

Khwaja Moinuddin Chishti Language University, Lucknow

1. Access to Physical Health-Care Services, Information and Education

Khwaja Moinuddin Chishti Language University (KMCLU), Lucknow is committed to promoting the **physical health, safety, and well-being of its students, faculty, staff, and the surrounding community**. The University ensures accessible healthcare through on-campus medical facilities, emergency response systems, collaborations with specialized healthcare institutions, and regular health awareness and education programs.

Through these initiatives, KMCLU promotes **preventive healthcare, health literacy, and physical fitness**, ensuring that members of the university community have access to both **medical services and health-related information** necessary for maintaining a healthy lifestyle.

1.1 On-Campus Healthcare Support

The University provides **on-campus primary healthcare services** through a dedicated medical dispensary located within the campus. The facility offers basic medical consultation, first-aid assistance, and essential medicines for students, faculty members, and staff.

The dispensary is equipped with necessary medical supplies to address routine health concerns and minor medical emergencies. It operates daily between 11:00 AM and 2:00 PM, ensuring that immediate healthcare assistance is available within the university premises.

This facility plays a vital role in ensuring timely access to primary healthcare services, reducing delays in medical attention and supporting the overall well-being of the campus community.

Essential medical assistance being provided on campus





Routine health check up being conducted of NCC Cadets

1.2 Access to Specialized Medical Care

In order to provide access to advanced medical treatment when required, the University has established **institutional collaborations with reputed healthcare institutions**. These partnerships facilitate specialized medical consultation, diagnostic services, and treatment for students and staff members.

The University has entered into Memoranda of Understanding (MoUs) with institutions such as:

- Hind Institute of Medical Sciences, Atariya-
<https://kmclu.ac.in/public/uploads/2025/01/KMCLU-And-Hind-institute-of-medical-sciences-Atariya-MOU.pdf>
- Career Institute of Medical/Dental Sciences & Hospital-
<https://kmclu.ac.in/public/uploads/2023/05/MOU-between-KMCLU-and-Career-Medical-Institute.pdf>

These collaborations ensure that members of the university community can receive specialized healthcare services beyond the primary medical facility available on campus.

1.3 Emergency Medical Support and Ambulance Services

Ensuring prompt medical assistance during emergencies is an important component of the University's healthcare support system. KMCLU provides **24-hour ambulance services** to respond to medical emergencies within the campus. The ambulance facility enables rapid transportation of patients to partner hospitals and nearby medical centres when advanced medical care is required.



Glimpse of University Officials showcasing ambulance facility



Glimpse of University Officials showcasing ambulance facility

1.4 Health Awareness and Preventive Healthcare Initiatives

In addition to providing healthcare facilities, the University actively promotes **health awareness and preventive healthcare education** through various programs and outreach activities. These initiatives aim to increase awareness about health issues, encourage early diagnosis, and promote responsible health practices.

1.4.1 Free Health Camp and Doctor's Day Programme(1st July 2025)

The University organized a **Free Health Camp and Doctor's Day Programme** in which medical professionals conducted health check-ups and provided medical consultation to students, faculty members, staff, and members of the surrounding community.

The program helped raise awareness regarding:

- Regular health screening
- Early detection of health issues
- Preventive healthcare practices

Such initiatives improve access to medical information and healthcare guidance within the university community.



Hon'ble Vice Chancellor getting free health check-up done



Felicitation of guest on the occasion of Doctor's Day

1.4.2 Vaccination Awareness Rally – National Pharmacy Week(16th November 2025)

To promote awareness about preventive healthcare, the University organized a **Vaccination Awareness Rally** during **National Pharmacy Week**.

Students participated actively in the rally, spreading awareness about the importance of immunization and disease prevention. The activity aimed to educate the public on the role of vaccination in protecting individual and community health.



