

## **Report on Youth Wellness Campaign**

The Women Welfare Committee of Sardar Patel College, in collaboration with the **Right Side Story Organization**, organized an insightful session on the “**Youth Wellness Campaign**” on **14th October 2025** at the college auditorium.

The primary objective of the campaign was to create awareness among students about the importance of maintaining **physical, mental, and emotional well-being** in today’s fast-paced lifestyle. The session began with a warm welcome address, followed by the introduction of the guest speaker, **Ms. Nandini** from the Right Side Story Organization.

Ms. Nandini delivered an engaging and interactive talk focusing on various aspects of youth wellness, including **stress management, emotional balance, self-confidence, and healthy lifestyle habits**. She also shared practical tips and real-life examples to help students effectively manage academic and personal challenges.

Around **75 students**, along with the **Principal, faculty members, and non-teaching staff**, actively participated in the session. The program created a positive impact by motivating students to prioritize their mental and physical health and to adopt healthy coping strategies.

At the end of the session, **gift hampers were distributed to all the participants**. The event concluded with a vote of thanks by the Women Welfare Committee, expressing sincere gratitude to the speaker and all participants for making the program a great success.

