

Scheme for Wellness Programmes

1. Title of the Programme

Holistic Wellness and Well-being Programme

Theme: *Promoting Physical, Mental, Emotional, and Social Well-being*

2. Background and Rationale

Wellness is essential for a healthy and productive life. Many individuals face stress, unhealthy lifestyles, and lack of awareness about preventive health. Wellness programmes promote healthy habits, mental well-being, emotional balance, and social harmony, helping individuals lead balanced and fulfilling lives.

3. Objectives

- To promote physical and mental well-being
 - To encourage healthy lifestyle practices
 - To reduce stress and improve emotional health
 - To increase awareness about preventive healthcare
 - To improve overall quality of life
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4. Target Group

- Students and youth
 - Teachers and staff
 - Community members
 - Employees and volunteers
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5. Programme Duration and Location

- Duration: Continuous programme
 - Frequency: Monthly or weekly activities
 - Location: Schools, community centers, workplaces, or halls
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6. Key Components of the Programme

A. Physical Wellness

- Exercise sessions (walking, yoga, sports)
- Fitness awareness programmes
- Healthy lifestyle promotion

B. Mental Wellness

- Stress management workshops
- Counseling sessions
- Relaxation techniques

C. Emotional Wellness

- Emotional awareness sessions
- Peer support groups
- Motivation programmes

D. Social Wellness

- Group activities and team building
- Community engagement activities
- Social interaction programmes

E. Health Awareness

- Health check-up camps
- Nutrition awareness
- Preventive healthcare education

7. Programme Activities Schedule

Activity	Frequency
Yoga and exercise sessions	Weekly
Wellness workshops	Monthly
Health check-up camps	Quarterly
Counseling sessions	Monthly
Awareness programmes	Quarterly

8. Implementation Plan

Phase	Activity	Timeline
Phase 1	Needs assessment	Month 1
Phase 2	Programme planning	Month 1
Phase 3	Awareness and training	Month 2 onwards
Phase 4	Wellness activities	Ongoing
Phase 5	Monitoring and evaluation	Continuous

9. Roles and Responsibilities

Programme Coordinator

- Overall programme management

Wellness Trainers

- Conduct fitness and wellness sessions

Counselors

- Provide emotional and mental support

Volunteers

- Support programme activities

Community Leaders / School Administration

- Provide facilities and coordination
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10. Resources Required

- Training materials
 - Fitness equipment
 - Space for activities
 - Health professionals and trainers
 - Awareness materials
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11. Budget

Item	Estimated Cost (₹)
Trainers honorarium	1,000
Health camps	1,000
Equipment	1,000
Awareness materials	1,000
Miscellaneous	1,000
Total	5,000

12. Monitoring and Evaluation

- Participation records
 - Health improvement indicators
 - Feedback from participants
 - Programme review meetings
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13. Expected Outcomes

- Improved physical and mental health
 - Reduced stress and anxiety
 - Increased awareness of healthy lifestyle
 - Improved productivity and well-being
 - Stronger and healthier community
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14. Sustainability Plan

- Regular wellness sessions
 - Community participation
 - Volunteer involvement
 - Linkage with national wellness initiatives like Fit India Movement
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15. Conclusion

Wellness programmes promote holistic development and improve physical, mental, emotional, and social well-being. These initiatives help individuals live healthier, happier, and more productive lives.