

Best Practice: Well for Life

1. Title of the Practice: Well for Life Program

2. Objectives of the Practice:

The human body is made to move. The exercise aims to keep pupils' mental and physical activity levels up.

3. The Context:

Healthy persons frequently avoid mental diseases like depression and anxiety. They are better able to handle discomfort and have reduced stress levels.

4. The Practice:

In August and September 2023, the SSSS/SCHC will arrange the Well for Life Program for the cohort 2023–25. Numerous curriculum-related activities are provided, such as Zumba, Yoga, fitness (relays), aerobics, meditation, circuit training, etc. Exercise increases cardiovascular system strength and efficiency, allowing more nutrients and oxygen to reach the muscles.

5. Evidence of Success:

The Symbiosis School of Sports Sciences (SSSS) hosted the Well for Life Program in August and September, and 246 IB, AB, and EE students participated. According to the participants' positive feedback, students enjoy this program.

6. Problems:

Students' attendance is sometimes an issue in classes between 7:00 and 8:00 a.m.

7. Notes:

SIIB has introduced the Well for Life program as a credit course from Batch 2019-21.

