

S.S. Jain Subodh P.G. Mahila Mahavidyalaya **Rambagh Circle, Jaipur**

S.S. Jain Subodh P.G. Mahila Mahavidyalaya, Jaipur, remains committed to promoting the physical, mental, and emotional well-being of its students. In accordance with UGC guidelines and institutional priorities, the college ensures the following health and wellness support systems:

1. Physical Health & Emergency Care

- Basic first-aid and medical assistance facilities are available on campus for minor health needs.
- Emergency medical support through on-call ambulance services and immediate access to nearby healthcare facilities.
- Provision of essential medicines as and when required to meet basic healthcare needs.
- Organisation of free health check-up camps and vaccination drives for students and staff.
- Sanitary napkins are made available to students to support menstrual hygiene and student comfort.

2. Mental Health & Well-being

- ‘Raahat’ Cell for mental well-being in association with Mano Matrix Counselling Services and Mind Wellness Centre.
- Conduct of awareness programmes and sessions on stress management, emotional well-being, and mental health.
- Mentor–Mentee system supporting students’ emotional well-being and timely counselling or referral.

3. Preventive Wellness & Healthy Lifestyle

- Facilities and designated spaces for Yoga, meditation, sports, and games to promote physical fitness and a healthy lifestyle.
- Gym and sports facilities supporting the physical well-being of students.
- Access to clean and safe drinking water ensured through properly maintained R.O. water facilities across the campus.
- Regular monitoring of canteen hygiene to ensure food safety, cleanliness, and adherence to health standards.
- High standards of campus cleanliness and sanitation maintained through continuous monitoring of hygiene practices.
- Comprehensive student welfare measures such as accidental insurance coverage.
- Supportive staff welfare measures including maternity leave and access to medical support facilities.
- Green Campus Initiative: The college promotes a clean, eco-friendly, and sustainable campus environment through well-maintained greenery and responsible environmental practices.