	1902111011	AYESHA RIFAT	Ayesharifat	Ayesharifat	Ayesharifat	Ayesharifat	Ayesharifat	Ayesharifat
8	1902111012	AYESHA SIDDIQA	Ayeshasiddiq	Ayeshasiddiq	Ayeshasiddiq	Ayeshasiddiq	Ayeshasiddiq	Ayeshasiddiq
9	1902111013	BHUMIPAGA JAHNAVI EDWARD	Jahnavi	Jahnavi	Jahnavi	Jahnavi	Jahnavi	Jahnavi
10	1902111014	BIYAGUDA AKSHITHA	Aks	Aks	Aks	Aks	Aks	Aks
11	1902111015	BODA AKHILA	Akhila	Akhila	Akhila	Akhila	Akhila	Akhila
12	1902111016	BUDIME ANKITHA	Ankitha	Ankitha	Ankitha	Ankitha	Ankitha	Ankitha
13	1902111017	CHALLURI SUSHMITHA	Sushmitha	Sushmitha	Sushmitha	Sushmitha	Sushmitha	Sushmitha
14	1902111018	CHEETI NISHITHA	Nishitha	Nishitha	Nishitha	Nishitha	Nishitha	Nishitha
15	1902111019	CHERUKUPALLI SAI AMRUTHA UDAYINI	An	An	An	An	An	An
16	1902111020	D SREESHA	Sreesha	Sreesha	Sreesha	Sreesha	Sreesha	Sreesha
17	1902111022	DEVASOTH PRIYANKA	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka
18	1902111023	DEVIREDDY AMRUTHA SAI	Amrutha	Amrutha	Amrutha	Amrutha	Amrutha	Amrutha
19	1902111026	DUGGIRALA NAGA SAI SRAVANTHI	Sravanthi	Sravanthi	Sravanthi	Sravanthi	Sravanthi	Sravanthi
20	1902111027	DUTTALURI BINDU MADHAVI	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu
21	1902111028	ETHAKOTA SRI DIVYA	Divya	Divya	Divya	Divya	Divya	Divya
22	1902111029	FARHA SULTANA	Faaha	Faaha	Faaha	Faaha	Faaha	Faaha
23	1902111030	FLORA SUSAN FRANCIS	Susan	Susan	Susan	Susan	Susan	Susan
24	1902111031	GUNDABOINNA YAMINI	Yamini	Yamini	Yamini	Yamini	Yamini	Yamini



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25	1902111032	GURRALA ARTHI	Arthi	Arthi	Arthi	Arthi	Arthi	Arthi
26	1902111033	HAFSA DANEEN	Hafsa	Hafsa	Hafsa	Hafsa	Hafsa	Hafsa
27	1902111034	JAMMULA SOWMYA	JS	JS	JS	JS	JS	JS
28	1902111035	JUVERIYA SULTANA ZUBIYA	Zubiya	Zubiya	Zubiya	Zubiya	Zubiya	Zubiya
29	1902111036	K JAHAVI	Jahnavi	Jahnavi	Jahnavi	Jahnavi	Jahnavi	Jahnavi
30	1902111037	K SUNITHA	K. Sunitha	K. Sunitha	K. Sunitha	K. Sunitha	K. Sunitha	K. Sunitha
31	1902111038	KALAL GOUTHAMI	K. Gouthami	K. Gouthami	K. Gouthami	K. Gouthami	K. Gouthami	K. Gouthami
32	1902111039	KALASHIKAM MANASVI	Manavi	Manavi	Manavi	Manavi	Manavi	Manavi
33	1902111040	KONKAL SANGAMITHRA REDDY	KSR	KSR	KSR	KSR	KSR	KSR
34	1902111043	KUNDETI TARUNI SAI BHAGYA SREE	Bsree	Bsree	Bsree	Bsree	Bsree	Bsree
35	1902111045	KURVA TARANI	Tarani	Tarani	Tarani	Tarani	Tarani	Tarani
36	1902111046	LUBNA FATIMA	Lubna	Lubna	Lubna	Lubna	Lubna	Lubna
37	1902111048	MACHA SOWMYA	Sowmya	Sowmya	Sowmya	Sowmya	Sowmya	Sowmya
38	1902111049	MADIPELLI AKHILA	Akhila	Akhila	Akhila	Akhila	Akhila	Akhila
39	1902111050	MAKARAJU HIMAVARDHANI	Himavardhani	Himavardhani	Himavardhani	Himavardhani	Himavardhani	Himavardhani
40	1902111051	MALEREDDY DURGA TEJASWINI	MROTeja	MROTeja	MROTeja	MROTeja	MROTeja	MROTeja
41	1902111052	MAMINDLA AKANKSHA	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha
42	1902111055	MOHAMMADI BUTUL	Butul	Butul	Butul	Butul	Butul	Butul



