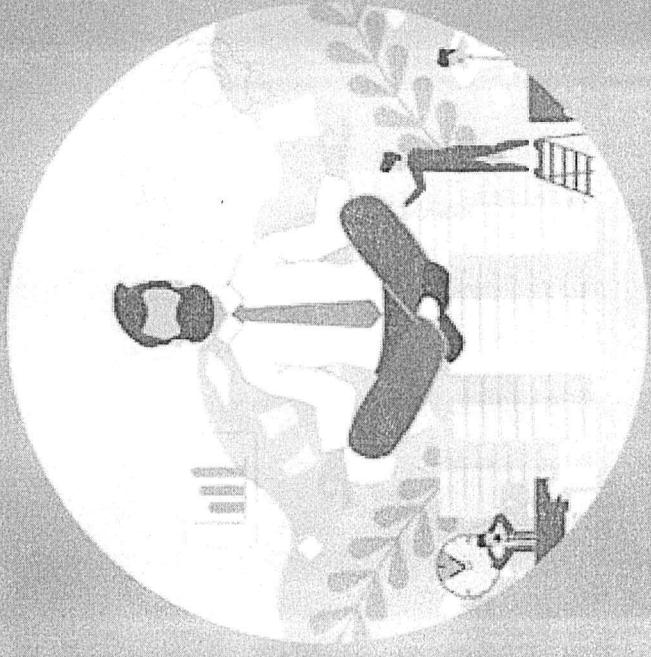


**SREE S NARAYANA COLLEGE
KOLLAM**

**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 2019-2020

Department of Philosophy conducted certificate course, Stress Management in Everyday Life for the academic year 2019-20. 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. Eighty two students applied for the course and the same were selected for course. Seventy eight 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. and Dr. Girilal M.K.

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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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

- 8
- (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

- 8
- (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.





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MINUTES

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on 03.06.2019 for finalizing of the inauguration date of the certificate course as a part of the 2019-20 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 13.06.2019.

Kollam

Dr. Soumya R.V.

CO-ORDINATOR

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

Principal
Sree Narayana College
Kollam





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MINUTES

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on 12.06.2019 for finalizing of the inauguration date of the certificate course as a part of the 2019-20 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

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



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MINUTES

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on 01.10.2019 for finalizing of the inauguration date of the certificate course as a part of the 2019-20 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 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 20th November.

Kollam


Dr. Soumya R.V.

CO-ORDINATOR

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



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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 03/06/2019 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)


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

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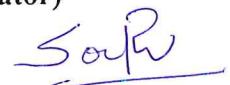
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NOTICE

This is to inform all the faculties of department of Philosophy that there will be a meeting of certificate course on 12/06/2019 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)



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



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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 01/10/2019 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)



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



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CERTIFICATE COURSE IN STRESS MANAGEMENT IN EVERYDAY LIFE

LIST OF TEACHERS HANDLING CLASSES

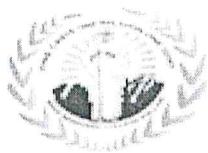
Dr. Soumya R.V. – HoD, Philosophy & Course Coordinator



Dr. Thushara C.S.- Faculty, Philosophy



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



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CERTIFICATE COURSE IN FOUNDATIONS OF LOGICAL REASONING

BIODATA OF THE STUDENTS

| | | | | |
|----|-------------|------------------|------------|---|
| 1. | 10519132001 | ABDUL REHUMAN.N | 30/07/2001 |  |
| 2. | 10519132002 | ABHIRAM. S | 18/12/2001 |  |
| 3. | 10519132003 | ABHIRAMI. A.G | 19/01/2000 |  |
| 4. | 10519132004 | AKHILA.S | 12/11/2001 |  |
| 5. | 10519132005 | ANUSREE PARVATHY | 06/10/1999 |  |
| 6. | 10519132006 | ARUNBABY | 26/11/2001 |  |
| 7. | 10519132007 | ASHIQ A | 11/10/2000 |  |
| 8. | 10519132008 | MITHUN KUMAR A | 15/01/2001 |  |
| 9. | 10519132009 | NANDAGOPAL R P | 07/12/2001 | |

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

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|-----|-------------|---------------------|------------|
| | | | |
| 10. | 10519132010 | PRINCE NAVANEETH .S | 24/10/2000 |
| 11. | 10519132011 | SANJU S KUMAR | 11/01/2000 |
| 12. | 10519132012 | SHABINA.S | 27/06/1999 |
| 13. | 10519132013 | VISHNU S | 11/02/2000 |
| 14. | 10519132014 | ADARSH R J | 18/05/2001 |
| 15. | 10519132015 | ADITHYAN B L | 11/08/2001 |
| 16. | 10519132016 | AISWARYA S | 08/07/2001 |
| 17. | 10519132017 | AJIN DEVARAJ | 14/06/2000 |
| 18. | 10519132018 | AJUMALSHA. M | 30/06/2002 |
| 19. | 10519132019 | AKHIL. S | 14/08/2001 |
| 20. | 10519132020 | AMEENA. N | 04/09/2000 |

