



HEALTH CARE FACILITIES

Health is one of life's very much integral resources which impacts longevity, productivity, and overall wellness. It goes beyond simply being free from illness to include social, mental, and physical well-being. A fulfilling existence depends on maintaining good health.

Health and well-being are crucial aspects of student life, and Kingston Engineering College is committed to providing excellent health facilities to ensure the physical and mental well-being of students and staff. The institution offers a range of health services, including a gym, yoga center, health center, sick room, first aid support, and ambulance services etc.

VARIOUS HEALTH FACILITIES IN KINGSTON ENGINEERING COLLEGE:

i. HEALTH CENTER

Kingston Engineering College houses a fully equipped health center staffed by qualified medical professionals available during working hours. It offers general health check-ups, expert consultations, and medical guidance, ensuring the well-being of students and faculty.

Additionally, the center provides first-aid services, emergency care, and specialized support such as physiotherapy, mental health counseling, and nutrition guidance. Regular health awareness programs, vaccination drives, and wellness workshops are conducted to promote preventive care. The center is also equipped to handle minor medical emergencies and collaborates with RM Medical center & Hospital, Katpadi, Vellore district for advanced treatment if needed, fostering a safe, healthy, and supportive campus environment.



Cardiac and Health Checkup



Blood Donation Camp

ii. SICK ROOM

Our institution aims to foster the welfare of everyone – staffs (teaching & non-teaching), students, etc. and the health of everyone is prior in Kingston Engineering College. As a testament, a separate sick room is available for students and staff who may need rest and medical attention during emergencies. It is equipped with necessary medical supplies and comfortable beds to facilitate recovery before further treatment is sought.



Boys Sick Room



Girls Sick Room

iii. FIRST AID SUPPORT

First aid provides immediate care in emergencies, helping save lives, prevent complications, and speed up recovery. It controls bleeding, stabilizes injuries, and offers pain relief while ensuring a safer environment in homes, schools, and workplaces.

Every department and key locations in our campus are stocked with first aid kits to provide immediate medical assistance in case of minor injuries or accidents. Trained personnel and staff members are available to administer first aid when required.



First Aid Box

iv. AMBULANCE SERVICES

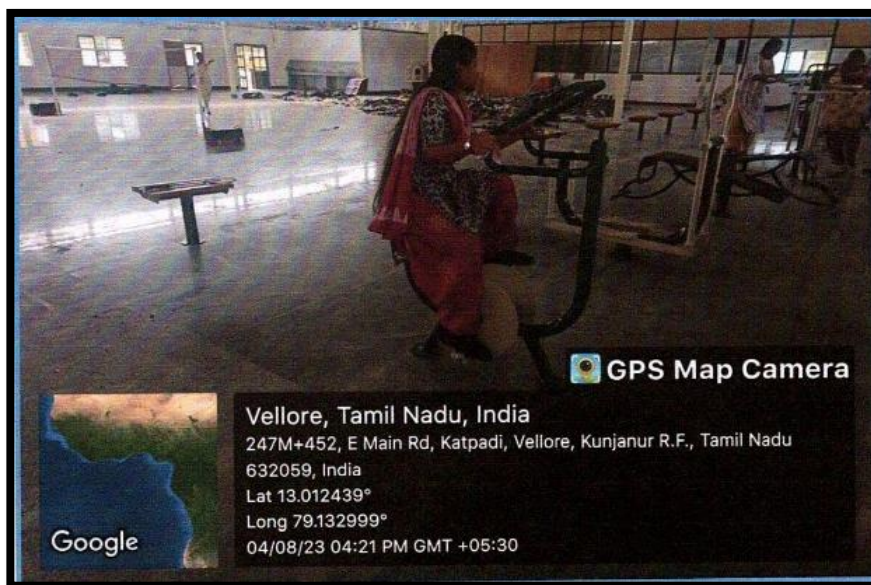
In order to cope with medical emergencies and provide prompt medical aid when required, the college maintains a specialized ambulance service. The ambulance has basic life-support systems, such as an oxygen supply and necessary first-aid supplies, to aid patients while they are being transported. It is also accessible on call. The ambulance is accompanied by trained medical professionals who may offer immediate help. In order to facilitate fast and efficient patient transfers, the service also collaborates with surrounding hospitals, demonstrating the institution's dedication to the welfare of its staff members and students.