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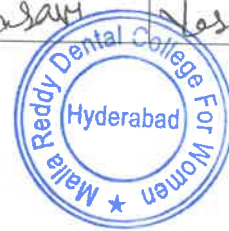
43	1902111056	MULLAPUDI MADHAVI	M Madh	MMadh	MMadh	MMadh	MMadh	MMadh
44	1902111058	NANDALA SINDHUJA	Sindhu	Sindhu	Sindhu	Sindhu	Sindhu	Sindhu
45	1902111059	NANDANAVARE UMARANI	Uma	Uma	Uma	Uma	Uma	Uma
46	1902111060	NATARAJ SANJA KARUNAMAYI	San	San	San	San	San	San
47	1902111061	NAZIA SULTANA	Nazia	Nazia	Nazia	Nazia	Nazia	Nazia
48	1902111062	NIDA	Nida	Nida	Nida	Nida	Nida	Nida
49	1902111063	P V S MAHIMA SIDDHI	Mahi	Mahi	Mahi	Mahi	Mahi	Mahi
50	1902111064	PANDAVULA ANUSHA	A	Anusha	A	A	A	Anusha
51	1902111065	PATHAPATI VENKATA SAHITHI	Sahithi	Sahithi	Sahithi	Sahithi	Sahithi	Sahithi
52	1902111071	POLKAMPALLY RUTHVIKA	P.Ruth	P. Ruth	P. Ruth	P. Ruth	P. Ruth	P. Ruth
53	1902111072	PRIYADARSHANI KANCHAN PANDIT	Priya	Priya	Priya	Priya	Priya	Priya
54	1902111073	REBBASU SRUJANA	Srujana	Srujana	Srujana	Srujana	Srujana	Srujana
55	1902111074	REGULAPATI RASHMI	R	R	R	R	R	R
56	1902111075	RUMANA TABASSUM	Tabassu	Tabassu	Tabassu	Tabassu	Tabassu	Tabassu
57	1902111077	S NEHA	Neha	Neha	Neha	Neha	Neha	Neha
58	1902111078	SABOORA NAZEER	Nazeer	Nazeer	Nazeer	Nazeer	Nazeer	Nazeer
59	1902111079	SAMUDRALA SRAVANI	Sravani	Sravani	Sravani	Sravani	Sravani	Sravani
60	1902111080	SHAHANA TAHREEM	Shahana	Shahana	Shahana	Shahana	Shahana	Shahana
61	1902111081	SREEYA PULLURI	Shriya	Shriya	Shriya	Shriya	Shriya	Shriya



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62	1902111082	SRINI N	srini	srini	srini	srini	srini	srini
63	1902111083	SURA ROHITHA	Rohitha	Rohitha	Rohitha	Rohitha	Rohitha	Rohitha
64	1902111087	TEEGALA HARIKA	Harika	Harika	Harika	Harika	Harika	Harika
65	1902111088	THADAKA VENNELA	Vennela	Vennela	Vennela	Vennela	Vennela	Vennela
66	1902111090	NICY SUSAN	Khishiy	Khishiy	Khishiy	Khishiy	Khishiy	Khishiy
67	1902111091	THUMULA DEEPIKA	Deep	Deep	Deep	Deep	Deep	Deep
68	1902111092	UJJELI SHIVANI	Shivani	Shivani	Shivani	Shivani	Shivani	Shivani
69	1902111093	UPPULAPU SWETHA	Swetha	Swetha	Swetha	Swetha	Swetha	Swetha
70	1902111094	V BHARGAVI	Bhargavi	Bhargavi	Bhargavi	Bhargavi	Bhargavi	Bhargavi
71	1902111096	VALASA SAI SANTHOSHI	Santhoshi	Santhoshi	Santhoshi	Santhoshi	Santhoshi	Santhoshi
72	1902111098	VELISHETTY SADGUNA	Sad	Sad	Sad	Sad	Sad	Sad
73	1902111099	YAENA MARIYAM	A	Yaena	A	Yaena	A	A
74	1902111100	ZUHA KAUNAIN	Kaunain	Kaunain	Kaunain	Kaunain	Kaunain	Kaunain
75	1802111021	CHOUHAN RAJASREE	R	R	R	R	R	R
76	1802111057	MUNDE NIHARIKA	Niharika	Niharika	Niharika	Niharika	Niharika	Niharika
77	1802111048	MACHHA SHRAVYA	Shravya	Shravya	Shravya	Shravya	Shravya	Shravya
78	1702111059	NAKKA VANITHA	Vanitha	Vanitha	Vanitha	Vanitha	Vanitha	Vanitha
79	1802111011	AYESHA MUNAZZA	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha
80	1802111015	BANOTHU VASAVI	Vasavi	Vasavi	Vasavi	Vasavi	Vasavi	Vasavi