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|-----|-------------|--------------------|------------|---|
| | | | | |
| 21. | 10519132021 | AMJITH S | 06/08/1998 |  |
| 22. | 10519132022 | ANAGHA A S | 06/09/1999 |  |
| 23. | 10519132023 | ANAKHA SREERAJ | 04/07/2001 |  |
| 24. | 10519132024 | ANAND K | 17/11/1999 |  |
| 25. | 10519132025 | ANAND.R | 15/11/2001 |  |
| 26. | 10519132026 | ANANDAKRISHNAN S | 09/11/2001 |  |
| 27. | 10519132027 | ANANDHU KRISHNAN G | 01/02/2000 |  |
| 28. | 10519132028 | ANEESHBABU | 08/05/2001 |  |
| 29. | 10519132029 | ANIJITH .A .S | 13/03/2002 |  |
| 30. | 10519132030 | ARSHAD SHAHEEL.KK | 08/06/2000 |  |
| 31. | 10519132031 | ASWATHY S | 20/11/2000 | |

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|-----|-------------|---------------------|------------|
| | | | |
| 32. | 10519132032 | ATHIRA. G. R | 13/09/2000 |
| 33. | 10519132033 | ATHUL.B.NAIR | 15/09/2001 |
| 34. | 10519132034 | AYISHA. J | 19/09/2001 |
| 35. | 10519132035 | CHANCHAL. G .S | 04/01/2001 |
| 36. | 10519132036 | DEVI. D | 06/12/2001 |
| 37. | 10519132037 | DEVIKA . B . S | 30/06/2001 |
| 38. | 10519132038 | DEVU S. BIJU | 13/03/2001 |
| 39. | 10519132039 | DHANYA . T | 13/11/2000 |
| 40. | 10519132040 | GEORGE L | 09/04/1998 |
| 41. | 10519132041 | GOPIKA KRISHNAN U G | 05/02/2002 |
| 42. | 10519132042 | HARIKRISHNA.M.J | 15/02/2001 |

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| 43. | 10519132043 | HARIKRISHNAN K | 30/03/2001 |
| 44. | 10519132044 | JISHNU PRASAD | 10/08/2000 |
| 45. | 10519132045 | KAILASANATHAN V | 04/08/2001 |
| 46. | 10519132046 | KAVYA MOHANAN | 08/11/2000 |
| 47. | 10519132047 | KAVYA. P | 10/07/2001 |
| 48. | 10519132048 | LEKSHMI . M | 18/01/2001 |
| 49. | 10519132049 | LEKSHMI CHANDRAN | 11/12/2001 |
| 50. | 10519132050 | LEKSHMI SANKAR | 15/05/2001 |
| 51. | 10519132051 | LEKSHMIPRIYA.S.K | 14/03/2002 |
| 52. | 10519132052 | M S SARATH | 20/10/2001 |
| 53. | 10519132053 | MADHAVA RAJ.R | 22/10/2001 |

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|-----|-------------|----------------------|------------|
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| 54. | 10519132054 | MAHESH RAJ | 09/10/1998 |
| 55. | 10519132055 | MANAS M KIZHAKKEVILA | 02/09/2001 |
| 56. | 10519132056 | MIDHUN B | 23/03/2000 |
| 57. | 10519132057 | MIDHUN LAL H | 22/08/2000 |
| 58. | 10519132058 | NANDA.S.JAYAN | 17/08/2001 |
| 59. | 10519132059 | PARVATHY RAJENDRAN | 31/05/2001 |
| 60. | 10519132060 | RANIYA. R | 28/07/2001 |
| 61. | 10519132061 | REVATHI. B.S | 03/01/2001 |
| 62. | 10519132062 | SARANYA .S. S | 16/02/2002 |
| 63. | 10519132063 | SARATH S | 25/10/1999 |
| 64. | 10519132064 | SHONE K THOMAS | 31/05/2001 |

