

Malla Reddy Institute of Dental Sciences

(SPONSORED BY CHANDRAMMA EDUCATIONAL SOCIETY)

Affiliated to KNRUHS, Warangal, Telangana, Recognized by Dental Council of India, New Delhi Survey No. 138, Suraram Main Road, Quthbullapur, Jeedimetla, Hyderabad -500055, www.mrids.edu.in

CRITERIA -1.3.2

Value Added Course: Are You OK? Mental health awareness for you (DS-VAC-2005)



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Printipal / Deans Malla Reddy Institute of Dental Sciences

Date: 07.10.2020

Hyderabad

To

The Principal/Dean,

Malla Reddy Institute of Dental Sciences,

Suraram.

Sub: Permission to conduct a Mental Health Awareness Programme for students Respected Sir,

The Curriculum Committee of MRIDS would like to organize a mental health awareness program - "Are You OK? Mental health awareness for you" for IV BDS students. Program details are mentioned below.

Resource person - DR. ANAND: Prof. & HOD, Department of Psychiatry, Malla Reddy Institute of Medical Sciences

Venue – Lecture Hall - 1, 2nd floor, MRIDS

Time – 9.30 AM to 3.00 PM

Date - 13th - 15th October 2020

Kindly grant us permission for the same and support the event.

Thanking you.

Yours faithfully.

You Vincinute of Dental Sciences

Coordinator



MALLA REDDY INSTITUTE OF DENTAL SCIENCES

(SPONSORED BY: CHANDRAMMA EDUCATIONAL SOCIETY)

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

Ref:MRIDS/Circulars/VAC/2020/Oct-01

Date: 10.10.2020

Hyderabad

CIRCULAR

Malla Reddy Institute of Dental Sciences is conducting a mental health awareness program – "Are You OK? Mental health awareness for you" for IV BDS from 13th – 15th October 2020. All the departments are requested to relieve the students & reschedule the classes and clinical postings. Students have to register with the program Coordinator Dr. Yusuf.

Resource person – DR. ANAND: Prof. & HOD, Department of Psychiatry, Malla Reddy Institute of Medical Sciences

Venue – Lecture Hall - 1, 2nd floor, MRIDS

Time -9.30 AM to 3.00 PM

Date – 13th – 15th October 2020

PRINCIPAL/ DEAN

Principal / Dean

Malla Reddy Institute of Dental Sciences

Copy to:

1. Circulation in student's classroom

2. All HoDs

3. Notice board

4. PA to Principal for filing

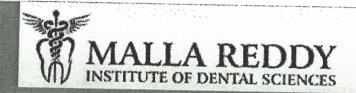
Malla Reddy Malla Reddy Malla Reddy

Survey No. 138, Malla Reddy Health City, Suraram 'X' Road, Quthbullapur Municipality, Hyderabad - 500 055. Phone : 7997555544

Email: mrids.2012@gmail.com

Website: www.mrids.org

BROCHURE



ARE YOU OK? MENTAL HEALTH AWARENESS FOR YOU

Course objectives

- Recognizing signs of mental illnesses
- Coping with stress and adversities
- Stress reduction skills
- Fight the discrimination

DR. ANAND

13 -15 OCTOBER 2020 LECTURE HALL - 1, MRIDS



Principal / Dean
Principal / Dean
Malla Reddy Institute of Dental Sciences



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"ARE YOU OK? MENTAL HEALTH AWARENESS YOU" COURSE DURATION: 17 hours

PROGRAMME SCHEDULE

Day	Time	Topics
13.10.2020	09:30 AM - 09:45 AM	Registration and Welcome
	09:45 AM - 10:30 AM	 Definition and Importance of Mental Health Awareness
	10:30 AM - 11:30 AM	 Common Mental Health Conditions: Anxiety, Depression, and Stress
	11:30 AM - 12:30 PM	Signs and Symptoms of Mental Health Disorders
	12:30 PM - 01:30 PM	LUNCH
	01:30 PM - 02:30 PM	Challenging Stigma and Misconceptions Surrounding Mental Health
	02:30 PM - 03:00 PM	Promoting Mental Health Awareness and Advocacy
14.10.2020	09:30 AM - 10:00 AM	Importance of Self-Care for Mental Health and Well-Being
	10:00 AM - 11:00 AM	 Self-Care Strategies: Mindfulness, Relaxation Techniques, and Physical Activity
	11:00 AM - 12:00 PM	Developing Healthy Coping Mechanisms for Stress Management
	12:00 PM - 01:00 PM	LUNCH
	01:00 PM - 02:00 PM	 Understanding Resilience and its Role in Mental Health
	02:00 PM - 03:00 PM	 Resilience-Building Techniques: Problem- Solving, Positive Thinking, and Social Support
15.10.2020	09:30 AM - 10:00 AM	 Recognizing When to Seek Professional Help
	10:00 AM - 11:00 AM	 Accessing Mental Health Resources and Support Services
	11:00 AM - 12:00 PM	 Destigmatizing Help-Seeking Behavior
	12:00 PM - 01:00 PM	LUNCH
	01:00 PM - 02:00 PM	How to Support a Friend or Loved One with Montal Hardth Grand
	02:00 PM - 03:30 PM	Mental Health Concerns - Active Listening and Effective Communication Skillscipal Dental Sciences

(Hyderabad)

Malla Reddy Institute

Coordinator

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"ARE YOU OK? MENTAL HEALTH AWARENESS YOU"

COURSE SYLLABUS

COURSE DESCRIPTION:

"Are You OK? Mental Health Awareness for You" program, covers essential topics in mental health awareness, self-care, resilience-building, seeking help, and supporting others. Each day consists of morning and afternoon sessions with interactive discussions, activities, and practical exercises to engage participants in learning and reflection.

