



ARIFA INSTITUTE OF TECHNOLOGY

(Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai)

Arifa Knowledge Village

Esanoor, Keelaiyur Post, Thirukkuvalai Taluk, Nagapattinam District - 611103




HEALTH CARE FACILITIES

Arifa Institute of Technology firmly believe that health is the cornerstone of overall well-being. Embracing the adage "health is wealth," we prioritize the holistic development of our students, encompassing their physical, mental, and emotional health. Recognizing the intrinsic link between health and academic success, we have established a robust healthcare infrastructure. Our commitment to providing top-notch facilities extends to all members of our academic community, including students, faculty, and staff.

To ensure a safe and supportive environment, our academic and administrative blocks are equipped with resting rooms for boys and girls, fostering a comfortable and inclusive space, as well as first aid boxes, underscoring our dedication to safety and well-being. We take immense pride in our comprehensive healthcare facilities, which cater to the diverse needs of our academic community. By prioritizing health and wellness, we empower our students to thrive academically, personally, and professionally.

To achieve this goal, we have established a comprehensive range of healthcare facilities on campus, the details are given below:

S. No	Name of the Equipment	Quantity
1	Life Fitness Row HX – Trainer	1
2	Life Fitness Upright Bike Se4 Console	1
3	Life fitness Treadmill Se4 Console	1
4	Life fitness Cross Trainer Se4 with Console	1
5	Multi-Functional Hydraulics (Muscle Solid)	1
6	Seated Arm Curl	1
7	Ab Bench Pro	1
8	Olympic Inclined Bench Press	1
9	Swiss Ball -2	2
10	Resistance Band	1 set


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S. No	Name of the Equipment	Quantity
11	Yoga mat	50
12	Skipping Rope	3
13	Yoga Hall	1
14	Thera Band	1
15	Foam Roller	1
16	Vector Stim (IFT)	1
17	Ultra sound	1

Fitness Centre: Our fully equipped Fitness Centre provides state-of-the-art equipment and trained instructors to promote physical fitness and wellness among students. The centre offers a range of fitness programs, including cardio, strength training, and flexibility exercises.



Strength Training

First Aid Facilities: First Aid facilities are available in all academic blocks, providing immediate medical attention in case of emergencies. Our first aid team is trained to respond to emergencies and provide basic life support.



First Aid Facilities

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Ambulance Service: We also provide a 24/7 ambulance service, ensuring that students receive timely medical attention in case of emergencies. Our ambulance is equipped with essential medical equipment and staffed by trained paramedics.



Ambulance Service

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