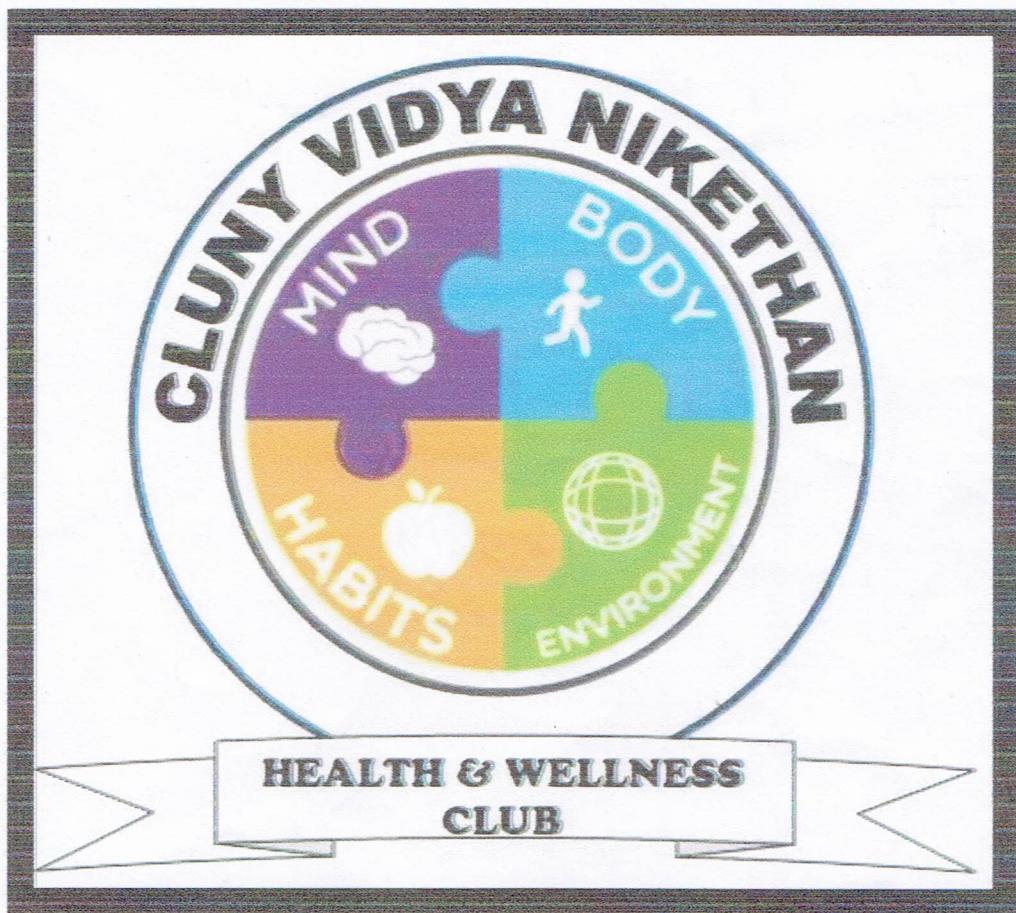


**CLUNY VIDYA NIKETHAN**  
**SENIOR SECONDARY SCHOOL**  
**HEALTH&WELLNESSCLUB**



**THEME OF THE YEAR 2023-**  
**2024 RESILIENCE**

## HEALTH AND WELLNESS CLUB

### MINUTES OF THE MEETING

"Health and Wellness Club" of our school ensures the activities for the students to possess overall health of mental, physical, emotional and social aspects. The club's vision is to develop sensitivity among students in particular and community in general regarding health and nutrition awareness and maintenance of healthy lifestyle.

The lifestyle of this generation has drastically changed. The children volunteered themselves to join the Health and Wellness Club to mean "The best and most efficient pharmacy is within our own system" with the Motto "Good habits and good environment assure sound body and sound mind".

The main objectives of the club are

- To promote and provide awareness about foodsafety.
- To modify the behaviour towards attainment of optimumhealth.
- To accord high priority to social well-being amongpeers.
- To provide counselling for psychological issues of thestudents.

Our school Principal Sister Marie Therese, along with the coordinator Miss. Jayalakshmi and Miss. Nandhini fabricated the unofficial meet on 17th June 2023 , with the enthusiastic club members from grade 6 to 10.

The meet sparked with the prayer by Miss Jayalakshmi and welcome address by Miss Nandini. The enthusiastic participants elected Varshini of grade 10-C, as the secretary. The members interacted on the health issues and well being of themselves, others and society which triggered to be the role models to others in maintaining self-hygiene, sanitation, healthy diet and so on.

The club members planned for the activities of the academic year 2023 -24 . The specs of activities are

Month	Grade	Activities
JULY	7 & 8	Yoga Asanas
AUGUST	9 & 10	Document on ill effects of junk food.
OCTOBER	7 & 8	JAM talk on Drug Abuse
NOVEMBER	9 & 10	PPT on injuries&remedy
DECEMBER	7,8,9 &10	No Flame Cooking
JANUARY	7,8,9 &10	Stamina Check
FEBRUARY		Assembly

The theme for the year 2022-23 is Resilience, which helps us to protect from burnout, <sup>and</sup> anxiety, depression and improves overall health of the individual. As the club members the coordinators ensure to develop the ability to bounce back from Life challenges and unforeseen difficulties providing mental protection from emotional and mental disorders.

Finally the unofficial meeting came to an end with the vote of thanks by the newly elected secretary Varshini of grade 10.

R. Jay.

Signature of the Co-ordinator

R.G. Vassant.

Signature of the Secretary

A. S. Sathyanarayana

Signature of the President

Jasni Reddy

Signature of the Chief Guest