

## Community Sports and Wellness Access

Centurion University, as part of its community engagement and social responsibility, extends its sports facilities beyond the campus to benefit the local community, including local schools and the general public. By providing free or affordable access to well-equipped sports infrastructure, the university fosters physical fitness, encourages healthy habits, and contributes to the overall well-being of society. This initiative strengthens the university's role as a hub for collaborative efforts in promoting health, enhancing community interactions, and building a healthier, more active society.

### Free Access to Sports Facilities

Centurion University actively contributes to the health and well-being of the local community by providing free access to its sports and fitness facilities. These initiatives promote physical activity, improve mental health, and prevent lifestyle-related diseases. The following key activities are part of Centurion University's effort to promote community health:

#### 1. Open Use of Cricket Ground for Local School Children and General Public

Centurion University provides unrestricted access to its well-maintained cricket ground for local school students and the general public. This facility encourages children and adults to engage in outdoor physical activities, develop sportsmanship, and adopt a healthy, active lifestyle. Regular use of the ground not only supports physical fitness but also fosters community bonding and teamwork.



*Fig 1: Free access to Cricket Facility for community People*

#### 2. Free Fitness Program: Weekly Yoga Sessions

As part of its health promotion drive, Centurion University organizes **free yoga sessions every week for the local community**. Yoga is well recognized for its holistic health benefits, including improved flexibility, stress reduction, and enhanced mental well-being. These sessions are led by qualified trainers and are open to individuals of all ages, contributing to a culture of preventive health care and mindfulness.

Across Centurion University campuses, students engage in ongoing fitness club activities. The Bodybuilding Club promotes strength, discipline, and endurance, while the Yoga Club emphasizes flexibility, mindfulness, and mental clarity. Together, these clubs offer students continuous opportunities to integrate wellness into their daily lives.

Impact: Improved physical stamina, stress relief, and the building of lifelong fitness habits.



**Fig 2.** Yoga Club weekly practice sessions at Centurion University: Students regularly engage in guided yoga routines to enhance flexibility, mindfulness, and stress relief as part of the university's wellness culture.

### 3. Fitness Check-up Drives Organized Regularly

Centurion University conducts regular **fitness and health check-up camps** at its campus, offering free medical assessments such as BMI measurements, blood pressure checks, and general health screenings. These drives help detect early signs of health issues and provide the community with awareness about personal health status, promoting early intervention and healthy living practices. The fitness check-up drive organized at Haripur on 26.07.24 benefited 278 people in the community.



**Fig 3:** Free fitness check-up camp organized at Haripur on 26.07.24

### 4. Open Access to Gymnasium

Centurion University's well-equipped gymnasium is open for the local community to visit and explore, showcasing modern exercise equipment and sports facilities that promote awareness of fitness and healthy living.



*Fig 4: Centurion University's gymnasium is open for community visits, showcasing fitness equipment and sports facilities for health awareness.*

Through these initiatives, Centurion University plays an active role in supporting community health, strengthening social inclusion, and reducing health inequalities. By making sports facilities freely available, Centurion University ensures that the benefits of physical exercise and preventive health care reach a broader section of society, contributing effectively to the achievement of SDG 3.

### **Selective Free Access to Sports and Wellness Facilities for Health and Well-Being:**

Centurion University, also provides selective sharing of its sports and wellness facilities to promote targeted health interventions in the local community. These structured activities are designed to reach specific groups, raise health awareness, and encourage active lifestyles, especially among vulnerable populations. The following key initiatives highlight Centurion University's efforts in this direction:

#### **1. Organizing Free Weekly or Monthly Wellness and Sports Workshops for Local School Students**

Centurion University conducts regular **wellness and sports workshops** aimed specifically for local school students. These workshops include sessions on physical fitness, proper sports techniques, nutrition guidance, mental health awareness, and the importance of regular exercise. Led by expert trainers and healthcare professionals, the workshops help inculcate healthy habits in children from a young age. By empowering students with knowledge and practice, the university contributes to the prevention of lifestyle diseases and promotes long-term well-being.



