

**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.