



OFFICE OF THE DEAN

# Sri Lakshmi Narayana Institute of Medical Sciences

OSUDU, AGARAM VILLAGE, VILLIANUR COMMUNE, KUDAPAKKAM POST,  
PUDUCHERRY - 605 502.

[ Recognised by Medical Council of India, Ministry of Health letter No. U/12012/249/2005-ME ( P -II ) dt. 11/07/2011 ]  
[ Affiliated to Bharath University, Chennai - TN ]

Date 23.01.2022

From  
DR.vijayaragavan  
Professor and Head,  
Department Of Orthopaedics,  
SLIMS,  
Bharath Institute of Higher Education and Research,  
Pondicherry.

To  
The Dean,  
SLIMS,  
Bharath Institute of Higher Education and Research,  
Pondicherry.

**Sub: Permission to conduct value-added course: Road safety awareness.**

Respected Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled: Road safety and awareness on 03.02.2022. We solicit your kind permission for the same.

Kind Regards

**Dr. R. VIJAYA RAGHAVAN, M.B.B.S.,**  
Reg. No. 08472  
Asst. Professor Orthopaedics  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Kudapakkam, Puducherry-605 502

Dr.vijayaragavan

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## FOR THE USE OF DEANS OFFICE

Names of Committee members for evaluating the course:

The Dean: DR.Sugumaran

The HOD: vijayaragavan

The Expert: Dr. Boblee James



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The committee has discussed about the course and is approved.

Dean

DEAN  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Agaram Kudapakkam, Post,  
Villanur Commune Puducherry-605 502.

Subject Expert

Department of Orthopaedics  
Sri Lakshmi Narayana Institute of Medical Sciences  
Pondicherry - 605 502.

HOD

Dr. R. VELAYU RAGAVAN, D.M.S.,  
Reg. No. 08472  
Asso Professor Orthopaedics  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Kudapakkam, Puducherry-605 502



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## Circular

07.02.2022

**Sub: Organising Value-added Course: ROAD SAFETY AWARENESS** reference to the above mentioned subject, it is to bring to your notice that Sri Lakshmi Narayana Institute of Medical Sciences, **Bharath Institute of Higher Education and Research** is organizing **ROAD SAFETY AWARENESS 30 hrs & February 2022**

The application must reach the institution along with all the necessary documents as mentioned. The hard copy of the application should be sent to the institution

With

by registered/ speed post only so as to reach on or before FEB 2022 . Applications received after the mentioned date shall not be entertained under any circumstances.

**Dean**

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Encl: Copy of Course content



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## COURSE PROPOSAL

**Course Title: Road Safety And Awareness.**

**Course Objective: Awareness regarding road safety**

**Course Outcome: precautions and safety on road**

**Course Audience: 20**

**Course Coordinator: DR.sugumaran**

**Course Faculties with Qualification and Designation:**

**1.DR.Vijayaragavan DNB ORTHO**

**2.**

**3.**

**Course Curriculum/Topics with schedule (Min of 30 hours)**

SlNo	Date	Topic	Time	Hours
1.	3/2/22	NEED FOR ROAD SAFETY WHY ?	4-5pm	1hr
2	6/2/22	PLEDGE FOR ROAD SAFETY	4-5pm	1hr
3	13/2/22	TRAFFIC RULES & REGULATIONS	4-5pm	1hr
4	17/2/22	PEDASTIANS ADVICE	4-6pm	2hrs
5	20/2/22	PARKING RULES	4-6pm	2hrs
6	27/2/22	USAGE OF MOBILE PHONES	4-5pm	1hr
7	06/3/22	CAUTIONARY SIGNS	4-5pm	1hr
8	10/3/22	TIPS FOR AVOIDING FATIGUE	4-5pm	1hr
		PRACTICAL		
1	14/3/22	PRACTICAL SESSION	4-8	4
2	20/3/22	PRACTICAL SESSION	4-8	4
3	23/3/22	PRACTICAL SESSION	4-8	4
4	27/3/22	PRACTICAL SESSION	4-8	4
5	30/3/22	PRACTICAL SESSION	4-8	4



