

**SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA (Co-Ed.)**  
**(Sponsored by Exhibition Society), Tarnaka, Hyderabad**  
**Affiliated to Osmania University, Approved by PCI New Delhi**  
**NBA Accredited B Pharmacy Course, Accredited A+ Grade by NAAC**  
**UGC Autonomous Institution**

**REPORT ON LIFESTYLE & FITNESS FOR MONTH OF NOVEMBER**

**Topic of event: LIFESTYLE & FITNESS**

**Date: November 29, 2025**

Hosted by- Sarojini Naidu Vanita Pharmacy Maha Vidyalaya (Co-Ed.), Tarnaka, Hyderabad

Venue: SNVPMV

In November, Sarojini Naidu Vanita Pharmacy Maha Vidyalaya (Co-Ed.) (Sponsored by Educational Society) organized Sports for students.

The goal of this program is to increase the Participants spirit, burst stress and make them physically active.

They introduced themselves, addressed the gathering, started the programme with wishes and mentioned about the necessity of SPORTS in the current scenario. Then the Program continued with both Indoor and Outdoor Sports like Chess, Carroms, Tennis, Shuttle. B Pharm III Year Section A & Pharm D III Years Students have participated.

Playing sport helps to control their emotions and Channel Negative feelings in a positive way. It also helps to develop Patience and Understand that it can take a lot of Practice to improve both their physical skills and what they do.



