

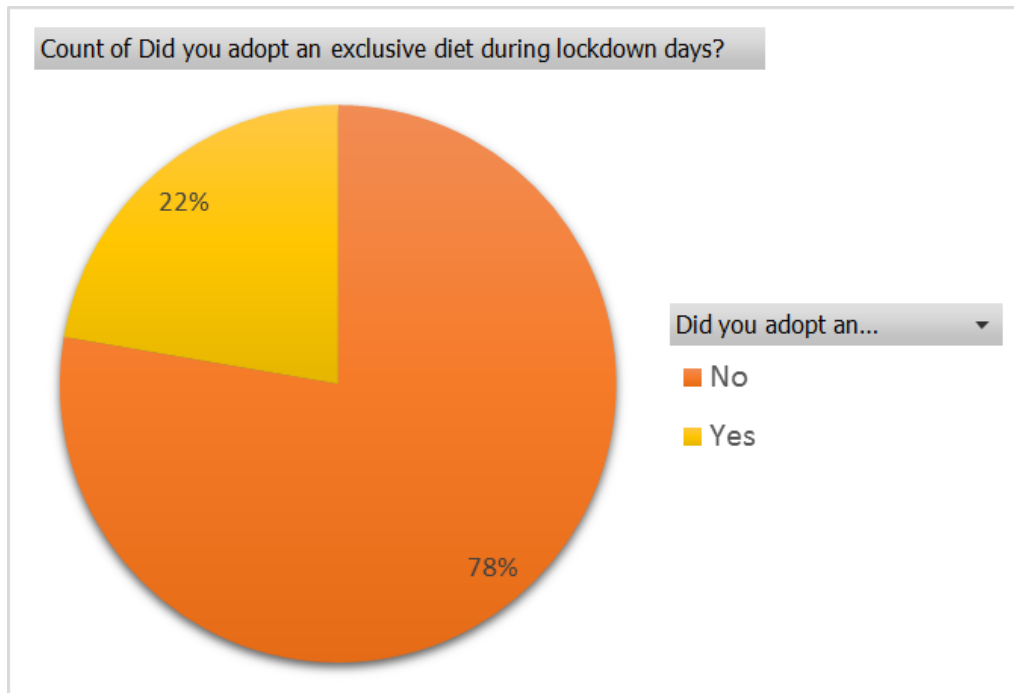
CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA



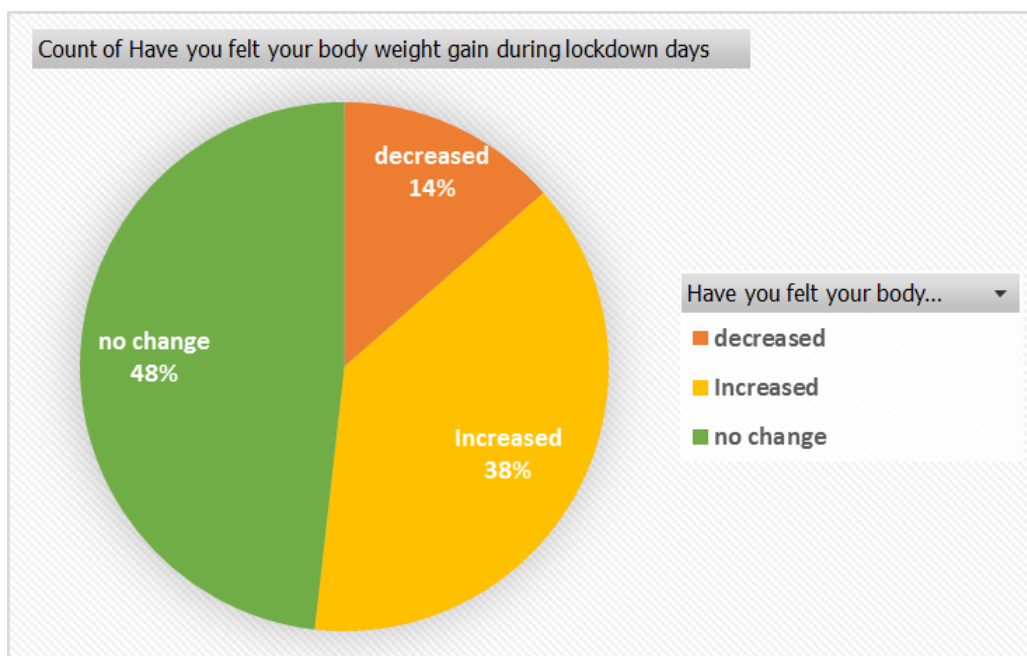
Survey Report on “Health & Lockdown” conducted by Department of Physical Education & IQAC