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			Total Hours	30
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## REFERENCE BOOKS:

- 1) RULES OF THE ROAD
- 2) HANDBOOK OF ROAD SAFETY

UDARAS



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## VALUE ADDED COURSE

**1. Name of the programme & Code**

**ROAD SAFETY AWARENES& MEASURES – OR07**

**2. Duration & Period**

30 hrs & February 2022

**3. Information Brochure and Course Content of Value Added Courses**

*Enclosed as Annexure- I*

**4. List of students enrolled**

*Enclosed as Annexure- II*

**5. Assessment procedures:**

Multiple choice questions- *Enclosed as Annexure- III*

**6. Certificate model**

Value Added Course- February 2022					
Sl. No	Course Code	Course Name	Resource Persons	Target Students	Strength & Year
1	OR07	Road safety awareness	Dr. Vijayaragavan	THIRD YEAR MBBS	19 February 2022

*Enclosed as Annexure- IV*

**7.No. of times offered during the same year:**

1 February 2022

**8. Year of discontinuation: 2022**

**9. Summary report of each program year-wise**

**10. Course Feed Back**

*Enclosed as Annexure- V*

**RESOURCE PERSON**

**DR.VIJAYARAGHAVAN**

Dr. R. VIJAYA RAGAVAN, DNB, ( )  
Reg No 08472  
Asso Professor Orthopaedics  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Kudapakkam, Puducherry-605 502

**COORDINATOR**

**DR.A.SUGUMARAN**

DEAN  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Ageram Kudapakkam, Post,  
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# **ROAD SAFETY AWARENESS**

**3/2/2022**



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### **PARTICIPANT HAND BOOK**

<b>Particulars</b>	<b>Description</b>
Course Title	Road safety awareness
Course Code	OR07
Objective	<ol style="list-style-type: none"><li>1. Need for Road Safety. WHY?</li><li>2. Pledge for road safety</li><li>3. Traffic rules &amp; regulations</li><li>4. Pedestrians advice</li><li>5. Parking rules</li><li>6. Usage of mobile phones</li><li>7. Cautionary signs</li><li>8. Tips for avoiding fatigue</li></ol>
Further learning	Traffic rules and regulations



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opportunities	
Key Competencies	On successful completion of the course the students will have knowledge on road safety
Target Student	PRE FINAL YEAR Students
Duration	30hrs February – May 2022
Theory Session	10hrs
Practical Session	20hrs
Assessment Procedure	Multiple choice questions

**Need for Road Safety...**



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Hi Friend, Today I heard that this week (11th to 17th Jan) is Road Safety Week, But why all these ..... we use our roads daily!

Even though we use our roads daily do you know that more than 1 Lakh people lose their lives every year in Road Accidents.

Hohhhh..?

Hence, to strengthen the awareness on road safety systems, Rules & Regulations, Ministry of Road Transport & Highways celebrate this week as Road Safety Week.

**Yes! I pledge my support to Road Safe India and to save lives on road.**

I will be a responsible driver / rider / pedestrian.



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1 I will observe all the traffic rules and regulations concerning safe driving and safe use of the road.

1 I will not allow distractions like cell phone usage, talking, etc to take my focus off the road.

1 I will always be aware of my surroundings while driving / crossing roads.

1 I will not drink or take medication or drugs and drive.

1 I will not over speed or give into road rage or rash driving.

1 I will not put others' lives at risk, if my health is a hazard to driving.

1 I will ensure the usage of seatbelt or helmet for all passengers.

1 I will cross only at the zebra crossing.



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I I will maintain a roadworthy vehicle and ensure I use indicators, mirrors and lights appropriately as and when necessary.

I I will share the road with pedestrians, bicyclists, motorcyclists, large truck and bus drivers.

**I hereby declare my commitment to the Road Safe India pledge as set out above, to the best of my ability and will actively strive to follow the rules and regulation of the road.**



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Always obey **T**raffic **S**ignals  
Always use **Z**ebra **C**rossing while crossing the  
roads.

