



KALINGA UNIVERSITY

Established under Chhattisgarh Private Universities (Establishment and Operation) Act, 2005

Campus:- Kotni, Near Mantralaya, Naya Raipur, Chhattisgarh, INDIA - 492 101

Mob: 9303097043, website: www.kalingauniversity.ac.in

Good Health and Well-Being

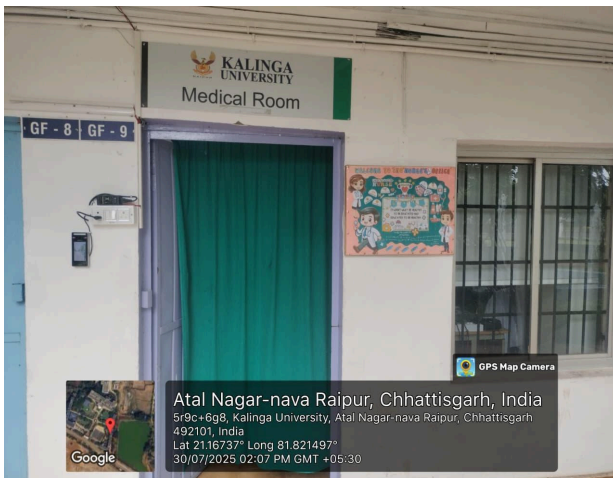
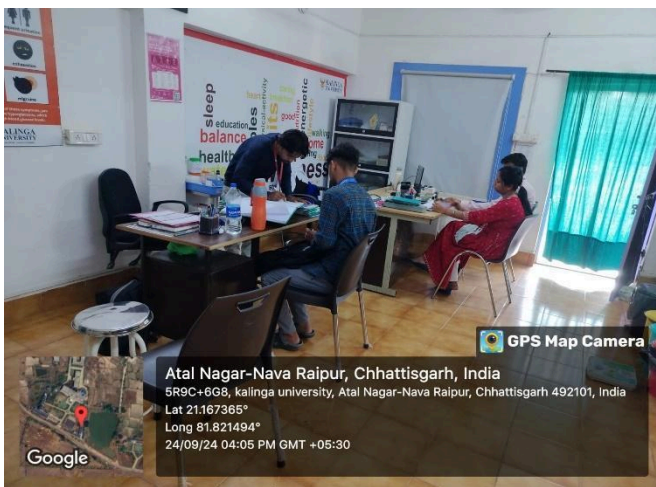
The University actively promotes the physical and mental health and emotional well-being of students and staff through a supportive campus environment. It has a modern gymnasium and indoor and outdoor sports facilities that encourage physical fitness, discipline, and teamwork. A dedicated yoga and wellness centre conducts yoga and meditation sessions to improve mental and emotional health. The recreation room allows students to maintain a balance between studies and leisure activities. The campus also has a medical room that provides basic healthcare services. Regular health and eye checkup camps are organized along with awareness programs on nutrition, eye checkups, stress management, hygiene, and mental health to encourage overall development. These initiatives contribute towards SDG 3: Good Health and Well-Being.

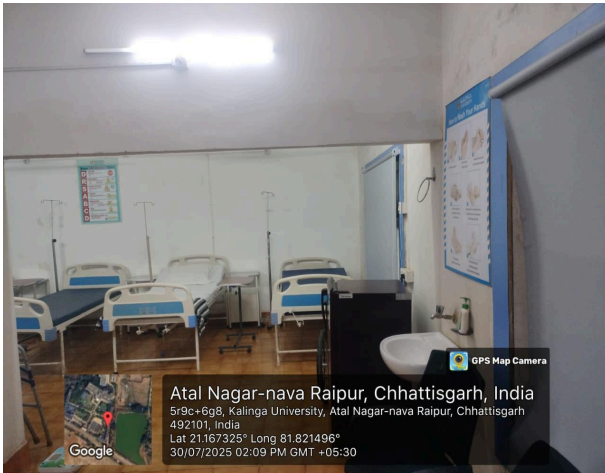
Health and Well-Being Details

Financial Year	Total area designated as pedestrian/vehicle-restricted zones (other than building area)	Total area designated for sports facilities	Total area of the campus	Number of people taking part in Yoga, and Meditation programs at least twice a year	Number of people taking part in Yoga, and Meditation programs, once per week
Unit	Acres	Acres	Acres	Number	Number
2024-25	22	17	45 +	494	120
2023-24	22	17	45 +	497	135
2022-23	22	17	33.97699	864	115

