

Recreation and Wellness Committee Meeting Minutes November 12, 2024

I. CALL TO ORDER



For the second project, **G. Villegas** mentions assisting with Title IX presentations in GS (freshman introductory) classes, focusing on improving the presentation materials. **G. Villegas** also highlights the annual "Fall Out of Stress" event during finals week, designed to help students de-stress with activities like coloring and games. Scheduled for December 3rd, 1-4 PM, this event will feature the head librarian, who is looking for student volunteers, though participation is flexible. Another opportunity involves the Student Health and Counseling Committee, which seeks additional student members to provide input on health services. The next committee meeting is set for November 21st and is open to volunteers. **G. Villegas** introduces the idea of seasonal Wellness Kits, intended to support students as



the winter months. **G. Villegas** suggests an alternative approach to distributing the Wellness Kits by using bingo cards. Instead of simply giving away the kits at the table, students would need to visit different departments to collect stamps on their bingo cards. Once they complete the card, they could redeem it for a Wellness Kit at the ASI office or during a tabling event. This approach would encourage students to engage with various departments on campus while also adding an element of fun and incentive to the distribution process. **N. Desale** raises a concern about the bingo card idea, noting that it might take too much time for students to complete, leading some to give up before finishing. As an alternative, **N. Desale** suggests organizing a quick game at the tabling event. Students who complete the game could then receive a Wellness Kit, offering a more immediate and engaging way to distribute the kits. **S. Jain** suggests conducting Hula hoop task where one should loop for a minute in order to secure the wellness kit. **G. Villegas** commends the idea. **N. Desale** proposes incorporating a simple, interactive game involving a bowl filled with chits, each containing a different task or challenge. Students could pick a chit and complete the task to earn a Wellness Kit. **S. Annapureddy** suggests incorporating physical activities, such as squats or a skipping exercise, as part of the game or challenge to earn a Wellness Kit. **G. Villegas** suggests that a good time to distribute the bingo cards would be during events when multiple organizations are tabling, such as during "U hours." This timing would allow students to complete their bingo cards in one go by visiting several tables at once. **G. Villegas** notes she will check on the dates when other organizations are tabling alongside ASI, or alternatively, asks if the team prefers to proceed with the bingo card idea regardless of other organizations' schedules. **N. Desale** points out that the Business Analytics department is organizing an event on the 16th and 17th of November, with activities held in CORE on the first day and in VBT on the second. Since these events will draw an audience, **N. Desale** suggests considering them as potential opportunities for outreach, though notes uncertainty about how to best approach the setting for Wellness Kit distribution or engagement. **N. Desale** shares that the upcoming Datathon event has a sustainability theme and plans to give plants as giveaways, aligning with nature-focused values.

16:39

B. DISCUSSION ITEM - Wellness Week

The RAW Committee Members will discuss ideas for Wellness Week.

G. Villegas outlines plans for a Wellness Week tentatively scheduled from February 5-8, during the spring semester, with events running from 12:00 to 1:30 PM each day. Since many organizations table at the start of the semester, **G. Villegas** notes the schedule may need adjustment to avoid conflicts.



G. Villegas



Speed Friending with Doughnuts activity, designed to help students meet new people in a fun and casual setting. This event included a mandatory 10–15-minute meditation session for all participants, aiming to promote mindfulness and relaxation. Both events highlighted the importance of incorporating meditation into daily routines as part of overall wellness. **G. Villegas** suggests that the Japanese garden next to the Arts and Education building could be



semester who may not be accustomed to the changing weather conditions. She suggests that there should be a session or resource dedicated to helping these students understand how the local climate might affect their health, especially when experiencing new symptoms. **N. Desale** proposes including information on specific diseases or symptoms that are common in the area due to seasonal changes and providing guidance on how to manage them. She also emphasizes the importance of informing students about where they can seek help, such as counseling services, without overwhelming them with too much information, keeping it concise and accessible. **P. Ayyagari** mentions that the counseling center is offering flu shots and has already started promoting them, even setting up tabling events where students can walk up and receive the shot without needing an appointment. **N. Desale** responds by sharing that, although flu shots are being offered, she was unsure whether it was safe or appropriate for her to get one, indicating that there might be some confusion or lack of clarity in the messaging around the flu shots. She points out that this misunderstanding might be due to how the information is being communicated, particularly through social media, and suggests that clearer communication could help students make more informed decisions about getting the flu shot. **G. Villegas** provides a recap of the upcoming events and collaborations for the Wellness Week, including plans with various student organizations and services. For the H.O.P.E. Pantry, the group is considering a "build your own" food station, such as making salad or sandwiches. They aim to finalize the details at the next meeting. For the Student Health and Counseling Center, several ideas are being explored, including promoting STD testing services, hosting a Naloxone workshop, giving away condoms through a game, and possibly offering CPR training. **N. Desale** also suggested providing information about seasonal health issues and related symptoms, especially for international students, to make the experience more interactive rather than just a seminar. Additionally, flu shots are being promoted, and the group plans to offer clearer information on their safety. The Recreation and Wellness Center collaboration includes a Wellness walk on the hill for students to join, while the Sky Meditation Club could lead sessions in the Japanese garden, weather permitting, with giveaways like resistance bands and aroma-scented candles. The group wraps up by confirming the plans and inviting any other suggestions.

C. DISCUSSION ITEM - Wellness Kits

The RAW Committee Members will brainstorm items to put into the Wellness Kit.

35:50

VIII. SPECIAL REPORTS

No special reports.



35:52

IX. ROUND TABLE REMARKS


G. Villegas asks if everyone would be available for bi-weekly meetings every Wednesday from 3:30 to 4:30 though times is tentative, she mentions that the next meeting could be on November 27th, 2024. G. Villegas shares updates on volunteer opportunities, mentioning that for the "Pause for Paws" event, it will be held this Thursday, November 14th, from 10:00 AM to 1:00 PM. Additionally, there's a volunteer opportunity on December 3rd, Tuesday, from 1:00 to 4:00 PM at the CORE. He also mentions that he will update everyone on the exact timing later.

X. ADJOURNMENT at **1:11 PM**

Minutes reviewed by:

Director, Wellness & Recreation:

Germione Yllyandra Faith Villegas


Germione Villegas (Feb 26, 2025 10:38 PST)

Minutes approved on

02/12/2025

Date:

