
	Pimpri Chinchwad Education Trust's Pimpri Chinchwad College of Engineering & Research Ravet, Pune An Autonomous Institute NBA Accredited (4 UG Programs) NAAC A++ Accredited ISO 21001:2018 Certified IQAC PCCOER	
AY: 2025–26 Term- I/II	Report on Physical Education Outdoor Activity	ACAD/R/17

Department- BBA

Date- 29/12/2025

Class- First Year and Second Year

1. **Program Type:** One Day Visit
2. **Program title:** Physical Education Outdoor Activity
3. **Day & Date:** Saturday,27/12/2025
4. **Venue:** Durga Tekdi
5. **Name of the Organizer/ Department:** BBA Department
6. **Attendees:** 20 Students
7. **Objectives of the Event:**
 1. To promote physical fitness through walking, trekking, and other activities
 2. To enhance cardiovascular endurance and stamina among students.
 3. To develop muscle strength and balance by navigating natural terrain
 4. To encourage the habit of regular physical activity in a natural environment.

8. Content & schedule in details:

The physical education visit to Durga Tekdi was organized to promote physical fitness, discipline, and mental well-being among students. The visit began early in the morning, with students assembling at the base of the hill at 7:00 a.m. Faculty members briefed the students about safety instructions, discipline, and the importance of warm-up exercises. A short warm-up session was conducted to prepare the students for the trekking activity and to avoid injuries. The trek commenced at 7:15 a.m., during which students walked and climbed the natural trail in groups under proper supervision. Short breaks were taken for hydration and breathing exercises, helping to improve stamina and endurance. Students were encouraged to maintain a steady pace and support one another throughout the activity.

After reaching the top, students performed stretching and relaxation exercises and observed the natural surroundings. The return trek began around 8:45 a.m., and the visit concluded successfully at approximately 9:30 a.m., leaving students refreshed and motivated to adopt a healthy and active lifestyle.

9. Program outcome achieved:



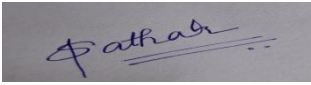
- 1. Improved physical fitness and stamina through trekking and walking activities.
- 2. Enhanced cardiovascular endurance and breathing efficiency.
- 3. Development of muscle strength, balance, and coordination on natural terrain.
- 4. Motivated students to adopt a healthy and active lifestyle.

10. Photos:



Report Prepared by:

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 <p>Dr. Rashmi Mishra Department Activity Coordinator</p>	 <p>Mrs. Amruta Dixit IQAC Coordinator</p>	 <p>Dr. Smriti Pathak HoD BBA Department</p>
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