These are special points for pedestrians to  
cross roads.

They are marked with white stripes parallel to  
the road.



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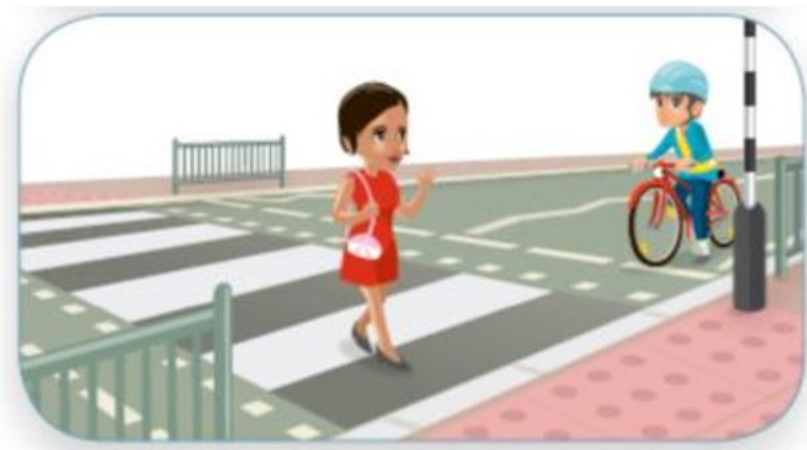
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Road Crossway (**Zebra Crossings**) is only for **Pedestrians**



Stop for **Pedestrians @ Zebra Crossing.**



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Always select suitable helmets while riding bike or cycle.

Don't wear helmets without chin strap.



Don't wear loose clothes while riding bike or cycle.



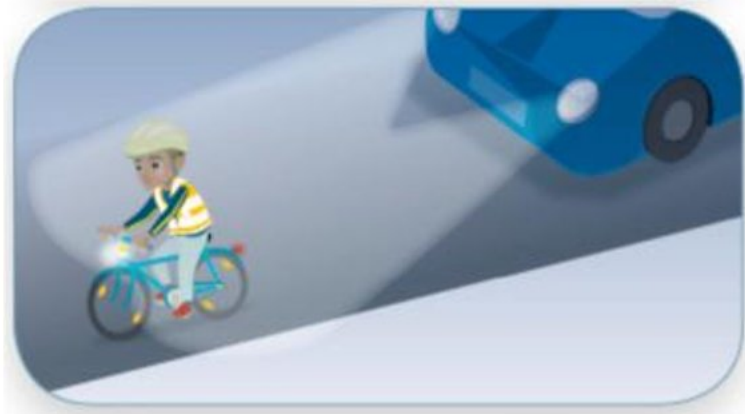


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Be seen by wearing **B**right **C**olour clothes in the **D**ay and **L**ight or **R**eflective **C**olour clothes in the **D**ark.

Put your  
seat belt on!



Always put your seat belt "**ON**" while driving four wheeler.

Select proper seat belt which suits your kids too.



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Always park vehicles in **D**esignated **P**arking  
**Z**one.

Do not park in no parking area.



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Do not use mobile phone while driving.



Do not drink and drive.



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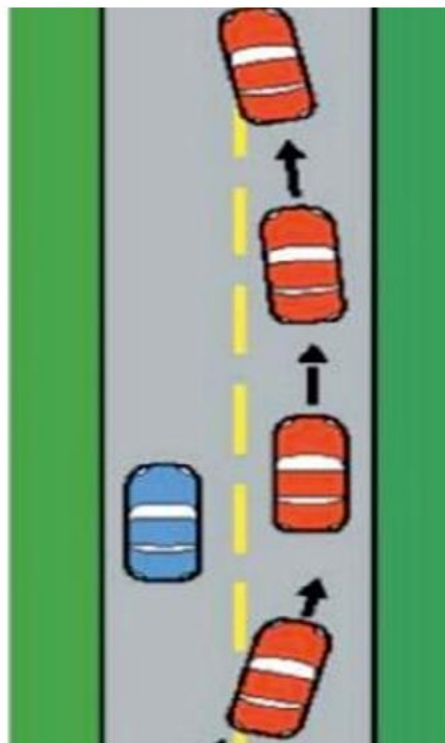
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Do not use mobile phone @ petrol bunks.



