



HEALTH CLUB

SOP FOR 2022-23

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 health and hygiene.
2. To promote awareness about food safety.
3. To promote hygienic lifestyles.
4. To encourage outreach programs
5. Development of healthy attitudes and healthy behaviors by students

For the academic year 2022-23, the health club will conduct the following activities -

- (i) International Yoga Day - 21/6/2023
- (ii) Yoga Day for Women - 21/6/2023
- (iii) Millets food walk - 8/6/2023
- (iv) Millets awareness - 14/7/2023
- (v) Millets awareness to school children - 27/11/2023
- (vi) Blood Donation Camp - 17/9/2022
- (vii) Swachh Bharath Abhiyan - October 1st week 2022


Convener


Principal
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