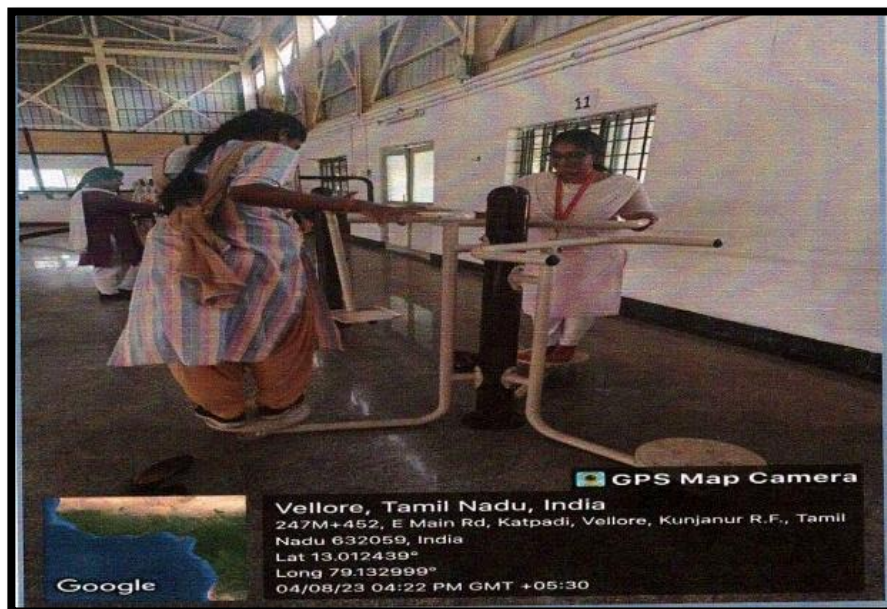
Ambulance Service

v. GYMNASIUM

A gymnasium is a vital facility for nurturing students' overall growth, mental health, and physical fitness. It gives students as well as staff a place to work out, play sports, and engage in recreational activities, which helps them lead healthier and more active lives. The college encourages staff and students to lead healthy lives by providing a well-equipped gym with latest exercise equipment. Professional trainers oversee the gym, which is open to both beginner and experienced fitness lovers.



