MEDHAVI SKILLS UNIVERSITY

Skill • Empower • Liberate

REPORT ON SUSTAINABLE DEVELOPMENT



3 GOOD HEALTH AND WELL-BEING



GOAL 3

SDG 3 – GOOD HEALTH AND WELL-BEING

Introduction

At **Medhavi Skills University**, Sustainable Development Goal 3 (SDG 3) - **Good Health and Well-Being** - is embraced as a fundamental component of holistic education and sustainable development. The University recognizes that physical, mental, and emotional well-being are essential for academic success, personal growth, and employability.

Through a range of health awareness programs, wellness initiatives, medical support services, mental health counselling, sports and fitness activities, and community outreach programs, the University fosters a healthy and inclusive campus environment. Medhavi Skills University is committed to promoting preventive healthcare, healthy lifestyles, and well-being among students, faculty, staff, and the wider community.

By integrating health awareness into its academic and extracurricular activities, the University contributes to creating a healthier society and supports the achievement of the United Nations Sustainable Development Goal 3, ensuring healthy lives and promoting well-being for all ages.

University's Commitment to SDG 3 – Good Health and Well-being

Medhavi Skills University supports SDG 3 through health-related education, research, community outreach, preventive healthcare and mental health initiatives. The University works with hospitals, healthcare institutions, government bodies and other organizations to provide practical learning opportunities and promote health awareness. These initiatives focus on improving the well-being of students, staff and surrounding communities.

Research Contribution to SDG 03 – Good Health and Well-being

Medhavi Skills University contributes to SDG 3 through research in healthcare, disease prevention, medical treatment, public health and patient safety. Faculty members have published research on infectious diseases, HIV, tuberculosis, diabetes, reproductive health, emergency care, stroke rehabilitation, nutrition and pharmaceutical development.

These studies support medical knowledge, explore improved treatment approaches and contribute to better healthcare practices. The research also addresses important health challenges and supports the overall goal of Good Health and Well-being.These research contributions help strengthen medical knowledge, support evidence-based healthcare practices and promote better health and well-being.

List of Publications and their Relevance to SDG 03: Good Health and Well-being

No.	Research Paper Title	Author(s)	Journal / Publication	Relevance to SDG 03
1	3D Printing for Difficult Airway Management: A Systematic Review of Realism, Cost-Effectiveness, and Clinical Relevance	Ravi Yadav, Debasrita Banerjee	Perioperative Care and Operating Room Management	Supports safer airway management and improved surgical care.
2	A Systematic Review of Road Traffic Accidents in India: Epidemiology, Risk Factors, Prevention Strategies, and Post-Crash Care (2020–2025)	Ravi Yadav, Izmir Gadi	Journal of Emergency Practice and Trauma	Supports road accident prevention, injury management and emergency healthcare.
3	AI-based Live Birth Prediction in IVF Cycles: A Systematic Review Without Meta-analysis of Model Performance and Validation	Ravi Yadav, Debasrita Banerjee	Middle East Fertility Society Journal	Supports reproductive healthcare and fertility treatment.
4	Artificial Intelligence in Automated Semen Analysis: A Systematic Review of Technical Performance and Clinical Validity	Ravi Yadav, Debasrita Banerjee	Middle East Fertility Society Journal	Supports male reproductive health and fertility assessment.
5	Development and Characterization of Buccal Tablets of Metformin Hydrochloride Using Mucoadhesive Polymers	Dr. Sanaul Mustafa	International Journal of Drug Delivery Technology	Supports diabetes treatment through improved drug delivery.

6	Discovery of Piplartine as a Potent Multitargeting Anti-HIV and Anti-TB Lead Molecule	Pratiksha Khnal	ChemistrySelect, Wiley	Supports research into potential treatments for HIV and tuberculosis.
7	Effectiveness of Emergency Contraceptive Pills Administered During or After Ovulation	Ravi Yadav, Debasrita Banerjee	Middle East Fertility Society Journal	Supports reproductive health and contraception research.
8	Effectiveness of Multimodal Neuroprotective Anesthetic Strategies in Preventing Perioperative Neurocognitive Disorders Among Geriatric Surgical Patients	Ravi Yadav	Egyptian Journal of Neurosurgery	Supports brain protection and safer surgical care for elderly patients.
9	Efficacy of Noninvasive Ventilation Compared with Invasive Mechanical Ventilation in Cardiogenic Shock	Ravi Yadav, Debasrita Banerjee	Indian Journal of Critical Care Medicine	Evaluates respiratory support for critically ill cardiac patients.
10	Exercise-Based Rehabilitation for Cognitive and Physical Recovery in Working-Age Adults After Early-Onset Stroke	Ravi Yadav, Debasrita Banerjee	Discover Public Health	Supports physical recovery and rehabilitation after stroke.
11	From Emergency Room to Neurorehabilitation: A Systematic Review and Meta-analysis of Contemporary Multidisciplinary Strategies in Traumatic Brain Injury Management	Ravi Yadav, Nilanjan Dutta, Debasrita Banerjee	Egyptian Journal of Neurosurgery	Supports emergency treatment and rehabilitation for brain injury patients.
12	Melastoma malabathricum with β-lactamase Inhibitory Property Potentiates β-lactam Antibiotic Against CTX-M Producing Escherichia coli	Dr. Anupama Moirangthem	Future Journal of Pharmaceutical Sciences	Supports research on antibiotic resistance and bacterial infections.
13	Multimodal Analgesia in Older Surgical Patients: A Systematic Review of Clinical Practice Patterns and Safety Considerations	Ravi Yadav, Debasrita Banerjee	Perioperative Care and Operating Room Management	Promotes effective pain management and safer surgical care.
14	Role of Micronutrients in Perioperative Care: A Systematic Review	Ravi Yadav, Debasrita Banerjee	Indian Journal of Critical Care Medicine	Highlights nutrition in surgical recovery and patient care.
15	Antidiabetic Potential of Eastern Himalayan Plants: A Gut Microbiome-Centered Pharmacological Perspective	Divya Pradhan	International Journal of Enhanced Research in Science,	Explores potential plant-based approaches to diabetes management.

			Technology & Engineering	
16	Clinical Guidelines and Best Practices for Neuromuscular Blockade Monitoring: Ensuring Patient Safety and Optimal Outcomes	Ravi Yadav, Debasrita Banerjee	Middle East Journal of Applied Science & Technology	Supports patient safety during surgical procedures.
17	Community-Based Nursing Strategies for Optimizing Public Health Outcomes: A Systematic Review and Meta-analysis	Ravi Yadav, Debasrita Banerjee	Discover Public Health	Strengthens community healthcare and public health services.
18	Data Acquisition and Preprocessing Techniques for Medical Imaging and IoT Healthcare Devices	Divya Chettri	Data Acquisition and Preprocessing Techniques for Medical Imaging and IoT Healthcare Devices	Supports medical diagnosis and healthcare monitoring technologies.
19	Impact of Hormonal Imbalance During Menstrual Cycle: A Review	Dr. Anupama Moirangthem	Clinical Research and Studies	Addresses women's reproductive health and hormonal disorders.
20	Padding Strategies for High-Risk Pressure Points in Common Surgical Positions: A Prospective Simulation-Based Study	Ravi Yadav, Debasrita Banerjee	Perioperative Care and Operating Room Management	Helps prevent pressure-related injuries during surgery.
21	Poor Aqueous Soluble Drugs: Challenges and Solution to Overcome with Self-Emulsification Systems: A Systemic Review	Divya Pradhan	International Journal of Pharmaceutical Sciences	Supports improved drug absorption and pharmaceutical development.
22	Recent Advances in Wound Healing and Wound Care: A Comprehensive Review of Mechanisms and Therapeutic Innovations	Ambika Sharma	Current Indian Science	Supports wound treatment, tissue repair and infection prevention.
23	The Role of Vegan Meat as an Alternative Protein Source in Chronic Kidney Disease: A Narrative Review	Debasrita Banerjee	Discover Food	Explores dietary approaches for managing chronic kidney disease.
24	Therapeutic Potential of Moringa oleifera in the Treatment of Hypertension and Its Associated Symptoms: A Systematic Literature Review	Debasrita Banerjee	Annals of Agri Bio Research	Explores potential plant-based approaches to hypertension management.

25	A Study on Knowledge, Awareness and Practices of Menstrual Hygiene among the Adolescent Girls of Kamrup (Rural) District, Assam	Nekita Sharma	Indian Journal of Natural Sciences	Promotes menstrual hygiene awareness and adolescent reproductive health.
26	Extended-Spectrum β-lactamase Inhibitory Potential of Dichrocephala integrifolia: An In Vitro and Computational Study	Dr. Anupama Moirangthem	Natural Product Research	Investigates potential approaches to controlling antibiotic-resistant bacterial infections.
27	Mechanism and Bioavailability Enhancement Strategies by Nanotechnology, RNA Viral Infections (Vaccine Strategy) and Prodrug Development	Dr. Sanaul Mustafa	German Journal of Pharma Biomaterials	Supports vaccine research and pharmaceutical drug-delivery innovation.
28	Integration of Augmented Reality in the Operating Theatre for Improving Surgical Accuracy and Patient Care through Advanced Visualization and Real-Time Guidance Technologies	Ravi Yadav, Debasrita Banerjee	Middle East Journal of Applied Science & Technology	Supports surgical accuracy and improved patient care.
29	Development, Nutritional Quality, and Sensory Evaluation of Fiber-and Antioxidant-Rich Nachos Made from Citrus limon, Citrus sinensis, and Citrus aurantiifolia: A MAHP and TOPSIS-Based Product Analysis	Debasrita Banerjee	Annals of Agri Bio Research	Supports nutritional food development and healthier dietary choices.
30	Healthy, Dietary Fiber-Rich, and Low Glycemic Sevaiyyan Developed from Cucumis sativus and Buckwheat Flour for Diabetic and Obese Patients, and Ranking of the Product by MAHP and TOPSIS Method	Debasrita Banerjee	Annals of Agri Bio Research	Supports dietary management of diabetes and obesity.

Academic Programmes Supporting Good Health and Well-being

The **School of Health Science and Technology** offers a broad range of academic courses that directly contribute to **SDG 3 – Good Health and Well-being**. The curriculum covers foundational health sciences, clinical practice, diagnostics, disease prevention, emergency care, rehabilitation, pharmacy, and healthcare technology. Courses such as **Human Anatomy and Physiology, Microbiology, Pathology, Pharmacology, Clinical Biochemistry, Medical Laboratory Sciences, Optometry, Physiotherapy, Emergency Medical Services, Operation Theatre Technology, Radiology, Dialysis Technology, and Artificial Intelligence in Healthcare** provide students with knowledge and practical competencies relevant to healthcare delivery and patient well-being. The curriculum also includes applied and clinical-practice components, enabling learners to translate theoretical knowledge into healthcare settings. In addition, courses related to **Psychology, Community Medicine, Public Health and Community Optometry, Healthcare Quality and Accreditation, and Biomedical Waste Management** promote preventive healthcare, patient safety, health-system quality, and community well-being. Complementary health-related courses in the **School of Pharmacy, School of Management and Commerce, and School of Hospitality and Tourism** further demonstrate the University's interdisciplinary approach to promoting health and well-being.

List of Courses

Name of the programme	Name of the Course/Subject	Theory/Practical	Credit
B.Sc. in Medical Laboratory Technology	Human Anatomy and Physiology – Concept	Theory	2
B.Sc. in Medical Laboratory Technology	Human Anatomy and Physiology – Applied	Practical	2
B.Sc. in Medical Laboratory Technology	General Biochemistry – Concept	Theory	2
B.Sc in Medical Laboratory Technology	General Biochemistry – Applied	Practical	2
B.Sc in Medical Laboratory Technology	General Pharmacology – Concept	Theory	2
B.Sc in Medical Laboratory Technology	General Microbiology – Concept	Theory	2
B.Sc in Medical Laboratory Technology	General Microbiology – Applied	Practical	2
B.Sc in Medical Laboratory Technology	Medical Sampling and Instrumentation Techniques – Applied	Practical	2
B.Sc in Medical Laboratory Technology	Science and World	Theory	3

B.Sc in Medical Laboratory Technology	General Pathology – Concept	Theory	2
B.Sc in Medical Laboratory Technology	Clinical Pathology – Concept	Theory	2
B.Sc in Medical Laboratory Technology	Clinical Pathology – Applied	Practical	2
B.Sc in Medical Laboratory Technology	Hematology – Concept	Theory	2
B.Sc in Medical Laboratory Technology	Hematology – Applied	Practical	2
B.Sc in Medical Laboratory Technology	Microbiology and Immunology – Concept	Theory	3
B.Sc in Medical Laboratory Technology	Clinical Biochemistry – Concept	Theory	2
B.Sc in Medical Laboratory Technology	Clinical Biochemistry – Applied	Practical	2
B.Sc in Medical Laboratory Technology	Medical Microbiology – Concept	Theory	2
B.Sc in Medical Laboratory Technology	Medical Microbiology – Applied	Practical	2
B.Sc in Medical Laboratory Technology	Fundamentals of Medical Biotechnology – Concept	Theory	2
B.Sc in Medical Laboratory Technology	Diagnostic Histo and Cytology – Applied	Practical	2
B.Sc in Medical Laboratory Technology	Blood Bank and Immuno-Hematology – Concept	Theory	2
B.Sc in Medical Laboratory Technology	Blood Bank and Immuno-Hematology – Applied	Practical	2
B.Sc in Medical Laboratory Technology	Clinical Practice BMLT – I	Practical	10
B.Sc in Medical Laboratory Technology	Advanced Histotechnology and Diagnostic Cytology – Concept	Theory	2
B.Sc in Medical Laboratory Technology	Advanced Histotechnology and Diagnostic Cytology – Applied	Practical	2
B.Sc in Medical Laboratory Technology	Diagnostic Microbiology – Concept	Theory	2
B.Sc in Medical Laboratory Technology	Diagnostic Microbiology – Applied	Practical	2
B.Sc in Medical Laboratory Technology	Healthcare Quality and Accreditation	Theory	3
B.Sc in Medical Laboratory Technology	Psychology	Theory	3
B.Sc in Medical Laboratory Technology	Project	Practical	4
B.Sc in Medical Laboratory Technology	Medical Laboratory Management – Applied	Practical	2
B.Sc in Medical Laboratory Technology	Clinical Practice BMLT – II	Practical	12
Bachelor in Optometry	Fundamentals of Digital Applications - Applied	Practical	3
Bachelor in Optometry	Human Anatomy and Physiology - Concept	Theory	2
Bachelor in Optometry	Human Anatomy and Physiology - Applied	Practical	2

Bachelor in Optometry	General Biochemistry - Concept	Theory	2
Bachelor in Optometry	General Biochemistry - Applied	Practical	2
Bachelor in Optometry	Ocular Anatomy - Concept	Theory	3
Bachelor in Optometry	Geometrical Optics - Concept	Theory	3
Bachelor in Optometry	Physical Optics - Applied	Practical	2
Bachelor in Optometry	Visual Optics – Concept	Theory	3
Bachelor in Optometry	Ocular Microbiology - Concept	Theory	2
Bachelor in Optometry	Clinical Optics - Concept	Theory	2
Bachelor in Optometry	Clinical Optics - Applied	Practical	2
Bachelor in Optometry	Ophthalmic Instrumentation - Applied	Practical	2
Bachelor in Optometry	Dispensing Optics - Applied	Practical	3
Bachelor in Optometry	Recent Trends in IT	Theory	2
Bachelor in Optometry	Advanced Clinical Optics - Applied	Practical	2
Bachelor in Optometry	Binocular Vision and Ocular Motility - Concept	Theory	2
Bachelor in Optometry	Binocular Vision and Ocular Motility - Applied	Practical	2
Bachelor in Optometry	Advanced Ophthalmic Instrumentation - Applied	Practical	2
Bachelor in Optometry	Contact Lens and Basic Application - Applied	Practical	2
Bachelor in Optometry	Psychology	Theory	3
Bachelor in Optometry	Clinical Practice (B. Opto) - 1	Practical	10
Bachelor in Optometry	Ocular Pharmacology - Concept	Theory	2
Bachelor in Optometry	Contact Lens and Special Application - Applied	Practical	2
Bachelor in Optometry	Ocular Diseases - Concept	Theory	3
Bachelor in Optometry	Orthoptics And Binocular Vision - Applied	Practical	3
Bachelor in Optometry	Public Health and Community Optometry - Concept	Theory	3
Bachelor in Optometry	Healthcare Quality and Accreditation	Theory	3
Bachelor in Optometry	Eye Banking - Concept	Theory	3
Bachelor in Optometry	Clinical Practice (B.Opto) - 2	Practical	12
Bachelor of Physiotherapy	Human Anatomy and Physiology- Concept	Theory	2
Bachelor of Physiotherapy	Human Anatomy and Physiology- Applied	Practical	2
Bachelor of Physiotherapy	General Biochemistry-Concept	Theory	2
Bachelor of Physiotherapy	General Biochemistry-Applied	Practical	2
Bachelor of Physiotherapy	Foundation in Digital Application	Practical	3

Bachelor of Physiotherapy	Clinical Anatomy and Physiology - Concept	Theory	3
Bachelor of Physiotherapy	Clinical Anatomy and Physiology - Applied	Practical	3
Bachelor of Physiotherapy	Basic Principles of Biomechanics - Concept	Theory	3
Bachelor of Physiotherapy	General Microbiology - Concept	Theory	3
Bachelor of Physiotherapy	Science and World	Theory	3
Bachelor of Physiotherapy	Biomechanics & Kinesiology - Concept	Theory	3
Bachelor of Physiotherapy	Foundation of Exercise Therapy - Concept	Theory	2
Bachelor of Physiotherapy	Foundation of Exercise Therapy - Applied	Practical	2
Bachelor of Physiotherapy	General and clinical psychology - Concept	Theory	3
Bachelor of Physiotherapy	Sociology	Practical	3
Bachelor of Physiotherapy	Recent Trends in IT	Theory	2
Bachelor of Physiotherapy	Pharmacology - Concept	Theory	2
Bachelor of Physiotherapy	Pathology - Concept	Theory	2
Bachelor of Physiotherapy	Exercise Therapy and Soft tissue manipulation - Concept	Theory	2
Bachelor of Physiotherapy	Exercise Therapy and Soft Tissue manipulation - Applied	Practical	2
Bachelor of Physiotherapy	Electrotherapy and Equipment Care -Concept	Theory	2
Bachelor of Physiotherapy	Electrotherapy and Equipment Care - Applied	Practical	2
Bachelor of Physiotherapy	Clinical Practice (BPT) -1	Practical	10
Bachelor of Physiotherapy	Clinical Orthopedics and Traumatology -Concept	Theory	3
Bachelor of Physiotherapy	Clinical Orthopedics and Traumatology -Applied	Practical	2
Bachelor of Physiotherapy	Clinical Neurology - Concept	Theory	3
Bachelor of Physiotherapy	Clinical Neurology - Applied	Practical	3
Bachelor of Physiotherapy	Clinical Cardiothoracic Conditions - Concept	Theory	3
Bachelor of Physiotherapy	General Medicine, Skin and Pediatrics - Concept	Theory	3
Bachelor of Physiotherapy	Diagnostic Imaging for Physiotherapist - Concept	Theory	3
Bachelor of Physiotherapy	Physiotherapy in Orthopaedics and Sports - Concept	Theory	3
Bachelor of Physiotherapy	Physiotherapy in Orthopaedics and Sports -Applied	Practical	3
Bachelor of Physiotherapy	Physiotherapy in Neurology and Psychosomatic disorder - Concept	Theory	2

Bachelor of Physiotherapy	Physiotherapy in Neurology and Psychosomatic disorder - Applied	Practical	2
Bachelor of Physiotherapy	Physiotherapy in Surgical conditions Obstetrics and Gynaecology - Concept	Theory	2
Bachelor of Physiotherapy	Clinical Practice (BPT) -2	Practical	12
Bachelor of Physiotherapy	Community Medicine - Concept	Theory	3
Bachelor of Physiotherapy	Physiotherapy in Cardiovascular, pulmonary and intensive care - Concept	Theory	3
Bachelor of Physiotherapy	Physiotherapy in Cardiovascular, Pulmonary and Intensive Care - Applied	Practical	3
Bachelor of Physiotherapy	Administration and Teaching skills - Concept	Theory	3
Bachelor of Physiotherapy	Healthcare Quality and Accreditation	Theory	3
Bachelor of Physiotherapy	Community Physiotherapy	Theory	4
Bachelor of Physiotherapy	Sports Physiotherapy and Exercise Prescription - Concept	Theory	3
B.Sc. in Operation Theatre Technology	Science and World	Theory	3
B.Sc. in Operation Theatre Technology	Human Anatomy and Physiology- Concept	Theory	2
B.Sc. in Operation Theatre Technology	Human Anatomy and Physiology- Applied	Practical	2
B.Sc. in Operation Theatre Technology	General Biochemistry-Concept	Theory	2
B.Sc. in Operation Theatre Technology	General Biochemistry-Applied	Practical	2
B.Sc. in Operation Theatre Technology	Fundamentals in Digital Application	Practical	3
B.Sc. in Operation Theatre Technology	IV Access and Medication Administration	Practical	3
B.Sc. in Operation Theatre Technology	Introduction to Operation Theatre-Concept	Theory	3
B.Sc. in Operation Theatre Technology	General Pharmacology-Concept	Theory	2
B.Sc. in Operation Theatre Technology	Principles of Anaesthesia - Concept	Theory	3
B.Sc. in Operation Theatre Technology	General Microbiology - Concept	Theory	3
B.Sc. in Operation Theatre Technology	Surgical Instrumentation - Applied	Practical	3
B.Sc. in Operation Theatre Technology	Elementary Nursing -Applied	Practical	2
B.Sc. in Operation Theatre Technology	Basic Life support and Advanced Cardiac Life support - Applied	Practical	3

B.Sc. in Operation Theatre Technology	Recent Trends in IT	Theory	2
B.Sc. in Operation Theatre Technology	Airway Management and Respiratory Emergencies – Concept	Theory	2
B.Sc. in Operation Theatre Technology	Airway Management and Respiratory Emergencies – Applied	Practical	2
B.Sc. in Operation Theatre Technology	CSSD and Manifold Area-Concept	Theory	3
B.Sc. in Operation Theatre Technology	Basics of Surgical Procedure - Concept	Theory	3
B.Sc. in Operation Theatre Technology	Clinical Practice (BOTT) - 1	Practical	10
B.Sc. in Operation Theatre Technology	Advanced Anaesthesia Technique - Concept	Theory	3
B.Sc. in Operation Theatre Technology	Cardiovascular and Neurological Emergencies - Concept	Theory	3
B.Sc. in Operation Theatre Technology	Cardiovascular and Neurological Emergencies - Applied	Theory	3
B.Sc. in Operation Theatre Technology	Advanced Procedure in OT-Concept	Theory	3
B.Sc. in Operation Theatre Technology	Psychology	Theory	3
B.Sc. in Operation Theatre Technology	Healthcare Quality & Accreditation	Theory	3
B.Sc. in Operation Theatre Technology	Intensive Care-Concept	Theory	3
B.Sc. in Operation Theatre Technology	Clinical Practice (BOTT) - 2	Practical	12
B.Sc. in Emergency Medical Technology	Science and World	Theory	3
B.Sc. in Emergency Medical Technology	Human Anatomy and Physiology- Concept	Theory	2
B.Sc. in Emergency Medical Technology	Human Anatomy and Physiology- Applied	Practical	2
B.Sc. in Emergency Medical Technology	General Biochemistry-Concept	Theory	2
B.Sc. in Emergency Medical Technology	General Biochemistry- Applied	Practical	2
B.Sc. in Emergency Medical Technology	Fundamentals in Digital Application	Practical	3
B.Sc. in Emergency Medical Technology	Introduction to Emergency Medical Services- Concept	Theory	2
B.Sc. in Emergency Medical Technology	Introduction to Emergency Medical Services- Applied	Practical	2
B.Sc. in Emergency Medical Technology	Patient assessment and medication administration-Applied	Practical	2
B.Sc. in Emergency Medical Technology	General Pharmacology-Concept	Theory	2

B.Sc. in Emergency Medical Technology	Trauma emergency and Lifting Moving-Concept	Theory	3
B.Sc. in Emergency Medical Technology	Trauma emergency and Lifting Moving-Applied	Practical	3
B.Sc. in Emergency Medical Technology	Emergency Medical Services and Equipment- Applied	Practical	2
B.Sc. in Emergency Medical Technology	Respiratory and Cardiac Emergency-Concept	Theory	3
B.Sc. in Emergency Medical Technology	Respiratory and Cardiac Emergency-Applied	Practical	3
B.Sc. in Emergency Medical Technology	Medical Emergencies-Concept	Theory	3
B.Sc. in Emergency Medical Technology	Recent Trends in IT	Theory	2
B.Sc. in Emergency Medical Technology	Obstetrics and Gynaecology Emergency- Concept	Theory	3
B.Sc. in Emergency Medical Technology	Neonatal, Paediatric, and Geriatric Emergency- Applied	Practical	3
B.Sc. in Emergency Medical Technology	Neurological and Endocrine Emergency- Concept	Theory	3
B.Sc. in Emergency Medical Technology	Renal and Genitourinary Emergency- Concept	Theory	3
B.Sc. in Emergency Medical Technology	Elementary Nursing- Applied	Practical	2
B.Sc. in Emergency Medical Technology	Clinical Practice (BEMT) - 1	Practical	10
B.Sc. in Emergency Medical Technology	Abdominal and Gastrointestinal Emergency-Concept	Theory	3
B.Sc. in Emergency Medical Technology	Basic Life Support and Advanced Cardiac Life Support- Applied	Practical	2
B.Sc. in Emergency Medical Technology	Toxicological and Environmental Emergency-Concept	Theory	2
B.Sc. in Emergency Medical Technology	Healthcare Quality and Accreditation	Theory	3
B.Sc. in Emergency Medical Technology	Psychology	Theory	3
B.Sc. in Emergency Medical Technology	Ambulance Operations-Concept	Theory	3
B.Sc. in Emergency Medical Technology	Intensive Care- Concept	Theory	3
B.Sc. in Emergency Medical Technology	Clinical Practice (B.Sc. EMT) - 2	Practical	12
Diploma in Emergency Medical Technology	Introductory Biology	Theory	4
Diploma in Emergency Medical Technology	Introduction to Health Science	Theory	2
Diploma in Emergency Medical Technology	Fundamentals in Digital Application	Practical	3
Diploma in Emergency Medical Technology	Introduction to Emergency Medical Services- Concept	Theory	2

Diploma in Emergency Medical Technology	Introduction to Emergency Medical Services- Applied	Practical	2
Diploma in Emergency Medical Technology	Patient assessment and medication administration- Applied	Practical	2
Diploma in Emergency Medical Technology	Human Anatomy and Physiology- Concept	Theory	2
Diploma in Emergency Medical Technology	Human Anatomy and Physiology- Applied	Practical	2
Diploma in Emergency Medical Technology	General Biochemistry- Concept	Theory	2
Diploma in Emergency Medical Technology	General Biochemistry- Applied	Practical	2
Diploma in Emergency Medical Technology	Trauma emergency and Lifting Moving-Concept	Theory	3
Diploma in Emergency Medical Technology	Trauma emergency and Lifting Moving-Applied	Practical	3
Diploma in Emergency Medical Technology	Respiratory and Cardiac Emergency-Concept	Theory	3
Diploma in Emergency Medical Technology	Respiratory and Cardiac Emergency-Applied	Practical	3
Diploma in Emergency Medical Technology	Emergency Medical Services and Equipment- Applied	Practical	2
Diploma in Emergency Medical Technology	General Pharmacology- Concept	Theory	2
Diploma in Emergency Medical Technology	Obstetrics and Gynaecology Emergency- Concept	Theory	3
Diploma in Emergency Medical Technology	Neonatal, Pediatric, and Geriatric Emergency- Applied	Practical	3
Diploma in Emergency Medical Technology	Neurological and Endocrine Emergency- Concept	Theory	3
Diploma in Emergency Medical Technology	Renal and Genitourinary Emergency- Concept	Theory	3
Diploma in Emergency Medical Technology	Elementary Nursing- Applied	Practical	2
Diploma in Emergency Medical Technology	Clinical Practice (DEMT) - 1	Practical	10
B. Sc. in Radiology and Imaging Technology	Science and World	Theory	3
B. Sc. in Radiology and Imaging Technology	Human Anatomy and Physiology - Concept	Theory	2
B. Sc. in Radiology and Imaging Technology	General Biochemistry – Concept	Theory	2
B. Sc. in Radiology and Imaging Technology	Human Anatomy and Physiology – Applied	Practical	2
B. Sc. in Radiology and Imaging Technology	General Biochemistry – Applied	Practical	2
B. Sc. in Radiology and Imaging Technology	Foundation in Digital Applications	Practical	3
B. Sc. in Radiology and Imaging Technology	Radiation Physics - Concept	Theory	4
B. Sc. in Radiology and Imaging Technology	Radiographic Photography and Image Processing - Concept	Theory	4

B. Sc. in Radiology and Imaging Technology	Radiographic Positioning Techniques- Concept	Theory	2
B. Sc. in Radiology and Imaging Technology	Radiographic Positioning Techniques - Applied	Practical	2
B. Sc. in Radiology and Imaging Technology	Radiation Hazards, Protection and Quality Assurance - Concept	Theory	4
B. Sc. in Radiology and Imaging Technology	Orientation in Clinical Sciences - Concept	Theory	3
B. Sc. in Radiology and Imaging Technology	Recent Trends in IT	Theory	2
B. Sc. in Radiology and Imaging Technology	Patient Care in Radiology	Theory	4
B. Sc. in Radiology and Imaging Technology	Instrumentation of Specialized Radiology Equipment - Concept	Theory	4
B. Sc. in Radiology and Imaging Technology	Computed Tomography - Concept	Theory	4
B. Sc. in Radiology and Imaging Technology	Image Interpretation - Concept	Theory	4
B. Sc. in Radiology and Imaging Technology	Radiological Procedures - Concept	Theory	2
B. Sc. in Radiology and Imaging Technology	Radiological Procedures - Applied	Practical	2
B. Sc. in Radiology and Imaging Technology	Psychology	Theory	3
B. Sc. in Radiology and Imaging Technology	Clinical Practice (BRIT) - 1	Practical	10
B. Sc. in Radiology and Imaging Technology	Magnetic Resonance Imaging - Concept	Theory	4
B. Sc. in Radiology and Imaging Technology	Basics of USG - Concept	Theory	2
B. Sc. in Radiology and Imaging Technology	Clinical Aspects in Radiology Imaging - Concept	Theory	4
B. Sc. in Radiology and Imaging Technology	Advanced Diagnostic Imaging Techniques - Concept	Theory	4
B. Sc. in Radiology and Imaging Technology	Healthcare Quality and Accreditation	Theory	3
B. Sc. in Radiology and Imaging Technology	Clinical Practice (BRIT) – 2	Practical	20
B.Sc in Dialysis Technology	Science and World	Theory	3
B.Sc in Dialysis Technology	Human Anatomy and Physiology - Concept	Theory	2
B.Sc in Dialysis Technology	Human Anatomy and Physiology - Applied	Practical	2
B.Sc in Dialysis Technology	General Biochemistry-Concept	Theory	2
B.Sc in Dialysis Technology	General Biochemistry - Applied	Practical	2
B.Sc in Dialysis Technology	Fundamentals in Digital Application	Practical	3
B.Sc in Dialysis Technology	General Pharmacology - Concept	Theory	2

B.Sc in Dialysis Technology	General Microbiology - Concept	Theory	2
B.Sc in Dialysis Technology	Anatomy and Physiology of Kidney-Concept	Theory	2
B.Sc in Dialysis Technology	Biomedical Waste Management and Aseptic Techniques- Applied	Practical	2
B.Sc in Dialysis Technology	Recent Trends in IT	Theory	2
B.Sc in Dialysis Technology	Fundamentals of Dialysis-Concept	Theory	3
B.Sc in Dialysis Technology	Concept of kidney diseases and Dialysis-Concept	Theory	2
B.Sc in Dialysis Technology	Dialysis Therapy I- Concept	Theory	4
B.Sc in Dialysis Technology	Instrumentation specific to Dialysis Therapy-Applied	Practical	2
B.Sc in Dialysis Technology	Fundamentals of Pathology-Concept	Theory	2
B.Sc in Dialysis Technology	Dialysis Patient Care Skills-Applied	Practical	2
B.Sc in Dialysis Technology	Psychology- Concept	Theory	3
B.Sc in Dialysis Technology	Clinical Problems and Evidence Based Practice in Dialysis Therapy- Concept	Theory	2
B.Sc in Dialysis Technology	Extracorporeal Blood Based Therapy- Applied	Practical	2
B.Sc in Dialysis Technology	Quality Assurance and Safety in Dialysis-Concept	Theory	2
B.Sc in Dialysis Technology	Pharmacology related to Dialysis Therapy-Concept	Theory	2
B.Sc in Dialysis Technology	Clinical Practice (BDT)- 1	Practical	10
B.Sc in Dialysis Technology	Dialysis Therapy II- Concept	Theory	4
B.Sc in Dialysis Technology	Advance and Recent Advancement in Extracorporeal Blood Based Therapies- Concept	Theory	4
B.Sc in Dialysis Technology	Advance and Recent Advancement in Extracorporeal Blood Based Therapies- Applied	Practical	2
B.Sc in Dialysis Technology	Healthcare Quality and Accreditation	Theory	3
B.Sc in Dialysis Technology	Basic Life Support and Advanced Cardiac Life Support- Applied	Practical	2
B.Sc in Dialysis Technology	Project	Practical	3
B.Sc in Dialysis Technology	Renal Transplantation and Coordination-Concept	Theory	3
B.Sc in Dialysis Technology	Clinical Practice(BDT)- 2	Practical	12
BBA	Psychology	Theory	3
B.Com(Professional Accounting)	Psychology	Theory	3

B.A(Office Administration and Technology)	Psychology	Theory	3
BSc in Hospitality and Tourism Management	Foundation of Room Division (Concept)	Theory	2
BSc in Hospitality and Tourism Management	Foundation of Room Division (Applied)	Practical	2
BSc in Hospitality and Tourism Management	Advanced Room Division	Theory	3
Bachelor of Pharmacy	General Pharmacy	Theory	3
Bachelor of Pharmacy	Healthcare Psychology and Communication Skills	Theory	1
Bachelor of Pharmacy	Human Anatomy, Physiology and Pathophysiology I	Theory	4
Bachelor of Pharmacy	Introduction to Pharmacognosy	Theory	3
Bachelor of Pharmacy	Pharmaceutical Inorganic and Analytical Chemistry	Theory	3
Bachelor of Pharmacy	General Pharmacy	Practical	1
Bachelor of Pharmacy	Healthcare Psychology and Communication Skills	Practical	1
Bachelor of Pharmacy	Human Anatomy, Physiology and Pathophysiology I	Practical	1
Bachelor of Pharmacy	Introduction to Pharmacognosy	Practical	1
Bachelor of Pharmacy	Pharmaceutical Inorganic and Analytical Chemistry	Practical	1
Bachelor of Pharmacy	Pharmaceutical Organic Chemistry II	Theory	4
Bachelor of Pharmacy	Physical Pharmaceutics	Theory	4
Bachelor of Pharmacy	Pharmaceutical Microbiology	Theory	4
Bachelor of Pharmacy	Pharmaceutical Engineering	Theory	4
Bachelor of Pharmacy	Pharmaceutical Organic Chemistry II	Practical	2
Bachelor of Pharmacy	Physical Pharmaceutics	Practical	2
Bachelor of Pharmacy	Pharmaceutical Microbiology	Practical	2
Bachelor of Pharmacy	Pharmaceutical Engineering	Practical	2

Current Collaborations with Health Institutions

Yes, Medhavi Skills University has established collaborations with external healthcare institutions, hospitals, diagnostic organizations, healthcare service providers, and health-related research centers to support health education, professional skill development, clinical exposure, preventive healthcare, community outreach, mental health awareness, and emergency preparedness. These collaborations create opportunities for students to connect academic learning with real-world healthcare environments and contribute to improved health and well-being outcomes.

The University's healthcare collaborations include both institutional MoUs and activity-based engagements with health-sector organizations. These partnerships may be viewed across **local, national & global levels**, with the available evidence also being reviewed for potential global-level collaborations.

Local Level Collaborations

At the local and regional level, Medhavi Skills University has collaborated with healthcare institutions to strengthen clinical learning and community health engagement.

The **MoU with Chandan Hospital** supported a **Visit to the District Hospital**, providing students with exposure to hospital infrastructure, healthcare delivery systems, and professional practices. Similarly, the **MoU with Jeevan Jyoti Health Care & Research Centre Pvt. Ltd.** supported an **Early Clinical Practice Immersion Programme at District Hospital, Singtam**, providing students with exposure to clinical environments and practical healthcare practices.

The University has also undertaken community-oriented health initiatives through its regional healthcare collaborations. The engagement with **Wellcaza Hospital** resulted in a **Health Camp at Kitam Senior Secondary School**, extending health-related services and awareness to the community. The **MoU with Arogya Lab (Swasth Gram)** supported an **Eye Screening Camp**, while the collaboration with **R B Diagnostic Private Limited** resulted in an **Eye Screening Camp at Kera Bari Primary School**. These activities contribute to preventive healthcare by promoting awareness and supporting early identification of potential health concerns.

