



CHRIST COLLEGE (AUTONOMOUS)

Affiliated to University of Calicut and Accredited by NAAC 'A' Grade
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MANAGING EMOTIONS IN TIMES OF UNCERTAINTY & STRESS (Value Added Certificate Course)

Course Code: CVAC016 -

Summary Report 2019-20


The course started on July 19, 2019. There were 74 students and 71 students completed the course. The course was of 30 hrs duration. Students enjoyed the course and in their feedback requested for more such sessions in the future.

Course Outcome:

- Helps to identify and manage emotions
- Recognizes how emotions affect decision making, relationships, health, and performance


Coordinator: Mr. Shinto V.P.




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