

RISE AND THRIVE
HEALTH AND WELLNESS CLUB
Christ College Umeit



Brief profile

Health and wellness club focused on enhancing the students physical and mental well-being through a variety of workshops and fitness programs. Yoga and meditation sessions were conducted to improve concentration and stress management. Fitness challenge encouraged students to adopt an active lifestyle. Through these initiatives, the club successfully fostered a culture of wellness and health consciousness among students.

Motto

“Healthy Mind, Healthy Body, Healthy Life”

Vision

To build a healthy, active, and emotionally strong student community that values wellness and positive living.

Mission

1. To promote awareness about physical and mental health.
2. To encourage healthy lifestyle practices among students.
3. To provide opportunities for fitness, recreation, and stress management.
4. To create a supportive and inclusive environment for emotional well-being
5. To organize health-related educational and community service activities

Objectives

1. To educate students about the importance of health and wellness.
 2. To encourage regular physical activities and fitness habits.
 3. To promote mental health awareness and stress management techniques.
 4. To develop healthy eating and hygienic practices among students.
 5. To organize health camps, awareness programs, and wellness workshops.
 6. To encourage teamwork, leadership, and social responsibility through club activities.
- To support a positive and healthy campus environment.

Activities of the Club

The club organizes a variety of activities throughout the academic year, such as:

- Yoga and meditation sessions

- Fitness and exercise programs
- Health awareness campaigns
- Mental health and stress management workshops
- Nutrition and healthy eating seminars
- Cleanliness and hygiene campaigns
- Sports and recreational activities
- Celebration of World Health Day and related events
- Counselling and motivational talks

Membership

1. Open to all students interested in health and wellness activities.
2. Students can join the club by registering themselves with the club
3. Every members of the club must actively involve in activities of the club