

Health and Medical Facilities

At Christian college of Engineering and Technology, we believe that good health is the foundation of overall well-being and academic success. Guided by the timeless principle that “*Health is Wealth*,” the institution is committed to promoting the physical, mental, and emotional well-being of every member of the college community.

The college provides a safe, healthy, and supportive campus environment for **students, faculty members, and staff**. Recognizing the importance of health and wellness in achieving academic and professional excellence, appropriate healthcare and safety facilities are made available across the campus.

All academic and administrative buildings are equipped with **separate resting rooms for boys and girls**, providing comfortable and inclusive spaces for students who may require rest or immediate care during college hours. In addition, **first-aid kits are strategically placed at various locations across the campus** to ensure prompt attention in case of minor injuries or emergencies.

Through these facilities and initiatives, Christian college of Engineering and Technology strives to create a campus environment where health, safety, and well-being are given due importance. The institution remains committed to the **holistic development of students**, enabling them to pursue their academic goals with confidence while maintaining a healthy and balanced lifestyle.

Medical Facilities:

No. of Doctors available – 2

Number of nurses available - 4

Number of beds available - 4

Number of rooms for medical facility - 2

Total area of medical facility – 843 sq.ft

No. of Ambulance - 1



Details of the Doctors:

S.No.	Name of the Doctor	Name of the Hospital	Contact No
1.	Dr.Vinodhini MD, Family Medicine	Christian Fellowship Hospital, Shanthipuram, Ambilikikai	9095716665
2.	Dr.Baren MBBS	Christian Fellowship Hospital, Shanthipuram, Ambilikikai	9095716665

Fitness Centre:

The Fitness Centre at our institution is equipped with modern, state-of-the-art facilities and supported by trained instructors to promote physical fitness, mental well-being, and overall wellness among students. The centre provides a conducive environment for students to maintain a healthy and active lifestyle.

It offers a variety of fitness programs, including **cardio workouts, strength training, flexibility exercises, and general fitness activities**, catering to the diverse health and fitness needs of students. Regular physical activity is encouraged to enhance stamina, strength, concentration, and overall quality of life.

List of equipments available for healthcare amenities are furnished below.

S.No	Items	Weight	Quantity
1.	Dumbbells (Red)	2 Kg	4 No.
2.	Dumbbells (Red)	3 Kg	4 No.
3.	Dumbbells (Silver)	5 Kg	4 No.
4.	Dumbbells (Silver)	4 Kg	4 No.
5.	Dumbbells (Silver)	2 Kg	2 No.
6.	Dumbbells (Rubber)	10 Kg	2 No.
7.	Dumbbells (Rubber)	8 Kg	1 No.
8.	Dumbbells (Rubber)	5 Kg	1 No.
9.	Dumbbells (Rubber)	4 Kg	2 No.
10.	Dumbbells (Rubber)	3 Kg	2 No.
11.	Dumbbells (Rubber)	2 Kg	2 No.
12.	Green Plates	15 Kg	1 set
13.	Green Plates	10 Kg	2 set
14.	Green Plates	5 Kg	4 set
15.	Green Plates	4 Kg	2 set
16.	Green Plates	2 Kg	5 set
17.	Blue Plates (Small)	1 Kg	4 set

18.	Black Plates	25 Kg	2 set
19.	Black Plates	20 Kg	4 set
20.	Black Plates	15 Kg	4 set
21.	Black Plates	10 Kg	4 set
22.	Black Plates	5 Kg	4 set
23.	Black Plates	2.5 Kg	3 set
24.	Straight Barbell Rod	5 Kg	4 No.
25.	Straight Barbell Rod	2 Kg	3 No.
26.	Olympic Barbell Rod	20 Kg	2 No.
27.	Olympic Barbell Rod	15 Kg	1 No.
28.	Curl Rod (Zizz Zac)	2 Kg	2 No.
29.	6-Station Multi Gym Machine	-	1 No.
30.	4-Station Multi Gym Machine	-	1 No.
31.	3-Station Multi Gym Machine	-	2 No.
32.	2-Station Multi Gym Machine	-	1 No.
33.	Abdominal King	-	1 No.
34.	Cycling	-	1 No.
35.	Double Bar	-	1 No.
36.	Hip Twister	-	1 No.
37.	Bench Press	-	4 No.



Fitness Centre