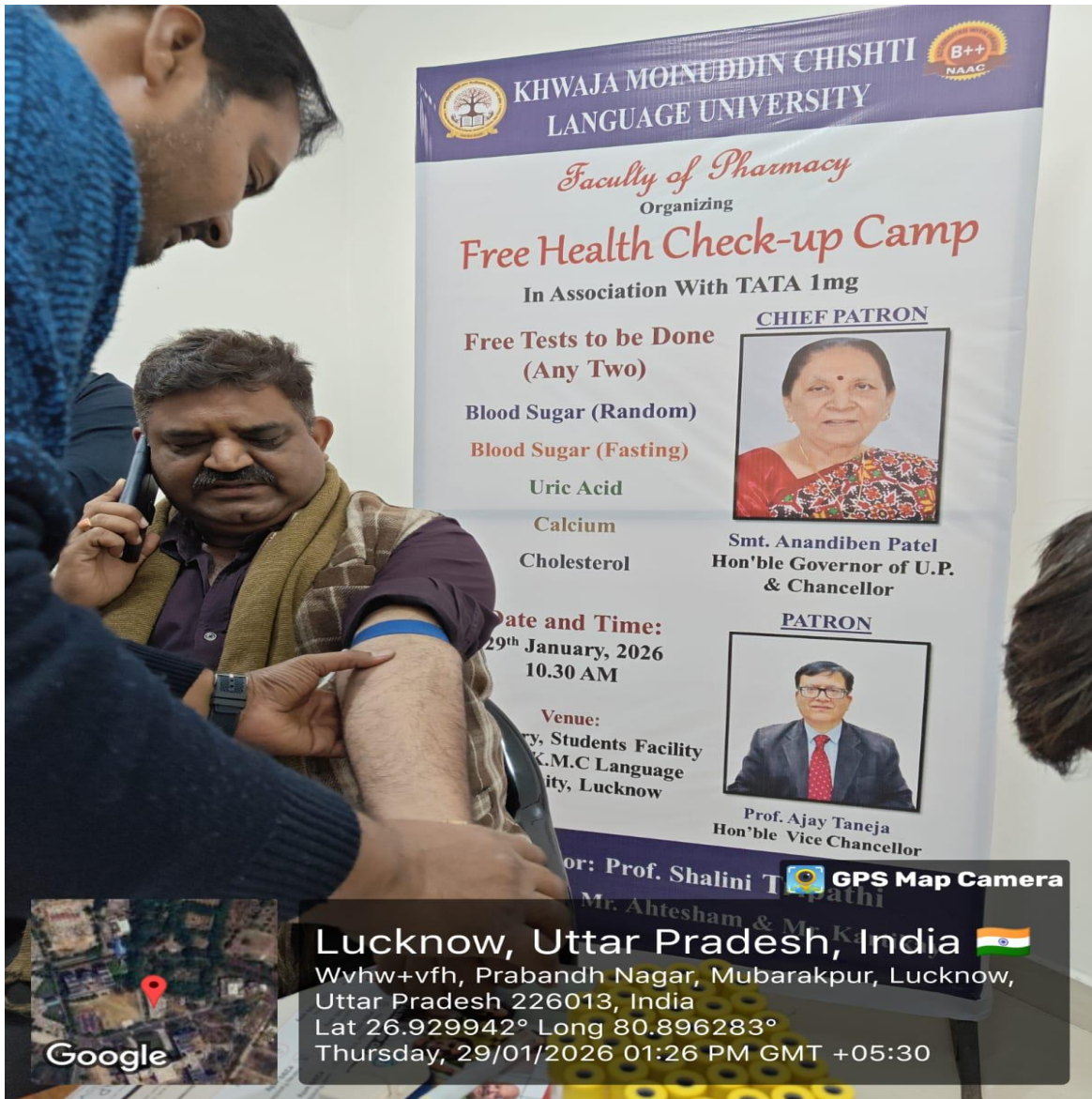
Students actively participating in the rally

1.4.3 Free Health Check-up Camp in collaboration with TATA 1mg (29th January 2026)

In order to promote preventive healthcare and encourage regular health monitoring, Khwaja Moinuddin Chishti Language University organized a **Free Health Check-up Camp** at the University Dispensary in collaboration with **TATA 1mg**. The camp was open to all students, faculty members, and staff of the university, providing an accessible platform for basic health screening and medical consultation. As part of the initiative, participants were offered **two diagnostic tests free of cost**, including Blood Sugar (Random), Blood Sugar (Fasting), Uric Acid, Calcium, and Cholesterol tests. The camp aimed to raise awareness about the importance of early detection of health issues and the role of routine health check-ups in maintaining overall well-being. The program received enthusiastic participation from members of the university community and contributed to strengthening a culture of preventive healthcare, health awareness, and responsible lifestyle practices on campus. Such initiatives reflect the University's ongoing commitment to ensuring the health, safety, and well-being of its academic community.



