# ACADEMIC CALENDAR 2019-20



## MAMATA MEDICAL COLLEGE

(Recognised by Medical Council of India, New Delhi & Government of India)

Giriprasad Nagar, Khammam-507 002,

Telangana State, INDIA.

## MAMATA EDUCATIONAL SOCIETY

## **EXECUTIVE COMMITTEE**

1. Sri. Puvvada Ajay Kumar	President
2. Sri. Saggurthi Janardhan Rao	Vice President
3. Smt. Puvvada Jaya Sree	Secretary
4. Sri. Kilaru Ramesh Babu	Treasurer
5. Sri. Kothuru Prabhakara Rao	Joint Secretary
6. Dr. Perumalla Shyamsunder Rao	Joint Secretary
7. Sri. Puvvada Nageswara Rao	Member
8. Dr. Mandava Subhashchandra Bose	Member
9. Dr. Perla Adishankar Rao	Member
10. Sri. Kata Satyanarayana Babji	Member
11. Sri. Perumalla Srinivasa Rao	Member
12. Smt. Puvvada Vijaya Lakshmi	Member
13. Smt. Puvvada Vasantha Lakshmi	Member
14. Dr. Puvvada Nayan Raj	Member
15. Dr. Puvvada Naren	Member
16. Sri. Chimata Chaitanya Sagar	Member
17. Dr. Perumalla Srilatha	Member
18. Sri. Bondalapati Krishna Rao	Member

#### VISION

Establish an institution to offer learner based medical education, science driven training and to provide patient centered services and community oriented research.

#### MISSION

- Delighted students and patients; inspired employees; empowered partnership.
- To build up strong community relationship through medical services and research.

#### **OBJECTIVES**

- To teach and train young doctors community oriented approach towards medical practice.
- To develop appropriate and need based research for infectious and life style diseases and to develop models to control them.
- To provide state of the art infrastructure for effective medical education to the under graduate and post graduate students.
- To provide access to the deprived sections of the society to the medical education.
- Socialization by inculcating right attitudes, skills and ethical and moral values.
- To provide efficient and effective system to excel in education and services to meet global standards and to be the most admired medical college.

## **OUR FOUNDER**



Sri Puvvada Nageswara Rao

"He whose Mind is not shaken by adversity, who does not hanker after pressures. Who is free from attachments Fear and Anger, He is the sage of Study Wisdom".

### MESSAGE FROM THE PRESIDENT



Sri Puvvada Ajay Kumar
President MES,
and
Member of the Legislative Assembly
Khammam, Telangana State.

It's my pleasure to release this message on the orientation day of newly admitted 2019-20 Medical and Dental students at Mamata Medical College at Khammam.

After 20 glorious years of medical education and health care with a clear vision and by inculcating life meticulously & imparting the best in medical education in a more purposeful manner.

The Mission of Mamata Hospital is to make "HOLISTIC PATIENT CARE" for all by delivering quality medical services at affordable rates and by maintaining principles and values by being transparent to the people.

All the members of the Mamata Medical College have committed to work to create a vibrant future for its students and to support students' professional, intellectual and emotional growth to achieve their professional goals. With the help of dedicated, talented faculty and staff we are the first institution to get the NAAC (A Grade with CGPA 3.31) and entry level (NABH) accreditations. Our achievements today can never be the work of an individual but of the entire team.

I wish all aspirants the best in their career and much happiness and peace in life and congratulate those who get admitted into the hallowed precincts of this prestigious Institution.

President

M.E.S.

#### MESSAGE FROM THE SECRETARY



On Behalf of the Mamata Educational Society, it gives me immense pleasure in welcoming the fresh batch of MBBS and BDS students who joined in Mamata Medical and Dental College for the academic session 2019-20. Congratulations for having succeeded in getting admission to professional courses.

In view of the heavy syllabi and lengthy duration of these courses, the students learn and adapt to the new methods of teaching and training in professional college. The present trend of integrated teaching and problem based learning will soon replace the existing system and make the training more meaningful.

Being the premier and first self financing private medical college in our state lot of efforts were put in to make it one of the best educational entities in this state. Having built a reputation for excellence in professional education and research, with the best quality facilities and faculty, it delivers quality medical education to more than 1000 on roll students and nurture a confident generation of doctors. For this quality based approach in professional education National Assessment and Accreditation Council (NAAC), Bangalore on 01.05.2015 with CGPA of 3.31 on four point scale at 'A" Grade with a descriptor VERY GOOD. Owing to the high standards of professional education and training and the fine infrastructure facilities and faculty the Mamata General and Super Specialty Hospital was Awarded Entry level Recognition by NABH in the month of September 2017.

I must also inform you that Ragging is a serious offence and anybody indulging in ragging will be liable for severe punishment under the Anti Ragging Act. Beware and avoid such situations where the college authorities are compelled to take unpleasant actions, which really nobody wants to. This **Academic Calendar 2019-20** is intended to be a medium to provide some additional information about the college and its regulations etc.

I wish you all the best for a successful passage through the course and a very bright future.

#### MESSAGE FROM DEAN & PRINCIPAL



It is a great privilege for me to welcome you all to Mamata Medical College. Many students of this college are now renowned physicians at home and abroad. Our faculty members are highly qualified, efficient and dedicated. Its mission is to provide quality medical education, research and service to the people at reasonable cost.

In this medical college the academic programme is well organized. In addition to the academic program, faculty members are available to the students to counsel and give guidance to solve their problems.

Mamata Medical College has successfully completed 20 years with excellent results. Our aim is to create a conductive learning environment and guide students to acquire the appropriate knowledge and skills. We always try to imbue our students with high ideals, so they try to maintain their veracity.

I welcome you to this college, and assure you that we shall leave no stone unturned to equip you with best possible training and exposure so that you can shape up your career and growth for a challenging life. I am sure that you will feel proud on being associated with us and make us equally proud with your academic excellence.

With warm greetings and best wishes.

