

ANNUAL REPORT

HEALTH AND WELLNESS CLUB (SHIFT II)

ACADEMIC YEAR 2023 -2024

Club Coordinator (Shift II): Dr. D. Esther Lydia

Activity1: Embark on your wellness journey- Introductory session to Health and wellness club

Activity Date : 12-02-2024

No of Attendees: 31

Venue: CF01, Smart Room, Chemistry

The Health and Wellness Club successfully launched its inaugural event, "Embark on your wellness journey," on February 12, 2024. Members gathered to explore the club's offerings and delve into the realms of holistic health and well-being. The introductory session featured enlightening discussions on various aspects of wellness, including nutrition, exercise, mental health, and stress management. Attendees actively participated in interactive activities aimed at fostering a supportive community committed to personal growth and vitality. Overall, the event marked a promising start for the Health and Wellness Club, setting the stage for future endeavors dedicated to empowering individuals on their journey to optimal health.

Activity 2: Through the Lens- Capturing Health and Wellness Challenges

Activity Date: 13-02-2024

No of Attendees: 37

Venue: Urban community

The Health and Wellness Club organized a captivating event titled "Photography on Health and Wellness Challenges in Chennai" aimed at raising awareness about prevalent health issues in both urban and rural areas. Students were tasked with documenting these challenges through photography, reflecting on their personal connection to the issues. Participants selected locations such as parks, streets, markets, and schools, where health and wellness challenges were prominent. They creatively identified specific issues like pollution, lack of clean water access, unhealthy food options, and mental health stigma, among others. Each student incorporated themselves into the photo to demonstrate empathy and personal connection to the challenge. Following the photo capture, students reflected on their choice, the essence captured in the photo, and envisioned future steps to address or raise awareness about the challenge. During the club meeting, members shared their photos and reflections, sparking meaningful discussions about the creative process and personal insights gained from the assignment.



Student (21-UCO-203) reflecting on misuse of **Over-The Counter Drugs.**



Student (22-UBC-108 and 23-UBU-217) reflecting on **Unhygienic Conditions Of Urban Slum.**



Urban Dilemma: The Thirst for Clean Water Amidst Pollution

23-UPH-220



Confronting Pollution in Recreational Spaces

23-UCO-515

Activity 3: Youth Health Mela 2024

Activity Date : 16-02-2024

No. of Attendees: 44

Venue: Anna Centenary Library, Kotturpuram

The Cancer Institute (WIA) conducted the 7th Youth Health Mela from Feb.15 to 17 at the Anna Centenary Library, Kotturpuram. Conducted in association with HCL Foundation, the Mela consisted of expert talks, competitions, cultural events, and workshops and symposiums. Students enthusiastically participated in the Youth Health Mela 2024, joining the movement towards a healthier tomorrow. Engaging with interactive displays, they gained valuable insights into preventing and managing non-communicable diseases (NCDs). The Youth Mela had community awareness programme with 50 youth health exhibition stalls, where information relating to substance abuse, diet and nutrition, exercise, and environmental and personal hygiene. They actively listened to experts and thought leaders, absorbing knowledge about the significance of physical activity for overall well-being. Through hands-on sessions, students learned practical tips for integrating fitness into their daily lives.

What to expect at YHM 2024?

- ★ Expert Talk
- ★ Traditional Model Food Court
- ★ Exhibition Stalls
- ★ Competitions
- ★ Cultural
- ★ Interactive Workshops
- ★ Symposiums

இளைஞர் நல விழா-2024
"வாழ்க்கையை கொண்டாடுங்கள்"
YOUTH HEALTH MELA-2024
"CELEBRATE LIFE"

Join us for an enlightening journey
focusing on vital aspects of youth health
at
ANNA CENTENARY LIBRARY AUDITORIUM, CHENNAI
15th -17th February 2024, Timing: 09.00 am to 07.00 pm

Theme

- ★ Substance Abuse
- ★ Hygiene
- ★ Diet & Nutrition
- ★ Physical Inactivity
- ★ Environment

Event Secretariat: Cancer Institute (WIA), Adyar, Chennai.