COURSE OBJECTIVES:

General objective:

Learning about mental health

Specific objectives:

- Recognizing signs of mental illnesses
- Stress reduction skills
- Fight the discrimination

COURSE TOPICS:

Day 1: Understanding Mental Health

Morning Session: Introduction to Mental Health

- Definition and Importance of Mental Health Awareness
- Common Mental Health Conditions: Anxiety, Depression, and Stress
- Signs and Symptoms of Mental Health Disorders

Afternoon Session: Breaking the Stigma

- Challenging Stigma and Misconceptions Surrounding Mental Health
- Promoting Mental Health Awareness and Advocacy
- Cultivating a Supportive and Compassionate Community

Day 2: Self-Care and Well-Being

Morning Session: Self-Care Practices

- Importance of Self-Care for Mental Health and Well-Being
- Self-Care Strategies: Mindfulness, Relaxation Techniques, and Physical Activity

Malla Reddy Strute of Dental Sciences Developing Healthy Coping Mechanisms for Stress Management

Afternoon Session: Building Resilience

Understanding Resilience and its Role in Mental Health

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Hyderabad

Email: mrids.2012@gmail.com

Website: www.mrids.org

- Resilience-Building Techniques: Problem-Solving, Positive Thinking, and Social Support
- Overcoming Adversity and Bouncing Back from Challenges

Day 3: Seeking Help and Supporting Others

Morning Session: Seeking Help for Mental Health Concerns

- Recognizing When to Seek Professional Help
- Accessing Mental Health Resources and Support Services
- Destignatizing Help-Seeking Behavior

Afternoon Session: Supporting Others with Mental Health Challenges

- How to Support a Friend or Loved One with Mental Health Concerns
- Active Listening and Effective Communication Skills
- Creating a Safe and Supportive Environment for Mental Health Discussions

COURSE FORMAT:

- AV Presentation
- Discussions
- Self help exercises

COURSE OUTCOME:

Interactive discussions, case studies, and experiential exercises will empower participants to develop a deeper understanding of mental health, practice self-care strategies, and learn how to support themselves and others in times of need. By the program's conclusion, participants will be equipped with the knowledge and skills to promote mental health awareness and advocate for mental well-being in their communities.

Coordinator

De Hydershad &

Principal / Dean

Malla Reddy Institute of Denial Setzman



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REPORT OF THE EVENT

17.10.2020

Hyderabad

INTRODUCTION:

The World Health Organization provides a <u>mental wellness definition</u>: "A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

Mental health awareness helps people recognize the ways mental illness affects their lives, educates people about available services, and highlights ways to advocate. Recognition and education are important ways to remove the stigma associated with mental illness.

RESOURCE PERSON:

DR. ANAND: Prof. & HOD, Department of Psychiatry, Malla Reddy Institute of Medical Sciences, Suraram.

VENUE: Lecture Hall - 1, 2nd floor, Malla Reddy Institute of Dental Sciences

DURATION: 16.5 hours

TIME: 9.30 AM to 3.00 PM

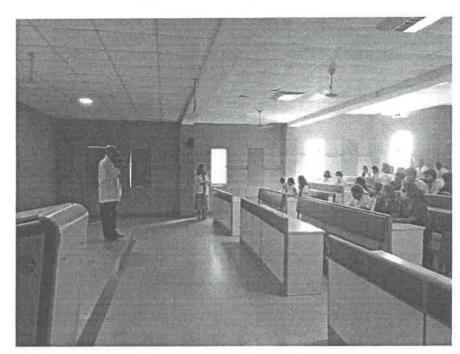
DATE: 13th – 15th October 2020

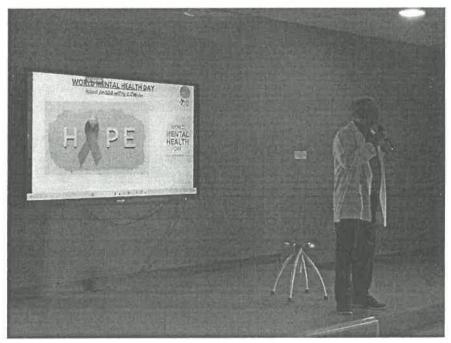
NUMBER OF PARTICIPANTS: 98 students from IV BDS

Coordinator

Malla Reddy Institute of Dental Sciences

GLIMPSE OF THE COURSE







Principal / Dean
Principal / Dean
Malla Reddy Institute of Dental Sciences



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Are You OK? Mental hea	aith awareness for you
Course Code: DS-VAC-2005 DATE: 13 th - 15 th October 2020	Year : IV BDS
Venue: Lecture Hell 1 2nd 2	Total students Registered: 98
Venue: Lecture Hall - 1, 2 nd floor, Malla Reddy Time: 9.30 AM to 3.00 PM	Institute of Dental Sciences

Details of Students registered for Value added Course: Are You OK? Mental health awareness for you

S.No.	trame of the Student	Hall Ticket No.	Registered
1.	A SINDHUJA	1702109001	Yes
	ADITHYA KUMAR D RAO	1702109003	Yes
3.	AFAF AHMED	1702109004	Yes
4.	AKKEM BHARGAVI	1702109005	Yes
5.	ALEKHYA VELLANKI	1702109006	Yes
6.	ALLI VAMSHI KRISHNA	1702109007	Yes
7.	AMULYA GUDURI	1702109008	Yes
8.	ANJALI SHARMA	1702109009	Yes
9.	ARTHAM AKHILA	1702109010	Yes
10.	B V SAI KEERTHANA PATNAIK	1702109011	Yes
11.	BELLAM SRIPRIYA	1702109013	Yes
12.	BINDU LOKAM	1702109014	Yes
13.	BOJJA GOLDIE SHREYA	1702109014	Yes
14.	BOMMAK BHARANI	1702109016	Yes
15.	C KAVYA	1702109017	Yes
16.	C SAI KEERTHI	1702109017	
17.	CHERUKURI SHRUSHTI	1702109018	Yes
18.	CHINNAM SAI PAVITHRA	1702109020	Yes
19.	CHINTHAKINDHI PRUDVI PHANINDRA SAGAR	1702109021	Yes Yes
20.	CHINTHALA SOWMIKA	1702109023	Yes
21.	CHOWDARAPALLY KALPANA	1702109024	Yes
22.	DADE SAIVAISHNAVI	1702109025	Yes
23.	DANDU SADHANA SARASWATHI	1702109026	Yes
	DESHMUKH KRUTIKA	1702109020	
25.	DEVIREDDY GEETHIKA TO OF DOOR		Yes
	DIVYA REDDY MOSALI	1702109028 Prin 102109029 mai Sci	Yes