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81	1802111022	D BHAGYASREE	Bhagyasree	Bhagyasree	Bhagyasree	Bhagyasree	Bhagyasree	Bhagyasree
82	1802111024	DEVATH APOORVA	Apoorva	Apoorva	Apoorva	Apoorva	Apoorva	Apoorva
83	1802111045	KONKATI SHRUTHI	Shruthi	Shruthi	Shruthi	Shruthi	Shruthi	Shruthi
84	1802111046	KOTHAPALLI MEGHANA	Meghana	Meghana	Meghana	Meghana	Meghana	Meghana
85	1802111068	PULLURI SWARNA SREE	Swarna	Swarna	Swarna	Swarna	Swarna	Swarna
86	1802111072	ROQUIA IRFAN	Irfan	Irfan	Irfan	Irfan	Irfan	Irfan
87	1802111073	RUBA TARANNUM	Ruba	Ruba	Ruba	Ruba	Ruba	Ruba
88	1802111093	UMAIMA SAMEEN	Umaisa	Umaisa	Umaisa	Umaisa	Umaisa	Umaisa
89	1802111100	VEERAMALLA SATHWIKA GOUD	A	Sathwika	A	Sathwika	A	A
90	1602111053	KUTHADI ALEKYA	Alekya	Alekya	Alekya	Alekya	Alekya	Alekya
91	1702111030	GUNTURI PADMA PRIYA	Priya	Priya	Priya	Priya	Priya	Priya
92	1802111041	LAKSHMI HIMAJA	A	Lakshmi	A	A	Lakshmi	A
93	1802111055	MENCHU MAANSI	Manu	Manu	Manu	Manu	Manu	Manu
94	1802111058	NAGARAPU SREEJA	Sreeja	Sreeja	Sreeja	Sreeja	Sreeja	Sreeja
95	1802111062	PASUNURI AARTHI	Aarthi	Aarthi	Aarthi	Aarthi	Aarthi	Aarthi
96	1802111070	RAFATH NOORI	Rafath	Rafath	Rafath	Rafath	Rafath	Rafath
97	1802111075	SABBI ROHITHA	Rohitha	Rohitha	Rohitha	Rohitha	Rohitha	Rohitha
98	1802111081	SHABNAM BEGUM	Sham	Sham	Sham	Sham	Sham	Sham
99	1802111087	SYEDA SANA RAZVI	SANA	SANA	SANA	SANA	SANA	SANA



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100	1602111050	KATINEEDI AJANTHA	Ajantha	Ajantha	Ajantha	Ajantha	Ajantha	Ajantha
101	1602111074	PERUMANDLA SUSMITHA	Susmitha	Susmitha	Susmitha	Susmitha	Susmitha	Susmitha
102	1702111024	FARIHA KHAN	Fariha	Fariha	Fariha	Fariha	Fariha	Fariha
103	1702111025	GAJABIMKAR NAGARANI	G. Nagarani	G. Nagarani	G. Nagarani	G. Nagarani	G. Nagarani	G. Nagarani
104	1702111033	IRHAM DANIYAN	A	Daniyan	A	A	Daniyan	A
105	1702111063	PANTANGI DIVYA	Divya	Divya	Divya	Divya	Divya	Divya

G. Sankar
VAC Coordinator

Narasimha
Principal/ Dean



Principal / Dean
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How to overcome stress	
Course Code: VAC- 2205	Year: 4 th BDS
DATE: 27 th -29 th July 2022	Total students Registered: 105
Venue: Lecture gallery, MRMCW	
Time: 9.00 AM – 4.00 PM	

Details of Students Enrolled for VAC: How to overcome stress

S.NO	NAME OF THE STUDENT	REGISTRATION NO	ENROLLED
1	A SAI PRANEETHA	1902111001	Yes
2	AFNAN AYESHA ZOYA	1902111002	Yes
3	ANANTHULA SHIVANI	1902111006	Yes
4	ARYA SINGH	1902111007	Yes
5	AVULA SUNITHANJALI	1902111008	Yes
6	AYESHA AMREEN	1902111009	Yes
7	AYESHA RIFAT	1902111011	Yes
8	AYESHA SIDDIQA	1902111012	Yes
9	BHUMIPAGA JAHNAVI EDWARD	1902111013	Yes
10	BIYAGUDA AKSHITHA	1902111014	Yes
11	BODA AKHILA	1902111015	Yes
12	BUDIME ANKITHA	1902111016	Yes
13	CHALLURI SUSHMITHA	1902111017	Yes
14	CHEETI NISHITHA	1902111018	Yes
15	CHERUKUPALLI SAI AMRUTHA UDAYINI	1902111019	Yes
16	D SREESHA	1902111020	Yes
17	DEVASOTH PRIYANKA	1902111022	Yes
18	DEVIREDDY AMRUTHA SAI	1902111023	Yes
19	DUGGIRALA NAGA SAI SRAVANTHI	1902111026	Yes
20	DUTTALURI BINDU MADHAVI	1902111027	Yes
21	ETHAKOTA SRI DIVYA	1902111028	Yes
22	FARHA SULTANA	1902111029	Yes
23	FLORA SUSAN FRANCIS	1902111030	Yes
24	GUNDBOINNA YAMINI	1902111031	Yes
25	GURRALA ARTHI	1902111032	Yes
26	HAFSA DANEEN	1902111033	Yes
27	JAMMULA SOWMYA	1902111034	Yes
28	JUVERIYA SULTANA ZUBIYA	1902111035	Yes
29	K JAHNAVI	1902111036	Yes
30	K SUNITHA	1902111037	Yes
31	KALAL GOUTHAMI	1902111038	Yes



