

#### OFFICE OF THE PRINCIPAL

#### MAHATMA GANDHI COLLEGE

(Affiliated to University of Kerala) Re-Accrediated with 8+ Grade by NAAC,
UGC-College with Potential for Excellence)

KESAVADASAPURAM, THIRUVANANTHAPU RAM- 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

Principal

Mahatma Gandhi College

Thiruvananthapuram

Principal

Mahatma Gandhi College

Thiruvan Anthapuram



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



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

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Aparna Raj A attended/participated in 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



College with potential for excellence (UGC)

(Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Arya Muraleedharan attended/participated in 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



College with potential for excellence (UGC)

(Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

Head of the department



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

Department of Psychology
CERTIFICATE

Head of the department



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

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt P Krishnapriya attended/participated in 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



College with potential for excellence (UGC)

(Accredited by NAAC with B+ grade)

Department of Psychology

CERTIFICATE

Head of the department



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

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

Head of the department



College with potential for excellence (UGC)

(Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt \_\_\_\_\_\_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



College with potential for excellence (UGC)

(Accredited by NAAC with B+ grade)

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



College with potential for excellence (UGC)

(Accredited by NAAC with B+ grade)

Department of Psychology

CERTIFICATE

Head of the department



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

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Abhirami S Nair attended/participated in 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

Screen.



College with potential for excellence (UGC)

(Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

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

Head of the department



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

Department of Psychology
CERTIFICATE

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 Department of Psychology M.G college Thiruvananthapuram for the year \_2018-19

Head of the department



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

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt ... Gopika Krishna S attended/participated in 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



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

Department of Psychology
CERTIFICATE

Head of the department



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

Department of Psychology
CERTIFICATE

Head of the department



College with potential for excellence (UGC)

(Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Lincy Justin J K attended/participated in 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



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

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Panchami P attended/participated in 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



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

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Prajith S attended/participated in 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



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

Department of Psychology

CERTIFICATE

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

Head of the department



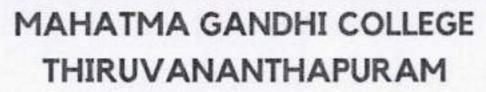
College with potential for excellence (UGC)

(Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Aarya Mathew
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





Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Akhila Ajith

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



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

Department of Psychology
CERTIFICATE

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

Head of the department



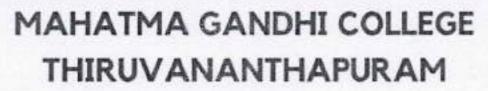
College with potential for excellence (UGC)

(Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

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

Head of the department





Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt 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

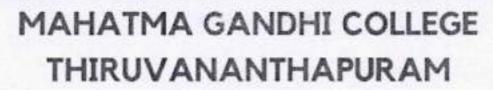


College with potential for excellence (UGC) (Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

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

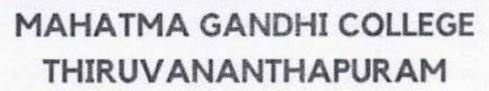
Head of the department





Department of Psychology
CERTIFICATE

Head of the department

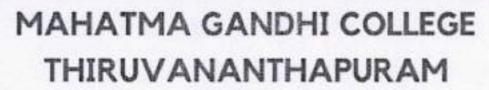




Department of Psychology
CERTIFICATE

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

Head of the department

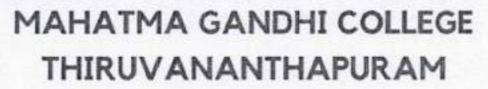




Department of Psychology
CERTIFICATE

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

Head of the department

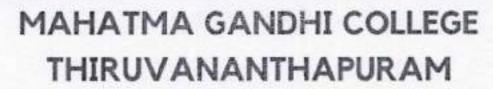




Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Lekshmipriya J R attended/participated in 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



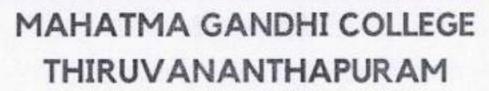


Department of Psychology

CERTIFICATE

This is to certify that Shri/Smt Merlin Nancy
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

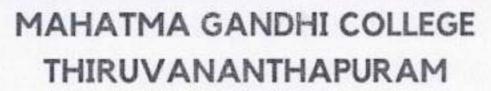




Department of Psychology
CERTIFICATE

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





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



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

Department of Psychology
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Head of the department



