



# SCHOOL OF LANGUAGE & HUMANITIES

## VALUE ADDED COURSE 2023-2024

### STRESS MANAGEMENT

#### STRESS MANAGEMENT

Unit-1: Scientific Foundations of Stress

Unit-2: Stress Psychophysiology

Unit-3: Developing Resilience to Stress

Unit-4: Strategies for Relieving Stress







**THIRUTHANGAL NADAR COLLEGE**  
(Belongs to the Chennabavathi Thiruthangal Hindu Nadar Charitable Dharma Fund)  
A Self-Financing Co-Educational College of Arts & Science  
Affiliated to the University of Madras  
Re-accredited at "B++" Grade by NAAC & An ISO 9001:2015 Certified Institution  
Selvayal, Chennabavathi, Tamil Nadu, India

**VALUE ADDED COURSES 2023-2024**  
**CLASSES: II YR & III YR**  
**STRESS MANAGEMENT**

**ROOM NO. MB 30**

S.NO	ID NO.	NAME	1/1/23	1/1/24	1/1/25	1/1/26	1/1/27	1/1/28	1/1/29	1/1/30	1/1/31	1/1/32	1/1/33	1/1/34	1/1/35	1/1/36	1/1/37
1	21BBA 04	DEEPIKA P	Deepika	Deepika	Deepika	Deepika	Deepika	Deepika	Deepika	Deepika	Deepika	Deepika	Deepika	Deepika	Deepika	Deepika	Deepika
2	21BBA 50	ABARNA M	Abarna	Abarna	Abarna	Abarna	Abarna	Abarna	Abarna	Abarna	Abarna	Abarna	Abarna	Abarna	Abarna	Abarna	Abarna
3	21BBA02	RITHIKA V	Rithika	Rithika	Rithika	Rithika	Rithika	Rithika	Rithika	Rithika	Rithika	Rithika	Rithika	Rithika	Rithika	Rithika	Rithika
4	21BBA03	SOWNDARYA S	Soundarya	Soundarya	Soundarya	Soundarya	Soundarya	Soundarya	Soundarya	Soundarya	Soundarya	Soundarya	Soundarya	Soundarya	Soundarya	Soundarya	Soundarya
5	21BBA05	SUHIRTHA S	Suhirtha	Suhirtha	Suhirtha	Suhirtha	Suhirtha	Suhirtha	Suhirtha	Suhirtha	Suhirtha	Suhirtha	Suhirtha	Suhirtha	Suhirtha	Suhirtha	Suhirtha
6	22BBATR01	KEERTHANA R	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana
7	21BBA29	NARMADHA R	Narmadha	Narmadha	Narmadha	Narmadha	Narmadha	Narmadha	Narmadha	Narmadha	Narmadha	Narmadha	Narmadha	Narmadha	Narmadha	Narmadha	Narmadha
8	21BBA49	REKHA B	Rekha	Rekha	Rekha	Rekha	Rekha	Rekha	Rekha	Rekha	Rekha	Rekha	Rekha	Rekha	Rekha	Rekha	Rekha
9	21BBA17	PRITHIKA S	Prithika	Prithika	Prithika	Prithika	Prithika	Prithika	Prithika	Prithika	Prithika	Prithika	Prithika	Prithika	Prithika	Prithika	Prithika
10	21BBA51	POORNIMA A	Poornima	Poornima	Poornima	Poornima	Poornima	Poornima	Poornima	Poornima	Poornima	Poornima	Poornima	Poornima	Poornima	Poornima	Poornima
11	21BBA34	GUNAVATHY S	Gunavathy	Gunavathy	Gunavathy	Gunavathy	Gunavathy	Gunavathy	Gunavathy	Gunavathy	Gunavathy	Gunavathy	Gunavathy	Gunavathy	Gunavathy	Gunavathy	Gunavathy
12	21BBA10	ASHA S	Asha	Asha	Asha	Asha	Asha	Asha	Asha	Asha	Asha	Asha	Asha	Asha	Asha	Asha	Asha
13	21BBA22	JASMINE S	Jasmine	Jasmine	Jasmine	Jasmine	Jasmine	Jasmine	Jasmine	Jasmine	Jasmine	Jasmine	Jasmine	Jasmine	Jasmine	Jasmine	Jasmine
14	21BBA35	DHANALAKSHMI K	Dhanalakshmi	Dhanalakshmi	Dhanalakshmi	Dhanalakshmi	Dhanalakshmi	Dhanalakshmi	Dhanalakshmi	Dhanalakshmi	Dhanalakshmi	Dhanalakshmi	Dhanalakshmi	Dhanalakshmi	Dhanalakshmi	Dhanalakshmi	Dhanalakshmi
15	22BBA06	PRADEEP KUMAR I	Pradeep	Pradeep	Pradeep	Pradeep	Pradeep	Pradeep	Pradeep	Pradeep	Pradeep	Pradeep	Pradeep	Pradeep	Pradeep	Pradeep	Pradeep

