

**HEALTH AND WELLNESS CLUB  
ACTIVITIES  
(2019-2020)**

<b>S.No</b>	<b>Date</b>	<b>Nature of Event</b>	<b>Level</b>	<b>Theme/Topic</b>	<b>Details of Resource Person</b>	<b>Details of Beneficiaries</b>	<b>No. of Beneficiaries</b>
1	17.07.2019	Survey Programme	Collegiate	Skipping Breakfast meals among the Adolescent Girls	-	College Students	125
2	31.01.2020	Special Meeting	Regional	Key to Success	Dr.V.Krithiga Assistant professor Department of Nutrition & Dietetics Vellalar College For Women, Erode	Members of Health and wellness Club	100
3	25.02.2020	Cookery Competition	Intra - collegiate	Recipes Using Millets	-	Members of Health and wellness Club	20
4	12.03.2020	Awareness Programme	Collegiate	Outbreak Of Coronavirus	-	Students and Staff Members of College	600
5	26.04.2020	Webinar : Community Development Programme - IX	State	Physical Fitness and Mental Health	Dr.P.Manju Puspa Assistant Professor Department of Physical Education Bharathiyar University Coimbatore	Community, Students and Staff Members	200
6	27.04.2020	Webinar : Community Development Programme - X	State	Healthy Food Healthy Life	Dr.C.Suseela Former Principal Vellalar College For Women, Erode	Community, Students and Staff Members	200