



**Elite**

# NPTEL ONLINE CERTIFICATION

(Funded by the MoE, Govt. of India)



**Skill India**  
कौशल भारत - कुशल भारत

This certificate is awarded to

**AFSAL AHMED S**

for successfully completing the course

**Stress Management**

with a consolidated score of **87** %

Online Assignments	25/25	Proctored Exam	61.67/75
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Total number of candidates certified in this course: **2480**

**Jul-Aug 2025**

**(4 week course)**



**Prof. Haimanti Banerji**  
Coordinator, NPTEL  
IIT Kharagpur



Indian Institute of Technology Kharagpur



Roll No: NPTEL25HS140S333200432

To verify the certificate



No. of credits recommended: 1 or 2