

Date:14.07.2018
Hyderabad.

To,
The Dean,
Malla Reddy Medical College for Women,
Suraram,
Hyderabad.

From,
MEU Coordinator,
Malla Reddy Medical College for Women,
Suraram,
Hyderabad.

Sub: Request to conduct “**Yoga and Heath**” course.

Respected Madam,

We are planning to conduct a value-added course titled “**Yoga and Heath**” for 2016 Batch MBBS III year Part 1 students from Aug 6th-8th2018. The details of the program are as follows:

Resource persons:

1. Dr. B. VenkataRamana, Professor and Head, Department of Orthopaedics, MRMCW
2. Dr D Rajashree, Professor and HOD, Department of Physiology, MRMCW
3. Ms Devi Sree, Yoga Trainer, MRMCW

Venue – Lecture Hall, Ground floor, MRMCW

Date –Aug 6th-8th2018

Time – 09:00 am – 04:00 pm

We kindly request you to grant permission for the event and provide the necessary support.

Thanking you,

Yours sincerely,

MEU Coordinator

Principal / Dean
Malla Reddy Medical College for Women



MRMCW/Circulars/WVAC/18/19/July-01

Date:15.07.2018

CIRCULAR

A value-added course on “**Yoga and Health**” will be conducted in Malla Reddy Medical College for Women from Aug 6th-8th2018 for 2016 batch III year Part I MBBS students. Batch incharges to inform the students and reschedule classes and postings. Students have to register with the program coordinator Dr. B. VenkataRamana, Professor and Head, Department of Orthopaedics, MRMCW.

Resource persons:

1. Dr. B. Venkata Ramana, Professor and Head, Department of Orthopaedics, MRMCW
2. Dr D Rajashree, Professor and HOD, Department of Physiology, MRMCW
3. Ms Devi Sree, Yoga Trainer, MRMCW

Venue – Lecture Hall, Ground floor, MRMCW

Date –Aug 6th-8th2018

Time – 09:00 am – 04:00 pm



S. Sheelaha
Principal/Dean

Principal / Dean
Malla Reddy Medical College for Women

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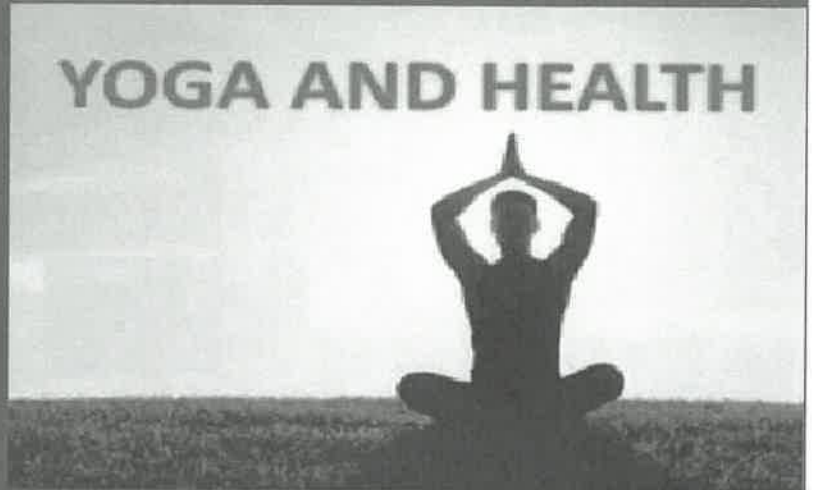
1. Circulation in student's classroom
2. All HoDs
3. Notice board
4. PA to Principal for filing

Brochure



VALUE ADDED COURSES

YOGA AND HEALTH



**Course Coordinator Dr. B. VENKATA RAMANA ,
Professor & HOD - Orthopedics .**

For 2016 Batch III Year Part- I MBBS students

**organized by
Department of Orthopedics**



06th - 08th August 2018

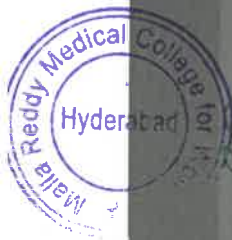
TIME: 9:00 AM TO 4:00 PM

Venue : Lecture Hall, Ground floor,
Malla Reddy Medical College For Women
Suraram, Hyderabad - 500055.

Principal / Dean

Malla Reddy Medical College for Women

Website : www.mrmcw.edu.in



B. Venkata Rama

Yoga and Health

COURSE OBJECTIVES	<p>At the end of the course the student should be able to achieve the following objectives:</p> <p>Course objectives:</p> <ul style="list-style-type: none"> To bring balance into the body physically, mentally and emotionally. <p>Specific objectives:</p> <ul style="list-style-type: none"> To enable the student to have good health. To practice mental hygiene. To possess emotional stability.
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COURSE SYLLABUS

Module	Syllabus
MODULE 1	<ul style="list-style-type: none"> Introduction and overview
MODULE 2	<ul style="list-style-type: none"> Pranayama & Ashtanga yoga
MODULE 3	<ul style="list-style-type: none"> Meditation and karma yoga

COURSE OUTCOME

COURSE OUTCOME	<p>The students should be able to have:</p> <ul style="list-style-type: none"> Knowledge of Yogic practices Ability to demonstrate the practices
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Bulk
Co-ordinator



