

**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.