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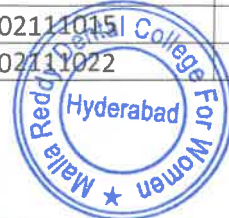
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Phone : 91001 89797

Email : mrdcw2013@gmail.com

www.mrdcw.edu.in

32	KALASHIKAM MANASVI	1902111039	Yes
33	KONKAL SANGAMITHRA REDDY	1902111040	Yes
34	KUNDETI TARUNI SAI BHAGYA SREE	1902111043	Yes
35	KURVA TARANI	1902111045	Yes
36	LUBNA FATIMA	1902111046	Yes
37	MACHA SOWMYA	1902111048	Yes
38	MADIPELLI AKHILA	1902111049	Yes
39	MAKARAJU HIMAVARDHANI	1902111050	Yes
40	MALEREDDY DURGA TEJASWINI	1902111051	Yes
41	MAMINDLA AKANKSHA	1902111052	Yes
42	MOHAMMADI BUTUL	1902111055	Yes
43	MULLAPUDI MADHAVI	1902111056	Yes
44	NANDALA SINDHUJA	1902111058	Yes
45	NANDANAVARE UMARANI	1902111059	Yes
46	NATARAJ SANJA KARUNAMAYI	1902111060	Yes
47	NAZIA SULTANA	1902111061	Yes
48	NIDA	1902111062	Yes
49	P V S MAHIMA SIDDHI	1902111063	Yes
50	PANDAVULA ANUSHA	1902111064	Yes
51	PATHAPATI VENKATA SAHITHI	1902111065	Yes
52	POLKAMPALLY RUTHVIKA	1902111071	Yes
53	PRIYADARSHANI KANCHAN PANDIT	1902111072	Yes
54	REBBASU SRUJANA	1902111073	Yes
55	REGULAPATI RASHMI	1902111074	Yes
56	RUMANA TABASSUM	1902111075	Yes
57	S NEHA	1902111077	Yes
58	SABOORA NAZEER	1902111078	Yes
59	SAMUDRALA SRAVANI	1902111079	Yes
60	SHAHANA TAHREEM	1902111080	Yes
61	SREEYA PULLURI	1902111081	Yes
62	SRINI N	1902111082	Yes
63	SURA ROHITHA	1902111083	Yes
64	TEEGALA HARIKA	1902111087	Yes
65	THADAKA VENNELA	1902111088	Yes
66	THUMMALA NICY SUSAN	1902111090	Yes
67	THUMULA DEEPIKA	1902111091	Yes
68	UJJELI SHIVANI	1902111092	Yes
69	UPPULAPU SWETHA	1902111093	Yes
70	V BHARGAVI	1902111094	Yes
71	VALASA SAI SANTHOSHI	1902111096	Yes
72	VELISHETTY SADGUNA	1902111098	Yes
73	YAENA MARIYAM	1902111099	Yes
74	ZUHA KAUNAIN	1902111100	Yes
75	CHOUHAN RAJASREE	1802111021	Yes
76	MUNDE NIHARIKA	1802111057	Yes
77	MACHHA SHRAVYA	1802111048	Yes
78	NAKKA VANITHA	1702111059	Yes
79	AYESHA MUNAZZA	1802111011	Yes
80	BANOTHU VASAVI	1802111015	Yes
81	D BHAGYASREE	1802111022	Yes



