



HEALTH AND WELLNESS - SHIFT II CLUB REPORT 2018 - 2019



The Health and Wellness Club is a new club introduced during the academic year 2018-2019. The club aims at improving health and striving towards wellness. The members of the club work on understanding the factors that influence health and promote choices that impact health of people - on campus, in society and to the wider community. Be healthy ourselves so that we are people who really can be *men and women for others*.

There were 70 students from Shift II who registered for The Health and Wellness Club for the academic year 2018-2019. The Club Officer bearers were Mr. Thamizharasan (17-PML-004), Mr. Dinesh S. (17-UBU-116), Mr. Vamsikumar (17-PML-014), Miss. Alphonsa Thomas (17-PML-019) and Miss. Gopika B (17-UFR-077). The Faculty Advisor was Dr. Tanya Pereira, Asst. Professor, Department of Biotechnology.

The Health and Wellness Club of Shift II was inaugurated on 12 September 2018 at L.S. Hall, Loyola College. The Chief Guest was Dr. Sendilnathan, MDS, Oral and Maxillofacial Surgeon Sundaram Medical Foundation, Chennai. His keynote address was on Cancer Awareness. Prof. Mary Jessi Rani, Dean of Women Students, Dr. D. Carol, Former Deputy Dean of Women Students, and Dr. A. Xavier Mahimairaj, the IQAC Coordinator, graced the occasion. Mr. Bennet Roy (17-UBU-114) was awarded a prize for creating the Club Logo. The activities conducted during the academic year 2018-2019 were:

- ✓ 19 September 2018–Exercise through Dance Workshop
- ✓ 21 September 2018 - International Rose Day – Children’s Cancer Hospital, Egmore.
- ✓ 29 September 2018 - World Heart Day - “Walk Chennai Walk”. Members went for a 5 Km marathon at Besant Nagar Beach.
- ✓ 13 October 2018- Breast Cancer Awareness
- ✓ 12 December 2018 - Poster Making - Environment and Health
- ✓ December 2018 - Drug Awareness - the ill-effects of drugs were shared on campus.
- ✓ 19 December 2018 - Christmas Programme - a visit to a Home for the Aged
- ✓ 9 January 2019 - A Seminar on Mental Health by Mental Health First, India.
- ✓ 27 February 2019 – Valedictory Function
- ✓ Other activities were mimes, book review, debates and discussions on healthy choices and attitudes.



The Valedictory function was held on 27 February 2019 at the Zoology Smart Classroom. Rev. Fr. Paul Raj, SDB, Director of Niraivagam was the Chief Guest and Dr. J. M. V. Kalaiarasi, Head-Department of Zoology, was the Guest of Honour. The valedictory address was delivered by Rev. Fr. Paul Raj who summed up the physical, mental and spiritual aspects of a healthy life. Fifteen students were awarded certificates for their outstanding participation. The academic year closed with a survey conducted by Mr. Gobinath M. (17-UHT-208) revealing that students benefited from the activities of the club. We are grateful that it was a successful and healthy academic year 2018-2019.