



AMITY UNIVERSITY

RAJASTHAN

Health and Wellbeing: Education and Outreach Services

Amity University Rajasthan supports to their staff and students by providing medical facilities and welfare. The University established Physiotherapy and Mental Health Clinic to ensure physical, mental health and emotional well-being services to their staff and students. In addition, The Amity Institute of Physiotherapy and Amity Institute of Clinical Psychology organizing various workshops/awareness programs to their staff (Teaching/non-Teaching) and students.

Amity Institute of Physiotherapy is its experienced and highly qualified professors and practitioners who offer valuable guidance and mentorship to students. Their expertise ensures that students develop a strong foundation in both theoretical concepts and practical applications of physiotherapy. Extensive clinical exposure is provided through collaborations with reputed hospitals and healthcare institutions, ensuring hands-on training that is vital for professional development. The institute places strong emphasis on research and innovation, encouraging students to undertake impactful projects and publish their work. Regular workshops, seminars, and industry interactions further strengthen practical knowledge and skill development.

Amity Institute of Clinical Psychology (AICP) provides quality and rigorous training in Mental Health. We continuously work to utilize and transform our resources to impart the best quality clinical training programmes. Our motto is to put in efforts to prepare our trainees for both personal and professional viability. The aim is to impart in-depth theoretical as well as practical knowledge in regard to Clinical Psychology. The emphasis is to prepare Mental Health Practitioners who will serve the society in the righteous manner. The teaching training programmes encompass meticulous clinical training & active participation in various activities (community outreach programmes, workshops, seminars, webinars et cetera). Along with teaching/training, research aptitude is of utmost significance. We engage skilled and extensively practiced educational professionals during our recruitment process. Their rich expertise ensures that the trainees are imbued with exceptional contemporary academic knowledge and emerge as equipped future mental health professionals.

<https://www.amity.edu/jaipur/aip/events.aspx?mpgid=2263&pgidtrail=2264&typeid=2>

<https://www.amity.edu/jaipur/aibas/event>

World Heart Day [30 September 2024] This event emphasized cardiovascular health and prevention of heart diseases. Awareness sessions and activities promoted healthy habits like exercise, balanced diet, and stress management. World Heart Day was celebrated consecutively for three years with a focus on prevention of cardiovascular diseases. Awareness sessions along with poster-making competitions were conducted to educate students about heart health.



World COPD Day [20 November 2024]: Focused on chronic obstructive pulmonary disease, this event highlighted risk factors, prevention, and physiotherapy management. It also stressed the importance of pulmonary rehabilitation. The day was celebrated over three consecutive years with various activities including social media awareness campaigns, poster-making competitions, debate and hands-on practical sessions. These activities emphasized understanding and management of COPD.



International Day of Persons with Disability [03 December 2024]

This event promoted inclusivity, accessibility, and equal opportunities for persons with disabilities. It emphasized rehabilitation, empowerment, and societal participation. This day was celebrated for two consecutive years with activities such as role-playing and presentations. Students highlighted challenges faced by persons with disabilities and promoted inclusivity and awareness.



Cervical Cancer Day & Maternal Health Awareness Camp [23 January 2025]: The program focused on women's health, particularly cervical cancer prevention and maternal care. It highlighted the importance of vaccination, screening, and prenatal health awareness. A symposium and online webinar were conducted to raise awareness about women's health issues. Additionally, a theme board presentation was organized to enhance understanding of cervical cancer prevention and maternal care.