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82	DEVATH APOORVA	1802111024	Yes
83	KONKATI SHRUTHI	1802111045	Yes
84	KOTHAPALLI MEGHANA	1802111046	Yes
85	PULLURI SWARNA SREE	1802111068	Yes
86	ROQUIA IRFAN	1802111072	Yes
87	RUBA TARANNUM	1802111073	Yes
88	UMAIMA SAMEEN	1802111093	Yes
89	VEERAMALLA SATHWIKA GOUD	1802111100	Yes
90	KUTHADI ALEKYA	1602111053	Yes
91	GUNTURI PADMA PRIYA	1702111030	Yes
92	KASAVA RAJU VENKATA LAKSHMI HIMAJA	1802111041	Yes
93	MENCHU MAANSI	1802111055	Yes
94	NAGARAPU SREEJA	1802111058	Yes
95	PASUNURI AARTHI	1802111062	Yes
96	RAFATH NOORI	1802111070	Yes
97	SABBI ROHITHA	1802111075	Yes
98	SHABNAM BEGUM	1802111081	Yes
99	SYEDA SANA RAZVI	1802111087	Yes
100	KATINEEDI AJANTHA	1602111050	Yes
101	PERUMANDLA SUSMITHA	1602111074	Yes
102	FARIHA KHAN	1702111024	Yes
103	GAJABIMKAR NAGARANI	1702111025	Yes
104	IRHAM DANİYAN	1702111033	Yes
105	PANTANGI DIVYA	1702111063	Yes

G. Sankar
VAC Coordinator

Narasa
Principal/Dean



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How to overcome stress	
Course Code: VAC- 2205	Year: 4 th BDS
DATE: 27 th -29 th July 2022	Total students Enrolled: 105
Venue: Lecture gallery, MRMCW	
Time: 9.00 AM – 4.00 PM	

Details of Students Successfully completed VAC: How to overcome stress

S.NO	NAME OF THE STUDENT	REGISTRATION NO	SUCCESSFULLY COMPLETED
1	A SAI PRANEETHA	1902111001	Yes
2	AFNAN AYESHA ZOYA	1902111002	Yes
3	ANANTHULA SHIVANI	1902111006	Yes
4	ARYA SINGH	1902111007	Yes
5	AVULA SUNITHANJALI	1902111008	Yes
6	AYESHA AMREEN	1902111009	Yes
7	AYESHA RIFAT	1902111011	Yes
8	AYESHA SIDDIQA	1902111012	Yes
9	BHUMIPAGA JAHNAVI EDWARD	1902111013	Yes
10	BIYAGUDA AKSHITHA	1902111014	Yes
11	BODA AKHILA	1902111015	No
12	BUDIME ANKITHA	1902111016	Yes
13	CHALLURI SUSHMITHA	1902111017	Yes
14	CHEETI NISHITHA	1902111018	Yes
15	CHERUKUPALLI SAI AMRUTHA UDAYINI	1902111019	Yes
16	D SREESHA	1902111020	Yes
17	DEVASOTH PRIYANKA	1902111022	Yes
18	DEVIREDDY AMRUTHA SAI	1902111023	Yes
19	DUGGIRALA NAGA SAI SRAVANTHI	1902111026	Yes
20	DUTTALURI BINDU MADHAVI	1902111027	Yes
21	ETHAKOTA SRI DIVYA	1902111028	No
22	FARHA SULTANA	1902111029	Yes
23	FLORA SUSAN FRANCIS	1902111030	Yes
24	GUNDABOINNA YAMINI	1902111031	Yes
25	GURRALA ARTHI	1902111032	Yes
26	HAFSA DANEEN	1902111033	Yes
27	JAMMULA SOWMYA	1902111034	Yes
28	JUVERIYA SULTANA ZUBIYA	1902111035	Yes
29	K JAHNAVI	1902111036	Yes

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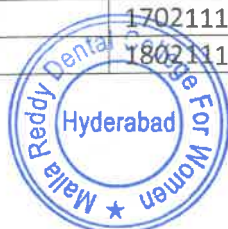
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Phone : 94401 89797

Email : mrdcw2013@gmail.com www.mrdcw.edu.in

30	K SUNITHA	1902111037	Yes
31	KALAL GOUTHAMI	1902111038	Yes
32	KALASHIKAM MANASVI	1902111039	Yes
33	KONKAL SANGAMITHRA REDDY	1902111040	Yes
34	KUNDETI TARUNI SAI BHAGYA SREE	1902111043	Yes
35	KURVA TARANI	1902111045	Yes
36	LUBNA FATIMA	1902111046	Yes
37	MACHA SOWMYA	1902111048	Yes
38	MADIPELLI AKHILA	1902111049	Yes
39	MAKARAJU HIMAVARDHANI	1902111050	Yes
40	MALEREDDY DURGA TEJASWINI	1902111051	Yes
41	MAMINDLA AKANKSHA	1902111052	Yes
42	MOHAMMADI BUTUL	1902111055	Yes
43	MULLAPUDI MADHAVI	1902111056	Yes
44	NANDALA SINDHUJA	1902111058	Yes
45	NANDANAVARE UMARANI	1902111059	Yes
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74	ZUHA KAUNAIN	1902111100	Yes
75	CHOUHAN RAJASREE	1802111021	Yes
76	MUNDE NIHARIKA	1802111057	Yes
77	MACHHA SHRAVYA	1802111048	Yes
78	NAKKA VANITHA	1702111059	Yes
79	AYESHA MUNAZZA	1802111011	Yes



