

PHYSICALFITNESSASSESSMENTCAMP

On 6th and 9th September 2024, Banarsidas Chandiwala Institute of Physiotherapy celebrated “WORLD PHYSIOTHERAPY DAY”. In view of the celebration, under the guidance of Director Dr. C S Ram, the Sports Club In-charge Dr. Mohd. Asif, students of Masters in Sports Physiotherapy (MPT-Sports) and members of Sports Club organized a Physical Fitness Assessment Camp which took place in the center lawn of Banarsidas Chandiwala Institute of Physiotherapy (BCIP) on 6th and 9th September 2024 between hours of 10 am and 1 pm followed by refreshment. In this event, there were 4 stations situated at different areas of the same lawn.

The above mentioned stations assessed fitness components like Flexibility, Balance, Agility and Cardiovascular Endurance. Students of Bachelor’s of Computer Application (BCA) and Masters of Computer Application (MCA) from Banarsidas Chandiwala Institute of Information Technology (BCIIT) & Bachelor’s of Hotel Management and Catering Technology (BHMCT) from Banarsidas Chandiwala Institute of Hotel Management and Catering Technology took the initiative of participation and showed thorough interest in the assessment and created an environment of fun learning. The total count of participants went around 120 students.

The students also had some doubts like what is fitness, what are these tests about, how are they performed and various other things. The members and the teachers there helped the curious students and answered their all questions thoroughly. The campaign also helped to spread awareness on physiotherapy. What is physiotherapy, what are the aspects of physiotherapy, how it can change day to day lifestyle and how physiotherapy can change their problems that may arise due to work imbalance.

The enthusiasm of participating students and the crew members of the assessing camp lead the event to a big success and encouraged us to organize such events further more.

FLEXIBILTY



BanarsidasChandiwala Institute of Physiotherapy
AFFILIATED TO G.G.S. INDRAPRASTHA UNIVERSITY
Chandiwala Estate, Maa Anandmai Marg, Kalkaji, New Delhi-110019.

BALANCE



BanarsidasChandiwala Institute of Physiotherapy
AFFILIATED TO G.G.S. INDRAPRASTHA UNIVERSITY
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AGILITY



CARDIOVASCULAR ENDURANCE

