

SBS University Hosts Free Fitness Testing Camp: Promoting Holistic Health and Wellness



Sardar Bhagwan Singh University (SBSU) organized a Fitness Testing Camp on November 28, 2024, as part of its ongoing efforts to champion community health and wellness. The camp provided free health assessments, including BMR, BMI, and fat mass checks, along with engaging awareness sessions on preventive healthcare and lifestyle management, aimed at inspiring individuals to adopt healthier living practices.

In his inaugural address, Prof. (Dr.) J. Kumar, Vice-Chancellor, underscored the holistic essence of fitness, stating, *“Fitness is not merely about physical appearance or achieving milestones in the gym; it is about nurturing a healthy mind in a healthy body. The importance of physical activity in maintaining a balanced lifestyle cannot be overstated, especially in today’s fast-paced world, where sedentary habits and stress-related health issues have become increasingly prevalent.”* He further emphasized SBSU's commitment to providing accessible healthcare services to all, regardless of socio-economic backgrounds.

Prof. Maneesh Arora, Advisor for the Fitness Camp and Dean of Student Welfare, reiterated the value of such initiatives, highlighting how health camps play a pivotal role in addressing public health challenges, particularly in underserved and remote areas.

The event was meticulously planned and executed under the leadership of Dr. Reena Kumar, Convener, and Dr. Meghna Wadhwa, Organizing Secretary. The camp witnessed an enthusiastic turnout, graced by prominent university officials, including Prof. (Dr.) Deepak Sahni, Registrar; Prof. (Dr.) Veerma Ram, Director of the School of Pharmaceutical Sciences and Technology; and Ms. Urmi Chaurasia, Controller of Examinations. Faculty members, staff, and students also actively participated, creating a vibrant and inclusive atmosphere.

This successful initiative reflects SBSU's unwavering commitment to fostering healthcare awareness and bridging the gap between the community and quality medical services, reaffirming its role as a proactive contributor to public health and wellness.