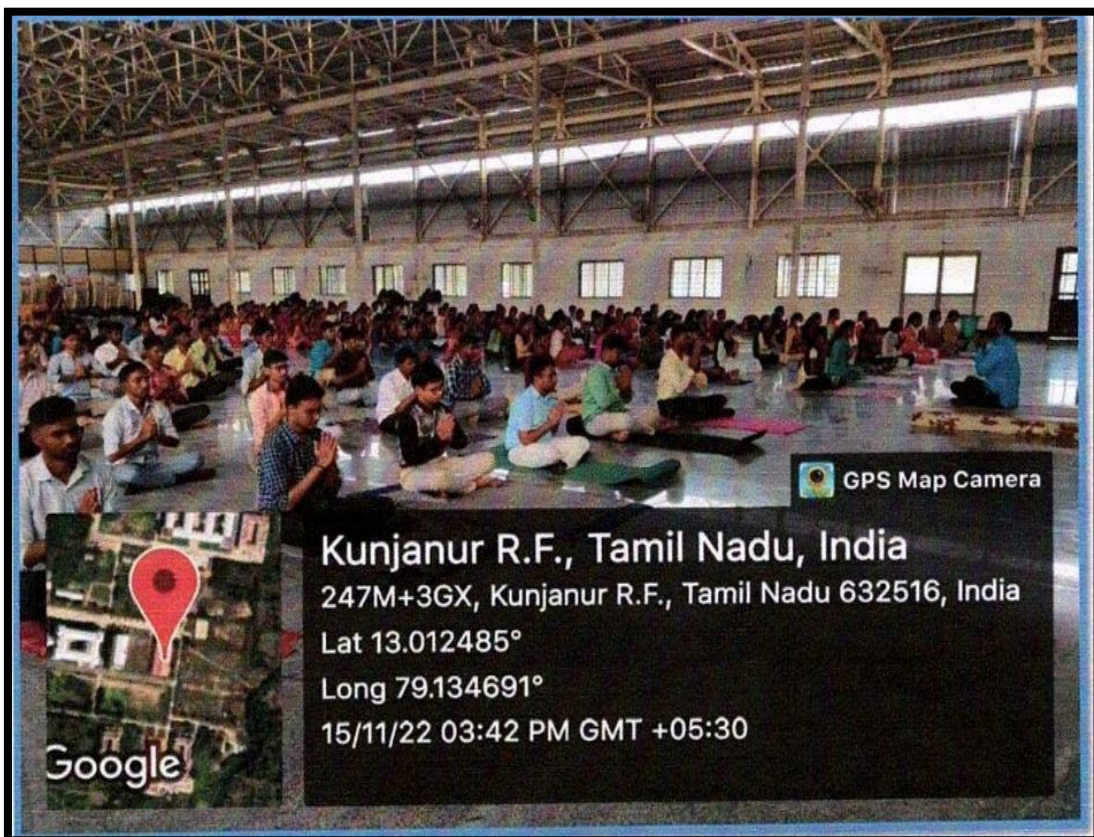
Gymnasium Exercise



Gymnasium Exercise

vi. YOGA CENTER

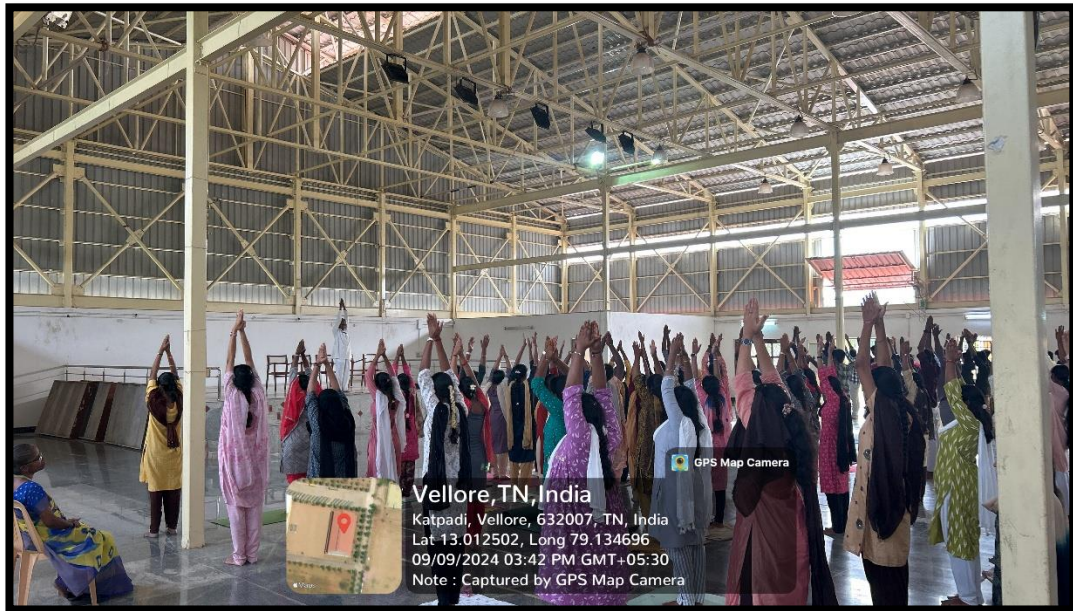
Yoga is a holistic discipline that improves mental, spiritual, and physical health. It prevents lifestyle diseases and enhances posture, strength, and flexibility. Frequent practice fosters inner tranquility and mental stability by reducing tension, anxiety, and depression. Additionally, yoga improves mindfulness, memory, and concentration, which improves focus and productivity. To encourage relaxation and mental health, there is a special yoga and meditation facility in Kingston Engineering College. Trained teachers provide regular yoga sessions that help students focus better, manage stress, and improve their overall well-being.



Yoga class



Yoga class



Yoga class