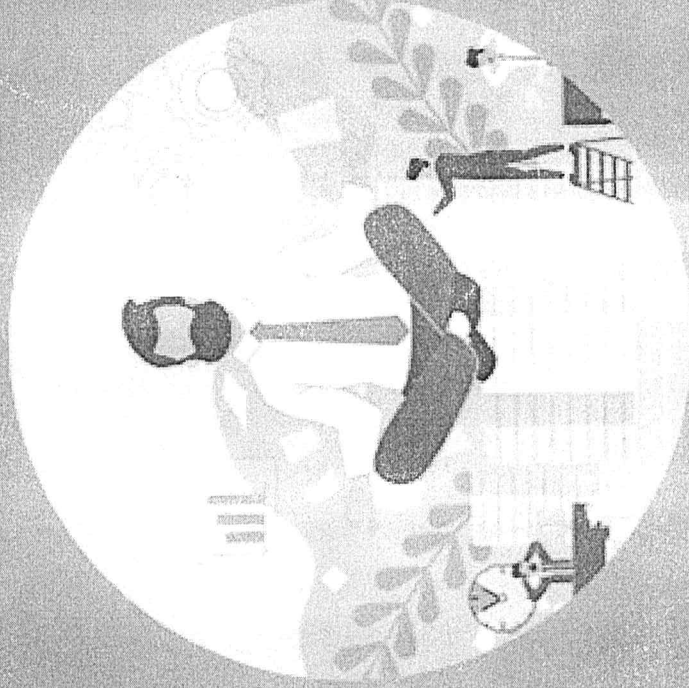


**SREE NARAYANA COLLEGE
KOLLAM**

**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 2020-2021

Department of Philosophy conducted certificate course, Stress Management for Everyday Life for the academic year 2020-21. 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. Sixty Nine 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

Parvatharajil
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.



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MINUTES

Sree Narayana College Kollam, Department of Philosophy conducted a meeting on 03.06.2020 for finalizing of the inauguration date of the certificate course as a part of the 2020-21 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 13.06.2020.

Kollam

Dr. Soumya R.V.

CO-ORDINATOR

Dept. of Philosophy
Sree Narayana College, Kollam

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 12.06.2020 for finalizing of the inauguration date of the certificate course as a part of the 2020-21 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

Dept. of Philosophy
Sree Narayana College, Kollam

Dr. SOUMYA R.V.
Asst. Professor & H.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 01.10.2020 for finalizing of the inauguration date of the certificate course as a part of the 2020-21 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

Dept. of Philosophy
Sree Narayana College, Kollam

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 03/06/2020 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

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 12/06/2020 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)

Dept. of Philosophy
Sree Narayana College, Kollam

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 01/10/2020 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

Dept. of Philosophy
Sree Narayana College, Kollam



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CERTIFICATE COURSE SRESS MANAGEMENT FOR EVERYDAY LIFE

LIST OF STUDENTS APPLIED

1.	10520132001	AKASH BIN B
2.	10520132002	AKSHAYA THAMPAN
3.	10520132003	AMITHA. M. VARGHESE
4.	10520132004	ANANDHU B
5.	10520132005	ANANDHU SUNIL
6.	10520132006	ATHULYA VIJAYAN
7.	10520132007	GOPIKA.M.K
8.	10520132008	JINURAJ.R
9.	10520132009	JYOTHILEKSHMI.D
10.	10520132010	MUHAMMED AIMAN.A
11.	10520132011	NIKITHA SUNI
12.	10520132012	PARVATHY.S
13.	10520132013	SANJEEV S S
14.	10520132014	SHAMSIYA MOL.
15.	10520132015	SREELEKSHMI S
16.	10520132016	SRUTHI S
17.	10520132017	VIVEK.P
18.	10520132018	WILL SUMAM. S
19.	10520132019	AISWARYA S
20.	10520132020	AKASH S
21.	10520132021	AKASH. S
22.	10520132022	AKHIL ANILAL

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 FOR 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

Dept. of Philosophy
Sree Narayana College, Kollam

23.	10520132023	AKHILDAS S
24.	10520132024	AKSHAY A
25.	10520132025	AMRUTHA. B
26.	10520132026	ANJALI A
27.	10520132027	AROMAL AMARJI A
28.	10520132028	AROMAL V R
29.	10520132029	ASHIFA .S
30.	10520132030	ASIF T
31.	10520132031	ATHIRA. R
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53.	10520132053	RENJITH. C
54.	10520132054	ROSHITHA.S
55.	10520132055	RUGMA GOPAN.S
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62.	10520132062	SWATHY CHANDRAN S
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65.	10520132065	VARSHA. S
66.	10520132066	VIJAYDEV .V.S
67.	10520132067	VISHNU AJAY
68.	10520132068	ANJIMA S R
69.	10520132069	ATHIRA. R
70.	10520132070	ATHIRA.A.S
71.	10520132071	HARIPRASAD R
72.	10520132072	JANAKI M SASIDHARAN

