

## **Health Care Club**

"Fit India Movement" Programme was launched in August 2019 by our Honourable Prime Minister Shri Narendra Modi, insisting on creating a healthy nation. But, respected Chairperson Dr. Nandini Rangasamy, of our College launched the programme "Fitness Theeran " through Health Care Club in 2013 to promote a healthy campus. "Intelligence and skill can only function at the peak of their capacity, when the body is healthy and strong". If people do not make time for fitness, then they will be forced to make time for illness. The healthcare club aspires to provide overall health care and health education to all students. This Club is committed to fostering a well-rounded and vibrant learning community that priorities overall health. The club's mission is to improve the overall health and wellness now and in the future through variety of programmes and activities. THEERAN CHINNAMALAI COLLEGE OF ARTS AND SCIENCE FOR WOMEN's Health Care Club exemplifies the phrase "Healthy women beget healthy society".