



RECREATIONAL ACTIVITIES & SCIENTIFIC ASSESSMENT

Organized By - **Wellness Lab**

Department of Physical Education and Sport Science, Visva-Bharati

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Visit our website

<https://sites.google.com/visva-bharati.ac.in/wellnesslabvb/home>



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WELLNESS LAB

Department of Physical Education & Sport Science

(Vinaya Bhavana, Visva-Bharati)

In the contemporary academic environment, wellness is no longer confined to physical fitness alone; it encompasses physical health, mental resilience, emotional balance, social harmony, and spiritual awareness. Educational institutions today face increasing challenges related to stress, sedentary lifestyles, lifestyle disorders, and declining physical activity levels among students, Faculty and staff. Therefore, a structured and inclusive platform dedicated to holistic well-being is essential. The Wellness Lab aims to promote research, training, education, and the structured practice of holistic well-being among students, faculty and staff through the scientific integration of physical education, sport sciences, yoga, and lifestyle management to improve the overall quality of life.

Objectives

Promote Holistic Health and Well-being

To enhance physical fitness, mental clarity, emotional stability, and social connectedness among students and staff.

Encourage Active and Healthy Lifestyle Practices

To reduce sedentary behavior and promote regular physical activity through structured programs in sports, exercise, and yoga.

Integrate Scientific Fitness Assessment and Monitoring

To conduct systematic fitness evaluations and provide individualized guidance for health and performance improvement.

Strengthen Mind-Body Balance

To incorporate yoga, pranayama, meditation, and relaxation techniques for stress management and psychological resilience.

Support Preventive and Lifestyle Health Education

To organize workshops and awareness programs on nutrition, posture, injury prevention, sleep hygiene, and overall wellness.

Foster Community Well-being

To build a supportive and collaborative wellness culture within the institution that promotes teamwork, empathy, and shared growth.

Encourage Research and Innovation in Wellness Sciences

To undertake research initiatives in physical education, sports science, yoga studies, and holistic health practices.

Teachers Mentor

Dr. Mahesh Sawata Khetmalis (Co-ordinator)

Prof. Gopal Chandra Saha

Dr. Viswanath Sundar

Students Office Bearers

President

Mr. Dibyendu Roy

Vice-President

Ms. Amina Khatun

Secretary

Mr. Aritra Pal

Mr. Rakesh Rajak

Mr. Amrit Mondal

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Mr. Abul Hasan

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Mr. Sahinur Khan

Mr. Saikat Pal & Mr. Surya Bagdi


Wellness Lab
Coordinator


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