



**Sophia College
(Autonomous),
Ajmer**

Health, Wellness, and Counseling Facilities on Campus

The College places a strong emphasis on the health and well-being of its students and staff, ensuring that both physical and mental wellness are nurtured within the campus environment. A well-maintained infirmary equipped with two beds is available to provide immediate medical attention when required. The presence of a qualified nurse on campus further ensures prompt and reliable first aid and basic healthcare support.

To strengthen emergency medical response, the College has established a tie-up with St. Francis Hospital, Ajmer for ambulance services, ensuring timely access to advanced medical care when needed.

The institution also actively promotes preventive healthcare through the regular organization of health camps for students and staff. These camps facilitate routine check-ups, early detection of health concerns, and awareness about healthy living practices. Recognizing the importance of holistic well-being, the College conducts various health and mental health awareness programmes, helping students develop resilience, emotional balance, and informed health choices.

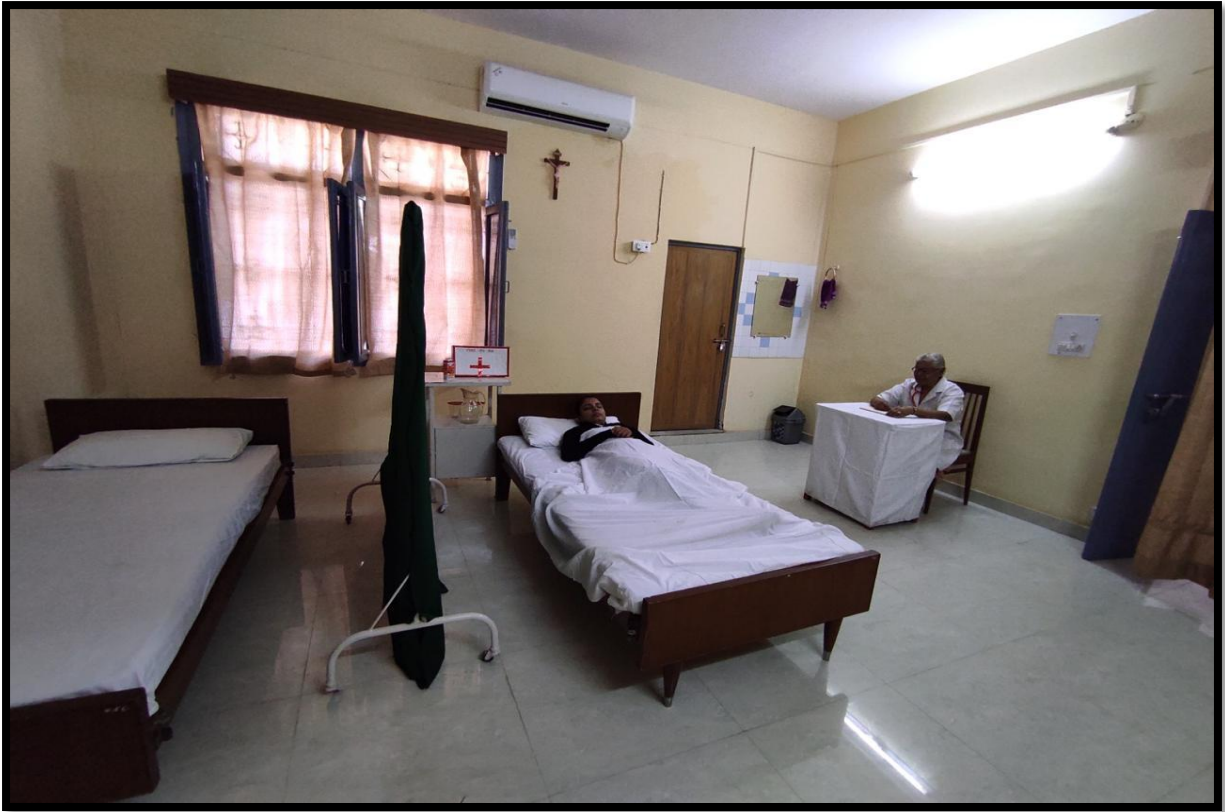
A dedicated Counselling Room is available on campus, with trained counsellors offering professional guidance and support. This facility provides a safe and confidential space for students to discuss personal, academic, or emotional concerns, thereby promoting mental wellness and overall development.

In addition, the campus encourages an active lifestyle through a range of physical fitness activities such as swimming, yoga, aerobics and zumba. Well-equipped gymming facilities are also available, enabling students to maintain physical fitness and adopt healthy routines.


Through these comprehensive initiatives, the College ensures a supportive and health-conscious environment, fostering the overall well-being and holistic development of its academic community.









 **GPS Map Camera**



Ajmer, Rajasthan, India 

Jaipur Rd, Near Board Office, Mirsali Colony, Ajmer,
Rajasthan 305001, India

Lat 26.475396° Long 74.655834°

Wednesday, 17/12/2025 11:43 AM GMT +05:30



