

**Event Name** : I UG Fitness Programme  
**From Date** : 01.07.2024  
**To Date** : 14.07.2024  
**Organised by** : Department of Physical Education & NCC(DR.B.BINDU)  
**Academic Year** : 2024 – 2025

**Report:**

The department of PHYSICAL DEPARTMENT organized a physical fitness programme for the I undergraduate students of both shift I & II. The objective of this programme was designed to enhance overall health, strength, endurance and flexibility.