S. Kulama

Principal / Dean
Malla Reddy Medical College for Women

**Yoga and Health
Program Schedule**

Time	Program	Faculty
Day1 (06.08.2018)		
9am-9:30am	Registration, Pre- test	MEU Members
9:30am to 10 am	Inauguration, Welcome Address	Dean, Vice Principal Academics, Medical Superintendent
10am-11:00am	Introduction to the course, importance of yoga in life	Dr B. Venkata Ramana
11:00am to 11:15am	Tea Break	
11:15pm to 1pm	Meditation in life	Dr D Rajashree
1pm-2pm	Lunch Break	
2pm-4 pm	Practical demonstrations and hands-on experience on meditation	Ms Devi Sree
Day2 (07.08.2018)		
9am-9:30am	Recap	MEU Members
9:30am to 11am	Bends and twists	Dr B. Venkata Ramana
11:00am to 11:15am	Tea Break	
11:15am to 1:00pm	Karma yoga and its significance	Dr D Rajashree
1pm-2pm	Lunch Break	
2pm-3 pm	Practical demonstrations on yogic postures	Ms Devi Sree
3 pm - 4 pm	Interaction with students and clarifications	All resource persons
Day 3 (08.08.2018)		
9am-9:30am	Recap	MEU Members
9:30am to 11am	Pranayama & ashtanga yoga	Dr D Rajashree
11am to 11:15am	Tea Break	
11:15am to 1pm	Standing poses, arm balances	Dr B. Venkata Ramana
1pm-2pm	Lunch Break	
2pm to 3pm	Mantra meditation session	Ms Devi Sree
3pm to 4pm	Reflections, Feedback, Post Test, valedictory	MEU Members



S. Venkatesh

Blk
Co-ordinator

Date: 16 .08.2018

Summary report on
“YOGA AND HEALTH”

Yoga brings the body and mind together and is built on three main elements – movement, breathing and meditation. Yoga has many physical and mental health benefits including improved posture, flexibility, strength, balance and body awareness. Researchers have discovered that the regular practice of yoga may produce many health benefits, including increased cardiovascular fitness, improved muscular strength and normalization of blood pressure. Yoga is a renowned antidote to stress and promotes improved sleeping patterns. Being young, the students should know the importance of yoga, and how it can improve the health of an individual, taking the concept of holistic medicine into consideration.

Course coordinator: Dr. B. Venkat Ramana: Professor & HOD in Department of Orthopedics, Malla Reddy Medical College for Women, Suraram

VENUE: Lecture Hall, Ground floor, MRMCW

DURATION: 21 hours

TIME: 09:00 am – 04:00 pm

DATE: August 6th - 8th 2018

NUMBER OF PARTICIPANTS: 149 students from 2016 batch III year Part – I MBBS

Resource persons:

Dr B Venkata Ramana, Professor and HOD in the department of Orthopaedics, MRMCW, has a special interest inculcating yoga practices in the young students as a part of holistic medicine, and served as the key resource person. He was supported by two other enthusiastic yoga practitioners in daily life, Dr D Rajashree (Professor & HOD, Department of Physiology at MRMCW) and the yoga trainer for students, Ms Devi Sree.




Principal / Dean
Malla Reddy Medical College for Women

Photos:



S. Laxmana

Principal / Dean
Malla Reddy Medical College for Women



B. K.
Co-ordinator



S. Kalama

Principai / Dean
Malla Reddy Medical College for Women

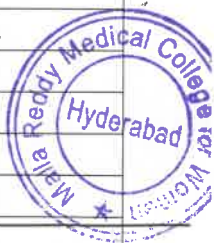
YOGA AND HEALTH	
Course Code: WVAC-18/19-01	
Date: Aug 6 th - 8 th 2018	Time: 9:00 am-4:00 pm
Venue: Lecture Hall, Ground Floor, MRMCW	
Total Students Registered: 149 students from 2016 batch III year Part – I MBBS	

S.NO	REGISTERED NUMBER	NAME OF THE STUDENT	REGISTERED
1	1601020001	A D CRIS ANGEL	Yes
2	1601020002	A RITHIKA	Yes
3	1601020003	A SHRUTI	Yes
4	1601020004	AARIFA BEGUM	Yes
5	1601020005	AKURI MAHITA	Yes
6	1601020006	ALETI BHAVANA REDDY	Yes
7	1601020007	AMBATI KESHITHA PUSHPA KAVYA	Yes
8	1601020008	AMIREDDY SUSHMA	Yes
9	1601020009	ANANTHULA SRINIJA	Yes
10	1601020010	ANNIMALLE RESHMA	Yes
11	1601020011	ARIJ AFREEN	Yes
12	1601020012	B MANALI	Yes
13	1601020013	B SREEJA	Yes
14	1601020014	BAIS SHRUTHI SINGH	Yes
15	1601020015	BANDA SAIKEERTHANA	Yes
16	1601020016	BANDARI HANEESHA	Yes
17	1601020017	BASIREDDY BHAVANA	Yes
18	1601020018	BEERA SHARON KEERTHANA	Yes
19	1601020019	BETHI RAVALI	Yes
20	1601020020	BHANURU SOWMYA	Yes
21	1601020021	BHUKYA RENUKA	Yes
22	1601020022	BIJAM REENA REDDY	Yes
23	1601020023	BOKKALAPALLY RAMYA	Yes
24	1601020024	BRAHMANDABHERI BHAVITHA	Yes
25	1601020025	BUDIGAM SAISIVA JYOTHISHMATHI	Yes
26	1601020026	CHAGANTI SANANDA	Yes
27	1601020027	CHALLA RUTH ESTHER TARUNI REDDY	Yes
28	1601020028	CHEMUDUGUNTA NEEHARIKA	Yes
29	1601020029	CHERUVUKOMMU VAISHNAVI	Yes
30	1601020030	CHILUKAMUKKU KEERTHI	Yes
31	1601020031	CHINTHA ARCHITA	Yes
32	1601020032	DACHARAJU SAI TEJASWINI	Yes

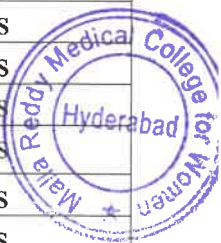
Suraram 'x' Road, Quthbullapur Municipality, Jeedimetla, Hyderabad - 500 055.

