



MAR BASELIOS COLLEGE OF EDUCATION

SULTHAN BATHERY, WAYANAD, KERALA

COURSE LEARNING OUTCOMES

➤ CERTIFICATE COURSE IN LIFE SKILL DEVELOPMENT

1. Get familiar with the fundamentals of daily living.
2. Capable of improving daily activities relating to life skills.
3. The individual applies novel network tactics to improve life skills,

Utilise each participant to the maximum extent possible

➤ CERTIFICATE COURSE IN COMPUTER APPLICATION

After completing this course, the learners will possess the ability to:

- Students will gain knowledge of computer applications, ranging from fundamentals to advanced.
- Office automation will assist students in recording reports.
- Students can also carry out accounting tasks with the aid of Office automation.
- Learning presentation techniques and becoming aware of search engines and the internet will be beneficial.

➤ CERTIFICATE COURSE IN YOGA

- Understand how to enhance focus, concentration, comprehension and memory.
- The poses help to improve physical fitness by improving posture, balance, coordination, and body awareness.
- It help to create an atmosphere of confidence, enthusiasm and non-competitiveness where everyone can succeed.

➤ CERTIFICATE COURSE IN FOOD AND MENTAL HEALTH

By the end of this course, students will be able to:

1. Understand the connection between food, brain function, and mental health.
2. Identify key nutrients and dietary patterns that influence mental well-being.
3. Analyze the role of the gut-brain axis in mental health.
4. Develop dietary strategies to support mental health and well-being.
5. Evaluate the impact of lifestyle factors on mental health, including stress management, physical activity, and sleep.