Survey Mode: Google Forms
Data Analysis & Visualizations: Microsoft Excel
No of participants: 856
Date : 23rd June 2020 to 06th July 2020

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

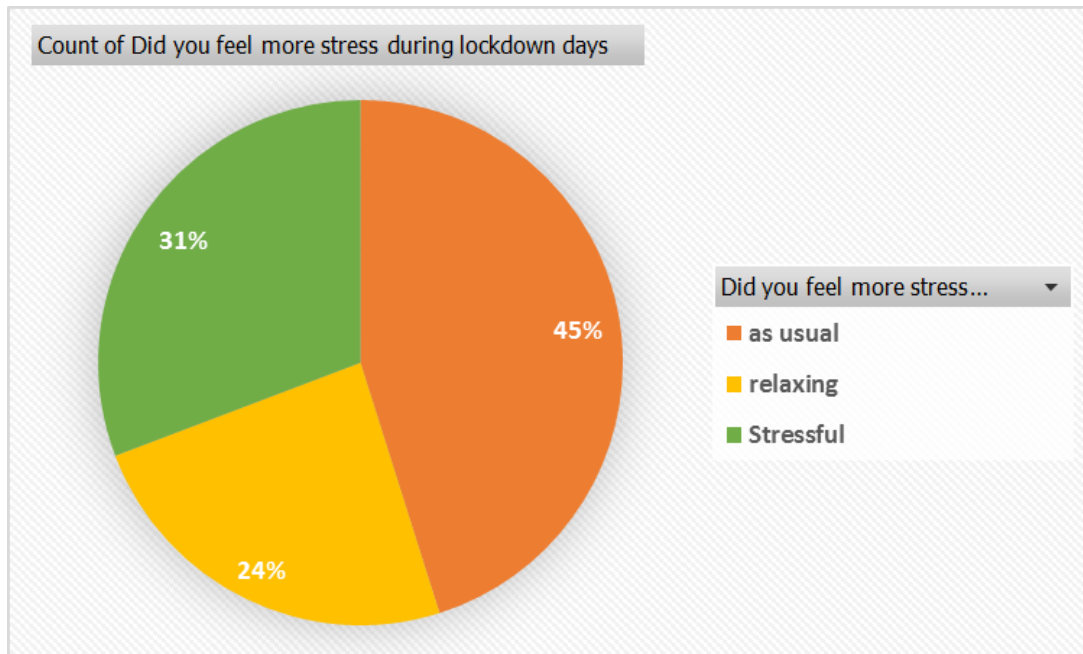


Did you adopt an exclusive diet during lock down?

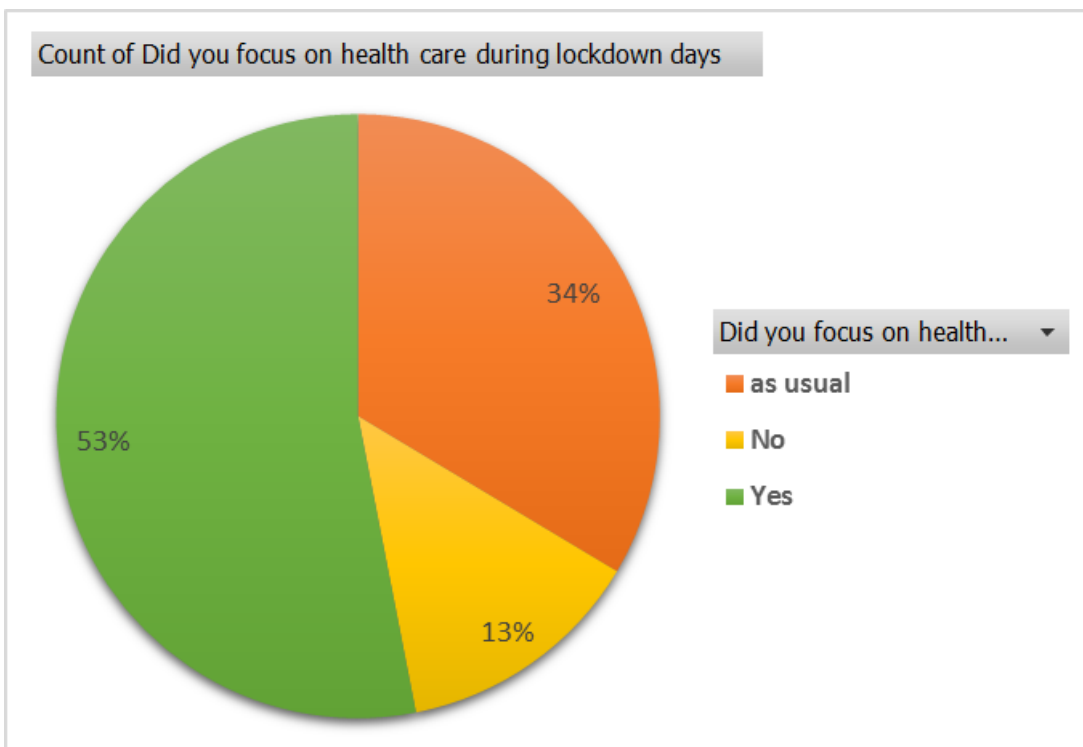


Have felt gain in body weight during lock days?