Byders Will a Recoy III Survey No. 138, Malla Reddy Health City, Suraram X' Road, Quthbullapur Municipality,

Hyderabad - 500 055. Phone : 7997555544 Email: mrids.2012@gmail.com Website: www.mrids.org

27.	DODDA LAHITYA SURYA PRANEETHA	1702109030	Yes
28.	ENUGULA MURALI KRISHNA	1702109031	Yes
29.	ERLAPALLY MOUNIKA	1702109032	Yes
30.	G RAVI KIRAN	1702109034	Yes
31.	GADE AKANKSHA	1702109035	Yes
32.	GALYREDDY SINDHU REDDY	1702109036	Yes
33.	GANTA SOWMYA	1702109037	Yes
34.	GATTU SANJANA ROTHAMS	1702109038	Yes
35.	GOLI AJAY CHANDRA VYAS	1702109040	Yes
36.	GONE LIKITH KUMAR	1702109041	Yes
37.	GUNDUM MYTHRI	1702109042	Yes
38.	JADAV ARCHANA	1702109044	Yes
39.	JARUPULA MEGHA	1702109045	Yes
40.	JETTA JABILI	1702109046	Yes
41.	JETTY SAMYUKTA	1702109047	Yes
42.	JONNAVITTULA SRIVALLI	1702109048	Yes
43.	JORRIGALA NITHYA	1702109049	Yes
44.	JUTURI SRINIDHI	1702109050	Yes
45.	JWALA LAKSHMI KAVYA	1702109051	Yes
46.	K SANJANA	1702109052	Yes
47.	K SPANDANA	1702109053	Yes
48.	KADARLA VIRAT KUMAR	1702109054	Yes
49.	KULLACHI SRI DIVYA	1702109057	Yes
50.	KURUMA GNYANA PRIYANKA	1702109059	Yes
51.	LAKSHMI INDIRA KUPPA	1702109060	Yes
52.	LANKA RISHITA	1702109061	Yes
53.	MADDI RISHITHA	1702109063	Yes
54.	MADIREDDY SAHITH REDDY	1702109064	Yes
55.	MANDADE POOJA	1702109065	Yes
56.	MEKALA BINDU	1702109066	Yes
	MERUGU SHRAVAN REDDY	1702109067	Yes
	METLA NIKHIL	1702109068	Yes
	MOHAMMED ABDUL NUMAN	1702109070	Yes
	MUDDAM SHAMILY REDDY	1702109072	Yes
	MYTHRI GURRALA	1702109073	Yes
	NAGIREDDY HIMAJA	1702109074	Yes
	NAINI SRILEKHA	1702109075	Yes
	NIMISHA S ROY	1702109076	Yes
55.	P HAINDAVI	1702109077	Yes
66.	PAPIREDDY NEEHARIKA REDDY	1702109080	Yes
57.	PRIYA DALMIA	1702109082	Yes
i8.]	RAIKANTI ANEELA VASAAN	1702109083	Yes

Principal / Dean
Malla Reddy Incitiute of Dental Sciences

69.	RAMAVATH SUMITRA	1702109084	Yes
70.	RAVIPATI DEDEEPYA	1702109085	Yes
71.	S KRISHNA VENI	1702109086	Yes
72.	S VASANTH KARTHIK	1702109087	Yes
73.	SAMA KASTHURI	1702109088	Yes
74.	SAMEHA SEEREN	1702109089	Yes
75.	SHEELA PRAVEENA	1702109090	Yes
76.	SHIRIN ISAAC	1702109091	Yes
77.	SOMESULA HASITHA	1702109092	Yes
78.	SRAVYA SREE D	1702109093	Yes
79.	SUSHMITHA SETTY	1702109095	Yes
80.	TANGUTOORI NISHANTH	1702109096	Yes
81.	UPPALAPATI SAHITHI	1702109097	Yes
82.	V R MEGHANA	1702109098	Yes
83.	VALMIKI BEULAH	1702109099	Yes
84.	VAVILALA SAI THARUN	1702109100	Yes
85.	CHITTABOINA VARDHAN YADAV	1602109017	Yes
86.	GOPISETTY PRAVITHA	1602109031	Yes
87.	GUDEPU SHASHANK	1602109033	Yes
88.	GUNDA SAITEJA	1602109036	Yes
89.	NASEHA JAMEEL	1602109062	Yes
90.	RUPANI SAHITHYA	1602109075	Yes
91.	S AKSHAY	1602109076	Yes
92.	G N BEULAH SUSHANTHI	15701024	Yes
93.	LAKSHMI MANASA SAKEPALLY	15701045	Yes
94.	MEGHANA MARTHLA	15701050	Yes
95.	NALANAGULA MEGHANA	15701055	Yes
96.	POOSA VAMSHIKA	15701065	Yes
97.	S DEVIKA	15701073	Yes
98.	VENNELA GURRAM	14701093	Yes

Coordinator

C8ric

Academic Dean

Principal/Dean
Principal / Dean

Malla Reddy Institute of Dental Sciences







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Are You OK? Mental health awareness for you

Course Code: DS-VAC-2005

Year : IV BDS **DATE:** 13th - 15th October 2020 Total students completed: 90

Venue: Lecture Hall - 1, 2nd floor, Malla Reddy Institute of Dental Sciences

Time: 9.30 AM to 3.00 PM

Details of Students successfully completed Value added Course: Are You OK? Mental health awareness for you