You must drive on the **L**eft **S**ide of the road.  
Overtake only from the **R**ight.



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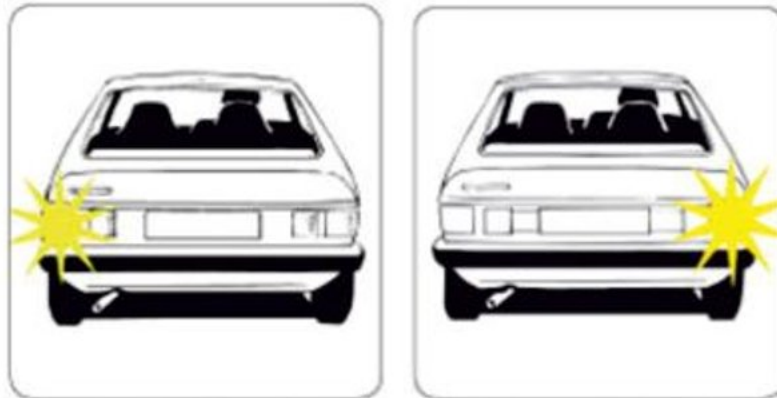
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Where there is a **Footpath**, walk only on it.

Always walk on the **F**ootpath.

Where there is no footpath, walk in the **R**ight **S**ide margin of the road so that you can see the traffic coming in the opposite direction.



Use **I**ndicator to **S**ignal  
while **T**urning & **C**hanging the lane.  
Indicator to turn left Indicator to turn right

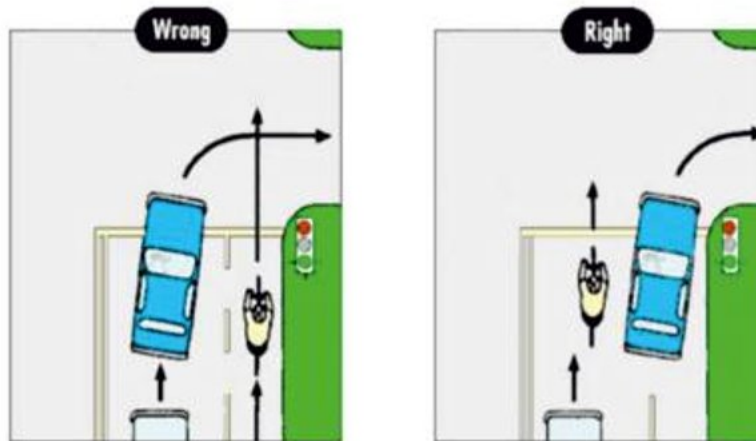


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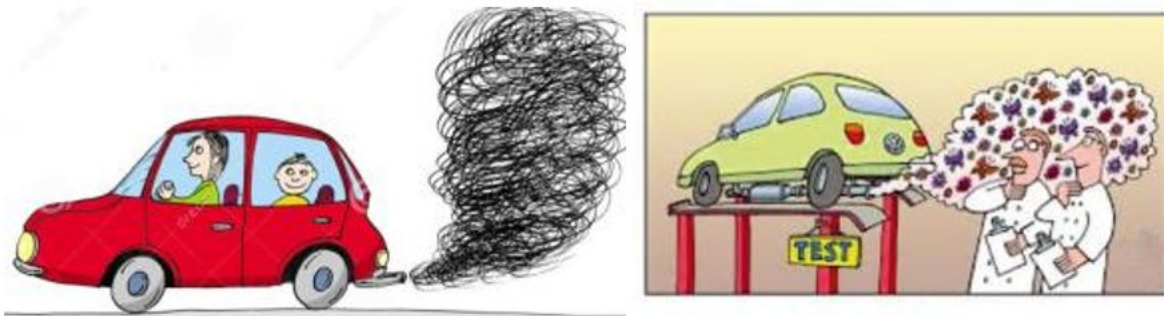
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Cross the road only @ **Right Angles**. Never cross diagonally.