A. Medical Room Facility

The University provides medical support to its students and staff members with a well-equipped medical room established on campus. With a 24×7 availability of qualified doctors and nurses, they get immediate medical assistance. It includes bed facilities for observation, essential medicines, oxygen cylinders, and other medical equipment required in an emergency situation. An ambulance service is also available for quick transportation to the nearby hospital. The University has signed MoUs with 5 hospitals, namely, Saptagiri Hospital, BALCO Hospital, VY Hospital, Urmila Memorial Hospital, and NHMMI Narayana, ensuring patients get advanced medical treatment.

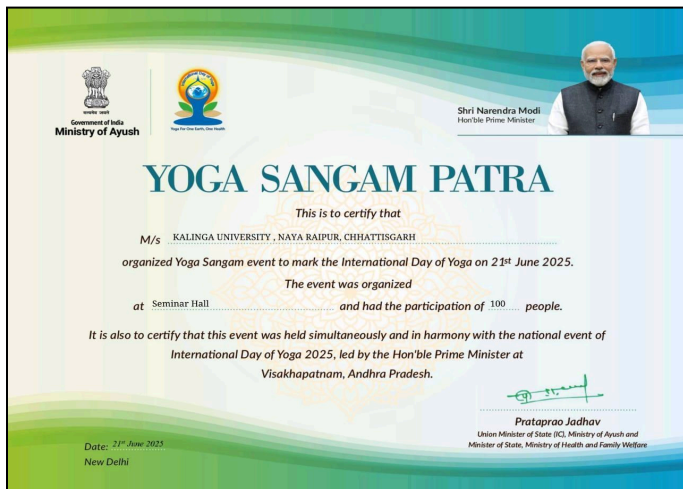




B. Yoga and Wellness Centre

The Department of Yoga at Kalinga University supports the physical fitness, mental health, and well-being of students and staff members. It conducts yoga sessions, meditation programs, and wellness activities in the yoga and wellness centre, helping them manage stress, improve concentration, and maintain a healthy lifestyle. Expert instructors teach different yoga asanas, breathing exercises, and relaxation techniques.

