

**WELLNESS CLUB**  
**KAHM UNITY WOMEN'S COLLEGE, MANJERI**  
**ANNUAL REPORT 2023-2024**

**05-02-2024:** conducted the first meeting of wellness club members on 5<sup>th</sup> February 2024 at indoor stadium. The purpose of the meeting was to elect the office bears of this academic year. Fathima Swohba, Fathima Tinu elected as president and secretary respectively.

**09-02-2024:** conducted a life skill training session for the wellness club members on 9<sup>th</sup> February 2024. The session handled by Mrs Muheena Thasneem, Jeevani counsellor of the college.

**20-03-2024:** The personality development session held on March 20, 2024, was a significant event organized by the Wellness Club in collaboration with the Department of Psychology. The session aimed to enhance personal growth, self-awareness, and interpersonal skills among students. The session handled by Mr Abdul Raoof, consultant psychologist -wellness Clinic Manjeri. The session began with an overview of personality development, emphasizing its importance in personal and professional life. The resource person highlighted various aspects of personality, including traits, attitudes, and behaviour.