CAREER POINT UNIVERSITY

Physical Health Care Services

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Introduction

Career Point University is committed to ensuring the holistic development, well-being, and safety of its students. The university provides a wide range of healthcare, psychological, fitness, social service, and emergency support facilities. These initiatives aim to create a healthy, inclusive, and supportive campus environment that promotes both academic excellence and personal growth.

1. Multispeciality Hospital

The University has established a well-equipped **Multispeciality Hospital** within the campus to provide immediate medical assistance to students. The hospital is staffed with qualified medical professionals and offers basic diagnosis, first aid, and treatment for minor ailments.

Key Features:

- Availability of trained medical staff
- Regular health check-ups and consultation
- First aid and emergency care
- Health awareness programs

This facility ensures timely medical attention and promotes preventive healthcare among students.

2. Psychology Counselling Cell

The Psychology Counselling Cell plays a crucial role in maintaining students' mental health and emotional well-being. It provides confidential counselling services to help students cope with academic pressure, stress, anxiety, and personal issues.

Key Features:

- Professional counselling sessions
- Stress management and mental wellness programs
- Support for emotional and behavioural issues
- Career and personal guidance

This initiative fosters a supportive environment where students can seek guidance without hesitation.

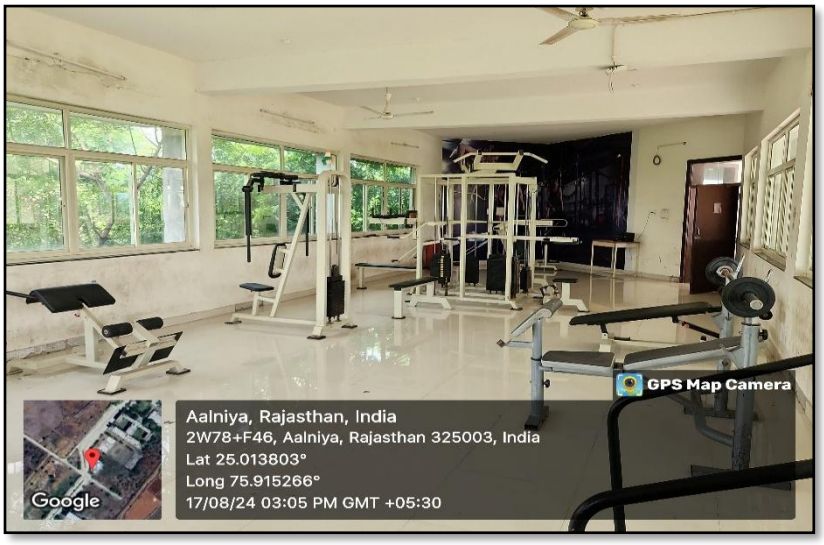
3. Gym Facility

The University provides a well-maintained **Gymnasium** to promote physical fitness among students.

Key Features:

- Modern fitness equipment
- Guidance from trained instructors
- Encouragement of regular exercise
- Focus on strength, endurance, and overall health

The gym supports students in maintaining a healthy lifestyle and improving physical well-being.



4. Yoga Centre

The **Yoga Centre** encourages students to adopt a balanced lifestyle by integrating physical, mental, and spiritual practices.

Key Features:

- Regular yoga sessions and training
- Meditation and relaxation techniques
- Promotion of mental peace and concentration

Yoga helps students manage stress and enhances their overall personality development.

5. National Service Scheme (NSS)

The University actively runs the **National Service Scheme (NSS)** unit, encouraging students to engage in community service.

Objectives of NSS:

- Develop social responsibility and civic sense
- Engage students in community development activities
- Promote leadership and teamwork skills

NSS provides a platform for students to contribute to society and gain real-life experiences.

6. National Cadet Corps (NCC -Army & Air Force Wings)

The University offers **NCC training under Army and Air Force Wings**, aimed at developing discipline, leadership, and patriotism among students.

Key Features:

- Regular drills and training camps
- Personality development and leadership training
- Opportunities for national-level participation

NCC prepares students for future careers in defence services and instills a sense of national pride.

7. Red Ribbon Club

The **Red Ribbon Club (RRC)** is an important student-led initiative focusing on health awareness.

Objectives:

- Spread awareness about HIV/AIDS and healthy lifestyles
- Promote voluntary blood donation
- Encourage peer education and leadership

The club empowers students to become responsible citizens and health ambassadors.

8. Ambulance Facility

The University provides **Ambulance Services** for medical emergencies.

Key Features:

- 24/7 emergency transportation
- Quick response during medical situations
- Connectivity with nearby hospitals

This facility ensures immediate medical support in critical situations.

9. Wheelchair Facility

To ensure inclusivity and accessibility, the University provides **wheelchair facilities** for differently-abled students and individuals with temporary mobility issues.

Key Features:

- Easy availability across campus
- Support for Divyangjan (differently-abled persons)
- Barrier-free environment

This reflects the University's commitment to inclusive education.

10. MoU with Government Dispensary, Mandana

The University has signed a **Memorandum of Understanding (MoU) with a Government Dispensary located at Mandana** to enhance healthcare services.

Benefits:

- Access to advanced medical facilities
- Expert consultation and treatment
- Strengthened healthcare support system

This collaboration ensures that students receive quality healthcare beyond campus facilities.