The University has further engaged with **Arogya Medical Research Center** through a

health-related collaboration under which a **Herbal Field Survey** was undertaken. This engagement provides opportunities for students to interact with health-related research and community practices.

In addition to these engagements, the University has documented healthcare-sector MoUs with **Apollo Hospitals, Critical Care Hospital & Research Institute, and Medicity Guwahati Aruna Memorial Hospital**. These collaborations are associated with healthcare education, training, skill development, and healthcare programmes.

National Level Collaborations

At the national level, Medhavi Skills University has established healthcare-sector partnerships that support professional education, healthcare programme development, training, mental health awareness, and emergency preparedness.

The University has an **MoU / strategic partnership with Steward Healthcare India Pvt. Ltd.**, supporting healthcare programme development, training, and skill development. Such industry-linked engagement helps connect healthcare education with sector requirements and provides opportunities for students to develop competencies relevant to professional healthcare environments.

The University has also collaborated with **Meduclinic Healthcare Pvt. Ltd.** through an MoU /healthcare collaboration supporting **Mental Health Awareness Programmes**. These programmes contribute to awareness of psychological well-being and promote a supportive and health-conscious University environment.

The collaboration with **Nephrocare Health Services Limited** supported a **National CPR & AED Awareness Programme**, promoting emergency-care awareness, CPR knowledge, AED awareness, and basic life-saving skills. Such initiatives strengthen preparedness for medical emergencies and contribute to health and safety awareness.

The University also has an **MoU / hospital collaboration with BVG and Jeevan Jyoti Health Services**, supporting healthcare-related engagement and professional exposure.

The additional healthcare-sector collaborations with **Apollo Hospitals, Critical Care Hospital & Research Institute, and Medicity Guwahati Aruna Memorial Hospital** further strengthen the University's engagement with healthcare organizations and support healthcare education and skill development.

Global Level Collaborations

Overall, current external healthcare collaborations demonstrate a structured and multi-dimensional approach to improving health and wellbeing outcomes. Through preventive screening, community health outreach, mental-health awareness, clinical exposure, and emergency preparedness, these partnerships extend the University's health initiatives beyond its campus and connect students and the wider community with professional healthcare organizations.

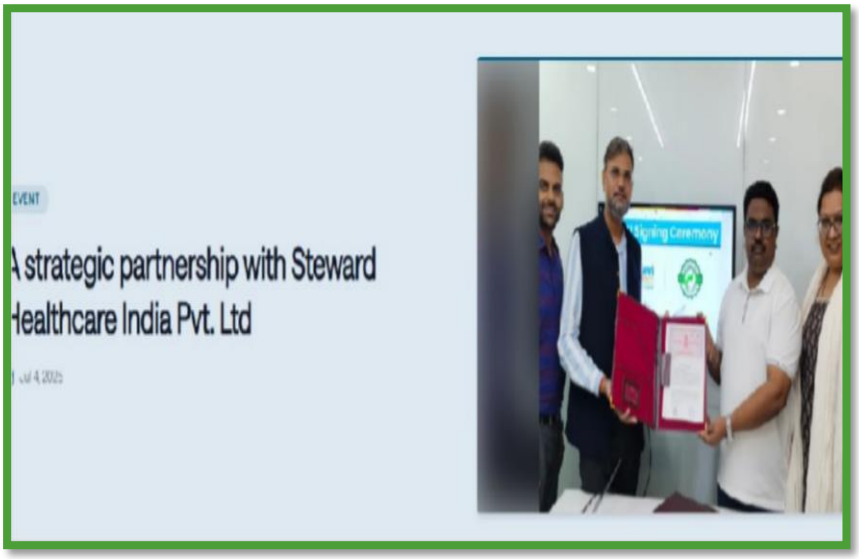
Contribution to SDG 3 – Good Health and Well-being

Overall, Medhavi Skills University's collaborations with healthcare institutions demonstrate a multidimensional approach to advancing **SDG 3 – Good Health and Well-being**. The partnerships cover healthcare education, clinical exposure, professional skill development, community health camps, preventive screening, mental health awareness, emergency preparedness, healthcare programme development, and health-related field learning.

Through these collaborations, students receive opportunities to understand healthcare delivery systems, interact with healthcare professionals, participate in community-oriented health activities, and develop practical competencies. At the same time, health camps, screening programmes, awareness activities, and emergency-care initiatives extend the University's engagement beyond the campus and contribute to health awareness and well-being within surrounding communities.

The University's current healthcare collaborations therefore provide an important link between **education, healthcare practice, community engagement, and professional skill development**. These engagements are aligned with the SDG 3.3.1 requirement of demonstrating current collaborations with local, national, or global health institutions to improve health and well-being outcomes.

Health Institution/ Organisation	Health & Well-being Activity / Outcome
Chandan Hospital	Visit to District Hospital; exposure to hospital infrastructure, healthcare delivery systems and professional practices
Jeevan Jyoti Health Care & Research Centre Pvt. Ltd.	Early Clinical Practice Immersion Programme at District Hospital, Singtam
Wellcaza Hospital	Health Camp at Kitam Senior Secondary School
Arogya Lab (Swasth Gram)	Eye Screening Camp; preventive healthcare and eye-health awareness
R B Diagnostic Private Limited	Eye Screening Camp at Kera Bari Primary School
Medicity Guwahati Aruna Memorial Hospital	Healthcare programmes
Nephrocare Health Services Limited	National CPR & AED Awareness Programme; emergency-care awareness and life-saving skills
BVG and Jeevan Jyoti Health Services	Healthcare-related engagement and professional exposure
Arogya Medical Research Center	Herbal Field Survey; exposure to health-related research and community practices
Apollo Hospitals	Healthcare education, training and skill development
Steward HealthcareIndia Pvt. Ltd.	Healthcare programme development, training and skill development
Critical Care Hospital & Research Institute	Healthcare programmes


EVENT
A strategic partnership with Steward
Healthcare India Pvt. Ltd


MoU with Apollo Hospitals


MoU Signed with
Critical Care Hospital & Research Institute
For Student's On Job Training Program
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MoU Signed
Our Pro-Chancellor Mr. Kuldip Sarma signed MoU with
Medicity Guwahati Aruna Memorial Hospital
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MEDICITY
GUWAHATI

Health Outreach Programmes

Medhavi Skills University undertakes health and well-being outreach activities that extend learning and health awareness beyond the classroom and campus. These initiatives address areas such as mental health, physical well-being, preventive healthcare, women's health, hygiene, first aid, and emergency preparedness. The activities provide students with opportunities for experiential learning while contributing to health awareness and well-being within the wider community.

Mental Health Awareness Talk Session – 15 May 2025

The Health and Wellness Club of Medhavi Skills University organised a Mental Health Awareness Talk Session as part of the celebration of 50 Glorious Years of Sikkim's Statehood. The session focused on promoting emotional well-being among young people and highlighted the importance of mental health awareness and student wellness. Guest speakers from the Psychiatry Department of District Hospital, Singtam, including certified mental health counsellors, shared their expertise with participants. The initiative promoted awareness of mental well-being and encouraged a healthier and more resilient student and community environment.





SDG 3 relevance: Mental health awareness, emotional well-being and community engagement.

Yoga Sangam 2025 – 21 June 2025

Medhavi Skills University participated in Yoga Sangam 2025, organised around the theme “Yoga for One Earth, One Health.” The initiative promoted physical, mental and holistic well-being through yoga and mindfulness. The session was guided by Ms. Laxmi Sharma from the International Naturopathy Organization (INO), Surya Foundation, Delhi. The activity encouraged participants to incorporate mindfulness and healthy practices into their lives and highlighted the relationship between personal wellness and broader health.



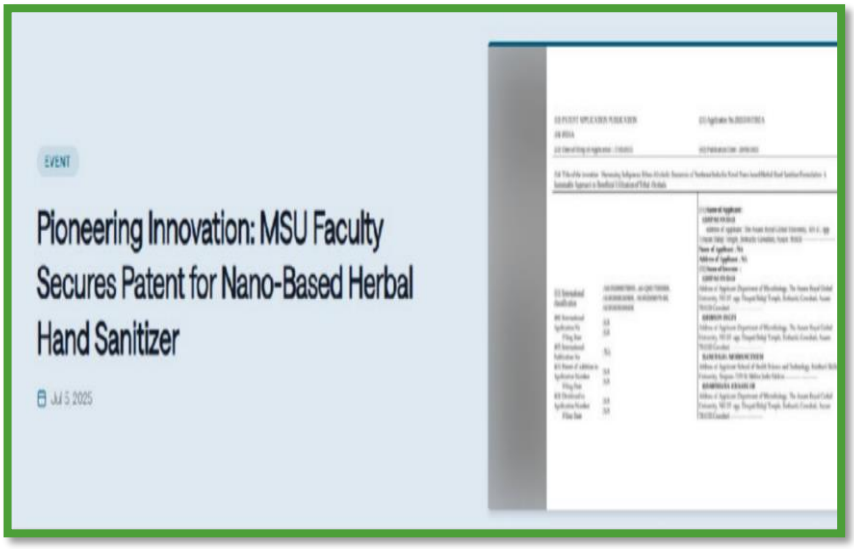




SDG 03 relevance: Physical fitness, mindfulness, mental well-being and healthy lifestyles.

Pioneering Innovation: Nano-Based Herbal Hand Sanitizer – 5 July 2025

Medhavi Skills University highlighted innovation in preventive health through the development of a nano-based herbal hand sanitizer. The initiative demonstrates the University's engagement with hygiene-oriented innovation and health protection. Hand hygiene is an important preventive-health practice, and the initiative reflects the University's focus on applying knowledge and innovation to health-related challenges.



SDG 3 relevance: Preventive healthcare, hygiene and health protection.

Guest Lecture on Food Preservation and Processing Techniques at Home Scale – 10 September 2025

Medhavi Skills University organized a guest lecture focusing on Food Preservation and Processing Techniques at Home Scale. The activity promoted awareness of appropriate food-handling and preservation practices and provided an opportunity for participants to understand practical approaches to food management. The initiative is relevant to health and well-being because safe food handling and appropriate preservation practices contribute to healthier household and community practices.



SDG 3 relevance: Food safety, nutrition, preventive health and healthy living.

Swasth Nari, Sashakt Parivar Abhiyaan – 14 October 2025

Under the Swasth Nari, Sashakt Parivar Abhiyaan, nursing students from Medhavi College of Nursing engaged directly with residents. Students worked with healthcare professionals, conducted awareness sessions, and promoted preventive healthcare practices with a focus on women's health and well-being. The initiative provided students with hands-on community exposure while promoting health awareness and women's empowerment.





SDG 3 relevance: Women's health, preventive healthcare, community health awareness and well-being.

First Aid and CPR Hands-on Training – 9 October 2025

Medhavi Skills University conducted a First Aid and CPR Hands-on Training Session at Mangzing Secondary School, West Sikkim. The programme was designed to equip students and staff with essential life-saving skills and improve their preparedness to respond to medical emergencies. The session included practical demonstrations of CPR and first-aid procedures for situations such as injuries, burns, bleeding and fractures. Participants also engaged in discussions and question-and-answer sessions, helping them understand the importance of immediate response and timely medical assistance before professional help becomes available.





SDG 3 relevance: Emergency preparedness, first aid, CPR, life-saving skills and community health education.

World AIDS Day 2025 – 1 December 2025

Medhavi Skills University observed World AIDS Day 2025 to promote awareness regarding HIV/AIDS, prevention, health education and responsible health practices. The activity contributed to increasing awareness of an important public-health issue and encouraged informed approaches towards prevention and health and well-being.





SDG 3 relevance: HIV/AIDS awareness, prevention, health education and public health.

Health and Community Outreach Activities

Medhavi Skills University also documents health outreach activities through its health-science programmes, including health camps at Jalipool Old Age Home, Gangtok, East Sikkim; a health camp at a primary school in the Rangpo Division; health and hygiene promotion among the Sirwani community; and workshops on Basic Life Support and Posture Awareness at Kumari Pema. These activities demonstrate the University's wider engagement with community health, preventive healthcare, health awareness and practical learning.





SDG 3 relevance: Community health, health and hygiene awareness, preventive healthcare, BLS and physical well-being.

International Yoga Day – Holistic Wellness Session Date: 21 June 2026

Medhavi Skills University organized an International Yoga Day – Holistic Wellness Session to promote physical, mental and emotional well-being among participants. The session focused on the importance of yoga, meditation, nutrition and healthy lifestyle practices. It provided an opportunity for participants to understand the role of regular physical activity and mindfulness in maintaining overall health and managing everyday stress.

The initiative contributed to the promotion of preventive health and holistic well-being by encouraging healthy habits and greater awareness of the connection between physical fitness, nutrition and mental wellness.



