

NASENI EVC Urges Staff to Prioritize Routine Medical Checks



Members of staff waiting to undergo medical test.

The Executive Vice Chairman and Chief Executive Officer of the National Agency for Science and Engineering Infrastructure (NASENI), Mr. Khalil Suleiman Halilu has urged staff of the Agency to make routine medical checkups a priority for maintaining good health and overall well-being.

Mr. Halilu made this call during the opening of a one-day seminar held on Tuesday, 13th May 2025. The seminar focused on physical fitness, health screening, and non-pharmacological approaches to common health issues, as well as nutrition and lifestyle improvements for NASENI staff.

Represented by the Acting Coordinating Director, Engineering Infrastructure, Engr. Dr. Abdulrasheed Agava, the EVC emphasized that regular health checks and consistent physical

exercise are crucial elements of a healthy lifestyle. "We must pay attention to our diet, especially as we age," he noted.

The event was organized as part of preparations for upcoming sporting activities across the country. Mr. Halilu commended the NASENI Sports Committee for their commitment and contributions.

In his remarks, Dr. Patrick Okwu, a Research Director at NASENI, applauded the Management for the initiative. He encouraged the EVC to institutionalize routine health screenings across all NASENI centres. "No matter what a staff member possesses, if they are not healthy, it's meaningless. Health is indeed wealth," he said.

Earlier, the Co-chairman of the NASENI Sports Committee, Dr. Oluwaseyi Ogungbenro, highlighted the importance of

knowing one's health status. He explained that fitness tests were mandatory for all sports participants to prevent health crises during activities. He also revealed that the committee was in discussions with management to designate a regular day for sports and fitness activities NASENI System-wide.

Medical Consultant, Dr. Friday Odiva delivered a lecture on the importance of regular exercise, and early detection of ailments such as hepatitis and hypertension. Staff underwent tests for Hepatitis B and blood pressure screening during the event.

A key highlight of the seminar was the presentation of a Federation of Civil Service Games (FEPSCG) medal to Mr. Ismail Baban-Sabuwa, who clinched third place in table tennis.