



# CHRIST COLLEGE (AUTONOMOUS)

Affiliated to University of Calicut and Accredited by NAAC 'A' Grade  
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## THE SCIENCE OF WELL-BEING

(Value Added Certificate Course)

Course Code: CVAC026 -

### Summary Report 2018-19

The course started on August 14, 2018. There were 99 students and 97 students completed the course. The course was of 30 hrs duration.

#### 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