Health Check-up Camp Registration Counter



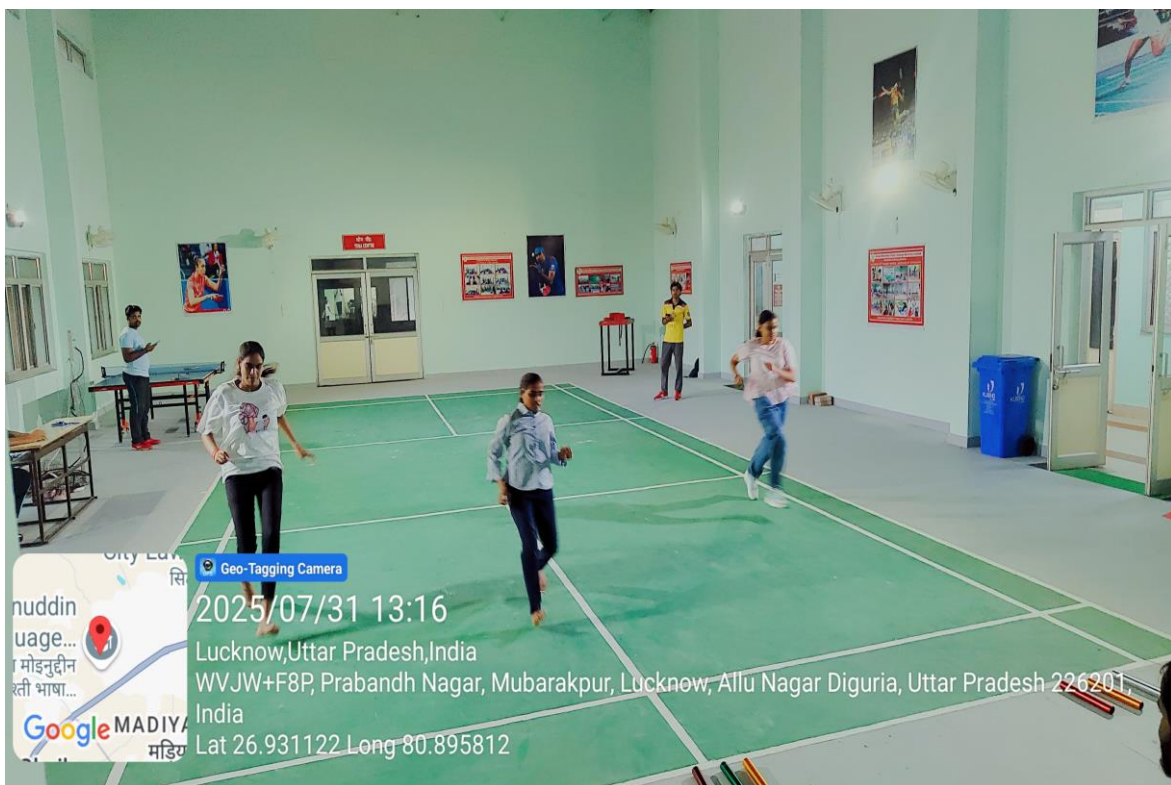
Faculty member getting a Free Health Check-up done

2. Promotion of Physical Fitness

2.1 Physical Fitness Test

The University promotes physical well-being through sports and fitness activities organized by the Department of Physical Education. A **Physical Fitness Test** was conducted at the **Chandra Shekhar Azad Gymnasium** to assess and encourage the physical fitness levels of students. Such initiatives motivate students to adopt an active lifestyle and recognize the importance of regular exercise for maintaining physical health. The objectives of the test were:

- To assess the physical fitness levels of university students.
- To identify students requiring improvement in physical fitness.
- To encourage students to maintain a healthy lifestyle through regular exercise and physical activity.



