

HEALTH FACILITIES

The College Health Centre available in the campus of the institution is committed to promoting the physical, mental, and emotional well-being of students, teaching faculty, and non-teaching staff. It serves as a readily accessible healthcare facility within the campus, providing primary medical care, health education, preventive services, and emergency assistance. The Health Centre aims to create a healthy campus environment that supports students' academic success and overall development.

Health Care facilities include a separate health room, a wheel chair, bed, weighing scale, oximeter, Blood glucose monitoring and blood pressure monitoring devices. First aid facility is available in health room supervised by a teacher who is a member of the health club.

The health Centre in addition also conducts various programs and activities in collaboration with Government Health Services, Local Primary Health Centres, Community Health Centres, Hospitals and Medical Practitioners, NGOs working in healthcare, NSS Unit, NCC Unit, Parents Teachers Association, Lion's Club of Cortalim, and the Women's Cell Jyoti. These include Multi-Speciality Medical Camps which include free health camps offering medical check-ups, and health screenings and Free Eye-Checkup camps. These medical camps are also kept open for the public. Hygiene Workshops are organised for students of the institution on personal hygiene, and sanitation.

Awareness sessions on PCOS/PCOD, anaemia, nutrition, Sensitization of Deaf Community, Role of sign language and interpretation, and lifestyle disorders and preventive health care are also provided. Self- Defence workshop for women, First Aid and CPR.

Mental Health Awareness programs include State level workshops, Webinar on Youth Drug Abuse and counseling sessions to address physical and mental health issues and promote well-being among staff and students. Professional counselors provide mental health support, ensuring the wellbeing of the campus community.

Our institute observes various national and international health days like the International Yoga Day, World Cancer Day, World Meditation Day, National Deworming Day, to benefit both the community and its staff and students. These events aim to raise awareness and promote wellbeing among all participants. These also includes Poster competitions for students on World Cancer Day, Breast Cancer Awareness and Screening Camp.

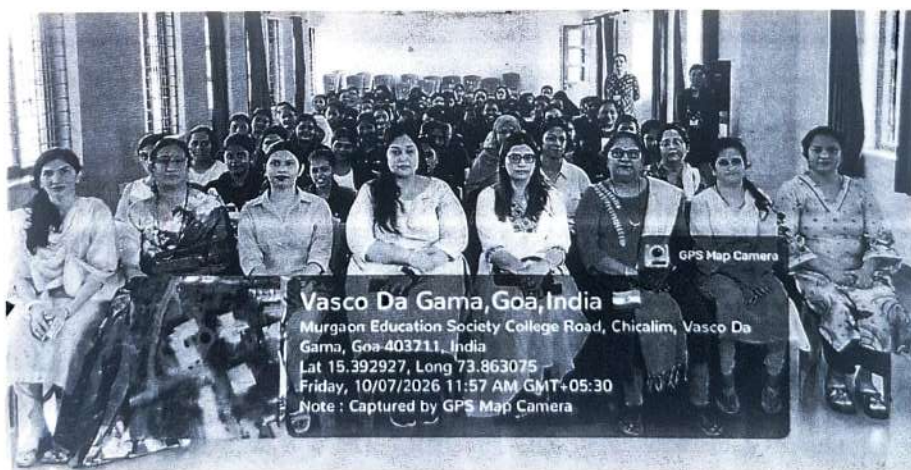
The college also has a visiting doctor who provides free basic medical consultation for common illnesses and minor injuries to the students and staff of the college.

The College Health Centre plays a vital role in ensuring the overall health and well-being of the campus community. Through accessible medical care, preventive health initiatives, counselling support, emergency services, and awareness programmes, the Health Centre contributes significantly to creating a healthy learning environment aligned with the objectives of holistic student development and the quality benchmarks of NAAC.





Self-Defence workshop for girls



Talk for Girl Students on PMOS





International Yoga Day 2025

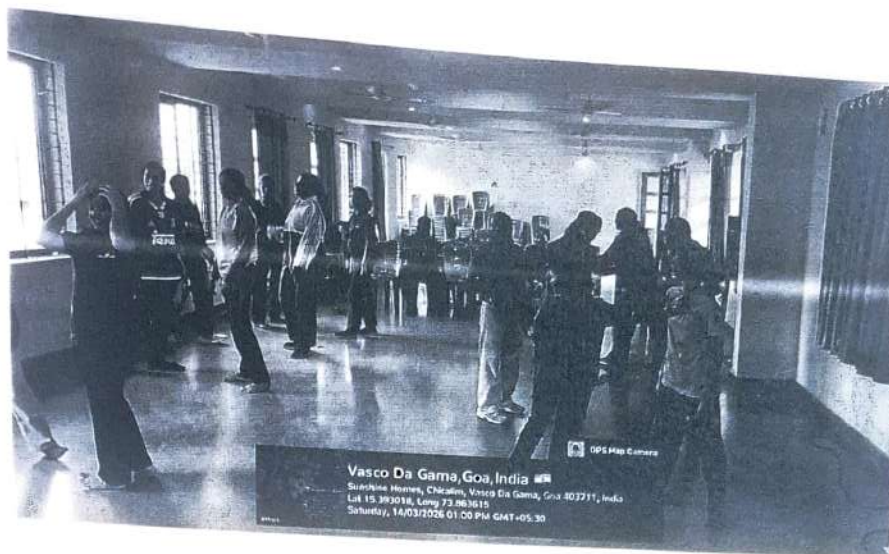


Talk on Managing and Preventing Musculoskeletal Issues Common Among Educators



State Level Workshop on 'From Awareness to Wellness: Identifying Early Symptoms of Mental Health Issues and Nurturing Healthy Mental Well-Being'