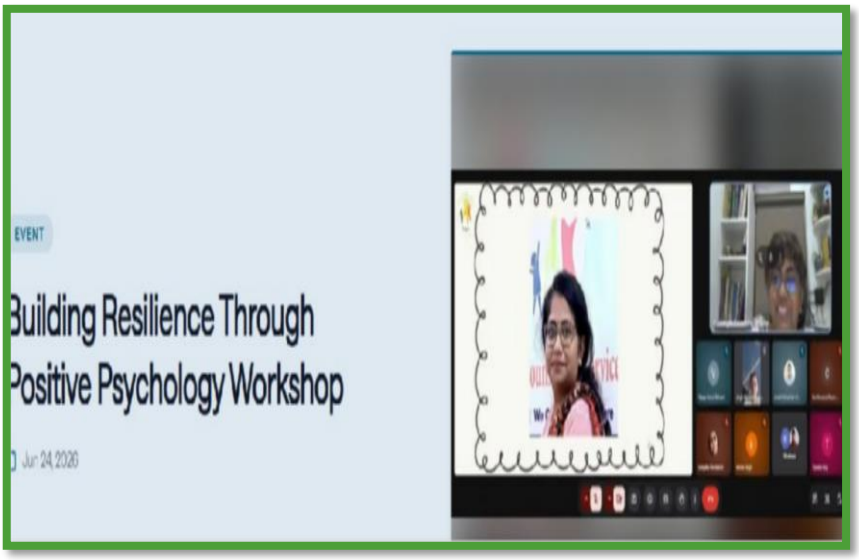


SDG 3 Relevance: Yoga, physical fitness, meditation, nutrition and mental well-being.

Building Resilience Through Positive Psychology Workshop Date: 24 June 2026

Medhavi Skills University conducted a Building Resilience Through Positive Psychology Workshop focusing on psychological well-being and the development of personal resilience. The workshop provided a platform for participants to understand positive approaches to mental health and develop awareness of strategies that can support emotional well-being.

The activity emphasized the importance of psychological resilience as an essential component of overall health. By encouraging participants to develop positive coping approaches and greater awareness of their mental and emotional well-being, the workshop contributed to the University's broader efforts towards promoting a healthy and supportive environment.



Evidence: Building Resilience Through Positive Psychology Workshop

Understanding Self-Awareness as the Foundation of Personal Growth Workshop Date: 25 June 2026

Medhavi Skills University organized the Understanding Self-Awareness as the Foundation of Personal Growth Workshop to promote self-awareness, emotional well-being and personal development. The workshop highlighted the importance of understanding one's thoughts, emotions and behavioral responses as a foundation for positive personal growth.

The initiative is relevant to health and well-being as improved self-awareness can contribute to emotional regulation, positive interpersonal relationships and healthier approaches to managing personal and academic challenges. The activity also supports the University's focus on creating awareness around psychological and emotional well-being.

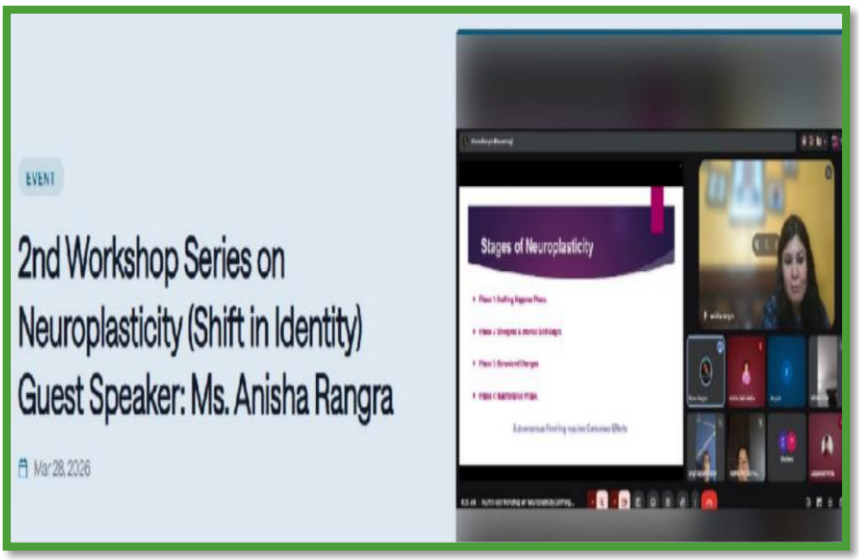


SDG 3 Relevance: Emotional well-being, self-awareness, self-regulation and personal growth.

2nd Workshop Series on Neuroplasticity – Shift in Identity Date: 28 March 2026

Medhavi Skills University organized the 2nd Workshop Series on Neuroplasticity – Shift in Identity, focusing on the relationship between brain function, behavior, psychological development and wellbeing. The workshop provided participants with an opportunity to explore the concept of neuroplasticity and its relevance to personal development and psychological well-being.

The programme contributed to health and well-being awareness by connecting knowledge of brain function with behavioral and psychological development. Such learning initiatives help participants develop a greater understanding of factors influencing mental and emotional well-being.



SDG 3 Relevance: Psychology, brain function, neuroplasticity and well-being.

Overall Contribution

Through these outreach programmes, Medhavi Skills University demonstrates an integrated approach to Good Health and Well-being by addressing physical health, mental health, preventive healthcare, women's health, hygiene, nutrition, emergency preparedness and community health awareness. The programmes also provide students with opportunities for experiential and community-based learning, allowing them to apply healthcare knowledge and skills in real-world settings.

The University's health outreach activities therefore contribute to the broader objectives of SDG 3, particularly by promoting healthy lifestyles, increasing health awareness, strengthening emergency preparedness, supporting mental well-being, and extending health-related larning and engagement to communities beyond the University campus.

Event/Health Outreach Programme	Date	SDG 3 Area	Event Link
Mental Health Awareness Talk Session	15 May 2025	Mental health & emotional well-being	ViewReport
Yoga Sangam 2025	21 June 2025	Physical & mental well-being, mindfulness	View Report
Pioneering Innovation: Nano-Based Herbal Hand Sanitizer	5 July 2025	Public hygiene & preventive health	ViewReport
MSU Organises Guest Lecture – Food Preservation & Processing Techniques at Home Scale	10 Sept 2025	Nutrition, food safety & healthy practices	ViewReport
Swasth Nari, Sashakt Parivar Abhiyaan	14 Oct 2025	Women's health & preventive healthcare	ViewReport
Empowering Young Minds with Lifesaving Skills – First Aid & CPR Hands-on Training	9 Oct 2025	Emergency preparedness & first aid	ViewReport
World AIDS Day 2025	1 Dec 2025	HIV/AIDS awareness & prevention	ViewReport
NSS Unit Organises Blood Donation Drive with Singtam District Hospital	5 May 2026	Blood donation & community health	ViewReport
International Yoga Day – Holistic Wellness Session	21 June 2026	Yoga, meditation, nutrition & mental well-being	ViewReport
Building Resilience Through Positive Psychology Workshop	24 June 2026	Mental health & psychological well-being	ViewReport
Understanding Self-Awareness as the Foundation of Personal Growth Workshop	25 June 2026	Emotional well-being & self-regulation	ViewReport
2nd Workshop Series on Neuroplasticity (Shift in Identity)	28 Mar 2026	Psychology, brain function & well-being	ViewReport

Shared Sports Facilities

The University provides opportunities for students from local schools and community groups to use its sports infrastructure and Sports kits and accessories. The facilities include football grounds, volleyball courts, badminton courts and other sports spaces, which can be used for practice, training and sporting activities. In addition to infrastructure, sports accessories such as footballs, volleyballs, badminton shuttle cocks, and other essential sporting accessories are made available as required. The sports society of the University ensures that such type of initiative is well coordinated.

Provision of Sports Infrastructure and Sports Resources

The University provides opportunities for students from local schools and community groups to access its sports infrastructure and sports kits and accessories. The facilities include football grounds, volleyball courts, badminton courts and other sports spaces, which are used for practice, training and sporting activities.

In addition to infrastructure, the society provides relevant sports resources, including footballs, volleyballs, badminton shuttlecocks, and other essential sporting accessories, as required. The Sports Society of the University coordinates such initiatives, facilitating access to facilities, scheduling activities and supporting the participation of school students.

Such access enables students from neighboring schools like Kitam Senior Secondary School etc., to participate in organized sporting activities in a suitable environment and encourages regular physical activity. By extending its sports resources beyond the campus, the University contributes to greater access to recreational and sporting opportunities for school children.

Sports Coaching and Training

The University's engagement with the local community also extends beyond providing physical infrastructure. Sports coaching and training opportunities are facilitated for school students and community participants, helping them improve their sporting skills and physical fitness. Coaching activities focus on fundamental skills, regular practice, teamwork, discipline, coordination, and sportsmanship.

The University encourages participation in different sporting activities and provides an appropriate environment where students can practice and develop their abilities. These initiatives provide local school students with exposure to structured sports activities and motivate them to participate more actively in physical education and recreational sports.

Competitions, Camps and Community Engagement

The University also promotes community participation through sports competitions, tournaments and other organized sporting events. Local school students are encouraged to participate in such activities, providing them with opportunities to demonstrate their skills, interact with other participants and develop a spirit of healthy competition.

The sports society has organized a Yoga session and competition exclusively for school children. Also, a football camp for Kera Bari Primary School and Melli Gumpa Senior Secondary School was organized at the University campus, reflecting the University's broader commitment to supporting the wellbeing of school children. Such initiatives create sustained interaction between the University and local schools and provide opportunities to address health, sports and general wellbeing needs of school-going children.

Through these initiatives, the University seeks to build meaningful and sustained relationships with local schools. Competitions of sports facilities, provision of equipment, coaching support and organization of Competitions contribute to promoting physical fitness, healthy lifestyles, teamwork, discipline and overall wellbeing.

07/08/2025

To
The Registrar
Medhavi Skills University
Sikkim, Pin code: 737134

Subject: Request for Permission to Use the University's Sports Facilities for School Students

Dear Sir,

As you are aware, **East Point Sr. Sec. School, Singtam** is situated in the vicinity of Medhavi Skills University. We understand that the University has well-developed indoor and outdoor sports facilities.

We would like to request your kind permission to allow our school students to use the **University's sports facilities** after regular University teaching hours and during holidays, subject to the University's convenience, availability of facilities and prescribed rules.

This arrangement would provide our students with opportunities to participate in various sports and physical activities, contributing to their physical fitness, teamwork, discipline and overall personality development.

We would be grateful for your positive consideration of our request and look forward to establishing a mutually beneficial association between our institutions.

Prescribed Requisition form is enclosed.

Thank you for your consideration.

Yours sincerely,

Name: Mr. Nishant Subba
Designation: Principal
Nishant Subba
Principal
East Point Sr Sec. School
Singtam, Sikkim

MEDHAVI SKILLS UNIVERSITY, SIKKIM

REQUISITION FORM FOR AVAILING UNIVERSITY FACILITIES

1. Name of Applicant with Organisation Name: **East Point Sr. Sec. School Singtam**
2. **Type:** (Tick ✓ as applicable):
   - School Students ✓
   - College Students
   - NGOs
   - Local Community
   - Underprivileged Section of Society
3. **Address: Singtam, East Sikkim**
4. **Name of Contact Person: Mr. Nishant Subba**
5. **Contact Number: 78728-87606**
6. **Purpose of Availing the Facility: Sports Activities.**
7. **Facility Required** *(Tick ✓ as applicable)*:
   - Library
   - Sports Facilities – Indoor/Outdoor ✓
   - Laboratory
   - Seminar Hall/Auditorium
   - Other_____
8. **Date(s) Required: From 13.8.2025 to 28.8.2025**
9. **Timing Required: From 11.00 am to 2.00 pm**
10. **Number of Students / Participants: 47**

Declaration

I/We hereby request permission to use the above-mentioned University facility. I/We undertake to comply with the rules, regulations, safety requirements and instructions of the University and shall ensure proper use of the facilities. I/We shall be responsible for the discipline and conduct of the students/participants during their visit.

I/We understand that permission is subject to the availability of the facility and approval of the competent authority.