*Fig 5: Centurion University conducts regular wellness and sports workshops for local school students, promoting fitness, nutrition, mental health, and healthy habits for lifelong well-being.*

#### **2. Free Health Camps in Collaboration with Health Departments**

In partnership with various renowned Hospitals, Centurion University organizes **free health camps focused on preventive care**. These camps offer services such as blood pressure monitoring, diabetes screening, Body Mass Index (BMI) assessments, and general health consultations. Targeted especially at those who may have limited access to regular medical check-ups, these camps enable early detection of potential health risks and raise awareness about healthy living practices. The university's proactive role ensures that preventive healthcare reaches underserved segments of the community.



*Fig 6: Free Health Camps in Collaboration with GAIL India Ltd. at Centurion University*

### 3. Special Free Sessions for Underprivileged Children

Centurion University conducts **special fitness coaching and health awareness sessions for underprivileged children**, providing them with opportunities they may not otherwise have. These sessions include structured physical exercises, interactive health talks, and demonstrations on hygiene, balanced diet, and the importance of physical activity. By focusing on children from economically weaker backgrounds, the university aims to reduce health disparities and promote equity in access to health and wellness resources.



*Fig 7: Special fitness coaching and health awareness sessions at Pranaballab Public School, Anandapur (Keonjhar) on 11.12.24*

### Impact of Free Access Initiatives

Initiative	Target Group	Key Outcomes
Cricket Ground Open Use	Local school children & general public	Encourages outdoor physical activity, teamwork, and sportsmanship; fosters community bonding
Yoga Sessions	Local community & students	Improved flexibility, mental health, stress relief; promotes preventive healthcare

Fitness Check-up Drives	Campus & community members	Free BMI, BP, and general health screenings; early detection of health risks; health awareness
Gymnasium Visits	Local community	Promotes awareness of fitness, healthy living, and exercise benefits
Wellness & Sports Workshops	Local school students	Physical fitness, sports techniques, nutrition guidance, mental health awareness; prevention of lifestyle diseases
Free Health Camps	General public, underserved communities	BP, diabetes, BMI assessments, general consultation; collaboration with hospitals.
Special Sessions for Underprivileged Children	Underprivileged children	Structured exercise, yoga, hygiene & nutrition education; reduces health disparities

### **Impact Metrics (Estimated/Reported):**

1. More than 500 local school students engaged in wellness workshops per year
2. 1,000 participants in free yoga and fitness sessions annually
3. 200–300 individuals screened in health camps per session

Through these selective, well-organized activities, Centurion University not only fosters community well-being but also builds sustainable partnerships with health authorities and NGOs. This strategic sharing of facilities ensures that the health benefits are targeted where they are most needed, contributing significantly to community health development.

### **Charged Access to Sports and Fitness Facilities for Health and Well-Being**

Centurion University, Odisha, is also committed to providing sustainable and structured access to its sports and fitness facilities through **charged services**. These paid services help maintain high-quality infrastructure, ensure professional services, and promote long-term health benefits for the broader community while supporting the university's operational sustainability. The following key initiatives reflect Centurion University's efforts in this area:

#### **1. Paid Membership for Community Members to Access Gymnasium and Swimming Pool**

Centurion University offers **paid membership plans** for community members interested in using the university's modern gymnasium and swimming pool facilities. These memberships provide individuals regular access to high-standard fitness equipment and swimming sessions in a well-maintained environment. This service enables working professionals, fitness enthusiasts, and health-conscious individuals to engage in structured physical training programs. By providing access to professional

fitness infrastructure at affordable rates, Centurion University encourages sustained physical activity among adults, helping to prevent lifestyle-related diseases such as obesity, diabetes, and cardiovascular disorders.



