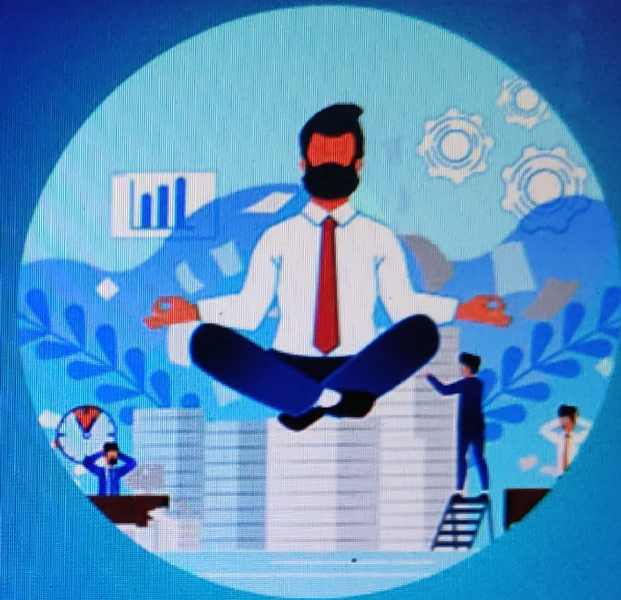


**SREE NARAYANA COLLEGE
KOLLAM**

CERTIFICATE COURSE IN
**STRESS MANAGEMENT
FOR EVERYDAY LIFE**

For More Details, Contact

**THE HEAD OF THE DEPARTMENT
DEPARTMENT OF PHILOSOPHY
S N COLLEGE, KOLLAM**



REPORT OF THE CERTIFICATE COURSE 2021-2022

Department of Philosophy conducted certificate course, Stress Management for Everyday Life for the academic year 2021-22. For the smooth functioning of the course a board of studies was formed including the Principal, College Level Certificate Course Coordinator, department level coordinator and faculties of the department. Department conducted meetings for preparing syllabus, title selection of the course, brochure preparation, project discussion and fixing examination date. Seventy two students applied for the course and the same were selected for course. Seventy one students completed the course. The classes were conducted on every Saturdays. The classes were handled by Dr. Soumya R.V. and Dr. Thushara C.S.

Stress is a fact of everyday life – but too much stress makes us ineffective and reduces the control we have over our lives. This course will help you identify your personal difficulties, reflect upon your stress management and relaxation strategies and become more effective in handling everyday pressures in a sustainable way. If you feel swamped by stress come along and take a fresh look at yourself, rebuild your energy and create a more balanced lifestyle by identifying unsustainable behaviors and developing your stress management resources.

Outcome of the course

- Co1 Comprehend the basic rules of stress management
- Co2 Understand your stress-triggers and controlling them
- Co3 Develop proactive reactions to stressful conditions
- Co4 Use tips for managing stress in job, family and social life
- Co5 Learn to handle stress through lifestyle changes
- Co6 Develop an effective plan to diminish and curtail stress
- Co7 Understand the intangible issues linked to stress
- Co8 Interpret the psychological mechanisms linked to stress
- Co9 Learn the major foundational therapies used for stress management
- Co10 Learn the mindset designed for relaxation

- Co11 Understand relaxation and its clinical applications
- Co12 Learn the psychophysiological perspectives of anxiety and stress
- Co13 Learn the basics of therapy to effectively control stress

Principal
Sree Narayana College
Kollam





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CERTIFICATE COURSE IN STRES MANAGEMENT IN EVERYDAY LIFE

DEPARTMENT OF PHILOSOPHY

S N COLLEGE, KOLLAM

STRESS MANAGEMENT IN EVERYDAY LIFE

To feel pressure and tension for certain reasons in our daily lives, whether personal or practical, this is very natural and possible, but it is not normal to allow these pressures to dominate our lives and control their course, so we become weak because of them and we do not see a solution except to surrender to the status quo, for this we need to Learn the skills that help us respond well in these difficult situations and deal with them efficiently, without our performance or behaviour being negatively affected.

The course contains theoretical classes, and seminar as well.

Objectives

1. Understand the concept of stress and stress management.
2. Classify the types and source of stress and the various causes of stress.
3. Explains the physical, psychological and behavioural symptoms of stress and identifies the negative effects of stress in personal and work life.
4. Evaluate your ability to deal with stress by applying stress management skills and evaluate your life through the Wheel of Life model to achieve balance.
5. To acquire qualities like positive thinking, pressure control, delegation, self-motivation and time management.

