



CHRIST COLLEGE (AUTONOMOUS)

Affiliated to University of Calicut and Accredited by NAAC 'A' Grade
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Value Added Certificate Course CVAC017: MENTAL HEALTH AND WELLBEING

Summary Report 2019

Course Code: CVAC017


The course started on 1 march,2019. There were 115 students 115 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 mental health. This helped them to study the importance of mental health. The students came to know about the policies and mental health acts. The discussion of different mental health disorder was really enjoyed by the students. They knew about the different disorders that affect individuals

Course Coordinator: Durga k s




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