*Fig 8: Centurion University offers paid gym memberships, providing access to modern fitness equipment and professional training for adults aiming to stay fit and healthy.*



*Fig 9: Centurion University organizes paid bodybuilding training and competition, encouraging fitness enthusiasts to showcase strength, discipline, and healthy lifestyles in a competitive environment.*



*Fig 10: Centurion University's paid swimming pool membership gives community members a well-maintained facility for regular swimming sessions, promoting fitness and overall well-being*

## 2. Organizing Paid Fitness Programs (Personal Trainer Sessions) Open to the Public

To promote personalized fitness and well-being, Centurion University conducts **paid fitness programs**, including one-on-one or group sessions led by certified personal trainers. These programs include customized fitness plans, weight management programs, strength training, aerobic exercises, and flexibility routines. The availability of personal trainers helps individuals receive expert guidance, reducing the risk of exercise-related injuries and increasing motivation. Paid sessions are open to the general public and offer a structured approach to improve physical fitness, mental

health, and overall well-being, supporting a healthy and active lifestyle in the community.



*Fig 11: Centurion University offers paid personal sports training programs, providing expert-guided fitness plans and one-on-one sessions to help individuals achieve their health and wellness goals*

### Impact of Charged / Paid Access Initiatives

Initiative	Target Group	Key Outcomes
Paid Gym Membership	Adults, working professionals, fitness enthusiasts	Regular access to gym equipment; prevents lifestyle diseases (obesity, diabetes, CVD)
Paid Swimming Pool Membership	Adults, youth	Promotes cardiovascular fitness, endurance, and overall well-being
Paid Bodybuilding Competitions	Fitness enthusiasts	Encourages strength, discipline, and healthy lifestyle adoption
Paid Personal Trainer Sessions	Adults, general public	One-on-one/group sessions; customized plans for weight management, strength, and aerobic fitness; reduces injury risk

### Summary of Overall Impact

<b>Dimension</b>	<b>Free Access</b>	<b>Paid Access</b>	<b>Total / Combined Impact</b>
Health Awareness	Yoga, fitness, nutrition, mental health, lifestyle disease prevention	Structured fitness & trainer-led sessions	Comprehensive awareness across age groups
Physical Activity Promotion	Cricket, yoga, workshops, fitness clubs	Gym, swimming, personal training, competitions	Broad spectrum of structured physical activity
Preventive Health	Health check-ups, free health camps	Trainer-led fitness programs	Reduced risk of obesity, diabetes, hypertension, and sedentary lifestyle-related diseases
Sustainable Practices	Free sessions encourage community engagement	Paid services ensure infrastructure maintenance and long-term sustainability	Balanced model supporting both outreach and sustainability

Centurion University play a pivotal role in advancing SDG 3 by promoting health, well-being, and active lifestyles through its comprehensive sports and fitness initiatives. The combination of free access programs and structured paid services ensures that a broad spectrum of individuals—from students and local school children to fitness enthusiasts and working professionals—can engage in physical activity, health awareness, and preventive care.

1. Centurion University’s initiatives provide **free, selective, and paid access** to sports and wellness facilities, supporting **SDG 3: Good Health and Well-being**.
2. Free initiatives target **students, underprivileged children, and local communities**, promoting fitness, nutrition, mental health, and preventive care.
3. Paid initiatives ensure **sustainable access to high-quality infrastructure**, professional guidance, and structured programs for adults and fitness enthusiasts.
4. **Collaborations** with hospitals and NGOs enhance community health outreach.
5. Activities impact both **physical and mental well-being**, prevent lifestyle-related diseases, and foster a **culture of active living**.

By offering free health camps, wellness workshops, yoga sessions, and specialized programs for underprivileged children, Centurion University actively reduces health disparities and empowers communities with knowledge and tools to prevent lifestyle-related diseases. At the same time, paid services such as gym memberships, swimming programs, and personal training sessions support the sustainability of the university’s infrastructure, ensuring long-term impact.