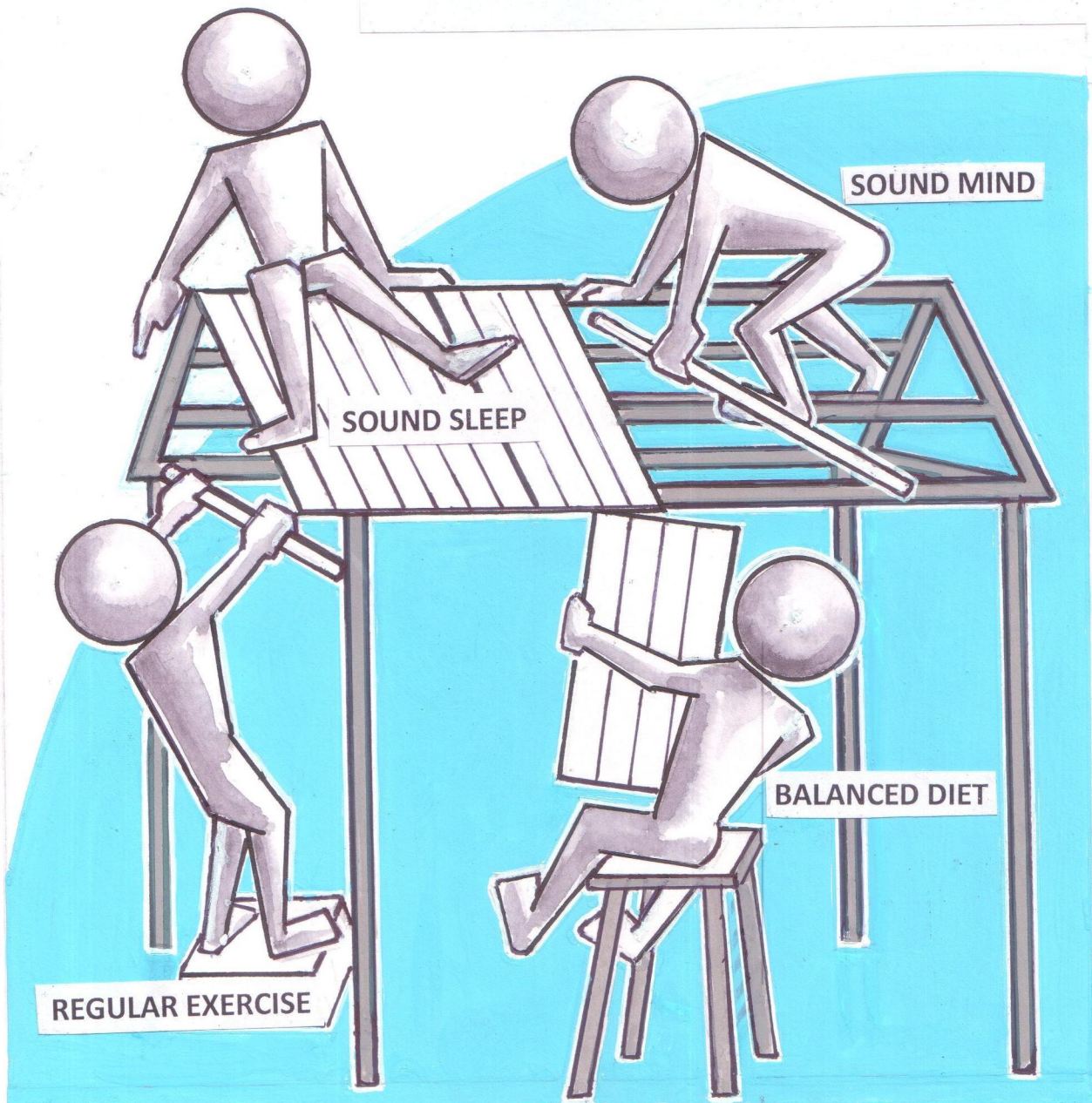


# Building of Good Health



**VNIT HEALTH CENTRE , NAGPUR**

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## A letter by parents to his son in the hostel

### **A PARENT'S LETTER TO THE SON IN HOSTEL...**



*My dear son*

*Hope you are keeping well over there, for your wellbeing, Please...*

- ★ *Keep your room clean and take bath daily in the morning.*
- ★ *Take breakfast and attend your classes punctually.*
- ★ *Be out of your room in the evening; play, walk, talk to your friends/seniors.*
- ★ *Study regularly and sleep in time.*
- ★ *Do not fall prey to tobacco, alcohol & weeds etc.*
- ★ *Communicate with your friends, teachers, wellwisher, also with us freely & frequently.*
- ★ *Read holy and positive literature, pray - earnestly for strength. Serve your Friends.*
- ★ *Face the situation in life with faith and courage.*
- ★ *Value yourself, value your life.*

