

# **Aerobics and Zumba Club 2018-2019**

## **Title Of Activity:**

1. Daily Session of aerobics and Zumba(2/09/2018 to 2/11/2018)
2. Guest lecture by Mr. Nitin Chandanshive (17<sup>th</sup> January 2019.)
3. Club conducted session in INDUCTION programme(5/08/2018)

## **No of Beneficiary:**

Girl Student (50 ) , Ladies faculty ,

## **Objective of Activity:**

**Zumba** wins on Entertainment and is a better choice for those who love to Dance. **Aerobics** gives you a more muscular body because of body-part focus and is a good gym replacement. This Both activities help maintain health. We are creating awareness about aerobics and Zumba.

## **Brief about Activity:**

1. Regular practice of yoga develops sharp mind and fit body .So for maintaining regularity club will hold yoga sessions on daily basis. Everyday club coordinators arranged session in Open Theatre with Our trainee Mrs. Tasnim Syyad and coordinators conducted sessions. These sessions included warm up, Aerobics and Zumba workout, ABS exercise and Meditation with sunrise and fresh air Students are encouraged to share their problems, views etc. Sessions included some video sessions based on health and other different attitude developing. These sessions help students to get habituated towards healthy practices of Aerobics and Zumba with ABS Yoga, encourage them to live healthy life style to get SHARP MIND AND FIT BODY!
2. Mr. Nitin Chandanshive sir underlined connection of our great legacy of our Indian culture and science. He thrown light on importance of healthy living which refers to physically, mentally and emotionally. His lecture included presentation, demonstrations which helped students to realize the importance of balance on physical, mental, Menstrual Hygiene Management, Environmental Cleanness and emotional levels of our life. It made students to understand various aspects of our personality on scientific level.
3. **Outcomes of Acitivity:**
  1. Studies have shown that everyone who undergoing a regular fitness regime has a generally higher level of happiness at every aspects of life. To maintain and gain happiness in our everyday life Aerobics & Zumba is easy and suitable for everyone to keep fitness on good track.
  2. Makes You Confident: Did you know that fun aerobic dances such as ballroom dancing make you feel confident and happy? Yes! The more you dance, the happier you feel! Not just that, you find expression in what you do and feel stress-free at the same time.