



ANNAMMAL COLLEGE
OF EDUCATION FOR WOMEN

Health Club

The health club of Annammal College of Education for Women creates awareness on various aspects such as communicable diseases, non-communicable diseases, personal hygiene, food safety & yoga and meditation. This serves as a platform to students and faculty members to get involved in practices leading to a healthy life.

Objectives:

- To promote the importance and significance of individual, family and community health
- To state the qualities of a healthy person
- To describe the different nutrients and their functions in human body
- To explain the meaning of safety education
- To create awareness about yoga and physical education among students and future teachers

Activities

- Conducting seminars and guest lectures on health related themes
- Organizing practical yoga and physical education sessions
- Motivating the students to understand the need for physical and mental health through group discussions
- Creating awareness programs about women hygiene and reproductive health

Coordinators : **Mrs. A. Nagalakshmi**, Director of physical Education.

Student Representatives : **Maria Hannah**, B.Ed. First Year