Syllabus

Theoretical Classes

The theory classes are among to give proper understanding about Stress management. Four topics have been identified for this preliminary course syllabus.

1. Introduction to stress management
2. Symptoms of stress and its negative effects
3. Techniques for dealing with stress
4. The Wheel of Life model to achieve balance in life

SYLLABUS

BLOCK – I

Understanding Stress

Unit – 1

Introduction to Stress

- (i) Introduction to stress: Meaning, Definition, Eustress, Distress,
- (ii) Types of stress: Acute stress, Episodic Acute stress and chronic stress, signs and Symptoms

Unit – 2: Sources of stress

- (i) Psychological, Social, Environmental
- (ii) Academic, Family and Work stress

Unit – 3: Impact of stress

- (i) Physiological Impact of stress
-Autonomic Nervous System Changes, Changes in Brain, General adaptive syndrome(GAD), Quality of sleep, Diet and Health effects
- (ii) Psychological Impact of stress
- Impaired Mental functions, Poor memory
- (iii) Social Impact of stress
- Stressful Life Events, Social support and health

Unit – 4

Stress Response

‘Fight or Flight’ Response, Stress warning signals

BLOCK – II

Stress and Coping

Unit – 5

Coping Mechanisms:

Coping Mechanisms: Appraisal focused, Emotional focused and Problem focused

Unit – 6: Stress Reduction Techniques:

1. Autogenic Training
2. Biofeedback
3. Relaxation
4. Yoga and Meditation

EXPECTED OUTCOME

Upon successful completion, the student will be able to

1. Analyze information that promotes the development of a plan for life-long stress management.
2. Analyze attitudes toward allocating time management.
3. Recognize and evaluate personal stressors and how the stress impacts wellbeing.
4. Identify and integrate selected stress management strategies that positively affect the quality of life.
5. Analyze various stress management skills that can be used to achieve and maintain well-being.

Seminars

In addition to the theoretical and practical components a third dimension is given to the program for the purpose of giving chance to the students to understand more about the relevance Stress Management in day-to-day life. For this purpose, the candidates are requested to participate in one seminar and one debate session of one day duration.

Examination

This Certificate course is a non-formal education scheme. In the final phase of the course a written examination of three-hour duration will be conducted to the participants.

Certificate

The certificates will be issued for the students who are successfully completing the course.

Qualification of the course

Plus two/Pre Degree is the basic qualification for attending the course.

Method of Teaching

The medium of lecture classes and seminars will be in Malayalam and English.

Duration of the course

Duration of the course will be six months.

Arshadharayil
Principal
Sree Narayana College
Kollam





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MINUTES

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on 03.06.2021 for finalizing of the inauguration date of the certificate course as a part of the 2021-22 academic programme under the leadership and guidance of the Board of Studies in the SNC, Kollam. The meeting was presided by Philosophy Department HOD, Dr. Soumya R.V. and she explained about the subject matter. Under the instruction by the Board of Studies members in the meeting the inauguration for the Course was planned for 13.06.2021.

Kollam

Dr. Soumya R.V.

CO-ORDINATOR



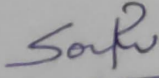
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MINUTES

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on 12.06.2021 for finalizing of the inauguration date of the certificate course as a part of the 2021-22 academic programme under the leadership and guidance of the Board of Studies in the SNC, Kollam. The meeting was presided by Philosophy Department HOD, Dr. Soumya R.V. and she explained in detailed about the subject matter Preparation of Syllabus, Title selection of Certificate Course, Brochure preparation of the course has been done in the meeting.

Kollam


Dr. Soumya R.V.

CO-ORDINATOR



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MINUTES

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on 01.10.2021 for finalizing of the inauguration date of the certificate course as a part of the 2021-22 academic programme under the leadership and guidance of the Board of Studies in the SNC, Kollam. The meeting was presided by Philosophy Department HOD, Dr. Soumya R.V. and she explained in detailed about the subject matter. Under the instruction by the Board of Studies members, project discussion has been done and the date of examination has been done. The exam was planned for 20th November.

Kollam

Dr. Soumya R.V.

CO-ORDINATOR



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NOTICE

This is to inform all the faculties of department of Philosophy that there will be a meeting of certificate course on 03/06/2021 at 3.15 P.M at the department chamber.