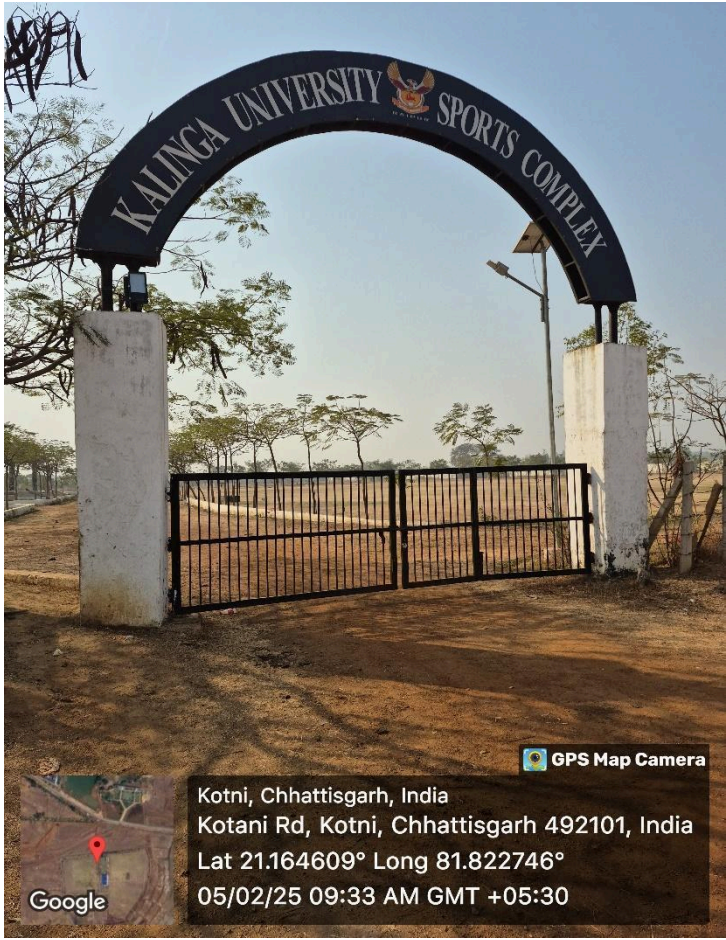




C. Sports Facilities (Indoor & Outdoor Games)

The University has a dedicated sports complex and various grounds where students play a wide range of indoor and outdoor games, such as Chess, Carom, Table Tennis, Snooker, Badminton, Cricket, Football, Basketball, Lawn Tennis, Kabaddi, Volleyball, Kho-Kho, Hockey, Handball, and more. The University organizes various sports events from time to time and encourages students to participate in various State, National, and International-level competitions, helping them develop discipline and leadership skills.





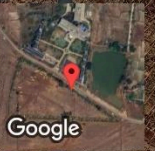
GPS Map Camera



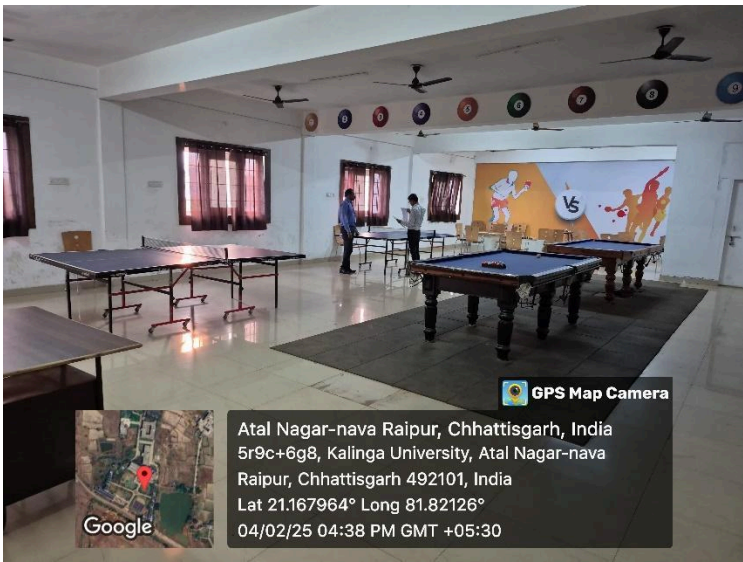
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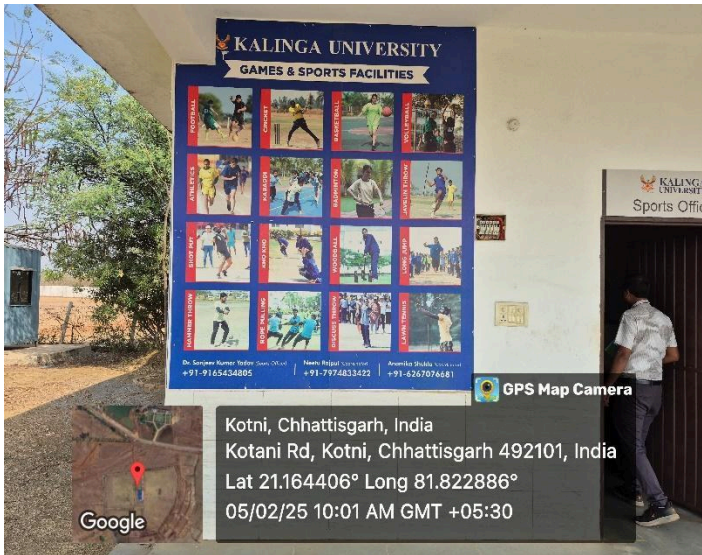