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| 65. | 10519132065 | SOORAJ CHANDRAN | 21/07/2001 |  |
| 66. | 10519132066 | SREEKUTTY.B | 28/01/2002 |  |
| 67. | 10519132067 | SRUTHY. B | 13/02/2001 |  |
| 68. | 10519132068 | SUMESH S | 28/07/2001 |  |
| 69. | 10519132069 | SURYA.S.R | 19/04/2002 |  |
| 70. | 10519132070 | SYAM VIJAI | 25/01/2001 |  |
| 71. | 10519132071 | THANSHAD T | 31/07/2000 |  |
| 72. | 10519132072 | THUSHAR S M | 11/06/2001 |  |
| 73. | 10519132073 | VARSHA B S | 20/01/2002 |  |
| 74. | 10519132074 | VISAKH B R | 09/11/2001 |  |
| 75. | 10519132075 | VISHNU S ARUN | 08/06/2000 |  |

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| 76. | 10519132076 | YADHU. S | 30/03/2001 |  |
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| 79. | 10519132079 | ATHULYA.G.A | 29/03/2001 |  |
| 80. | 10519132080 | DARSANA. D | 15/01/2002 |  |
| 81. | 10519132081 | KARTHIKA. S | 13/08/2001 |  |
| 82. | 10519132082 | SHIBINA . S | 27/09/2000 |  |

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CERTIFICATE COURSE IN STRESS MANAGEMENT IN EVERYDAY LIFE

LIST OF STUDENTS APPLIED

| | | | |
|-----|-------------|---------------------|--|
| 1. | 10519132001 | ABDUL REHUMAN.N | |
| 2. | 10519132002 | ABHIRAM. S | |
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| 17. | 10519132017 | AJIN DEVARAJ | |
| 18. | 10519132018 | AJUMALSHA. M | |
| 19. | 10519132019 | AKHIL S | |
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| 82. | 10519132082 | SHIBINA . S |



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CERTIFICATE COURSE IN STRESS MANAGEMENT IN EVERYDAY LIFE

LIST OF STUDENTS SELECTED

| | | | |
|-----|-------------|---------------------|-------------------|
| 1. | 10519132001 | ABDUL REHUMAN.N | <i>Abdul</i> |
| 2. | 10519132002 | ABHIRAM. S | <i>Abhiram</i> |
| 3. | 10519132003 | ABHIRAMI. A.G | <i>Abhirami</i> |
| 4. | 10519132004 | AKHILA.S | <i>Akhila</i> |
| 5. | 10519132005 | ANUSREE PARVATHY | <i>Anusree</i> |
| 6. | 10519132006 | ARUNBABY | <i>Arunbaby</i> |
| 7. | 10519132007 | ASHIQA | <i>Ashiqa</i> |
| 8. | 10519132008 | MITHUN KUMAR A | <i>Mithun</i> |
| 9. | 10519132009 | NANDAGOPAL R P | <i>Nandagopal</i> |
| 10. | 10519132010 | PRINCE NAVANEETH .S | <i>Prince</i> |
| 11. | 10519132011 | SANJU S KUMAR | <i>Sanju</i> |
| 12. | 10519132012 | SHABINA.S | <i>Shabina</i> |
| 13. | 10519132013 | VISHNU S | <i>Vishnu</i> |
| 14. | 10519132014 | ADARSH R J | <i>Adarsh</i> |
| 15. | 10519132015 | ADITHYAN B L | <i>Adithyan</i> |
| 16. | 10519132016 | AISWARYA S | <i>Aiswarya</i> |
| 17. | 10519132017 | AJIN DEVARAJ | <i>Ajin</i> |
| 18. | 10519132018 | AJUMALSHA. M | <i>Ajumalsha</i> |
| 19. | 10519132019 | AKHIL. S | <i>Akhil</i> |
| 20. | 10519132020 | AMEENA. N | <i>Ameena</i> |
| 21. | 10519132021 | AMJITH S | <i>Amjith</i> |
| 22. | 10519132022 | ANAGHA A S | <i>Anagha</i> |