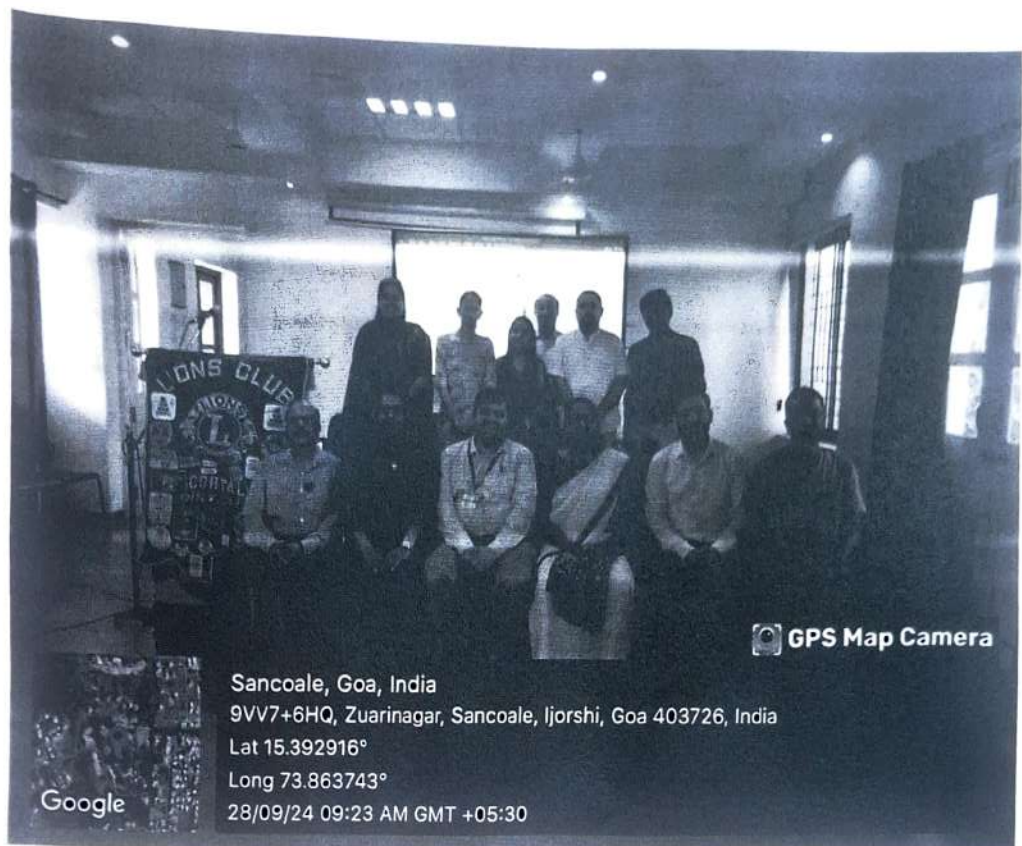


Self Defense Workshop for Women

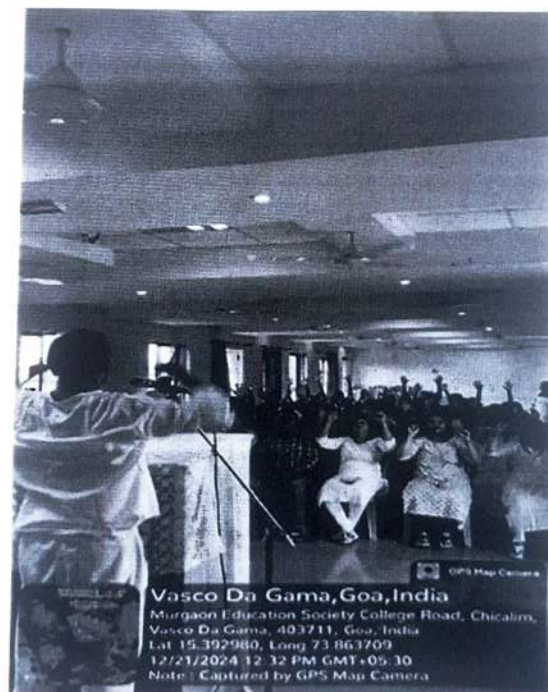


Doctor's Visit to College





Multi-Speciality Medical Camp



MEDITATION SESSION FOR THE STAFF AND STUDENTS





Talk on 'Introduction to Saving Lives'



Mega Health Camp for Residents of Zari and Birla



Manasvi
Dr Manasvi M. Kamat
 Professor & Principal
 M.E.S. Vasant Joshi College of Arts & Commerce
 Zuarinagar Goa.