

### Health and Wellness Committee

Name	Designation
Ms Bharathi Lakshmi	Principal
Ms Ani Ann Mathew	IQAC Head
Ms Christilda	Psychology Educator
Ms Sangeetha P	Nurse
Mr Thirukumaran	PE Educator
Ms Karthiga	Biology Educator
Ms Bhavitha	Student Council Member

#### Responsibilities

- To promote and support the physical, mental, and social well-being of students and staff, fostering a healthy school environment and encouraging lifelong healthy behaviors.
- To educate students and staff about healthy eating, physical activity, and stress management and encourage positive habits that can be maintained throughout life.
- To ensure the school environment is safe, clean, and conducive to learning and well-being, addressing issues like bullying, substance abuse, and mental health concerns.

  
**Ms. BHARATHI LAKSHMI**  
*Principal*