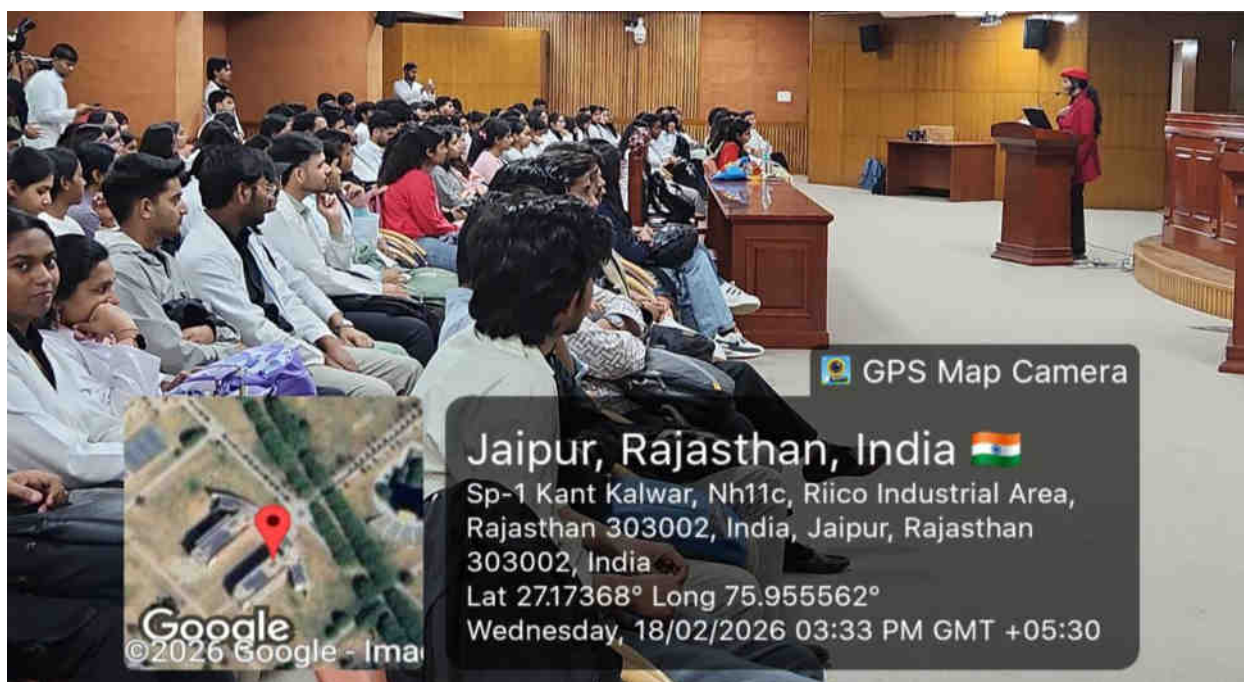


World Health Day – Jhatpat Breakfast Competition along with Poster and Slogan Competition [07 April 2025]

- This activity promoted healthy eating habits through a quick and nutritious breakfast competition. It encouraged creativity while focusing on balanced diet choices.
- Both the competition aimed to spread awareness on health themes through creative expression. Students showcased ideas promoting health, wellness, and disease prevention.



Random act of kindness day [02 May 2025]: A seminar was conducted to encourage kindness, empathy, and positive social behavior among students, promoting mental and emotional well-being.



Stress management: A stress management workshop was organized to help students understand stress and learn practical coping strategies. The session focused on mental health awareness and well-being.



World Rheumatoid Arthritis Day: This event raised awareness about rheumatoid arthritis and its impact on quality of life. It focused on early diagnosis, physiotherapy interventions, and long-term management. A poster-making competition along with awareness sessions was conducted to educate students about rheumatoid arthritis, its symptoms, and management strategies.

World Cancer Day [02 May 2025] The event aimed to spread awareness about cancer prevention and early detection. Educational activities encouraged healthy lifestyle practices and regular medical check-ups. The day was observed through awareness activities and a poster-making competition. The focus was on educating participants about cancer prevention and early diagnosis.

Pulmonary Rehabilitation Week & World TB Day [24 March 2025]: This combined event emphasized the role of pulmonary rehabilitation in respiratory conditions and tuberculosis management. It highlighted patient education, exercise therapy, and early treatment. Activities included poster-making, exercise demonstrations, and awareness sessions. The event highlighted the importance of pulmonary rehabilitation and tuberculosis management.

World Cerebral Palsy Day: The program aimed to spread awareness about cerebral palsy and its management. It highlighted the importance of early intervention, rehabilitation, and inclusive care for individuals with CP.

