

Event : SIP - Physical Fitness Program - 1st Yr.

Date : 17/06/2026

Organised By : Department of Physical Education

Academic Year : 2026 – 2027

Report :

Physical fitness program for 1st year was a part of Student Induction Program. Dr. Bindu gave an introduction about the importance of one's physical health through sports. Students were given stretching and warm-up exercises to re-vitalize their body after a long gap. Students were instructed about the sports infrastructure.