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80	BANOTHU VASAVI	1802111015	Yes
81	D BHAGYASREE	1802111022	Yes
82	DEVATH APOORVA	1802111024	Yes
83	KONKATI SHRUTHI	1802111045	Yes
84	KOTHAPALLI MEGHANA	1802111046	Yes
85	PULLURI SWARNA SREE	1802111068	Yes
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100	KATINEEDI AJANTHA	1602111050	Yes
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102	FARIHA KHAN	1702111024	Yes
103	GAJABIMKAR NAGARANI	1702111025	Yes
104	IRHAM DANİYAN	1702111033	No
105	PANTANGI DIVYA	1702111063	Yes

G. Santhya
VAC Coordinator

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. A SAI PRANEETHA of IV year BDS bearing
roll no: 1902111001, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. AFNAN AYESHA ZOYA of IV year BDS bearing
roll no: 1902111002, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. ANANTHULA SHIVANI of IV year BDS bearing
roll no: 1902111006, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santhi
Coordinator



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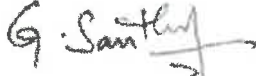
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. ARYA SINGH of IV year BDS bearing
roll no: 1902111007, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Course Code: VAC-2205

This to certify that Mr/Ms. AVULA SUNITHANJALI of IV year BDS bearing
roll no: 1902111008, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
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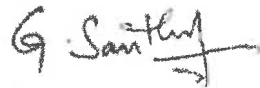
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. AYESHA AMREEN of IV year BDS bearing
roll no: 1902111009, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. BHUMIPAGA JAHNAVI EDWARD of IV year BDS bearing
roll no: 1902111013, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. BIYAGUDA AKSHITHA of IV year BDS bearing
roll no: 1902111014, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



BW

Nawane
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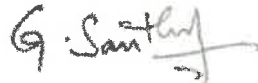
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Certificate of Appreciation

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This to certify that Mr/Ms. BUDIME ANKITHA of IV year BDS bearing
roll no: 1902111016, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Course Code: VAC-2205

This to certify that Mr/Ms. CHALLURI SUSHMITHA of IV year BDS bearing
roll no: 1902111017, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
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This to certify that Mr/Ms. CHEETI NISHITHA of IV year BDS bearing
roll no: 1902111018, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. CH SAI AMRUTHA UDAYINI of IV year BDS bearing
roll no: 1902111019, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. D SREESHA of IV year BDS bearing
roll no: 1902111020, has Successfully completed the Value added Course – “**How to
overcome stress**”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. DEVASOTH PRIYANKA of IV year BDS bearing
roll no: 1902111022, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. DEVIREDDY AMRUTHA SAI of IV year BDS bearing
roll no: 1902111023, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santini
Coordinator



B. U. S.
Principal / Dean
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N. S. S.
Principal/Dean



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. DUGGIRALA NAGA SAI SRAVANTHI of IV year BDS bearing
roll no: 1902111026, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



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Principal / Dean
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S. S. S.
Principal/Dean



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. DUTTALURI BINDU MADHAVI of IV year BDS bearing
roll no: 1902111027, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. FARHA SULTANA of IV year BDS bearing
roll no: 1902111029, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. FLORA SUSAN FRANCIS of IV year BDS bearing
roll no: 1902111030, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



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Malla Reddy Dental College for Women

S. S. S.
Principal/Dean



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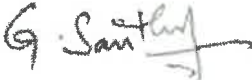
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. GUNDABOINNA YAMINI of IV year BDS bearing
roll no: 1902111031, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. GURRALA ARTHI of IV year BDS bearing
roll no: 1902111032, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. HAFSA DANEEN of IV year BDS bearing
roll no: 1902111033, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santhya
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. JAMMULA SOWMYA of IV year BDS bearing
roll no: 1902111034, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. JUVERIYA SULTANA ZUBIYA of IV year BDS bearing
roll no: 1902111035, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santhi
Coordinator



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. K JAHNAVI of IV year BDS bearing
roll no: 1902111036, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. K SUNITHA of IV year BDS bearing
roll no: 1902111037, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. KALAL GOUTHAMI of IV year BDS bearing
roll no: 1902111038, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Coordinator



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. KALASHIKAM MANASVI of IV year BDS bearing
roll no: 1902111039, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. KONKAL SANGAMITHRA REDDY of IV year BDS bearing
roll no: 1902111040, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



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Principal / Dean
Malla Reddy Dental College for Women



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. KUNDETI TARUNI SAI BHAGYA SREE of IV year BDS bearing roll no: 1902111043, has Successfully completed the Value added Course – “How to overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santly
Coordinator



Bu
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. KURVA TARANI of IV year BDS bearing
roll no: 1902111045, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