Good Health and Well-Being (Make Your Campus Healthy Campaign) [09 October 2024]: This initiative focused on promoting a healthy campus environment. Activities encouraged physical activity, mental wellness, and healthy lifestyle choices among students and staff.

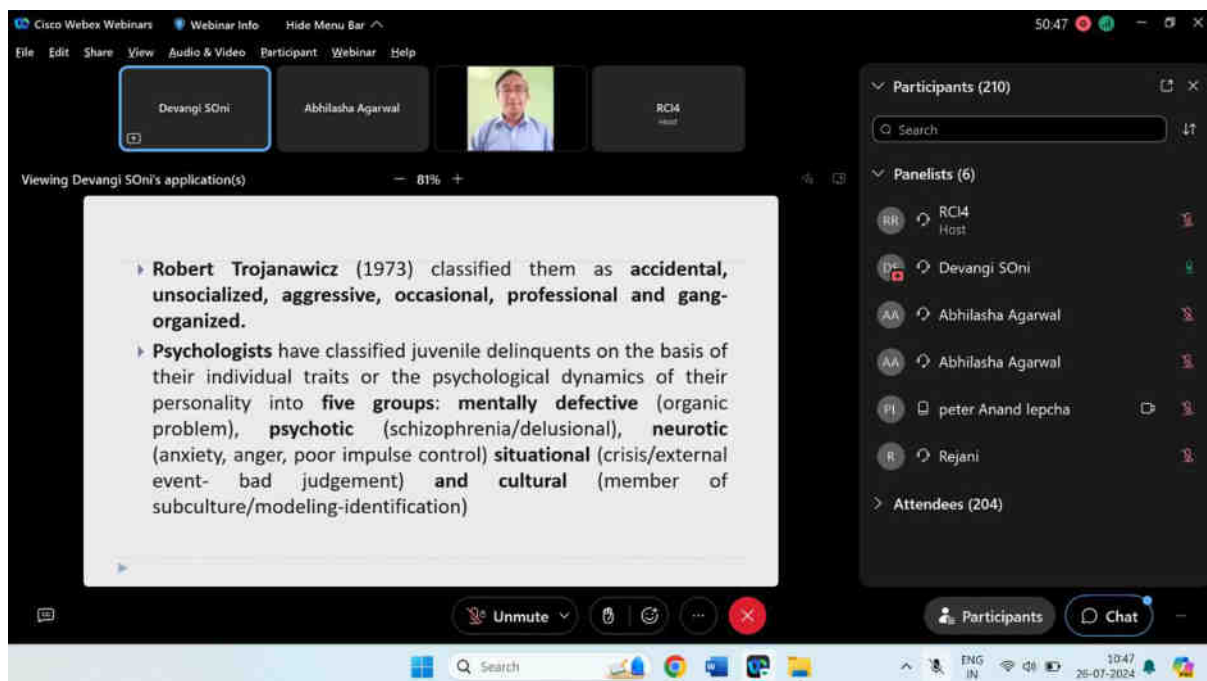
National Cancer Awareness Day [20 November 2024]: The event aimed to educate participants about cancer prevention, early detection, and treatment options. Awareness drives emphasized lifestyle modification and regular screening. A webinar was organized to spread

awareness about cancer, its prevention, and early detection. The session aimed to educate students and encourage proactive health practices.

World Lung Day [25 September 2025]: Conducted to raise awareness about lung health and respiratory diseases. Activities focused on prevention, early detection, and the importance of maintaining healthy lungs through lifestyle changes, a poster-making competition was organized by AIPT. Students actively participated and showcased their understanding of lung health and respiratory awareness.

Understanding vulnerabilities & forensic evaluation of children in conflict with law (26th July 2024)

The event was organized to understand vulnerabilities & forensic evaluation of children in conflict with law. In day-to-day practice clinicians faces with cases that involve children in conflict with law (primarily known as Juvenile delinquents). The particular workshop will enhance knowledge of practicing CP (who are the participants as well) about such population and their evaluation. Students and faculty of Amity Institute of Clinical Psychology. There were 250 MHPs, 33 AICP students and 4 faculties.



