



SAGSC HEALTH & WELL-BEING CLUB

Inspire healthy mind and body

Brief reflection

Our club started in August, 2026. Our goal is to help children grow mentally and physically so they can lead a better life and make positive contributions at school, in college, and in their families and motivate them to be a leader. We have set several goals, focusing on mental health, physical fitness, and building positive communication skills.

Through the club, children will learn to recognize their abilities. This will help them build a confident, healthy, and balanced life.

We will **Learn**, **Care** and **Grow** together.



Club moderator



Sharmin Akter
Moderator, SAGCHW Club

Our **Health and Well-being Club** focuses on both the mind and the body, because they are deeply connected. We promote physical health through by educating about primary treatment, fitness, healthy habits, and disease prevention, while also helping students manage their stress, anxiety, burnout, and other mental health challenges. We also work on communication skills, positivity, and overall personal development. Our goal is to help students stay healthy, confident, and balanced so they can reach their full potential and achieve their goals.

Other teachers of Club



Farzana Hassan
Assistant professor
Department of Biology



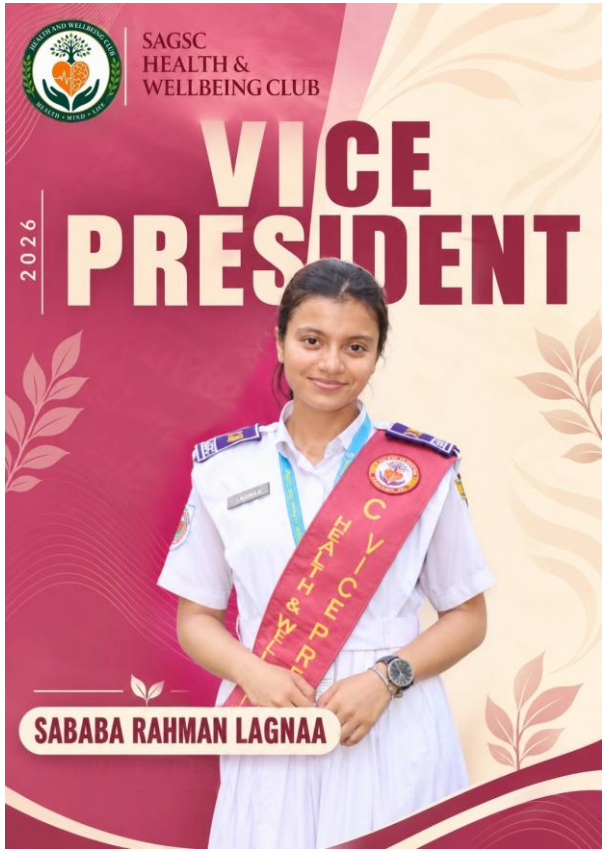
Morsheda akter Liza
Lecturer
Department of Psychology



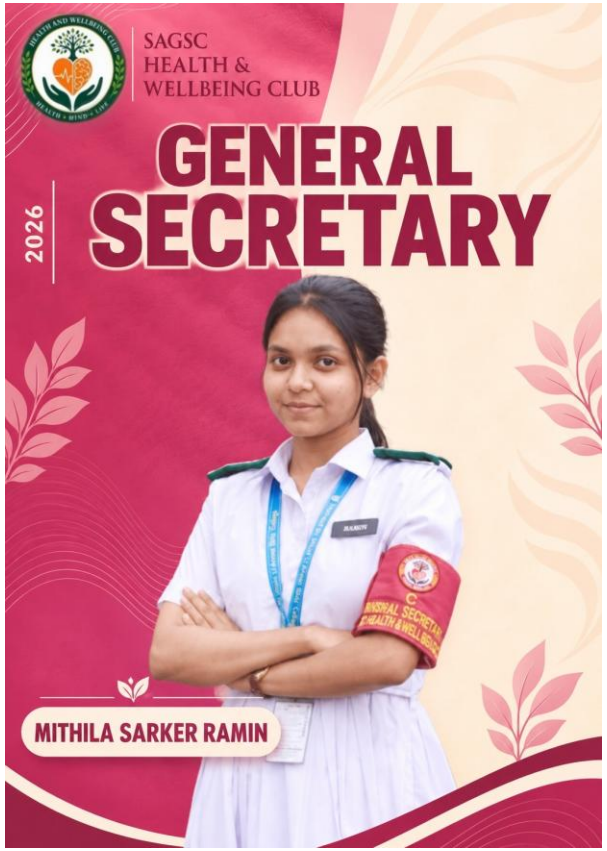
Reshma Khanam
Medical officer

Panel members





Panel members…





Panel members…





Shaheed Bir. Uttam Lt. Anwar Girls' college
Panel Members

Serial	Rank	Name	Roll	Section	House
1	President	Sumaya Tushi	1481	Theta	R.B
2	Vice-president	Sababa Rahman	3113	Shuktara	SNM
3	General Secretary	Mithila Sarker	3115	Shuktara	N.F
4	OS Mental Health	Atika Ibnath	3152	Shuktara	SNM
5	OS Physical Health	Taieba Ibnat	1428	Theta	SNM
6	OS Media & Publicity	Nabiha Tahsin	1498	Theta	B.R

Serial no	Topics (For students) Mental health	Physical health
1	Club introduction Anxiety& depression measurement	
2	Stress & exam management	Hydration & Specialized care
3	Incidental occasion	Menstrual health , hygiene and it’s importance
4	Mobile phone use and impact	Diet, Nutrition & Lifestyle
5	Good behavior and courtesy	Safety & First Aid Care
6	Healthy lifestyle and self-care	Seasonal Illness Prevention
7	Good touch and bad touch	CPR
8	Prevention of drug and smoking	Physical health
9	Religious values and practices	
10	Respectful attitude and behavior (Bullying)	
11	Non-violent communication	

Serial no	Topics (For parents)
1	Parenting style & child management
2	Punishment and reward for children
3	Managing healthy relation with students

Serial no	Topics (For teachers)
1	Empathetic behavior with students
2	Rapport building with students
3	Practice moral and ethical values

Future program planning

- 29th October, Competition with 3 segments in order to celebrate “World mental health day”
- Program on “Good touch, bad touch” for class 1-3, by Rotary club, Dhaka.

Club Day







Club activity

3th September, 2026

Topic: Suicide prevention

Present students: 50

Thank you