CHRIST COLLEGE, UMEIT

Christ College recognizes the importance of health, hygiene, sanitation, and physical and mental well-being in creating a healthy and supportive educational environment.

The institution is committed to providing basic health facilities and promoting awareness of health-related issues among students, teaching staff, and non-teaching staff. The college also aims to strengthen its existing health infrastructure and establish additional health facilities to ensure the safety and well-being of the entire college community.

Existing Health Facilities

The college provides or facilitates the following basic health and wellness facilities, as applicable:

First Aid Facility: Availability of basic first aid materials to provide immediate assistance in case of minor injuries and medical emergencies.

Drinking Water Facility: Provision of safe and clean drinking water for students and staff.

Clean and Hygienic Toilets: Separate and hygienic toilet facilities for male and female students and staff.

Sanitation and Cleanliness: Regular cleaning and maintenance of classrooms, laboratories, corridors, and other common areas.

Health Awareness Programmes: Organization of awareness programmes on personal hygiene, nutrition, sanitation, communicable diseases, and preventive healthcare.

Medical Assistance: Facilitation of medical assistance and referral to nearby healthcare facilities whenever necessary.

Mental Health and Counselling: Guidance and counselling support to students facing personal, emotional, or academic difficulties, through available institutional mechanisms.

Health and Wellness Activities

The college encourages a healthy lifestyle through various activities and awareness programmes, including:

Health awareness and medical awareness campaigns.

Blood donation and voluntary health programmes, wherever organized.

Awareness programmes on menstrual hygiene and women's health.

Nutrition and personal hygiene awareness.

Yoga, meditation, and physical fitness activities.

Awareness programmes on substance abuse prevention.

Environmental cleanliness and sanitation campaigns.

Health check-up camps in collaboration with healthcare professionals or medical institutions.

Institutional Commitment

The college is committed to continuously improving its health and wellness infrastructure. Necessary steps will be taken to strengthen existing facilities and establish new healthcare support systems in accordance with institutional requirements, available resources, and applicable government guidelines.

The institution aims to create a healthy, safe, inclusive, and supportive campus environment where students and staff can pursue their academic and professional responsibilities without compromising their health and well-being.