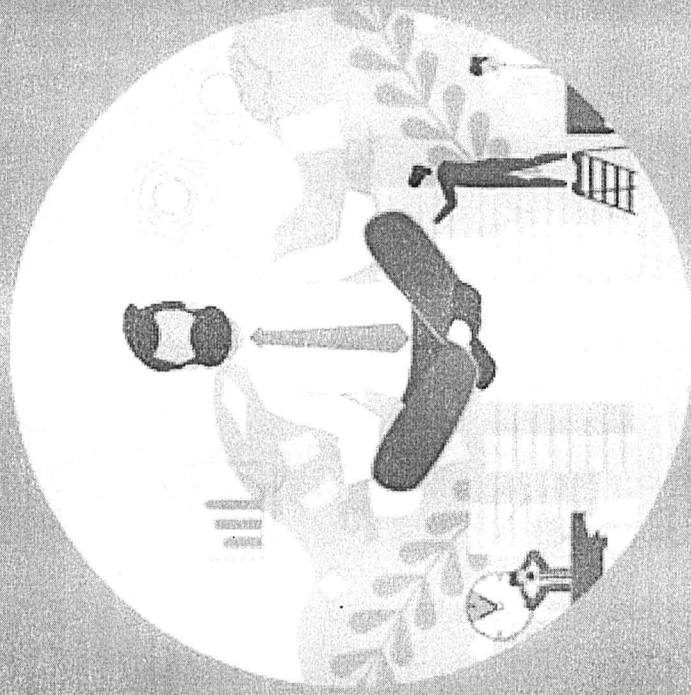


**SREE NARAYANA COLLEGE  
KOLLAM**

**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 2017-2018**

Department of Philosophy conducted certificate course, **Stress Management for Everyday Life** for the academic year 2017-18. 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. Forty five students applied for the course and the same were selected for course. Forty three students completed the course. The classes were conducted on every Saturdays. The classes were handled by Dr. Letha T.S., Bindu R. and Dr. Laiju 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

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*Thiruvallharayil*  
Principal  
Sree Narayana College  
Kollam





# **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.

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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**

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## **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**

Dept. of Philosophy  
Sree Narayana College, Kollam

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.

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## **SREE NARAYANA COLLEGE, KOLLAM**

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### **NOTICE**

**This is to inform all the faculties of department of history that there will be a meeting of certificate course on 10/08/2017 at 3.15 P.M at the department chamber.**

#### **Agenda**

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

**Dr. Letha T.S. (Department Level Certificate Course Coordinator)**

*Dept. of Philosophy  
Sree Narayana College, Kollam*





# **SREE NARAYANA COLLEGE, KOLLAM**

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## **NOTICE**

**This is to inform all the faculties of department of history that there will be a meeting of certificate course on 12/08/2017 at 3.15 P.M at the department chamber.**

### **Agenda**

- **Official Launch of Certificate Course**
- **Selection of Resource Person**
- **Dr. Letha T.S. (Department Level Certificate Course Coordinator)**

Dept. of Philosophy  
Sree Narayana College, Kollam



# **SREE NARAYANA COLLEGE, KOLLAM**

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## **NOTICE**

**This is to inform all the faculties of department of history that there will be a meeting of certificate course on 01/01/2018 at 3.15 P.M at the department chamber.**

### **Agenda**

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

**Dr. Letha T.S. (Department Level Certificate Course Coordinator)**

*Dept. of Philosophy  
Sree Narayana College, Kollam*



# SREE NARAYANA COLLEGE, KOLLAM

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## MINUTES

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on 1st January 2018 for finalizing of the inauguration date of the certificate course as a part of the 2017-18 academic programme under the leadership and guidance of the Board of Studies in the SNC, Kollam. The meeting was presided by Philosophy Department HOD, Smt. Bindu and the certificate course Coordinator Dr. T.S. Letha explained in detail 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 20<sup>th</sup> February.

Kollam

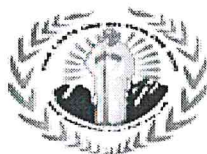
Dr. T.S. LETHA

CO-ORDINATOR

  
Principal  
Sree Narayana College  
Kollam

Dept. of Philosophy  
Sree Narayana College, Kollam





# **SREE NARAYANA COLLEGE, KOLLAM**

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## **MINUTES**

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on 10<sup>th</sup> August 2017 for finalizing of the inauguration date of the certificate course as a part of the 2017-18 academic programme under the leadership and guidance of the Board of Studies in the SNC, Kollam. The meeting was presided by Philosophy Department HOD, Smt. Bindu and the certificate course Coordinator Dr. T.S. Letha explained in detailed about the subject matter. Under the instruction by the Board of Studies members in the meeting the inauguration for the Course was planned for 16<sup>th</sup> August 2017.

