



आईएफटीएम विश्वविद्यालय, मुरादाबाद, उत्तर प्रदेश
IFTM University, Moradabad, Uttar Pradesh
NAAC ACCREDITED

Girls' Health Club



IFTM UNIVERSITY

NH-24, Lodhipur Rajput, Delhi Road, Moradabad, Uttar Pradesh-244001
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Sanjeev Arora

Registrar
IFTM University
Moradabad

PREAMBLE

To accomplish the Goal of providing utmost safety, respect and self-reliance, in terms of physical and mental strength to the females of the University, under Mission Shakti Phase 3, Girls' Health has been established. It is based on the principle that it is no secret women are leading busier lives than ever before and have a tendency to let themselves slip low on their priority lists. However, it is time for women to start putting themselves first and focusing on their health. This Club intends to spread awareness about the diseases which have been attributed to the recent lifestyle changes of today's woman. It aims to help the females to adopt the easiest strategy of prevention, means an early diagnosis and a timely and effective treatment.

Under the flagship programme, 'Mission Shakti- Phase 3', the Girls' Health Club at IFTM University shall set a new landmark in women's empowerment. Ensuring safety, security and dignity, the club shall abide by the motive to safeguard women's rights and shall also strive upon the goal of getting a healthier and stronger female fraternity.

Vision

Health is a state of complete physical, mental and social well-being and not merely the absence of diseases. Health practices create a preventive barrier and thus promote and establish a sound health check-up status of an individual's psychological characteristics such as optimism, self-control, confidence, and can also have a positive effect on both physical and mental health throughout life. The Club envisages that the girls must develop a deep sense of responsibility towards their emotional and physical well-being.

Principles

The purpose of the Club is to develop healthy and fit bodies with strong mental and emotional dispositions of rational thought and action, possessing compassion and empathy, courage and resilience, scientific temper and creative imagination, with sound ethical values. It aims at producing strong, fit and powerful females.

Objectives

- To educate females to become more healthy and motivate them to live a healthy life.
- To motivate the students towards community service and development.

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- To build awareness about key health issues like nutrition, personal hygiene and sanitation.
- To highlight and solve the critical issues being faced by the female population.
- To suggest ways to elevate the mechanisms of the University to make it more female friendly.
- To make the female students aware about the various schemes of the government and Non- Government agencies and help them in getting benefits of the same.

FUNCTIONING

The Club shall conduct the activities either on its own and/or in association with any of the School/s. It can also collaborate with any of the other ten cells working in the university.

Also the School/s can seek collaboration with the Club.

COMPOSITION*

Prof. Nisha Agarwal	Chairperson
Dr. Swati Rai	Member
Dr. Meera Agarwal	Member
Dr. Sarika Dubey	Member

*The members have been assigned the duties as per the orders of the Office of Registrar.

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