



# **HEALTH** CENTRE

Patient-focused healthcare to provide holistic and evidence based primary healthcare to the JGU community distinguished by excellence, collaboration, compassion and respect.

To facilitate students, faculty & staff to maintain physical and mental health wellness by providing:



#### PRIMARY HEALTHCARE

for comprehensive health needs



#### **WELL-COORDINATED FIRST AID**

for immediate assistance



#### WELL EQUIPPED AMBULANCE

for emergency medical services



#### **REFERRAL TO MULTISPECIALITY HOSPITALS**

for specialist consultation/emergency



#### CREATING AWARENESS

on wellness, prevention & early detection of diseases



#### PROMOTING HEALTHY LIVING PRACTICES

through lifestyle modifications





healthcentre@jgu.edu.in www.jgu.edu.in









#### **Excellent Health Services**

Headed by an eminent consultant surgeon, an experienced retired civil surgeon and a team of well experienced residential medical officers are available 24/7 for providing health services to the JGU community with care, compassion and commitment.

#### **Pharmacy**

For convenience, a pharmacy shop, managed by professional pharmacists, is located in front of the Health Centre, operational 24/7 for the entire JGU community.



#### Indoor, Flu Ward and Isolation Facilities

Indoor and Flu wards are fully equipped with MGPS system, Multipara Monitors, ECG Machines, a Ventilator and a Defibrillator to handle any emergency at the JGU campus. Patients affected with any contagious disease are kept under observation in a Flu ward, to reduce transmission risk.

#### Referral Services to Multispeciality Hospitals —

SONIPAT

BHATLA HEART & GENERAL HOSPITAL | FIMS HOSPITAL | TULIP HOSPITAL

**NEW DELHI** 

APOLLO HOSPITAL | FORTIS HOSPITAL | MAX HOSPITAL

#### Diagnostics Collection Centres

DR. LAL PATHLABS | AYUSHMAN DIAGNOSTICS



#### Well Furnished **Ambulance Service**

Well equipped fleet of ambulances for transporting of patients to multispecialty hospitals if required.



#### Year wise data of patients attended by Health Centre

	2016-17	2017-18	2018-19	2019-20
Patients attended	19654	16210	16989	19394
Consultant referrals (OPD)	535	413	748	524
Investigations	694	565	520	413
Patients kept under observation at Health Centre	497	792	956	1217
Patients referred to Multispeciality Hospital	52	51	36	63
Physiotherapy sessions conducted	2983	3634	3407	4123



#### Defibrillator

Restores a normal heartbeat by sending an electric pulse or shock to the heart. It is used to prevent or correct an arrhythmia, a heartbeat that is uneven or that is too slow or

too fast, and to restore the heart's beating if the heart suddenly stops functioning.



#### 12 Channel ECG Machines

Twelve channel ECG Machines are robust heart screening devices with built in real time age analysis which make it more reliable.

The ECG system can take a printout in 12 ch, 6 ch and 3 ch for interpretation of Conduction, Hypertrophy, Ischemia, Infarction and basic arrhythmia.



#### Ventilator

Moves breathable air in and out of the lungs, to provide respiration to a patient physically unable to breathe, or breathing insufficiently due to illness.



#### **Multipara Monitors**

Patient monitoring systems are an indispensable part of critical care. They provide a comprehensive understanding of a patient by giving a broader monitoring scope

by providing readings such as heart rate, central venous pressure, non-invasive blood pressure, ECG, SpO2 and invasive blood pressure and temperature. In lieu of that, each bed has been provided with a Multipara monitor.



#### Suction Machines

Suction apparatuses, both electrical and foot, are appliances that are used to remove substances such as blood, saliva, mucus, and vomit from a person's airway. A portable suction

unit can prevent pulmonary aspiration and facilitate breathing.



#### Autoclaves

Autoclave machines are used for for sterilizing instruments, OT sheets, gauze, cotton etc. for use in dressing cum minor OT room.

There is an **Emergency Room** fully equipped with MGPS, Suction Machine, ECG Machine, Multipara Monitor, a Ventilator, and a Defibrillator with all emergency medicines required in case of any emergency. This room is used for a seriously ill patient, if any, for providing urgent medical aid as required. Once stable, the patients are then shifted to Indoor units which are also 'fully equipped".

> Physiotherapy unit is managed by a team of highly skilled and experienced physiotherapists. Physiotherapists are encouraged to do manual therapy, however we also have the following machines:



- 1. Ultrasonic machine for use in soft tissue injuries. 4. Gym balls for balance training.
- and neurogenic pain relief.
- **3.** Kinesio Tapes used for stabilization of joints as **7.** Y-Board for balance training and strength training. in sprain, strain etc.
- 2. Combo-Machines used for musculo-skeletal 5. Foam Roller for soft tissue injuries and balancing.
  - **6.** Thera Bands and weights for strength training.



## **CAMPUS READINESS PLAN**

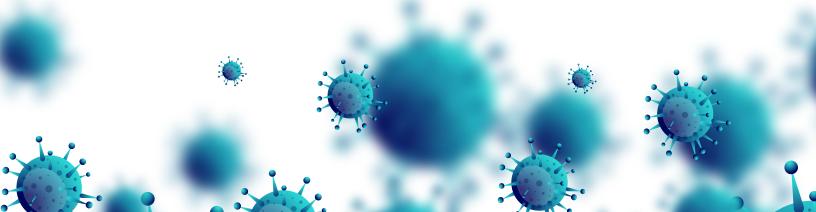
# FOR HEALTH SAFETY, SECURITY AND WELL-BEING







- Augmentation of campus health centre facilities in terms of equipment, supplies, logistics for isolation facilities and health care staffing.
- Steps taken to ensure health safety and security protocols at the campus entry point.
- COVID-19 marshals deployed to enforce implementation of health and safety protocols on campus.
  - Robust cleaning, disinfecting or sanitising of the hostels, dining spaces, academic, administrative blocks and all other facilities on campus according to COVID-19 public health advisories.
- Measures taken to ensure safe water management, food safety and hygiene as part of our dining services, including advisories to retail food outlets on campus.
- Reinforcement of personal hygiene measures through awareness training to dining services employees.
- Work in progress to install Plexiglass barriers at all appropriate places in our dining outlets and other areas as an additional level of protection.
- Monitoring of the maintenance of central air filtration for enhanced and safe airflow.



