



ST. JOSEPH'S COLLEGE FOR WOMEN

Kangayam Road, Tirupur - 641 604.

Affiliated to Bharathiar University, Accredited with Grade "B+" by NAAC

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Health and Hygiene Policy

Aim:

To promote awareness of both physical and mental health and nutrition, personal hygiene and the preservation of a healthy lifestyle among students, faculty and the community at large

Objectives:


- To promote health and hygiene practices.
- To make the students understand the need to appreciate the relationship between diet and growth, between exercise and wellbeing and between personal hygiene and disease.

Practices:

- Seminars on health and hygiene, Awareness programmes and medical checkup camps, Workshop on physical fitness and healthy habits, Debates, Discussions and poster-making on topics pertaining to health and environment are organized.
- World Health Day, World Heart Day, World Antibiotic Awareness Week, World AIDS Day, World Cancer Day and other health related days are celebrated.
- Awareness on Yoga is imparted to the students and faculty.
- Mental health is taken care of by qualified professionals.


PRINCIPAL
ST JOSEPH'S COLLEGE FOR WOMEN
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