




OFFICE OF THE PRINCIPAL
MAHATMA GANDHI COLLEGE

(Affiliated to University of Kerala) (Re-Accredited with B+ Grade by NAAC,
UGC-College with Potential for Excellence)
KESAVADASAPURAM, THIRUVANANTHAPURAM- 695004
KERALA, INDIA
Phone: (O) 0471-2541039
Email: nssmgcollege@gmail.com

Date: 02/07/2024

Certified that the following certificates are issued to seventy students who have successfully completed the add-on course entitled 'Yoga and Stress Management' conducted by Department of Psychology during the academic year 2018 – 19.

~~Principal
Mahatma Gandhi College
Thiruvananthapuram~~

Principal

Principal
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Thiruvananthapuram

MAHATMA GANDHI COLLEGE
THIRUVANANTHAPURAM



College with potential for excellence (UGC)
(Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Anagha B Murugan attended/participated in
the Add-on Course on "Yoga and Stress Management" conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year 2018-19

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Aparna Raj A** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department



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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Arya Muraleedharan** attended/participated in the **Add-on Course on "Yoga and Stress Management"** conducted by the Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Aswathy K S attended/participated in
the Add-on Course on "Yoga and Stress Management" conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year 2018-19

Head of the department



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College with potential for excellence (UGC)
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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Gokul G R attended/participated in
the Add-on Course on "Yoga and Stress Management" conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year 2018-19

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **P Krishnapriya** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Rahul A S** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Sandra P Prasad** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Tripta Nair** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Veena V Nair** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Abhiram A L** attended/participated in
the..... **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
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This is to certify that Shri/Smt Abhirami S Nair attended/participated in
the Add-on Course on "Yoga and Stress Management" conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year 2018-19

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This is to certify that Shri/Smt **Ardra S** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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This is to certify that Shri/Smt Gokul Krishna A S attended/participated in
the Add-on Course on "Yoga and Stress Management" conducted by the
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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Gopika Krishna S** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Kailas B H** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Lekshmi K S** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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This is to certify that Shri/Smt **Lincy Justin J K** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Panchami P** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Prajith S** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
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This is to certify that Shri/Smt **Sumesh S** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
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This is to certify that Shri/Smt **Aarya Mathew** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Akhila Ajith attended/participated in
the Add-on Course on "Yoga and Stress Management" conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year 2018-19

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Department of Psychology
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This is to certify that Shri/Smt Ananthapadmanabhan U R attended/participated in the Add-on Course on "Yoga and Stress Management" conducted by the Department of Psychology M.G college Thiruvananthapuram for the year 2018-19

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This is to certify that Shri/Smt. **Archana Raveendran** attended/participated in the **Add-on Course on "Yoga and Stress Management"** conducted by the Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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This is to certify that Shri/Smt **Arjun M** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
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This is to certify that Shri/Smt **Gopika S S** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Harinandhan K A**.....attended/participated in
the.....**Add-on Course on "Yoga and Stress Management"**.....conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**.....

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CERTIFICATE

This is to certify that Shri/Smt **Jinu Elsa Simon** attended/participated in the **Add-on Course on "Yoga and Stress Management"** conducted by the Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Jishnu Krishna attended/participated in
the Add-on Course on "Yoga and Stress Management" conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year 2018-19

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Lekshmipriya J R** attended/participated in the **Add-on Course on "Yoga and Stress Management"** conducted by the Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Merlin Nancy** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Midhuma U M attended/participated in
the Add-on Course on "Yoga and Stress Management" conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year 2018-19

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Praveen Kumar D** attended/participated in the **Add-on Course on "Yoga and Stress Management"** conducted by the Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Sreelekshmi P S** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Tamannah Fathima** attended/participated in the **Add-on Course on "Yoga and Stress Management"** conducted by the Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Angitha Krishna** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department



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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Arya S Nair** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Kailasanadhan A** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Abhichandana R attended/participated in the Add-on Course on "Yoga and Stress Management" conducted by the Department of Psychology M.G college Thiruvananthapuram for the year 2018-19

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Adithyan K S** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Adithya S** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department



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Department of Psychology
CERTIFICATE

Adithya V S

This is to certify that Shri/Smtattended/participated in
the.....**Add-on Course on "Yoga and Stress Management"**.....conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year**2018-19**.....

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Amrith H** attended/participated in
the..... **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Anandhalekshmi attended/participated in the Add-on Course on "Yoga and Stress Management" conducted by the Department of Psychology M.G college Thiruvananthapuram for the year 2018-19

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Aneesha J J attended/participated in
the Add-on Course on "Yoga and Stress Management" conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year 2018-19

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Anjali Suku** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Aparna Raj R** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Arya S R** attended/participated in
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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Devika B S** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Divya K S** attended/participated in
the..... **Add-on Course on "Yoga and Stress Management"**..... conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Dhanalekshmi** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Gayathri Soman** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Haritha Prasad** attended/participated in
the..... **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Jincy T** attended/participated in
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CERTIFICATE

This is to certify that Shri/Smt **Krishnapriya** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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This is to certify that Shri/Smt **Maheswary** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Meenakshi S** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Muhsina T S** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

Principal

**MAHATMA GANDHI COLLEGE
THIRUVANANTHAPURAM**



College with potential for excellence (UGC)
(Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Padma attended/participated in
the Add-on Course on "Yoga and Stress Management" conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year 2018-19

Head of the department

Principal

MAHATMA GANDHI COLLEGE
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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Pooja** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Sandeep S Kumar** attended/participated in the **Add-on Course on "Yoga and Stress Management"** conducted by the Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Sanjana**.....attended/participated in
the.....**Add-on Course on "Yoga and Stress Management"**.....conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Sarathraj** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department



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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Soorya Krishna** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Vipin V G** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Binu B** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

Principal

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THIRUVANANTHAPURAM



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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Vishnu S S** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

Principal

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Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Vaishnavi** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

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THIRUVANANTHAPURAM**



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(Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt **Sreejith B** attended/participated in
the **Add-on Course on "Yoga and Stress Management"** conducted by the
Department of Psychology M.G college Thiruvananthapuram for the year **2018-19**

Head of the department

Principal