

**Health and Wellness Club**  
**Department of BBA (Hospital Administration)**

**Objectives**

1. To promote holistic health and well-being among students through awareness of physical, mental, and emotional wellness.
2. To develop preventive healthcare awareness aligned with hospital administration and public health practices.
3. To encourage healthy lifestyle habits including nutrition, fitness, stress management, and work-life balance.
4. To cultivate leadership and teamwork skills through wellness campaigns, health drives, and community outreach programmes.
5. To enhance professional responsibility by sensitizing students to patient wellness, healthcare ethics, and community health needs.
6. To organize health education activities such as workshops, screenings, awareness programmes, and wellness initiatives.
7. To foster a culture of empathy and compassionate care, essential for future healthcare administrators.
8. To support mental health awareness and resilience among students preparing for healthcare professions.