Tel: 040-64583333, Website: www.mrmcw.org


 Principal / Dean
 Malla Reddy Medical College for Women



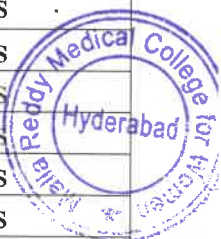
33	1601020033	DANDIYALA HARIKA	Yes
34	1601020034	DAREEN PASHA	Yes
35	1601020035	DEEPTHI SADA	Yes
36	1601020036	DEVIREDDY MAHALAKSHMI	Yes
37	1601020037	DHARAVATH UMA MAHESWARI	Yes
38	1601020038	DONEPUDI SRI DEEPTHI	Yes
39	1601020039	DONGARI VINISHA	Yes
40	1601020040	DURGE SADHANA	Yes
41	1601020041	ENUGU NIKHILA	Yes
42	1601020042	G SHIRISHA	Yes
43	1601020043	G SHIVANI	Yes
44	1601020044	GAMPA ALEKHYA	Yes
45	1601020045	GANDLA SHIVANI	Yes
46	1601020046	GANDRATHI POOJITHA	Yes
47	1601020047	GANGULA SRIVEDA	Yes
48	1601020048	GANTA DATTA NAGA CHANDRIKA	Yes
49	1601020049	GAYARI SRI SHRAAWYA	Yes
50	1601020050	GOLI SAHITHI	Yes
51	1601020051	GUGGILLA LAHARI	Yes
52	1601020052	GUMMALLA SARIKA	Yes
53	1601020053	GUNDA AASHRITHA	Yes
54	1601020054	GURRAMKONDA PALLAVI	Yes
55	1601020055	GUTALA DHRUTHI	Yes
56	1601020056	GUTHIKONDA SAIPRIYA	Yes
57	1601020057	GUTTA SATYA SRI	Yes
58	1601020058	HARI PRIYA R	Yes
59	1601020059	J MANORAMA	Yes
60	1601020060	J P SRIJA	Yes
61	1601020061	K GAYATHREE	Yes
62	1601020062	K YAASHITA	Yes
63	1601020063	KADAM NISHITHA PATIL	Yes
64	1601020064	KADAM SWAROOPINI	Yes
65	1601020065	KAITH VENKATESHWAR SREE POOJA	Yes
66	1601020066	KANDHIKONDA ASHWINI PRIYA	Yes
67	1601020067	KANDUKURI SAI PRIYA	Yes
68	1601020068	KAPU RAHITHYA SAI	Yes
69	1601020069	KARAVADI ANURADHA	Yes
70	1601020070	KASIREDDY SINDHULATHAREDDY	Yes
71	1601020071	KATAKAM SAI SMARANA	Yes
72	1601020072	KATRAVATH SINDHU	Yes
73	1601020073	KEERTHI THUMU	Yes
74	1601020074	KOLANAGARI SWETHA	Yes
75	1601020075	KONANKI USHA SREE	Yes
76	1601020076	KOTHAKAPU POOJASREE	Yes
77	1601020077	KOYYA HARIPRIYA REDDY	Yes
78	1601020078	KUDIKALA SHRAVIKA	Yes
79	1601020079	KURELLI HARSHITHA	Yes



S. Gulana

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80	1601020080	LAKSHMI SAI SINDHURA NANDURI	Yes
81	1601020081	MADIPEDDI TEJASWINI	Yes
82	1601020082	MALTHUMKAR RACHNA	Yes
83	1601020083	MANDLEM SUSHANTHI	Yes
84	1601020084	MANTHA VAISHNAVI	Yes
85	1601020085	MAVURAPU NARAYANI REDDY	Yes
86	1601020086	MEDASANI CHANDANA KESAVI	Yes
87	1601020087	MEKA KUSUMA SRI	Yes
88	1601020088	MEKALA RACHANA	Yes
89	1601020089	MEKALA RAVALI	Yes
90	1601020090	MIRYALA RAVALI	Yes
91	1601020091	MUDDINI SRINAVYA	Yes
92	1601020092	MUDDUNUR SUPRIYA	Yes
93	1601020093	MUKKA KAVYA	Yes
94	1601020094	MUNIGALA SWATHI	Yes
95	1601020095	MYLAVARAPU SUCHITA	Yes
96	1601020096	N ANOOHYA	Yes
97	1601020097	NADIMATLA PRANALI	Yes
98	1601020098	NARAPAKA PAVITHRA	Yes
99	1601020099	NAVYA GOUD NEMURI	Yes
100	1601020100	NEHA POOSA	Yes
101	1601020101	NEHA PRIYA GUDIMALLE	Yes
102	1601020102	NEKKANTI BHAVANA	Yes
103	1601020103	P LAKSHMISADWIKI	Yes
104	1601020104	P MANEESHA	Yes
105	1601020105	P NIHARIKA	Yes
106	1601020106	PABBATHIREDDY KEERTHANA	Yes
107	1601020107	PARA SREEVIDYA	Yes
108	1601020108	PASHAM SOWMYA	Yes
109	1601020109	PAWAR SHRUTHI	Yes
110	1601020110	PAWAR SUSMITHA	Yes
111	1601020112	PODDATURI HARSHINI	Yes
112	1601020113	PONUGOTI SHRUTHI	Yes
113	1601020114	POOSA SAHITHI	Yes
114	1601020115	R VISHITHA	Yes
115	1601020116	RAMADUGU PRANAVI	Yes
116	1601020117	RAVILLA VAMSI PRIYANKA	Yes
117	1601020118	RAYCHUR MOUNIKA	Yes
118	1601020119	RESHMA BEGUM	Yes
119	1601020120	RUCHITHA ARAVA	Yes
120	1601020121	S AKSHARA SREE	Yes
121	1601020122	S PRANATHI	Yes
122	1601020123	SAARIPALLI THAPASWINI	Yes
123	1601020124	SABA SARWAT	Yes
124	1601020125	SANDINENI NIHARIKA	Yes
125	1601020126	SANKA LAKSHMI LOHITHA	Yes
126	1601020127	SHAIK AYESHA MOBEEN	Yes