Dept. of Philosophy
Sree Narayana College, Kollam













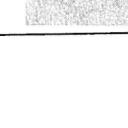
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CERTIFICATE COURSE IN STRESS MANAGEMENT FOR EVERYDAY LIFE












BIODATA OF STUDENTS










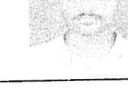
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4.	10520132004	ANANDHU B	04/02/2002	
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38.	10520132038	FEMINA FIROZ	08/11/2002	
39.	10520132039	HARIPRIYA.S	26/08/2002	
40.	10520132040	J LAKSHMI	16/03/2002	
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69.	10520132069	ATHIRA. R	28/05/2002	
70.	10520132070	ATHIRA.A.S	25/08/2001	
71.	10520132071	HARIPRASAD R	24/09/2001	
72.	10520132072	JANAKI M SASIDHARAN	23/08/2002	



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CERTIFICATE COURSE SRESS MANAGEMENT FOR EVERYDAY LIFE

LIST OF STUDENTS SELECTED

1.	10520132001	AKASH BIN B	Akash
2.	10520132002	AKSHAYA THAMPAN	Akshaya
3.	10520132003	AMITHA. M. VARGHESE	Amitha
4.	10520132004	ANANDHU B	Anandhu
5.	10520132005	ANANDHU SUNIL	Anandhu
6.	10520132006	ATHULYA VIJAYAN	Athulya
7.	10520132007	GOPIKA.M.K	Gojika
8.	10520132008	JINURAJ.R	Jini
9.	10520132009	JYOTHILEKSHMI.D	Jyothilekshmi
10.	10520132010	MUHAMMED AIMAN.A	Muhammed
11.	10520132011	NIKITHA SUNI	Nikitha
12.	10520132012	PARVATHY.S	Parvathy
13.	10520132013	SANJEEV S S	Sanjeev
14.	10520132014	SHAMSIYA MOL.	Shamsiya
15.	10520132015	SREELEKSHMI S	Sreelekshmi
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17.	10520132017	VIVEK.P	Vivek
18.	10520132018	WILL SUMAM. S	Willsumam
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22.	10520132022	AKHIL ANILAL	Akhil

23.	10520132023	AKHILDAS S	Akhil Das
24.	10520132024	AKSHAY A	Akshay A
25.	10520132025	AMRUTHA. B	Amrutha B
26.	10520132026	ANJALI A	Anjali A
27.	10520132027	AROMAL AMARJI A	Aromal A.A.
28.	10520132028	AROMAL V R	Aromal V.R
29.	10520132029	ASHIFA .S	Ashifa S
30.	10520132030	ASIF T	Asif T
31.	10520132031	ATHIRA. R	Athira R
32.	10520132032	BABITHA BABU	Babitha Babu
33.	10520132033	DANI S	Dani S
34.	10520132034	DEEPIKA . P	Deepika P
35.	10520132035	DEEPU MOHAN	Deepu Mohan
36.	10520132036	DHANUSH V	Dhanush V
37.	10520132037	FATHIMA. H	Fathima H
38.	10520132038	FEMINA FIROZ	Femina
39.	10520132039	HARIPRIYA.S	Haripriya S
40.	10520132040	J LAKSHMI	J. Lakshmi
41.	10520132041	JISHANTH .B. RAJ	Jish B. Raj
42.	10520132042	JOEL VARGHESE JAISON	Joel
43.	10520132043	KARTHIKA E R	Karthika ER
44.	10520132044	MEENU S	Meenu S
45.	10520132045	MEERA M	Meera M.
46.	10520132046	MEGHA SURESH	Megha Suresh
47.	10520132047	MUHAMMED NEBUKATH NAZAR. R	Muham N. Nazar
48.	10520132048	NEHA MIRIAM NIXON	Neha Miriam Nixon
49.	10520132049	NIMISHA.O	Nimisha O
50.	10520132050	NIYAS .N	Niyas N
51.	10520132051	OSCAR S	Oscar S