16	21BSW08	INDIHA	Indiha	Indiha	Indiha	Indiha	Indiha	Indiha	Indiha	Indiha	Indiha	Indiha	Indiha	Indiha	Indiha	Indiha	Indiha
17	21BSW09	PUNITHA	Punita	Punita	Punita	Punita	Punita	Punita	Punita	Punita	Punita	Punita	Punita	Punita	Punita	Punita	Punita
18	22BSW03	UMADEVIR K	Umadevi	Umadevi	Umadevi	Umadevi	Umadevi	Umadevi	Umadevi	Umadevi	Umadevi	Umadevi	Umadevi	Umadevi	Umadevi	Umadevi	Umadevi
19	22BSW15	ANBAZHAGAN K	Anbazhagan	Anbazhagan	Anbazhagan	Anbazhagan	Anbazhagan	Anbazhagan	Anbazhagan	Anbazhagan	Anbazhagan	Anbazhagan	Anbazhagan	Anbazhagan	Anbazhagan	Anbazhagan	Anbazhagan
20	22BACTA29	G. PADMA PRAKASHI	Padmaprakashi	Padmaprakashi	Padmaprakashi	Padmaprakashi	Padmaprakashi	Padmaprakashi	Padmaprakashi	Padmaprakashi	Padmaprakashi	Padmaprakashi	Padmaprakashi	Padmaprakashi	Padmaprakashi	Padmaprakashi	Padmaprakashi
21	22BSW05	GANESHAN.M	Ganeshan	Ganeshan	Ganeshan	Ganeshan	Ganeshan	Ganeshan	Ganeshan	Ganeshan	Ganeshan	Ganeshan	Ganeshan	Ganeshan	Ganeshan	Ganeshan	Ganeshan
22	22BBA45	JALALUDEEN.S	Jalaludeen	Jalaludeen	Jalaludeen	Jalaludeen	Jalaludeen	Jalaludeen	Jalaludeen	Jalaludeen	Jalaludeen	Jalaludeen	Jalaludeen	Jalaludeen	Jalaludeen	Jalaludeen	Jalaludeen
23	22BBA65	JAYANDAR.K	Jayandar	Jayandar	Jayandar	Jayandar	Jayandar	Jayandar	Jayandar	Jayandar	Jayandar	Jayandar	Jayandar	Jayandar	Jayandar	Jayandar	Jayandar
24	22BBA39	JOYES.J	Joyes	Joyes	Joyes	Joyes	Joyes	Joyes	Joyes	Joyes	Joyes	Joyes	Joyes	Joyes	Joyes	Joyes	Joyes
25	22BBA61	JOSHILA MARY.T	Joshila Mary	Joshila Mary	Joshila Mary	Joshila Mary	Joshila Mary	Joshila Mary	Joshila Mary	Joshila Mary	Joshila Mary	Joshila Mary	Joshila Mary	Joshila Mary	Joshila Mary	Joshila Mary	Joshila Mary
26	22BBA26	KALAIVANI.A	Kalaivani	Kalaivani	Kalaivani	Kalaivani	Kalaivani	Kalaivani	Kalaivani	Kalaivani	Kalaivani	Kalaivani	Kalaivani	Kalaivani	Kalaivani	Kalaivani	Kalaivani
27	22BBA36	KAVITHA.M	Kavitha	Kavitha	Kavitha	Kavitha	Kavitha	Kavitha	Kavitha	Kavitha	Kavitha	Kavitha	Kavitha	Kavitha	Kavitha	Kavitha	Kavitha
28	22BBA25	KIRUTHIGA.D	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga
29	22BBA43	LAVANYA.S	Lavanya	Lavanya	Lavanya	Lavanya	Lavanya	Lavanya	Lavanya	Lavanya	Lavanya	Lavanya	Lavanya	Lavanya	Lavanya	Lavanya	Lavanya
30	22BBA41	MADHANRAJ.M	Madhanraj	Madhanraj	Madhanraj	Madhanraj	Madhanraj	Madhanraj	Madhanraj	Madhanraj	Madhanraj	Madhanraj	Madhanraj	Madhanraj	Madhanraj	Madhanraj	Madhanraj
31	22BBA57	MADHUMITHA.J	Madhumitha	Madhumitha	Madhumitha	Madhumitha	Madhumitha	Madhumitha	Madhumitha	Madhumitha	Madhumitha	Madhumitha	Madhumitha	Madhumitha	Madhumitha	Madhumitha	Madhumitha
32	22BSW09	VIGNESH.M.G	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh
33	21BSW10	ASHOK A	Ashok	Ashok	Ashok	Ashok	Ashok	Ashok	Ashok	Ashok	Ashok	Ashok	Ashok	Ashok	Ashok	Ashok	Ashok
34	21BSW02	RIYAS AHAMED D	Riyas Ahamed	Riyas Ahamed	Riyas Ahamed	Riyas Ahamed	Riyas Ahamed	Riyas Ahamed	Riyas Ahamed	Riyas Ahamed	Riyas Ahamed	Riyas Ahamed	Riyas Ahamed	Riyas Ahamed	Riyas Ahamed	Riyas Ahamed	Riyas Ahamed
35	21BSW06	RUSHYENDHAR S N	Rushyendhar	Rushyendhar	Rushyendhar	Rushyendhar	Rushyendhar	Rushyendhar	Rushyendhar	Rushyendhar	Rushyendhar	Rushyendhar	Rushyendhar	Rushyendhar	Rushyendhar	Rushyendhar	Rushyendhar
36	21BSW07	SARAVANA KUMAR K	Saravana Kumar	Saravana Kumar	Saravana Kumar	Saravana Kumar	Saravana Kumar	Saravana Kumar	Saravana Kumar	Saravana Kumar	Saravana Kumar	Saravana Kumar	Saravana Kumar	Saravana Kumar	Saravana Kumar	Saravana Kumar	Saravana Kumar
37	21BSW03	THANGARAJ S	Thangaraj	Thangaraj	Thangaraj	Thangaraj	Thangaraj	Thangaraj	Thangaraj	Thangaraj	Thangaraj	Thangaraj	Thangaraj	Thangaraj	Thangaraj	Thangaraj	Thangaraj