Name of Applicant: Mr. Nishant Subba

Signature: Nishant Subba
Principal
East Point Sr. Sec. School
Singtam, Sikkim

Date: 07.08.2025

FOR OFFICE USE ONLY
Recommendation of Concerned Department/Facility In-charge:

☑ Recommended
☐ Not Recommended
Remarks:
Name & Signature of Competent Authority:
Date:

VICE CHANCELLOR
MEDHAVI SKILLS UNIVERSITY

Photographs of School Students Availing of the University Sports and other Facilities



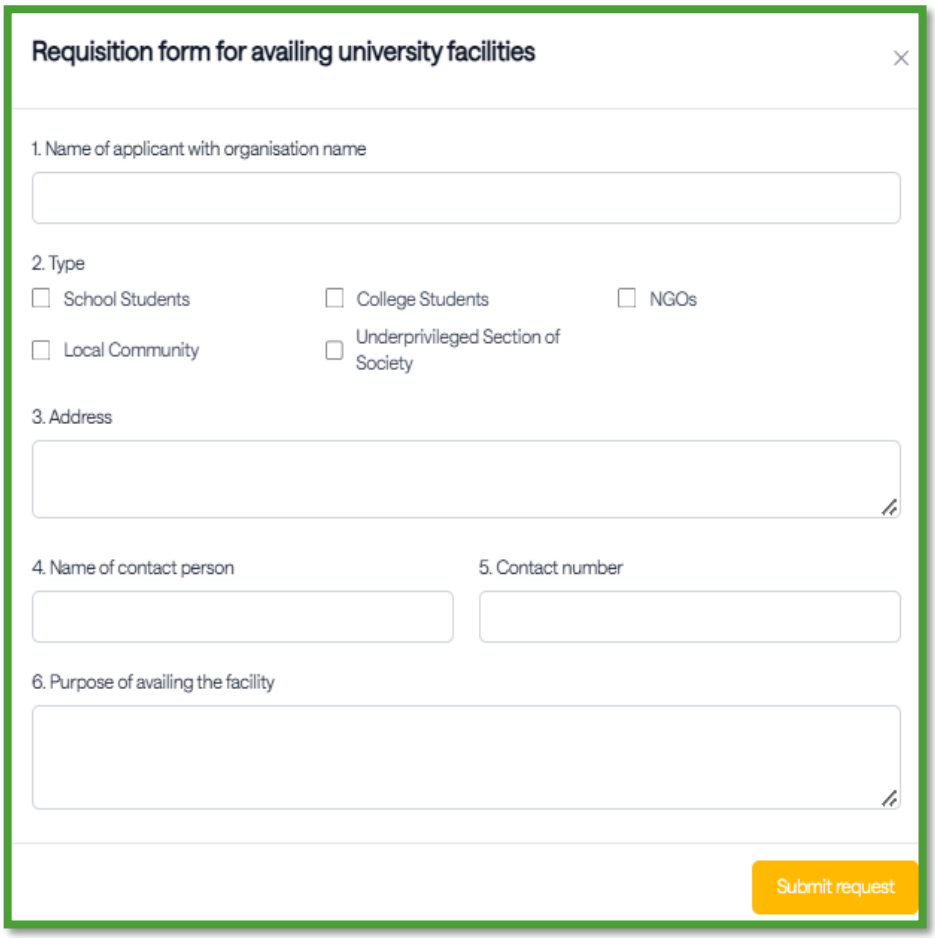

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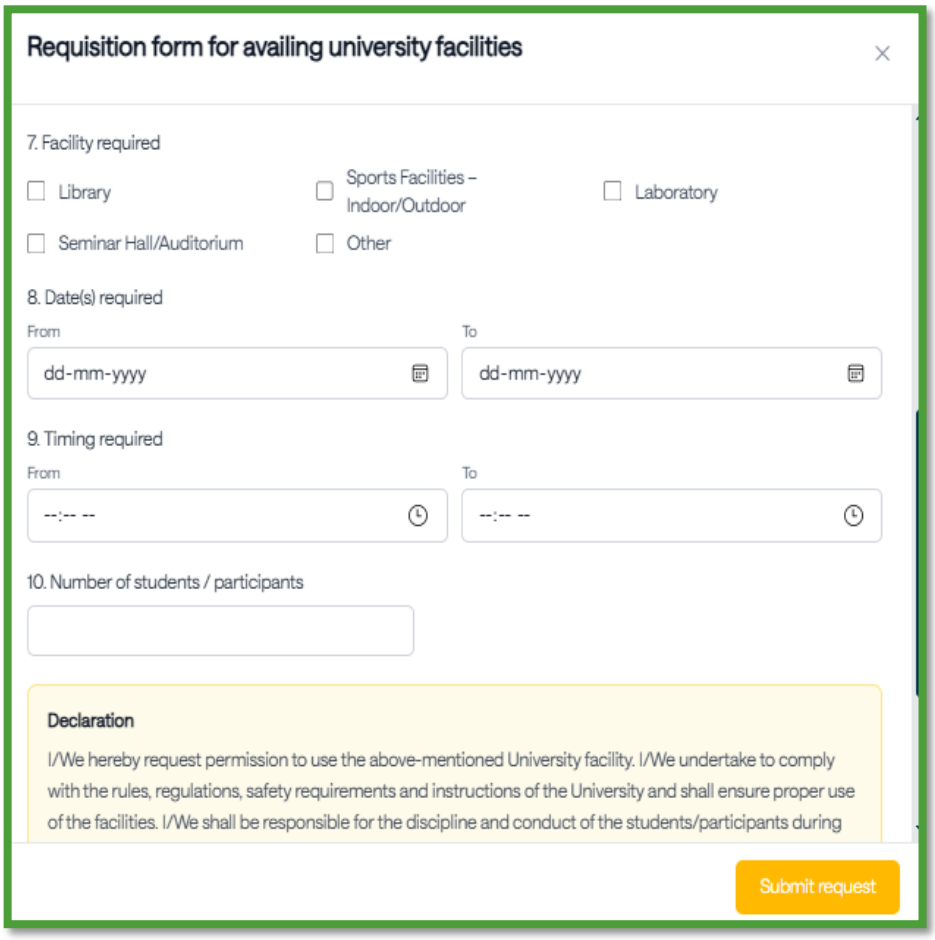

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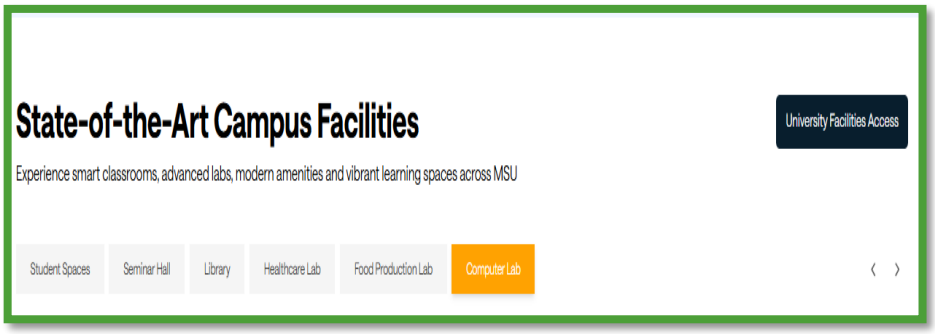


Requisition form for Availing University Facilities

The University provides a structured Requisition Form for Availing University Facilities to enable schools, colleges, NGOs, local communities, underprivileged sections of society, and other eligible stakeholders to request access to university facilities. The form captures the applicant's details, purpose of facility uses, facility required, date and timing, and number of participants, while ensuring compliance with university rules, safety requirements, discipline, and proper use of resources.







World-Class Infrastructure at Medhavi Skills University

https://revamp.msu.edu.in/infrastructure

Policy on Access to Campus Educational Resources & Infra Facilities



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Medhavi Skills University
Policy on Access to Campus Educational Resources & Infrastructure Facilities
W.e.f.: 04th July 2024

University holds its infrastructure as a public resource. This policy opens the University's facilities to people beyond the campus, wherever appropriate, to support community development, educational advancement, health and wellness, research, and social inclusion. It reflects the University's commitment to quality education, good health and equal opportunities.

Facilities Covered

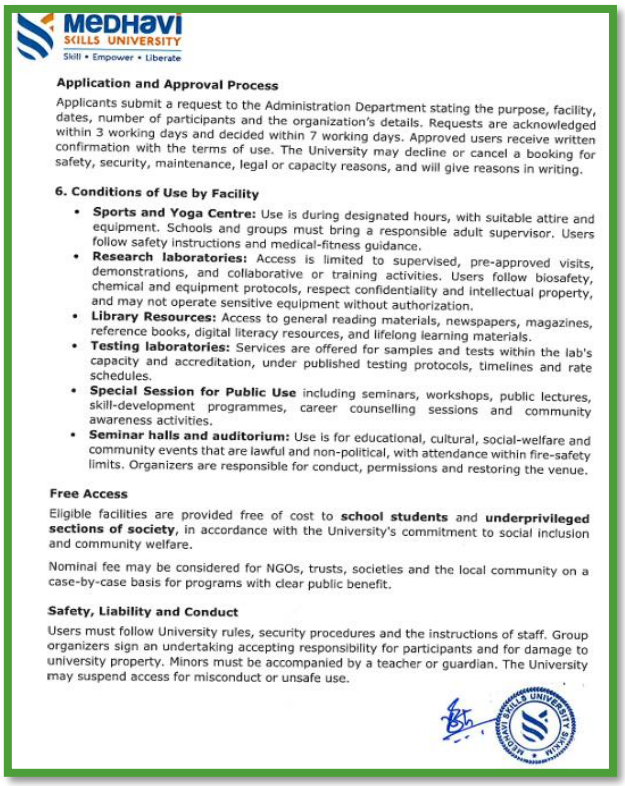
- Sports facilities: Indoor and Outdoor
- Yoga Centre
- Research laboratories
- Library Resources
- Testing laboratories
- Special Session for Public Use including seminars, workshops, public lectures, skill-development programmes, career counselling sessions and community awareness activities.
- Seminar halls and auditorium

Eligible Beneficiaries

- School students
- College students
- Non-governmental organizations (NGOs)
- Local community members
- Underprivileged sections of society

Access Principles

1. **Prior request and approval:** Access is granted on a prior written or online request, subject to approval, availability, and applicable safety and institutional requirements.
2. **Academic priority:** The University's own teaching, research, examinations and events take priority. Community use is scheduled so that it does not disrupt them.
3. **Equal access:** Access is open to all eligible beneficiaries without discrimination on grounds of ethnicity, religion, caste, disability, immigration status or gender, in line with the University's Equal Access and Non-Discrimination Policy.
4. **Accessibility:** Facilities will be made accessible to people with disabilities, with reasonable adjustments on request.
5. **Transparency:** Procedures, forms, fee schedules and contact details are published on the University Notice Boards and publicly accessible areas.



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Application and Approval Process

Applicants submit a request to the Administration Department stating the purpose, facility, dates, number of participants and the organization's details. Requests are acknowledged within 3 working days and decided within 7 working days. Approved users receive written confirmation with the terms of use. The University may decline or cancel a booking for safety, security, maintenance, legal or capacity reasons, and will give reasons in writing.

6. Conditions of Use by Facility

- **Sports and Yoga Centre:** Use is during designated hours, with suitable attire and equipment. Schools and groups must bring a responsible adult supervisor. Users follow safety instructions and medical-fitness guidance.
- **Research laboratories:** Access is limited to supervised, pre-approved visits, demonstrations, and collaborative or training activities. Users follow biosafety, chemical and equipment protocols, respect confidentiality and intellectual property, and may not operate sensitive equipment without authorization.
- **Library Resources:** Access to general reading materials, newspapers, magazines, reference books, digital literacy resources, and lifelong learning materials.
- **Testing laboratories:** Services are offered for samples and tests within the lab's capacity and accreditation, under published testing protocols, timelines and rate schedules.
- **Special Session for Public Use** including seminars, workshops, public lectures, skill-development programmes, career counselling sessions and community awareness activities.
- **Seminar halls and auditorium:** Use is for educational, cultural, social-welfare and community events that are lawful and non-political, with attendance within fire-safety limits. Organizers are responsible for conduct, permissions and restoring the venue.

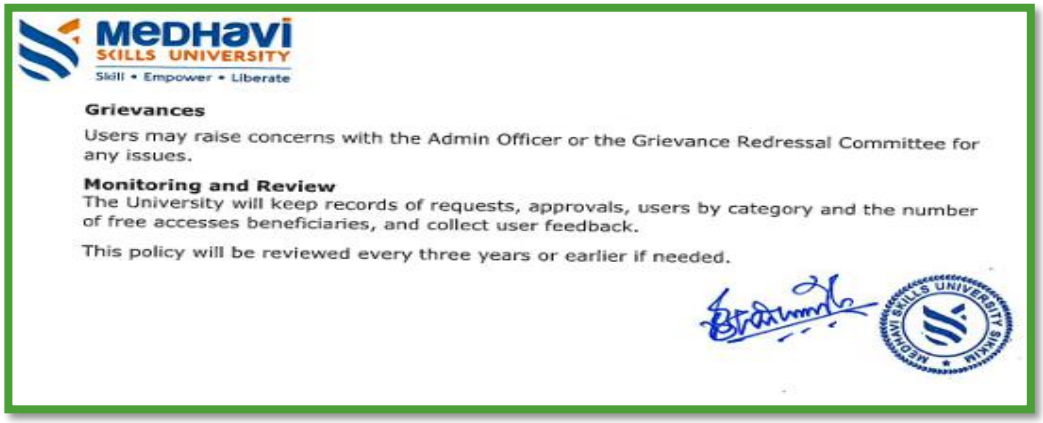
Free Access

Eligible facilities are provided free of cost to **school students** and **underprivileged sections of society**, in accordance with the University's commitment to social inclusion and community welfare.

