

Roll No: NPTEL21GE18523880728

To ASHOK KUMAR B
H28 SHIVANGA AVENUE VASNATHAM VILLAS
THANNAKANKULAM POST
MADURAI
TAMILNADU - 625006
PH. NO :9095555066



No. of weeks of NPTEL Courses	Equivalence of NPTEL course with regular FDP
4	$\frac{1}{2}$ FDP of one week
8	Full FDP of one week
12	$1\frac{1}{2}$ FDP

Duration of NPTEL course: 4 Weeks



NPTEL-AICTE Faculty Development Programme

(Funded by the Ministry of HRD, Govt. of India)



This certificate is awarded to

ASHOK KUMAR B

for successfully completing the course

Stress Management

with a consolidated score of **70 %**



Prof. Andrew Thangaraj
NPTEL Coordinator
IIT Madras

(Jul-Aug 2021)

Prof. Dileep N. Malkhede
Advisor-I (Research, Institute & Faculty Development)
All India Council for Technical Education

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To validate and check scores: <http://npTEL.ac.in/noc>

The candidate has studied the above course through MOOCs mode, has submitted online assignments and passed proctored exams. This certificate is therefore acceptable for promotions under CAS as per AICTE notifications dated 24th July 2018, similar to other refresher / orientation courses.
F.No. AICTE / RIFD / FDP through MOOCs / 2017-18