Mamata Medical College was established in the year 1997-98. It is the premier and first self financing private college in Telangana and moving towards improving the standards of medical education, research and bringing solutions to health problems of the people of the district and humanity. Mamata Medical College has a history of struggle and success. Twenty years ago one man had a dream to educate young and aspiring members of the society and transform them into doctors but also to cater the needs of the poor people of Khammam with advanced medical services. It was this dream of our founder Many Sri Puvvada Nageshwera Rao Garu, a multifaceted humanist who inspired and elevated men and women of this region, which lead to the establishment of this institution. Today the college has grown into an excellent medical centre and spread over a sprawling area of 42 acres of lush green vegetation with beautiful natural surroundings with most modern amenities. It is not only recognized by MCI, Dr. NTR and KNR University of Health Sciences and Govt. of India, but also internationally (WHO). College is recognized to have 150 MBBS seats and 98 PG Degree and Diploma seats along with 3 seats in M.Ch courses. The college is also is recognized for PhD program in 5 departments. The college is also reaccreditated by the NAAC, Bangalore on 01.05.2015 with CGPA of 3.31 on four point scale at 'A" Grade with a descriptor VERY GOOD. These institutes are also approved ad accredited by Higher Learning Accreditation Commission of Texas (HLACT) from November 2015 for keeping up international education standards and academic quality procedures. In the year 2007 both college and hospital were accorded ISO 9001:2008 for quality management system and conducting standard medical courses and patient care by JAS-JAZ, Australia. Mamata General Hospital accredited with National Accreditation Board For Hospitals and Healthcare Providers (NABH) at entry level. Owing to the high standards of professional education and training and the fine infrastructure facilities and faculty the Mamata General and Super Specialty Hospital was Awarded Entry level Recognition by NABH in the month of September 2017.

All these have been possible due to the relentless efforts of Sri. Puvvada Ajay Kumar, MLA, Khammam and our President, MES. His untiring, unrelenting perseverance transformed the rocky plateau into a bustling community. His vision and experience is the guiding spirit for this college. He stood behind the institution in its most difficult days and the rapid progress of this college stood as an eloquent testimony for his vision.

Having built a reputation for excellence in professional value based medical education and research with the best quality facilities and faculty; it delivers quality medical education for more than 1000 roll students and nurtures a confident generation of doctors. The college also included in its curriculum integrated teaching and problem based learning to make the training more meaningful by adopting

evaluation of teachers by students and feedback from students and faculty on various programs and administration including adoption of MENTORSHIP and making it as RAGGING FREE COLLEGE. Central research lab facilities are made available for staff and students to conduct their basic research.

The fully automated central library has early 30,000 books, 180 national and international journals in addition to the Dr. NTRUHS MEDNET and digital library with 50-node high-speed internet facility and broad band internet connection with unlimited downloading time, to all 23 departments in the college.

The college is supported by an ultra modern Mamata General & Super Speciality Hospital with state of the heart qualified and experienced with 1000 teaching beds and 12 intensive care units. The hospital is able to attract and serve patients from surrounding 8 districts with 12 specialties and three super specialties (Cardiology, Neurosurgery and Urology). Hospital is also accorded with ISO 9001: 2015 for quality management system and conducting standard medical courses and patient care by JAS-JAZ, Australia.

Owing to the high standards of professional education and training and fine infra structure facilities and faculty the campus attracts a large number of students from all over India and abroad. Today the campus provides one of the finest environments for students in medical field. All efforts are aimed to make this campus an excellent CENTRE FOR LEARNING.

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#### LIST OF HOLIDAYS FOR THE YEAR 2019-20.

1) 12.08.2019	Monday	Bakrid
2) 15.08.2019	Thursday	Independence Day
3) 02.09.2019	Monday	Vinayaka Chavithi
4) 02.10.2019	Tuesday	Gandhi Jayanthi
5) 08.10.2019	Tuesday	Vijayadasami
6) 27.10.2019	Sunday	Diwali
7) 25.12.2019	Wednesday	Christmas
8) 15.01.2020	Wednesday	Sankranti
9) 26.01.2020	Sunday	Republic Day
10) 21.02.2020	Friday	Maha Shivratri
11) 25.03.2020	Wednesday	Ugadi
12) 02.04.2020	Thursday	Ram Navami
13) 05.04.2020	Sunday	Babu Jagjivan Ram Birthday
14) 10.04.2020	Friday	Good Friday

Dussera Holidays from 06.10.2019 to 09.10.2019

Sankranthi Holidays from 12.01.2020 to 15.01.2020

#### LIST OF CONTACT NUMBERS

1. Dr. K. Vijaya Kumar, Dean & Principal MMC 7702699969 2. Dr. B. Kishan Rao Medical Superintendent, MGH 9866181161 3. Dr. G. Venkateshwar Rao, Medical Director, MES 9849490529 4. Dr. B. Naveen Kumar, Vice Principal (Admn), MMC 9849490525 5. Dr. B. Anuradha, Vice Principal (Academic), MMC 9848097479 6. Mr. C. Satyanaraya Reddy, Lay Secretary 9849490521 7. Sri S V N Muralidhar, A O Liaison 9849490531 8. Sri T V Babu, A O MGH 9849490523 9. MGH Casuality 9963527789 10. Mr. Murali, Chief Security Officer 9391167099 11. Mamata Medical College, Admin Office Tel. No. 08742-223075

Admin Office: Fax Nos. : 08742-234206

12. Mamata General Hospital, Admin Office : 08742-230864

08742-235160

Email: infomamata@yahoo.co.in

Web: www.mamata.org; www.mamatamedicalcollege.com

#### STUDENT CHARTER

(A written statement of the learning rights and obligations of Students)

#### Institutions Responsibilities Towards Its Students.

- Communicate the goal and objective of the institutions systematically and clearly to all students.
- Offer the curriculum that is consistent with Institutional goals and objectives.
- Offer a wide range of programs with adequate academic flexibility.
- Use feedback from students in the initiation, review and redesign of programs.
- Facilitate effective running of the teaching learning programmes.
- Implement a well-conceived plan for monitoring student progress continuously.
- Ensure that the student assessment procedures and system are reliable and valid.
- Provide clear information to students about the admission and completion requirements for all programmes, the fee structure and refund policies, financial aid and student support services.
- Ensure sufficient and well-run support services to all students.
- Promote values, social responsibilities and good citizenry in all students.

### Students Responsibility of Learning

- Appreciate the institutional goals and objectives and contribute to their realization by participating in relevant institutional activities.
- Have a clear knowledge of the programmes, admission policier, rules and regulations of the institution.
- Understand the teaching-learning strategies and evaluation systems of the institution.
- Follow the time schedule, rules and regulations of the institution.
- Undertake regular and intense study of learning materials.
- Mae optimum use of the learning resources and other support services available in the institution.
- Prepare for continuous internal assignments and term and examinations
- Give feedback for system improvement.
- Have faith and ability to purse lifelong learning.
- Live as worthy alumni of the institution.

