

1hour : 15 min (warm up); 25min (Game); 15min (Recreation); 5min (Limbering and flexibility)

Week/ Branch	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
ECE-1	Introduction	Introduction	VB	BB	TB	AT H	FIT/ CRI	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
ECE-2	Introduction	Introduction	VB	BB	TB	AT H	FIT/ CRI	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
ECE-3	Introduction	Introduction	Physical Data	TB	BB	AT H	Fit/ CRI	CHE	CAR	BAD	TT	YOG	AERO	FB	KAB	Physical Data
CSE-1	Introduction	Physical Data	VB	BB	TB	CRI	ATH	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
CSE-2	Introduction	VB	Physical Data	BB	TB	CRI	ATH	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
CSE-3	Introduction	VB	Physical Data	TB	BB	CRI	ATH	CHE	CAR	BAD	TT	YOG	AERO	FB	KAB	Physical Data
IT-1	Physical Data	Physical Data /Introduction	VB	BB	TB	CRI	ATH	CHE	CAR	BAD	TT	YOG	AERO	FB	KAB	Physical Data
IT-2	Introduction	Physical Data	VB	TB	BB	AT H	FIT/ CRI	CHE	CAR	BAD	TT	YOG	AERO	FB	KAB	Physical Data
EEE-1	Introduction	Introduction	VB/BB	Physical Data	ATH	TB	CRI	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
EEE-2	Introduction	Introduction	VB	BB	ATH	TB	CRI	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
CIVIL-1	Introduction	Introduction	Physical Data	TB	BB	CRI	ATH	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
CIVIL-2	Introduction	Introduction	VB	TB	BB	CRI	ATH	CAR	CHE	TT	BAD	YOGA	AERO	KAB	FB	Physical Data
MECH-1	Introduction	Physical Data	VB	BB	TB	CRI	ATH	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
MECH-2	Introduction	Physical Data	VB	BB	TB	CRI	ATH	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
PROD	Introduction	Physical Data	VB	TB	BB	CRI	ATH	CHE	CAR	BAD	TT	YOG	AERO	FB	KAB	Physical Data
CHEM	Introduction	Introduction	Physical Data	TB	ATH	BB	CRI	CHE	CAR	BAD	TT	YOG	AERO	FB	KAB	Physical Data
BIOT	Physical Data	Introduction	VB	TB	BB	CRI	ATH	CHE	CAR	BAD	TT	YOG	AERO	FB	KAB	Physical Data
MCA	Introduction	Introduction	Physical Data	VB/TB	ATH	BB	CRI	CHE	CAR	BAD	TT	YOG	AERO	FB	KAB	Physical Data



FIT INDIA

VI – SEMESTER ACTION PLAN

1hour : 15 min (warm up); 25min (Game); 15min (Recreation); 5min (Limbering and flexibility)

Week/ Branch	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
ECE-1	Introduction	Physical Data	VB	BB	TB	FIT/ CRI	ATH	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
ECE-2	Introduction	Introduction	VB	BB	TB	FIT/ CRI	ATH	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
ECE-3	Introduction	Introduction	Physical Data	TB/VB	BB	FIT/ CRI	ATH	CHE	CAR	BAD	TT	YOG	AERO	FB	KAB	Physical Data
CSE-1	Introduction	Physical Data	VB	BB	TB	CRI	ATH	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
CSE-2	Introduction	Physical Data	VB	BB	TB	CRI	ATH	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
CSE-3	Introduction	VB	Physical Data	TB	BB	CRI	ATH	CHE	CAR	BAD	TT	YOG	AERO	FB	KAB	Physical Data
IT-1	Introduction	Introduction	VB	BB	TB	CRI	ATH	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
IT-2	Introduction	Introduction	Physical Data	VB/BB	TB	CRI	ATH	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
EEE-1	Introduction	Introduction	VB/BB	Physical Data	ATH	TB	CRI	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
EEE-2	Introduction	Introduction	VB	BB	ATH	TB	CRI	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
CIVIL-1	Physical Data	Physical Data & Introd	VB	TB	BB	CRI	ATH	CHE	CAR	BAD	TT	YOG	AERO	FB	KAB	Physical Data
MECH-1	Introduction	Physical Data	VB	BB	TB	CRI	ATH	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
MECH-2	Introduction	Physical Data	VB	BB	TB	CRI	ATH	CAR	CHE	TT	BAD	YOG	AERO	KAB	FB	Physical Data
PROD	Introduction	Physical Data	VB	TB	BB	CRI	ATH	CHE	CAR	BAD	TT	YOG	AERO	FB	KAB	Physical Data
BIOT	Physical Data	Introduction	VB	TB	BB	CRI	ATH	CHE	CAR	BAD	TT	YOG	AERO	FB	KAB	Physical Data



INTRODUCTION – The quality of life; Wellness; Systems of the body and its physiology; Healthy diet; Hygiene and Benefits of physical activity (Physical fitness and Mental fitness).

PHYSICAL DATA – Collecting the height, weight, BMI, muscle percentage and fat percentage of the students

VB – VOLLEYBALL – 15 min (warm up); 25min (Game); 15min (Recreation); 5min (Limbering and flexibility)

BB – BASKETBALL – 15 min (warm up); 25min (Game); 15min (Recreation); 5min (Limbering and flexibility)

TB – THROWBALL – 15 min (warm up); 25min (Game); 15min (Recreation); 5min (Limbering and flexibility)

CRI – CRICKET – 15 min (warm up); 25min (Game); 15min (Recreation); 5min (Limbering and flexibility)

ATH – ATHLETICS – 15 min (warm up); 25min (Game); 15min (Recreation); 5min (Limbering and flexibility)

CAR – CARROMS – 15 min (warm up); 25min (Game); 15min (Recreation); 5min (Limbering and flexibility)

CHE – CHESS – 15 min (warm up); 25min (Game); 15min (Recreation); 5min (Limbering and flexibility)

TT – TABLETENNIS – 15 min (warm up); 25min (Game); 15min (Recreation); 5min (Limbering and flexibility)

BAD – BADMINTON – 15 min (warm up); 25min (Game); 15min (Recreation); 5min (Limbering and flexibility)

YOG – YOGA – 5 min (Stretching); 15min (Suryanamaskar); 25min (Asanas); 15min (Meditation)

AERO – AEROBICS – 15 min (warm up); 35min (Aerobic Dance); 10min (Limbering and flexibility)

FB – FOOTBALL – 15 min (warm up); 25min (Game); 15min (Recreation); 5min (Limbering and flexibility)

KAB – KABADDI – 15 min (warm up); 25min (Game); 15min (Recreation); 5min (Limbering and flexibility)

Staff Incharges : 1. Dr.G.Shyam Mohan Reddy

2. Dr.R.Rajeswari