

**HEALTH AND WELLNESS CLUB
ACTIVITIES
(2020-2021)**

S.No	Date	Nature of Event	Level	Theme/Topic	Details of Resource Person	Details of Beneficiaries	No. of Beneficiaries
1	03.03.2021	Webinar : Guest Lecture	State	Self-Management - Key to success	Dr.Rohini Sharma Consultant Food Technologist, Nutritionist and Life Coach for stress Management, Coimbatore	Members of Health and wellness Club	100
2	20.03.2021	Campaign & Tablet issue	Collegiate	National Deworming Day	-	Students of Vellalar College For Women, Erode	4500