All are invited!
Entry Free!
Participate and be a winner of exciting prize!

"Youth Mela 2024 - Igniting Passion, Empowering Futures!"



Anti-Smoking Campaign



Affirmation Wall



Recognizing the importance of Exercise



Recognizing the importance of Oral Hygiene

Activity 4: Basic First Aid Training

Activity Date : 21-02-2024

No. of Attendees: 44

Venue: JF02, Advance Zoology Smart Room

A comprehensive training session on basic first aid, including cardiopulmonary resuscitation (CPR), was conducted by Mr. Karl Marks, a seasoned trainer from the NGO "ALERT." With years of experience providing emergency care training across various sectors, ALERT has established itself as a reliable source of lifesaving knowledge. During the session, students were equipped with essential skills for administering emergency care, learning about precautions, and understanding the dos and don'ts in critical situations. Mr. Marks ensured an engaging and interactive atmosphere, encouraging active participation from the students. As part of the practical demonstration, students were tasked with performing CPR on a manikin, providing them with hands-on experience and boosting their confidence in emergency response scenarios. Overall, the training proved to be highly informative, empowering students with the knowledge and skills necessary to respond effectively in times of crisis.



LOYOLA COLLEGE (Autonomous)
Chennai-600034

HEALTH AND WELLNESS CLUB
Cordially invites you to the
Awareness Programme on
BASIC FIRST AID TRAINING

Chief Guest
MR. KARL MARKS
Assistant Manager
Training and Public affairs
ALERT NGO
(Amenity Lifeline Emergency
Response Team)

WEDNESDAY
21 FEBRUARY, 2024

SHIFT II - 11AM - 1 PM
SHIFT I - 2 PM - 4 PM

SMART CLASS ROOM
DEPT OF ADVANCED ZOOLOGY



Life Beat: Hands-On CPR Training for Students!



Recovery Position Post Accident



Chain of Survival



Emergency Essentials: First Aid, CPR, and Recovery Position in Focus

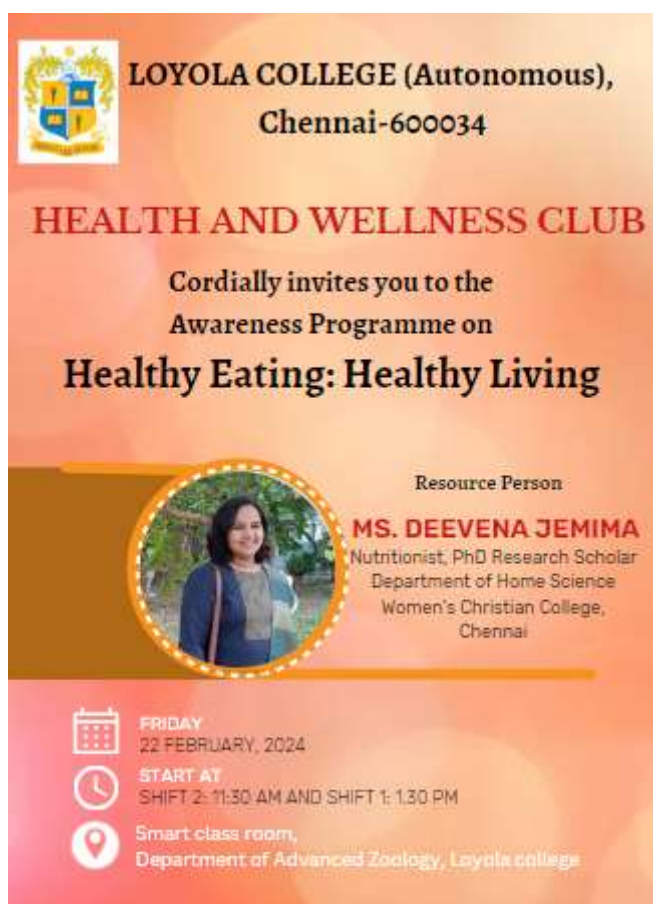
Activity 5: Healthy Eating – Healthy Living


