



# **S.N.M COLLEGE MALIANKARA**

(Affiliated to Mahatma Gandhi University, Kottayam)

**1. Title of the program :** HEALTH AND WELLNESS PROGRAM

**2. Name of the Coordinator/s :** Dr VC RESMI AND KD VIPIN

**3. Organizing Department/Cell :** NSS UNIT 47

**4. Date :** 26/08/2022

**5. Number of participants:**47

**6. Venue:** Paravoor Vadakekara Service Co-operative Bank

**7. Resource Person/s :** Paravoor circle DYSP Sri K.M Murali

**8. Objective of the Program :** The objective of a health and wellness program is to promote and improve the physical, mental, and emotional well-being of individuals. It aims to educate, encourage healthy behaviors, and provide resources for individuals to achieve and maintain a balanced and healthy lifestyle.

**9. Detailed description of the event:**

SNM College Maliankara NSS unit no 47 NSS volunteers participated in the Vilambara Jatha on August 26 at Paravoor block panchayat during the health and wellness program. The Vilambara Jatha is a cultural procession that aims to promote and spread awareness about various social issues.

It is impressive that the Vilambara Jatha started from Chakkummasheri at 9.00, and the Paravoor circle DYSP Sri K.M Murali flagged off the procession. The flash mob by SNM College students must have been an exciting and energetic performance that added to the vibrancy of the event. It is also great to know that the Vilambara Jatha reached the auditorium of Paravoor Vadakekara Service Co-operative Bank, where the function was inaugurated by Paravoor block panchayat president Smt. Honorable Enakulam District Panchayat vice president Mrs. Shiney George, and it was presided over by Simna Santhosh.

It is commendable that NSS students presented a skit on palliative care, which is an important issue that needs more awareness and attention. It is good to know that there were many

programs presented by different grama panchayats, which showcased the cultural diversity and richness of the area.

**10. Outcome of the event/Evaluation by Program Coordinator:**To improved overall health and well-being of participants, including reduced health risks, increased physical fitness, and enhanced mental and emotional well-being. It also fosters a positive and sustainable lifestyle change, leading to increased productivity, satisfaction, and quality of life.

**12. Photos**