22 BA CPA24	PRAVEEN	Praveen	Praveen	Praveen	Praveen	Praveen	Praveen	Praveen	Praveen	Praveen	Praveen	Praveen	Praveen	Praveen	Praveen	Praveen	Praveen	Praveen
22 BA CPA18	RAMUS	Ramu	Ramu	Ramu	Ramu	Ramu	Ramu	Ramu	Ramu	Ramu	Ramu	Ramu	Ramu	Ramu	Ramu	Ramu	Ramu	Ramu
84	22 BA CPA06	RANGA NATHAN																
85	22 BA CPA45	SANTHOSH.R	Santhosh	Santhosh	Santhosh	Santhosh	Santhosh	Santhosh	Santhosh	Santhosh	Santhosh	Santhosh	Santhosh	Santhosh	Santhosh	Santhosh	Santhosh	Santhosh
86	22 BA CPA42	SARAN RAJ	Saran	Saran	Saran	Saran	Saran	Saran	Saran	Saran	Saran	Saran	Saran	Saran	Saran	Saran	Saran	Saran
87	22 BA CPA39	SRINATH	Srinath	Srinath	Srinath	Srinath	Srinath	Srinath	Srinath	Srinath	Srinath	Srinath	Srinath	Srinath	Srinath	Srinath	Srinath	Srinath
88	22 BA CPA32	SUNILD	Sunil	Sunil	Sunil	Sunil	Sunil	Sunil	Sunil	Sunil	Sunil	Sunil	Sunil	Sunil	Sunil	Sunil	Sunil	Sunil
89	22 BA CPA46	SURENDRAN	Suren	Suren	Suren	Suren	Suren	Suren	Suren	Suren	Suren	Suren	Suren	Suren	Suren	Suren	Suren	Suren
90	22MSCCS08	S.JAGAN																
91	22MSCCS09	R.ARAVINDAN																
92	21/BBA/47	SIVAM	Siva	Siva	Siva	Siva	Siva	Siva	Siva	Siva	Siva	Siva	Siva	Siva	Siva	Siva	Siva	Siva
93	21/BBA/15	VASANTH KUMAR. P	Vasanth	Vasanth	Vasanth	Vasanth	Vasanth	Vasanth	Vasanth	Vasanth	Vasanth	Vasanth	Vasanth	Vasanth	Vasanth	Vasanth	Vasanth	Vasanth
94	21/BBA/27	VIGNESHWARA. R	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh	Vignesh
95	21/BBA/46	VISHVA.R	Vishva	Vishva	Vishva	Vishva	Vishva	Vishva	Vishva	Vishva	Vishva	Vishva	Vishva	Vishva	Vishva	Vishva	Vishva	Vishva
96	21/BBA/01	YUVARAJ S	Yuvaraj	Yuvaraj	Yuvaraj	Yuvaraj	Yuvaraj	Yuvaraj	Yuvaraj	Yuvaraj	Yuvaraj	Yuvaraj	Yuvaraj	Yuvaraj	Yuvaraj	Yuvaraj	Yuvaraj	Yuvaraj
97	22/BBA/TR 02	DEEPAK. V	Deepak	Deepak	Deepak	Deepak	Deepak	Deepak	Deepak	Deepak	Deepak	Deepak	Deepak	Deepak	Deepak	Deepak	Deepak	Deepak
STAFF SIGNATURE																		





