

February 06, 2021

Zumba for a Cause- World Cancer Week

Zumba for a cause was organized during the world cancer week to focus on physical fitness. Ms. Vibha, a fitness specialist from Pep Turf, engaged the students in some great physical exercises. She explained that physical and mental fitness go hand in hand and during the days of the pandemic it is crucial to focus on both. The students were very excited for this session. Ms. Vibha made the audience perform various Zumba steps. A good response was seen from the audience with great enthusiasm. The audience greatly enjoyed the session. A total of more than 320 students and faculty attended this session.

Number of participants: - 320

**LOSE YOURSELF IN MUSIC
FIND YOURSELF IN SHAPE**



ZUMBA WITH HYTIDES



**6th Feb
3:45 - 4:45pm**

Poster created for the activity

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