Activity Date: 22.2.2024

No. of Attendees: 41

Venue: JF02, Advance Zoology Smart Room

Ms. Deevana Jemima, a Research Scholar in Nutrition and Dietetics, recently conducted an engaging activity aimed at exploring healthy eating habits among college students. During adolescence, proper nutrition is crucial for supporting growth, development, and overall health. This period of rapid physical and cognitive changes requires adequate intake of essential nutrients such as protein, vitamins, and minerals to meet increased energy demands and support optimal brain function. By emphasizing the importance of balanced nutrition during adolescence, individuals can lay the foundation for lifelong healthy habits and reduce the risk of nutritional deficiencies and associated health issues. The session delved into various topics, including the importance of a balanced diet, strategies for muscle building, and the significance of adopting healthy lifestyle changes. Through interactive discussions and informative presentations, participants gained valuable insights into how dietary choices can impact overall health and well-being. The session concluded with a Kahoot activity, which not only reinforced key concepts but also added an element of fun and competitiveness, encouraging active participation and knowledge retention among the students. Ms. Deevana's initiative provided an invaluable platform for college students to learn about and embrace healthier eating habits, setting them on a path towards lifelong wellness.





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Chennai-600034


HEALTH AND WELLNESS CLUB

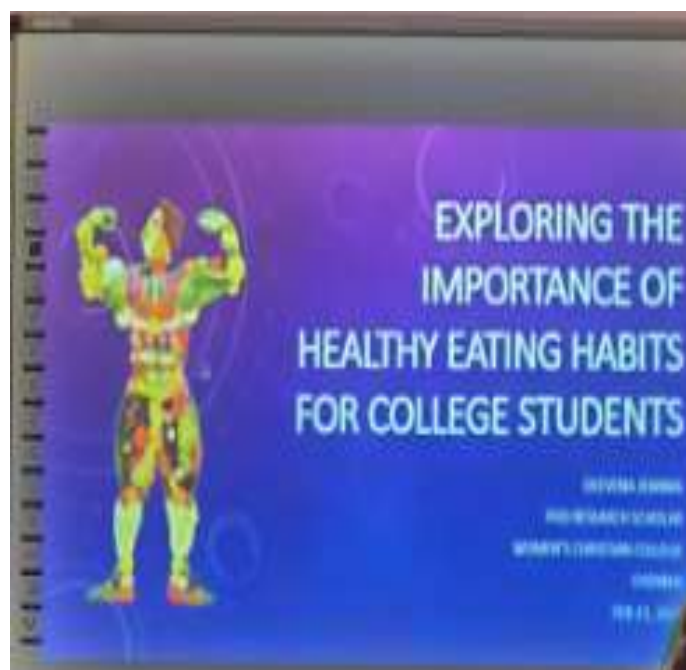
Cordially invites you to the
Awareness Programme on
Healthy Eating: Healthy Living

Resource Person
MS. DEEVANA JEMIMA
Nutritionist, PhD Research Scholar
Department of Home Science
Women's Christian College,
Chennai