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



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. LUBNA FATIMA of IV year BDS bearing
roll no: 1902111046, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. MACHA SOWMYA of IV year BDS bearing
roll no: 1902111048, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



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Sowmya
Principal/Dean



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. MADIPELLI AKHILA of IV year BDS bearing
roll no: 1902111049, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. MAKARAJU HIMAVARDHANI of IV year BDS bearing
roll no: 1902111050, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. MALEREDDY DURGA TEJASWINI of IV year BDS bearing
roll no: 1902111051, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
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BVL

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Suman
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. MAMINDLA AKANKSHA of IV year BDS bearing
roll no: 1902111052, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Coordinator



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. MOHAMMADI BUTUL of IV year BDS bearing
roll no: 1902111055, has Successfully completed the Value added Course – “**How to
overcome stress**”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Coordinator



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Nawana
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. MULLAPUDI MADHAVI of IV year BDS bearing
roll no: .1902111056, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. NANDALA SINDHUJA of IV year BDS bearing
roll no: 1902111058, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santly
Coordinator



Bu
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Nawana
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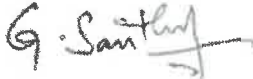
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. NANDANAVARE UMARANI of IV year BDS bearing
roll no: 1902111059, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. NATARAJ SANJA KARUNAMAYI of IV year BDS bearing
roll no: 1902111060, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. NAZIA SULTANA of IV year BDS bearing
roll no: 1902111061, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santly
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. NIDA of IV year BDS bearing
roll no: 1902111062, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. P V S MAHIMA SIDDHI of IV year BDS bearing
roll no: 1902111063, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santhi
Coordinator



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Principal / Dean
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Sanjivani
Principal/Dean



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. PATHAPATI VENKATA SAHITHI of IV year BDS bearing
roll no: 1902111065, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. POLKAMPALLY RUTHVIKA of IV year BDS bearing
roll no: 1902111071, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Principal/Dean
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. PRIYADARSHANI KANCHAN PANDIT of IV year BDS bearing
roll no: 1902111072, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



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Principal / Dean **Principal/Dean**
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. REBBASU SRUJANA of IV year BDS bearing
roll no: 1902111073, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


Coordinator





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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. REGULAPATI RASHMI of IV year BDS bearing
roll no: 1902111074, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santhi
Coordinator



B. V. V.
Principal / Dean
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N. V. V.
Principal/Dean



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. RUMANA TABASSUM of IV year BDS bearing
roll no: 1902111075, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



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Rumana
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. S NEHA of IV year BDS bearing
roll no: 1902111077, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. SABOORA NAZEER of IV year BDS bearing
roll no: 1902111078, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. SAMUDRALA SRAVANI of IV year BDS bearing
roll no: 1902111079, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Coordinator



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. SHAHANA TAHREEM of IV year BDS bearing
roll no: 1902111080, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. SREEYA PULLURI of IV year BDS bearing
roll no: 1902111081, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santhi
Coordinator



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. SRINI N of IV year BDS bearing
roll no: 1902111082, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. SURA ROHITHA of IV year BDS bearing
roll no: 1902111083, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. TEEGALA HARIKA of IV year BDS bearing
roll no: 1902111087, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santhi
Coordinator



Bue

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Sanjivani
Principal/Dean



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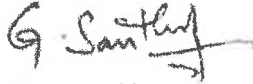
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. THADAKA VENNELA of IV year BDS bearing
roll no: 1902111088, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. THUMMALA NICY SUSAN of IV year BDS bearing
roll no: 1902111090, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. THUMULA DEEPIKA of IV year BDS bearing
roll no: 1902111091, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. UJJELI SHIVANI of IV year BDS bearing
roll no: 1902111092, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. UPPULAPU SWETHA of IV year BDS bearing
roll no: 1902111093, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. V BHARGAVI of IV year BDS bearing
roll no: 1902111094, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santhya
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. VALASA SAI SANTHOSHI of IV year BDS bearing
roll no: 1902111096, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santhi
Coordinator



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. VELISHETTY SADGUNA of IV year BDS bearing
roll no: 1902111098, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. ZUHA KAUNAIN of IV year BDS bearing
roll no: 1902111100, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. MUNDE NIHARIKA of IV year BDS bearing
roll no: 1802111057, has Successfully completed the Value added Course – “**How to
overcome stress**”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. MACHHA SHRAVYA of IV year BDS bearing
roll no: 1802111048, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. NAKKA VANITHA of IV year BDS bearing
roll no: 1702111059, has Successfully completed the Value added Course – “**How to
overcome stress**”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. AYESHA MUNAZZA of IV year BDS bearing
roll no: 1802111011, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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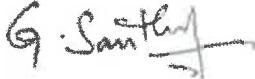
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. BANOTHU VASAVI of IV year BDS bearing
roll no: 1802111015, has Successfully completed the Value added Course – “**How to overcome stress**”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. D BHAGYASREE of IV year BDS bearing
roll no: 1802111022, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. DEVATH APOORVA of IV year BDS bearing
roll no: 1802111024, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


