

STUDENT & STAFF WELLNESS CENTER

- Marwadi University has a Wellness Center Managed by the department of Physical Education and sports . It is a dedicated facility on university campus that aims to promote and support the overall well-being and health of students. It serves as a comprehensive resource providing a wide range of physical, mental, emotional, and social support services to enhance students' academic success and personal development. The specific components of a Wellness Center include:
- **Counselling Services:** Professional counsellors and therapists like **Your Dost** provide confidential support to students dealing with emotional and psychological challenges, stress, anxiety, depression, relationship issues, and more.
- **Health Services:** On-campus health clinics offer medical care, treatment for minor illnesses and injuries, vaccinations, health screenings, and referrals to specialized healthcare providers when needed.
- **Free of Cost Medical Consultancy and blood Report :** On campus Free of Cost Medical Consultancy and blood Report are done for student and staff members.
- **Reimbursement for the expenses done for the generic medicines for staff members .**
- **Wellness Education and Promotion:** The centre organizes workshops, seminars, and awareness campaigns to promote healthy lifestyles, stress management, nutrition, sexual health, etc.
- **Fitness and Recreation:** Facilities like gyms, fitness classes, and sports clubs encourage students to engage in physical activities, fostering a healthy and active lifestyle.
- **Nutrition Services:** Dieticians and nutritionists offer guidance on healthy eating habits, meal planning, and addressing dietary concerns.

- **Stress Management and Mindfulness:** Workshops and activities are conducted to help students cope with academic pressure and stress.
- **Accessibility Services:** Accommodations and support for students with disabilities to ensure equal access to campus resources and activities.
- **The Student Wellness Center** acts as a safe and supportive space, encouraging students to prioritize their well-being and seek help when needed. By addressing the holistic health of students, these centers contribute to creating positive and thriving campus environment that fosters academic success and personal growth.
- **Free Treatment for staff and students at the Physiotherapy OPD**



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