

Academic Year: 2020-21

Physically

The Department organized **Intra branch** tournament – Shruthi'21 in **10 disciplines** for men of 20 sections and **10 disciplines** for women and Athletics for both men and women as individual event in 23 events. Apart from this conducted sports activities for **staff** in **5 disciplines** for men and women. **Sri B.A.Ravi Kumar**, Indian Volleyball player is the chief guest for the sports day, 5th March 2021.





Virtually

- **Fit India Cyclothon 2020** – on 29th & 30th January 2021 – 15 Participants, 1018.27 cumulative KM participants covered at their own place.



1. Fit India Week celebration : 1st – 7th December 2020

Virtual Challenge activities :

- Squats – 2 minutes
- Step-up – 2 minutes
- Sit ups – 1 minute

- Push ups – 1 minute
 - Spot jogging – 1 minute
 - Rope skipping – 2 minutes
 - Ball dribbling – 2 minutes
2. Fit India Freedom Run 2020 : 15th August – 2nd October 2020

