

ELITE



NPTEL ONLINE CERTIFICATION

(Funded by the MoE, Govt. of India)



Skill India

कौशल भारत - कुशल भारत

This certificate is awarded to

SAMUEL SANGEETH PONRAJ

for successfully completing the course

STRESS MANAGEMENT

with a consolidated score of 90%

Online Assignments	24.17/25	Proctored Exam	65.25/75
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Total number of candidates certified in this course: 3520



Prof. Haimanti Banerji

Coordinator, NPTEL
IIT Kharagpur

JUL-AUG 2026

(4 week course)



Indian Institute of Technology Kharagpur



Roll No: NPTEL26HS145S153500182

To verify the certificate



No. of credits recommended: 2