S.No	name of the Student	Hall Ticket No.	Successfully completed
2.	A SINDHUJA	1702109001	Yes
3.	ADITHYA KUMAR D RAO	1702109003	Yes
	AFAF AHMED	1702109004	Yes
4.	AKKEM BHARGAVI	1702109005	Yes
5.	ALEKHYA VELLANKI	1702109006	
6.	ALLI VAMSHI KRISHNA	1702109007	Yes
7.	AMULYA GUDURI	1702109007	Yes
8.	ANJALI SHARMA	1702109008	Yes
9.	ARTHAM AKHILA		No
10.	B V SAI KEERTHANA PATNAIK	1702109010	Yes
11.	BELLAM SRIPRIYA	1702109011	Yes
12.	BINDU LOKAM	1702109013	Yes
13.	BOJJA GOLDIE SHREYA	1702109014	Yes
14.	BOMMAK BHARANI	1702109015	Yes
15.	C KAVYA	1702109016	Yes
16.	C SAI KEERTHI	1702109017	Yes
	CHERUKURI SHRUSHTI	1702109018	Yes
18.	CHINNAM CALDALUGUE	1702109020	No
	CHINNAM SAI PAVITHRA CHINTHAKINDHI PRUDVI	1702109021	Yes
	PHANINDRA SAGAR	1702109022	Yes
	CHINTHALA SOWMIKA	1702109023	Yes
	CHOWDARAPALLY KALPANA	1702109024	Yes
	DADE SAIVAISHNAVI	1702109025	
23. I	DANDU SADHANA SARASWATHI	1702109025	Yes
4. I	DESHMUKH KRUTIKA	1702109027	Yes
	DEVIREDDY GEETHIKA CONTROLLED		Yes
	vey No. 138 Malla Para Luda abad of	1702109028	Yes Principal / Dean

Survey No. 138, Malla Reddy Health City Suraram 'X' Road, Quthbullapur Municipality,

Hyderabad - 500 055. Phone: 7997555544 Email: mrids.2012@gmail.com

Website: www.mrids.org

	6. DIVYA REDDY MOSALI7. DODDA LAHITYA SURYA	1702109029	Yes
	PRANEETHA	1702109030	Yes
28	DIVOGOLA MORALI KRISHNA	1702109031	Yes
29	EREM ALLI WOUNKA	1702109032	Yes
30	CIUIVIKIKAIV	1702109034	Yes
31	GIDETIKANKSHA	1702109035	Yes
32	STRETKEDDT SINDHU REDDY	1702109036	Yes
33	OTHVITA SOWIVITA	1702109037	Yes
34	GITTO BANJANA ROTHAMS	1702109038	Yes
35	GOLFAJAT CHANDRA VYAS	1702109040	No
36.	CONE DIKITII KUWAK	1702109041	Yes
37.	SCHOOM MITTINKI	1702109042	Yes
38.	TIDITY AIRCHANA	1702109044	Yes
39.	WINCOT CLA IMEGNA	1702109045	Yes
40.	OBTINIADILI	1702109046	
41.	VETTI SANTIUNIA	1702109047	Yes
42.	JONNAVITTULA SRIVALLI	1702109048	Yes
43.	JORRIGALA NITHYA	1702109049	Yes
44.	JUTURI SRINIDHI	1702109050	Yes
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51.	LAKSHMI INDIRA KUPPA	1702109060	No
52.	LANKA RISHITA	1702109061	Yes
53.	MADDI RISHITHA	1702109063	Yes
54.	MADIREDDY SAHITH REDDY	1702109064	Yes
55.	MANDADE POOJA	1702109065	Yes
56.	MEKALA BINDU	1702109066	Yes
57.	MERUGU SHRAVAN REDDY	1702109067	Yes
58.	METLA NIKHIL	1702109067	Yes
9.	MOHAMMED ABDUL NUMAN	1702109008	Yes
0.	MUDDAM SHAMILY REDDY	1702109070	Yes
1.	MYTHRI GURRALA	1702109072	No
2.	NAGIREDDY HIMAJA	1702109073	Yes
	NAINI SRILEKHA	1702109074	Yes
	NIMISHA S ROY		Yes
5.]	P HAINDAVI	1702109076	Yes
5.]	PAPIREDDY NEEHARIKA REDDY	1702109077	Yes
7. I	PRIYA DALMIA	1702109080	Yes
	#\$/	1702109082	Yes

Malla Red y institute of Dental Sciences

68.	TOTAL ANEELA VASAAN	1702109083	Yes
69.	TOTAL ATT SUMITRA	1702109084	Yes
70.	ACTAIL DEDEEP ! A	1702109085	No
71.	O ICCOMINA VENI	1702109086	Yes
72.	S VASANTH KARTHIK	1702109087	Yes
73.	SAMA KASTHURI	1702109088	Yes
74.	SAMEHA SEEREN	1702109089	
75.	SHEELA PRAVEENA	1702109090	Yes
76.	SHIRIN ISAAC	1702109091	Yes
77.	SOMESULA HASITHA	1702109091	Yes
78.	SRAVYA SREE D	1702109092	Yes
79.	SUSHMITHA SETTY	1702109093	Yes
80.	TANGUTOORI NISHANTH		Yes
81.	UPPALAPATI SAHITHI	1702109096	Yes
82.	V R MEGHANA	1702109097	Yes
83.	VALMIKI BEULAH	1702109098	Yes
84.	VAVILALA SAI THARUN	1702109099	Yes
85.	CHITTABOINA VARDHAN YADAV	1702109100	Yes
86.	GOPISETTY PRAVITHA	1602109017	No
87.	GUDEPU SHASHANK	1602109031	Yes
38.	GUNDA SAITEJA	1602109033	Yes
39.	NASEHA JAMEEL	1602109036	Yes
	RUPANI SAHITHYA	1602109062	Yes
	S AKSHAY	1602109075	Yes
_	G N BEULAH SUSHANTHI	1602109076	Yes
		15701024	Yes
_	LAKSHMI MANASA SAKEPALLY	15701045	Yes
	MEGHANA MARTHLA	15701050	No
	NALANAGULA MEGHANA	15701055	Yes
	POOSA VAMSHIKA	15701065	Yes
	S DEVIKA	15701073	Yes
٠. ١	VENNELA GURRAM	14701093	Yes