#### GENERAL RULES AND FACILITIES

**STUDY HOURS:** Compulsory study hours for 1<sup>St</sup> & II<sup>nd</sup> MBBS Students from 6PM to 8PM. Specific days in a week are allotted to the subjects. Faculty members from concerned departments are posted to monitor study hours and also to clear the doubts of students.

#### **BUS FACILITY:**

College has provided bus facility at fixed timings for transporting students from college to hospital and vice versa. No student shall be permitted in the college bus without a valid identity card.

#### **USE OF VEHICLES:**

It is the policy of the college to discourage students using vehicles. However students who are using vehicles must obtain permission from dean and security office after informing the registration number of vehicle. Vehicles must be parked in the place allotted in the campus. They will not be allowed to go out of the college during working hours. If any vehicle found parked at any place other than the allotted place they have to pay a fine of Rs.200/- for violation of the rules. Hostel students are discouraged to posses' vehicle in the campus.

#### UNIFORM AND DRESS REGULATIONS:

- i. All students should strictly implement dress code and wearing ID cards.
- ii. Dress should be neat, clean and decent. Wearing any dress other than uniform is not permitted
- iii. Girls with hair longer than shoulder length should have their hair put-up. Boys must be clean shaved and hair dressed properly.
- iv. Ladies should not wear flowers or too many ornamentals.
- v. Aprons extending to mid-thigh or below should be compulsory for boys and girls.
- vi. All students should wear shoes.
- vii. Those students who violate these rules will not be permitted to attend the classes nor allowed to enter the hospital and wards on duty.
- viii. It is essential that the cloths should be clean. Any recognized type of head dress may be worn. An apron or a long coat with half sleeves is recommended while working in the laboratories and dissection hall.

#### **USE OF BIOMETRIC'S:**

All the Lecture hall, Practical labs, Library and Hostels are provided with Biometric systems and all students are expected to give their attendance the rough biometric system.

#### **USE OF CELLPHONES:**

Students shall not use **CELL PHONES** within the college campus or hospital premises. Anybody using cell phone will be penalized with a fine of Rs.1000/- and cell phones will be confiscated.

#### **HOSTEL READING ROOM:**

The Television and News Paper room will be kept open between 6am to 8am and 5 pm to 8 pm.

#### INDOOR GAMES AND GYM:

The centrally air conditioned Ultramodern GYM is made available with 4000 sft. area and imported equipment in the ground floor. First floor accommodates the indoor games like chess, carroms table tennis etc.

#### TIMINGS:

**Boys:** 5.00 AM to 8.00AM **Girls:** 5.00 PM to 8.00.PM

#### **CLASS ROOM:**

- a. Every student is required to be present punctually at the started hours for lectures and practical classes.
- b. When the teacher enters the class room, the students shall rise and remain standing till they are asked to sit or till the teacher sits down.
  - When the attendance is taken by the teacher, each student as his/her name or roll number is called, must rise up from his/her seat and answer to his/her name.
- c. No student shall be allowed to leave the classroom without the permission of the teacher or until the class is dismissed.
- d. Students are expected to assemble in the classroom five minutes before the appointed hour when the roll shall be called and the absence of any student noted.
- e. Students are not permitted to remain in the lecture rooms expect during the hours of instruction.
- f. No student shall be absent without leave (unless such absence is satisfactorily explained).
- g. In case of absence on account of sickness, duly certified medical leave will be granted.
- h. Soon after the classes, lights and fans must be switched off.

#### **BOOKS AND APPARATUS**

- a. Every student shall get all the prescribed text books, dissecting instruments etc.
- b. Every student to whom books or other property of the college are issued shall be held responsible for keeping them in god condition and in the event of their being lost or damaged, he/she be required to replace them or repay their cost.

#### **GENERAL DISCIPLINE RULES:**

- a) Students are required to observe order and quiet at all times in the college.
- b) No games of any sort are to be played during the hours allotted for lectures or practical classes.

- c) SMOKING and usage of ALCOHOL or any OTHER INTOXICATING DRUGS within the college is strictly prohibited.
- d) Students are not to loiter about in the corridors or college museum and not to bring friends to the college at any time.
- e) A disciplinary committee of the college is formed, which consists of staff members nominated by the dean.
- f) This committee shall handle all changes of misconduct against the student. It is empowered to consider all disciplinary changes and to recommend penalties. The Dean shall decide the disciplinary action.
- g) Students on the rolls of the college are forbidden to take active part in any political or other agitations or party politics.
- h) If students of this college take part in political or other agitations and thereby conduct themselves in any manner which is forbidden or unbecoming or engage in such a way as to interfere the corporate life and educational work of the college, the Dean/Associate Dean of the college may suspend or expel them or refuse the grant of term certificate for a specified period and may also report their cases University with a view to their being dealt with according to the regulations of University.
- i) ANTI RAGGING ACT: (An act of prohibition of ragging in all educational institutions in the state of Andhra Pradesh). Students teasing, embarrassing or causing any bodily injury to the new entrants either inside or outside the college and hostels will be severely dealt with and such students will be expelled from the college. There shall be no ragging in the college or hostels. Persons found in ragging activities will be expelled from the college and suitable criminal proceedings will be lodged against them. Various committees are formed to prevent ragging inside campus and to make it RAGGING FREE CAMPUS.
- j) The Dean or Hostel Authorities may frame and issue, from time to time, disciplinary rules of a permanent or temporary character regulating the conduct within or outside the college or hostel precincts of students on the rolls so far as such rules seem necessary to secure observance and to maintain the credit and reputation of the college and hostel. The Dean and Hostel Authorities shall have full powers to inflict the following punishments: fine, loss of attendance, loss of term certificate, suspension, expulsion etc.
- k) Any student breaking or damaging any college property shall be required to pay the cost of repair or replacement. In case of willful damage, in addition, to paying for the damages, the student shall be punished are the Dean or associate Dean may think it fit.
- I) Failure to pay the dues of the college within the authorized period will be punished by loss of attendance or both.