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127	1601020128	SHAIK NEELUFER BEGUM	Yes
128	1601020129	SHAIK NOORJAHAN	Yes
129	1601020130	SHAIKA KUBRA	Yes
130	1601020131	SIMRAN KUMARI	Yes
131	1601020132	SOFIYA	Yes
132	1601020133	SWAATHHI CHEVULAPALLY	Yes
133	1601020134	T OLIVE JOLLY	Yes
134	1601020135	TADIKAMALLA SHIVANI PRAVALLIKA	Yes
135	1601020136	TADIPARTHI NISCHALA	Yes
136	1601020137	TANGELLAMUDI HAVILAH	Yes
137	1601020138	THAKKALAPALLY MYTHRI	Yes
138	1601020139	THALLAPALLY SHRAVANI	Yes
139	1601020140	THATIPALLI NAGA SWETHA	Yes
140	1601020141	TIRUNAGARU LEELA SPOORTHY	Yes
141	1601020142	VAISHNAVI MANEM	Yes
142	1601020143	VAKULABARANAM RACHANA	Yes
143	1601020144	VALA SAI SHARVANI	Yes
144	1601020145	VANJA CHETNA NARASIMHAM	Yes
145	1601020146	VANKUDOTHU RAJESHWARI	Yes
146	1601020147	VASAMSETTI NEEHARIKA GAYATRI	Yes
147	1601020148	VELLANKI SRIPAVANI	Yes
148	1601020149	YALAKAPATI MANASA PRIYA	Yes
149	1601020150	YEMPATI SANNIHITHA	Yes

Bille

Coordinator



S. H. Lakshmi

Principal/Dean

Principal / Dean
Malla Reddy Medical College for Women

YOGA AND HEALTH

Course Code: WVAC-18/19-01	
Date: 6 th to 8 th August 2018	Time: 9:00 am-4:00 pm
Venue: Lecture Hall, Ground Floor, MRMCW	
Total students completed: 147 students from 2016 batch III year part – I MBBS	

S.NO	REGISTERED NUMBER	NAME OF THE STUDENT	SUCCESSFULLY COMPLETED
1	1601020001	A D CRIS ANGEL	Yes
2	1601020002	A RITHIKA	Yes
3	1601020003	A SHRUTI	Yes
4	1601020004	AARIFA BEGUM	Yes
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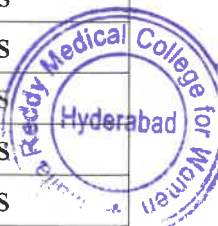
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Tel: 040-64583333, Website: www.mrmcw.org

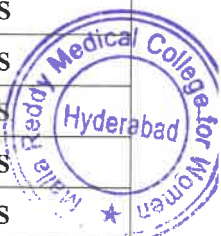
S. Veeraha

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Malla Reddy Medical College for Women



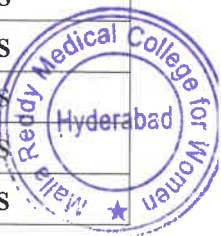
26	1601020026	CHAGANTI SANANDA	Yes
27	1601020027	CHALLA RUTH ESTHER TARUNI REDDY	Yes
28	1601020028	CHEMUDUGUNTA NEEHARIKA	Yes
29	1601020029	CHERUVUKOMMU VAISHNAVI	Yes
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32	1601020032	DACHARAJU SAI TEJASWINI	Yes
33	1601020033	DANDIYALA HARIKA	Yes
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53	1601020053	GUNDA AASHRITHA	Yes
54	1601020054	GURRAMKONDA PALLAVI	Yes
55	1601020055	GUTALA DHRUTHI	Yes
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57	1601020057	GUTTA SATYA SRI	Yes
58	1601020058	HARI PRIYA R	Yes
59	1601020059	J MANORAMA	Yes
60	1601020060	J P SRIJA	Yes
61	1601020061	K GAYATHREE	Yes
62	1601020062	K YAASHITA	Yes
63	1601020063	KADAM NISHITHA PATIL	Yes



S. Lalitha

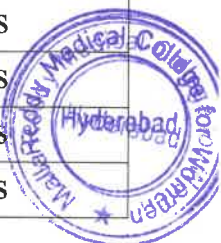
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Malla Reddy Medical College for Women

64	1601020064	KADAM SWAROOPINI	Yes
65	1601020065	KAITH VENKATESHWAR SREE POOJA	Yes
66	1601020066	KANDHIKONDA ASHWINI PRIYA	Yes
67	1601020067	KANDUKURI SAI PRIYA	Yes
68	1601020068	KAPU RAHITHYA SAI	Yes
69	1601020069	KARAVADI ANURADHA	Yes
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77	1601020077	KOYYA HARIPRIYA REDDY	Yes
78	1601020078	KUDIKALA SHRAVIKA	Yes
79	1601020079	KURELLI HARSHITHA	Yes
80	1601020080	LAKSHMI SAI SINDHURA NANDURI	Yes
81	1601020081	MADIPEDDI TEJASWINI	Yes
82	1601020082	MALTHUMKAR RACHNA	Yes
83	1601020083	MANDLEM SUSHANTHI	Yes
84	1601020084	MANTHA VAISHNAVI	Yes
85	1601020085	MAVURAPU NARAYANI REDDY	Yes
86	1601020086	MEDASANI CHANDANA KESAVI	Yes
87	1601020087	MEKA KUSUMA SRI	Yes
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94	1601020094	MUNIGALA SWATHI	Yes
95	1601020095	MYLAVARAPU SUCHITA	Yes
96	1601020096	N ANOOHYA	Yes
97	1601020097	NADIMATLA PRANALI	Yes
98	1601020098	NARAPAKA PAVITHRA	Yes
99	1601020099	NAVYA GOUD NEMURI	Yes
100	1601020100	NEHA POOSA	Yes
101	1601020101	NEHA PRIYA GUDIMALLE	Yes