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**VALUE ADDED COURSE 2023-2024**

**ASSESSMENT**

**Subject : Stress Management**

**Date : 07/02/2024**

**Time : 1 ½ hours**

**Sub Code :VACSOH2313**

**Marks : 100**

**PART -A (25 X 2 = 50 marks)**

**1. What is the most common physical symptom of stress?**

- a) Increased appetite
- b) Headaches
- c) Improved sleep quality
- d) Clearer thinking

**2. Which hormone is released by the body in response to stress?**

- a) Serotonin
- b) Dopamine
- c) Cortisol
- d) Insulin

**3. Which of the following is an example of eustress (positive stress)?**

- a) Preparing for an exam
- b) Losing a loved one
- c) Job burnout
- d) Chronic illness

**4. Which type of breathing is recommended for reducing stress?**

- a) Rapid and shallow breathing
- b) Diaphragmatic (deep) breathing
- c) Mouth breathing only
- d) Breathing through alternate nostrils rapidly

**5. What is one of the primary purposes of stress management?**

- a) Eliminate stress entirely
- b) Increase adrenaline production
- c) Maintain stress at manageable levels
- d) Prevent emotions

**6. Which of these is a long-term effect of chronic stress?**

- a) Lower heart rate



- b) Strengthened immune system
- c) Increased risk of cardiovascular diseases
- d) Better memory recall

**7. What is a major component of cognitive-behavioral stress management?**

- a) Avoiding stressors
- b) Restructuring negative thoughts
- c) Relying only on medication
- d) Ignoring stressful situations

**8. Which of the following activities is most effective in relieving stress?**

- a) Watching television
- b) Regular exercise
- c) Overworking
- d) Eating junk food

**9. What is the term for strategies like exercise, meditation, and journaling?**

- a) Maladaptive coping
- b) Avoidance behavior
- c) Positive coping strategies
- d) Stress suppression

**10. Which of the following is a mindfulness-based stress reduction technique?**

- a) Progressive muscle relaxation
- b) Guided imagery
- c) Counting backwards from 100
- d) Mindful breathing

**11. What is the primary purpose of a stress journal?**

- a) Plan your day in advance
- b) Keep track of stressful situations and responses
- c) Analyze other people's stress patterns
- d) List the things that make you angry

**12. Which of these is a common behavioral sign of stress?**

- a) Increased focus
- b) Avoiding social situations
- c) Enhanced creativity
- d) Better sleep patterns

**13. Which type of stress is associated with a specific event, such as public speaking?**

- a) Acute stress
- b) Chronic stress
- c) Toxic stress
- d) Occupational stress



**14. Which of the following is NOT a relaxation technique?**

- a) Progressive muscle relaxation
- b) Time management
- c) Yoga
- d) Guided imagery

**15. What is the "fight or flight" response?**

- a) A strategy to avoid conflicts at work
- b) A physiological reaction to a perceived threat
- c) A conscious way to deal with problems
- d) The brain's reaction to boredom

**16. Which of the following is a mental symptom of stress?**

- a) Diarrhea
- b) Muscle tension
- c) Difficulty concentrating
- d) Sweating

**17. Which nutrient can help in stress reduction due to its calming effect on the nervous system?**

- a) Vitamin C
- b) Calcium
- c) Magnesium
- d) Iron

**18. What is a key benefit of regular physical activity on stress?**

- a) Increases adrenaline
- b) Decreases endorphins
- c) Improves mood and reduces stress
- d) Increases cortisol levels

**19. What type of stress management technique is journaling considered?**

- a) Problem-focused coping
- b) Emotion-focused coping
- c) Avoidance coping
- d) Social coping

**20. Which of the following behaviors may indicate unmanaged stress?**

- a) Reading before bedtime
- b) Procrastination
- c) Eating balanced meals
- d) Following a schedule