Always do regular **Pollution Check** for your vehicle.

**(Once in 6 months)**



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Do **P**eriodic **M**aintenance and **H**ealth **C**heck-up for your vehicle to have a safe and happy drive always.



Always check your **T**yre **C**ondition before you start.

**R**eplace all the four tyres as recommended by the vehicle manufacturer.



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Do not use **High Decibel Horns** in your vehicle. **(i.e) More than 85 dB(A)**



Always ensure the availability of **First Aid Kit** in your vehicle.





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Always ensure that your vehicle **Spare Tyres** are in good condition.



Always park your vehicle on the **Left Side** of the road.

Use **Parking Light & Caution Triangle** while attending breakdown



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Always be **C**autious while **O**pening the vehicle door on roads.



Do not exceed legal speed limits - "There is a reason behind".

Remember that speed limits are a maximum, not a target.

Look for Speed Limit & abide with.



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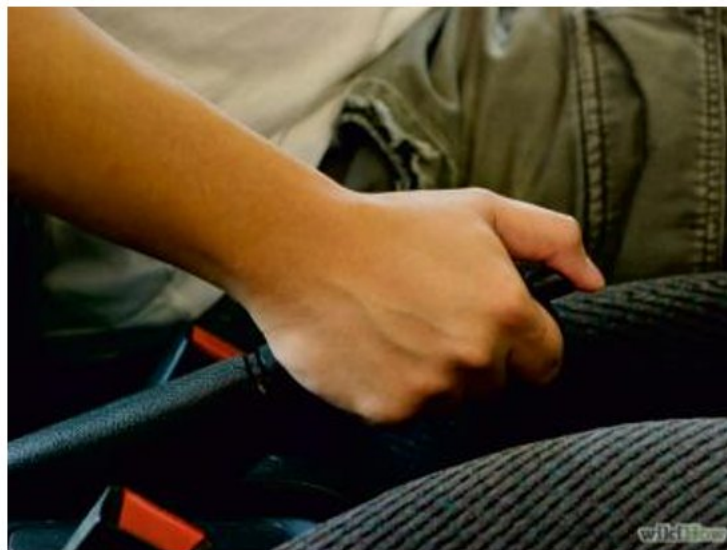
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Do not drive vehicles if you feel sleepy.  
It will lead to Accidents.



Ensure hand brakes are **"ON"** before leaving  
the parked vehicles.



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Do not take Selfie while driving.



Always drive your vehicle with **Valid Driving License**.

**Driving under 18 years of age is an offence.**



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The **108 Emergency Response Service** is a free emergency service providing integrated medical (ambulance), police and fire services.





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If you find any victims on road don't get panic.

**Call 108 for help.**



1 METRE (3 FEET)  
is a safe passing distance



1m



SHARE  
THE ROAD



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## DRIVING IN THE RAIN

1

### TIME

Give yourself more time for heavy traffic due to rain.



2

### FOLLOWING DISTANCE

Keep a safe following distance between you and the vehicle in front of you.



3

### SPEED LIMIT

Obey the speed limit and drive slower in the rain; the roads are very slick when wet!

4

### LIGHTS

Turn on your headlights when driving in rainy weather.



5

### WINDSCREEN WIPERS

Make sure that the windscreen wipers are in proper working order; change the wiper blades before the rainy season arrives.



6

### READ THE SIGNS

Never drive through moving water if you can't see the ground through it. Do not drive around road barricades; they are there for your safety, the road or bridge may be washed out.



THERE ARE CHILDREN  
BEHIND THIS VEHICLE





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Not one of them can be seen by the driver  
behind the wheel

**What you don't see can be deadly**  
**Watch while reversing, be alert for blind**  
**spots.**

Traffic Signs are there to regulate traffic, warn  
about hazards and to guide the road user.

There are three types of traffic signs –  
Mandatory, Cautionary, and Informatory.