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102	1601020102	NEKKANTI BHAVANA	Yes
103	1601020103	P LAKSHMISADWIKI	Yes
104	1601020104	P MANEESHA	Yes
105	1601020105	P NIHARIKA	Yes
106	1601020106	PABBATHIREDDY KEERTHANA	Yes
107	1601020107	PARA SREEVIDYA	Yes
108	1601020108	PASHAM SOWMYA	Yes
109	1601020109	PAWAR SHRUTHI	Yes
110	1601020110	PAWAR SUSMITHA	Yes
111	1601020112	PODDATURI HARSHINI	Yes
112	1601020113	PONUGOTI SHRUTHI	Yes
113	1601020114	POOSA SAHITHI	Yes
114	1601020115	R VISHITHA	Yes
115	1601020116	RAMADUGU PRANAVI	Yes
116	1601020117	RAVILLA VAMSI PRIYANKA	Yes
117	1601020118	RAYCHUR MOUNIKA	Yes
118	1601020119	RESHMA BEGUM	Yes
119	1601020120	RUCHITHA ARAVA	Yes
120	1601020121	S AKSHARA SREE	Yes
121	1601020122	S PRANATHI	Yes
122	1601020123	SAARIPALLI THAPASWINI	Yes
123	1601020124	SABA SARWAT	Yes
124	1601020125	SANDINENI NIHARIKA	No
125	1601020126	SANKA LAKSHMI LOHITHA	Yes
126	1601020127	SHAIK AYESHA MOBEEN	Yes
127	1601020128	SHAIK NEELUFER BEGUM	Yes
128	1601020129	SHAIK NOORJAHAN	Yes
129	1601020130	SHAIKA KUBRA	Yes
130	1601020131	SIMRAN KUMARI	Yes
131	1601020132	SOFIYA	Yes
132	1601020133	SWAATHHI CHEVULAPALLY	Yes
133	1601020134	T OLIVE JOLLY	Yes
134	1601020135	TADIKAMALLA SHIVANI PRAVALLIKA	Yes
135	1601020136	TADIPARTHI NISCHALA	Yes
136	1601020137	TANGELLAMUDI HAVILAH	Yes




S. Veeralakshmi

137	1601020138	THAKKALAPALLY MYTHRI	Yes
138	1601020139	THALLAPALLY SHRAVANI	Yes
139	1601020140	THATIPALLI NAGA SWETHA	Yes
140	1601020141	TIRUNAGARU LEELA SPOORTHY	Yes
141	1601020142	VAISHNAVI MANEM	Yes
142	1601020143	VAKULABARANAM RACHANA	Yes
143	1601020144	VALA SAI SHARVANI	Yes
144	1601020145	VANJA CHETNA NARASIMHAM	Yes
145	1601020146	VANKUDOTHU RAJESHWARI	Yes
146	1601020147	VASAMSETTI NEEHARIKA GAYATRI	Yes
147	1601020148	VELLANKI SRIPAVANI	Yes
148	1601020149	YALAKAPATI MANASA PRIYA	Yes
149	1601020150	YEMPATI SANNIHITHA	Yes


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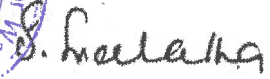
Certificate of Completion

This to certify that Mr/Ms. **A RITHIKA** of
III year MBBS, bearing roll no: **1601020002**, has Successfully completed the
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III year MBBS, bearing roll no: 1601020003, has Successfully completed the
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This to certify that Mr/Ms. AARIFA BEGUM of
III year MBBS, bearing roll no: 1601020004, has Successfully completed the
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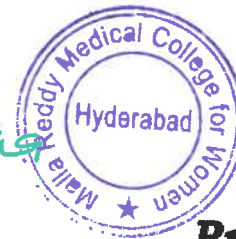


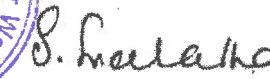
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This to certify that Mr/Ms. **AKURI MAHITA** of
III year MBBS, bearing roll no: **1601020005**, has Successfully completed the
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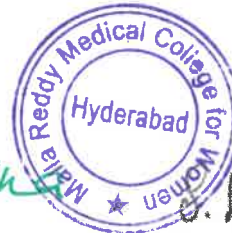



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This to certify that Mr/Ms. ALETI BHAVANA REDDY of
III year MBBS, bearing roll no: 1601020006, has Successfully completed the
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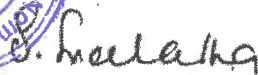
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This to certify that Mr/Ms. AMIREDDY SUSHMA of
III year MBBS, bearing roll no: 1601020008, has Successfully completed the
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This to certify that Mr/Ms. AMBATI KESHITHA PUSHPA KAVYA of
III year MBBS, bearing roll no: 1601020007, has Successfully completed the
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This to certify that Mr/Ms. ANNIMALLE RESHMA of
III year MBBS, bearing roll no: 1601020010, has Successfully completed the
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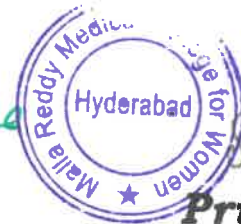



