

# VIVEK EDUCATION SOCIETY'S VIVEK COLLEGE OF COMMERCE

## COMMITTEES – PURPOSE & RESPONSIBILITIES

<b>Health Committee</b>	
<b>PURPOSE OF THE COMMITTEE:</b>	
Social wellness creates a sense of belonging, it can make people happier and physically healthier as well. At College, this can translate into increased motivation, productivity, and collaboration.	
<b>RESPONSIBILITIES OF THE COMMITTEE:</b>	
	Offer wellness workshops.
	Offer mental health days.
	Offer nutrition programs.
	Offer on-site yoga and meditation classes.
	Environmental wellness is being aware of nature, our environment, and our immediate surroundings.
	Build a library of resources on wellness.

### Health Committee Members

Prof. Malathi Iyer

Prof. Anupama Bali

Prof. Murugesh Chandran

Prof. Jennifer Marfatia