## CWCS

# CENTRE FOR WELLNESS AND COUNSELLING SERVICES

CWCS provides both individual and group counselling services to the students, faculty, and staff members of JGU. It includes:

Crisis Intervention

Psychometric Assessments

FamilyTherapy

GroupTherapy

Meditation & Relaxation

Mentoring Peer Support Group

Referral Services

To spread awareness on mental health and well-being and encourage help-seeking behaviours, CWCS organized several activities such as:

Mental Health Awareness Week 

☐ Creative Art Therapy workshops

Mental Health Campaigns Dance and Movement Therapy Workshops

Talk Circles

To cater to the Psychiatric needs of JGU members, CWCS started arranging frequent On-Campus Psychiatrist visits.

The centre plays an active role in mentoring Peer Support Group, offers Counselling support to the referrals from Disability Support Committee, Sexual Harassment Committee and Disciplinary Committee and is also involved in the Research & Publication of its work.

JGU has collaborated with Your DOST, India's first and the largest online Mental Health and Emotional Wellness Platform.



### YOUR HEALTH IS OUR PRIORITY

#### **TEAM OF DOCTORS**



DR. JATINDER SACHDEVA MS

Director Office of Health Services 40+ years of experience



DR. INDU KAPOOR MBBS

**Joint Director** Office of Health Services 40+ years of experience



DR. PRIYANKA PANDO MBBS, DLO

**Resident Medical Officer** Office of Health Services 11+ years of experience



DR. KIRTI DAHIYA MBBS

**Resident Medical Officer** Office of Health Services 1+ years of experience



**JOINING SOON** 

#### **PHYSIOTHERAPISTS**



MANJU SHEORAN BPT, MPT (ORTHO)

**Physiotherapist** Office of Health Services 6+ years of experience



SANDEEP SONI BPT, MPT (NEURO)

**Physiotherapist** Office of Health Services 7+ years of experience



MAYANK KHURANA BPT

**Physiotherapist** Office of Health Services 1+ years of experience

#### **TEAM OF NURSES**





















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FRCS Edinburg, FIAMS (Urology)
Urologist in Institute of Robotic Surgery, London
Director, Medical Services, Apollo Hospitals
New Delhi



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MBBS, MD (Sports Medicine)

President, Indian Federation of Sports

Medicine & Former Director
(Sports Science) Sports Authority of India



PROF. (DR.) SUNIL GUPTA

MD (Dermatology)

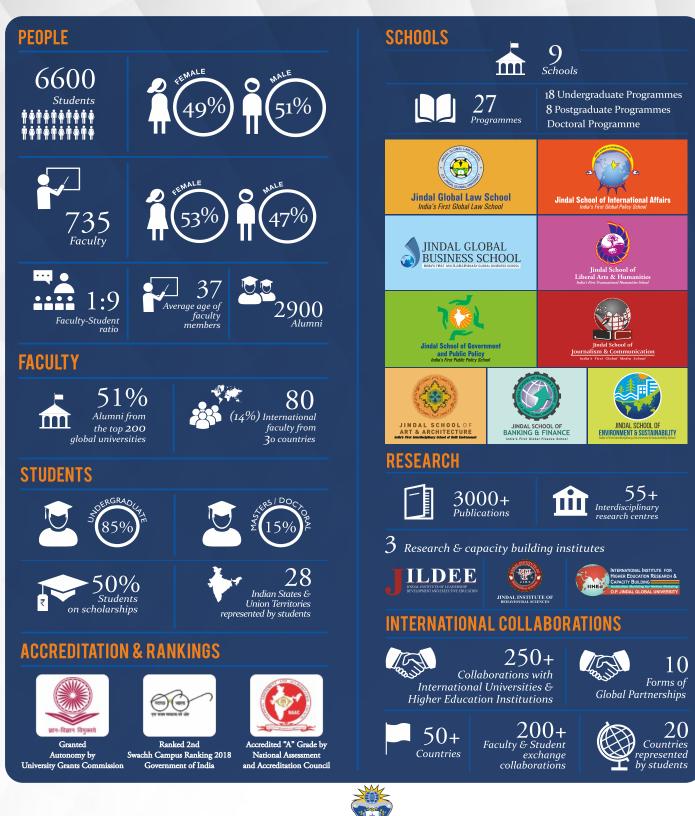
Prof & Head, Department of Dermatology
Dayanand Medical College & Hospital
Ludhiana



DR. ANURAG ARORA
MD (Medicine)
Gen. Physician & Cardiology, Tulip Multi
Speciality Hospital, Sonipat



DR. JATINDER SACHDEVA
MBBS (Medalist), MS (Gen. Surgery) PHF
Director, Office of Health Services
O.P. Jindal Global University
MEMBER SECRETARY





#### O.P. JINDAL GLOBAL

Institution of Eminence Deemed to be
UNIVERSITY

O.P. Jindal Global University, Sonipat Narela Road, Sonipat-131001, (Delhi NCR), Haryana, India

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**TOP 700** 

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