Nominal fee may be considered for NGOs, trusts, societies and the local community on a case-by-case basis for programs with clear public benefit.

Safety, Liability and Conduct

Users must follow University rules, security procedures and the instructions of staff. Group organizers sign an undertaking accepting responsibility for participants and for damage to university property. Minors must be accompanied by a teacher or guardian. The University may suspend access for misconduct or unsafe use.



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Grievances

Users may raise concerns with the Admin Officer or the Grievance Redressal Committee for any issues.

Monitoring and Review

The University will keep records of requests, approvals, users by category and the number of free accesses beneficiaries, and collect user feedback.

This policy will be reviewed every three years or earlier if needed.

WebLink of the Policy

POLICY-ON-ACCESS-TO-CAMPUS-EDUCATIONAL-RESOURCES-AND-INFRA-FACILITIES.pdf

Sexual and Reproductive Health Care Services for Students

The University provides students with access to sexual and reproductive health-care services, information and education through its student health and wellbeing mechanisms. Students can access appropriate medical consultation, health guidance, preventive services and referral support for sexual and reproductive health concerns.

Sexual and Reproductive Health Information and Education

The University conducts awareness programmes, workshops, seminars and health-education activities covering relevant areas such as reproductive health, menstrual health and hygiene, contraception, sexually transmitted infections, HIV/AIDS prevention, healthy relationships and responsible sexual behaviour. Awareness programmes are also conducted to promote the prevention and early detection of cancers affecting the reproductive organs. These activities enable students to access reliable information and make informed decisions concerning their health and wellbeing. To support menstrual hygiene, the University has installed Vending machines at designated places on campus.

Access to Health-Care Services

An on-campus designated room with nursing staff is available where students can come in freely for sexual and reproductive health issues. Students requiring specialized care can be directed to appropriate qualified healthcare professionals or external healthcare facilities. Information regarding available services and referral pathways is communicated through appropriate institutional channels. Where applicable, counselling and healthcare support are provided with due consideration to privacy, confidentiality and dignity.

Counselling for Preventive Care

The University also organizes health awareness and screening activities to promote preventive care and early identification of health concerns. These initiatives contribute to creating a supportive environment in which students can obtain appropriate information, professional guidance and healthcare support relating to sexual and reproductive health.

Sexual and Reproductive Health-Care Activities

Medhavi Skills University, through its School of Health Science & Technology, conducted a series of sexual and reproductive health awareness activities among students and the wider community.

The activities included a **Community Health Camp – "Empowering Community Health"** at Rangpo on 07 May 2025, a **Community Outreach Programme – Family Health Survey** at Sirwani, Singtam on 18 September 2025, and a **World AIDS Day Awareness Programme** conducted on 01 December 2025 at Rangeet Seminar Hall, Topakhani. The University also conducted a **Health Camp at Freedom Rehab Centre, Gangtok**, on 20 December 2025, extending health-related support to a vulnerable community.

These programmes demonstrate the University's efforts to provide health information, family-health education, HIV/AIDS awareness, preventive healthcare and community-based health services through student and faculty engagement. The activities also provide opportunities for students of the School of Health Science & Technology to participate in practical community health interventions and awareness initiatives.

S.No.	Name of the Activity	Duration of the Activity	School Name	Date of Activity
1	Community Health Camp – "Empowering Community Health"	1 Day	School of Health Science & Technology, Medhavi Skills University	07-05-2025
2	Community Outreach Programme – Family Health Survey	1 Day	School of Health Science & Technology, Medhavi Skills University	18-09-2025
3	World AIDS Day Awareness Program	1 Day	School of Health Science & Technology, Medhavi Skills University	01-12-2025
4	Health Camp at Freedom Rehab Centre	1 Day	School of Health Science & Technology, Medhavi Skills University	20-12-2025

On-Campus Medical Room Facilities



Policy on Sexual and Reproductive Health Services

Policy URL

https://www.msu.edu.in/policies/POLICY-ON-SEXUAL-AND-REPRODUCTIVE-HEALTHCARE-SERVICES.pdf



Medhavi Skills University

POLICY ON SEXUAL AND REPRODUCTIVE HEALTH CARE SERVICES

W.e.f.: 13 November, 2024

Medhavi Skills University recognises sexual and reproductive health as an integral component of individual health, dignity, human rights, gender equality and overall well-being. The University is committed to creating a safe, inclusive, respectful and supportive campus environment in which students, faculty and staff have access to accurate information, appropriate healthcare, counselling and referral services relating to sexual and reproductive health.

The University seeks to promote awareness, prevent sexually transmitted infections, encourage responsible health practices and ensure access to appropriate reproductive healthcare services without discrimination or stigma.

The objectives of this policy are to:

1. Promote awareness and understanding of sexual and reproductive health among students, faculty and staff.
2. Facilitate access to reliable information, healthcare, counselling and referral services.
3. Promote menstrual health and hygiene, reproductive health and responsible sexual behaviour.
4. Create awareness about the prevention, testing and treatment of sexually transmitted infections (STIs), including HIV/AIDS.
5. Provide guidance on contraception, family planning and reproductive choices through qualified healthcare professionals.
6. Support individuals experiencing reproductive health concerns, pregnancy-related issues or sexual health complications.
7. Protect the privacy, dignity and confidentiality of individuals seeking healthcare services.
8. Prevent discrimination, harassment, stigma and social exclusion associated with sexual and reproductive health conditions.

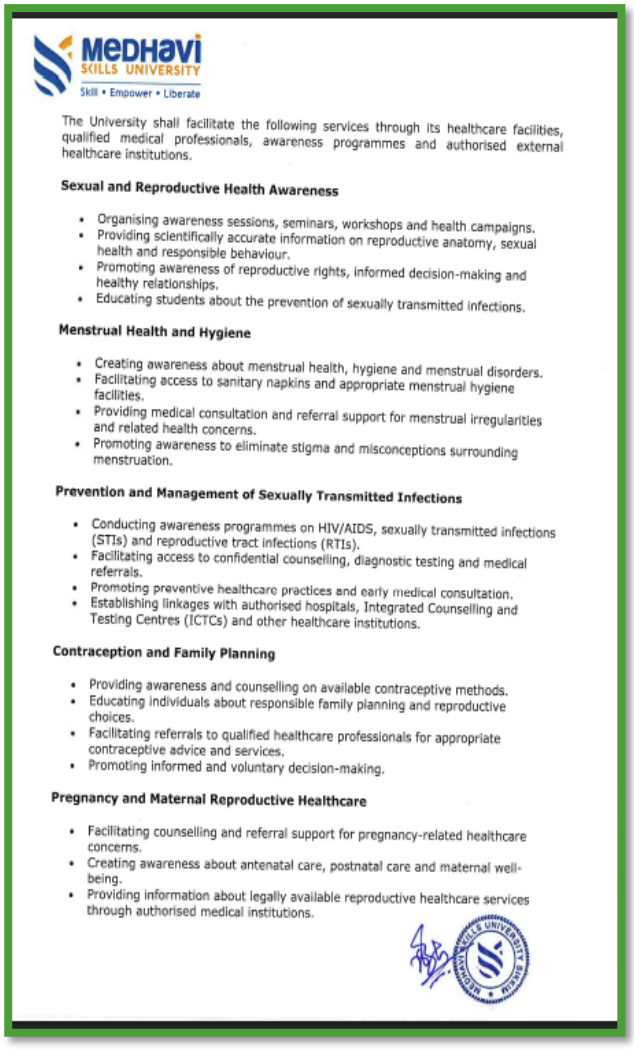
Scope and Applicability

This policy shall apply to:

- All students enrolled in undergraduate, postgraduate, diploma, certificate and skill-based programmes.
- Teaching and non-teaching employees of the University.
- Research scholars, interns and trainees.
- Other members of the University community, wherever applicable.

The policy shall be implemented in accordance with applicable laws, regulations and professional healthcare standards.

Key Areas of Sexual and Reproductive Healthcare Services



The University shall facilitate the following services through its healthcare facilities, qualified medical professionals, awareness programmes and authorised external healthcare institutions.

Sexual and Reproductive Health Awareness

- Organising awareness sessions, seminars, workshops and health campaigns.
- Providing scientifically accurate information on reproductive anatomy, sexual health and responsible behaviour.
- Promoting awareness of reproductive rights, informed decision-making and healthy relationships.
- Educating students about the prevention of sexually transmitted infections.

Menstrual Health and Hygiene

- Creating awareness about menstrual health, hygiene and menstrual disorders.
- Facilitating access to sanitary napkins and appropriate menstrual hygiene facilities.
- Providing medical consultation and referral support for menstrual irregularities and related health concerns.
- Promoting awareness to eliminate stigma and misconceptions surrounding menstruation.

Prevention and Management of Sexually Transmitted Infections

- Conducting awareness programmes on HIV/AIDS, sexually transmitted infections (STIs) and reproductive tract infections (RTIs).
- Facilitating access to confidential counselling, diagnostic testing and medical referrals.
- Promoting preventive healthcare practices and early medical consultation.
- Establishing linkages with authorised hospitals, Integrated Counselling and Testing Centres (ICTCs) and other healthcare institutions.

Contraception and Family Planning

- Providing awareness and counselling on available contraceptive methods.
- Educating individuals about responsible family planning and reproductive choices.
- Facilitating referrals to qualified healthcare professionals for appropriate contraceptive advice and services.
- Promoting informed and voluntary decision-making.

Pregnancy and Maternal Reproductive Healthcare

- Facilitating counselling and referral support for pregnancy-related healthcare concerns.
- Creating awareness about antenatal care, postnatal care and maternal well-being.
- Providing information about legally available reproductive healthcare services through authorised medical institutions.

- Extending appropriate support to pregnant students and employees, subject to applicable University policies.

Reproductive Health Counselling

- Facilitating access to qualified medical professionals and trained counsellors.
- Providing guidance on reproductive health concerns, infertility-related queries and other reproductive health conditions.
- Ensuring sensitive and non-judgmental assistance to individuals seeking support.
- Referring individuals to specialists and authorised healthcare institutions whenever necessary.

Institutional Support and Healthcare Arrangements

The University shall facilitate implementation through the following mechanisms:

1. **University Health Centre/Medical Facilities:** Provision of basic medical consultation and initial healthcare assistance, subject to available facilities and qualified personnel.
2. **Health Awareness Programmes:** Regular health camps, workshops, expert lectures and awareness campaigns.
3. **Referral Services:** Linkages with government hospitals, specialised medical institutions, registered healthcare providers and authorised diagnostic centres.
4. **Counselling Support:** Facilitation of confidential counselling and guidance through qualified professionals.
5. **Information and Education:** Display and distribution of educational materials, awareness posters, brochures and digital resources.
6. **Emergency Assistance:** Facilitation of timely medical assistance and referral in cases requiring urgent healthcare intervention.

Privacy, Confidentiality and Non-Discrimination

The University shall ensure that:

- Individuals seeking sexual and reproductive healthcare are treated with dignity, respect and sensitivity.
- Personal health information and medical records are maintained confidentially and accessed only by authorised persons.
- No individual is subjected to discrimination, humiliation, stigma or adverse treatment on the basis of reproductive health conditions, HIV status or healthcare decisions.
- Healthcare services are provided without discrimination on the grounds of gender, marital status, socioeconomic background or disability, subject to applicable law.
- Informed consent and applicable legal requirements are followed before medical examinations, investigations or treatment.
- Confidentiality is maintained subject to statutory reporting obligations, safeguarding requirements and other applicable legal provisions.

Health Centre

- Provide appropriate medical consultation within professional competence.

- Facilitate referrals to specialised healthcare institutions.
- Maintain medical confidentiality and appropriate health records.

Internal Committee and Other Relevant Committees

- Coordinate with the Internal Committee and other designated University bodies wherever matters involve sexual harassment, sexual violence, safeguarding or related grievances.
- Ensure that complaints are addressed under the applicable institutional policies and statutory provisions.

