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No: SRU/ NSS/Events/2020/

Date: 15-11-2020

CIRCULAR

Sub: Conducting Importance of fitness during covidEvent on 19-11-2020 in Online Mode-Reg.

This is to inform that the National Service Scheme (NSS) of SR University will be organizing Importance of fitness during covidEvent on 19-11-2020 in Online Mode.

Event : Importance of fitness during covid
Place : Online Mode
Date : 19-11-2020
Timings : 09:00 AM to 10:30 AM

All the NSS Unit-1 Volunteers are required to participate in the event. For further details, Mr. K. Ravindar, NSS Program Coordinator, may be contacted.


REGISTRAR

REGISTRAR
SR UNIVERSITY
(V) Ananthasagar, (M) Hasanparthy
Dt: Warangal - 506371, T.S.



Importance of fitness during covid

Details of the Event:

Date of the Event : 19-11-2020
Name of the Event : Importance of fitness during covid
Venue : Online Mode

Objective:

The Fitness Awareness event organized by National Service Scheme (NSS) Unit-01 during the COVID-19 pandemic aims to emphasize the importance of physical fitness in enhancing immune health and mental well-being. This initiative seeks to educate participants on effective fitness routines that can be practiced safely at home or in the community, fostering resilience during challenging times.

Description:

TO address the growing need for physical activity during the COVID-19 pandemic. The session included demonstrations of simple yet effective exercises that can be done at home, along with discussions on nutrition and mental health. Participants received informative materials highlighting safe fitness practices and the importance of maintaining a healthy lifestyle during lockdowns.

Outcome:

The Fitness Awareness session held aimed to enhance participants' understanding of fitness as a vital component of health, particularly during the pandemic. The program encouraged community involvement in fitness initiatives, aiming to foster resilience and proactive health management among residents. Participants left with practical knowledge on how to incorporate fitness into their daily routines.

Impact on Society:

Organizing the Fitness Awareness event significantly increased participants' awareness of the importance of physical fitness during the pandemic. It fostered a sense of community, encouraging individuals to support each other's health goals, leading to better health outcomes and a more resilient society during and after COVID-19.



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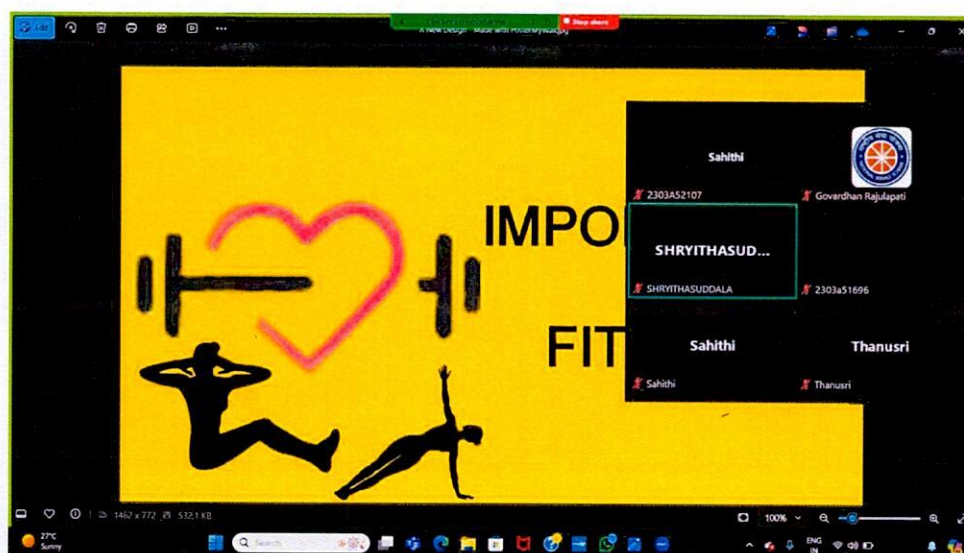
Event Poster:



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Event Photo:



"Building Resilience: Promoting Fitness and Well-Being during COVID-19 for a Healthier Tomorrow"



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Volunteers List:

Sl.No.	Name of the student	Programee Name
1	BANDI ROHITH	CE
2	DOLE VINAY	ME
3	MEDA ROHITH SAI	BBA
4	BATHULA PAVAN KALYAN	B.Sc. Agriculture
5	MODUMPALLY AKSHITHA BHUVINIPA	B.Sc. Agriculture
6	PASULA VIVEK	CE
7	SARA NAUSHEEN	CSE
8	AKARAPU NITHIN	CSE
9	JASTHI GEETHIKA SAI	CSE
10	SAMALA SOMANATH	CSE
11	RENUKUNTLA LEENA	CSE
12	GANDRATHI BHAVANA	CSE(AI&ML)
13	GUDURU CHANDRA VADHAN	CSE(AI&ML)
14	KATHI SRUJAN KARTHIK	CSE(DS)
15	LYADELLA VARSHITH	EEE
16	ADLURI AKSHAY RAJ	EEE
17	KATUKOJVALA AKASH	ECE
18	KOMAKULA THANUSH	ECE
19	BHUKYA VINOD	CE
20	RAVULA GANESH	ECE



**NSS PROGRAM
COORDINATOR
NSS COORDINATOR
SR UNIVERSITY**

**(V) Ananthasagar, (M) Hasanparthy,
Dt: Hanamkonda-506 371, T.G.**



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Dt: Warangal - 506371, T.S.**