Glimpse of Female Sprint Competition



Glimpse of Sit-ups Competition

2.2 Chandra Shekhar Azad Vyayamshala (University Gymnasium)

Khwaja Moinuddin Chishti Language University promotes preventive healthcare and physical fitness through its well-equipped Chandra Shekhar Azad Vyayamshala (Gymnasium) located on campus. The gymnasium is equipped with a comprehensive range of modern cardiovascular and strength-training equipment, including treadmills, cross trainers, spin bikes, resistance training machines, free weights, and core-strengthening apparatus, enabling students and staff to maintain an active and healthy lifestyle.

In addition to fitness equipment, the facility also provides indoor sports and recreational infrastructure, including badminton courts, table tennis, chess, and carrom facilities. The gymnasium regularly conducts aerobics training, strength training sessions, martial arts training (particularly for female students), and Yog asana practice sessions, thereby encouraging a culture of physical fitness and preventive health among the university community.

The gymnasium is maintained with proper safety, hygiene, and sanitation measures, including regular equipment servicing, fire safety provisions, first-aid availability, and routine cleaning of workout areas and changing facilities, ensuring a safe and healthy environment for users.



Glimpse of University Gymnasium



Students working out in the gymnasium

2.3 Open Gymnasium Facility

In addition to the indoor gymnasium, Khwaja Moinuddin Chishti Language University provides a **well-equipped Open Gymnasium** within the campus to encourage regular physical activity and promote overall well-being among students, faculty, and staff.

The open-air fitness facility offers a refreshing environment for exercise and is equipped with a variety of **cardiovascular and strength-training equipment**. The open gymnasium is maintained with appropriate safety and hygiene standards, including regular cleaning and sanitization of equipment and clear safety instructions for users. Accessible to the university community during designated hours, the facility encourages the adoption of healthy lifestyles, stress reduction, and community engagement through physical activity.

Through the availability of both indoor and open fitness facilities, the university actively promotes preventive healthcare, physical fitness, and holistic well-being among its campus community.



Glimpse of Open Gymnasium Equipments



Glimpse of Open Gymnasium Equipments

3. Emergency Preparedness and Community Health Initiatives

3.1 Voluntary Blood Donation and Community Health Support

The University also actively supports public health initiatives through voluntary participation in blood donation drives. A **Mega Blood Donation Drive** was organized on campus in collaboration with a national voluntary organization as part of a large-scale campaign promoting blood donation awareness.

Students, faculty, and staff participated enthusiastically in the initiative, contributing to the availability of life-saving blood for patients in need. The drive not only supported healthcare services in the community but also helped spread awareness about the importance of regular voluntary blood donation as a vital component of public health and emergency medical care.