Coordinator




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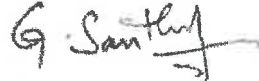
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. KONKATI SHRUTHI of IV year BDS bearing
roll no: 1802111045, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


Coordinator





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Principal/Dean



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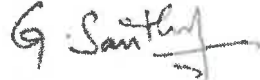
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. KOTHAPALLI MEGHANA of IV year BDS bearing
roll no: 1802111046, has Successfully completed the Value added Course – **“How to
overcome stress”**, conducted in the institute from 27th July 2022 to 29th July 2022.


Coordinator




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Principal/Dean



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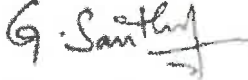
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. PULLURI SWARNA SREE of IV year BDS bearing roll no: 1802111068, has Successfully completed the Value added Course – “How to overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


Coordinator





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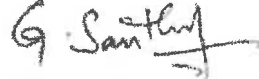
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. ROQUIA IRFAN of IV year BDS bearing
roll no: 1802111072, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. RUBA TARANNUM of IV year BDS bearing
roll no: 1802111073, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. UMAIMA SAMEEN of IV year BDS bearing
roll no: 1802111093, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. KUTHADI ALEKYA of IV year BDS bearing
roll no: 1602111053, has Successfully completed the Value added Course – “**How to
overcome stress**”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. GUNTURI PADMA PRIYA of IV year BDS bearing
roll no: 1702111030, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Course Code: VAC-2205

This to certify that Mr/Ms. MENCHU MAANSI of IV year BDS bearing
roll no: 1802111055, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. NAGARAPU SREEJA of IV year BDS bearing
roll no: 1802111058, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. PASUNURI AARTHI of IV year BDS bearing
roll no: 1802111062, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. RAFATH NOORI of IV year BDS bearing
roll no: 1802111070, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. SABBI ROHITHA of IV year BDS bearing
roll no: 1802111075, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

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Malla Reddy Dental College for Women

Lawrence
Principal/Dean



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. SHABNAM BEGUM of IV year BDS bearing
roll no: 1802111081, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


Coordinator




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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. SYEDA SANA RAZVI of IV year BDS bearing
roll no: 1802111087, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.


Coordinator




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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. KATINEEDI AJANTHA of IV year BDS bearing
roll no: 1602111050, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



BW
Principal / Dea
Malla Reddy Dental College for Women

Sawani
Principal/Dean



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. PERUMANDLA SUSMITHA of IV year BDS bearing
roll no: 1602111074, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santhya
Coordinator



B.V.
Principal / Dean
Malla Reddy Dental College for Women

Sarwan
Principal/Dean



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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. FARIHA KHAN of IV year BDS bearing
roll no: 1702111024, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



BW
Principal / Dean
Principal/Dean
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. GAJABIMKAR NAGARANI of IV year BDS bearing
roll no: 1702111025, has Successfully completed the Value added Course – “**How to
overcome stress**”, conducted in the institute from 27th July 2022 to 29th July 2022.


Coordinator




Principal / Dean
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Certificate of Appreciation

Course Code: VAC-2205

This to certify that Mr/Ms. PANTANGI DIVYA of IV year BDS bearing
roll no: 1702111063, has Successfully completed the Value added Course – “How to
overcome stress”, conducted in the institute from 27th July 2022 to 29th July 2022.

G. Santosh
Coordinator



BW
Principal / Dean
Malla Reddy Dental College for Women

Sawana
Principal/Dean


MALLA REDDY
DENTAL COLLEGE FOR WOMEN

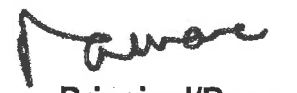
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Feedback analysis of students on VALUE ADDED COURSES							
Academic Year : 2022 - 2023				Year: IV year BDS			
Name of the VAC:How to overcome stress							
Course Code:VAC-2205				Students Registered:		105	
Students feedback on curriculum collected 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	73	28	4			4.66
2	Content was organised and easy to follow	70	29	2			4.67
3	The objectives of value added course were clearly defined	72	30	2	1		4.65
4	The participation and interaction were encouraged	80	20	5			4.71
5	Course experience will be useful in my work	74	30	1			4.70
6	The resource person was knowledgeable about the topic	85	18	2			4.79
7	The time allotted for the course is sufficient	76	26	3			4.70
8	Did the course provide good balance between theory & practice?	84	17	4			4.76

Suggestions:A detailed timetable to help with time management should have been given to help us.

Coordinator


Principal/Dean





Principal / Dean
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