Agenda

- **Preparation of Syllabus**
- **Title selection of Certificate Course**
- **Brochure preparation of the course**

Dr. Soumya R.V. (Department Level Certificate Course Coordinator)



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NOTICE

This is to inform all the faculties of department of Philosophy that there will be a meeting of certificate course on 12/06/2021 at 3.15 P.M at the department chamber.

Agenda

- **Official Launch of Certificate Course**
- **Selection of Resource Person**
- **Dr. Soumya R.V. (Department Level Certificate Course Coordinator)**



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NOTICE

This is to inform all the faculties of department of Philosophy that there will be a meeting of certificate course on 01/10/2021 at 3.15 P.M at the department chamber.

Agenda

- **Project Discussion**
- **Fixation of Exam Date of Certificate Course**

Dr. Soumya R.V. (Department Level Certificate Course Coordinator)



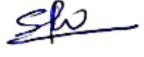
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DEPARTMENT OF PHILOSOPHY

DEPARTMENT LEVEL CERTIFICATE COURSE 2021-2022

MEMBERS OF BOARD OF STUDIES

Dr. R. SUNILKUMAR	-Principal S.N College Kollam
Dr. Anil Raj	- College Level Certificate Course Coordinator
Dr. Soumya R.V.	- HoD, Philosophy & Course Coordinator 
Dr. Laiju	-Faculty Member
Dr. Thushara C.S.	- Faculty member



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LIST OF TEACHERS HANDLING CLASSES

Dr. Soumya R.V. – HoD, Philosophy & Course Coordinator










Dr. Thushara C.S.- Faculty, Philosophy

























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BIODATA OF STUDENTS












1.	10521132001	ADARSH S	30/07/2003	
2.	10521132002	AKHIL RAJ	19/03/2002	
3.	10521132003	ASHTAMI. S.R	18/02/2004	 ASHTAMI S R 18/02/2004
4.	10521132004	ATHULYA V B	18/04/2003	
5.	10521132005	HARILAL.S	26/02/2002	
6.	10521132006	MALAVIKA B	24/12/2002	
7.	10521132007	NAVEEN HARISH	08/04/2002	
8.	10521132008	NISHANA ASHIBA BEEGUM	21/12/2000	
9.	10521132009	PARTHIV.A.S	01/04/2003	









10.	10521132010	RISHI P R	28/07/2003	
11.	10521132011	SILPA S	20/08/2004	
12.	10521132012	ABHIJITH R S	07/12/2002	
13.	10521132013	ABHIJITH V S	05/01/2004	
14.	10521132014	ACHU BABU	29/11/2002	
15.	10521132015	ADARSH BIJU	21/09/2001	
16.	10521132016	ADWAITH S	22/01/2003	
17.	10521132017	AISWARYA S. RAJENDRAN	09/08/2003	
18.	10521132018	AJANTHA UNNI	21/04/2003	
19.	10521132019	AJAYAKRISHNAN J	24/08/2002	
20.	10521132020	AKHIL.S	10/08/2003	

21.	10521132021	AKSHAJ. A	06/09/2003	
22.	10521132022	ALFIYA .N	25/04/2003	
23.	10521132023	AMALMURALI	21/04/2004	
24.	10521132024	ANANDHU J	11/12/2003	
25.	10521132025	ANJO JOSE	14/01/2001	
26.	10521132026	ANNA NANCY ROY	19/02/2003	
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32.	10521132032	DEVAMRUTHARAJ. K	03/06/2003	
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35.	10521132035	GOPIKA R S	15/08/2003	
36.	10521132036	GOPIKA S	30/06/2003	
37.	10521132037	HARIKRISHNAN P B	07/07/2003	
38.	10521132038	HENNA FATHIMA S	07/03/2003	
39.	10521132039	JASEERA A	18/10/2003	
40.	10521132040	JASMIN T	16/05/2003	
41.	10521132041	JITHIN M S	07/01/2003	
42.	10521132042	JOYAL J	12/06/2002	

43.	10521132043	KARTHIKA.S	20/11/2002	
44.	10521132044	KSHEMA RAJESH	03/01/2003	
45.	10521132045	MINI.B	27/01/2003	
46.	10521132046	MUHAMMAD YAHIYA MOHAMED	29/10/2001	
47.	10521132047	NANDHA JAYAN	08/04/2003	
48.	10521132048	NAVYA .M	14/09/2003	
49.	10521132049	NIKHIL S	07/02/2003	
50.	10521132050	NIKHILRAJ A	21/04/2003	
51.	10521132051	NIMA U S	17/01/2004	
52.	10521132052	NIRANJANA M P	26/12/2003	
53.	10521132053	PRASEENA.P	07/05/2003	