#### ANTI RAGGING ACT

(An act of prohibition of ragging in all educational institutions in the state of Andhra Pradesh)

ABSTRACT of G.O.Ms.No. 67, Higher Education (EC) Department, dated 31.08.2002

**SHORT TITLE:** These rules may be called the "Andhra Pradesh prohibition of ragging in all educational institutions rules - 2002.

**DEFINITIONS:** In these rules unless the context otherwise requires:-

- a) "Act" includes words either spoken or written or signs or sounds or gestures or visible representation.
- b) "Education Institutions", means and include a college or other institution by what ever name called, carrying on the activity or imparting education therein
- c) either exclusively or among other activities) and includes an orphanage or boarding home or hostel or tutorial institution or other premises attached thereto.
- d) "Government" means the state Government of Andhra Pradesh.
- e) "Notification" means notification published in Andhra Pradesh gazette and the work" notified" shall be construed accordingly.
- f) 'Ragging' means doing an act which causes or is likely to cause insult or annoyance of fear or apprehension or threat of intimidation or outrange if modesty or injury to a student;
- g) "Student" means a person who is admitted into an education institution and whose name is and lawfully borne on the attendance register thereof. All words and expression used but not defined as these rules have meaning assigned to them under AP Education Act, 1982 or Indian penal code 1860 as the case may be.

#### PROHIBITION OF RANGGING:-

- a) Ragging is prohibited within or outside of any educational Institution in the state.
- b) The principal/ Head of the institution shall obtain an undertaking in writing from the students /parents at the time of admission, that they shall not resort to ragging inside or outside the institution.
- c) Full publicity should be given to the punishment for ragging through open circulars, suitable posters, colleges and hostel premises etc., by the Principal/Head of the Institutions.
- d) The principal/ Head of the institution shall constitute anti ragging squads involving teachers and students to prevent ragging.
- e) The Head of the institution shall lodge a criminal case against students resorted to ragging for taking action as mentioned in Andhra Pradesh Prohibition of Ragging Act, 1997 (AP Act No. 26 of 1997).

#### RESPONSIBILITY OF THE HEAD OF THE INSTITUTION:

- (1) At the commencement of the academic session, the institutions should constitute proctorial committee consisting of senior facility members and hostel authorities like the warden and a few responsible senior students.
- (i) To keep continuous watch and vigil over ragging so as to prevent its occurrence and recurrence
- (ii) To promptly deal the incidents of ragging brought to its notice and summarily punish the guilty either by it self or by putting forth its finding / Recommendation / Suggestions before the
  - authority competent to take decision. All vulnerable location shall be identified and specially watched.
  - Certain of the guide lines to prevent ragging in educational institution are illustrated in the annexure to these rules.
- (2) The local community and the students in particular must be made aware of dehumanizing effect of ragging inherent in its perversity. Posters, notice boards and sign-boards- wherever necessary, may be used for the purpose.
- (3) Failure to prevent ragging shall be construed as an act of negligence in maintaining discipline in the institution on the part of the management, the principal and the persons in authority of the institution. Similar responsibility shall be liable to be fixed on hostel wardens/ Superintendents.
- (4) Whenever any student complains of ragging to the head of the Educational institution such head or manger shall enquire into the same forthwith and if the complaint is prima facie found true, shall suspend the student or students complained against for such period as may be deemed necessary,
- (5) The decision of the head of the institution or the person responsible for the Management of the educational institution is final.
- (6) If an institution fails to curb ragging, the person responsible for the management of the educational institution is final for such time as achieves the same. The University shall consider disaffiliating a college or institutions failing to curb ragging. All Universities shall bring these guidelines to the notice of all educational institutions under their control and jurisdiction. Publicity also be given by issuing press notes in public interest by University.

#### PENALTY FOR RAGGING:

- 1. Whoever with the intention of causing ragging or with the knowledge that he is likely by such act to cause ragging, commits or abets ragging shall be punishable as per Andhra Pradesh Prohibition of Ragging Act, 1997 ( Act 26 of 1997)
- 2. The students convicted of an offence under section 4 of Andhra Pradesh Prohibition Act, (Act 26 of 1997) and punished imprisonment for a term shall be dismissed from the educational institution.
- 3. The student convicted of an offence under section 4 of Andhra Pradesh prohibition of Ragging Act, 1997, and punished imprisonment for a term to more than six months shall not be admitted in any other educational institution.
- 4. Any student dismissed from a college for ragging should be debarred from seeking admission in any other course of study in college/University located in the state.
- 5. In case of the students who involved in ragging, there shall be an embossment on his marks cards and other academic certificate in bold letters which cannot be obliterated that he had indulged in-ragging and had conducted himself in a manner unbecoming.

## THE FOLLOWING COMMITTES ARE FORMED AT COLLEGE LEVEL TO PREVENT RAGGING AND TO DEAL WITH RAGGING INCIDENTS.

#### 1. ANTI RAGGING COMMITTEE:

- 1. Dr. K. Vijaya Kumar, Dean & Principal, Chairman
- 2. Dr. Uday Pal Singh, Professor & HOD, Member
- 3. Dr. B. Anuradha, Professot & HOD, Member
- 4. Dr. B. Kishan Rao, Professor, Member
- 5. Dr. B.P. Ravi Kumar, Professor & HOD, Convener
- 6. Dr. P. Naveen, Professor & Warden, Men's Hostel Member, 9948036880
- 7. Dr. S. Vijaya Durga, Assoc. Prof., Member
- 8. Dr. P. Siva Subba Rao, Professor, Member
- 9. Dr. P. Srilakshmi, Asso. Prof., Member, Warden, Girls Hostel 9441215469

#### 2. ANTI RAGGING SQUAD:

- 1. Dr. B. Naveen Kumar, Asso. Prof., Anatomy Chairman 9849490525
- 2. Dr. M. Pramod Kumar Reddy, Prof. & HOD, Psychiatry 9849345569
- 3. Dr. S. Vijaya Durga, Assoc. Prof., Microbiology 9866915155
- 4. Dr. P. Srilaxmi, Assoc. Prof., Biochemistry 9441215469

#### 3. DISCIPLINARY COMMITTEE

- 1. Dr. Uday Pal Singh, Prof. & HOD, Forensic Medicine, Chairman- 9440929100
- 2. Dr. B. Anuradha, Prof. & HOD., Microbiology, Member 9848097479
- 3. Dr. B.Kishan Rao, Professor, Anaesthesia, Member 9866181161
- 4. HOD, Concerned Department, Member

#### APPENDIX - I

## Ragging:

The parents have to give an undertaking (as per judgment of Hon'ble High court, A.P.) in form 6 that in the event of their Son/Daughter committing or indulging in the act of ragging, they would also be liable for punishment along with their ward.

