

# JIWAJI UNIVERSITY, GWALIOR



## HEALTH CENTRE



## About Health Centre

Health centre, Jiwaji University, Gwalior was established on 5th September 2018 and inaugurated by Hon'ble Vice- chancellor Prof. Sangeeta Shukla with an objective to provide free health care facilities to the patients, particularly students, staff and those who cannot afford hefty hospital bills and society as well. Initially health centre was started in university campus. Later on, health centre was shifted to its own independent building. With the continuous efforts of our Vice –Chancellor, Prof. Avinash Tiwari, the health centre has now reached to the stage of stability. Since 2018, Health Centre is providing services effortlessly to the University and society. During the time of COVID-19 outbreak it became essential to maintain essential health services for the effective and safe supportive management of patients and hence, full time free Vaccination facilities were made available at the Health Centre so as to fight with the deadly COVID-19 pandemic. At the Health Centre we offer an un-parallel Ayurvedic treatment including Panchkarma therapies, physiotherapy and homoeopathic treatment facilities under one roof. Free medical check-up camps in association with different agencies are organised regularly by Health Centre and every Sunday free diabetes check-up camp is also organized for the patients. Our aim is to serve the society and to provide health care facilities to the patients, who can not afford hefty payments.

### Medical Facilities at a Glance

- Well Equipped Clinical Wards & Rooms
- Ayurveda & Panchkarma Centre
- Homeopathy
- Physiotherapy
- 24 x 7 Ambulance Service

### DOCTORS AVAILABLE AT THE CENTRE

S.NO	NAME	QUALIFICATION	SPECILIZATION
1.	Dr. K.K. Sijoria	B.A.M.S., MS. Ph.D	Ayurveda, Panchkarma.
2.	Dr. Alka Chauhan	MPT	Neurology
3.	Dr. Deepmala Pathak	B.H.M.S., MD	Medicine
4.	Dr. K.K. Gupta	B.A.M.S.	General Ayu.Physician

### SUPPORTING STAFF

S. NO.	NAME	SPECILIZATION
1.	Mrs. Hema Kushwah	Nursing Staff
2.	Mr. Ajay Kumar	Panchkarma Technician
3.	Mrs. Gayatri	Panchkarma Technician
4.	Mr. Shivendra Kumar	Panchkarma Technician
5.	Mrs. Babi	Asstt Panchkarma Technician
6.	Mr. Vijay Mahore	O T Technician



## PHYSIOTHERAPY CENTRE

### At the Physiotherapy Centre we offer:

- Manual Therapy or manipulative therapy, a physical treatment primarily used to treat musculoskeletal pain and disability by manipulation of muscles, joint mobilization and joint manipulation.
- Electrotherapy by using electric current for speedy recovery of wounds and for neurological disorders.
- Mobilization Therapies, the techniques that foster movement in stagnant tissues and joints, spinal mobilization and strained muscle or pulled ligament.

### Pain management and Skilled treatment on:

1. Ortho rehabilitation which focuses on issues of the system - muscles, bones, ligaments and tendons to diagnose, manage and treat injuries.
2. Neuro rehabilitation, a complex medical process which aims to aid recovery from a nervous system injury, and to minimize and/or compensate for any functional alterations resulting from it.
3. Cardio rehabilitation, also called cardiac rehab, is a customized outpatient program of exercise and education designed to help patients to improve his health and recover from a heart attack or other forms of heart diseases.
4. Geriatric rehabilitation, a multidimensional approach of “diagnostic and therapeutic interventions, particularly in older people with disabling impairments.
5. Paediatrics rehabilitation includes physical, occupational and speech therapy with the help of assistive devices





## AYURVEDA CENTRE

At the Health Centre, Jiwaji University the patients are treated according to three doshas theory of Ayurveda for the correction of Vata, Pitta and Kapha imbalance which broadly treats the nervous system, the metabolic system and the nutritive system and keep the human body in balance. Ayurveda has rightly emphasized that health is not only the 'state of not having disease' but, it is the state of normalcy of Dosha, Dhathu, Agni and Malakriya. It also includes the Prasanna Atma (soul), Indriya (sense organs) and Manas (mind). The main objective of Health Centre is to restore the original state of equilibrium between the doshas using different Ayurvedic treatments. In order to achieve the same Health Centre has developed certain regimens and treatment modalities including an advanced Panchakarma Centre.



