

HEALTH AND MIND CLUB

9 OCTOBER



TURN UP AND PLAY



STUDENT VOLUNTEERS ORGANIZED GAMES LIKE HOOPSTACLE, GRATITUDE RELAY, AND SPORTS CHARADES TO PROMOTE MOVEMENT FOR MENTAL HEALTH.



THE EVENT HIGHLIGHTED HOW PHYSICAL ACTIVITY, IN ANY FORM, SUPPORTS BOTH PHYSICAL AND MENTAL WELL-BEING, FOSTERING COMMUNITY AND RESILIENCE

