

QUEEN MARY'S COLLEGE (A), CHENNAI – 4
DEPARTMENT OF HISTORICAL STUDIES
INDUCTION PROGRAMME FOR FIRST YEAR STUDENTS
DAY 3 PROGRAMME REPORT

On 5th July 2024, the Department of Historical Studies at Queen Mary's College, Chennai, conducted the Day 3 induction program for first-year students. The session focused on the importance of physical fitness and health during college years.

Dr. V. Sujitha, Physical Director, provided valuable insights into the significance of sports and maintaining physical fitness, emphasizing how these activities contribute to overall well-being and academic success. Following this, Dr. P. Shobha Rani, the college doctor gave an informative talk on general health care and tips for staying healthy throughout the college years.

The event was facilitated by the first-year tutors Dr. Ramalakshmi and Dr. Thenmozhi, along with the Head of the Department, Dr. Raziya Parvin. Their efforts ensured the program was well-organized and beneficial for the new students, who left with a better understanding of the importance of health and fitness in their academic journey.