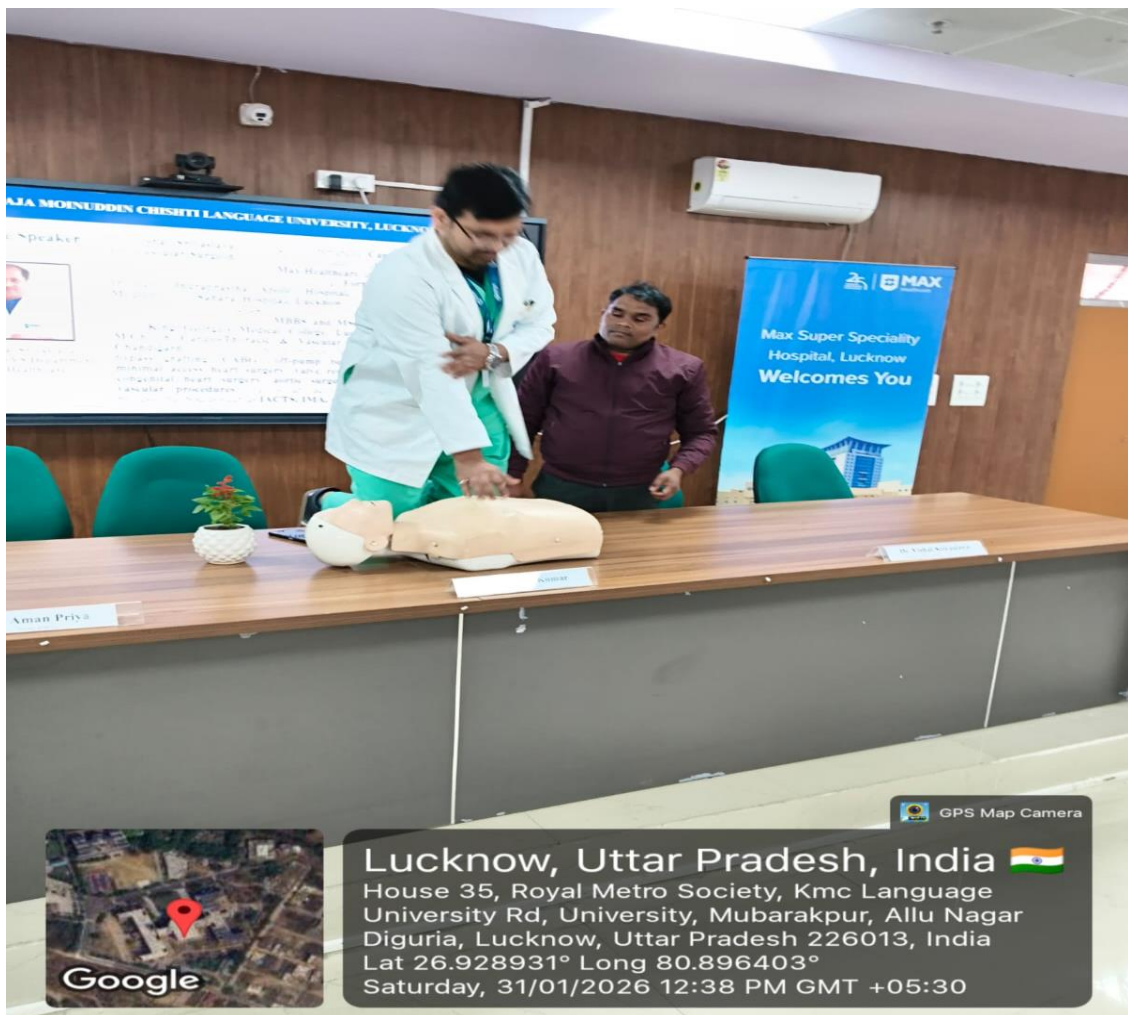
Students actively participating in Blood Donation Camp



Students actively participating in Blood Donation Camp

3.2 Emergency Response and First Aid Training Initiatives

To strengthen emergency preparedness and promote life-saving skills among students and staff, the University organized a **Workshop on Basic Trauma Life Support and First Responder Training** in collaboration with a leading healthcare institution. The workshop included an informative lecture and hands-on training on **Cardiopulmonary Resuscitation (CPR)** and basic emergency response techniques. The program aimed to equip participants with essential knowledge and practical skills required to respond effectively during medical emergencies and accidents. Such initiatives play an important role in building a responsible and health-aware campus community capable of providing immediate assistance in critical situations.



Professional demonstrating CPR Technique



Student learning the CPR Technique

3.3 Creating a Healthy Campus Environment

By providing accessible healthcare services, emergency medical support, collaborations with healthcare institutions, and regular health education programs, KMCLU fosters a healthy and supportive campus environment. In addition to medical assistance, the University promotes preventive healthcare and physical well-being through facilities such as the indoor gymnasium, open gymnasium, and sports and fitness infrastructure available on campus. Regular health awareness activities, including medical camps, vaccination awareness drives, nutrition education programmes, and fitness assessments, encourage the university community to adopt active and healthy lifestyles.

Through these comprehensive measures, Khwaja Moinuddin Chishti Language University demonstrates its continued commitment to creating a safe, inclusive, and health-conscious campus environment, where physical well-being, preventive healthcare, and access to essential medical services are integral to the overall development and welfare of the academic community.