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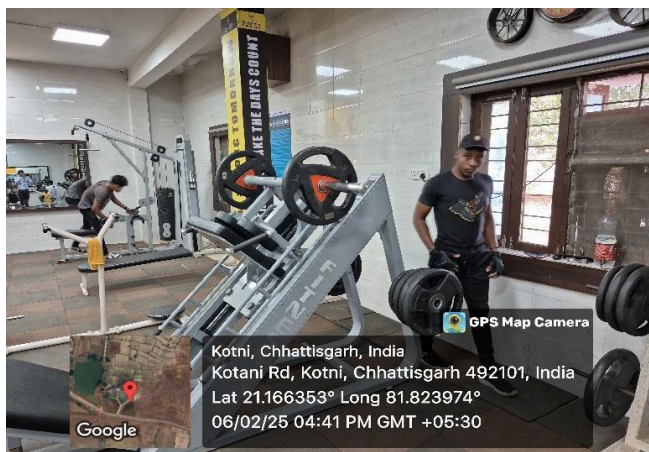


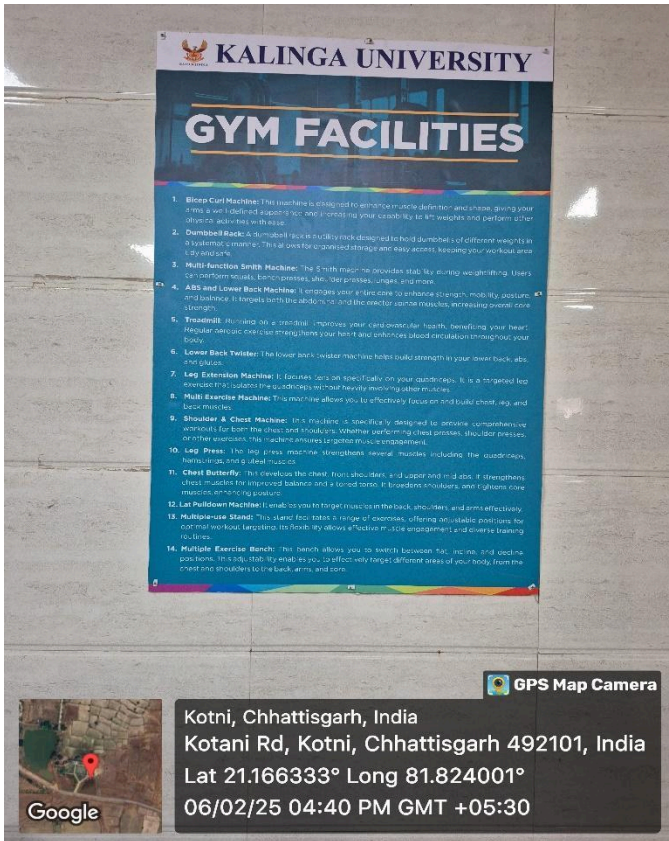
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D. Gymnasium

The campus has separate gym facilities for both boys and girls that contain different modern fitness equipment, ensuring accessibility and a comfortable environment for all. Qualified gym trainers guide them with proper exercise techniques and workout routines.

