

MANAGING EMOTIONS IN TIMES OF UNCERTAINTY & STRESS
(Value Added Certificate Course)

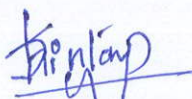
Course Code: CVACo16-

Teacher Coordinator Report 2019-20

Number of students	74
Date of examination	03-10-2019
Total students who passed exam	71
Total course duration	30 hrs

Feedback analysis:

- Students suggested that the course helps to identify and manage emotions
- Students were able to recognize how emotions affect decision making, relationships, health, and performance
- The sessions was really appreciated by the students



Coordinator: Mr. Shinto V.P.





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