Coordinator

C. Brike

Academic Dean

Principal/Dean

Principal / Dean
Mella Reddy Institute of Dental Sciencer

inte of O Hyderabad

Principal / Dean

**Jalla Reddy Institute of Dental Sciences



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This to certify that Mr./Ms.	Α	SINDHUJA , IV
year BDS, bearing roll no:		has successfully completed the Value
added Course — "Are You OK"	– Mental Health	Awareness for You, conducted in the
institute from 13 th Oct 2020 to 15		Awareness for You, conducted in the Principal Dean Principal Dean Dental Sciences Malla Reddy Institute of Dental Sciences
	Academic De	ean Principal/ Dean



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Certificate of Completion

This to certify that Mr./Ms	ADITHYA	KUMAR D RAO , IV
year BDS, bearing roll no:		has successfully completed the Value
		wareness for You, conducted in the
institute from 13 th Oct 2020 to 15		wareness for You, conducted in the Principal Dean Sciences Principal Dean Sciences Malla Reddy Institute of Dental Sciences
Home of Denia,		malla Reddy " Principal/ Dean
0000 000	Academic Dear	n Principal/ Dean

Academic Dean



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Certificate of Completion

This to certify that Mr./Ms	Al	FAF AHMED, IV
year BDS, bearing roll no:		has successfully completed the Value
		Awareness for You, conducted in the
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This to certify that Mr./Ms	AKKE	EM BHARGAVI , IV
year BDS, bearing roll no:		has successfully completed the Value
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institute from 13th Oct 2020 to 13		Principal Dean Sciences
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This to certify that Mr./Ms.	ALEKHYA VELLANKI , IV	
year BDS, bearing roll no:	1702109006	has successfully completed the Value
added Course — "Are You Ol	K" — Mental Health	Awareness for You, conducted in the
institute from 13th Oct 2020 to	15 th Oct 2020.	Principal / Dean Malla Reddy Institute of Dental Sciences
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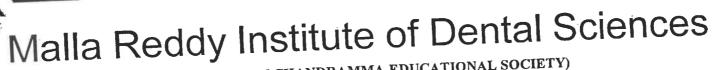
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This to certify that Mr./Ms	ALLI VA	AMSHI KRISHNA , IV
vear BDS, bearing roll no:	1702109007	has successfully completed the Value
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institute from 13 th Oct 2020 to 1	5 th Oct 2020.	Principal / Dean Principal / Dean Malla Reddy Institute of Dantal Science
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This to certify that Mr./MsAMULYA GUDURI, year BDS, bearing roll no:1702109008has successfully completed the Va	lue
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institute from 13th Oct 2020 to 15th Oct 2020. Malla Reddy Institute of Dental Scient Academic Dean Principal/ Dea	



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This to certify that Mr./Ms	ARTI	HAM AKHILA , IV
year BDS, bearing roll no:		_has successfully completed the Value
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This to certify that Mr./Ms	B V SAI KE	ERTHANA PATNAIK, IV
year BDS, bearing roll no:		has successfully completed the Value
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institute from 13th Oct 2020 to 13	5 th Oct 2020.	Principal of Deptal Science
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This to certify that Mr./MsBINDU LOKAM	, IV
year BDS, bearing roll no: 1702109014 has successfu	lly completed the Value
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institute from 13th Oct 2020 to 15th Oct 2020.	Principal Dean Principal Dean Science
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This to certify that Mr./MsBOJ.	JA GOLDIE SHREYA , IV
voor RDS hearing roll no:	has successfully completed the Value
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institute from 13th Oct 2020 to 15th Oct 2020.	Malla Reddy Institute of Dental Sciences
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This to certify that Mr./Ms	BOM	MAK BHARANI , IV
year BDS, bearing roll no:		has successfully completed the Value
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institute from 13 th Oct 2020 to 1		Principal / Dean Malla Reddy Institute of Dental Sciences
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year BDS, bearing roll no: 1702109017	has successfully completed the Value
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institute from 13th Oct 2020 to 15th Oct 2020.	Principal / Dean Principal / Dean Malla Reddy Institute of Dental Sciences
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This to certify that Mr./Ms	CHERUI	KURI SHRUSHTI , IV	
year BDS, bearing roll no:	1702109020	has successfully completed the Value	
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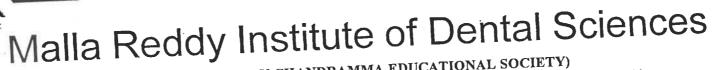
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This to certify that Mr./Ms	CHINNA	M SAI PAVITHRA , IV
war RNS hearing roll no:	1702109021	has successfully completed the value
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institute from 13 th Oct 2020 to 13		Awareness for You, conducted in the Principal Dean Principal Dean Principal Dean Principal Reddy Institute of Dental Science
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This to certify that Mr./MsCHINTH	HALA SOWMIKA, IV		
vear RDS bearing roll no: 1702109023	has successfully completed the Value		
institute from 13th Oct 2020 to 15th Oct 2020.	Awareness for You, conducted in the Principal / Dean Malla Reddy Institute of Dantal Science		
C. Prillarth	Principal/ Dean		

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This to certify that Mr./MsCHOW	DARAPALLY KALPANA, IV
year BDS, bearing roll no:170210902	has successfully completed the Value
added Course — "Are You OK" — Mental Ho	ealth Awareness for You, conducted in the
institute from 13th Oct 2020 to 15th Oct 2020.	Principal Seap Malla Reddy Institute of Delial Sciences