 **FRIDAY**
22 FEBRUARY, 2024

 **START AT**
SHIFT 2: 11:30 AM AND SHIFT 1: 1:30 PM

 Smart class room,
Department of Advanced Zoology, Loyola college



Fuel Your Life: A Journey through Healthy Eating



Nourishing Futures: Nutrition Insights for Adolescents

Activity 6: Health Awareness Photobooth Challenge

Activity Date: 04.03. 2024

No. of Attendees: 46

Venue: JF02, Advance Zoology Smart Room

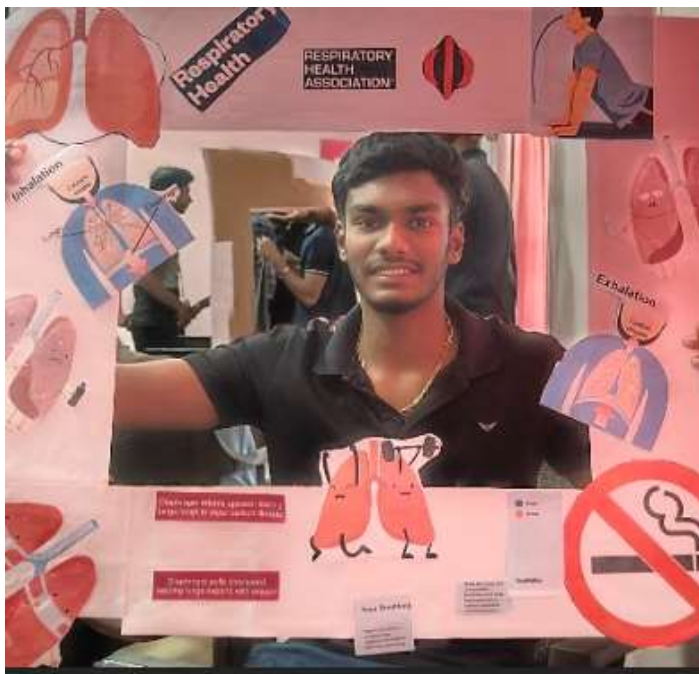
The Health and Wellness Club organized an engaging photobooth activity aimed at raising awareness on various health topics including tobacco prevention, drug abuse awareness, healthy eating, cancer awareness, dental hygiene, rabies, eye health, mental health, heart health, respiratory health, and diseases. Students enthusiastically participated in creating and utilizing the photobooth, which served as a creative platform for promoting health education and advocacy. Each section of the photobooth was meticulously designed to represent different health topics, featuring informative posters and props related to the themes. Throughout the event, students enjoyed capturing moments with friends while engaging with the health-related displays. The photobooth served as an interactive learning environment, prompting students to reflect on the importance of each health topic and its relevance to their daily lives. As they posed for photos, students also had the opportunity to discuss the significance of preventive measures and healthy lifestyle choices in combating various health challenges. The activity encouraged students to take ownership of their health and well-being, fostering a sense of responsibility towards themselves and their communities. Additionally, the photobooth served as a catalyst for open discussions about sensitive health issues, breaking down stigmas and misconceptions surrounding topics such as mental health and substance abuse. Overall, the photobooth activity was a resounding success, effectively blending fun and education to promote holistic wellness among students. By creatively engaging with the diverse range of health topics, students not only enjoyed the experience but also gained valuable insights and inspiration to prioritize their health in the future.



Capturing Drug Awareness Through the Photobooth Lens



Smile and Savor: Exploring Happy Foods Through the Photobooth Lens



Flash Forward: Capturing Smoke-Free Moments in the Photobooth



Muscle Moments: Flexing Strength and Growth in the Photobooth



Peers United Against Tobacco in the Photobooth



Dream Frames: Capturing the Importance of Sleep in the Photobooth



Mindful Moments: Highlighting the Importance of Mental Health in the Photobooth

Activity 7: Sweat it out!

Activity Date: 05.03. 2024

No. of Attendees: 48

Venue: Loyola Dream Team Dance Studio

Students had the opportunity to break a sweat and boost their fitness levels in an invigorating session led by Mr. Lucas, a Bronze medalist in Mr. India competition. The session focused on dynamic ground-based physical activities including planks, squats, jumping exercises, and cardio workouts. Participants engaged in a variety of movements targeting different muscle groups, accompanied by arm and leg rotations to improve flexibility and strength. Under Mr. Lucas's expert guidance, students not only pushed their physical limits but also learned the importance of incorporating diverse exercises into their fitness routines for overall health and well-being. Mr. Lucas's expertise and encouragement motivated students to challenge themselves and strive for their fitness goals. With a blend of intensity and fun, participants experienced the exhilaration of pushing their bodies while gaining valuable insights into the benefits of regular physical activity. Through this interactive session, students learned the importance of discipline, perseverance, and proper technique in achieving optimal fitness levels. Mr. Lucas's passion for fitness inspired a newfound enthusiasm among students to prioritize their health and embrace an active lifestyle.





Elevate & Activate: Student High Jumping for Fitness Program



Core Strength & Squat Power: Mastering Planks and Squats



Health Champions with Memories of Wellness: Group Capture of the Health and Wellness Club