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This to certify that Mr/Ms. ANANTHULA SRINIJA of
III year MBBS, bearing roll no: 1601020009, has Successfully completed the
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This to certify that Mr/Ms. **B MANALI** _____ of
III year MBBS, bearing roll no: **1601020012** _____, has Successfully completed the
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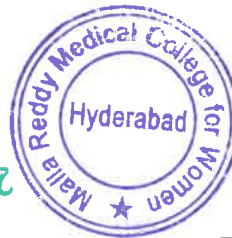


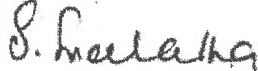
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This to certify that Mr/Ms. ARIJ AFREEN of
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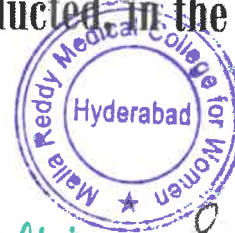


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This to certify that Mr/Ms. **BEERA SHARON KEERTHANA** of
III year MBBS, bearing roll no: **1601020018**, has Successfully completed the
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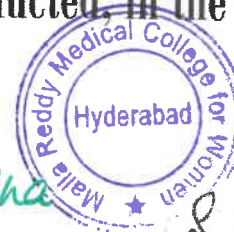


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This to certify that Mr/Ms. **BANDARI HANEESHA** of
III year MBBS, bearing roll no: **1601020016**, has Successfully completed the
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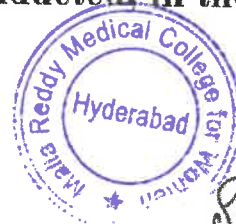
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This to certify that Mr/Ms. **BANDA SAIKEERTHANA** of
III year MBBS, bearing roll no: **1601020015**, has Successfully completed the
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S. Suralatha

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This to certify that Mr/Ms. **BAIS SHRUTHI SINGH** of
III year MBBS, bearing roll no: **1601020014**, has Successfully completed the
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This to certify that Mr/Ms. **B SREEJA** _____ of
III year MBBS, bearing roll no: **1601020013** _____, has Successfully completed the
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This to certify that Mr/Ms. **BASIREDDY BHAVANA** of
III year MBBS, bearing roll no: **1601020017**, has Successfully completed the
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This to certify that Mr/Ms. **BOKKALAPALLY RAMYA** of
III year MBBS, bearing roll no: **1601020023**, has Successfully completed the
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This to certify that Mr/Ms. **BIJJAM REENA REDDY** of
III year MBBS, bearing roll no: **1601020022**, has Successfully completed the
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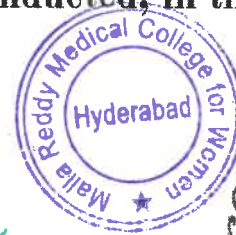


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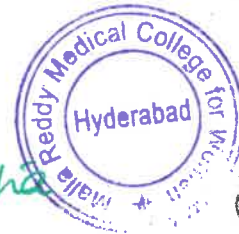


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This to certify that Mr/Ms. **BHANURU SOWMYA** of
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This to certify that Mr/Ms. **BETHI RAVALI** _____ of

III year MBBS, bearing roll no: **1601020019** _____, has Successfully completed the

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This to certify that Mr/Ms. CHALLA RUTH ESTHER TARUNI REDDY of
III year MBBS, bearing roll no: 1601020027, has Successfully completed the
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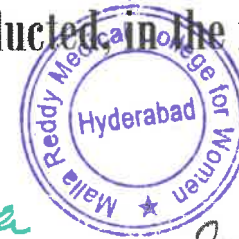


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This to certify that Mr/Ms. CHAGANTI SANANDA of
III year MBBS, bearing roll no: 1601020026, has Successfully completed the
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This to certify that Mr/Ms. **BUDIGAM SAISIVA JYOTHISHMATHI** of
III year MBBS, bearing roll no: **1601020025**, has Successfully completed the
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This to certify that Mr/Ms. **BRAHMANDABHERI BHAVITHA** of
III year MBBS, bearing roll no: **1601020024**, has Successfully completed the
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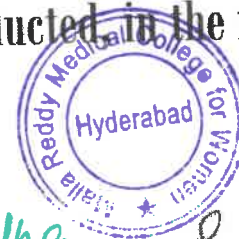


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This to certify that Mr/Ms. **DACHARAJU SAI TEJASWINI** of
III year MBBS, bearing roll no: **1601020032**, has Successfully completed the
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Certificate of Completion

This to certify that Mr/Ms. CHINTHA ARCHITA of
III year MBBS, bearing roll no: 1601020031, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted in the institute from 6th Aug to 8th
Aug 2018.



[Signature]
Coordinator

[Signature]
Principal / Dean
Malla Reddy Medical College for Women

[Signature]
Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. CHILUKAMUKKU KEERTHI of
III year MBBS, bearing roll no: 1601020030, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
Aug 2018.

[Signature]
Coordinator

S. Sreelatha
Principal / Dean
Malla Reddy Medical College for Women

S. Sreelatha
Principal/Dean

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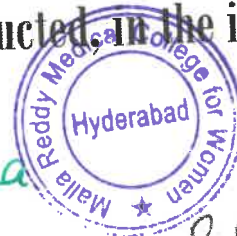
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Certificate of Completion

This to certify that Mr/Ms. CHERUVUKOMMU VAISHNAVI of
III year MBBS, bearing roll no: 1601020029, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted in the institute from 6th Aug to 8th
Aug 2018.

S. Suralaha



[Signature]
Coordinator

Principal / Dean
Malla Reddy Medical College for Women

S. Suralaha
Principal/Dean

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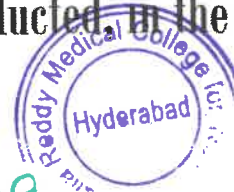
Certificate of Completion

This to certify that Mr/Ms. CHEMUDUGUNTA NEEHARIKA of
III year MBBS, bearing roll no: 1601020028, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted in the institute from 6th Aug to 8th
Aug 2018.