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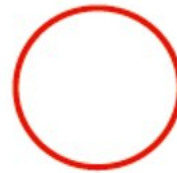
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### Know about Road Signs

Traffic Signs are there to regulate traffic, warn about hazards and to guide the road user. There are three types of traffic signs - Mandatory, Cautionary, and Informatory.

#### MANDATORY SIGNS

Gives order & need to be followed strictly



Mandatory signs are generally in circular shape



No entry



One way



U-turn  
Prohibited



Overtaking  
Prohibited



Horn  
Prohibited



Speed  
Limit




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**CAUTIONARY SIGNS**  
Warns the user regarding road situation ahead



Cautionary signs are generally in triangular shape



Right hand curve      Left hand curve      Right Hair pin bend      Left Hair pin bend



← Y-Intersection →



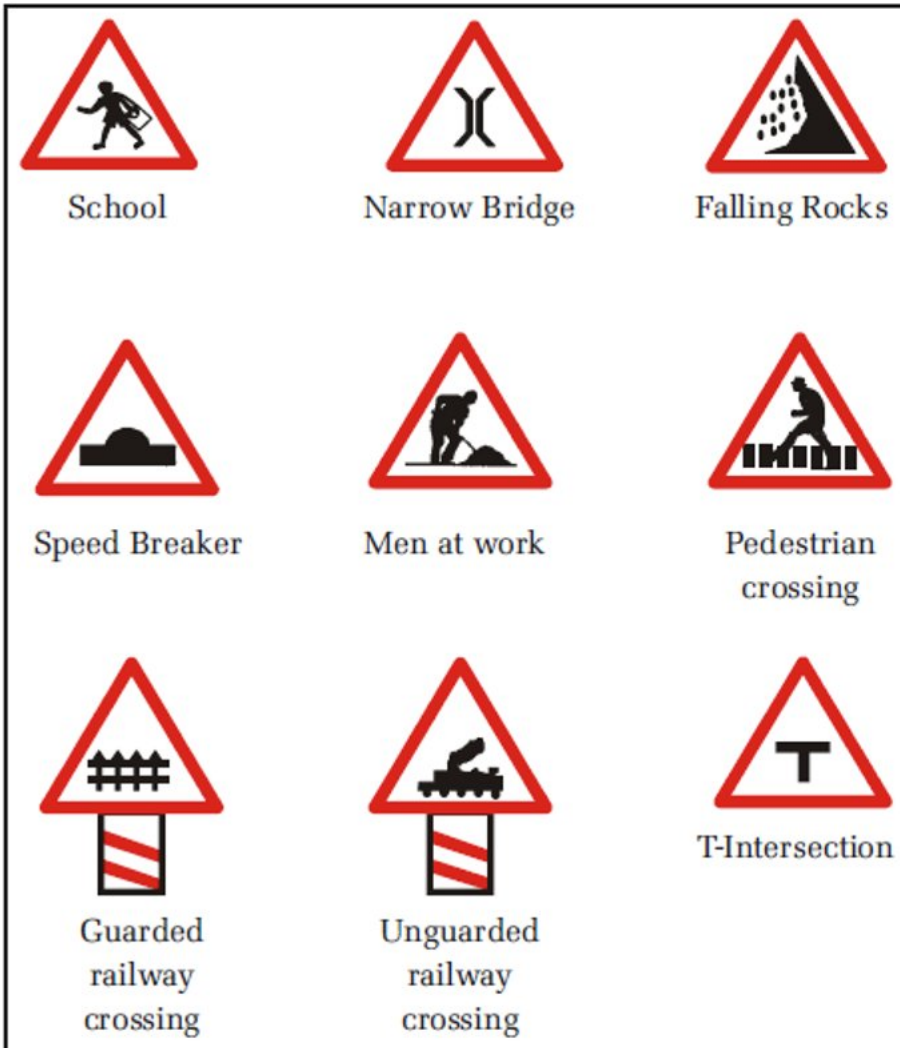
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**INFORMATORY SIGNS**  
Gives information regarding directions, destinations, etc.,



**Informatory signs are generally in rectangular shape**

 <p>Public telephone</p>	 <p>Petrol bunk</p>	 <p>Hospital</p>
 <p>Eating place</p>	 <p>Light refreshment</p>	 <p>No through road</p>

### Tips for avoiding driver fatigue

- 1 Get plenty of sleep before starting off.
- 1 Avoid starting a long drive at the end of the day.



