

Title of the Practice: Health Centre and Fitness Centre

Objectives of the Practice

- To enhance health consciousness and physical fitness among students
- To provide physical fitness equipment in a gymnasium under the care of the Director of Physical Education
- To provide health tips daily in the health centre notice board.
- To assist during medical camps and blood donation camps conducted in the college periodically.

The Context

The Management established the full-fledged Health Centre on 2nd July 2012 which functions from 8.30am to 4.30pm as all working days.

Providing physical and mental health care and maintaining healthy physique through a widespread public health approach, including advocacy and prevention are the main key functions of Health Centre.

Evidence of Success

A qualified nurse looks after the health centre. She provides immediate health care and if required refers them to nearby hospital or to the parent hospital, Vikram Hospital. Both male and female students get benefits for their habitual and occasional ailments. The health centre record shows regular inflow of both male and female students. Problems Encountered and Resources required the demands on health centers are greater and more complex than ever. More students visit the health centre with significant health needs, including mental health challenges. And many need help in managing serious conditions like asthma, eating disorders, injuries and physical disabilities. As our demand increases, increasing the bed facility is recommended.