

## HEALTH CLUB

### SOP FOR 2017-18

The club's vision is to develop sensitivity among students in particular and the community in general regarding health and nutrition, awareness and maintenance of a healthy life style. The main responsibility of the Health Club is to take the initiative in creating awareness among the people regarding the major health hazards, the courses of many of the fatal diseases and their preventive measures. The members of this club organize cleaning campaigns, conduct informative classes for orphanages, Old Age Homes and remote villages are visited.

The college health club is a vehicle that empowers students to play an active role in deciding and implementing issues related to their health when they are in college and at home. The Club also affords the students and faculties the opportunity to become 'Agents of Change' who carry home and translate into action healthy habits and information they learn at health club and in this way influence their sibling, parents and friends.

#### **The objectives of the Health club are:**

1. To create awareness about the health status of staff and students in the campus.
2. To provide counseling for the various health problems of the respondents by a team of doctors.
3. To promote awareness about food safety.
4. To promote hygienic lifestyles.
5. To encourage outreach programs
6. Development of healthy attitudes and healthy behaviors by students

For the academic year 2017-18, the health club will conduct the following activities -

(i) Campaign on "healthy eating habits" at schools- 20/9/2017

(ii) Drive on "Tobacco ill effects"- 16/10/2017

(iii) Mega health camp- 6/12/2017

(iv) Blood donation camp- 28/2/2018

(v) World water day - 24/4/2018

(vi) Health camp - 26/4/2018

(vii) International day of yoga - 21/6/2018

Convener



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