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This to certify that Mr./MsDA	DE SAIVAISHNAVI , IV
year BDS, bearing roll no:1702109025	has successfully completed the Value
added Course — "Are You OK" — Mental Hea	Ith Awareness for You, conducted in the
institute from 13th Oct 2020 to 15th Oct 2020.	Principal / Dean Malla Reddy Institute of Dental Sciences
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This to certify that Mr./MsDESH	IMUKH KRUTIKA , IV
year BDS, bearing roll no:1702109027	has successfully completed the Value
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institute from 13th Oct 2020 to 15th Oct 2020.	Principaly Dean Malla Reddy Institute of Dental Sciences
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This to certify that Mr./MsDE	VIREDDY GEETHIKA , IV
year BDS, bearing roll no:170210902	has successfully completed the Value
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institute from 13th Oct 2020 to 15th Oct 2020.	Printipal Julean Malla Reddy Institute of Dental Sciences
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This to certify that Mr./Ms	DIVYA	REDDY MOSALI , IV
year BDS, bearing roll no:		has successfully completed the Value
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institute from 13th Oct 2020 to 15	5 th Oct 2020.	Principal / Dean Malla Reddy Institute of Dental Sciences
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This to certify that Mr./MsDODDA LAHIT	YA SURYA PRANEETHA , IV
year BDS, bearing roll no:1702109030	has successfully completed the Value
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institute from 13th Oct 2020 to 15th Oct 2020.	Principal / Bean Malla Reddy Institute of Dental Sciences
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This to certify that Mr./Ms	ENUGULA	MURALI KRISHNA , IV
year BDS, bearing roll no:		has successfully completed the Value
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institute from 13th Oct 2020 to 13	5 th Oct 2020.	Principal \ Dean Malla Reddy Institute of Dental Selenées
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This to certify that Mr./Ms	ERLAF	PALLY MOUNIKA , IV
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This to certify that Mr./Ms	G R	AVI KIRAN, IV
year BDS, bearing roll no:	1702109034	_has successfully completed the Value
added Course — "Are You OK"	– Mental Health A	Awareness for You, conducted in the
institute from 13th Oct 2020 to 15	5 th Oct 2020.	Principal / Dean Malla Reddy Institute of Dental Science
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This to certify that Mr./Ms.	GAD	E AKANKSHA , IV
year BDS, bearing roll no:	1702109035	has successfully completed the Value
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This to certify that Mr./Ms.	GALYREDDY SINDHU REDDY , IV	
year BDS, bearing roll no:	1702109036	has successfully completed the Value
added Course — "Are You OK	" – Mental Health	Awareness for You, conducted in the
institute from 13^{th} Oct 2020 to	15 th Oct 2020.	Principal / Dear Malla Reddy Institute of Pental Science
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This to certify that Mr./Ms	GAN	ITA SOWMYA , IV
year BDS, bearing roll no:	1702109037	has successfully completed the Value
added Course — "Are You OK"	" – Mental Health	Awareness for You, conducted in the
institute from 13th Oct 2020 to 1	5 th Oct 2020.	Principal Dean Malla Reddy Institute of Dental Science
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This to certify that Mr./Ms	GATTU SA	NJANA ROTHAMS, IV
year BDS, bearing roll no:	1702109038	_has successfully completed the Value
added Course — "Are You OK"	' – Mental Health	Awareness for You, conducted in the
institute from 13th Oct 2020 to 1	5 th Oct 2020.	Principal Agean Malla Reddy Institute of Dental Science

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This to certify that Mr./Ms	GONE	LIKITH KUMAR , IV
year BDS, bearing roll no:	1702109041	has successfully completed the Value
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institute from 13 th Oct 2020 to 15	5 th Oct 2020.	Principal Dean Malia Reddy Institute of Emptal Science
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This to certify that Mr./Ms	GUNDUM MYTHRI , IV	
year BDS, bearing roll no:	1702109042	_has successfully completed the Value
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institute from 13 th Oct 2020 to 1	5 th Oct 2020.	Principal (Pearwhold Sciences Malla Reddy Institute of Vental Sciences

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This to certify that Mr./Ms	ADAV ARCHANA, IV
year BDS, bearing roll no:1702109044	has successfully completed the Value
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This to certify that Mr./Ms	JAR	UPULA MEGHA, IV
year BDS, bearing roll no:	1702109045	has successfully completed the Value
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This to certify that Mr./Ms	JE	ETTA JABILI , IV
year BDS, bearing roll no:	1702109046	has successfully completed the Value
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year BDS, bearing roll no:	1702109047	has successfully completed the Value
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institute from 13th Oct 2020 to 15	5 th Oct 2020.	Principal / Dean
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year BDS, bearing roll no:	1702109048	_has successfully completed the Value
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institute from 13 th Oct 2020 to 1	5 th Oct 2020.	Principal / Dear Principal
Coordinator	Academic Dean	Principal / Dean Malla Reddy Institute of Dental Sciences Principal / Dean

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This to certify that Mr./Ms	JUTURI SRINIDHI , IV	
year BDS, bearing roll no:	1702109050	has successfully completed the Value
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institute from 13 th Oct 2020 to 15	5th Oct 2020.	Principal (D.)
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year BDS, bearing roll no:	1702109051	_has successfully completed the Value
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year BDS, bearing roll no:	1702109052	has successfully completed the Value
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year BDS, bearing roll no:	1702109053	has successfully completed the Value
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year BDS, bearing roll no:	1702109054	has successfully completed the Value
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institute from 13^{th} Oct 2020 to 1	5 th Oct 2020.	Principal / Dear Malla Reddy Institute of Dental Science
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This to certify that Mr./Ms	KULLA	ACHI SRI DIVYA , IV
year BDS, bearing roll no:	1702109057	has successfully completed the Value
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institute from 13th Oct 2020 to 15	5th Oct 2020.	Principal Wear
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This to certify that Mr./Ms	KURUMA 0	SNYANA PRIYANKA , IV
year BDS, bearing roll no:	1702109059	_has successfully completed the Value
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year BDS, bearing roll no:	1702109060	_has successfully completed the Value
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year BDS, bearing roll no:	1702109063	_has successfully completed the Value
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institute from 13th Oct 2020 to 1	5 th Oct 2020.	Principa / Dean Malla Reddy Institute of Dental Sciences
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This to certify that Mr./Ms	MADIRED	DY SAHITH REDDY , IV
year BDS, bearing roll no:	1702109064	_has successfully completed the Value
added Course — "Are You OK" — Mental Health Awareness for You, conducted in the		
institute from 13 th Oct 2020 to 3	15 th Oct 2020.	Principal Dean Sciences Malla Reddy Institute of Denial Sciences
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This to certify that Mr./Ms	MANDADE POOJA , IV	
year BDS, bearing roll no:	1702109065	_has successfully completed the Value
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This to certify that Mr./Ms	MEKALA BINDU , IV	
year BDS, bearing roll no:	1702109066	has successfully completed the Value
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institute from 13th Oct 2020 to 15	5 th Oct 2020.	Principal / Dean Walla Reddy Institute of Dental Science
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year BDS, bearing roll no:1702109067	has successfully completed the Value	
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This to certify that Mr./Ms.	ME	TLA NIKHIL , IV
year BDS, bearing roll no:	1702109068	has successfully completed the Value
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This to certify that Mr./MsMOHAMMED ABDUL NUMAN,		ED ABDUL NUMAN, IV
year BDS, bearing roll no:	1702109070	has successfully completed the Value
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institute from 13 th Oct 2020 to 15 th Oct 2020.		Principal / Dean Malla Reddy Institute of Dental Sciences
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This to certify that Mr./Ms	MUDDAM	SHAMILY REDDY , IV
year BDS, bearing roll no:	1702109072	_has successfully completed the Value
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institute from 13 th Oct 2020 to 15	5 th Oct 2020.	Principal / Dean Malla Reddy Institute of Dental Science
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This to certify that Mr./Ms	NAGIR	REDDY HIMAJA , IV
year BDS, bearing roll no:	1702109074	_has successfully completed the Value
added Course — "Are You OK"	" — Mental Health A	wareness for You, conducted in the
institute from 13th Oct 2020 to 1	15th Oct 2020.	Principal / Dean Malla Reddy Institute of Dental Science
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This to certify that Mr./Ms	NAIN	NI SRILEKHA , IV
year BDS, bearing roll no:	1702109075	_has successfully completed the Value
added Course — "Are You OK"	' – Mental Health A	wareness for You, conducted in the
institute from 13^{th} Oct 2020 to 1	5 th Oct 2020.	Principal / Dean Malla Reddy Institute of Dental Sciences
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This to certify that Mr./Ms	NIM	IISHA S ROY , IV
year BDS, bearing roll no:	1702109076	_has successfully completed the Value
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institute from 13 th Oct 2020 to 15	5 th Oct 2020.	Principal / Dean Malla Reddy Institute of Dental Science
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This to certify that Mr./Ms	P	HAINDAVI , IV
year BDS, bearing roll no:	1702109077	has successfully completed the Value
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This to certify that Mr./Ms	PAPIREDDY	'NEEHARIKA REDDY , IV
year BDS, bearing roll no:	1702109080	has successfully completed the Value
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This to certify that Mr./Ms.	PRIYA DALMIA, IV	
year BDS, bearing roll no:	1702109082	has successfully completed the Value
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institute from 13th Oct 2020 to	15 th Oct 2020.	Principal / Dean Principal / Dean Malla Reddy Institute of Dental Sciences
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This to certify that Mr./Ms.	RAIKANTI	ANEELA VASAAN, IV
year BDS, bearing roll no: 17	02109083	has successfully completed the Value
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institute from 13^{th} Oct 2020 to 15^{th} Oc		Principal / Dean Malla Reddy Institute of Dental Sciences
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This to certify that Mr./Ms	RAMA	/ATH SUMITRA, IV
year BDS, bearing roll no:	1702109084	_has successfully completed the Value
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year BDS, bearing roll no:	1702109086 has	successfully completed the Value
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This to certify that Mr./Ms	S VASANTH KARTHIK , IV		, IV
year BDS, bearing roll no:	1702109087	has successfully completed th	e Value
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institute from 13th Oct 2020 to 1		Principal / D Malla Reddy Institute of	ean Dental Sciences
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This to certify that Mr./Ms	SAMA KASTHURI, IV	
year BDS, bearing roll no:	1702109088	has successfully completed the Value
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This to certify that Mr./Ms	SAM	<u>IEHA SEEREN</u> , IV
year BDS, bearing roll no:	1702109089	has successfully completed the Value
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institute from 13 th Oct 2020 to 15	5 th Oct 2020.	Awareness for You, conducted in the