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

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

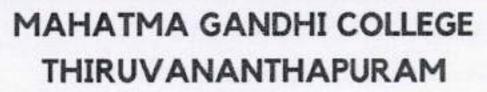
Head of the department



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

Department of Psychology
CERTIFICATE

Head of the department





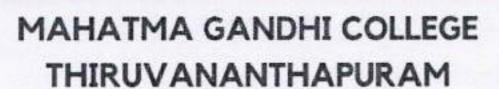
Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Arya S Nair

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

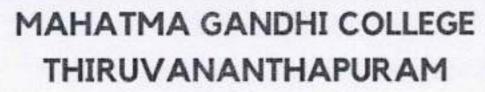




Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Kailasanadhan A attended/participated in 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



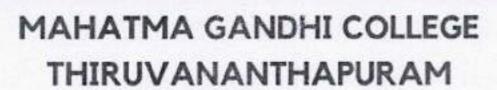


Department of Psychology

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





Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Adithyan K S

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

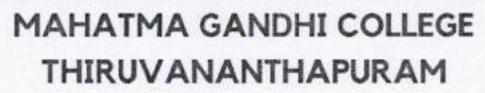


College with potential for excellence (UGC) (Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Adithya S
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





Department of Psychology

CERTIFICATE

Head of the department



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

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

Head of the department

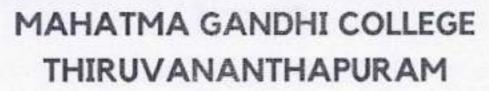


College with potential for excellence (UGC) (Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Anandhalekshmi attended/participated in 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





Department of Psychology
CERTIFICATE

Head of the department

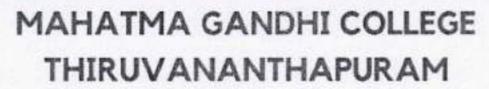


College with potential for excellence (UGC) (Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Anjali Suku attended/participated in 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





Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Aparna Raj R
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



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

Department of Psychology
CERTIFICATE

Head of the department



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

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

Head of the department



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

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt. Divya K S
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



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

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Dhanalekshmi attended/participated in 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



College with potential for excellence (UGC)

(Accredited by NAAC with B+ grade)

Department of Psychology

CERTIFICATE

This is to certify that Shri/Smt 
Gayathri Soman 
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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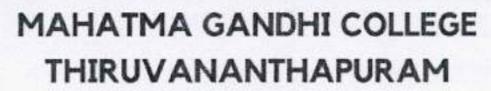


College with potential for excellence (UGC) (Accredited by NAAC with B+ grade)

Department of Psychology

CERTIFICATE

Head of the department





Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Jincy T
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



College with potential for excellence (UGC)

(Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Krishnapriya attended/participated in 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



College with potential for excellence (UGC)

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Department of Psychology
CERTIFICATE

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Head of the department

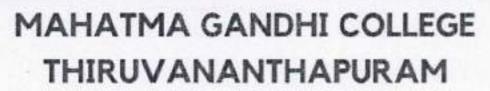


College with potential for excellence (UGC) (Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Meenakshi S attended/participated in 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





Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Muhsina TS attended/participated in 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

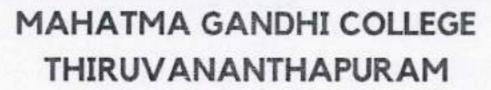


College with potential for excellence (UGC) (Accredited by NAAC with B+ grade)

Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Padma attended/participated in 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

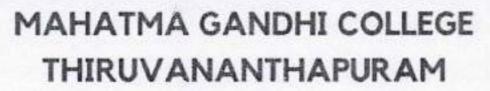




Department of Psychology
CERTIFICATE

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





Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Sandeep S Kumar attended/participated in 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



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

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

Head of the department



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

Department of Psychology
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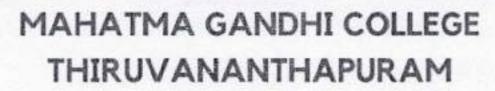
Head of the department



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

Department of Psychology
CERTIFICATE

Head of the department





Department of Psychology
CERTIFICATE

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

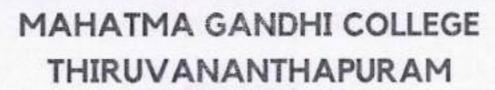
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Department of Psychology
CERTIFICATE

Head of the department

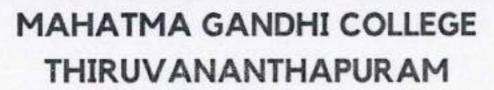




Department of Psychology
CERTIFICATE

This is to certify that Shri/Smt Vishnu S S
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





Department of Psychology

CERTIFICATE

Head of the department



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

Department of Psychology
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Head of the department