



Aishwarya College of Education

• Recognized by UGC under Section 2 (F) & 12 (B) of UGC Act, 1956 • Accredited by NAAC

Health Support to Students

College is committed to the holistic well-being of its students. Recognizing the importance of physical and mental health in academic success and personal development, the college provides the following health support facilities on campus-

1. Gym Facility

The college has a well-equipped gym that offers students an opportunity to maintain physical fitness and lead a healthy lifestyle. The gym is accessible during specified hours. A trained instructor is available to guide students in their workout routines.

2. Yoga and Meditation

To promote mental wellness, stress management, and inner peace, College has a Yoga and Meditation zone. Regular sessions are conducted. These sessions are designed to help students cultivate mindfulness, improve concentration, and enhance emotional resilience.

3. Medical Rest Room

A Medical Rest Room is available on campus to provide immediate care and rest for students who feel unwell during college hours. The room is equipped with basic medical supplies; a resting bed. In case of emergencies, the college has tie-ups with nearby hospitals for prompt medical attention.