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This to certify that Mr./Ms	SHEELA PRAVEENA , IV	
year BDS, bearing roll no:	1702109090	has successfully completed the Value
added Course — "Are You OK" — Mental Health Awareness for You, conducted in the		
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year BDS, bearing roll no:	1702109091	has successfully completed the Value
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This to certify that Mr./Ms	SOMESULA HASITHA , IV	
year BDS, bearing roll no:	1702109092	_has successfully completed the Value
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year BDS, bearing roll no:	1702109093	has successfully completed the Value
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year BDS, bearing roll no:	1702109095	has successfully completed the Value
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This to certify that Mr./Ms	TANGUTOORI NISHANTH , IV	
year BDS, bearing roll no:	1702109096	has successfully completed the Value
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This to certify that Mr./Ms	UPPALAPATI SAHITHI , IV	
year BDS, bearing roll no:	1702109097	_has successfully completed the Value
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year BDS, bearing roll no:	1702109098	_has successfully completed the Value
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year BDS, bearing roll no: 17021090	has successfully completed the Value	
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institute from 13 th Oct 2020 to 15 th Oct 2020.	Principal / Dean	
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This to certify that Mr./Ms	VAVILA	LA SAI THARUN , IV
year BDS, bearing roll no:	1702109100	has successfully completed the Value
added Course — "Are You OK"	— Mental Health	Awareness for You, conducted in the
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year BDS, bearing roll no:1	602109031	_has successfully completed the Value
added Course — "Are You OK" —]	Mental Health A	wareness for You, conducted in the
institute from 13th Oct 2020 to 15th O	ct 2020.	Principal / Dean Malla Reddy Institute of Dental Sciences
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year BDS, bearing roll no:	1602109033	_has successfully completed the Value
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year BDS, bearing roll no:	1602109036	_has successfully completed the Value
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year BDS, bearing roll no:	1602109062	_has successfully completed the Value
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institute from 13th Oct 2020 to 15	5 th Oct 2020.	Principal Dean Malla Reddy Institute of Dental Sciences
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This to certify that Mr./Ms	RUPA	ANI SAHITHYA , IV
year BDS, bearing roll no:	BDS, bearing roll no: 1602109075 has successfully completed the Value ed Course — "Are You OK" — Mental Health Awareness for You, conducted in the	
added Course — "Are You OK"	" — Mental Health A	wareness for You, conducted in the
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This to certify that Mr./Ms		S AKSHAY , IV
year BDS, bearing roll no:	160210907	has successfully completed the Value
added Course — "Are You OK"	– Mental Hea	alth Awareness for You, conducted in the
institute from 13th Oct 2020 to 15	5 th Oct 2020.	Principal / Design Principal / D

Coordinator

Academic Dean

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Certificate of Completion

This to certify that Mr./Ms	G N BEU	LAH SUSHANTHI , IV
year BDS, bearing roll no:	15701024	has successfully completed the Value
added Course — "Are You OK" –	- Mental Health A	Awareness for You, conducted in the
institute from 13th Oct 2020 to 15th		Principal / Deanger Malla Reddy Institute of Cental Sciences
Hyderabad Co	C. Snillarth	t C

Academic Dean

Principal/ Dean

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Survey No. 138, Suraram Main Road, Quthbullapur, Jeedimetla, Hyderabad -500055, www.mrids.org

Certificate of Completion

This to certify that Mr./Ms	LAKSHMI	MANASA SAKEPALLY . IV
year BDS, bearing roll no:	15701045	has successfully completed the Value
added Course — "Are You OK" -	- Mental Health	Awareness for You, conducted in the
institute from 13^{th} Oct 2020 to 15^{th}	Oct 2020.	Principal / Bean Malla Reddy Institute of Dental Sciences
oslitute or	(7)	Malla Reddy Institute of Dental Sciences

Coordinato

Academic Dean

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Certificate of Completion

This to certify that Mr./Ms	NALAN	NAGULA MEGHANA , IV
year BDS, bearing roll no:	15701055	has successfully completed the Value
added Course — "Are You OK" -	- Mental Healtl	h Awareness for You, conducted in the
institute from 13th Oct 2020 to 15th		Principal / Dean Princi
. 1		Talla Reddy Institute of Both

Coordina tor Hyderabad

Phillough Academic Dean

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Certificate of Completion

This to certify that Mr./MsPO	OSA VAMSHIKA , IV
year BDS, bearing roll no:15701065	has successfully completed the Value
added Course — "Are You OK" — Mental Healt	h Awareness for You, conducted in the
institute from 13th Oct 2020 to 15th Oct 2020.	Principal / Dean gureres

Coordinato

Academic Dean

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Certificate of Completion

This to certify that Mr./Ms	S DEVIKA , IV
year BDS, bearing roll no:157	has successfully completed the Value
added Course — "Are You OK" — Men	tal Health Awareness for You, conducted in the
institute from 13th Oct 2020 to 15th Oct 20	20. Principal / Dean Malla Reddy Institute of Dental Sciences

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Academic Dean

Maila Reddy Institute of Dental Sciences

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Certificate of Completion

This to certify that Mr./Ms	VENN	IELA GURRAM, IV
year BDS, bearing roll no:	14701093	has successfully completed the Value
added Course — "Are You OK"	— Mental Health	Awareness for You, conducted in the
institute from 13th Oct 2020 to 15		Principal / Dean Malla Reddy Institute of Dental Selences
of Deng	1 Program	Malla Reddy Matter

Coordinator

Academic Dean



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	Feedback analysis of students on Valu	e Add	ed Co	Irea	'		
Acad	cmic 1 ear: 2020-2021		IV BD				
Com	of the VAC: Are you OK? Mental Health Awareness Program	Teat.	IV DD				
Cour	se Code: DS-VAC-2005	Stu	dents I	Registe	red;		98
Stude	nts feedback on course - collected and analyzed, on the scale of 1	to # f-					
1- str	ongly Disagree, 2- Disagree, 3- Uncertain, 4- Agree, 5- Strongly Agre	10 5 10	r each o	of the f	ollowi	ıg par	ameters.
1. No	Attributes	5	4	3	2	1	Average
1	Speaker presented information in a clear and organized manner	55	29	14			Score
2	The course objectives were met	51	-	14			4.42
3	Examples of cases were shown to facilitate understanding		19	26	2		4.21
4	Speaker included opportunities to learn interesting	52	23	14	7		4.25
5	Relevancy of the content to professional activities was a reason for	37	27	34			4.03
6	you to participate	52	19	21	6		4.19
7	Usefulness of handouts and audiovisual materials	39	34	21	1		
8	The course content met your expectations	37	35	22	4		4.10
_	Given sufficient time to complete the task in and 1	36	27		4		4.07
9	The provided information is Clear and comprehensive	55		32	3		3.98
10	The meeting room and facilities were comfortable and adequate		32	11			4.45
	and anedhale	56	31	10	1		

Suggestions:program could have been morre interactive

Coordinator

Principal/Dean Principal / Dean

Malla Reddy Institute of Dental Sciences

Malla Reddy Institute of Dental Science

Email: mrids.2012@gmail.com

Website: www.mrids.org