



गुजरात केन्द्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF GUJARAT

गुजरात केन्द्रीय विश्वविद्यालय
(भारत की संसद के अधिनियम सं. 25, 2009 के तहत स्थापित)
CENTRAL UNIVERSITY OF GUJARAT
(Established by an Act of Parliament of India, No 25 of 2009)

Prof. J. P. N. Mishra
Director, IQAC

By Fax/Hand/E-Mail/Speed Post

7.2 Best Practices

- **Plastic Free Campus:**

It has been proved that plastics are not degradable for years together and causes fatal reasons to human health and also poses threat to the life of cattle and other animals. Plastic also causes a serious threat to our environment. Looking into this fact the Central University of Gujarat has taken a decision to make its campus plastic free. The single use plastic are totally band in both the campuses of the University.

- **Health Management Camp:**

We all know that health is the precious wealth. With this aim we organize Health Management Camp in the campus of the University for students, non-teaching staff and teaching faculty in collaboration with Gujarat State Health Department. The Doctors from various therapy systems viz. Allopathy, Ayurveda, Homeopathy, Naturopathy and Acupressure therapy organize the camp in the campus for the whole day, twice in a year. The students, non-teaching staff and faculty members along with their family members consult the doctor of their choice and get the prescription. Medicines are also distributed for a week's duration free of cost.

- **Regular Yoga Classes:**

The University has appointed a full time Yoga Instructor. Regular Yoga exercise classes are organized daily, twice a day- in the morning hours and evening hours. The students and staff members are immensely benefited by Yoga practices to keep them healthy and fit.

DIRECTOR
IQAC
CENTRAL UNIV. OF GUJARAT
GANDHINAGAR