## PANCHKARMA

The five detoxifying procedures, together known as Panchakarma, promote Detoxification and Rejuvenation which leads to ultimate healing experience for mind and body. The HEALTH CENTRE, JIWAJI UNIVERSITY conducts all the five detoxifying procedures which helps in detoxifying the body, strengthens the immune system and restores balance & well-being. Ayurveda emphasizes on regular detoxification even for a disease free individual as it helps in enhancing immunity, thus maintaining the healthy status.

The five panchakarma therapies include basti, vamana, virechana, nasyam and raktamoksha.

### PANCHKARMA THERAPIES AVAILABLE AT CENTRE

S. NO	NAME OF THERAPY	S. NO	NAME OF THERAPY	S. NO	NAME OF THERAPY
1.	Anuvasan basti	10.	Laghu Vaman	19.	Shashtik Shailpind Swed
2.	Asthapan basti	11.	Laghu Virechan	20.	Shirodhara
3.	Balu ka Swed	12.	Leech Therpy	21.	Shirodhara without oil
4.	Dhanyamaldhara	13.	Matra basti	22.	Shiropichu
5.	Ekangsnehan swedan	14.	Nasya Karma	23.	Shirovasti
6.	Jambeeripind Sweadan	15.	NertaTrapan	24.	Udvartan
7.	Kal basti	16.	Patra pind Swed	25.	Vaman Karma
8.	Karnpoorn	17.	Sarvangdhara	26.	Virechan Karma
9.	Kativasti / Janubasti / Greevabasti	18.	Sarwang snehan swedan	27.	Yogbasti



## HOMEOPATHY CENTRE

Homeopathy, a medical system based on the belief that the body can cure itself, practices the use tiny amounts of natural substances, like plants and minerals which is believed to stimulate the healing process. At Health Centre, Jiwaji University incurable diseases are treated by qualified and experienced Homoeopathic doctor. Free health check-up camps are organised on the last Saturday every month from which many patients with allergic rhinitis, asthma bronchitis, mild to moderate hearing loss, eczema, ring worm infestation, alopecia, fistula, fissure pilonidal sinus, Piles, schizophrenia, depression, epilepsy, UTI, Kidney Stone, Menstrual Irregularities, Ovarian Cyst, Uterine Fibroid etc. have been benefited so far. During COVID-19 pandemic patients with mild to moderate symptoms were treated at the centre successfully.



## HEALTH CAMPS ORGANISED

- Blood test for detection of Sick cell anemia in Villages
- Free Diabetic Camps
- Leucoderma camp organised in association with AMIL Pharmaceuticals.
- Diabetic Retinopathy camp
- Health check-up camp
- Blood Donation Camp
- Free Homoeopathy Camps
- Health Awareness Camps in Different S.O.S. and Hostels



## VACCINATION

The COVID-19 Pandemic put massive pressure on the health system which resulted in essential health services halted due to the elevated demand for services. It became essential to maintain essential health services during the pandemic to maintain the people's trust in the health system and the population's health status. Primary care play a significant role in the management of any disease including COVID-19 by making an early diagnosis, helping vulnerable people, cope with their anxiety about the virus, and reducing the demand for hospital services. Health Centre, Jiwaji University provided health support with primary care facilities, interim guidance on timely, effective and safe supportive management of patients with suspected and confirmed COVID-19 cases and delivered essential health services at the primary care level during the COVID-19 outbreak. Immunization is an essential health service that protects the health and well-being of communities to prevent vaccine preventable diseases (VPDs). In times of crisis and disruption of COVID-19 pandemic, Health Centre, Jiwaji University prioritized Immunization activities to safeguard people from COVID-19 outbreak. We provided essential health services and immunization health workers to sustain immunization services during COVID-19 and post COVID-19 era and supported the National Immunization Programmes of Govt. of India by organizing immunization camp at the Health Centre on regular basis and immunization camps at different places.

### COVID Vaccination at the Health Centre in 2021 and 2022

Year	Covisheld		Covaxin		Corvevax 12+ to 14+	Grand total
	18+	45+	15+	45+		
2021	21485	7319	7775	1573	-	38152
2022	3994	-	2171	-	878	7256
	Grand total					45,408







### **DURING COVID-19 PERIOD**

- Consultation & treatment was FREE for all
- Special Isolation Ward was set-up for COVID patients.
- FREE Medicines and Herbal KADHA were distributed to ALL
- FREE Sanitizers were distributed to ALL
- FREE VACCINATION CENTRE was set-up to support the National Immunization Programmes of Govt. of India.
- FREE VACCINATION Camps were organised at different places including Schools, Colleges etc.
- Mobile VACCINATION Camps were also organised