

Best Practice 2: Well for Life

1. Title of the Practice: Well for Life Programme

2. Objectives of the Practice:

Almost every individual in this world is well aware of the fact that exercise is significant in daily life. However, there are many people who do not have an exact idea about what exercise can actually do for them. The human body is designed and has evolved to be active on a regular basis. It is designed to move and if people do not remain active for a very long time, they are likely to develop a number of health problems. The primary objective of the practice is to keep students physically and mentally fit.

3. The Context:

The Well for Life Program is initiated keeping in mind that good health is very important for an individual because a person who is in good health serves as an inspiration for the others and is always the best choice for all forms of strenuous physical and mental activities. Healthy people are able to sleep better and this further helps them in improving their overall wellness while reducing stress. Healthy people are always in good mood and this gives them an improved sense of well-being. They always feel more relaxed and better than the ones who are not in possession of good health. Healthy people always tend to stay away from mental illnesses such as depression and anxiety. This is because they have reduced stress levels and they are very good at coping up with frustration

4. The Practice:

Well for Life Programme being organized for batch 2020-22 by SSSS/SCHC during January to March 2021. The program consists of various activities like Zumba, Yoga, Fitness (Relays), Aerobics, Meditation, Circuit Training, etc. There are a number of benefits of daily exercise and fitness maintenance and they are as follows:

Helps in Increasing Energy Levels

Exercise helps in improving the efficiency and the strength of the cardiovascular systems which enables an individual in getting more nutrients and oxygen to the muscles. This enables students to have extra energy for enjoying fun stuff in their lives.



Helps in Improving Muscle Strength

If students stay active and keep their joints, tendons, ligaments and muscles flexible, it allows them to avoid injuries and in moving more easily. Strong ligaments and joints help in reducing the chances of lower back and joint pain in students which further helps in improving their performance at school.

Helps in Maintaining Healthy Weight

Students who are a little obese and are unable to concentrate on their studies because of constant hunger and craving for food should always try and exercise on a regular basis. This is because exercise helps in maintaining healthy weight which improves the overall well-being of a student. So we have introduced well for life program for batch 2018-20 for all programs.

5. Evidence of Success:

236 Students of batch 2020-22 from IB, AB & EE attended Well for Life Program @ Symbiosis School of Sports Sciences (SSSS) during January to March. This program is also well received by students which can be seen through feedback of the program given by participated students.

6. Problems:

Sometimes students' attendance is issue in case of class scheduled between 7:00 to 8:00 am.

7. Notes:

SIIB has introduced well for life programme as a credit course from Batch 2019-21.





Screenshot of online session by the Ms Beulah Koulage, Assistant Director Physical Education and Sports.

