



CHRIST COLLEGE (AUTONOMOUS)

Affiliated to University of Calicut and Accredited by NAAC 'A' Grade
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Health and Life style management (Value Added Certificate Course)


Course Code: CCPH01 -

Summary Report 2020-21

The course started on January 4, 2021. There were 36 students and 36 students completed the course. The course was of 40 hrs duration. Students enjoyed the course and attended very interestingly.

Course Outcome:

- Health promotion and awareness
- Occupational benefits- Individuals may get opportunities in Health Clubs, Community Health Programme, Personal Training Industry.
- Opportunities for further studies


Coordinator: Dr. Bintu T. Kalyan




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