| | | | |
|-----|-------------|---------------------|---------------|
| 23. | 10519132023 | ANAKHA SREERAJ | Anakha> |
| 24. | 10519132024 | ANAND K | Anand |
| 25. | 10519132025 | ANAND.R | Anand |
| 26. | 10519132026 | ANANDAKRISHNAN S | AnandS |
| 27. | 10519132027 | ANANDHU KRISHNAN G | AnandhuG |
| 28. | 10519132028 | ANEESHBABU | anees |
| 29. | 10519132029 | ANIJITH .A .S | AnijithS |
| 30. | 10519132030 | ARSHAD SHAHEEL.KK | Arshad |
| 31. | 10519132031 | ASWATHY S | Aswathy |
| 32. | 10519132032 | ATHIRA. G. R | Athira |
| 33. | 10519132033 | ATHUL B.NAIR | AthulNair |
| 34. | 10519132034 | AYISHA. J | Ayisha |
| 35. | 10519132035 | CHANCHAL. G .S | Chanchal |
| 36. | 10519132036 | DEVI. D | Devi |
| 37. | 10519132037 | DEVIKA . B . S | Devika |
| 38. | 10519132038 | DEVU S. BIJU | Devu- |
| 39. | 10519132039 | DHANYA . T | Dhanya |
| 40. | 10519132040 | GEORGE L | George |
| 41. | 10519132041 | GOPIKA KRISHNAN U G | Gopi |
| 42. | 10519132042 | HARIKRISHNA.M.J | Hari |
| 43. | 10519132043 | HARIKRISHNAN K | Hari |
| 44. | 10519132044 | JISHNU PRASAD | Jishnu |
| 45. | 10519132045 | KAILASANATHAN V | Kailasanathan |
| 46. | 10519132046 | KAVYA MOHANAN | Kavya |
| 47. | 10519132047 | KAVYA. P | KP |
| 48. | 10519132048 | LEKSHMI . M | Lekshmi |
| 49. | 10519132049 | LEKSHMI CHANDRAN | Lekshmi |
| 50. | 10519132050 | LEKSHMI SANKAR | Lekshmi |
| 51. | 10519132051 | LEKSHMIPRIYA.S.K | Lekshmi |
| 52. | 10519132052 | M S SARATH | M Sarath |

| | | | |
|-----|-------------|----------------------|------------------|
| 53. | 10519132053 | MADHAVA RAJ.R | <i>Madhav</i> |
| 54. | 10519132054 | MAHESH RAJ | <i>Mahesh</i> |
| 55. | 10519132055 | MANAS M KIZHAKKEVILA | <i>Manas</i> |
| 56. | 10519132056 | MIDHUN B | <i>Dhano</i> |
| 57. | 10519132057 | MIDHUN LAL H | <i>Meh</i> |
| 58. | 10519132058 | NANDA.S.JAYAN | <i>Nanda</i> |
| 59. | 10519132059 | PARVATHY RAJENDRAN | <i>PKD</i> |
| 60. | 10519132060 | RANIYA. R | <i>Raniya</i> |
| 61. | 10519132061 | REVATHI. B.S | <i>Revathy</i> |
| 62. | 10519132062 | SARANYA .S. S | <i>Jenny</i> |
| 63. | 10519132063 | SARATH S | <i>Sarath</i> |
| 64. | 10519132064 | SHONE K THOMAS | <i>Shank</i> |
| 65. | 10519132065 | SOORAJ CHANDRAN | <i>Soory</i> |
| 66. | 10519132066 | SREEKUTTY.B | <i>Sreekutty</i> |
| 67. | 10519132067 | SRUTHY. B | <i>SB</i> |
| 68. | 10519132068 | SUMESH S | <i>Sume</i> |
| 69. | 10519132069 | SURYA.S.R | <i>Surya</i> |
| 70. | 10519132070 | SYAM VIJAI | <i>Syam</i> |
| 71. | 10519132071 | THANSHAD T | <i>Tanvi</i> |
| 72. | 10519132072 | THUSHAR S M | <i>Tushar</i> |
| 73. | 10519132073 | VARSHA B S | <i>Varsha</i> |
| 74. | 10519132074 | VISAKH B R | <i>Visak</i> |
| 75. | 10519132075 | VISHNU S ARUN | <i>Vishnu</i> |
| 76. | 10519132076 | YADHU. S | <i>Yadhu</i> |
| 77. | 10519132077 | YOGITH DAS | <i>Yogitha</i> |
| 78. | 10519132078 | ANANDHU.S | <i>Anandhu</i> |
| 79. | 10519132079 | ATHULYA.G.A | <i>Athulya</i> |
| 80. | 10519132080 | DARSANA. D | <i>Darsana</i> |
| 81. | 10519132081 | KARTHIKA. S | <i>Karthika</i> |
| 82. | 10519132082 | SHIBINA . S | <i>Shibina</i> |



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STRESS MANAGEMENT IN EVERYDAY LIFE