**Kollam**

**Dr.T.S. LETHA**

**CO-ORDINATOR**

Dept. of Philosophy  
Sree Narayana College , Kollam



# **SREE NARAYANA COLLEGE, KOLLAM**

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## **MINUTES**

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on 12th August 2017 for finalizing of the inauguration date of the certificate course as a part of the 2017-18 academic programme under the leadership and guidance of the Board of Studies in the SNC, Kollam. The meeting was presided by Philosophy Department HOD, Smt. Bindu and the certificate course Coordinator Dr. T.S. Letha 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. T.S. LETHA**

**CO-ORDINATOR**

Dept. of Philosophy  
Sree Narayana College, Kollam



# SREE NARAYANA COLLEGE, KOLLAM

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## LIST OF STUDENTS APPLIED FOR THE COURSE

SL NO	CANDIDATE CODE	NAME
1	10517132001	ABHIRAM
2	10517132002	ABINSHA S.
3	10517132003	AKHILA A.
4	10517132005	APPU B.
5	10517132006	ASIF MUHAMMED A.
6	10517132007	ASWATHY K.
7	10517132008	ATHIN PILLAI Y.
8	10517132009	ATHULTHILAK
9	10517132010	G. R. KRISHNA PRIYA
10	10517132011	GEETHU BABU
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13	10517132015	PAVITHRA RADHAKRISHNAN
14	10517132017	RAKHI MOHAN
15	10517132018	SARATH RAJ
16	10517132023	ADARSH A.
17	10517132024	AHALYA S.
18	10517132025	AJITH KRISHNAN K.
19	10517132026	AKHIL BABU R.
20	10517132027	AKHIL D.
21	10517132032	ANJU S.
22	10517132034	ANUJA V. J.
23	10517132035	ANUROOP RAMESH S
24	10517132039	ASHAKRISHNAN S.
25	10517132040	ASWATHY K.
26	10517132041	ASWATHY B.
27	10517132042	ATHIRA MURALY
28	10517132044	ATHULYA H
29	10517132045	BALU S.
30	10517132046	DHANEESH D.
31	10517132047	GANESAN M.
32	10517132048	GANGA M.
33	10517132049	INDUKRISHNAN B.
34	10517132051	KARTHIKA D.
35	10517132052	M. AKSHAY MOHAN
36	10517132054	NANDU M.
37	10517132057	RAHUL RAJ
38	10517132058	RAKHI A.

39	10517132060	RENJITHA V.
40	10517132062	SAGARA A. V.
41	10517132063	SANDRA G. S.
42	10517132065	SILPA SUGATHAN
43	10517132066	SOUMYA L.
44	10517132067	SREELEKSHMI P.S.
45	10517132070	VISHNU CHANDHANA B A.









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## BIODATA OF THE STUDENTS












Sl no	CANDIDATE CODE	NAME	DATE OF BIRTH	
1	10517132001	ABHIRAM P	15/11/1999	
2	10517132002	ABINSHA S	02/10/1998	
3	10517132003	AKHILA A	16/10/1999	
4	10517132005	APPU B	28/05/1999	
5	10517132006	ASIF MUHAMMED A	08/10/1998	
6	10517132007	ASWATHY K	01/08/1999	
7.	10517132008	ATHIN PILLAI Y	28/08/1998	
8.	10517132009	ATHULTHILAK	31/08/1998	

Dept. of Philosophy  
Sree Narayana College, Kollam












Dr. S. S. S. S. S.  
Asst. Professor & H.O.D.  
Dept. of Philosophy  
Sree Narayana College, Kollam







9.	10517132010	G R KRISHNA PRIYA	30/05/1999	
10.	10517132011	GEETHU BABU	14/11/1996	
11.	10517132012	HARIMURALI A	12/02/1999	
12.	10517132014	PARVATHY P J	10/06/1999	
13.	10517132015	PAVITHRA RADHAKRISHNAN	12/04/1999	
14.	10517132017	RAKHI MOHAN	22/10/1999	
15.	10517132018	SARATH RAJ	25/01/1997	
16.	10517132023	ADARSH A	11/01/1999	
17.	10517132024	AHALYA S	23/03/1999	
18.	10517132025	AJITH KRISHNAN K	12/09/1998	
19.	10517132026	AKHIL BABU R	14/12/1997	

