

ICAR-National Dairy Research Institute (NDRI), Karnal

Holistic Health and Wellness Framework

1. Core Objectives

To promote a "Fit India" culture within the campus by providing comprehensive medical care, nutritional guidance, and avenues for physical and mental development. This policy aligns with the [National Health Policy \(2017\)](#) and the [UGC Guidelines for Student Wellness](#). Compliance with sanitation and hygiene protocols is mandatory for all campus residents.

2. Integrated Health Services

A. Health Complex of ICAR-National Dairy Research Institute, Karnal

- **Primary Care:** The on-campus [Human Health Complex](#) shall serve as the first point of contact for all outpatient (OPD) needs, basic diagnostics, and emergency first aid for students and staff.
- **Panel of Hospitals:** For specialized treatment and tertiary care, the Institute maintains a robust [Panel of Empanelled Hospitals](#). Referrals from the Institute Medical Officer shall be processed as per CGHS/ICAR norms to ensure seamless access to advanced healthcare. Presently, there are a total of 26 hospitals and a diagnostic centre are empanelled. The list of the empanelled hospitals is enclosed as an Annexure.

B. Sexual and Reproductive Health

- **Confidential Counselling:** Providing access to professional medical advice regarding reproductive health and hygiene.
- **Awareness Programs:** Regular seminars/Interactive Sessions on overall health, reproductive health, dietary interventions required, vaccination, and various contagious diseases shall be conducted with clinical sensitivity and privacy.

C. Mental Health and Psychological Support

- **Mentee-Mentor System:** To promote holistic development both in academics as well as to be successful in life, a Mentee-Mentor System has been established. Typically, one mentor is allotted for every 4-5 students. Frequent meetings are conducted between mentor and mentees and the proceedings of the meetings are recorded. During this process, the student problems are understood and solved.
- **Counselling Cell:** A dedicated mental health wing within the University has been established to address academic stress, anxiety, and work-life balance.

- **De-stigmatization:** The crunching cell also takes care of promoting a culture where seeking mental health support is viewed as a proactive step toward wellness.

3. Nutritional Wellness and Diet Management

- **Scientific Mess Menu:** The Student Mess Committees, in consultation with the Health Complex and Dairy Technology experts, shall design menus that are nutritionally balanced.
- **Dietary Supervision:** Regular audits of food quality, calorie counts, and hygiene standards. Special "Sick Diet" provisions (e.g., light khichdi, curd) shall be available for students recovering from illness.
- **Functional Foods:** Leveraging the institute's expertise, probiotic and functional dairy products are incorporated into the daily diet.

4. Physical Education and Traditional Wellness

A. Yoga and Meditation

- **Daily Sessions:** Early morning and evening Yoga sessions shall be organized at the Students' Gymnasium or designated open-air parks.
- **Mindfulness Zones:** Designated quiet zones across the campus for meditation to enhance focus and reduce burnout among researchers and faculty. In addition, in the orientation program of students in every year, several sessions from experts and spiritual leaders are conducted on mindfulness.

B. Sports and Physical Activities

- **Infrastructure:** Excellent infrastructure including Sports complex for outdoor games, an indoor hall for the games like badminton, table tennis, billiard, carom and chess are available in the campus. All the students and faculty have full access to the playground, tennis courts, and indoor sports facilities without any additional fee.
- **Annual Sports Meet:** Every year, Annual Sports Meet is conducted and encourage the students for mandatory participation (as players or organizers) to foster team spirit and physical stamina.

5. Extension and Discipline (NCC & NSS)

- **National Cadet Corps (NCC):** Encouraging students to enrol for disciplined physical training and national service.
- **National Service Scheme (NSS):** Integrating health awareness into community outreach, where students participate in blood donation camps, rural health surveys, food

& cloth donation programme, cleanliness drives, plantation and maintenance of trees/gardens.