*With love  
your dad & mom ✓*

## **Time Table**

**OPD TIMINGS – Morn. 8.30 to 12.30 Even. – 5.00 to 7.00**  
**(Sunday Closed)**

<b>Services</b>	<b>Day</b>	<b>Time</b>
Medical Clinic	Monday to Saturday	Morn.8.30 to 12.30 Even. 5:00 to 7:00
Lady Doctor	Mon. Wed. Fri. Saturday	Morn.5.00 to 7.00 Even. 9.00 to 11.00
Dental Clinic	Monday to Friday Saturday	Even.5.00 to 7.00 Morn.9:00 to 11:00
Physiotherapy Clinic	Monday to Saturday	Morn. 9.00 to 11.00 Even. 5:00 to 7:00
● Counselling	Monday to Friday	Even. 5:00 to 7:00
	Saturday	Morn.9:30 to 11.30
Homoeopathy Clinic	Monday to Friday	Even. 5:00 to 7:00
	Saturday	Morn. 9:30 to 11:30
Pathology Laboratory	Monday to Saturday	Morn.8:30 to 12:30
Diet Clinic	Thursday	Even. 5:00 to 7:00
Eye Clinic	Tuesday & Thursday	Even. 5:00 to 7:00
Psychiatrist	Saturday	Morn. 9:30 to 11:30
Skin Specialist	Wednesday	Even. 5:00 to 7:00
	Saturday	Morn. 9:00 to 11:00

- Counselling :- At Library ( 4 pm to 9 pm Monday to Saturday )

## **Care & Caution**

### **1. Accidents**

Weeks / Months and sometimes semester loss is seen with rash driving of motorized vehicles. Hostellers to promote bicycles; day scholar must use helmets. Manage your time, avoid haste on the road.

### **2. Water & food borne diseases for ex.**

( Typhoid, Gastro, Jaundice, Food poisoning ,Food allergies ) Avoid eating at improper / unhygienic places. Wash Hands before you eat. Take vaccine for Jaundice & Typhoid. Be moderate in eating. Take known and tested food.

### **3. S – 4 Syndrome**

Sleep deprivation, Skipping breakfast, Sickness, Scholastic backwardness / failures are interrelated. Sleeping in time, regular breakfast help in maintaining health, improving concentration and immunity thus preventing sickness and absenteeism.

### **4. Hygiene and related problems**

Skin infections like fungal and scabies are outcome of not taking regular bath and not using washed clothing. They become chronic and troublesome.

Simple Hand washing before you eat prevents diarrhea , gastro , jaundice , typhoid cholera etc . Full clothing and use of mosquito net / repellants will prevent malaria , dengue etc.

### **5. Respiratory Infections**

Crowded living , dusty and un cleaned rooms cause frequent respiratory infection . Smoking, active as well as passive precipitates Asthma, Bronchitis (and predisposes for serious problems like TB) use of chilled water / frequent ice cream in odd season is associated with recurrent Pharyngitis / Tonsillitis .

Infection like Chiken -Pox , Measles are transmitted through coughing / sneezing . It should be timely brought to the notice of medical officer for isolation of students and preventing its spread.

### **6. Stress related conditions:-**

Sleeplessness, Headache / Migraine , Acidity , Asthmatic episodes , Restlessness , Low enthusiasm , Negative thoughts and Negative mood are related to undisciplined life . All inmates of the room should proactively discipline themselves against loud noise, late hour waking in night etc. Do not make your room “Recreation Centre”. Clean aesthetic atmosphere & neatness will help in having positive thoughts and right enthusiasm for day to day tasks.

## **From your own senior, an elder brother in the hostel**

- Congrats, Welcome.
- **You** could make that which thousands could not. Now don't be complacent, too much satisfied with your achievement.
- **Cultivate** friendship with your colleagues and be proactive in helping them in their matters of concern.
- **Develop** brotherhood towards your seniors and respect your teachers.
- **Catch** the time. Don't waste it in gossips.
- **Try** for 100% attendance
- **You** will understand your subjects better if you have slept well earlier night. Take bath & breakfast in the morning for the better day.
- **Carefully** preserve the values imparted by your mother & father. Do not abuse others & fall prey to smoking, alcohol etc.
- **Be** out of your room in the evening; be on the playground; play, walk or talk to friends. You may hire a cycle & make rounds of campus.
- **Don't** get trapped in 'Net'. Make habit of reading healthy, noble literature for your personality development. Get into study circles on Saturdays /Sundays.
- **Some** of you who are good in some subjects help weak students in that subject.
- **Some** of you having difficulty in English and Hindi language form a self help group and overcome it. Earlier the better.
- **Share** your problems with your parents /friends/seniors. Take guidance from elders, alumni association

# Personality Assessment Score by Self (PASS)

Most of the time - 10 marks  
Some of the time - 05 marks  
Rarely - 0 marks  
Total score - 100 marks.