20.	10517132027	AKHIL D	16/07/1997	
21.	10517132032	ANJU S	28/11/1998	
22.	10517132034	ANUJA V J	24/02/2000	
23.	10517132035	ANUROOP RAMESH S	17/10/1996	
24.	10517132039	ASHAKRISHNAN S	03/05/1999	
25.	10517132040	ASWATHY K	24/06/1999	
26.	10517132041	ASWATHY. B	30/03/1999	
27.	10517132042	ATHIRA MURALY	02/10/1999	
28.	10517132044	ATHULYA H	23/05/1997	
29.	10517132045	BALU S	31/10/1998	
30.	10517132046	DHANEESH D	11/07/1998	

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31.	10517132047	GANESAN M	24/08/1999	
32.	10517132048	GANGA M	09/10/1999	
33.	10517132049	INDUKRISHNAN B	16/03/1999	
34.	10517132051	KARTHIKA D	16/02/1999	
35.	10517132052	M AKSHAY MOHAN	20/10/1997	
36.	10517132054	NANDU M	03/11/1999	
37.	10517132057	RAHUL RAJ	23/01/1999	
38.	10517132058	RAKHI A	20/01/2000	
39.	10517132060	RENJITHA V	14/10/1999	
40.	10517132062	SAGARA A.V	05/07/1999	
41.	10517132063	SANDRA G S	07/11/1998	

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42.	10517132065	SILPA SUGATHAN	09/11/1999	
43.	10517132066	SOUMYA L	15/05/1999	
44.	10517132067	SREELEKSHMI.P.S	08/06/1999	
45.	10517132070	VISHNU CHANDHANA B A	08/06/1999	

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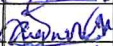
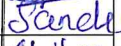
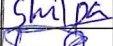
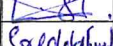




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## SELECTION LIST OF THE STUDENTS

SL NO	CANDIDATE CODE	NAME	
1	10517132001	ABHIRAM	AB
2	10517132002	ABINSHA S.	Abinsha
3	10517132003	AKHILA A.	Akhila
4	10517132005	APPU B.	B. Appu
5	10517132006	ASIF MUHAMMED A.	Asif M
6	10517132007	ASWATHY K.	Aswathy
7	10517132008	ATHIN PILLAI Y.	Athin
8	10517132009	ATHULTHILAK	Athulthilak
9	10517132010	G. R. KRISHNA PRIYA	G.R. Krishna Priya
10	10517132011	GEETHU BABU	Geethu Babu
11	10517132012	HARIMURALI A.	Harimurali
12	10517132014	PARVATHY P. J.	Parvathy P. J.
13	10517132015	PAVITHRA RADHAKRISHNAN	Pavithra
14	10517132017	RAKHI MOHAN	Rakhi Mohan
15	10517132018	SARATH RAJ	Sarath Raj
16	10517132023	ADARSH A.	Adarsh
17	10517132024	AHALYA S.	Ahalya
18	10517132025	AJITH KRISHNAN K.	Ajith Krishnan
19	10517132026	AKHIL BABU R.	Akhil Babu
20	10517132027	AKHIL D.	Akhil D.
21	10517132032	ANJU S.	Anju
22	10517132034	ANUJA V. J.	Anuja
23	10517132035	ANUROOP RAMESH S	Anuroop
24	10517132039	ASHAKRISHNAN S.	Ashakrishnan
25	10517132040	ASWATHY K.	Aswathy
26	10517132041	ASWATHY B.	Aswathy B.
27	10517132042	ATHIRA MURALY	Athira Muraly
28	10517132044	ATHULYA H	Athulya
29	10517132045	BALU S.	Balu
30	10517132046	DHANEESH D.	Dhaneesh
31	10517132047	GANESAN M.	Ganesan
32	10517132048	GANGA M.	Ganga
33	10517132049	INDUKRISHNAN B.	Indukrishnan
34	10517132051	KARTHIKA D.	Karthika
35	10517132052	M. AKSHAY MOHAN	Akshay
36	10517132054	NANDU M.	Nandu
37	10517132057	RAHUL RAJ	Rahul Raj
38	10517132058	RAKHI A.	Rakhi

39	10517132060	RENJITHA V.	
40	10517132062	SAGARA A. V.	
41	10517132063	SANDRA G. S.	
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45	10517132070	VISHNU CHANDHANA B A.	

