

ZUMBA- 17TH SEPTEMBER, 2021

Parivartan, the NSS unit of Mata Sundri College for Women organised the "FITNESS MANTRA" , a perfect Dance and Zumba combination on the occasion of Fit India Freedom Run 2.0. Our instructor for the event was Mr. Hrithik Sharma, who has been teaching his skills for 4 years now. The event was organised on 17th september, 2021 at 3pm on Google meet.

40 volunteers took part in the fun, high energy zumba-dance session actively. It was quite an amazing & successful event. Zumba is a fitness program that combines Latin and international music with dance moves.

Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness. It is a dance fitness program that helps you lose weight, get back in shape, and stay fit, all this while having loads of fun.

Dance and music can uplift our moods and have proven to be great stress-busters, sometimes therapeutic, even. Zumba is a great form of fitness program that blends them both with physical activity.

Zumba is an aerobic activity that can count toward the amount of aerobic activity recommended for most healthy adults by the Department of Health and Human Services. It is our responsibility to take care of ourselves and be fit so that we can contribute our best towards the society.