

**A.M. SHAIKH HOMOEOPATHIC MEDICAL COLLEGE,HOSPITAL&
PG RESEARCH CENTRE, BELGAUM.**

Health and Fitness Checkup for Shivganga Sports Club Participants

A comprehensive **Health and Fitness Checkup** was successfully conducted for **240 skaters** from the Skating Club under the guidance of **Dr. Kiran Patil** from A.M. Shaikh Homoeopathy Medical College Hospital & PG Research Centre, Belagavi.

The camp was efficiently organized and executed by **Dr. Amarsai** (Dept. of Organon), **Dr. Laxmi Patil** (Dept. of Medicine), and **final-year students**, with the primary objective of assessing the overall health, fitness levels, and physical well-being of young and aspiring skaters.

During the checkup, detailed evaluations were conducted, including **vital signs assessment, BMI analysis, posture evaluation, muscle and joint health screening**, and **general medical examinations**. Each participant received **personalized health advice and fitness recommendations** to help maintain optimal performance and prevent sports-related injuries.

Dr. Kiran Patil appreciated the enthusiastic participation of the skaters and emphasized the importance of **regular health monitoring for athletes**. The initiative reflected the strong commitment of *A.M. Shaikh Homoeopathy Medical College & Hospital* toward **promoting health awareness** and **supporting community-based fitness programs**.

Mrs. Jyothi Chindak, President of the Sports Club, expressed her **heartfelt thanks and appreciation** to the medical team for their valuable contribution and dedication.