54.	10521132054	PRASEETHA.P	07/05/2003	
55.	10521132055	PRIYA S	23/03/2004	
56.	10521132056	R H AMRUTHA HARI	09/04/2001	
57.	10521132057	RATHISH K R	20/06/2001	
58.	10521132058	REHITHA R J	21/03/2004	
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60.	10521132060	SANDEEP.S	06/12/2002	
61.	10521132061	SHAHINA S	15/11/2003	
62.	10521132062	SHIJU T	25/08/2001	
63.	10521132063	SOORYA . D	30/10/2003	
64.	10521132064	SOORYA S	19/07/2003	

65.	10521132065	SOURAV S	07/11/2003	
66.	10521132066	SREELEKSHMI J R	06/05/2000	
67.	10521132067	TESWIN VIJU	27/06/2003	
68.	10521132068	THUSHANTH T	31/07/2003	
69.	10521132069	VARSHARAJ	16/05/2003	
70.	10521132070	VIGNESH PANICKER	03/05/2003	
71.	10521132071	ABHILASH R.	22/01/2003	
72.	10521132072	SNEHA SAJEEV	11/05/2003	



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LIST OF STUDENTS APPLIED FOR THE COURSE

1.	<u>10521132001</u>	ADARSH S
2.	<u>10521132002</u>	AKHIL RAJ
3.	<u>10521132003</u>	ASHTAMI. S.R
4.	<u>10521132004</u>	ATHULYA V B
5.	<u>10521132005</u>	HARILAL.S
6.	<u>10521132006</u>	MALAVIKA B
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8.	<u>10521132008</u>	NISHANA ASHIBA BEEGUM
9.	<u>10521132009</u>	PARTHIV.A.S
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57.	<u>10521132057</u>	RATHISH K R	
58.	<u>10521132058</u>	REHITHA R J	



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LIST OF STUDENTS SELECTED

1.	<u>10521132001</u>	ADARSH S
2.	<u>10521132002</u>	AKHIL RAJ
3.	<u>10521132003</u>	ASHTAMI. S.R
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72.	<u>10521132072</u>	SNEHA SAJEEV



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CERTIFICATE COURSE IN STRESS MANAGEMENT IN EVERYDAY LIFE

LIST OF STUDENTS COMPLETED THE COURSE

1.	<u>10521132001</u>	ADARSH S	YES
2.	<u>10521132002</u>	AKHIL RAJ	YES
3.	<u>10521132003</u>	ASHTAMI. S.R	YES
4.	<u>10521132004</u>	ATHULYA V B	YES
5.	<u>10521132005</u>	HARILAL.S	YES
6.	<u>10521132006</u>	MALAVIKA B	YES
7.	<u>10521132007</u>	NAVEEN HARISH	YES
8.	<u>10521132008</u>	NISHANA ASHIBA BEEGUM	YES
9.	<u>10521132009</u>	PARTHIV.A.S	YES
10.	<u>10521132010</u>	RISHI P R	YES
11.	<u>10521132011</u>	SILPA S	YES
12.	<u>10521132012</u>	ABHIJITH R S	YES
13.	<u>10521132013</u>	ABHIJITH V S	YES
14.	<u>10521132014</u>	ACHU BABU	YES
15.	<u>10521132015</u>	ADARSH BIJU	YES
16.	<u>10521132016</u>	ADWAITH S	YES
17.	<u>10521132017</u>	AISWARYA S. RAJENDRAN	YES
18.	<u>10521132018</u>	AJANTHA UNNI	YES
19.	<u>10521132019</u>	AJAYAKRISHNAN J	YES
20.	<u>10521132020</u>	AKHIL.S	YES
21.	<u>10521132021</u>	AKSHAJ. A	YES
22.	<u>10521132022</u>	ALFIYA .N	YES