**21. Which part of the brain is primarily involved in the stress response?**

- a) Cerebellum
- b) Amygdala





- c) Hippocampus
- d) Occipital lobe

**22. Which of these techniques involves tensing and relaxing muscle groups?**

- a) Deep breathing
- b) Progressive muscle relaxation
- c) Visualization
- d) Meditation

**23. What is the purpose of setting boundaries in stress management?**

- a) To reduce unnecessary obligations and prevent burnout
- b) To eliminate all relationships
- c) To isolate oneself from others
- d) To increase workload

**24. Which of the following describes "burnout"?**

- a) A state of complete relaxation
- b) Extreme fatigue and lack of motivation due to chronic stress
- c) A temporary feeling of stress that motivates action
- d) A feeling of excitement about new tasks

**25. Which type of social support is most beneficial for stress management?**

- a) Isolation from others
- b) Supportive and empathetic relationships
- c) Negative and critical feedback
- d) Increased competition

**PART -B (5 X 10 = 50 marks)**

1. What is stress, and how can it impact physical and mental health?
2. Differentiate between acute and chronic stress. Provide examples of each.
3. Explain the physiological responses that occur in the body during a stress response.
4. Describe at least three effective coping strategies for managing stress.
5. What is mindfulness, and how can it be applied to reduce stress?



THIRUTHANGAL NADAR COLLEGE				
VALUE ADDED COURSE 2023-2024				
ASSESSMENT MARK SHEET				
Subject : Stress Management				
Date : 07/02/2024 Sub Code : VACSOH2313				
S.NO	ID NO.	NAME	DEPARTMENT	MARKS
1	21BBA 04	DEEPIKA P	BBA	73
2	21BBA 50	ABARNA M	BBA	57
3	21BBA02	RITHIKA V	BBA	50
4	21BBA03	SOWNDARYA S	BBA	55
5	21BBA05	SUHIRTHA S	BBA	58
6	22BBATR01	KEERTHANA R	BBA	67
7	21BBA29	NARMADHA R	BBA	58
8	21BBA49	REKHA B	BBA	56
9	21BBA17	PRITHIKA S	BBA	49
10	21BBA51	POORNIMA A	BBA	56
11	21BBA34	GUNAVATHY S	BBA	65
12	21BBA10	ASHA S	BBA	62
13	21BBA22	JASMINE S	BBA	60
14	21BBA35	DHANALAKSHMI K	BBA	47
15	22BBA06	PRADEEP KUMAR I	BBA	53
16	21BSW08	INDHUJA	BSW	35
17	21BSW09	PUNITHA	BSW	70
18	22BSW03	UMADEVI R K	BSW	60
19	22BSW15	ANBAZHAGAN.K	BSW	50
20	22BACPA29	G. PADMA PRAKASH	BA CPA	56
21	22BSW05	GANESHAN.M	BSW	35
22	22BBA45	JALALUDEEN.S	BBA	41
23	22BBA65	JAYANDAR.K	BBA	56
24	22BBA39	JOYES.J	BBA	57
25	22BBA61	JOSHILA MARY.T	BBA	53
26	22BBA26	KALAIVANLA	BBA	35
27	22BBA36	KAVITHA.M	BBA	47
28	22BBA25	KIRUTHIGA.D	BBA	55
29	22BBA43	LAVANYA.S	BBA	48
30	22BBA41	MADHANRAJ.M	BBA	64



31	22BBA57	MADHUMITHA J	BBA	65
32	22BSW09	VIGNESH.M.G	BSW	55
33	21BSW10	ASHOK A	BSW	68
34	21BSW02	RIYAS AHAMED D	BSW	52
35	21BSW06	RUSHYENDHAR S N	BSW	66
36	21BSW07	SARAVANA KUMAR K	BSW	60
37	21BSW03	THANGARAJ S	BSW	70
38	21BSW05	VIMALRAJ A	BSW	66
39	21BSW01	ABIRAMI M	BSW	70
40	22 BA CPA20	AKASH . R	BA CPA	58
41	22 BA CPA02	AJAY .S	BA CPA	35
42	22 BA CPA22	AKASH.K	BA CPA	56
43	22 BA CPA37	BALASEKAR.A	BA CPA	72
44	22 BA CPA01	DAVID PAUL RAJ	BA CPA	48
45	22 BA CPA30	DEEPAK.N	BA CPA	35
46	22 BA CPA25	DHANUSH.S	BA CPA	35
47	22 BA CPA38	DINESH KUMAR	BA CPA	35
48	22 BA CPA14	GANESHAN.R.M	BA CPA	58
49	22 BA CPA23	GANESH.R.K	BA CPA	62
50	21BACPA22	PAVITHRA	BA CPA	LA
51	21BACPA09	DEVA PRASATH. S	BA CPA	45
52	22 BA CPA07	GOKUL.V	BA CPA	35
53	22BSW01	HEMASREE.P	BSW	35
54	22BSW13	JOYCE MAYOR DELPHIN.P	BSW	49
55	22BSW04	KANMANI GOMATHY.P	BSW	70
56	22BSW07	KARTHIKEYAN.R	BSW	35
57	22BACPA15	N. NITHIN KUMAR	BA CPA	45
58	22BSW02	LEELA KRISHNAN.G	BSW	43
59	22BSW16	MAHALAKSHMI.V	BSW	48
60	22BSW10	MOHAMMED FAISAL.N	BSW	35
61	22BSW14	RANJITH KUMAR.P	BSW	35
62	22BSW17	SAMEULLA. A	BSW	35
63	22BSW08	KRITHICK KUMAR.S	BSW	40
64	22BSW11	BALAKUMAR.M	BSW	62
	22 BSW	GANESAN. M	BSW	47
65	22BAENG09	DHARANYA. U	B.A. Eng.	35