52.	10520132052	RASH KUMAR A	<u>Rashika</u>
53.	10520132053	RENJITH. C	<u>R.C.</u>
54.	10520132054	ROSHITHA.S	<u>Roshi's</u>
55.	10520132055	RUGMA GOPAN.S	<u>Rugma's</u>
56.	10520132056	SAJITH S	<u>Sajith's</u>
57.	10520132057	SANGEETHA.S.DEV	<u>Sangeetha's</u>
58.	10520132058	SARIKA SANTHOSH	<u>Sarika's</u>
59.	10520132059	SOBHITH S S	<u>Sobhith's</u>
60.	10520132060	SUJITHA. S	<u>Sujitha's</u>
61.	10520132061	SURYA NADARAJAN .P	<u>Surya N.P</u>
62.	10520132062	SWATHY CHANDRAN S	<u>Swathy's</u>
63.	10520132063	SWATHY KRISHNA. S	<u>Swathy K.S</u>
64.	10520132064	V M SARATH	<u>V.M. Sarath</u>
65.	10520132065	VARSHA. S	<u>Varsha's</u>
66.	10520132066	VIJAYDEV .V.S	<u>Vijay V.S.</u>
67.	10520132067	VISHNU AJAY	<u>Vishnu Ajay</u>
68.	10520132068	ANJIMA S R	<u>Anjima S.R</u>
69.	10520132069	ATHIRA. R	<u>Athira R</u>
70.	10520132070	ATHIRA.A.S	<u>Athira A.S</u>
71.	10520132071	HARIPRASAD R	<u>Harip.R</u>
72.	10520132072	JANAKI M SASIDHARAN	<u>Janaki M.S</u>

Dept. of Philosophy
Sree Narayana College, Kollam



SREE NARAYANA COLLEGE, KOLLAM

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CERTIFICATE COURSE IN STRESS MANAGEMENT FOR EVERYDAY LIFE

LIST OF STUDENTS COMPLETED THE COURSE

1.	10520132001	AKASH BIN B	YES
2.	10520132002	AKSHAYA THAMPAN	YES
3.	10520132003	AMITHA. M. VARGHESE	YES
4.	10520132004	ANANDHU B	YES
5.	10520132005	ANANDHU SUNIL	YES
6.	10520132006	ATHULYA VIJAYAN	YES
7.	10520132007	GOPIKA.M.K	YES
8.	10520132008	JINURAJ.R	YES
9.	10520132009	JYOTHILEKSHMI.D	YES
10.	10520132010	MUHAMMED AIMAN.A	YES
11.	10520132011	NIKITHA SUNI	YES
12.	10520132012	PARVATHY.S	YES
13.	10520132013	SANJEEV S S	YES
14.	10520132014	SHAMSIYA MOL.	YES
15.	10520132015	SREELEKSHMI S	YES
16.	10520132016	SRUTHI S	YES
17.	10520132017	VIVEK.P	YES
18.	10520132018	WILL SUMAM. S	YES
19.	10520132019	AISWARYA S	YES
20.	10520132020	AKASH S	YES
21.	10520132021	AKASH. S	ABSENT

22.	10520132022	AKHIL ANILAL	YES
23.	10520132023	AKHILDAS S	YES
24.	10520132024	AKSHAY A	YES
25.	10520132025	AMRUTHA. B	YES
26.	10520132026	ANJALI A	YES
27.	10520132027	AROMAL AMARJI A	YES
28.	10520132028	AROMAL V R	YES
29.	10520132029	ASHIFA .S	NO
30.	10520132030	ASIF T	NO
31.	10520132031	ATHIRA. R	YES
32.	10520132032	BABITHA BABU	YES
33.	10520132033	DANI S	YES
34.	10520132034	DEEPIKA . P	YES
35.	10520132035	DEEPU MOHAN	YES
36.	10520132036	DHANUSH V	YES
37.	10520132037	FATHIMA. H	YES
38.	10520132038	FEMINA FIROZ	YES
39.	10520132039	HARIPRIYA.S	YES
40.	10520132040	J LAKSHMI	YES
41.	10520132041	JISHANTH .B. RAJ	YES
42.	10520132042	JOEL VARGHESE JAISON	YES
43.	10520132043	KARTHIKA E R	YES
44.	10520132044	MEENU S	YES
45.	10520132045	MEERA M	YES
46.	10520132046	MEGHA SURESH	YES
47.	10520132047	MUHAMMED NEBUKATH NAZAR. R	YES
48.	10520132048	NEHA MIRIYAM NIXON	YES
49.	10520132049	NIMISHA.O	YES
50.	10520132050	NIYAS .N	YES
51.	10520132051	OSCAR S	YES