## FORM – III (UNDERTAKING BY CANDIDATE/PARENT ON RAGGING) <u>UNDERTAKING OF CANDIDATE</u>

I, MR./Ms	with NEET-2019 Rank
Son/Daughter of	
KNR UNIVERSITY OF HEALTH SCIENCES, V	Varangal, Telangana in the academic year
2019-20 at Mamata Medical College, Kham	_
act of ragging or indiscipline during study	
University. If violated, the university/college against me.	authorities may take appropriate action
SIGNATURE OF THE CANDIDATE:	
NAME OF THE CANDIDATE:	
NAME OF THE PARENT/GUARDIAN:	
DATE:	
UNDERTAKING OF CA	NDIDATE'S PARENT
I, Sri/Smt	Father/Mother of
Mr./Ms who is	
KNR UNIVERSITY OF HEALTH SCIENCES, V	${\it V}$ arangal, Telangana in the academic year
2019-20, assure that my son/daughter will	
stage during his/her study period in the	·
violated, I may also be liable for any	type of punishment along with my
son/daughter.	
SIGNATURE OF PARENT: FATHER/MOTH	ER:
NAME OF THE FATHER/MOTHER:	·
DATE:	
Address with Ph. No.	
<del></del>	

#### STUDENTS HOSTEL RULES

Hostels are supervised by a Hostel Supervising Committee consisting of Principals of the college as chair person and Resident Warden (Teaching Staff).

Girls Hostel Warden: Dr. P. Srilaxmi

**Phone:** 94412 15489

Boys Hostel Warden: Dr. P. Naveen

**Phone:** 99480 36880

- Every attempt will be made to provide hostel accommodation to students.
- The hostel fee amount payable varies according to the type of accommodation provided. The fee will be collected for each year as per schedule i.e., on 1st June as notified by the society.
- Every student admitted to the hostel is required to make the full hostel & mess fee before admission.
- Students, who do not complete their students within the regular period stipulated for the course, may be provided accommodation for the further term(s) on non-priority.
- Willful damage to hostel property will be deemed to be a breach of hostel discipline and will be dealt with by a fine or such other punishment as the committee may decide. The fine will be either collected or deducted from the Caution Deposit.
- Students will not be permitted to change from one mess to another. Students staying outside the hostels are not permitted to become members of any of the messes, except with the written permission from the management.
- Food will be served in the dining halls at the following hours.

Breakfast: 7.00 am to 8.00 am

**Lunch:** 1.00 pm to 2.00 pm

**Snacks:** 4.00 pm to 5.00 pm

**Dinner:** 7.00 pm to 9.00 pm

#### CENTRAL LIBRARY

The central library with centrally air conditioning has a built up area of 8,840 sq,ft. with a 300 seating capacity in main library, 30 for staff,70 for PG students,30 in Journal section and 58 in e-library was inaugurated in 2008.

It has reading rooms for staff and students and digital library with 48 portals. The library is equipped with over 17,672 books which includes 13,106 text books and4566 reference books and subscribes 120 journals with 80 national and 40 international journals annually and back volumes 15480 issues from 1995. Library also includes 1433 dissertations and 664 CDs. The digital library has access to nearly 619 online journals through NTRMEDNET, INFLIBNET, and HEINET. Photo copying, book binding and lamination facilities are provided in the library. Internet facilities are provided to all departments for staff and students. Library further symbolizes MES initiative and relentless pursuit in providing excellent academic exposure and related benchmarking to our students and faculty.

#### The Library Timings:

8 am to 12 am (midnight) – Monday to Saturday and during University examination 9 am to 4 pm - Sundays and Public Holidays

# MAMATA MEDICAL COLLEGE LIST OF YEARLY AWARDS AND GOLD MEDALS FOR ACADEMIC EXCELLENCE

SI. No	Subject In the name of		Sponsored by
1	Biochemistry	DR.KARRI RAMA REDDY GOLD MEDAL	DR.KARRI RAMA REDDY, RAJAHMUNDRY
2	Anatomy	KUM. PUVVADA HANSA MEMORIAL GOLD MEDAL	SRI PUVVADA AJAY KUMAR, PRESIDENT, MAMATA EDUCATIONAL SOCIETY
3	Physiology	SMT.KARRI MANGAYAMMA MEMORIAL GOLD MEDAL	MANASA HOSPITAL, RAJAHMUNDRY
4	Pharmacology	SRI PUVVADA UDAY KUMAR MEMORIAL GOLD MEDAL	SRI PUVVADA AJAY KUMAR, PRESIDENT, MAMATA EDUCATIONAL SOCIETY
5	Microbiology	KUM. PUVVADA HANSA MEMORIAL GOLD MEDAL	SMT.PUVVADA VASANTHALAXMI, MEMBER, MAMATA EDUCATIONAL SOCIETY
6	Pathology	KUM. PUVVADA HANSA MEMORIAL GOLD MEDAL	SRI PUVVADA NAGESWAR RAO, MEMBER, MAMATA EDUCATIONAL SOCIETY
7	Forensic Medicine	KUM. PUVVADA HANSA MEMORIAL GOLD MEDAL	SMT. PUVVADA VIJAYALAXMI, MEMBER, MAMATA EDUCATIONAL SOCIETY
8	E.N.T	SRI PUVVADA UDAY KUMAR MEMORIAL GOLD MEDAL	SMT. PUVVADA JAYA SREE, SECRETARY, MAMATA EDUCATIONAL SOCIETY
9	Ophthalmology	KUM. PUVVADA HANSA MEMORIAL GOLD MEDAL	SMT. PUVVADA JAYA SREE, SECRETARY, MAMATA EDUCATIONAL SOCIETY
10	Community Medicine	SRI PUVVADA UDAY KUMAR MEMORIAL GOLD MEDAL	SRI PUVVADA NAGESWAR RAO, MEMBER, MAMATA EDUCATIONAL SOCIETY
11	General Medicine	SRI SAKHAMURI NARAYANA RAO GOLD MEDAL	DR.S.RAMA RAO, PROFESSOR OF MEDICINE, MAMATA EDUCATIONAL SOCIETY
12	General Surgery	SRI PERLA NAMANJANEYULU & VENKATA SUBBULU MEMORIAL GOLD MEDAL	DR. P. ADISHANKAR RAO & Dr. SHOBADEVI, KHAMMAM
13	Obst. & Gyn.	SRI PUVVADA UDAY KUMAR MEMORIAL GOLD MEDAL	SMT. PUVVADA VIJAYALAXMI, MEMBER, MAMATA EDUCATIONAL SOCIETY
14	Paediatrics	SRI PUVVADA UDAY KUMAR MEMORIAL GOLD MEDAL	SMT.PUVVADA VASANTHALAXMI, MEMBER, MAMATA EDUCATIONAL SOCIETY