66	22BAENG13	ESARTH BEGUM. B	B.A. Eng.	50
67	22BAENG17	GADDAM GAYATHRI	B.A. Eng.	55
68	22BAENG12	JAMUNA. P	B.A. Eng.	63
69	22BBA28	VIJAYA KUMAR.G	BBA	35
70	22BBA37	PRAVEEN KUMAR.V	BBA	51
71	22 BA CPA52	YUVARAJ	BA CPA	60
72	22 BA CPA34	GOPLG	BA CPA	38
73	22 BA CPA36	HARIHARN.M	BA CPA	35
74	22 BA CPA40	JAI HIND	BA CPA	40
75	22 BA CPA31	LINGESWAR.M	BA CPA	40
76	22 BA CPA33	LOGESWAR.D	BA CPA	40
77	22 BA CPA17	MADHAVAN	BA CPA	49
78	22 BA CPA08	MADHU SUDHAN	BA CPA	40
79	22 BA CPA26	S.MUHAMED JINNA	BA CPA	50
80	22 BA CPA28	MUKESH	BA CPA	LA
81	22 BA CPA03	MURALI	BA CPA	65
82	22 BA CPA24	PRAVEEN	BA CPA	57
83	22 BA CPA18	RAMU.S	BA CPA	58
84	22 BA CPA06	RANGA NATHAN	BA CPA	35
85	22 BA CPA45	SANTHOSH.R	BA CPA	54
86	22 BA CPA42	SARAN RAJ	BA CPA	60
87	22 BA CPA39	SRINATH	BA CPA	57
88	22 BA CPA32	SUNIL.D	BA CPA	69
89	22 BA CPA46	SURENDIRAN	BA CPA	58
90	22MSCCS08	S.JAGAN	MSC (CS)	35
91	22MSCCS09	R.ARAVINDAN	MSC (CS)	35
92	21/BBA/47	SIVA.M	BBA	35
93	21/BBA/15	VASANTH KUMAR. P	BBA	35
94	21/BBA/27	VIGNESHWARA. R	BBA	46
95	21/BBA/46	VISHVA.R	BBA	43
96	21/BBA/01	YUVARAJ S	BBA	35
97	22/BBA/TR 02	DEEPAK. V	BBA	40



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ASSESSMENT MARK SHEET				
Subject : Stress Management				
Date : 07/02/2024 Sub Code : VACSOH2313				
S.NO	ID NO.	NAME	DEPARTMENT	MARKS
1	22 BA CPA47	VIGNESH.S	BA CPA	54
2	22 BA CPA49	VIJAY.M	BA CPA	35
3	22 BA CPA48	VIMAL.V	BA CPA	57
4	22 BA CPA50	VISWA.D	BA CPA	58
5	22 BA CPA51	YONUS BAIN.N	BA CPA	60
6	22BAENG08	NASREEN FATHIMA.T	B.A. Eng.	58
7	22BAENG04	PAVITHRA. S	B.A. Eng.	60
8	22BAENG11	RADHIKA. M	B.A. Eng.	70
9	22BAENG18	SHREYA SAI. K.V	B.A. Eng.	35
10	22BAENG14	SRIJA. R	B.A. Eng.	58
11	22BAENG06	SWETHA. V	B.A. Eng.	40
12	22BAENG03	YOGASHRI. S	B.A. Eng.	51
13	21BAENG04	A.ABISHA	B.A. Eng.	52
14	21BAENG02	J.CHARUMATHI	B.A. Eng.	49
15	21 BAENG03	M.PRITHIK ROHID	B.A. Eng.	35
16	22BATAM06	AATHISHANKAR.C	B.A. Tam	35
17	22BATAM01	DILIP KUMAR. D	B.A. Tam	53
18	22BATAM16	GOUTHAMRAJ.V	B.A. Tam	35
19	22BATAM03	SANGAIYA.C	B.A. Tam	35
20	22BATAM13	ANITHA.M	B.A. Tam	35
21	22BATAM17	ASWATHI.K	B.A. Tam	60
22	22BATAM15	DEEPA.D	B.A. Tam	35
23	22BATAM20	DEVIKA.E	B.A. Tam	57
24	22BATAM21	JANANI.R	B.A. Tam	64
25	22BATAM10	MARIYAVINNARASLA	B.A. Tam	60
26	22BATAM07	RAMYA. B	B.A. Tam	65
27	22BATAM08	SARANYA.S	B.A. Tam	60
28	22BATAM18	SNEHA.S	B.A. Tam	55
29	22BATAM09	SUJITHA.S	B.A. Tam	55