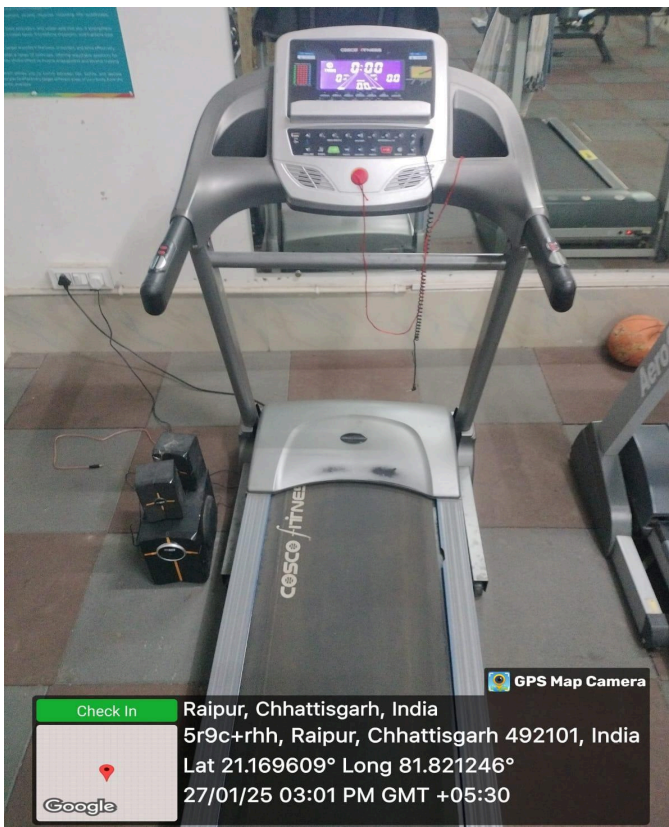




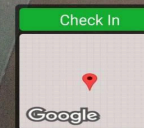
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Awareness Programs & Other Events held at Kalinga University

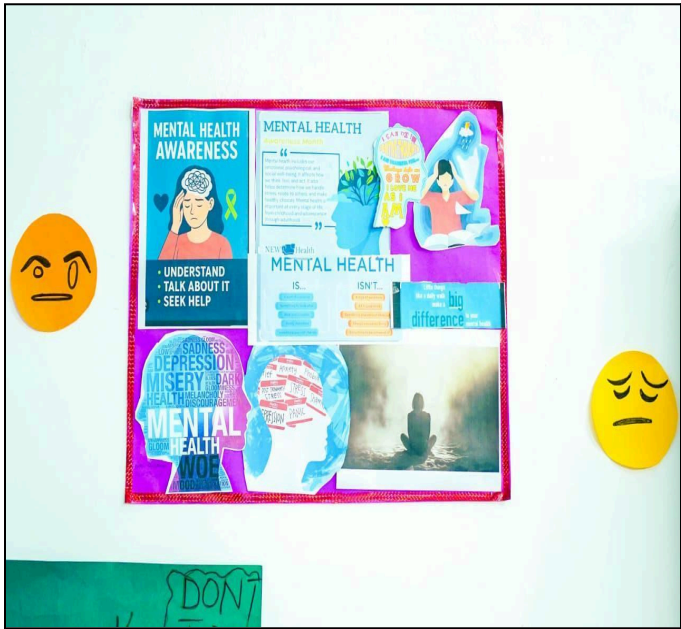
The University organizes various awareness programs and events like workshops, expert lectures, health camps, and interactive sessions, to promote the physical and mental well-being of students and staff while developing a spirit of social responsibility. These programs cover important topics like nutrition, mental health, hygiene, stress management, lifestyle disorders, and more.

Some of the programs include:

- Free Eye & Dental Checkup Camp
- Blood Donation Camp
- Namo Yuva Run Marathan Event-2025
- Guest Lecture on 'Herpes Simplex Virus: Infection & Diagnosis'
- Awareness Program on Health & Wellness
- Doctors honored by Kalinga University on Doctor's Day Celebration
- World Tourism Day Festival 2024
- Cancer Awareness Talk and Screening Camp
- Awareness Workshop on HIV/AIDS
- Inclusive Walkthon, Telibandha Talab, Raipur
- Meditation Workshop
- Mental Health Aspects of Gender Based Violence
- World Heart Day, latest health statistics from The Health Check-up Camp
- International Yoga Day Celebration
- Nasha Mukti Abhiyaan – Student Ambassador Program
- Online Pledge on symptoms and prevention of drug addiction
- 4th National Pharmacovigilance Awareness on “Building ADR and Reporting Culture for Patient Safety.”









