



Good Health and Well being

Physical Well being

- Healthy Lifestyle
- Medical Camps
- Responsible Consumerism

Social /Mental Well being

- Electronic Detox
- Staff Training
- Counselling

Spiritual Well being

- Meditation/Yoga
- Mind fullness

Environmental Well being

- Care Of Our Common Home

ACTION PLANS

Be Aware and Raise Awareness-All Stake Holders

JPIC 7th GENERAL MEET

FOSTERING INCLUSIVITY

16TH -18TH JANUARY 2025

We IBVM/CJ JPIC SOUTH ASIA

Declare

Good Health and Well being

as our main goal for 3 years (2025-2028)

Without compromising the other goals

Water Management, Gender Equality,

Elimination of Child Labour and Green

Campus