**Tick appropriate.**

1. I am able to get up early in the morning.  
Most of the times/Some of the times/Rarely
2. I am able to reach college in time.  
Most of the times/Some of the times/Rarely
3. I prepare time table for self study.  
Most of the times/Some of the times/Rarely
4. I am able to follow the time table.  
Most of the times/Some of the times/Rarely
5. I limit the duration of gossips with friends.  
Most of the times/Some of the times/Rarely
6. I am able to communicate /relate with my friends /family / teachers  
Most of the times/Some of the times/Rarely
7. I am able to utilize my leisure time properly.  
Most of the times/Some of the times/Rarely
8. I am able to overcome the temptations.  
Most of the times/Some of the times/Rarely
9. I am able to do some healthy physical activity. (Ex. Sports/play/Exercise).  
Most of the times/Some of the times/Rarely
10. I am able to do some healthy mental activity (Ex. prayers/yoga/meditation/reading good literature/attending temple, church etc. /Listening good music etc.)  
Most of the times/Some of the times/Rarely

## **My Score-**

1 Year	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	April	May
2 Year	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	April	May
3 year	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	April	May
4 Year	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	April	May



## **How do I Know if I Need Counselling?**

- Hectic schedule & complex life situations bring stress.
- Managing time is a big problem.
- Other problems are lack of concentration, fear, negative feeling and inability to decide right or wrong.

***A Counselor understands these problems, analyses them and helps the***

***Person to come out of the problem.***

### **Counseling is thus helpful for :-**

- Time Management & Goal Setting
- Self discipline / Self Confidence
- Decision making ability
- Better Interpersonal Relationship
- Improving Academic Performance
- Communication skills

### **Counseling for Problem Areas :**

- Home sickness
- Lack of concentration
- Failure in exam , fear of presentation
- Negative thoughts ( suicidal ideas )
- Depression , anxiety , stress & guilt feeling
- Anger management
- Family issues (conflict, generation gap )
- Alcohol intake / smoking habits
- Behavioral problems, mood swings, quarrels

***\*Counseling is confidential \****

**Take help of friends, warden, faculty advisor/teacher and parents also.**

**Counselor is available at the Health Centre & Library**

**Health Centre :-** Mrs.Sumitra Chatterjee

Mon to Friday – Even.5 to 7 & Sat.Morn.9.30 to 11.30

Mobile.No.-- 9890584814

**Library Building :-** Mrs.Aditi Deshmukh

Mon to Sat – Even. 6 to 9 pm .

Mobile.No. -- 8275299025



## **Facilities for fitness**

- Sound mind in Sound body.
- Physically fit and tough students tolerate their academic stresses effectively. They have better immunity and don't fall sick often.
- Their sleep patterns are good, cognitive functions better and moods are best.
- Health Centre & department of physical education promotes physical fitness through various activities. PET score (Physical Efficiency Test) will be required for placement and for fitness at the time of joining.
- Get your PET score in the first year and improve upon it in the coming years. It is more helpful to students with overweight, underweight or family history of cardiovascular disease/diabetes etc.
- Facilities of Yoga & Meditation are available at health centre. It helps improving your **CPI (Concentration, Physical fitness & Immunity )**
- Physiotherapy facility at health centre is useful for fitness, posture correction, sports injury and problems related to long sitting hours and poor ergonomics.
- Physically handicapped students will be benefitted from physiotherapy section.

Tests	Components	Parameters	Fitness Program	Effects
Physical Efficiency Tests	Strength	Abdominal strength	assessment of overall physical fitness/Counseling /Suggestion of suitable individualized fitness program according to PET Score & Sports Medicine Lab tests	Strengthen cardiovascular and respiratory systems, Weight Management, Keep bones and muscles strong, Psychological Benefits and many more--- -----
		Shoulder strength		
		Back strength		
		Leg strength		
	Endurance	Cardiovascular Fitness		
		VO2 Max		
	Agility	Coordinative speed		
		Coordinative ability		
	Flexibility	Flexibility of hip joint		
		Flexibility of hamstring muscles		
speed	Linear speed			
Sports Medicine Lab : Testing and evaluation of selected physiological parameters related to physical fitness	Body Fat Analyzer	Body age		
		Total body fat analysis		
		Basal Metabolic Rate		
		Visceral Fat		
		BMI		
		Calorie requirement		
	Strength Dynamometer	Leg Strength		
		Back strength		
	Goniometer	measures range of motion of a joint		
	Grip Dynamometer	Measures grip strength		
	Harvard Step Test	Cardiovascular Fitness		
	Basic parameters	Waist Hip Ratio		
		Maximum Heart Rate		
		Exercise Heart Rate		
Resting Respiratory Rate				

## **Vaccination schedule for you**

**HEPATITIS-B:** 3 doses - 1 month interval between 1<sup>st</sup> & 2<sup>nd</sup> dose & 5 month interval between 2<sup>nd</sup> & 3<sup>rd</sup> dose.