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## DEPARTMENT OF PHILOSOPHY

### DEPARTMENT LEVEL CERTIFICATE COURSE 2017-2018

#### STRESS MANAGEMENT IN EVERYDAY LIFE

#### LIST OF STUDENTS COMPLETED THE COURSE

MINIMUM MARKS: 9

MAXIMUM MARKS:25

SL NO	CANDIDATE CODE	NAME	COMPLETED OR NOT
1	10517132001	ABHIRAM	YES
2	10517132002	ABINSHA S.	YES
3	10517132003	AKHILA A.	YES
4	10517132005	APPU B.	YES
5	10517132006	ASIF MUHAMMED A.	YES
6	10517132007	ASWATHY K.	YES
7	10517132008	ATHIN PILLAI Y.	YES
8	10517132009	ATHULTHILAK	YES
9	10517132010	G. R. KRISHNA PRIYA	YES
10	10517132011	GEETHU BABU	YES
11	10517132012	HARIMURALI A.	YES
12	10517132014	PARVATHY P. J.	YES
13	10517132015	PAVITHRA RADHAKRISHNA N	YES
14	10517132017	RAKHI MOHAN	YES
15	10517132018	SARATH RAJ	YES
16	10517132023	ADARSH A.	YES
17	10517132024	AHALYA S.	YES
18	10517132025	AJITH KRISHNAN K.	YES
19	10517132026	AKHIL BABU R.	YES
20	10517132027	AKHIL D.	YES
21	10517132032	ANJU S.	YES
22	10517132034	ANUJA V. J.	YES
23	10517132035	ANUROOP RAMESH S	YES
24	10517132039	ASHAKRISHNAN	YES

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Sree Narayana College, Kollam

		S.	
25	10517132040	ASWATHY K.	YES
26	10517132041	ASWATHY B.	NO
27	10517132042	ATHIRA MURALY	YES
28	10517132044	ATHULYA H	YES
29	10517132045	BALU S.	NO
30	10517132046	DHANEESH D.	YES
31	10517132047	GANESAN M.	YES
32	10517132048	GANGA M.	YES
33	10517132049	INDUKRISHNAN B.	YES
34	10517132051	KARTHIKA D.	YES
35	10517132052	M. AKSHAY MOHAN	YES
36	10517132054	NANDU M.	YES
37	10517132057	RAHUL RAJ	YES
38	10517132058	RAKHI A.	YES
39	10517132060	RENJITHA V.	YES
40	10517132062	SAGARA A. V.	YES
41	10517132063	SANDRA G. S.	YES
42	10517132065	SILPA SUGATHAN	YES
43	10517132066	SOUMYA L.	YES
44	10517132067	SREELEKSHMI P.S.	YES
45	10517132070	VISHNU CHANDHANA B A.	YES

Dept. of Philosophy  
Sree Narayana College, Kollam





# SREE NARAYANA COLLEGE, KOLLAM

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## DEPARTMENT OF PHILOSOPHY

### DEPARTMENT LEVEL CERTIFICATE COURSE 2017-2018

#### STRESS MANAGEMENT IN EVERYDAY LIFE

#### MARK LIST

MINIMUM MARKS: 9

MAXIMUM MARKS:25

SL NO	CANDIDATE CODE	NAME	MARKS
1	10517132001	ABHIRAM	20
2	10517132002	ABINSHA S.	24
3	10517132003	AKHILA A.	21
4	10517132005	APPU B.	25
5	10517132006	ASIF MUHAMMED A.	24
6	10517132007	ASWATHY K.	23
7	10517132008	ATHIN PILLAI Y.	21
8	10517132009	ATHULTHILAK	21
9	10517132010	G. R. KRISHNA PRIYA	21
10	10517132011	GEETHU BABU	19
11	10517132012	HARIMURALI A.	17
12	10517132014	PARVATHY P. J.	22
13	10517132015	PAVITHRA RADHAKRISHNAN	23 20
14	10517132017	RAKHI MOHAN	22
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16	10517132023	ADARSH A.	20
17	10517132024	AHALYA S.	16
18	10517132025	AJITH KRISHNAN K.	17
19	10517132026	AKHIL BABU R.	19
20	10517132027	AKHIL D.	12
21	10517132032	ANJU S.	19
22	10517132034	ANUJA V. J.	20
23	10517132035	ANUROOP RAMESH S	21
24	10517132039	ASHAKRISHNAN S.	24
25	10517132040	ASWATHY K.	23

26	10517132041	ASWATHY B.	ABSENT
27	10517132042	ATHIRA MURALY	16
28	10517132044	ATHULYA H	23
29	10517132045	BALU S.	ABSENT
30	10517132046	DHANEESH D.	25
31	10517132047	GANESAN M.	20
32	10517132048	GANGA M.	19
33	10517132049	INDUKRISHNAN B.	20
34	10517132051	KARTHIKA D.	23
35	10517132052	M. AKSHAY MOHAN	24
36	10517132054	NANDU M.	20
37	10517132057	RAHUL RAJ	19
38	10517132058	RAKHI A.	20
39	10517132060	RENJITHA V.	21
40	10517132062	SAGARA A. V.	24
41	10517132063	SANDRA G. S.	23
42	10517132065	SILPA SUGATHAN	22
43	10517132066	SOUMYA L.	22
44	10517132067	SREELEKSHMI P.S.	24
45	10517132070	VISHNU CHANDHANA B A.	20

