

University PG College, OU, Secunderabad

Health & Wellness Club



The Health and Wellness Club is a vibrant community dedicated to nurturing holistic well-being, self-care, and mindfulness. By providing a supportive environment, the club empowers individuals to thrive in body, mind, and spirit. Through a variety of activities, including yoga, meditation, fitness classes, and healthy cooking demonstrations, members can cultivate healthy habits and reduce stress. The club also hosts guest lectures, workshops, and support groups, offering resources and expertise on various wellness topics. By joining the Wellness Club, individuals can connect with like-minded people, develop resilience, and enhance their overall quality of life. With a focus on compassion, self-care, and mindfulness, the Wellness Club is a sanctuary for those seeking balance and well-being in their lives.

Health and Wellness = Physical Health + Mental Health + Emotional Well-being

Objectives

1. Foster physical, mental, and emotional wellness among members.
2. Support members in developing healthy habits and stress management techniques.
3. Provide resources and activities to cultivate mindfulness and inner peace.
4. Organize fitness activities, workshops, and events that promote healthy lifestyles.
5. Create a safe space for discussions, support groups, and resources on mental health topics.
6. Connect members through social events, group activities, and mentorship.
7. Host workshops, lectures, and discussions on various wellness subjects.
8. Foster positive relationships among members through social events and activities.
9. Support members in achieving balance between work, life, and personal responsibilities.
10. Provide resources and opportunities for members to set and achieve personal wellness goals.

Faculty Coordinator

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