

# **Aerobics and Zumba Club 2019-2020**

## **Title Of Activity:**

1. Daily Session of aerobics and Zumba (2/09/2019 to 2/11/2019)
2. Guest lecture by Tasnim Syiad (17<sup>th</sup> September 2019.)

## **No of Beneficiary:**

Student ( 50) , faculty

## **Objective of Activity:**

In today's rush of life, human being is very much focused in physical progress. In this hustle and bustle, he has lost all his naturalness and facing problems on physical and mental level. To be fit and fine in this unnatural and hybrid lifestyle we have great boon by ancient Indian civilization. Yoga is a mind and body practice with historical origins in ancient Indian philosophy.

## **Brief about Activity:**

1. 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 yoga, encourage them to live healthy life style to get SHARP MIND AND FIT BODY
2. As the inaugural activity of this academic year 2017-18, club arranged herb plantation. Herbal plants can be used as medicinal plants, are very much useful for keep atmosphere healthy and fresh. These plants are basis of our ancient medicinal culture 'Ayurveda'. Considering this club planted Neem, Aloe Vera, Amla, Tulsi, etc. plants.
3. Dr. Sachin Deshmukh 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 and emotional levels of our life. It made students to understand various aspects of our personality on scientific level.

## **4. 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 yoga is easy and suitable for everyone to keep fitness on good track.
2. Makes You Confident: Did you know that fun yoga such as Pranayam make you feel confident and happy? Yes! Not just that, you find expression in what you do and feel stress-free at the same time.