



# CHRIST COLLEGE (AUTONOMOUS)

Affiliated to University of Calicut and Accredited by NAAC 'A' Grade

IRINJALAKUDA - 680 125, KERALA, INDIA.

Office (0480) 2825258, Principal 2820005, Res: 2825384, 2828241, Fax: 2831552

E-mail: - [office@christcollegeijk.edu.in](mailto:office@christcollegeijk.edu.in) Web: [www.christcollegeijk.edu.in](http://www.christcollegeijk.edu.in)

## THE SCIENCE OF WELL-BEING

(Value Added Certificate Course)

Course Code: CVAC026 -

Summary Report 2019-20

The course started on November 19, 2019. There were 97 students and 93 students completed the course. The course was of 30 hrs duration. Students enjoyed the course.

Course Outcome:

- Increase own happiness and build more productive habits.
- Incorporate a specific wellness activity into life.

Coordinator: Mr. Jebin K. Davis



Fr. Dr. Jolly Andrews  
Assistant Professor-  
In-charge of Principal  
Christ College (Autonomous)  
Irinjalakuda