| SL NO. | CANDIDATE CODE | NAME | COMPLETED OR NOT |
|--------|----------------|---------------------|------------------|
| 1. | 10519132001 | ABDUL REHUMAN.N | YES |
| 2. | 10519132002 | ABHIRAM. S | YES |
| 3. | 10519132003 | ABHIRAMI. A.G | YES |
| 4. | 10519132004 | AKHILA.S | YES |
| 5. | 10519132005 | ANUSREE PARVATHY | YES |
| 6. | 10519132006 | ARUNBABY | YES |
| 7. | 10519132007 | ASHIQ A | YES |
| 8. | 10519132008 | MITHUN KUMAR A | YES |
| 9. | 10519132009 | NANDAGOPAL R P | YES |
| 10. | 10519132010 | PRINCE NAVANEETH .S | YES |
| 11. | 10519132011 | SANJU S KUMAR | YES |
| 12. | 10519132012 | SHABINA.S | YES |
| 13. | 10519132013 | VISHNU S | YES |
| 14. | 10519132014 | ADARSH R J | YES |
| 15. | 10519132015 | ADITHYAN B L | YES |
| 16. | 10519132016 | AISWARYA S | YES |
| 17. | 10519132017 | AJIN DEVARAJ | YES |
| 18. | 10519132018 | AJUMALSHA. M | YES |
| 19. | 10519132019 | AKHIL. S | YES |
| 20. | 10519132020 | AMEENA. N | YES |
| 21. | 10519132021 | AMJITH S | YES |
| 22. | 10519132022 | ANAGHA A S | YES |

| | | | |
|-----|-------------|---------------------|-----|
| 19. | 10519132019 | AKHIL. S | YES |
| 20. | 10519132020 | AMEENA. N | YES |
| 21. | 10519132021 | AMJITH S | YES |
| 22. | 10519132022 | ANAGHA A S | YES |
| 23. | 10519132023 | ANAKHA SREERAJ | YES |
| 24. | 10519132024 | ANAND K | YES |
| 25. | 10519132025 | ANAND.R | YES |
| 26. | 10519132026 | ANANDAKRISHNAN S | YES |
| 27. | 10519132027 | ANANDHU KRISHNAN G | YES |
| 28. | 10519132028 | ANEESHBABU | YES |
| 29. | 10519132029 | ANIJITH .A.S | YES |
| 30. | 10519132030 | ARSHAD SHAHEEL.KK | YES |
| 31. | 10519132031 | ASWATHY S | YES |
| 32. | 10519132032 | ATHIRA. G. R | YES |
| 33. | 10519132033 | ATHUL.B.NAIR | YES |
| 34. | 10519132034 | AYISHA. J | YES |
| 35. | 10519132035 | CHANCHAL. G .S | YES |
| 36. | 10519132036 | DEVI. D | YES |
| 37. | 10519132037 | DEVIKA . B . S | YES |
| 38. | 10519132038 | DEVU S. BIJU | YES |
| 39. | 10519132039 | DHANYA . T | YES |
| 40. | 10519132040 | GEORGE L | NO |
| 41. | 10519132041 | GOPIKA KRISHNAN U G | YES |
| 42. | 10519132042 | HARIKRISHNA.M.J | YES |
| 43. | 10519132043 | HARIKRISHNAN K | YES |
| 44. | 10519132044 | JISHNU PRASAD | YES |
| 45. | 10519132045 | KAILASANATHAN V | YES |
| 46. | 10519132046 | KAVYA MOHANAN | YES |
| 47. | 10519132047 | KAVYA. P | YES |
| 48. | 10519132048 | LEKSHMI . M | YES |

| | | | |
|-----|-------------|----------------------|-----|
| 49. | 10519132049 | LEKSHMI CHANDRAN | YES |
| 50. | 10519132050 | LEKSHMI SANKAR | YES |
| 51. | 10519132051 | LEKSHMIPRIYA.S.K | YES |
| 52. | 10519132052 | M S SARATH | YES |
| 53. | 10519132053 | MADHAVA RAJ.R | YES |
| 54. | 10519132054 | MAHESH RAJ | YES |
| 55. | 10519132055 | MANAS M KIZHAKKEVILA | YES |
| 56. | 10519132056 | MIDHUN B | YES |
| 57. | 10519132057 | MIDHUN LAL H | YES |
| 58. | 10519132058 | NANDA.S.JAYAN | YES |
| 59. | 10519132059 | PARVATHY RAJENDRAN | YES |
| 60. | 10519132060 | RANIYA. R | YES |
| 61. | 10519132061 | REVATHI. B.S | YES |
| 62. | 10519132062 | SARANYA .S. S | YES |
| 63. | 10519132063 | SARATH S | NO |
| 64. | 10519132064 | SHONE K THOMAS | YES |
| 65. | 10519132065 | SOORAJ CHANDRAN | YES |
| 66. | 10519132066 | SREEKUTTY.B | YES |
| 67. | 10519132067 | SRUTHY. B | YES |
| 68. | 10519132068 | SUMESH S | YES |
| 69. | 10519132069 | SURYA.S.R | YES |
| 70. | 10519132070 | SYAM VIJAI | YES |
| 71. | 10519132071 | THANSHAD T | YES |
| 72. | 10519132072 | THUSHAR S M | YES |
| 73. | 10519132073 | VARSHA B S | YES |
| 74. | 10519132074 | VISAKH B R | NO |
| 75. | 10519132075 | VISHNU S ARUN | YES |
| 76. | 10519132076 | YADHU. S | YES |
| 77. | 10519132077 | YOGITH DAS | YES |
| 78. | 10519132078 | ANANDHU.S | YES |

| | | | |
|-----|-------------|-------------|-----|
| 79. | 10519132079 | ATHULYA.G.A | YES |
| 80. | 10519132080 | DARSANA. D | NO |
| 81. | 10519132081 | KARTHIKA. S | YES |
| 82. | 10519132082 | SHIBINA . S | NO |

