

WELLNESS CLUB
KAHM UNITY WOMEN'S COLLEGE, MANJERI
ANNUAL REPORT 2022-2023

Vision of the Wellness Club

To cultivate a community committed to holistic well-being, where individuals thrive physically, mentally, and emotionally. Our vision is to inspire and empower members to adopt healthy lifestyles, fostering a harmonious balance in their lives.

Mission of the Wellness Club

- 1-Promoting Physical Health: Provide resources, activities, and support that encourage regular exercise, proper nutrition, and overall physical well-being.
2. Enhancing Mental Wellness: Foster a supportive environment for mental health through workshops, discussions, and events focused on stress management, mindfulness, and emotional resilience.
3. Building a Sense of Community: Create a strong sense of belonging by organizing social gatherings, team activities, and collaborative initiatives that strengthen interpersonal connections and support networks.
4. Educating on Healthy Habits: Offer informative sessions and workshops to educate members on adopting and sustaining healthy habits in their daily lives, including sleep hygiene, nutrition, and preventive health measures.
5. Environmental Consciousness: Advocate for and implement practices that contribute to a sustainable and eco-friendly lifestyle, recognizing the interconnectedness of personal well-being with the health of the environment.
6. Inclusive Wellness: Ensure that wellness initiatives are inclusive and accessible to all members, respecting diversity in backgrounds, abilities, and perspectives.

Programmes conducted

14-10-2022: Wellness club in associated with Department of psychology celebrate **mental health day**. The program was inaugurated by our honourable principal Dr Baheer Ummathur sir. A mental health awareness talk conducted by Aslam Siddique (clinical psychologist) at the ac seminar hall at 10am. After the session Salima, Nihla, Afla (2nd year degree students) conducted a speech in the college radio. Just after the radio announcement flash mob was led by the students of department of psychology. They had devoted much effort to provide awareness of mental health in the college campus

15-10-2022: The students of sports club and wellness club visited decathlon sports showroom at Calicut. The visit was conducted by sports club in association with wellness club. Total 47 students participated in the program accompanied by seven teaching staff. Students and staff purchased sports goods as per their need.

15-10-2022: The students of sports club and wellness club visited at corporation stadium Calicut to watch the KWL final match. The visit was conducted by sports club in association with wellness club. The match was in between Gokulam Kerala FC and Lords FA. Lords FA won the match and achieved the women title 2022. Total 47 students participated in the program accompanied by seven teaching staff