

# **Seth RL Saharia Government PG College, Kaladera, Jaipur**

## **HEALTH CENTRE**

**"The body achieves what the mind believes"**

**"The first wealth is health"**

The best resource a nation can have is healthy inhabitants. The growth and enhancement of a student's life quality depend on their physical and mental well-being. Sustained efforts have been made by SRLS College towards the provision of *Health Care Facilities* to the students to live a hale and healthy life. At SRLS College, the health centre is well-equipped.

Under the watchful eye of our college's benevolent health clinic, we host a variety of events.

1. The centre provides first aid to the students and the staff. The Sickroom is earmarked for the said facility.
2. Special counselling is given to the student to have a fit body, mind and healthy environment. It serves as the foundation for lively and original intellectual work.
3. Blood group test of the students is being done at centre. Blood Donation camps are organized by the college.
4. The pupils' emotional health is given attention in addition to their physical health. The college hosts webinars for this. Each class now has a mentor who can help students with their challenges in the right way. Each year, we host yoga camps.
5. The health clinic hosts a number of events for the students where they receive appropriate dietary guidance.
6. Programms are organised to provide counselling to girls students for cleanliness, health and proper nutrition at the time of menstruation. Under the Udaan Yojna, free sanitary napkins are given to girls each month.
7. To encourage students to participate in the anti-addiction effort, Dr. Manu Sharad Pathak organises a variety of programmes. Students receive guidance on numerous methods to overcome drug and cigarette addiction.



