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| Name of Activity | Fitness workshop on Health and Fitness with Zumba Classes |
| Date | 19/05/2021 & 26/05/2021 |
| Venue | Microsoft Teams |
| Organized by | School of Education |
| Participated by | 86 students of School of Education |
| Activity - Incharge | Mr. Praveen Kumar |
| Resource Person | Ms. Purna Mishra (Zumba Trainer) |
| Content | <p>The lockdown which hit again the entire country resulted in halt of many activities especially physical work. Keeping this in mind, an online ZUMBA class was organized for this week's CCA activity. A special ZUMBA instructor Ms. Purna Mishra was called & students and faculty both participated in the online morning ZUMBA session.</p> <p>The instructor started with chanting of 'OM' followed by few warm up exercise. After that an energetic song was played on which she taught really growing ZUMBA steps.</p> <p>Both the students and faculty members followed her & took this opportunity to get some physical work. The instructor also in between the session gave some useful tips on how to eat right, at what time should ZUMBA be done, how to maintain body rhythm and energy etc. It was so enthralling to see both the students and faculty groove in some ZUMBA moves.</p> <p>The session was so enriching that the students requested another session for the next CCA activity. The instructor readily agreed & in the next week too ZUMBA session continued.</p> |
| Objective | <p>The objectives of the activity were :</p> <ul style="list-style-type: none">• To promote physical fitness among students.• To motivate students for a healthy body & mind.• To encourage good lifestyle habits in students.• To break the monotony of the imposed lockdown.• To channel the physical energy of students. |



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| | <ul style="list-style-type: none">• To encourage students for pursuing healthy & balanced lifestyle. |
| Outcome of Activity | The students were excited & full of zeal after the ZUMBA class so much so that another session was requested by them. Many students pledged to exercise daily and take a step towards a healthy lifestyle. |