**HEPATITIS-A:** 2 doses - 6 month interval between 1<sup>st</sup> & 2<sup>nd</sup> dose.

**CHICKEN-POX:** 2 doses - 1 month interval between 1<sup>st</sup> & 2<sup>nd</sup> dose.

**MMR** (Measles-Mumps-Rubella) vaccine –

1 dose (for those who have received 1 dose of MMR in their childhood)

2 dose at 1 month interval (for those who have not received MMR vaccine in their childhood)

**TYPHOID VACCINE** - 1 dose, require booster dose every 3 years.

**Note:** - **CHICKEN-POX vaccine & MMR vaccine** should be given at least 1 month apart.

**TETANUS – 0, 2 months – 2 years – 7 years (Total 4 doses)**

## **In Case of an Emergency**

**Ambulance** (Mob.): 8623056246

**Medical Officer** (Mob.): 9422104694 & Residence: - (0712-280-1343)

**Health Centre** (Morn.8.30 to 12.30 & Even.5.00 to 7.00) (0712-280-1342)

### **Call Ambulance in case of Emergency.**

If Health Centre is closed, you will be taken to the residence of doctor on the campus / nearest hospitals which provide cashless facility as per student's medical aid fund to the hospitalized students .\*(For 2013 Batch Onwards UG/PG Students )

\*UG/PG Students upto 2012 Batch are insured with UNITED INDIA INSURANCE.

You must carry your I-card if you are to be hospitalized.

Inform your Warden on his mobile if you are hospitalized. Keep in touch with your parents.

If you are not admitted and given outdoor treatment in the outside hospitals you have to pay for it.

### **List of near by Hospitals For VNIT Student's**

Sr. No.	Name	Purpose
1	WOCKHARDT HOSPITAL Near Shankar Nagar Square, North Ambhazari, Nagpur.	General
2	KRIMS HOSPITAL 275, Central Bazar Road, Ramdaspath, Nagpur.	General
3	CARE HOSPITAL 3, Farmland, Panchasheel Square, Nagpur.	General
4	RATHI NURSING HOME Plot No.40, Balraj Marg, Dhantoli, Nagpur.	Ortho Accidents Eye
5	PRASAD HOSPITAL Opposite Bhojraj Lawn, Nagpur.	Accidents Ortho
6	CIIMS HOSPITAL Bajaj Nagar, Nagpur.	General
7	JUNANKAR NURSING HOME Opposite Bhojraj Lawn, Nagpur.	General Surgery
8	VYANKATESH HOSPITAL / Patil Hospital Pratap Nagar square, Nagpur.	Medical Nursing Home
9	ANIKET NURSING HOME Near Water Tank, Laxmi nager, Nagpur.	Gynecology
10	SHANTINIKETAN HOSPITAL Abhayankar Nagar , Nagpur .	Ortho & Neurology

Fax : (0712) 2225179

E-mail: [medicalofficer@vnit.ac.in](mailto:medicalofficer@vnit.ac.in)



## LAY SERMON` FOR THE STUDENTS

*“ Listen to the Exhortation of the Dawn!*

*Look to this Day!*

*For it is Life, the very Life of Life.*

*In its brief Course lie all the*

*Varieties and Realities of your Existence:*

*The Bliss of Growth,*

*The Glory of Action,*

*The Splendor of Beauty;*

*For Yesterday is but a Dream*

*And Tomorrow is only a Vision;*

*But Today well lived makes*

*Every Yesterday a Dream of Happiness*

*And every Tomorrow a Vision of Hope.*

*Look well therefore to this Day!*

*Such is the Salutation of the Dawn!”*

**“William Osler”**

(Father of modern Medicine)

from a lecture as Yale University in 1913

# Health Messages

1. “He who lives without looking for pleasure, his senses well controlled moderate in his food, faithful and strong, he will not be overthrown any more than the wind throws down a rocky mountain”

(The Buddha and His Dhamma )

2. “He that keepeth his mouth keepeth his life: but he that openeth wide his lips shall have destruction.”

( New testament )

3. “A believer who is strong is better and more loved by God,  
than a believer who is weak”

( Hadiths )

4. The remedy for weakness is not brooding over weakness, but thinking of **strength**. Teach men of the **strength** that is already within them”.

( Swami Vivekananda )

Visvesvaraya National Institute of Technology

Health Centre  
&  
Department of Physical Education

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**PET Score**

**BMI**

**PASS**

