



# ANNAMMAL COLLEGE OF EDUCATION FOR WOMEN

Accredited by NAAC (III Cycle) with A++ (CGPA: 3.61)  
Tiruchendur Road, Thoothukudi - 628003



## HEALTH CLUB

The Health Club of Annammal College of Education for Women promotes awareness of various health-related issues, including communicable and non-communicable diseases, personal hygiene, food safety, yoga, and meditation. It serves as a valuable platform for students and faculty members to actively participate in activities to maintain a healthy and balanced lifestyle.



### Objectives

- To create awareness about the importance of individual, family, and community health
- To help the students to understand the characteristics of a healthy person
- To provide knowledge about different nutrients and their functions in the human body
- To gain knowledge about the concept and importance of safety education
- To raise awareness about yoga and physical education among students and future teachers

### Activities

- Conducting seminars and guest lectures on health-related topics
- Organizing practical sessions on yoga and physical education
- Motivating students to understand the importance of physical and mental health through group discussions
- Creating awareness programmes on women's hygiene and reproductive health

### COORDINATORS:

- Mrs. K. C. Shunmugapriya,  
Assistant Professor of Education
- Mrs. R. Ponselvi,  
Librarian