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

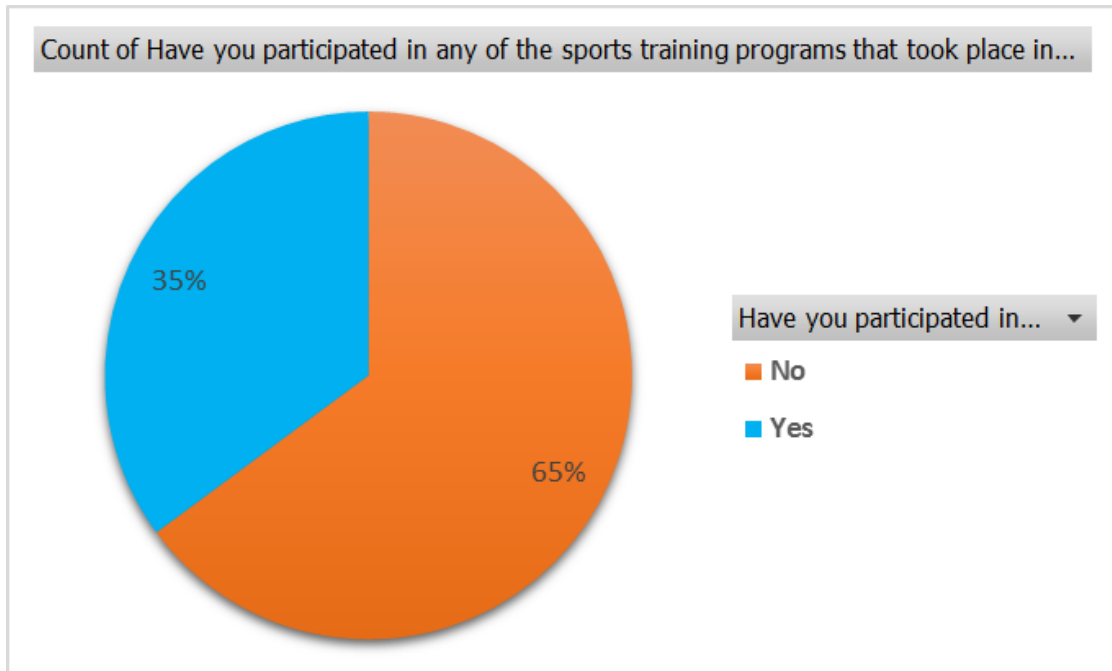


Did you feel more stress during lockdown?

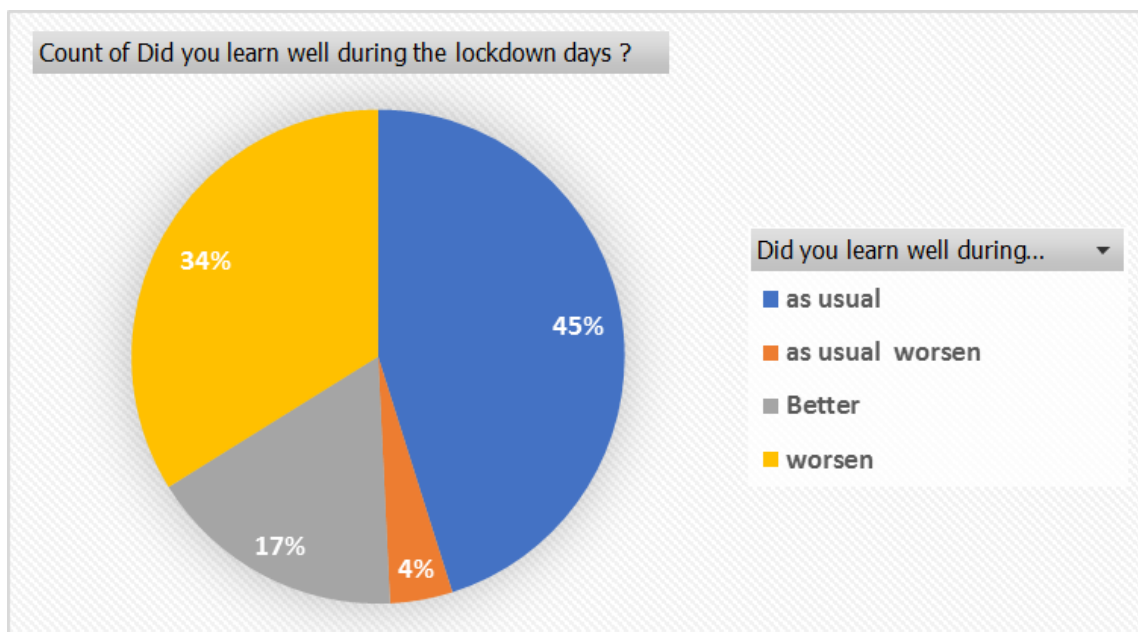


Did you focus on health care during lockdown days?