## CRITERIA FOR BEST OUT GOING STUDENT AWARD CRITERIA FOR SELECTION (TOTAL MARKS); 100

- Academic Excellence (Results): 30 Marks
   Marks will be calculated per year and averaged over 4 years
- 2. Overall attendance (Marks allotted) 10 Marks Above 90% - 10M, Above 85% - 8M, Above 80% - 6M, Above 75% - 4M
- 3. Conference attended and Paper Presentations: 10 Marks
  \*National Level-5, State Level-4, Zonal Level-3, and Local Level-2
- 4. Scientific Paper publications: 10 Marks
  \*Indexed 5 Marks, Non- Indexed 3 Marks.
- Participation in Sports: 10 Marks
   \*National / Inter University Level 10 marks, University Level 5 marks, Zonal Level 3 marks and Local Level 2 marks
- 6. Participation in Culture Events: 5 Marks
  National / Inter University Level 5 marks, University Level 4marks, Zonal
  Level 3 marks and Local Level 2marks
- 7. Participation in NSS / Social Services / Red Ribbon Club : 5 Marks
  University Level 5marks, Zonal Level 3 marks and Local Level 2marks
- 8. Participation in Quiz: 5 Marks
  National / Inter University Level 5 marks, University Level 4marks, Zonal
  Level 3 marks and Local Level 2marks
- 9. Participation in Literacy: 5 Marks
  National / Inter University Level 5 marks, University Level 4marks, Zonal
  Level 3 marks and Local Level 2marks
- 10. Participation in Elocution: 5 Marks National / Inter University Level – 5 marks, University Level – 4marks, Zonal Level – 3 marks and Local Level – 2marks
- 11. Leadership / Conduct : 5 Marks

  Member of Student Council / Class Representative / Positions held in Conferences Etc.

#### **ACADEMIC EVENTS**

AUGUST - 2019									
S	M T W T F								
				1	2	3			
4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29	30	31			

#### **Events:**

- 08-08-2019 2<sup>nd</sup> session practical examinations for II MBBS.
- 10-08-2019 2<sup>nd</sup> session practical examinations for Final MBBS Part –II.
- 13-08-2019 2<sup>nd</sup> session practical examinations for Final MBBS Part I.

#### **NSS Events:**

- ✓ Observance of breast feeding week from 1st to 07<sup>th</sup> August.
- ✓ Organise International Youth Day on 12<sup>th</sup> August.
- ✓ Organisation of Sadbhavana Peace March on 19<sup>th</sup> August.

SEPTEMBER - 2019								
S	М	T	W	T	F	S		
1	2	3	4	5	6	7		
8	9	10	11	12	13	14		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
29	30							

#### **Events:**

- ✓ Observation of nutrition week from 1st to 7<sup>th</sup> September.
- ✓ Observance of International Literacy Day on 8<sup>th</sup> September.
- ✓ Motivation and Celebration of NSS Day on 24<sup>th</sup> September.

Note: All the dates are tentative and University reserves right to change them at any time

OCTOBER - 2019								
S	М	T	W	T	F	S		
		1	2	3	4	5		
6	7	8	9	10	11	12		
13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
27	28	29	30	31				

- ✓ Dussera Vacation
- ✓ Observance of Gandhi Jayanthi on 2<sup>nd</sup> October.
- $\checkmark$  2<sup>nd</sup> supplementary theory examinations for PG Degree / Diploma
- ✓ College Academic and Curriculum Audit
- ✓ Council Committee Meeting

NOVEMBER - 2019								
S	М	Т	W	Т	F	S		
					1	2		
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		

#### **Events:**

- ✓ Observance of Children's Day on 14th November.
- ✓ Observance of Conservation day on 25th November.
- ✓ Commencement of 2<sup>nd</sup> session practical examinations for PG Degree & Diploma
- ✓ Admission Committee
- ✓ Teaching & Non Teaching Staff Selection Committee Meetings

Note: All the dates are tentative and University reserves right to change them at any time

DECEMBER - 2019								
S	М	Т	W	Т	F	S		
1	2	3	4	5	6	7		
8	9	10	11	12	13	14		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
29	30	31						

- ✓ Observance of World AIDS Day on 1st December.
- ✓ Conduct of Swatchh Bharat Programmes.
- ✓ Observance of International Volunteers day on 5<sup>th</sup> December.
- ✓ Steering Committee Meeting.
- ✓ Organization of Pulse Polio Immunization Camping.

January 2020								
S	М	Т	W	Т	F	S		
			1	2	3	4		
5	6	7	8	9	10	11		
12	13	14	15	16	17	18		
19	20	21	22	23	24	25		
26	27	28	29	30	31			

#### **Events:**

- ✓ 1st session Regular theory examinations for Final MBBS Part II.
- ✓ Celebrate Republic Day.
- ✓ Pongal vacation
- ✓ Observation of National Youth Day on 12<sup>th</sup> January.
- ✓ Institutional Graduation Day and Intuitional Annual Day.

Note : All the dates are tentative and University reserves right to change them at any time

February 2020								
S	М	Т	W	Т	F	S		
						1		
2	3	4	5	6	7	8		
9	10	11	12	13	14	15		
16	17	18	19	20	21	22		
23	24	25	26	27	28	29		

- $\checkmark$  1st session Regular theory examinations for Final MBBS Part − I.
- ✓ 1<sup>st</sup> session Regular theory examination for II MBBS.
- ✓ 1<sup>st</sup> session Regular practical examinations for Final MBBS Part II.
- ✓ 1<sup>st</sup> session practical examinations for Final MBBS Part -1.
- ✓ 1<sup>st</sup> session practical examinations for II MBBS.

