



AVS ENGINEERING COLLEGE



Military Road, Ammapet, Salem - 636 003.

(Approved by AICTE, New Delhi | Affiliated to Anna University, Chennai |
Recognized Under 2(f) of UGC Act 1956 | Accredited by NAAC with 'A' Grade)

HEALTH CARE FACILITIES

AVS Engineering College 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	Treadmill	1
2	Four Station Multi Gym	1
3	Barbell Rod	3
4	Dumbbells	13
5	Dumbbells Stand	1
6	Weight Plates	12
7	Dual Twister	2
8	Up right bike	5
9	Leg Press	1
10	Adjustable Bench	1
11	Adjustable Sit up Bench	1
12	Utility Bench	1
13	Seated Calf Raise	1
14	Weight plate (Rubber)	4
15	Abdominal press machine	2



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S. No	Name of the Equipment	Quantity
16	Yoga mat	50
17	Skipping Rope	3
18	Sand bag (1/2Kg,1Kg,2Kg)	1
19	Yoga Hall	1
20	Weight cuff (1/2Kg,1Kg,2Kg)	3
21	Thera Band	1
22	Foam Roller	1
23	Vector Stim (IFT)	1
24	Ultra sound	1
25	Mobilux	1
26	Loop Band	1
27	Training Cone	15

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



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Cardio Workout



Hydraulic Workout



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Physiotherapy Clinic: Our Physiotherapy Clinic is staffed by experienced physiotherapists who offer diagnosis, treatment, and rehabilitation services for students with physical injuries or disabilities. The clinic is equipped with modern equipment and technology to provide effective treatment and care.



Consultation Area



Diagnosis Area



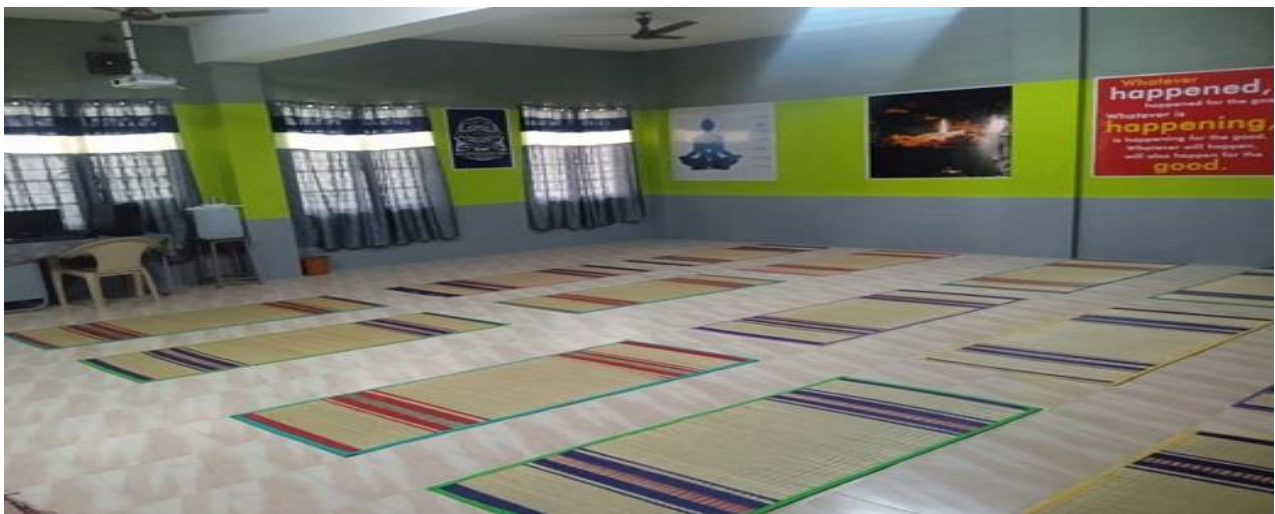
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Yoga and Wellness Center: Our Yoga and Wellness Center aimed at promoting physical and mental well-being. Whether you're looking to improve flexibility, reduce stress, or enhance overall health, our center offers a variety of yoga practices tailored to your needs. The center is equipped with a peaceful environment and essential props to ensure effective practice and relaxation.



Yoga Hall



Special Yoga Session