Community outreach program

The event was organized to spread awareness about impact of yoga and related activities on mental health. The IPD patients were taught basic yoga activities and practice. They were encouraged to inculcate the same in their daily routine alongside psychiatric and psychological treatment. AICP trainees and faculties and IPD patients of NIMS hospital psychiatry ward were involved.

The IPD patients were given insight into the importance and positive effects of yoga. There was no guest speaker, but the AICP faculty initiated the whole program.





Access to Physical Health-Care Services, Information & Education

1. Institutional Healthcare Infrastructure

Amity University Rajasthan (AUR) ensures comprehensive access to physical healthcare services through a dedicated Medical Inspection (MI) Room on campus. The MI Room functions as a primary healthcare unit, providing:

- Immediate first aid and primary medical care
- Regular physician consultations
- Referral support to nearby hospitals and diagnostic centers
- Preventive healthcare services

This facility ensures on-campus accessibility, minimizing barriers to timely medical attention for students, faculty, and staff.

2. Regular Medical Camps (Preventive & Curative Healthcare Access)

To improve access to healthcare and preventive care, AUR conducts bi-monthly medical camps in collaboration with visiting healthcare professionals.

Reporting Period: June 2024 – May 2025

Total Camps Conducted: ~24 camps (2 per month)

Key Features

- Conducted within campus premises for easy access
- Staffed by qualified external physicians and specialists
- Timings optimized for student participation (typically morning hours)

Specialist Services Provided

- General Physician consultations
- Gynecological consultations (female health support)
- Preventive diagnostics and screenings

3. Healthcare Reach and Utilization

- Average beneficiaries per camp: 14–15 students
- Total annual beneficiaries: ~336–360 individuals

These figures demonstrate consistent utilization of healthcare services, reflecting awareness and accessibility among campus stakeholders.

4. Range of Healthcare Services Offered

The MI Room and associated medical camps provide a holistic mix of curative, preventive, and awareness services, including:

Clinical & Diagnostic Services

- General health check-ups
- Blood pressure monitoring
- Blood sugar testing (free of cost)
- Discounted diagnostic tests:
 - Lipid profile (30% discount)
 - HbA1c testing

Specialized Care

- Gynecological consultations (female wellness and reproductive health)
- Physician consultations for general illnesses

Medical Support

- Basic diagnosis and prescriptions
- Preventive healthcare advice
- Referral guidance when required

5. Health Awareness & Education Initiatives

Aligned with QS sustainability criteria, AUR integrates health education with service delivery, ensuring that healthcare is not only reactive but also preventive and educational.



Key awareness components include:

- Lifestyle and wellness counselling during camps
- Awareness on chronic diseases (diabetes, hypertension)
- Female health and hygiene education
- Preventive healthcare guidance

These initiatives contribute to long-term behavioral change and health literacy among students.

6. Inclusivity and Accessibility

The healthcare services at AUR are:

- Free or subsidized, ensuring affordability
- Easily accessible within campus, reducing dependency on external systems
- Designed to cater to students, faculty, staff, and nearby community (in select camps)

This aligns with QS indicators on equitable access to essential services.

7. Integration with Institutional Sustainability Goals

AUR's healthcare initiatives contribute to:

- SDG 3 (Good Health & Well-being)
- Promotion of preventive healthcare culture
- Reduction in health-related absenteeism
- Enhanced student well-being and campus sustainability

8. Evidence of Implementation

Supporting documents available for QS submission:

- Medical camp schedules and records
- Attendance/beneficiary logs
- Diagnostic reports (sample anonymized)
- Photographic evidence of camps
- Records of visiting doctors and specialists

9. Conclusion

The structured healthcare system at Amity University Rajasthan, supported by a fully functional MI Room and regular medical camps, ensures continuous, inclusive, and affordable access to physical healthcare services.

By integrating clinical services with health education and preventive care, the university demonstrates a holistic and sustainable approach to campus well-being, directly aligning with QS Sustainability Ranking criteria.