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DEPARTMENT OF PHILOSOPHY

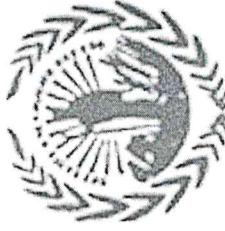
Attendance Sheet For Certificate Course

2019-2020

| Sl.No. | Candidate Code | Name | 2019-2020 | | | | | | | | | | | | Signature |
|--------|----------------|---------------------|-----------|------|------|------|------|-----|-----|-----|-----|-----|-----|-----|-----------|
| | | | JUNE | JUNE | JUNE | JULY | JULY | AUG | AUG | SEP | SEP | SEP | SEP | SEP | |
| 1 | 10519132001 | ABDUL REHUMAN.N | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 2 | 10519132002 | ABHIRAM. S | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 3 | 10519132003 | ABHIRAMI. A.G | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 4 | 10519132004 | AKHILA.S | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 5 | 10519132005 | ANUSREE PARVATHY | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 6 | 10519132006 | ARUNBABY | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 7 | 10519132007 | ASHIQ A | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 8 | 10519132008 | MITHUN KUMAR A | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 9 | 10519132009 | NANDAGOPAL R P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 10 | 10519132010 | PRINCE NAVANEETH .S | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 11 | 10519132011 | SANJU S KUMAR | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 12 | 10519132012 | SHABINA.S | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 13 | 10519132013 | VISHNU S | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 14 | 10519132014 | ADARSH R J | P | P | P | P | P | P | P | P | P | P | P | P | P |

| | | | | |
|----|-------------|----------------------|----------------------|---|
| 38 | 10519132038 | DEVU S. BIJU | Dewy Donge | P |
| 39 | 10519132039 | DHANYA . T | Goge | P |
| 40 | 10519132040 | GEORGE L | George | A A A A A A A A A A A A A A A A A A |
| 41 | 10519132041 | GOPIKA KRISHNAN U G | Geopika shan | P |
| 42 | 10519132042 | HARIKRISHNA.M.J | Harikrishna M.J | P |
| 43 | 10519132043 | HARIKRISHNA K | Harikrishna K | P |
| 44 | 10519132044 | JISHNU PRASAD | Jishnu prasad | P |
| 45 | 10519132045 | KAILASANATHAN V | Kailasanathan | P |
| 46 | 10519132046 | KAVYA MOHANAN | Kavya Mohan | P |
| 47 | 10519132047 | KAVYA. P | Kavya P | P |
| 48 | 10519132048 | LEKSHMI . M | Lekshmi M | P |
| 49 | 10519132049 | LEKSHMI CHANDRAN | Lekshmi | P |
| 50 | 10519132050 | LEKSHMI SANKAR | Lekshmi Sankar | P |
| 51 | 10519132051 | LEKSHMIPRIYA.S.K | Lekshmipriya S.K | P |
| 52 | 10519132052 | M S SARATH | Sarath | P |
| 53 | 10519132053 | MADHAVA RAJ.R | Madhava Raj R | P |
| 54 | 10519132054 | MAHESH RAJ | Mahesh Raj | P |
| 55 | 10519132055 | MANAS M KIZHAKKEVILA | Manas M Kizhakkevila | P |
| 56 | 10519132056 | MIDHUN B | Midhun B | P |
| 57 | 10519132057 | MIDHUN LAL H | Midhun Lal H | P |
| 58 | 10519132058 | NANDA.S.JAYAN | Nanda S Jayan | P |
| 59 | 10519132059 | PARVATHY RAJENDRAN | Parvathy Rajendaran | P |
| 60 | 10519132060 | RANIYA. R | Raniya R | P |

