



**M.M.E.S. WOMEN'S ARTS AND SCIENCE COLLEGE,**  
**HAKHEEM NAGAR, MELVISHARAM – 632509**  
**Accredited by NAAC with B+ Grade, CGPA 2.74/4**  
**(Affiliated to Thiruvalluvar University)**  
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## **HEALTH & WELLNESS CLUB ANNUAL REPORT**

**2024 – 2025**

1. On 6<sup>th</sup> August 2024, Health and Wellness Club organised Awareness programme in commemoration of “World Breast Feeding Week”. It is an awareness programme to educate nursing mother about the Importance of Breastfeeding and its advantages to the mother and child, at public health centre, Melvisharam.
2. On 19<sup>th</sup> September Health and Wellness club organized “Awareness Workshop on Women’s Wellness”. The awareness workshop was convened by our chief guest Ms. Uma Maheswari .,D.Pharm ,Proprietarix of Evita Life Science .
3. On 23<sup>rd</sup> September the Health and Wellness club jointly organised Interdepartmental Quiz Competition” in commemoration of “National Nutrition Month 2024.
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5. On 29<sup>th</sup> September Health and Wellness Club and Diet Counselling Cell organised World Heart Day to raise awareness about cardiovascular diseases (CVDs), their prevention, and global impact.
6. On January 18<sup>th</sup> January Health and Wellness Club and IQAC jointly organised “Anaemia and HPV Awareness” Program. The awareness program was convened by our chief guests Dr. Vijaya Rani, President IAP, Vellore, Dr. C.K. Vijayalakshmi, President IMA, Ranipet, Dr. Geetha Lysander, Secretary IMA, Ranipet and Dr. A. Vanathy, Treasurer, IMA, Ranipet
7. On 4<sup>th</sup> February Health and Wellness Club and Diet counseling Cell, organized World Cancer Day Awareness Programme. Poster presentation and power point presentation competitions were conducted for students.
8. On 17<sup>th</sup> February Health and Wellness Club in collaboration with CMC Hospital, Vellore organized Awareness Program on the topic “Healthy Lifestyle for Adolescents. Mrs. Rajalakshmi Health Educator, CMC Hospital, Vellore was the resource person.

9. On 24<sup>th</sup> February Health and Wellness Club in collaboration with CMC Hospital, Vellore organized Awareness Program on the topic “Mental Health” for Adolescents. Ms. Suganya Health Educator, CMC Hospital, Vellore was the resource person.
10. On 3<sup>rd</sup> March Health and Wellness Club in collaboration with CMC Hospital, Vellore organized Awareness Program on the topic “Substance Abuse”. Mrs. Rajalakshmi Health Educator, CMC Hospital, Vellore was the resource person.
11. On 13<sup>th</sup> March Health and Wellness Club in collaboration with CMC Hospital, Vellore organized Awareness Program on the topic “Safety”. Ms. Suganya Health Educator, CMC Hospital, Vellore was the resource person.