



**B. L. D. E. ASSOCIATION'S**

**S. B. ARTS AND K. C. P. SCIENCE COLLEGE, VIJAYAPUR**

(Affiliated to Rani Channamma University, Belagavi)

**NATIONAL SERVICE SCHEME (NSS)**

**UNIT 1 & 2**



Date: 29/08/2025

**REPORT ON SPECIAL LECTURE: IMPORTANCE OF FITNESS IN DAILY LIFE**

Under the proactive IQAC initiative, the Department of Sports and Physical Education and NSS UNIT I & II jointly organized a Special Lecture on the crucial topic, "Importance of Fitness in Daily Life," held in the Auditorium Hall on August 30, 2025. The session featured **Dr. Savita Anneppanavar**, Sports and Physical Director from BLDEA's Smt. Bangaramma Sajjan Arts, Commerce and Science College, Vijayapur, who delivered an insightful lecture emphasizing the profound significance of **physical activity, yoga, and sports** in maintaining a healthy body and mind, specifically stressing their role in **reducing lifestyle-related disorders** and significantly **enhancing the quality of life**. The successful event was formally presided over by Principal **Dr. R. M. Mirdhe**, with **Dr. P. S. Patil** (IQAC Director) extending the welcome and **Dr. Anil B. Naik** (Vice-Principal) proposing the vote of thanks, all seamlessly managed by the effective compering of **Smt. Roopa S. Motagi**. The strong and interactive participation from both staff and students ensured the lecture achieved its maximum impact.



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NSS UNIT-1

National Service Scheme  
Programme Officer  
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NSS UNIT-2

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IQAC

IQAC Co-ordinator  
S.B. Arts and K.C.P. Science College,  
Vijayapur

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PRINCIPAL

Principal,  
S.B. Arts & K.C.P. Sc. College  
Vijayapur.





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