



**KMCT**  
MEDICAL COLLEGE

Approved by NMC  
Affiliated to Kerala University of Health Sciences (KUHS)

**TO WHOMSOEVER IT MAY CONCERN**

This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge.



**Principal**  
Principal  
KMCT Medical College  
Manassery P.O.  
Kozhikode

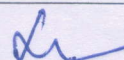


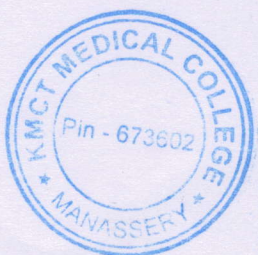
**1.3.2 : List of Value Added Courses (VAC)**

| Year      | No.    | Course name                                    | Date conducted    |
|-----------|--------|------------------------------------------------|-------------------|
| 2021-2022 | VAC 25 | Yoga and Meditation                            | 13 to 21-06-2022  |
|           | VAC 26 | Personality Development Program                | 10 and 11-5-2022  |
|           | VAC 27 | Effective Time and Stress management           | 24 to 25-11-2021  |
|           | VAC 28 | Career Development in healthcare Professionals | 3 to 4 -02-2022   |
|           | VAC 29 | Building Leadership Skills                     | 15 to 16-09-2021  |
|           | VAC 30 | Research Methodology                           | 18 to 20 -01-2022 |
| 2020-2021 | VAC 19 | Yoga and Meditation                            | 9 to 10-03-2021   |
|           | VAC 20 | Personality Development Program                | 6 to 7 -05-2021   |
|           | VAC 21 | Effective Time and Stress management           | 15 to 16-4-2021   |
|           | VAC 22 | Career Development in healthcare Professionals | 10 to 11-06-2021  |
|           | VAC 23 | Building Leadership Skills                     | 11 to 12-01-2020  |
|           | VAC 24 | Research Methodology                           | 6 to 8-10-2020    |
| 2019-2020 | VAC 13 | Yoga and Meditation                            | 22 to 23 8-2019   |
|           | VAC 14 | Personality Development Program                | 14 to 15-11-2019  |
|           | VAC 15 | Effective Time and Stress management           | 13 to 14-06-2020  |
|           | VAC 16 | Career Development in healthcare Professionals | 24 to 25 -10-2019 |
|           | VAC 17 | Building Leadership Skills                     | 7 to 8 -05-2020   |
|           | VAC 18 | Research Methodology                           | 27-29-8-2019      |
|           | VAC 7  | Yoga and Meditation                            | 22 to 23-11-2018  |



|           |        |                                                |                   |
|-----------|--------|------------------------------------------------|-------------------|
| 2018-2019 | VAC 8  | Personality Development Program                | 13 to 14-06-2019  |
|           | VAC 9  | Effective Time and Stress management           | 12 to 13-12-2018  |
|           | VAC 10 | Career Development in healthcare Professionals | 28 to 29 -3-2019  |
|           | VAC 11 | Building Leadership Skills                     | 22 to 23-08-2019  |
|           | VAC 12 | Research Methodology                           | 4 to 6-9-2018     |
| 2017-2018 | VAC 1  | Yoga and Meditation                            | 9 to 10-11-02017  |
|           | VAC 2  | Personality Development Program                | 18- to 19-10-2018 |
|           | VAC 3  | Effective Time and Stress management           | 21 to 22 -06-2018 |
|           | VAC 4  | Career Development in healthcare Professionals | 12 to 13-04-2018  |
|           | VAC 5  | Building Leadership Skills                     | 14- to 15-6-2018  |
|           | VAC 6  | Research Methodology                           | 25 TO 27-09-2017  |

  
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