Awareness and Capacity-Building Activities

The University shall endeavour to organise the following activities periodically:

- Sexual and reproductive health awareness campaigns.
- Menstrual hygiene and women's health awareness programmes.
- HIV/AIDS and STI prevention awareness sessions.
- Health camps and medical consultation programmes.
- Workshops on contraception and family planning.
- Expert lectures by gynaecologists, medical practitioners and public health professionals.
- Awareness programmes on prevention of sexual violence, exploitation and abuse.
- Distribution of health education materials.

Documentation and Reporting

The Student Welfare Office, in coordination with the University Health Centre and relevant committees, shall monitor implementation of this policy.

The University shall maintain appropriate records of:

- Sexual and reproductive health awareness programmes conducted.
- Number of students and employees participating in awareness activities.
- Health camps and medical consultations facilitated.
- Menstrual hygiene awareness and support initiatives.
- STI/HIV awareness and preventive healthcare activities.
- Healthcare referral arrangements and institutional collaborations.
- Feedback and suggestions for improving healthcare services.

Review and Amendment

This policy shall be reviewed once every three years or earlier, if required, in response to changes in statutory provisions, government guidelines, healthcare requirements or institutional priorities.

Mental Health Support for Students

The University recognizes that mental health and psychological well-being are important components of the overall development, academic success, and quality of life of all. A supportive educational environment requires not only academic and professional opportunities but also mechanisms through which students can access appropriate psychological, emotional and medical support when required. In this regard, the University has adopted a comprehensive approach covering active promotion of good mental health, access to free mental health support, and access to medical support through on-campus healthcare facilities.

Active Promotion of Good Mental Health

The University actively promotes awareness about mental health and psychological well-being among its students through Mental Health Awareness Programmes. These programmes aim to sensitize students, faculty, and staff to the importance of maintaining positive mental health and recognising the need for timely support.

The Mental Health Awareness Programmes provide opportunities to address issues related to emotional well-being, stress management, coping with academic and personal challenges, and the importance of seeking professional assistance whenever required. Such programmes also help create an environment in which students feel more comfortable discussing mental health concerns and seeking appropriate guidance.

Various Schools and Departments regularly organize meditation and yoga activities to promote mental well-being, emotional balance, and a healthy lifestyle among students. In addition, the Sports Club, Literary Club and other student clubs organize a range of engaging activities that encourage active participation, creativity, social interaction and holistic development, thereby contributing to the overall well-being of students. The University's approach to mental health promotion is not limited to responding to students who are already experiencing difficulties. Awareness and sensitization are used as preventive measures to encourage students to pay attention to their psychological well-being and to seek support at an appropriate stage.

Through these initiatives, the University seeks to develop a supportive campus environment in which mental health is recognized as an integral part of student well-being. Regular awareness activities also help students become familiar with the support mechanisms available within the University and encourage them to seek assistance whenever required.

Access to Free Mental Health Support

To provide students with direct access to psychological support, the University has established a Psychological Support & Wellness Cell. The Cell provides a dedicated institutional mechanism through which students can seek assistance for psychological and emotional concerns.

The Cell is supported by trained and certified psychologists, enabling students to access professional counselling and guidance within the University environment. Students can approach the Cell when they require psychological support, guidance, or assistance in dealing with concerns affecting their emotional and mental well-being.

The availability of trained and certified psychologists within the University ensures that students have access to appropriate professional support and a structured point of contact for addressing psychological and emotional concerns. The Cell also provides an avenue for students who may require further guidance or referral based on their individual needs.

Appointment Form

Once the form is submitted, our qualified professional staff will contact you to understand your needs and provide appropriate support.

1. Category of Applicant

Please select one:

- ○ Student
- ○ Teaching Staff
- ◉ Non-Teaching Staff
- ○ School Students
- ○ Underprivileged Section of Society
- ○ Local Community

2. Enrolment / Roll Number *for Students only*

3. Employee ID *for Staff only*

4. Aadhar ID *for Underprivileged Section of Society & Local Community*

5. Contact Number

10-digit mobile number

6. Preferred Date for Appointment

dd-mm-yyyy

7. Additional information that may help us understand your needs and make suitable arrangements for your appointment

Submit



Mental Health & Wellbeing Services | Medhavi Skills University

The Psychological and Mental Well-Being Cell complements the University's awareness initiatives by providing an accessible support mechanism after students become aware of their mental health needs. Thus, awareness and counselling services work together as part of the University's overall mental wellbeing framework.

The availability of doctors on campus provides an additional level of healthcare support for members of the University community.

Students who have health concerns requiring medical attention can access the on-campus medical facility and consult the available doctors. Where a student's concern requires medical assessment or further professional intervention, the on-campus healthcare facility provides an appropriate first point of contact. The healthcare support extends beyond students to faculty and staff, reflecting the University's broader commitment to the health and well-being of its entire community.

Policy Document on Mental Health and Well-Being

Web page of the Policy：[POLICY-ON-MENTAL-HEALTH-AND-WELLBEING.pdf]



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Policy on Mental Health & Well-Being

W.e.f.: 01st July, 2024

Medhavi Skills University is committed to promote psychological and emotional well-being, reducing stigma associated with seeking help, preventing avoidable mental health risks, and facilitating timely access to appropriate support for students, faculty, and staff. This mental wellness policy for students, faculty, and staff establishes a supportive framework to access mental health information, counselling, and appropriate professional support in a confidential and non-discriminatory environment.

Purpose

- Promote positive mental health and emotional well-being across the University community.
- Provide accessible pathways for students, faculty and staff to seek counselling and professional support.
- Promote early identification of distress and appropriate referral to qualified professionals.
- Create a respectful, inclusive and non-stigmatizing campus and workplace environment.

Scope and Core Principles

The policy applies to all students, research scholars, faculty members, teaching and non-teaching staff, and other members of the University community, as applicable.

The core principles of the policy are confidentiality, accessibility, inclusivity, early help-seeking, and professional care. Personal information shall be kept confidential, support and referral pathways shall be accessible, and no person shall face discrimination for seeking mental health support.

Counselling and clinical interventions shall be provided only by qualified professionals within their scope of practice. To this end, a Psychological Support & Wellness Cell shall be constituted with trained and certified psychologists/counsellors to provide appropriate psychological support and facilitate referrals, wherever required.

Awareness and Communication

The University shall promote mental wellness through appropriate activities such as:

- Mental health awareness, orientation and sensitisation programmes to promote understanding and reduce stigma.
- Workshops on stress management, meditation, yoga, emotional regulation, healthy coping, and work-life/study-life balance.
- Wellness activities including mindfulness, physical fitness, recreation, and other holistic well-being initiatives.

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Mental Health Awareness Programme

The Department of Physiotherapy, Medhavi Skills University, actively engaged in a wide range of academic, outreach, and co-curricular activities during the academic year January to December 2025. These initiatives reflected the department's commitment to community service, health awareness, student leadership, interdisciplinary collaboration, and holistic education as envisioned under NEP 2020.

Date: 14 May 2025

Venue: Sangkhola, Teesta Building

On 14th May 2025, the Department of Physiotherapy organized a Mental Health Awareness Talk Programme at Sangkhola, Teesta Building. The Programme aimed to sensitize the local community about the importance of mental well-being and early identification of mental health concerns.





Faculty members and students addressed common mental health issues, stress management techniques, and the role of physical activity and physiotherapy in improving mental health. The session encouraged open discussion, reduced stigma related to mental illness, and empowered participants with practical strategies for emotional resilience. The Programme successfully spread awareness and reinforced the importance of mental health as an integral component of overall well-being.





Smoke Free Policy

Medhavi Skills University is committed to maintaining a **safe, healthy, clean, and supportive campus environment** for its students, faculty, staff, visitors, and other stakeholders. The University's **Smoke-Free Campus Policy**, effective from **21 August 2024**, prohibits smoking and the use of tobacco products across the University campus and promotes awareness regarding the health risks associated with tobacco use.

The policy applies to students, faculty, staff, contractual personnel, vendors, visitors, guests, and other persons using University premises. Smoking and tobacco use are prohibited across both indoor and outdoor areas, including academic buildings, laboratories, libraries, offices, hostels, cafeterias, sports facilities, auditoriums, event venues, roads, parking areas, gardens, open spaces, and University vehicles.

The University also emphasizes awareness, communication, and compliance through prominent “NO SMOKING / SMOKE-FREE CAMPUS” signage, website communication, orientation programmes, notices, awareness activities, and institutional documents. Periodic awareness activities are conducted to highlight the harmful effects of tobacco use and encourage tobacco cessation, with individuals seeking support guided towards qualified healthcare professionals or recognized cessation services.

Implementation responsibilities are assigned to the University Administration, Student Welfare, Security and Estate/Facilities, Hostel Administration, faculty and staff, and students, ensuring that the smoke-free environment is maintained across the campus. The policy is subject to periodic review and monitoring, with records of awareness activities, signage, circulars, and implementation measures maintained as supporting evidence.

This institutional commitment contributes to SDG 3 – Good Health and Well-being by supporting a tobacco-free environment, promoting awareness of preventable health risks, and encouraging healthier choices among the University community.

Web Link of the Policy : POLICY-ON-SMOKE-FREE-CAMPUS.pdf

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POLICY on SMOKE-FREE CAMPUS
W.e.f.: 21st August 2024

The University is dedicated to provide a safe, healthy, clean, and supportive environment to every student, faculty, staff and visitor. This Smoke-Free Campus Policy prohibits smoking and the use of tobacco products throughout the University campus and promotes awareness of the health risks associated with tobacco use.

This policy applies to all students, faculty, and staff members of the University. In addition, it shall apply to all contractual personnel, vendors, visitors, guests, and any other persons entering or using University premises, facilities, or University-controlled outdoor areas.

University shall maintain a smoke-free campus. Smoking and the use of tobacco products are prohibited at all indoor and outdoor University locations, including but not limited to:

- Academic blocks, classrooms, laboratories, libraries and offices.
- Hostels, residences, cafeterias, canteens and other common areas.
- Sports grounds, gymnasiums, auditoriums and event venues.
- Roads, pathways, parking areas, gardens and open spaces within the University premises.
- University vehicles and vehicles operated for the University activities.
- Indoor and outdoor events, functions, meetings and student activities conducted on campus.

Prohibited Products and Activities

The prohibited products on the University premises include smoking cigarettes, bidis, cigars, pipes, or other combustible tobacco products; use of smokeless tobacco products; and use of other tobacco-containing smoking products.

Dissemination and Communication

The University shall display clearly visible 'NO SMOKING / SMOKE-FREE CAMPUS' signage at campus entrances, academic and administrative buildings, hostels, public areas and other appropriate and prominent locations. The policy shall be communicated through the University website, student/faculty orientation, notices, awareness programmes and relevant institutional documents.

Awareness and Compliance

The University shall conduct periodic awareness activities on the harmful effects of tobacco use and encourage tobacco cessation. Also, students and employees seeking support may be guided to qualified healthcare professionals or recognized tobacco-cessation service centers. All members of the University community are expected to comply with this policy.



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Violations may be addressed through counselling, warning and/or disciplinary action in accordance with the University's applicable rules and regulations. Repeated or serious violations may be referred to the appropriate University authority for further action.

Roles and Responsibilities

Responsible Unit / Person	Key Responsibility
University Administration	Approve, implement and periodically review the policy.
Dean/Office of Student Welfare	Coordinate awareness, student communication and implementation.
Security & Estate/Facilities	Display signage and support enforcement across campus.
Hostel Administration	Ensure smoke-free compliance in hostel and residential areas.
Faculty & Staff	Promote compliance and report persistent violations through proper channels.
Students	Follow the policy and support a smoke-free campus environment.

Review and Monitoring

The policy shall be reviewed periodically, and at least once every **five years**, or earlier if required due to changes in applicable law, University regulations, or public-health guidance. Records of awareness activities, signages, circulars, and implementation measures may be maintained as supporting evidence of the University's smoke-free campus commitment.



Mental Health Support for Staff

Medhavi Skills University, through its Health and Wellness Club, organized a Mental Health Awareness Talk Session on 15 May 2025 to promote emotional well-being and mental health awareness. The session featured guest speakers and certified mental health counsellors from the Psychiatry Department of District Hospital, Singtam, who discussed the importance of mental wellness, stress management, and seeking professional support when needed. The programme emphasized the role of mental health in personal and academic success while encouraging open dialogue and community engagement. This initiative reflects the University's commitment to fostering a healthy and supportive environment aligned with SDG 3: Good Health and Well-Being.

Beneficiaries: Students, Faculty, and Staff Members

Web link of the Event: Mental Health Awareness Talk Session



“True progress begins when people are healthy in body and mind. Medhavi Skills University encourages a culture of wellness, awareness, balance, and care, empowering students to lead healthier lives and contribute positively to the well-being of society.”

Medhavi Skills University

www.msu.edu.in

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