Coordinator Malla Reddy Medical College for Women


Principal / Dean


Principal/Dean



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Certificate of Completion

This to certify that Mr/Ms. **DEEPTHI SADA** of
III year MBBS, bearing roll no: **1601020035**, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
Aug 2018.

Dull
Coordinator

S. Swelatha
Principal / Dean
Malla Reddy Medical College for Women



S. Swelatha
Principal/Dean

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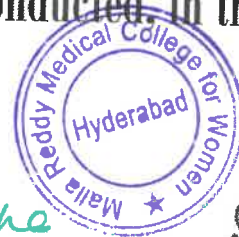


Certificate of Completion

This to certify that Mr/Ms. **DAREEN PASHA** of
III year MBBS, bearing roll no: **1601020034**, has Successfully completed the
Value added Course – “**YOGA AND HEALTH**”, conducted, in the institute from 6th Aug to 8th
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D. Mall
Coordinator

S. Sravanika
Principal / Dean
Malla Reddy Medical College for Women



S. Sravanika
Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. DANDIYALA HARIKA of
III year MBBS, bearing roll no: 1601020033, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted in the institute from 6th Aug to 8th
Aug 2018.



[Signature]
Coordinator

[Signature]
Principal / Dean
Malla Reddy Medical College for Women

[Signature]
Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. DONGARI VINISHA of _____

III year MBBS, bearing roll no: 1601020039, has Successfully completed the

Value added Course – “YOGA AND HEALTH”, conducted in the institute from 6th Aug to 8th

Aug 2018.

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Coordinator

Principal / Dean
Malla Reddy Medical College for Women

Principal/Dean

[Handwritten Signature]



[Handwritten Signature]

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Certificate of Completion

This to certify that Mr/Ms. DONEPUDI SRI DEEPTHI of

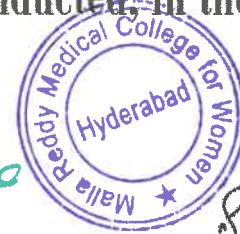
III year MBBS, bearing roll no: 1601020038, has Successfully completed the

Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th

Aug 2018.

Dull
Coordinator

S. Sreelatha
Principal / Dean
Malla Reddy Medical College for Women



S. Sreelatha
Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. **DHARAVATH UMA MAHESWARI** of
III year MBBS, bearing roll no: **1601020037**, has Successfully completed the
Value added Course – “**YOGA AND HEALTH**”, conducted, in the institute from 6th Aug to 8th
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[Signature]
Coordinator

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Principal/Dean



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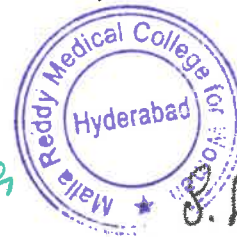


Certificate of Completion

This to certify that Mr/Ms. **DEVIREDDY MAHALAKSHMI** of
III year MBBS, bearing roll no: **1601020036**, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
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Certificate of Completion

This to certify that Mr/Ms. **DURGE SADHANA** _____ of
III year MBBS, bearing roll no: **1601020040** _____, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
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[Signature]
Coordinator

[Signature]
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Certificate of Completion

This to certify that Mr/Ms. **G SHIRISHA** _____ of

III year MBBS, bearing roll no: **1601020042** _____, has Successfully completed the

Value added Course – “**YOGA AND HEALTH**”, conducted in the institute from 6th Aug to 8th

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[Handwritten Signature]
Coordinator

[Handwritten Signature]
Principal / Dean
Malla Reddy Medical College for Women

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Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. **ENUGU NIKHILA** of
III year MBBS, bearing roll no: **1601020041**, has Successfully completed the
Value added Course – “**YOGA AND HEALTH**”, conducted in the institute from 6th Aug to 8th
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D. Allu
Coordinator

S. Snehalatha
Principal / Dean
Malla Reddy Medical College for Women

S. Snehalatha
Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. GAMPA ALEKHYA of
III year MBBS, bearing roll no: 1601020044, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted in the institute from 6th Aug to 8th
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Certificate of Completion

This to certify that Mr/Ms. **G SHIVANI** _____ of
III year MBBS, bearing roll no: **1601020043** _____, has Successfully completed the
Value added Course – “**YOGA AND HEALTH**”, conducted, in the institute from 6th Aug to 8th
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[Signature]
Principal / Dean
Malla Reddy Medical College for Women



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Principal/Dean

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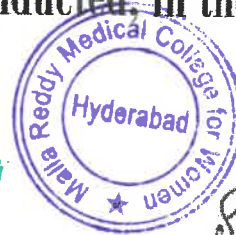


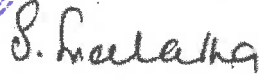
Certificate of Completion

This to certify that Mr/Ms. **GANGULA SRIVEDA** of
III year MBBS, bearing roll no: **1601020047**, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
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Certificate of Completion

This to certify that Mr/Ms. **GANDRATHI POOJITHA** of
III year MBBS, bearing roll no: **1601020046**, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
Aug 2018.


Coordinator


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Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. GANDLA SHIVANI of
III year MBBS, bearing roll no: 1601020045, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
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Certificate of Completion

This to certify that Mr/Ms. **GAYARI SRI SHRAAWYA** of

III year MBBS, bearing roll no: **1601020049**, has Successfully completed the

Value added Course – “**YOGA AND HEALTH**”, conducted in the institute from 6th Aug to 8th

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Certificate of Completion

This to certify that Mr/Ms. GANTA DATTA NAGA CHANDRIKA of
III year MBBS, bearing roll no: 1601020048, has Successfully completed the
Value added Course – “**YOGA AND HEALTH**”, conducted, in the institute from 6th Aug to 8th
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Certificate of Completion

This to certify that Mr/Ms. **GUGGILLA LAHARI** of
III year MBBS, bearing roll no: **1601020051**, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
Aug 2018.