23.	<u>10521132023</u>	AMALMURALI	YES
24.	<u>10521132024</u>	ANANDHU J	YES
25.	<u>10521132025</u>	ANJO JOSE	YES
26.	<u>10521132026</u>	ANNA NANCY ROY	YES
27.	<u>10521132027</u>	ANSILA A	YES
28.	<u>10521132028</u>	ANZAD.H	YES
29.	<u>10521132029</u>	APARNA G	YES
30.	<u>10521132030</u>	AYESHATH S21ALBANA N	YES
31.	<u>10521132031</u>	BALU KRISHNA22N M S	YES
32.	<u>10521132032</u>	DEVAMRUTHARA23J. K	YES
33.	<u>10521132033</u>	DEVU T.S.24	YES
34.	<u>10521132034</u>	FATHIMA NO25USHAD	YES
35.	<u>10521132035</u>	GOPIKA R S21	YES
36.	<u>10521132036</u>	GOPIKA S23	YES
37.	<u>10521132037</u>	HARIKRISHN22AN P B	YES
38.	<u>10521132038</u>	HENNA FATHIM21A S	YES
39.	<u>10521132039</u>	JASEERA A	YES
40.	<u>10521132040</u>	JASMIN T	YES
41.	<u>10521132041</u>	JITHIN M S	YES
42.	<u>10521132042</u>	JOYAL J	YES
43.	<u>10521132043</u>	KARTHIKA.S	YES
44.	<u>10521132044</u>	KSHEMA RAJESH	YES
45.	<u>10521132045</u>	MINI.B	YES
46.	<u>10521132046</u>	MUHAMMAD YAHIYA MOHAMED	YES
47.	<u>10521132047</u>	NANDHA JAYAN	YES
48.	<u>10521132048</u>	NAVYA .M	YES
49.	<u>10521132049</u>	NIKHIL S	YES
50.	<u>10521132050</u>	NIKHILRAJ A	YES
51.	<u>10521132051</u>	NIMA U S	YES
52.	<u>10521132052</u>	NIRANJANA M P	YES

53.	<u>10521132053</u>	PRASEENA.P	YES
54.	<u>10521132054</u>	PRASEETHA.P	YES
55.	<u>10521132055</u>	PRIYA S	YES
56.	<u>10521132056</u>	R H AMRUTHA HARI	YES
57.	<u>10521132057</u>	RATHISH K R	YES
58.	<u>10521132058</u>	REHITHA R J	YES
59.	<u>10521132059</u>	SALMANIYA M	YES
60.	<u>10521132060</u>	SANDEEP.S	YES
61.	<u>10521132061</u>	SHAHINA S	YES
62.	<u>10521132062</u>	SHIJU T	YES
63.	<u>10521132063</u>	SOORYA . D	YES
64.	<u>10521132064</u>	SOORYA S	YES
65.	<u>10521132065</u>	SOURAV S	YES
66.	<u>10521132066</u>	SREELEKSHMI J R	YES
67.	<u>10521132067</u>	TESWIN VIJU	ABSENT
68.	<u>10521132068</u>	THUSHANTH T	YES
69.	<u>10521132069</u>	VARSHARAJ	YES
70.	<u>10521132070</u>	VIGNESH PANICKER	YES
71.	<u>10521132071</u>	ABHILASH R.	YES
72.	<u>10521132072</u>	SNEHA SAJEEV	YES



SREE NARAYANA COLLEGE KOLLAM

DEPARTMENT OF PHILOSOPHY

CERTIFICATE COURSE IN STRESS MANAGEMENT IN EVERYDAY LIFE

This is to certify that Mr./Ms./Mrs.....*Ashtami S.R.*.....Department of.....
.....*Philosophy*.....has successfully completed Certificate Course in STRESS
MANAGEMENT IN EVERYDAY LIFE during the Academic
Year.....*2021-2022*.....

Course Coordinator

Principal



SREE NARAYANA COLLEGE KOLLAM

DEPARTMENT OF PHILOSOPHY

CERTIFICATE COURSE IN STRESS MANAGEMENT IN EVERYDAY LIFE

This is to certify that Mr./Ms./Mrs....*Henna Fathima S*.....Department of.....
.....*Philosophy*.....has successfully completed Certificate Course in STRESS
MANAGEMENT IN EVERYDAY LIFE during the Academic
Year.....*2021-2022*.....

Course Coordinator

Principal



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DEPARTMENT OF PHILOSOPHY

CERTIFICATE COURSE IN STRESS MANAGEMENT IN EVERYDAY LIFE

This is to certify that Mr./Ms./Mrs. *Nishana Ashiba Beegum* Department of.....
.....*Philosophy*.....has successfully completed Certificate Course in STRESS
MANAGEMENT IN EVERYDAY LIFE during the Academic
Year.....*2021-2022*.....

