

'Health is Wealth' and 'A Healthy Body has a Healthy mind' . These are the old sayings in which the Pragjyotish College "Health Care Maintenance and Promotion Committee" believes in. Keeping in mind the complexities of modern life the committee aims and puts their utmost endeavour to promote the right kind of physical and spiritual activities to find a perfect balance between mind and body. This we believe will open the doors to a healthier and more joyful life.

Motto of the Committee

Health is the greatest blessing

Objectives

1. To bring an awareness that health is an asset among students, staff and community
- 2 To have health care services in the institution in case of emergency
- 3 To monitor and control the spread of communicable disease.
- 4 To provide counseling and education in wellbeing topics
5. To give utmost importance to mental health
6. To have a permanent counseling centre.