

Report on Free Health Camp on World PT Day 2026

Date: 8 September 2026

Time: 11:00 AM – 1:00 PM

Organized by: School of Allied and Healthcare Professions (SoAHP), Presidency University

Theme: *“The role of physiotherapy and physical activity in the prevention, management and rehabilitation of cardiovascular disease and stroke.”*

Overview

The **School of Allied and Healthcare Professions (SoAHP), Presidency University** organized a **Free Health Camp on World PT Day 2026** on **8 September 2026**, commemorating World Physiotherapy Day. The initiative focused on promoting health awareness, physical activity, preventive healthcare, and the role of physiotherapy in cardiovascular health and stroke rehabilitation.

Under the theme *“The role of physiotherapy and physical activity in the prevention, management and rehabilitation of cardiovascular disease and stroke,”* the health camp encouraged students, faculty, staff, and visitors to take a proactive approach towards their health by understanding their basic health and physical fitness parameters.

Health Camp Activities

The camp offered the following services **free of cost**:

1. **Blood Sugar Screening** – Quick glucose assessment.
2. **Vitals Monitoring** – Assessment of basic health parameters.
3. **BMI & Body Composition Analysis** – To help participants understand their physical baseline.
4. **Endurance Assessment** – Evaluation of cardiorespiratory/aerobic fitness.
5. **Expert Physiotherapy Consultation** – Personalized guidance regarding posture, exercise, and pain management.

Camp Locations

The health camp was conducted at three accessible locations within the university:

- **Near Canopy Area, HR Block**
- **L Block – First Floor**
- **DSA Cafeteria**

The camp was open to **all students, faculty, staff, and visitors**, with no pre-registration required, enabling members of the university community to participate conveniently during the two-hour camp.

Significance of the Initiative

The health camp provided an opportunity for participants to become more aware of their health status and understand the importance of **regular physical activity, cardiovascular fitness, healthy lifestyle practices, and preventive healthcare**. It also highlighted the contribution of

physiotherapy beyond rehabilitation, particularly in promoting physical activity and supporting cardiovascular health and recovery following cardiovascular disease and stroke.

The initiative reflected the school's commitment to **community health awareness, preventive care, and promotion of healthy and physically active lifestyles** among the university community.

Event Coordinators:

- **Dr. Poornima Singh (PT), HOD, SoAHP**
- **Dr. Richa Singh (PT), Assistant Professor, SoAHP**
- **Dr. Abdur Rahman (PT), Assistant Professor, SoAHP**