30	22BATAM19	VICTORIYADAYANA.R	B.A. Tam	51
31	22BATAM14	YAMUNA.S	B.A. Tam	52
32	21BATAM02	ARAVIND PRAKASH.S	B.A. Tam	41
33	21BATAM12	ARULBALAJL. P	B.A. Tam	38
34	21BATAM05	GOWSIK MADHAVAN. N	B.A. Tam	38
35	21BATAM06	LOORTHU RABIN.L	B.A. Tam	36
36	21 BATAM01	SARAVANAN A	B.A. Tam	38
37	21BATAM10	BHARATHI. G	B.A. Tam	51
38	21BATAM03	JOSPIN ABISHIYA. A	B.A. Tam	69
39	22 BA CPA21	DHANA LAKSHMI	BA CPA	63
40	22 BA CPA19	DHARANI DEVI	BA CPA	66
41	22 BA CPA04	GAYATHRLJ	BA CPA	35
42	22 BA CPA11	PRIYA DHARSHINI.D	BA CPA	54
43	22 BA CPA05	PRIYA DHARSHINI.S	BA CPA	47
44	22 BA CPA12	RIDHU SHARAON	BA CPA	68
45	22 BA CPA43	RUDHRA.K	BA CPA	75
46	22 BA CPA54	SANDHIYA.A	BA CPA	59
47	22 BA CPA 57	DIVYA DHARSHINI	BA CPA	35
48	21BACPA16	AKASH.N	BA CPA	47
49	22BACPA44	M. KANIMALAR	BA CPA	35
50	21BACPA20	GOKUL	BA CPA	42
51	21BACPA08	GOWTHAM	BA CPA	35
52	21BACPA19	KARTHICK P.S	BA CPA	58
53	21BACPA10	KARTHIKEYAN	BA CPA	41
54	21BACPA01	KISHORE.J	BA CPA	52
55	21BACPA11	KUGAN	BA CPA	41
56	21BACPA04	PRITHICK RAJ	BA CPA	42
57	21BACPA17	SALOMON.A	BA CPA	58
58	21BACPA05	SATHISH KUMAR.N	BA CPA	53
59	21BACPA18	SHANMUGAM.S	BA CPA	59
60	21BACPA07	SHIVA SHANMUGAM. S	BA CPA	43
61	21BACPA12	SRITHAR. N	BA CPA	LA
62	21BACPA13	SRIRAM.G	BA CPA	56
63	21BATAM08	DEVALAKSHMI .K	B.A. Tam	48
64	22BACPA21	S. CHITHRA	BA CPA	68
65	22BACPA46	S. DINESH	BA CPA	52





