

**Event Name : Student Induction Programme**  
**From Date : 25.06.2024**  
**To Date : 25.06.2024**  
**Organised by : Department of Physical Education & NCC(DR.B.BINDU)**  
**Academic Year : 2024– 2025**

**Report:**

For the 1<sup>st</sup> year students, PHYSICAL ACTIVITY was given as a part of SIP programme. DR.B.BINDU, Director of Physical Education gave brief introduction on Fitness & Explained how fitness helps in improving overall health. She also demonstrated few stretching exercises followed by General Warm-UP Exercises.