Department of Social Work
Faculty of Arts & Humanities
Organises



MODEL/POSTER EXHIBITION

ON WORLD MENTAL HEALTH DAY

Aligned with UN SDGs No(s):
3). Good health and well-being 4). Quality Education
16). Peace, Justice and Strong Institutions
17). Partnership for the Goals



📅 10th October 2025 ⌚ 09:30 AM - 01:30 PM

📍 WBSF-01, Board Room

Mode: Online



RESOURCE PERSON:

Dr. A. P. Senthil Kumar

Associate Professor, Department of Social Work
Jigjiga University, Ethiopia

ACTIVITIES:

Model/Poster Exhibition

GUEST TALK ON MENTAL HEALTH

COORDINATORS:

Ms. Archana Nagwanshi
Asst. Prof., Dept. of Social Work

Dr. Mohd. Shakil
Asst. Prof., Dept. of Social Work

Dr. Greeshma Gopinath K.
Asst. Prof., Dept. of Social Work



FACULTY OF EDUCATION

Organises

Guest Lecture On MENTAL HEALTH AND WELL-BEING OF STUDENTS AND TEACHERS

📅 16th July 2025 ⌚ 11:00 A.M. - 01:00 P.M. 🌐 Online

Resource Person

Prof. Usha Kiran Agrawal
Principal
Govt. Chandulal Chandrakar College, Dhamdha, C.G.
Principal
Naveen College, Pendraavan, C.G.

SCAN TO REGISTER



Registration Fee: INR 100/-

For Participants of
Kalinga University. INR 50/-

SCAN TO PAY



FOR ANY QUERIES, PLEASE CONTACT:

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Dean, Faculty of Education
Kalinga University
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Dr. Saroj Nayyar
Assistant Professor, Faculty of Education,
Kalinga University
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Note E-certificates will be provided to each registered participant.

📍 Kalinga University, Kotni, Near Mantralaya, Naya Raipur, Chhattisgarh - 492101

KALINGA UNIVERSITY

FACULTY OF PHARMACY

UNDER

PHARMA CLUB

CELEBRATES

WORLD PHARMACIST DAY

ON THE THEME

“PHARMACIST MEETING GLOBAL HEALTH NEEDS”

📅 25th September 2024

🕒 02:00 P.M. ONWARDS

📍 Auditorium, Kalinga University

THE EVENTS:

🔍 QUIZ COMPETITION

📄 POSTER MAKING

🎨 RANGOLI COMPETITION

CONVENOR

Dr. SANDIP PRASAD TIWARI

Principal

Faculty of Pharmacy, Kalinga University

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📍 KOTNI, NEAR MANTRALAYA, NAYA RAIPUR - 492101, CHHATTISGARH, INDIA



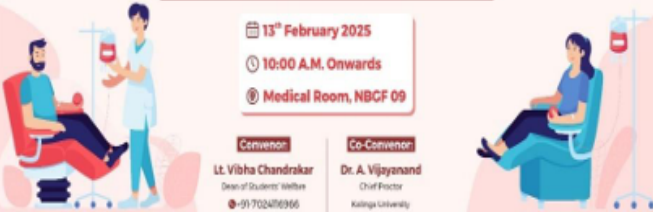


 In association with
GOOD HOPE BLOOD CENTER
 Organises
BLOOD DONATION CAMP
 Aligned with SDG no. - 3 Good health and well-being
Your Help Matters
 Donate blood and be the reason for someone's existence