6. Financial Security: Group Insurance

- **Student Coverage:** All students are strongly encouraged to enrol in the **Institutional Group Insurance Scheme** at the time of admission.
- **Benefit:** This provides a safety net for major medical emergencies and accidental coverage, supplementing the on-campus healthcare facilities.

7. Faculty Wellness Programs

- **Annual Health Check-ups:** Mandatory comprehensive health screenings for faculty and staff above the age of 40.
- **Ergonomic Workshops:** Training on workplace ergonomics to prevent musculoskeletal issues related to long laboratory hours or administrative desk work.

8. Implementation and Review

The **Health and Wellness Committee**, comprising the Chief Medical Officer, Dean, and Student Representatives, as well as Medical Screening committee comprising of Chairman, In-charge, Human Health Complex, Medical doctor, and 3 administrative staff shall meet quarterly to review the effectiveness of the panel hospital services and mess nutrition standards.

ANNEXURE

List of Empanelled Hospitals for INDOOR Medical Treatment

Hospital / Health Centres Empanelled	Type of Service
<ol style="list-style-type: none">1. Sanjiv Bansal Cygnus Hospital, Railway Road, Opp. Khalsa College, Karnal2. Saraswati Netralaya, 444 Randhir Lane, Near Dyal Singh College, Karnal3. Virk Hospital Pvt. Ltd., 363- 364, Randhir Lane, Near Dyal Singh College, Karnal4. Park Super Speciality Hospital, Sector-45, Bhaini Khurd, CHD City, Karnal5. Arpana Hospital, Madhuban, Karnal	Cashless
<ol style="list-style-type: none">1. Mahabir Dal Hospital, Karnal2. Shri Hari Hospital, 31, Ashoka Colony, Karnal3. Sh. Ram Chand Memorial Hospital Pvt. Ltd., 12, Ashoka Colony, Karnal4. Balaji Hospital, Near Church, Mall Road, Karnal5. Arora Eye & Lasik Laser Centre, 650/Sector-7, Urban Estate, Karnal6. Rama Super Speciality & Critical Care Hospital, Model Town, Karnal7. Paras Nursing Home, Main Market, Sector-7, Karnal8. Medline Hospital, 505, Opp. SBI, Model Town, Karnal9. Samarpan Hospital, Opp Dyal Singh Public School, Karnal10. Global Cradle Hospital, Azad Nagar, Hansi Road, Karnal11. N.P. Rawal Hospital Pvt. Ltd, Jernaily Colony, Dyal Singh College Road, Karnal12. Dr. Rishi Eye Institute, Super Speciality Eye Hospital, Sector-6, Karnal	Reimbursement Basis
<ol style="list-style-type: none">1. Dr. Shelly Goel, M.D., Shri Hari Hospital, Karnal2. Dr. Gagan Kaushal, M.D.(Gen.), Life Care Hospital, Sector-7, Near Community Centre, Karnal3. Dr. Rajiv Bansal, BAMS, MD PGDHHM (Patanjali), 196, P.S. Traders, G.T. Road, Karnal4. Dr. Sahil Arora, MD, Samarpan Hospital, Dyal Singh Colony, Karnal5. Dr. Kapil Bhatia, BHMS, Mata Kaushalaya Devi Homeopathic Clinic, 32, Rajinder Nagar, B-Block, DC Colony, Meerut Road, Karnal	Reimbursement Basis

<ol style="list-style-type: none"> 6. Dr. Tarun Goel, Orthologist, Shri Hari Hospital, Karnal 7. Dr. Sudarshan Kumar, M.D. Child Specialist, Sector-13, Urban Estate, Karnal 8. Dr. Archana Chanadna, MBBS, MD, Gynecologist, Near Randhir Cinema, Karnal 9. Paras Nursing Home, Main Market, Sector-7, Karnal 	
Recognized Diagnostic Centre for Outdoor Treatment	
<ol style="list-style-type: none"> 1. Good Hopes Diagnostic Centre, Near Maan Filling Station, Karnal 	Reimbursement Basis