

The Social Health Club at our institute is a dynamic platform aimed at promoting holistic well-being among students and faculty. Through engaging activities focused on physical fitness, mental wellness, and social connectedness, the club encourages a balanced lifestyle within the academic environment. Regular events like yoga sessions, mental health workshops, fitness challenges, and community outreach programs foster a supportive and inclusive campus culture. The initiative not only builds healthier individuals but also cultivates a sense of belonging and resilience in our academic community.