



विश्वविद्यालय अनुदान आयोग  
University Grants Commission  
शिक्षा मंत्रालय, भारत सरकार  
(Ministry of Education, Govt. of India)  
बहादुरशाह जफर मार्ग नई दिल्ली-110002  
Bahadurshah Zafar Marg, New Delhi-110002  
Phone: 011-23604140.



Through E-Mail

F.No.67-3/2021(CU)/104528

January, 2026

The Registrar  
All Central Universities & The Principal, UCMS  
(As per list attached)

13 JAN 2026

**Subject: Annual Health Check-ups of all Students in CFHEIs – reg.**

Sir/Madam,

I am directed to enclose herewith a copy of the letter D.O.No.A.44011/11/2025-E.IV dated 26.12.2025 received from the Secretary, Government of India, Ministry of Education, Department of Higher Education, New Delhi with the request to conduct initial and annual health check-ups of all students ensuring a healthy and safe environment, beginning from the Academic Year 2026.

Yours faithfully,

(Mriganka Sekhar Sarma)  
Deputy Secretary

Encl: As above.

*HoD's of the  
Principals of the  
for wide circulation of the Department of the Colleges is necessary action  
Please*

*16/01/26*  
अधिष्ठाता, छात्र कल्याण  
DEAN, STUDENT WELFARE  
दिल्ली विश्वविद्यालय  
University of Delhi  
दिल्ली-110007 / Delhi-110007



डॉ. विनीत जोशी, भा.प्र.से.

सचिव

Dr. VINEET JOSHI, IAS

Secretary

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भारत सरकार  
Government of India

शिक्षा मंत्रालय

Ministry of Education

उच्चतर शिक्षा विभाग

Department of Higher Education

127 'सी' विंग, शास्त्री भवन, नई दिल्ली-110 001

127 'C' Wing, Shastri Bhawan, New Delhi-110 001

D.O No. A.44011/11/2025- E.IV

Date: 26<sup>th</sup> Dec., 2025

Dear Ma'am / Sir,

As you are aware, the National Education Policy (NEP), 2020 envisages an optimal learning environment with adequate support for student wellness such as fitness, good health and psycho-social well-being as critical for high quality learning.

2. India has the largest youth population in the world with 65% of the population under the age of 35 and the students in universities and other HEIs constitute a critical component of this demography. In order to reap the demographic dividend, it is imperative that the students on the campuses are not only equipped with knowledge and skills but also their wellness in terms of their mental and physical wellbeing is also taken care of. It is noted that HEIs are already engaged in promotive health and fitness activities through sports, yoga, meditation etc. They are also contributing to preventive health activities by promoting tobacco free campuses, awareness and sensitization campaigns against drug and substance abuse etc.

3. In this regard, health check-up of the students also forms an important tool to assess the physical wellness of the students, disease incidence, substance abuse and their remediation through medication and counselling.

4. To further streamline the health check-up of the students, necessary expert guidance and support has been arranged through AIIMS Delhi and National Institute of Social Defence and the same can be drawn up for finalizing the following :-

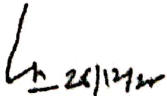
- i. Components of the health check-up, including mandatory pathological tests;
- ii. Implementation schedule and timelines;
- iii. Capacity building of institutional health personnel;
- iv. Examination, record management and follow-up of health reports;
- v. Provision of counselling support at the campus level.

5. This initiative aims to promote general wellness, disease prevention and remediation, potential substance abuse and ensure timely access to counselling support, while maintaining strict confidentiality and adopting a non-punitive, student-friendly approach.

6. In this regard, you are requested to institute the necessary arrangements to conduct initial and annual health check-ups of all students beginning academic year 2026. I look forward to your personal leadership in ensuring its effective implementation for a healthy, safe and supportive educational environment at your Institute.

With regards,

Yours sincerely,

  
(Dr. Vineet Joshi)

VCs / Directors of all CFHEIs

