

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 .

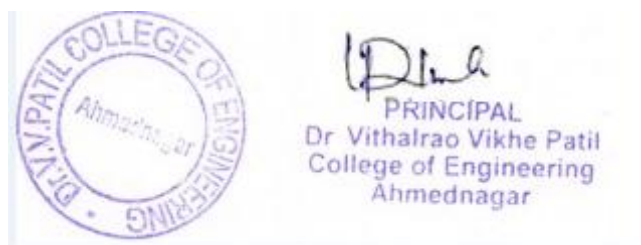
No. of girls students – 74

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.


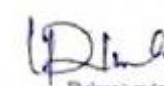


Inaugural Function of Health fitness by Zumba Dance by Swapnali Tambe



“Nirbhaya Kanya Abhiyan” - Media Appreciation

	
<p>Media appreciation by Dainik Nava Maratha on 14th Feb 2019 - Inaugural Function of Nirbhaya Kanya Abhiyan</p>	<p>Media appreciation by Ahmednagar Sahyadri on 15th Feb 2019 - Inaugural Function of Nirbhaya Kanya Abhiyan</p>



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