13th February 2025
10:00 A.M. Onwards
Medical Room, NBCF 09

Convenor: Lt. Vibha Chandrakar
 Dean of Students Welfare
 ☎️-91-702476966

Co-Convenor: Dr. A. Vijayanand
 Chief Professor
 Kalinga University





वैश्विक स्वास्थ्य में फार्मासिस्टों के योगदान को कलिंगा ने दिया सम्मान


रायपुर, 29 सितम्बर। कलिंगा विश्वविद्यालय ने बताया कि विश्व फार्मासिस्ट दिवस हर साल 25 सितंबर को मनाया जाता है, ताकि वैश्विक स्वास्थ्य में फार्मासिस्टों के महत्वपूर्ण योगदान को सम्मानित किया जा सके। यह वार्षिक कार्यक्रम विश्व स्वास्थ्य संगठन के साझेदार, अंतर्राष्ट्रीय फार्मास्युटिकल फेडरेशन (स्त्रडुक्क) द्वारा आयोजित किया जाता है, जिसका उद्देश्य दुनिया भर में स्वस्थ समुदायों के निर्माण और स्वास्थ्य देखभाल प्रणालियों को समर्थन देने में फार्मासिस्टों की अपरिहार्य भूमिका को उजागर करना है।

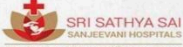
विश्वविद्यालय ने बताया कि विश्व फार्मासिस्ट दिवस 2024 का विषय, 'फार्मासिस्ट वैश्विक स्वास्थ्य आवश्यकताओं की पूर्ति', इस बात पर जोर देता है कि विशेष रूप से वंचित समुदायों में फार्मासिस्ट किस प्रकार विविध स्वास्थ्य चुनौतियों का समाधान करने में केन्द्रीय भूमिका निभाते हैं, जिसमें रोग की रोकथाम, रोगी देखभाल और दवा तक पहुंच शामिल है। विश्व फार्मासिस्ट दिवस 2024 के उपलक्ष्य में, कलिंगा विश्वविद्यालय, फार्मसी संकाय ने 25 सितंबर 2024 को विश्व फार्मासिस्ट दिवस सफलतापूर्वक मनाया। यह कार्यक्रम स्वास्थ्य सेवा में फार्मासिस्टों के योगदान को मान्यता देने तथा वैश्विक स्वास्थ्य आवश्यकताओं को पूरा करने में उनकी महत्वपूर्ण भूमिका के बारे में जागरूकता फैलाने के लिए आयोजित किया गया था।

विश्वविद्यालय ने बताया कि इस अवसर पर कई आकर्षक कार्यक्रम आयोजित किए गए, जिनमें प्रश्नोत्तरी, पोस्टर और रंगोली प्रतियोगिताएं शामिल थीं, जिनमें विद्यार्थियों ने उत्साहपूर्वक भाग लिया। यह कार्यक्रम फार्मसी संकाय के प्राचार्य डॉ. संदीप प्रसाद तिवारी के मार्गदर्शन में आयोजित किया गया था।




On the Occasion of Our
Hon'ble Chairman's **Birthday**

**KALINGA**
UNIVERSITY
In Collaboration With

**SRI SATHYA SAI**
SANJEEVANI HOSPITALS
Totally Free of Cost Child Heart Care
Organises

**BLOOD
DONATION
DRIVE**

*The Kindest Gift
You Can Give*



25th July 2025 | Medical Room, Kalinga University | 10:00 A.M. Onwards

Contact Persons:
Mr. Rajesh Saini ☎ +91-9350041517 | Mr. Manish Singh ☎ +91-9303097013



Department of Social Justice & Empowerment
Ministry of Social Justice & Empowerment
Government of India

Certificate of Pledge

“Nasha Mukta Bharat, Khushaal Bharat”

Say 'No To Drugs'

This is to certify that

Upendra Kumar Singh

has taken a **“Say no to drugs”** pledge and committed himself/herself to consciously stay away from drug abuse and stay sober for a healthy lifestyle.

BHNM2201692586
Certificate Number

15th-Nov-2025
Date


Latha Ganapathy
Joint Secretary
Department of Social Justice & Empowerment



Faculty of Education

Celebrates

11TH INTERNATIONAL DAY OF YOGA

YOGA SANGAM



The Flagship event of
International Day of Yoga (IDY) 2025

📍 Seminar Hall, 2nd Floor



📅 21st June 2025