52.	10520132052	RASH KUMAR A	YES
53.	10520132053	RENJITH. C	YES
54.	10520132054	ROSHITHA.S	YES
55.	10520132055	RUGMA GOPAN.S	YES
56.	10520132056	SAJITH S	YES
57.	10520132057	SANGEETHA.S.DEV	YES
58.	10520132058	SARIKA SANTHOSH	YES
59.	10520132059	SOBHITH S S	YES
60.	10520132060	SUJITHA. S	YES
61.	10520132061	SURYA NADARAJAN .P	YES
62.	10520132062	SWATHY CHANDRAN S	YES
63.	10520132063	SWATHY KRISHNA. S	YES
64.	10520132064	V M SARATH	YES
65.	10520132065	VARSHA. S	YES
66.	10520132066	VIJAYDEV .V.S	YES
67.	10520132067	VISHNU AJAY	YES
68.	10520132068	ANJIMA S R	YES
69.	10520132069	ATHIRA. R	YES
70.	10520132070	ATHIRA.A.S	YES
71.	10520132071	HARIPRASAD R	YES
72.	10520132072	JANAKI M SASIDHARAN	YES

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DEPARTMENT OF PHILOSOPHY

Attendance Sheet For Certificate Course

2020-2021

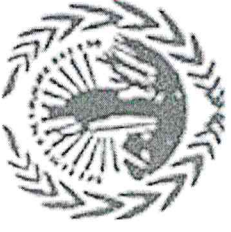
Sl.No.	Candidate Code	Name	22	29	05	19	26	03	17	24	31	07	21	28	05	19	26	Signature
			JUNE	JUNE	JULY	JULY	AUG	AUG	AUG	SEP	SEP	OCT	OCT	OCT	OCT	OCT	OCT	OCT
1	10520132001	AKASH BIN B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Akash
2	10520132002	AKSHAYA THAMPAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Akshaya
3	10520132003	AMITHA. M. VARGHESE	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Amitha
4	10520132004	ANANDHU B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anandhu
5	10520132005	ANANDHU SUNIL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anandhu S
6	10520132006	ATHULYA VIJAYAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Athulya
7	10520132007	GOPIKA.M.K	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Gopika
8	10520132008	JINURAJ.R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Jinuraj
9	10520132009	JYOTHILEKSHMI.D	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Jyothilekshmi
10	10520132010	MUHAMMED AIMAN.A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Muhammed
11	10520132011	NIKITHA SUNI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Nikitha
12	10520132012	PARVATHY.S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Parvathy
13	10520132013	SANJEEV S S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Sanjeev
14	10520132014	SHAMSIYA MOL.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Shamsiya

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15	10520132015	SREELEKSHMI S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Bachchan Sud	
16	10520132016	SRUTHI S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Sud
17	10520132017	VIVEK.P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Vivek
18	10520132018	WILL SUMAM. S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	W Sumam
19	10520132019	AISWARYA S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Aiswarya
20	10520132020	AKASH S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Akash
21	10520132021	AKASH. S	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Akash
22	10520132022	AKHIL ANILAL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Akhil
23	10520132023	AKHILDAS S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Akhil Das
24	10520132024	AKSHAY A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Akshay
25	10520132025	AMRUTHA. B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Amrutha
26	10520132026	ANJALI A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anjali
27	10520132027	AROMAL AMARJI A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Aromal
28	10520132028	AROMAL V R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Aromal
29	10520132029	ASHIFA .S	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Ashifa
30	10520132030	ASIF T	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	Asif
31	10520132031	ATHIRA. R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Athira
32	10520132032	BABITHA BABU	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Babitha
33	10520132033	DANI S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Dani
34	10520132034	DEEPIKA . P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Deepika
35	10520132035	DEEPU MOHAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Deepu Mohan
36	10520132036	DHANUSH V	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Dhanush
37	10520132037	FATHIMA. H	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Fathima

61	10520132061	SURYA NADARAJAN .P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	SN.No.17
62	10520132062	SWATHY CHANDRAN S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Swathy Cl.
63	10520132063	SWATHY KRISHNA. S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Swathy KS
64	10520132064	V M SARATH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	V.H. Sarath
65	10520132065	VARSHA. S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Varsha S
66	10520132066	VIJAYDEV .V.S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Vijay V.S
67	10520132067	VISHNU AJAY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Vishnu Ajay
68	10520132068	ANJIMA S R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Anjin S.R
69	10520132069	ATHIRA. R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Athira.R.
70	10520132070	ATHIRA.A.S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Athira.A.S
71	10520132071	HARIPRASAD R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Hariprasad.R
72	10520132072	JANAKI M SASIDHARAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	Janaki.M.S

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DEPARTMENT OF PHILOSOPHY

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This is to certify that Mr./Ms./Mrs. *Athulya Vijayan*.....Department of.....
..... *Philosophy*.....has successfully completed Certificate Course in STRESS

MANAGEMENT IN EVERYDAY LIFE during the Academic

Year..... *2020-2021*.....