Dull
Coordinator

S. Sreedhar
Principal / Dean
Malla Reddy Medical College for Women



S. Sreedhar
Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. **GOLI SAHITHI** _____ of

III year MBBS, bearing roll no: **1601020050** _____, has Successfully completed the

Value added Course – “**YOGA AND HEALTH**”, conducted, in the institute from 6th Aug to 8th

Aug 2018.

[Handwritten Signature]
Coordinator

[Handwritten Signature]
Principal / Dean
Malla Reddy Medical College for Women
Principal/Dean



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Certificate of Completion

This to certify that Mr/Ms. **GUNDA AASHRITHA** of
III year MBBS, bearing roll no: **1601020053**, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
Aug 2018.

[Signature]
Coordinator

[Signature]
Principal / Dean
Malla Reddy Medical College for Women



[Signature]
Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. **GUMMALLA SARIKA** of
III year MBBS, bearing roll no: **1601020052**, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
Aug 2018.

[Signature]
Coordinator

[Signature]
Principal / Dean
Malla Reddy Medical College for Women



[Signature]
Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. **GUTALA DHRUTHI** _____ of
III year MBBS, bearing roll no: **1601020055** _____, has Successfully completed the
Value added Course – “**YOGA AND HEALTH**”, conducted, in the institute from 6th Aug to 8th
Aug 2018.

[Signature]
Coordinator

[Signature]
Principal / Dean
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[Signature]
Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. **GURRAMKONDA PALLAVI** of
III year MBBS, bearing roll no: **1601020054**, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
Aug 2018.

Pallavi
Coordinator

S. Sreelatha
Principal / Dean
Malla Reddy Medical College for Women



S. Sreelatha
Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. GUTHIKONDA SAIPRIYA of
III year MBBS, bearing roll no: 1601020056, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
Aug 2018.

[Signature]
Coordinator

[Signature]
Principal / Dean
Malla Reddy Medical College for Women



[Signature]
Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. HARI PRIYA R of
III year MBBS, bearing roll no: 1601020058, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
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Coordinator


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Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. GUTTA SATYA SRI of
III year MBBS, bearing roll no: 1601020057, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
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Coordinator


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Principal/Dean

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Certificate of Completion

This to certify that Mr/Ms. **J P SRIJA** _____ of
III year MBBS, bearing roll no: **1601020060** _____, has Successfully completed the
Value added Course – “**YOGA AND HEALTH**”, conducted, in the institute from 6th Aug to 8th
Aug 2018.

[Signature]
Coordinator

[Signature]
Principal / Dean
Malla Reddy Medical College for Women



[Signature]
Principal/Dean

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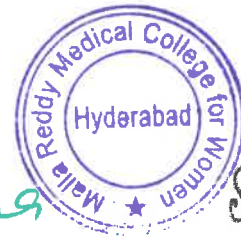



Certificate of Completion

This to certify that Mr/Ms. J MANORAMA of
III year MBBS, bearing roll no: 1601020059, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
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Coordinator


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Certificate of Completion

This to certify that Mr/Ms. K YAASHITA of
III year MBBS, bearing roll no: 1601020062, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
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Coordinator


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Certificate of Completion

This to certify that Mr/Ms. **K GAYATHREE** of

III year MBBS, bearing roll no: **1601020061**, has Successfully completed the


Value added Course – “**YOGA AND HEALTH**”, conducted, in the institute from 6th Aug to 8th

Aug 2018.


Coordinator


Principal / Dean
Malla Reddy Medical College for Women




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Certificate of Completion

This to certify that Mr/Ms. KADAM SWAROOPINI of
III year MBBS, bearing roll no: 1601020064, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
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Certificate of Completion

This to certify that Mr/Ms. KADAM NISHITHA PATIL of
III year MBBS, bearing roll no: 1601020063, has Successfully completed the
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Certificate of Completion

This to certify that Mr/Ms. KANDHIKONDA ASHWINI PRIYA of
III year MBBS, bearing roll no: 1601020066, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted in the institute from 6th Aug to 8th
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Certificate of Completion


This to certify that Mr/Ms. KAITH VENKATESHWAR SREE POOJA of
III year MBBS, bearing roll no: 1601020065, has Successfully completed the
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Certificate of Completion

This to certify that Mr/Ms. KAPU RAHITHYA SAI of
III year MBBS, bearing roll no: 1601020068, has Successfully completed the
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Certificate of Completion

This to certify that Mr/Ms. KANDUKURI SAI PRIYA of

III year MBBS, bearing roll no: 1601020067, has Successfully completed the

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Certificate of Completion

This to certify that Mr/Ms. KASIREDDY SINDHULATHAREDDY of
III year MBBS, bearing roll no: 1601020070, has Successfully completed the
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Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. **KARAVADI ANURADHA** of
III year MBBS, bearing roll no: **1601020069**, has Successfully completed the
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Certificate of Completion

This to certify that Mr/Ms. KATRAVATH SINDHU of
III year MBBS, bearing roll no: 1601020072, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
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Certificate of Completion

This to certify that Mr/Ms. KATAKAM SAI SMARANA of
III year MBBS, bearing roll no: 1601020071, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted in the institute from 6th Aug to 8th
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S. Sreelatha
Principal / Dean
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Certificate of Completion

This to certify that Mr/Ms. KOLANAGARI SWETHA of
III year MBBS, bearing roll no: 1601020074, has Successfully completed the
Value added Course – “YOGA AND HEALTH”, conducted, in the institute from 6th Aug to 8th
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[Handwritten Signature]
Coordinator

[Handwritten Signature]



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Certificate of Completion

This to certify that Mr/Ms. KEERTHI THUMU of
III year MBBS, bearing roll no: 1601020073, has Successfully completed the
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