66	21BACPA02	S. YUGA BHARATHI	BA CPA	49
67	21BACPA15	A.VARSHA	BA CPA	41
68	21BACPA23	P.S. SETHUHAASAN	BA CPA	60
69	21BAENG08	AARTHLA	BA Eng	71
70	21BAENG06	SWATHY. V	B.A. Eng.	72
71	21BAENG07	RAMZAN TAWFEEQA PARVEEN. M	B.A. Eng.	62
72	21BAENG11	VARSHA SELVI	B.A. Eng.	35
73	21BATAM04	RENUGA DEVL.S	B.A. Tam	39
74	21BATAM07	SANGEETHA.R	B.A. Tam	74
75	22BBA29	PAVESH P	BBA	35
76	22BBA46	DHANALAKSHMI.S.K	BBA	67
77	22BBA04	DIVYA SHREE.D	BBA	35
78	22BBA30	EZHILARASAN.P	BBA	51
79	22BBA27	GIRIDHARAN.K	BBA	35
80	22BBA48	HARISH.M	BBA	51
81	22BBA64	HISHOR.C	BBA	35
82	22BBA08	IMRAN.A	BBA	50
83	22BACPA36	E. KARTHICK	BA CPA	64
84	22BACPA37	U.P. ASWIN	BA CPA	56
85	22BATAM04	HARSHINI .V	B.A. Tam	65
86	22BATAM11	V. MUTHULAKSHMI	B.A. Tam	66
87	22BATAM05	MATHIMITHRA .R	B.A. Tam	70
88	22BAENG18	STEVEN D'MORIAS	B.A. Eng.	35
89	22BAENG05	VIJAYABISHEK . V	B.A. Eng.	35
90	21BACPA06	STEPHEN.S	BA CPA	36
91	21BACPA03	YUVARAJA.G	BA CPA	35
92	22BACPA10	K. ASWINI	BA CPA	55
93	22BACPA43	R. DIVYA	BA CPA	75
94	22BACPA57	D. DIVYADHARSHINI	BA CPA	35





**THIRUTHANGAL NADAR COLLEGE  
VALUE ADDED COURSE  
2023-2024 (ODD SEMESTER)  
STRESS MANAGEMENT REPORT**

Thiruthangal Nadar college conducted a Value Added Course in the academic year 2023-24 (odd semester) from 16/08/2023 to 13/09/2023. Dr. Jagadeeswaran was the Convenor for the add on course. Mrs. Saradha Devi was the Coordinator for the School of language and Humanities and conducted add on course in the topic "Stress Management" Students from the Department of English, Tamil, Social Work, Criminology and Police Administration, and Business Administration enrolled in the course. A total of 191 students benefited from the course. Evaluation was done based on the course. All the students received the Add on course certificate after the evaluation. Faculty members received certificates for curriculum designing. It was very useful for the students.





FEEDBACK

Timestamp	Student Id No.	Register Number	Name of the Student	Email ID	Contact Number	Class & Sec	Course	Feedback of the course
7/15/2024 12:10:01	21BATAM07	112104576	R. Sangeetha	r48152135@gmail.com	9043472554	BA, Tamil	Stress Management	Very good
7/15/2024 12:40:58	21bsw05	142100043	Vimalraj,A	vimalraj666999tamizh@gmail.com	9361874624	IBSW	Stress Management	Good
7/15/2024 12:46:51	22BCCMCA12	312211773	B.Apiyuth Raj	abiyuthr@gmail.com	6382517238		Stress Management	
7/15/2024 13:16:56	21BACPA23	112104546	P.S.Selhuhaasan	selhuhaasan0508@gmail.com	9176034364	BACPA	Stress Management	I have learning how to manage from stress and how to make someone feel free without stress. This course helped me to gain more knowledge.
7/15/2024 13:17:22	22BAENG12	112204694	Jamuna P	Lakshmananmariammal@gmail.com	7305895327	3rd year	Stress Management	Good
7/15/2024 14:14:46	21BAENG07	112104563	M.Ramzan Tawfeeqa Par	ramzantawfeeqa06@gmail.com	97898 28527	Passed out 2021-2024	Stress Management	Very useful to me
7/15/2024 14:16:30	22BACPA57	112204679	Divyadharsini,D	divyadharsinidamodaran@gmail.com	7338999171	3rd year, B.A,Criminology	Stress Management	It was really nice experience to learnt about stress management.
7/15/2024 17:09:46	22BSW03	142200053	R,K,UMADEV	rkumadevi912@gmail.com	9090404263	BSW	Stress Management	Good
7/15/2024 19:12:01	22bcomca10	312211836	Yamuna S	22bcomca10@thiruthangalcollege.edu.in	8608019527	3rd BcomCa	Stress Management	Good
7/15/2024 20:43:08	22BBA60	412202686	P.Anupriya	anupriyapathap07@gmail.com	8531076205	3 rd BBA	Stress Management	Thank you
7/15/2024 22:04:16	22bacpa21	112204675	Chithra,S	chitraqueen003@gmail.com	9043587572	3 rd year	Stress Management	Satisfied
7/16/2024 7:13:31	21bba43	412102519	Sairam singh	ram626428@gmail.com	9345055950	3 rd year bba	Stress Management	Good
7/16/2024 12:58:58	21bsw01	142100044	M.Abirami	mangalapasathabirami@gmail.com	7639365092	Bsw	Stress Management	Good
7/18/2024 22:15:44	22bacpa29	112204657	Padmaprakash	prakashpadma2005@gmail.com	7845956720	2nd year	Stress Management	Super