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- 1 Avoid driving between 10 pm and 6 am or when you would normally be asleep.
- 1 Share the driving if you can.
- 1 Aim to stop for 15 minutes for every two hours.
- 1 Pull over and stop when you notice the warning signs of fatigue.
- 1 Have light snacks rather than fatty foods.
- 1 Avoid too much coffee or sweet soft drinks.
- 1 Drink plenty of water - dehydration can cause fatigue.
- 1 Stay away from alcohol at all costs.
- 1 Stop before you're tired.

## **Penalties under MVA (Motor Vehicle Act) Offences**

### **Driving without valid licence**



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**Not carrying documents (licence, RC,  
Insurance, PUC etc.,) as required**

**Moving against One-Way**

**Stopping at Pedestrian Crossing or Signal**

**Crossing Stop Line**

**Parking Violations**

**Driving without Helmet**

**Overloading a vehicle beyond extent limit**

**Using Mobile Phones while driving**

**Driving under influence of Drugs or Alcohols**

**Driving at a speed exceeding as mentioned in**

**MVA:112**

**Dangerous or Reckless Driving**

**MVA Penalty**

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184 First Offence: Fine up to Rs. 1000 or  
Imprisonment upto 6 months or both.

Subsequent Offence:

Fine up to Rs. 2000 or Imprisonment up to 2  
yrs or both.

Fine up to Rs 500 or Imprisonment up to 3  
months or both.

First Offence: Fine up to Rs. 100;

Subsequent Offence: Fine up to Rs. 300

First Offence: Fine up to Rs. 100;

Subsequent Offence: Fine up to Rs. 300

First Offence: Fine up to Rs. 100;

Subsequent Offence: Fine up to Rs. 300

First Offence: Fine up to Rs. 100;





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**Subsequent Offence: Fine up to Rs. 300**

**First Offence: Fine up to Rs. 100;**

**Subsequent Offence: Fine up to Rs. 300**

**Fine up to Rs 2000 and**

**Rs. 1000 per tonne of extra load.**

**First Offence: Fine up to Rs. 100;**

**Subsequent Offence: Fine up to Rs. 300**

**First Offence: Fine up to Rs. 2000 or**

**Imprisonment up to 6 months or both.**

**Subsequent Offence: Fine up to Rs. 3000 or**

**Imprisonment up to 2 yrs or both.**

**First Offence: Rs. 400;**

**Subsequent Offence: Rs. 1000.**

The Motor Vehicle Act (MVA) 1988, Central

Motor Vehicle Rules, 1989 and State

Motor Vehicle Rules are the legal instruments  
for the conduct of road traffic in India.

Some of the common offences and the  
consequent penalties are listed below :



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### **Reference :**

**<http://transport.bih.nic.in/Penalties.htm>**

Your health and safety are very important for  
your Family, our  
Organisation and our Nation

