

From Health Centre VNIT

Dear Parents,

We congratulate you for the admission of your son/daughter to VNIT. Not only his hard work but your dedication and guidance also contributed to this achievement. Our experience is that both need to be continued. Please permit us to speak few words of care & caution especially for hostellers.

1. Prevent accidents : (Motor Cycle , Scooters etc)

Motorized vehicle are not permitted to hostellers. Promote use of bicycle. Day scholars driving motorized vehicles must use helmets.

2. Ensure self discipline :

Sleep deprivation, skipping breakfast, sickness & scholastic failures are related. Ensure that your child sleeps in time, gets up early in the morning, takes his breakfast & attends his classes daily. Enquire about his / her health . Watch his/her expenditure .See that hostel in-time is followed .

3. Promote healthy habit :

Ask & advise him to be out of his room in the evening and involve in some physical activities, games & sports. Caution him/her firmly to be away from Tobacco/alcohols & other substances. Promote hobbies & healthy reading & ask him to keep his room and body clean.

4. Utilize health facility :

Ask him to visit health centre for regular annual checkup & during sickness. Utilize services of yoga, dental, physiotherapy, pharmacy and counselling.

5. Keep communication :

Keep regular communication especially, during examination. Take feedback of his results of sessional & other examinations. You should know his friends, room partners, warden & faculty advisor, doctors. Talk to them freely. Counsellor is available, ask your son to contact regularly , you may also give feedback to counsellor. Visit campus in between.

6. Fear of failures :

Ask weakness of your ward, anticipate problems, timely interact with Dean (students welfare) and Dean (Academics).

7. Ask for vaccination :

To prevent Typhoid, Jaundice, Chicken Pox etc.

8. In Emergency :

Resident Doctor, 24 x 7 Ambulance. Cashless facility in medical emergency in certain hospital during stay at Nagpur is available through Student Medical Aid Fund. Health Centre :- 0712-2801342 & M.O:- 09422104694

Email ID :- medicalofficer@vnit.ac.in , Fax :-0712-2225179

WITH BEST WISHES

MEDICAL OFFICER