Course Coordinator

Principal



SREE NARAYANA COLLEGE, KOLLAM

Affiliated to University of Kerala
NAAC Re-Accredited with 'A' Grade

CERTIFICATE COURSE IN STRESS MANAGEMENT IN EVERYDAY LIFE

MARK LIST OF STUDENTS

1.	<u>10521132001</u>	ADARSH S	19
2.	<u>10521132002</u>	AKHIL RAJ	20
3.	<u>10521132003</u>	ASHTAMI. S.R	18
4.	<u>10521132004</u>	ATHULYA V B	24
5.	<u>10521132005</u>	HARILAL.S	23
6.	<u>10521132006</u>	MALAVIKA B	20
7.	<u>10521132007</u>	NAVEEN HARISH	20
8.	<u>10521132008</u>	NISHANA ASHIBA BEEGUM	21
9.	<u>10521132009</u>	PARTHIV.A.S	23
10.	<u>10521132010</u>	RISHI P R	24
11.	<u>10521132011</u>	SILPA S	23
12.	<u>10521132012</u>	ABHIJITH R S	20
13.	<u>10521132013</u>	ABHIJITH V S	20
14.	<u>10521132014</u>	ACHU BABU	20
15.	<u>10521132015</u>	ADARSH BIJU	20
16.	<u>10521132016</u>	ADWAITH S	20
17.	<u>10521132017</u>	AISWARYA S. RAJENDRAN	19
18.	<u>10521132018</u>	AJANTHA UNNI	21
19.	<u>10521132019</u>	AJAYAKRISHNAN J	23
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21.	<u>10521132021</u>	AKSHAJ. A	21
22.	<u>10521132022</u>	ALFIYA .N	23

23.	10521132023	AMALMURALI	24
24.	10521132024	ANANDHU J	20
25.	10521132025	ANJO JOSE	19
26.	10521132026	ANNA NANCY ROY	19
27.	10521132027	ANSILA A	18
28.	10521132028	ANZAD.H	21
29.	10521132029	APARNA G	21
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31.	10521132031	BALU KRISHNA22N M S	20
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33.	10521132033	DEVU T.S.24	20
34.	10521132034	FATHIMA NO25USHAD	23
35.	10521132035	GOPIKA R S21	23
36.	10521132036	GOPIKA S23	24
37.	10521132037	HARIKRISHN22AN P B	25
38.	10521132038	HENNA FATHIM21A S	21
39.	10521132039	JASEERA A	23
40.	10521132040	JASMIN T	21
41.	10521132041	JITHIN M S	21
42.	10521132042	JOYAL J	23
43.	10521132043	KARTHIKA.S	24
44.	10521132044	KSHEMA RAJESH	21
45.	10521132045	MINI.B	17
46.	10521132046	MUHAMMAD YAHIIYA MOHAMED	15
47.	10521132047	NANDHA JAYAN	19
48.	10521132048	NAVYA .M	21
49.	10521132049	NIKHIL S	21
50.	10521132050	NIKHILRAJ A	22
51.	10521132051	NIMA U S	23
52.	10521132052	NIRANJANA M P	24

53.	<u>10521132053</u>	PRASEENA.P	25
54.	<u>10521132054</u>	PRASEETHA.P	21
55.	<u>10521132055</u>	PRIYA S	23
56.	<u>10521132056</u>	R H AMRUTHA HARI	21
57.	<u>10521132057</u>	RATHISH K R	21
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59.	<u>10521132059</u>	SALMANIYA M	19
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62.	<u>10521132062</u>	SHIJU T	22
63.	<u>10521132063</u>	SOORYA . D	22
64.	<u>10521132064</u>	SOORYA S	21
65.	<u>10521132065</u>	SOURAV S	24
66.	<u>10521132066</u>	SREELEKSHMI J R	23
67.	<u>10521132067</u>	TESWIN VIJU	ABSENT
68.	<u>10521132068</u>	THUSHANTH T	19
69.	<u>10521132069</u>	VARSHARAJ	19
70.	<u>10521132070</u>	VIGNESH PANICKER	19
71.	<u>10521132071</u>	ABHILASH R.	18
72.	<u>10521132072</u>	SNEHA SAJEEV	19