Dept. of Philosophy  
Sree Narayana College, Kollam



# **SREE NARAYANA COLLEGE, KOLLAM**

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

## **DEPARTMENT OF PHILOSOPHY**

### **DEPARTMENT LEVEL CERTIFICATE COURSE 2017-2018**

#### **STRESS MANAGEMENT IN EVERY DAY LIFE**

#### **LIST OF TEACHERS HANDLING CLASSES**

**Smt. Bindu R.- HOD, Philosophy**

**Dr. T.S. Letha – Faculty, Philosophy**

**Dr. S. Laiju- Faculty, Psychology**

Dept. of Philosophy  
Sree Narayana College, Kollam

### TIMETABLE 2017-18

Day	Time	Teacher
MONDAY	3.30-4.30	Letha T.S
TUESDAY	3.30-4.30	Bindu R.
WEDNESDAY	3.30-4.30	Laiju S.
THURSDAY	3.30-4.30	Letha T.S
FRIDAY	3.30-4.30	Bindu R.

Dept. of Philosophy  
Sree Narayana College, Kollam

*Aruntharajil*  
Principal  
Sree Narayana College  
Kollam





# SREE NARAYANA COLLEGE KOLLAM

## DEPARTMENT OF PHILOSOPHY

### CERTIFICATE COURSE IN STRESS MANAGEMENT IN EVERYDAY LIFE

This is to certify that Mr./Ms./Mrs. *Rakhi A*.....Department of.....

*Philosophy*.....has successfully completed Certificate Course in STRESS  
MANAGEMENT IN EVERYDAY LIFE during the Academic

Year.....*2017-2018*.....

*Kollam*

*Principal*

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.....*M. Akshay Mohan*.....Department of.....

.....*Philosophy*.....has successfully completed Certificate Course in STRESS

MANAGEMENT IN EVERYDAY LIFE during the Academic

Year.....*2017 - 2018*.....

*Kalpana*

*Principaldk*

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. *P. S. V. Athy. P. J.*.....Department of.....

*Philosophy*.....has successfully completed Certificate Course in STRESS

MANAGEMENT IN EVERYDAY LIFE during the Academic

Year.....*2017-2018*.....

*Kalpana*

*Principals*

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.....*Rakhi Mohan*.....Department of.....

.....*Philosophy*.....has successfully completed Certificate Course in STRESS  
MANAGEMENT IN EVERYDAY LIFE during the Academic

Year.....*2017-2018*.....

*Kollam*

*Principal*

Course Coordinator

Principal





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This is to certify that Mr./Ms./Mrs. *Asif Muhammad: A*.....Department of.....

*Philosophy*.....has successfully completed Certificate Course in STRESS  
MANAGEMENT IN EVERYDAY LIFE during the Academic

Year.....*2017 - 2018*.....

*Kollam*

*Principal*

Course Coordinator

Principal



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## DEPARTMENT OF PHILOSOPHY

Attendance Sheet For Certificate Course

2017-2018

Sl.No.	Candidate Code	Name	19	26	02	16	23	30	07	21	28	04	18	25	02	16	23	Signature
			AUG	AUG	SEP	SEP	SEP	SEP	SEP	OCT	OCT	OCT	NOV	NOV	NOV	DEC	DEC	
1	10517132001	ABHIRAM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Abhiram
2	10517132002	ABINSHA S.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Abinsha
3	10517132003	AKHILA A.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Akhilaa
4	10517132005	APPU B.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Appu.B
5	10517132006	ASIF MUHAMMED A.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	AsifMuhammedA
6	10517132007	ASWATHY K.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Aswathy.K
7	10517132008	ATHIN PILLAI Y.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	AthinPillaiY
8	10517132009	ATHULHILAK	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Athulhilak
9	10517132010	G. R. KRISHNA PRIYA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	G.R.krishna
10	10517132011	GEETHU BABU	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	GeethuB.
11	10517132012	HARIMURALI A.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	HarimuraliA
12	10517132014	PARVATHY P. J.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	ParvathyPJ
13	10517132015	PAVITHRA RADHAKRISHNAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	PavithraRadha
14	10517132017	RAKHI MOHAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	RakhiMohan



