

**HEALTH AND WELLNESS CLUB**  
**ACTIVITIES**  
**(2022-2023)**

S.No	Date	Nature of Event	Level	Theme/Topic	Details of Resource Person	Details of Beneficiaries	No. of Beneficiaries
1	16.09.2022	Deworming Tablet issue	Collegiate	National Deworming Day	-	Students of Vellalar College For Women, Erode	5264
2	11.10.2022	Education with Energy	Collegiate	-	-	Students of Vellalar College For Women	278
3	4.01.2023	Distribution of sanitary napkins	Collegiate	-	-	Students of Vellalar College For Women	3440
4	15.02.2023	Deworming Tablet issue	Collegiate	National Deworming Day	-	Students of Vellalar College For Women	5264
5	09.03.2023	Distribution of sanitary napkins	Collegiate	-	-	Students of Vellalar College For Women	3440