

Report on Five Days Workshop on Zumba & aerobics in collaboration with
Pinaki the Fitness Mantra

School of Studies in Education and Skill Development Cell
Guru Ghasidas Vishwavidyalaya Bilaspur(C.G.)

Date of Event : July 25 - 29,2022

Venue : Cafeteria 1st floor,GGV,Bilaspur(OfflineMode)



The brochure is a two-page document with a blue and purple background. The left page contains the event details, including the university name, dates, times for students and faculty, a registration link, and a note about attire. The right page lists the organizing committee members and their roles. At the bottom of the right page, there is a photograph of a group of people participating in a fitness class.

ORGANIZING COMMITTEE

CHIEF PATRON
PROF. ALOK KUMAR CHAKRAWAL
HONORABLE VICE- CHANCELLOR
GURU GHASIDAS VISHWAVIDYALAYA

PATRON
PROF. SHAILENDRA KUMAR
REGISTRAR

CONVENOR
PROF. V.S. RATHORE
DEAN, SCHOOL OF STUDIES

CO- CONVENOR
DR. ROHIT RAJA
NODAL OFFICER
SKILL DEVELOPMENT CELL

COORDINATOR
DR. SANJIT SAIRDAR
HEAD
DEPT. OF PHYSICAL EDUCATION

ORGANIZING SECRETARY
DR. SHALINI MENON
COORDINATOR,
SKILL DEVELOPMENT
SCHOOL OF EDUCATION.

CO-ORGANIZING SECRETARY
DR. SONIA STHAPAK
ASSISTANT PROFESSOR
DEPARTMENT OF EDUCATION

FREE REGISTRATION

Note : All the participants must be in t-shirt and track pants

<BrochureofFive days workshopon Zumba & Aerobics in collaboration with Pinaki the fitness mantra, 2022>



Details of Event Proceedings

DATE (DD-MM-YYYY)	DETAILS OF THE SESSION	DETAILS OF RESOURCE PERSON	NUMBER OF PARTICIPANTS
25-07-2022	Practical session on Calisthenics.	Sunil More Fitness Trainer	200
26-07-2022	Practical session on Zumba, Pilates.	Sakun. Fitness Trainer.	
27-07-2022	Practical session on F – squad, Power moves, Functional Training.	Shivam Shukla Founder & Fitness Trainer Pinaki	
28-07-2022	Practical session on Bokwa.	Apurva Gourha.	
29-07-2022	Open session of Zumba, aerobics, power garba for 1.5 hours in front of auditorium for students of university.	Sunil, Sakun, Shivam, Apoorva.	350

A Brief abstract of the event

Zumba is a very good form of exercise required for today's generation. Almost everyone benefits from aerobic exercise, regardless of size, aptitude, or age. Everyone can benefit from aerobic exercise and observe a change in their everyday lives once they incorporate it into their regimen. One needs to learn more about the advantages of aerobics and why exercise is so important for overall health. One of the best things everyone can do for your general health is to include physical activity in your regimen. Everyone may engage in some amount of physical activity and reap its health advantages, regardless of age, race, size, or skill. Fitness and dance enthusiasts all over the world are interested in the dance workout programme Zumba. This group aerobic fitness session is a fantastic way to combine dancing and exercise in one's life. Discover the benefits of Zumba and how doing this kind of fitness class can improve one's general health.



Objectives of the workshop were:

- To make students aware about Zumba & aerobics.
- To make fitness a part of student's life.
- Core strengthening is the need of the hour.
- To make students of GGV lead a healthy and active life.

By considering this theme, School of Education & Skill Development Cell, GGV, Bilaspur, organized five days Zumba & aerobics workshop in collaboration with Pinaki the fitness mantra from 25th July to 29th July 2022. Students of school of education learned various forms of Zumba, aerobics, Bokwa, functional training & Pilates during the period. The workshop benefitted in such a way that it motivated students to take up fitness training to make it a career. Learning various moves with coordination helped them to handle a group session. This workshop in turn enhanced students to do different courses which will help them become certified personal Zumba trainer & certified group trainer. On the last day, Pinaki team provided an opportunity to university students in front of the auditorium where approximate 350 students participated in the Zumba session. The open session lasted for 01 hour with 05 minutes of water break in between events. The last day event started with Zumba, followed by functional training & power garba. The workshop ended with the vote of thanks to Pinaki team. During the valedictory ceremony, teachers of Department of Physical Education & Nodal Officer, Skill Development Cell, Dr. Rohit Raja were present.

Photographs of five-day workshop on Zumba & aerobics in collaboration with Pinaki

1. Inauguration of five-day workshop on Zumba & aerobics – Presidential address by Dean, School of Education, Prof.V.S.Rathore.



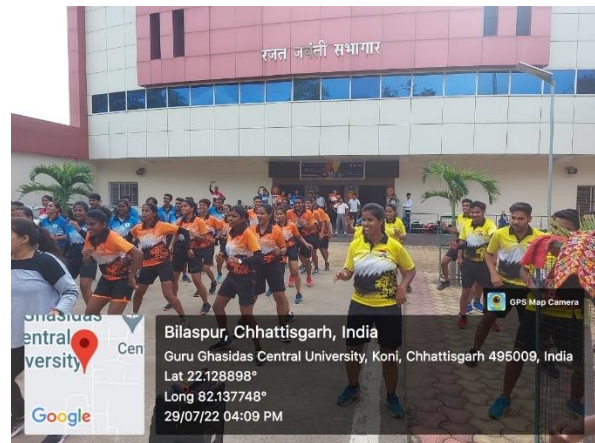
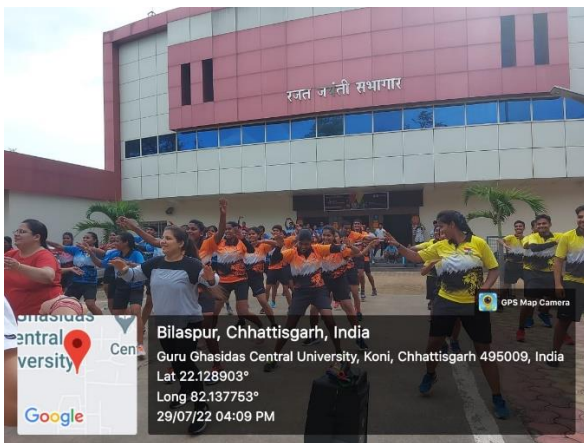
2. Presentation of Sports Equipment's to Hon'ble Vice Chancellor – Prof.Alok Kumar Chakrawal.



3. Practice of Zumba



4. Open session of Zumba & aerobics in front of Rajat Jayanti Sabhagar



Dr. Shalini Menon
Coordinator, Skill Development Cell
School of Education.