| | | | |
|----|-------------|-----------------|---------------------------------------|
| 61 | 10519132061 | REVATHI. B.S | p p p p p p p p p p p p p p p p p p p |
| 62 | 10519132062 | SARANYA.S.S | p p p p p p p p p p p p p p p p p p p |
| 63 | 10519132063 | SARATH S | A A A A A A A A A A A A A A A A A A |
| 64 | 10519132064 | SHONE K THOMAS | p p p p p p p p p p p p p p p p p p p |
| 65 | 10519132065 | SOORAJ CHANDRAN | p p p p p p p p p p p p p p p p p p p |
| 66 | 10519132066 | SREEKUTTY.B | p p p p p p p p p p p p p p p p p p p |
| 67 | 10519132067 | SRUTHY.B | p p p p p p p p p p p p p p p p p p p |
| 68 | 10519132068 | SUMESH S | p p p p p p p p p p p p p p p p p p p |
| 69 | 10519132069 | SURYA.S.R | p p p p p p p p p p p p p p p p p p p |
| 70 | 10519132070 | SYAM VIJAI | p p p p p p p p p p p p p p p p p p p |
| 71 | 10519132071 | THANSHAD T | p p p p p p p p p p p p p p p p p p p |
| 72 | 10519132072 | THUSHAR S M | p p p p p p p p p p p p p p p p p p p |
| 73 | 10519132073 | VARSHAB S | p p p p p p p p p p p p p p p p p p p |
| 74 | 10519132074 | VISAKH B R | A A A A A A A A A A A A A A A A A A |
| 75 | 10519132075 | VISHNU SARUN | p p p p p p p p p p p p p p p p p p p |
| 76 | 10519132076 | YADHU. S | p p p p p p p p p p p p p p p p p p p |
| 77 | 10519132077 | YOGITH DAS | p p p p p p p p p p p p p p p p p p p |
| 78 | 10519132078 | ANANDHU.S | p p p p p p p p p p p p p p p p p p p |
| 79 | 10519132079 | ATHULYA.G.A | p p p p p p p p p p p p p p p p p p p |
| 80 | 10519132080 | DARSANA. D | A A A A A A A A A A A A A A A A A A |
| 81 | 10519132081 | KARTHIKA. S | p p p p p p p p p p p p p p p p p p p |
| 82 | 10519132082 | SHIBINA .S | A A A A A A A A A A A A A A A A A A |



SREE NARAYANA COLLEGE KOLLAM

DEPARTMENT OF PHILOSOPHY

CERTIFICATE COURSE IN STRESS MANAGEMENT IN EVERYDAY LIFE

This is to certify that Mr./Ms./Mrs.....Renuya.R.....Department of.....
Philosophy.....has successfully completed Certificate Course in STRESS
MANAGEMENT IN EVERYDAY LIFE during the Academic
Year.....2019 - 2020.....

Principal

Course Coordinator



SREE NARAYANA COLLEGE KOLLAM

DEPARTMENT OF PHILOSOPHY

CERTIFICATE COURSE IN STRESS MANAGEMENT IN EVERYDAY LIFE

This is to certify that Mr./Ms./Mrs. Ashwini S......Department of.....
Philosophy.....has successfully completed Certificate Course in STRESS
MANAGEMENT IN EVERYDAY LIFE during the Academic
Year.....2019 - 2020.....

Principal

Course Coordinator



SREE NARAYANA COLLEGE KOLLAM

DEPARTMENT OF PHILOSOPHY

CERTIFICATE COURSE IN STRESS MANAGEMENT IN EVERYDAY LIFE

This is to certify that Mr./Ms./Mrs.....*Akhuza S.*.....Department of.....

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

MANAGEMENT IN EVERYDAY LIFE during the Academic

Year.....*2019 - 2020*.....

S. S

S. S

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

MARKLIST OF STUDENTS

MINIMUM MARK:9

MAXIMUM MARKS:25

| | | | |
|-----|-------------|---------------------|----|
| 1. | 10519132001 | ABDUL REHUMAN.N | 20 |
| 2. | 10519132002 | ABHIRAM. S | 21 |
| 3. | 10519132003 | ABHIRAMI. A.G | 23 |
| 4. | 10519132004 | AKHILA.S | 23 |
| 5. | 10519132005 | ANUSREE PARVATHY | 24 |
| 6. | 10519132006 | ARUNBABY | 21 |
| 7. | 10519132007 | ASHIQ A | 22 |
| 8. | 10519132008 | MITHUN KUMAR A | 21 |
| 9. | 10519132009 | NANDAGOPAL R P | 24 |
| 10. | 10519132010 | PRINCE NAVANEETH .S | 23 |
| 11. | 10519132011 | SANJU S KUMAR | 19 |
| 12. | 10519132012 | SHABINA.S | 19 |
| 13. | 10519132013 | VISHNU S | 18 |
| 14. | 10519132014 | ADARSH R J | 23 |
| 15. | 10519132015 | ADITHYAN B L | 21 |
| 16. | 10519132016 | AISWARYA S | 24 |
| 17. | 10519132017 | AJIN DEVARAJ | 22 |
| 18. | 10519132018 | AJUMALSHA. M | 21 |
| 19. | 10519132019 | AKHIL. S | 23 |
| 20. | 10519132020 | AMEENA. N | 22 |