March 2020								
S	М	Т	W	Т	F	S		
1	2	3	4	5	6	7		
8	9	10	11	12	13	14		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
29	30	31						

#### **Events:**

- ✓ Conduct of Swatchh Bharat Programmes.
- ✓ NSS units wise evaluation.
- ✓ Ethics Awareness Program for Interns / PG's.
- ✓ Students Grivance Redresal Cell Committee Meeting.
- ✓ Disciplinary Committee Meeting.
- ✓ Committee for Prevention of Sexual Harassment of Women Meeting.

Note : All the dates are tentative and University reserves right to change them at any time

	April 2020						
S	М	Т	W	Т	F	S	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30			

- ✓ Observation of world health day on 07th April.
- ✓ Commencement of 1st regular theory university examination for PG / Degree / Diploma courses.
- ✓ College Anti Ragging Committee Meeting.
- ✓ Interns Orientation Program.

May 2020						
S	М	T	W	Т	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

#### **Events:**

- ✓ World NO TOBACCO Day 31st May.
- ✓ Internal Quality Assurance Cell (IQAC) Meeting.
- ✓ SWOT Committee Meeting.
- ✓ Hospital Infection Committee Meeting.
- ✓ College Purchase / Condemnation Committee Meeting.

Note : All the dates are tentative and University reserves right to change them at any time

## MAMATA MEDICAL COLLEGE:: KHAMMAM

## Theory Time-Table (1st & 2nd Semester)

Day	9-10 AM	10-11 AM	11-12 NOON	12-1 PM	1-2PM		2-4PM		4-5PM
						Biochem	Anat	Physio	Games
							Practicals		
MONDAY	Professional Dev including Ethics / Assessme	Formative	Biochemistry (Theory)	Physiology (Theory)		A	В	С	Games
TUESDAY	Community Medicine (Theory/ SGT)	Anatomy (Theory)	Disse	ection	L U N	В	С	A	Games
WEDNESDAY	Anatomy (Theory)	Physiology (Theory)	Disse	ection	C H	С	A	В	Games
THURSDAY	Physiology (Theory)	Anatomy (Theory)	Disse	ection	В	PHYSIOLO	GY TUTORI	ALS / SGT	Games
FRIDAY	Biochemistry (Theory/SGT/SDL)	Physiology (Tutorials/ SGT)	Disse	ection	R E A	PHYSIOLO	GY TUTORI	ALS / SGT	Games
SATURDAY	Early Clinical E	xposure	ANAT	Biochemistry	K	2-3 PM	3-4	PM	4-5 PM
			(Theory)	(Theory / Integrated teaching)		ANAT (Theory / Integrated teaching)		(Integrated ng / SDL)	Biochemistry (Tutorials/ SGT /SDL)

Table 2: Distribution of subjects by professional phase

Phase & Year Of MBBB Training	Subjects & New Teaching Elements	Duration	University Examination
First professional MBBS	<ul> <li>Foundation course (1month)</li> <li>Human Anatomy, Physiology&amp; Biochemistry Introduction of Community Medicine ,Humanities</li> <li>Early Clinical Exposure</li> <li>Attitude. Ethics and Communication Module (AETCOM)</li> </ul>	1+13 months	l Professional
Second Professional MBBS	<ul> <li>Pathology, Microbiology, Pharmacology, Forensic Medicine And Toxicology</li> <li>Introduction to clinical subjects including community Medicine</li> <li>Clinical postings</li> <li>AETCOM</li> </ul>	12 months	II Professional
Third Professional MBBS Part I	<ul> <li>General Medicine ,General Surgery, OBG. Paediatrics, Orthopaedics , Dermatology, Pyschiatry Otorhinolaryngology, Ophthalmology, Community Medicine, Forensic Medicine and Toxicology, Respiratory Medicine, Radio-Diagnosis &amp; Radiotherapy, Anaesthesiology.</li> <li>Clinical Subjects /postings</li> <li>AETCOM</li> </ul>	III Professional (Part2)	Third Professional MBBS Part I
Third Professional MBBS Part II	<ul> <li>Electives ,skills and assessment</li> <li>General Medicine, Paediatrics, General Surgery,         Orthopaedics, Obstetrics and Gynaecology including         Family welfare and allied specialties</li> <li>Clinical Postings /subjects</li> <li>AETCOM</li> </ul>	2 months  13 months	III Professional (Part II)

<sup>\*</sup>Assessment of electives shall be included in Internal Assessment

Table 3: Foundation Course (One Month)

Subjects / Contents	Teaching hours	Self directed learning (hours)	Total hours
Orientation 1	30	0	30
Skills module 2	35	0	35
Field visit to community health centre	8	0	8
Introduction to professional development & AETCOM module	-	-	10
Sports and extracurricular activities	22	0	22
Enhancement of language / Computer skills 3	50	0	50
	-	-	155

Orientation course will be completed as single block in the first week and will contain elements outlined in 9.1.

2. Skills modules will contain elements outline in 9.1.

Based on perceived need of learners, one may choose language enhancement (English or local spoken or both) and computer skills. This should be provided longitudinally through the duration of the foundation course.

4. Teaching of foundation course will be organized by preclinical departments.

Table 4: First Professional Teaching Hours

Subjects	Lecture hours	Small group teaching / tutorials / integrated learning / practical (hours)	Self directed learning (hours	Total (hours)
Human anatomy	220	415	40	675
Physiology *	160	310	25	495
Biochemistry	80	150	20	250
Early clinical exposure	90	-	0	90
Community Medicine **	20	27	5	52
Attitude, Ethics & Communication module (AETCOM)***	-	26	8	34
Sports and extracurricular activities	-	-	-	60
Formative assessment and term examinations	-	-	-	80
Total	-	-	-	1736

Including Molecular biology

<sup>\*\*</sup>Early clinical exposure hours to be divided equally in all three subjects

<sup>\*\*\*</sup>AETCOM module shall be a longitudinal programme

Table 5: Second Professional Teaching Hours

Subjects	Lecture hours	Small group teaching /tutorials / integrated learning / practical (hours)	Clinical Postings	Self directed learning (hours)	Total (hours)
Pathology	80	138	-	12	230
Pharmacology	80	138	-	12	230
Microbiology	70	110	-	10	190
Community Medicine	20	30	-	10	60
Forensic Medicine and Toxicology	15	30	-	5	50
Clinical Subjects	75**	-	540***	615	Clinical Subjects
Attitude, Ethics & Communication module (AETCOM)***	-	29	-	8	37
Sports and extracurricular activities	-	-	-	28	25
Total	-	-	-	-	1440

<sup>\*</sup>At least 3 hours of clinical instruction each week must be allotted to training in clinical and procedural skill laboratories hours maybe distributed weekly or as a block in each posting based on institutional logistics.