**Be Safe. Be Healthy**

**Emergency Contact Numbers**

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## VALUE ADDED COURSE

Annexure- II

### ROAD SAFETY AWARENES OR07

#### 4. List of Students Enrolled feb 2022

Pre final Year MBBS Student			
Sl. No	Name of the Student	Roll No	sign
1	CHELLAMARIAPPAN. S	U15MB271	S. Chellam
2	CIBIBALAA. D	U15MB272	D. Cibibalaa
3	DEEPIKA DIVYA KUMARI. B	U15MB273	deepika K
4	DEEPIKA PRIYADHARSHINI. B	U15MB274	Prityadharshini B
5	DEVANAND .M	U15MB275	Devanand
6	DEVANATHAN. R	U15MB276	R.D
7	DHANA PRIYA .P	U15MB277	Dhanap
8	DHANALAKSHMI. M	U15MB278	Lakshmi M
9	DHANUSH .R	U15MB279	R. Dhanush
10	DHANUSH KODALI	U15MB280	Kodali Dhanush
11	DHIVYA KUMARI .P	U15MB281	Dhivya P
12	DIVYA .S	U15MB282	Divya S
13	DIVYA DHARSHINI .N	U15MB283	Dharshini N
14	EVANGELINE PRETTY .G	U15MB284	Evangeline G
15	EZHILARASI. R	U15MB285	Ezhilarasi R
16	FATHIMA BANU. A	U15MB286	Banu A
17	GAYATHRI .M	U15MB287	M. Gayathri
18	GOGUL SUGAN. K	U15MB288	Gogul K
19	GOKULA KRISHNAN. E	U15MB289	Krishnan E



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## Annexure 4

### Course/Training Feedback Form

Course: Road safety awareness

Name: DIVYA.S

Reg NO.

Department: ortho

Q 1: Please rate your overall satisfaction with the format of the course:

- a.  Excellent b.  Very Good c.  Satisfactory d.  unsatisfactory

Q 2: Please rate course notes:

- a.  Excellent b.  Very Good c.  Satisfactory d.  unsatisfactory

Q 3: The lecture sequence was well planned

- a.  Excellent b.  Very Good c.  Satisfactory d.  unsatisfactory

Q 4: The lectures were clear and easy to understand

- a.  Excellent b.  Very Good c.  Satisfactory d.  unsatisfactory

Q 5: Please rate the quality of pre-course administration and information:

- a.  Excellent b.  Very Good c.  Satisfactory d.  unsatisfactory

Q 6: Any other suggestions:

Comments:

Thank you for taking the time to complete this survey, your comments are much appreciated.

OPTIONAL Section: Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_



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(Deemed to be University under section 3 of the UGC Act 1956)



### CERTIFICATE OF MERIT

This is to certify that \_DIVYA.S\_ has actively participated in the Value Added  
Course on *Road safety awareness* held during feb 2022 Organized by Sri Lakshmi  
Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

Dr. Vijayaragavan  
RESOURCE PERSON

Dr.A.SUGUMARAN  
COORDINATOR



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TO  
amera

## Student Feedback Form

Course Name: **ROAD SAFETY AWARENES**

Subject Code: OR07

Name of Student: Gayathri - M Roll No.: VISM B 287

We are constantly looking to improve our classes and deliver the best training to you. Your evaluations, comments and suggestions will help us to improve our performance

SI. NO	Particulars	1	2	3	4	5
1	Objective of the course is clear					/
2	Course contents met with your expectations					/
3	Lecturer sequence was well planned					/
4	Lectures were clear and easy to understand					/
5	Teaching aids were effective					/
6	Instructors encourage interaction and were helpful					/
7	The level of the course					/
8	Overall rating of the course	1	2	3	4	5

\* Rating: 5 - Outstanding; 4 - Excellent; 3 - Good; 2 - Satisfactory; 1 - Not-Satisfactory

Suggestions if any:

*Gayathri*

Signature



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Date:30.3.2022

From  
DR. vijayaragavan,  
Department of orthopaedics,  
SLIMS  
Bharath Institute of Higher Education and Research,  
Pondicherry.

Through Proper Channel

To  
The Dean,  
SLIMS,  
Bharath Institute of Higher Education and Research,  
Pondicherry.

## Sub: Completion of value-added course: Road Safety Awareness

Respected Sir,

With reference to the subject mentioned above, the department has conducted the value-added course titled: **Road safety awareness** on 30.03.2022 . We solicit your kind action to send certificates for the participants, that is attached with this letter. Also, I am attaching the photographs captured during the conduct of the course.

Kind Regards

DR. vijayaragavan

Dr. R. VIJAYA RAGAVAN, DNB.,  
Reg No 88472  
Asso Professor Orthopaedics  
Sri Lakshmi Narayana Institute of Medical Sciences  
Osudu, Kudapakkam, Puducherry-605 502

Encl: Certificates

Photographs



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