| | | | |
|-----|-------------|---------------------|--------|
| 21. | 10519132021 | AMJITH S | 23 |
| 22. | 10519132022 | ANAGHA A S | 22 |
| 23. | 10519132023 | ANAKHA SREERAJ | 22 |
| 24. | 10519132024 | ANAND K | 22 |
| 25. | 10519132025 | ANAND R | 21 |
| 26. | 10519132026 | ANANDAKRISHNAN S | 21 |
| 27. | 10519132027 | ANANDHU KRISHNAN G | 20 |
| 28. | 10519132028 | ANEESHBABU | 20 |
| 29. | 10519132029 | ANIJITH .A .S | 21 |
| 30. | 10519132030 | ARSHAD SHAHEEL.KK | 23 |
| 31. | 10519132031 | ASWATHY S | 24 |
| 32. | 10519132032 | ATHIRA. G. R | 25 |
| 33. | 10519132033 | ATHUL.B.NAIR | 24 |
| 34. | 10519132034 | AYISHA. J | 23 |
| 35. | 10519132035 | CHANCHAL. G .S | 21 |
| 36. | 10519132036 | DEVI. D | 21 |
| 37. | 10519132037 | DEVIKA . B . S | 22 |
| 38. | 10519132038 | DEVU S. BIJU | 23 |
| 39. | 10519132039 | DHANYA . T | 24 |
| 40. | 10519132040 | GEORGE L | ABSENT |
| 41. | 10519132041 | GOPIKA KRISHNAN U G | 19 |
| 42. | 10519132042 | HARIKRISHNA.M.J | 18 |
| 43. | 10519132043 | HARIKRISHNAN K | 18 |
| 44. | 10519132044 | JISHNU PRASAD | 18 |
| 45. | 10519132045 | KAILASANATHAN V | 19 |
| 46. | 10519132046 | KAVYA MOHANAN | 20 |
| 47. | 10519132047 | KAVYA. P | 21 |
| 48. | 10519132048 | LEKSHMI . M | 21 |
| 49. | 10519132049 | LEKSHMI CHANDRAN | 22 |
| 50. | 10519132050 | LEKSHMI SANKAR | 23 |

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|-----|-------------|----------------------|--------|
| 51. | 10519132051 | LEKSHMIPRIYA.S.K | 24 |
| 52. | 10519132052 | M S SARATH | 21 |
| 53. | 10519132053 | MADHAVA RAJ.R | 23 |
| 54. | 10519132054 | MAHESH RAJ | 21 |
| 55. | 10519132055 | MANAS M KIZHAKKEVILA | 23 |
| 56. | 10519132056 | MIDHUN B | 22 |
| 57. | 10519132057 | MIDHUN LAL H | 21 |
| 58. | 10519132058 | NANDA.S.JAYAN | 21 |
| 59. | 10519132059 | PARVATHY RAJENDRAN | 21 |
| 60. | 10519132060 | RANIYA. R | 23 |
| 61. | 10519132061 | REVATHI. B.S | 22 |
| 62. | 10519132062 | SARANYA .S. S | 21 |
| 63. | 10519132063 | SARATH S | ABSENT |
| 64. | 10519132064 | SHONE K THOMAS | 22 |
| 65. | 10519132065 | SOORAJ CHANDRAN | 22 |
| 66. | 10519132066 | SREEKUTTY.B | 19 |
| 67. | 10519132067 | SRUTHY. B | 19 |
| 68. | 10519132068 | SUMESH S | 17 |
| 69. | 10519132069 | SURYA.S.R | 21 |
| 70. | 10519132070 | SYAM VIJAI | 21 |
| 71. | 10519132071 | THANSHAD T | 23 |
| 72. | 10519132072 | THUSHAR S M | 23 |
| 73. | 10519132073 | VARSHA B S | 24 |
| 74. | 10519132074 | VISAKH B R | ABSENT |
| 75. | 10519132075 | VISHNU S ARUN | 25 |
| 76. | 10519132076 | YADHU. S | 23 |
| 77. | 10519132077 | YOGITH DAS | 23 |
| 78. | 10519132078 | ANANDHU.S | 22 |
| 79. | 10519132079 | ATHULYA.G.A | 21 |
| 80. | 10519132080 | DARSANA. D | ABSENT |

| | | | |
|-----|-------------|-------------|--------|
| 81. | 10519132081 | KARTHIKA. S | 25 |
| 82. | 10519132082 | SHIBINA . S | ABSENT |

Dept. of Philosophy
Sree Narayana College , Kollam