

Board of Students' Welfare Academic Year 2018-19

Event . 6 - . Health Fitness

Day and Date: Saturday, 9th February 2019
Name of Activity: Health fitness by Zumba Dance
Concept: Exercise with music and dance
Venue: College Campus – seminar hall

Time: 10:00 am to 11:30 am

Participation: In this activity of Nirbhaya Kanya Abhiyan, in view of health fitness of girls students institute organized session on Zumba Dance with ZIN trainer Swapnali Tambe .

No. of girls students – 74

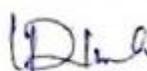
No. of teaching and non teaching staff –9

Details: Swapnali Tambe introduce Zumba dance, its effect on body and how a person can burn up to 600 calories, depending on the energy put forth. Zumba dance can be perform dance chachacha, reggaeton, soca, samba, hip hop music, axé music , cumbia, salsa, merengue, mambo, flamenco and tango.



Inaugural Function of Health fitness by Zumba Dance by Swapnali Tambe




PRINCIPAL
Dr Vithalrao Vikhe Patil
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Ahmednagar

“Nirbhaya Kanya Abhiyan” - Media Appreciation

 <p>प्रत्येक फळांचे आहारात अनन्यसाधारण महत्त्व</p>