Sufi

[Signature]

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.....*Vishnu. Ajay*.....Department of.....

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

Year.....*2020-2021*.....

Sofu

Course Coordinator

Sofu

Principal



SREE NARAYANA COLLEGE KOLLAM

DEPARTMENT OF PHILOSOPHY

CERTIFICATE COURSE IN STRESS MANAGEMENT IN EVERYDAY LIFE

This is to certify that Mr./Ms./Mrs.....*J. Lakshmi*.....Department of.....

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

MANAGEMENT IN EVERYDAY LIFE during the Academic

Year.....*2020-2021*.....

SouR

Course Coordinator

Sub

Principal



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MARKLIST OF STUDENTS

MINIMUM MARKS - 9

MAXIMUM MARKS -25

1.	10520132001	AKASH BIN B	10
2.	10520132002	AKSHAYA THAMPAN	19
3.	10520132003	AMITHA. M. VARGHESE	24
4.	10520132004	ANANDHU B	23
5.	10520132005	ANANDHU SUNIL	23
6.	10520132006	ATHULYA VIJAYAN	25
7.	10520132007	GOPIKA.M.K	21
8.	10520132008	JINURAJ.R	22
9.	10520132009	JYOTHILEKSHMI.D	21
10.	10520132010	MUHAMMED AIMAN.A	22
11.	10520132011	NIKITHA SUNI	21
12.	10520132012	PARVATHY.S	25
13.	10520132013	SANJEEV S S	25
14.	10520132014	SHAMSIYA MOL.	23
15.	10520132015	SREELEKSHMI S	24
16.	10520132016	SRUTHI S	23
17.	10520132017	VIVEK.P	23
18.	10520132018	WILL SUMAM. S	23
19.	10520132019	AISWARYA S	23
20.	10520132020	AKASH S	22
21.	10520132021	AKASH. S	ABSENT
22.	10520132022	AKHIL ANILAL	25
23.	10520132023	AKHILDAS S	20

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24.	10520132024	AKSHAY A	20
25.	10520132025	AMRUTHA. B	22
26.	10520132026	ANJALI A	21
27.	10520132027	AROMAL AMARJI A	23
28.	10520132028	AROMAL V R	23
29.	10520132029	ASHIFA .S	ABSENT
30.	10520132030	ASIF T	ABSENT
31.	10520132031	ATHIRA. R	21
32.	10520132032	BABITHA BABU	21
33.	10520132033	DANI S	21
34.	10520132034	DEEPIKA . P	23
35.	10520132035	DEEPU MOHAN	21
36.	10520132036	DHANUSH V	21
37.	10520132037	FATHIMA. H	21
38.	10520132038	FEMINA FIROZ	21
39.	10520132039	HARIPRIYA.S	20
40.	10520132040	J LAKSHMI	20
41.	10520132041	JISHANTH .B. RAJ	23
42.	10520132042	JOEL VARGHESE JAISON	24
43.	10520132043	KARTHIKA E R	23
44.	10520132044	MEENU S	25
45.	10520132045	MEERA M	23
46.	10520132046	MEGHA SURESH	23
47.	10520132047	MUHAMMED NEBUKATH NAZAR. R	22
48.	10520132048	NEHA MIRIYAM NIXON	21
49.	10520132049	NIMISHA.O	19
50.	10520132050	NIYAS .N	18
51.	10520132051	OSCAR S	22
52.	10520132052	RASH KUMAR A	21
53.	10520132053	RENJITH. C	21

54.	10520132054	ROSHITHA.S	19
55.	10520132055	RUGMA GOPAN.S	25
56.	10520132056	SAJITH S	25
57.	10520132057	SANGEETHA.S.DEV	23
58.	10520132058	SARIKA SANTHOSH	23
59.	10520132059	SOBHITH S S	24
60.	10520132060	SUJITHA. S	25
61.	10520132061	SURYA NADARAJAN .P	21
62.	10520132062	SWATHY CHANDRAN S	22
63.	10520132063	SWATHY KRISHNA. S	21
64.	10520132064	V M SARATH	21
65.	10520132065	VARSHA. S	22
66.	10520132066	VIJAYDEV .V.S	22
67.	10520132067	VISHNU AJAY	25
68.	10520132068	ANJIMA S R	20
69.	10520132069	ATHIRA. R	21
70.	10520132070	ATHIRA.A.S	23
71.	10520132071	HARIPRASAD R	23
72.	10520132072	JANAKI M SASIDHARAN	23

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