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA



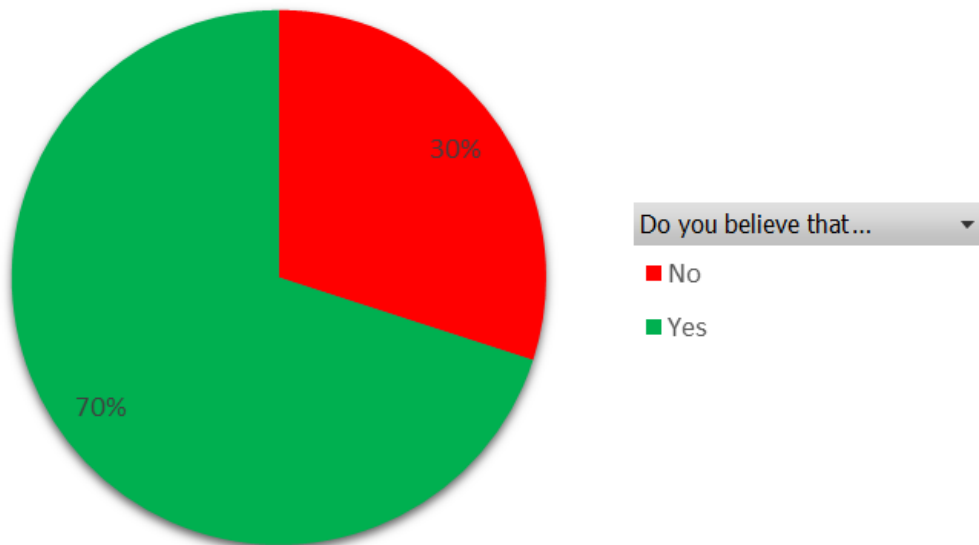
Have you participated in any of the sports training programs that took place in College last year?



How did you learn during lockdown days

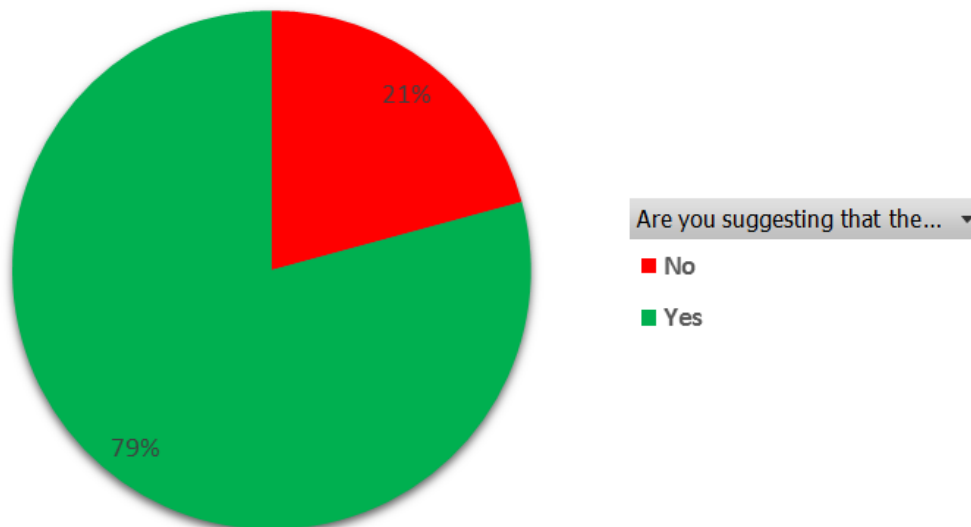
CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

Count of Do you believe that College can do anything to enhance your health & physical...



Our college can do something to improve your health?

Count of Are you suggesting that the college should devise any programs that will enhance your...



Should our college conduct program on health improvement

CHRIST COLLEGE (AUTONOMOUS), IRINJALAKUDA

Survey Outcomes

The present study indicates that 38 % of students gained weight during lockdown. Students are anticipating that Department of Physical Education will conduct programs for the benefit of students. Further it was decided that more health awareness programs to be conducted for students.