<sup>\*\*25</sup> hours each for medicine surgery and gynecology & obstetrics.

<sup>\*\*\*</sup>The clinical postings in the second professional shall be 15 hours per week (3 hrs per day from Monday to Friday).

Table 6: Third Professional Part-I Teaching Hours

Subjects	Lecture hours	Small group teaching / tutorials / integrated learning / practical (hours)	Self directed learning (hours)	Total (hours)
General Medicine	25	35	5	65
General Surgery	25	35	5	65
OBG	25	35	5	65
Pediatrics	20	30	5	55
Orthopedics	15	20	5	40
Forensic Medicine & Toxicology	25	45	5	75
Community Medicine	40	60	5	105
Dermatology	20	5	5	30
Psychiatry	25	10	5	40
Respiratory Medicine	10	8	5	20
Otorhinolaryngology	25	40	5	70
Ophthalmology	30	60	10	100
Radio-Diagnosis and Radiotherapy	10	8	2	20
Anesthesiology	8	10	2	20
Clinical Postings *	-	-	-	756
Attitude, Ethics & Communication module (AETCOM)	19	06	25	Attitude, Ethics & Communicat ion module (AETCOM)
Total	303	401	66	1551

<sup>\*</sup>The clinical postings in the third professional part 1 shall be 18 hours per week (3hrs per day from Monday to Saturday).

Table 7: Third Professional Part-II Teaching Hours

Subjects Lecture	Hours	Small group teaching / tutorials/ integrated learning / practical (hours)	Self directed learning (hours)	Total(hours)
General Medicine	70	125	15	210
General Surgery	70	125	15	210
OBG	70	125	15	210
Pediatrics	20	35	10	65
Orthopedics	20	25	5	50
Clinical Postings *				792
Attitude, Ethics & Communication module (AETCOM)	28	16	43	Attitude, Ethics & Communication module (AETCOM)
Electives				200
Total	250	435	60	1780

<sup>\*25%</sup> of allotted time of third professional shall be utilized for integrated learning with preand para clinical subjects and shall be assessed during the clinical subjects examination. This allotted time will be utilized as integrated teaching by para clinical subjects with clinical subjects (as clinical pathology, clinical pharmacology and Clinical microbiology).

<sup>\*\*</sup>the clinical postings in the third professional Part II shall be 18 hours per week (3hrs per day from Monday to Saturday)

<sup>\*\*\*</sup>hours from clinical postings can also be used for AETCOM modules

Table 8: Clinical Postings

Subjects		Period of training in weeks	Period of training in weeks	
	II MBBS	III MBBS Part-I	III MBBS Part-II	Total Weeks
Electives	-	-	8*(4 regular clinical posting)	4
General Medicine 1	4	4	8+4	20
General Surgery	4	4	8+4	20
OBG 2	4	4	8+4	20
Pediatrics	2	4	4	10
Community Medicine	4	6	-	10
Orthopedics – Including Trauma3	2	4	2	8
Otorhinolaryngology	4	4	-	8
Ophthalmology	4	4	-	8
Respiratory Medicine	2	-	-	2
Psychiatry	2	2	-	4
Radio diagnosis4	2	-	-	2
Dermatology, Venereology & Leprosy	2	2	2	6
Dentistry & Anaesthesia	-	2	-	2
Casualty	-	2	-	2
	36	42	48	126

<sup>\*</sup>in four of the eight weeks of electives, regular clinical postings shall be accommodated.

Clinical postings may be adjusted within the time framework.

<sup>&</sup>lt;sup>1</sup>this posting includes laboratory medicine (para-clinical) & infections diseases (phase III part I).

<sup>&</sup>lt;sup>2</sup>this includes maternity training and family welfare (including family planning).

<sup>&</sup>lt;sup>3</sup>this posting includes physical medicine and rehabilitation.

<sup>4</sup>this posting includes radiotherapy, wherever available.

Table 9: Learner – Doctor Programme (Clinical Clerkship)

Year of Curriculum	Focus of learner – doctor programme
Year 1	Introduction to hospital environment. Early clinical exposure. Understanding perspectives of illness
Year 2	History taking, Physical examination. Assessment of change in clinical status, communication and patient education
Year 3	All of the above and choice of investigations, basic procedures and continuity of care
Year 4	All of the above and decision making, management and outcomes

#### Hippocratic Oath

- I will look upon him who shall have taught me this Art even as one of my parents.
- I will share my substance with him, and I will supply his necessities, if he be in need.
- ➤ I will regard his offspring even as my own brethren and I will teach them this Art, if they would learn it, without fee or covenant.
- ➤ I will impart this Art by precept, by lecture and by every mode of teaching, not only my own sons but to the sons of him who has taught me, and to disciples bound by covenant and oath, according to the Law of Medicine.
- The regiment I adopt shall be for the benefit of my patients according to my ability and judgment, and not for their hurt or for any wrong.
- I will give no deadly drug to any, though it is asked of me, nor will I counsel such, and especially I will not a woman to procure abortion.
- ➤ Whatsoever house I enter, there will I go for the benefit of the sick, refraining from all wrongdoing or corruption and especially from any act of seduction, of male or female, of bond or free.
- ➤ Whatsoever thing I see or hear concerning the life of men, in my attendance on the sick or even apart there from, which ought not to be noised abroad, I will keep silence thereon, counting such things to be as sacred.

\*\*\*\*\*

## **QUOTES**

- a. There is no way to be perfect man and a million ways to be a good one.
- b. Be a first rate version of yourself instead of a second rate version of somebody else.
- c. The only person you are destined to become is the person you decide to be.
- d. No winter lasts forever No spring skips its turn.
- e. We cannot help everyone but everyone can help someone.
- f. Life is getting up an hour early to live an hour more
- g. You will never know the value of a moment until it becomes a memory.
- h. You cannot stop the next chapter of your life if you keep re reading the last one.

\*\*\*\*\*\*