



# CHRIST COLLEGE (AUTONOMOUS)

Affiliated to University of Calicut and Accredited by NAAC 'A' Grade  
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## FOOD, NUTRITION AND HEALTH

### (Value Added Certificate Course)

#### Summary Report 2019

#### Course Code:

The course started on September 9, 2019. There were 63 students and 62 students completed the course. The course was of 30 hrs duration. Students enjoyed the group dynamics and, in their feedback, requested for more such sessions in the future.

#### Course Outcome:

The students were satisfied with the class. They were given different aspects of group discussions. This helped them to study the nutritional aspects in human body. This helped them to realize the importance of group work. The class on nutritional lifecycle helped the students to come into terms with the concept of teamwork. The concept of balanced diet was really appreciated by the students.

Course Coordinator: Ms.  Lulu Varghese



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