

## REPORT ON FITNESS PROGRAMME

Topic of event: Zumba

Date & Time of Event: August 19, 2023, 3:00pm-5:00pm

Hosted by- Sarojini Naidu Vanita Pharmacy Mahavidyalaya, Tarnaka, Hyderabad

Venue: SNVPMV Auditorium

On 19<sup>th</sup> August, Sarojini Naidu Vanita Pharmacy Mahavidyalaya College for Women (Sponsored by Educational Society) organized Virtual Zumba Fitness for faculty and students.

The goal of this program is to increase the participants spirit, burst stress and make them physically active.

The programme on fitness is started by anchors () of B Pharm.

They introduced themselves, addressed the gathering, started the programme with wishes and mentioned about the necessity of Zumba in the current scenario. Then the session continued with virtual workout and more than 100 participants participated. The virtual workout was very much motivative and everyone participated with great enthusiasm.

Working up a sweat in the 60-minute classes burns an average of 369 calories -more than cardio kickboxing or step **aerobics**. You'll get a great cardio workout that melts fat, strengthens your core, and improves flexibility.

Session was closed at 5:00 pm with National Anthem.



**Secunderabad, Telangana, India**

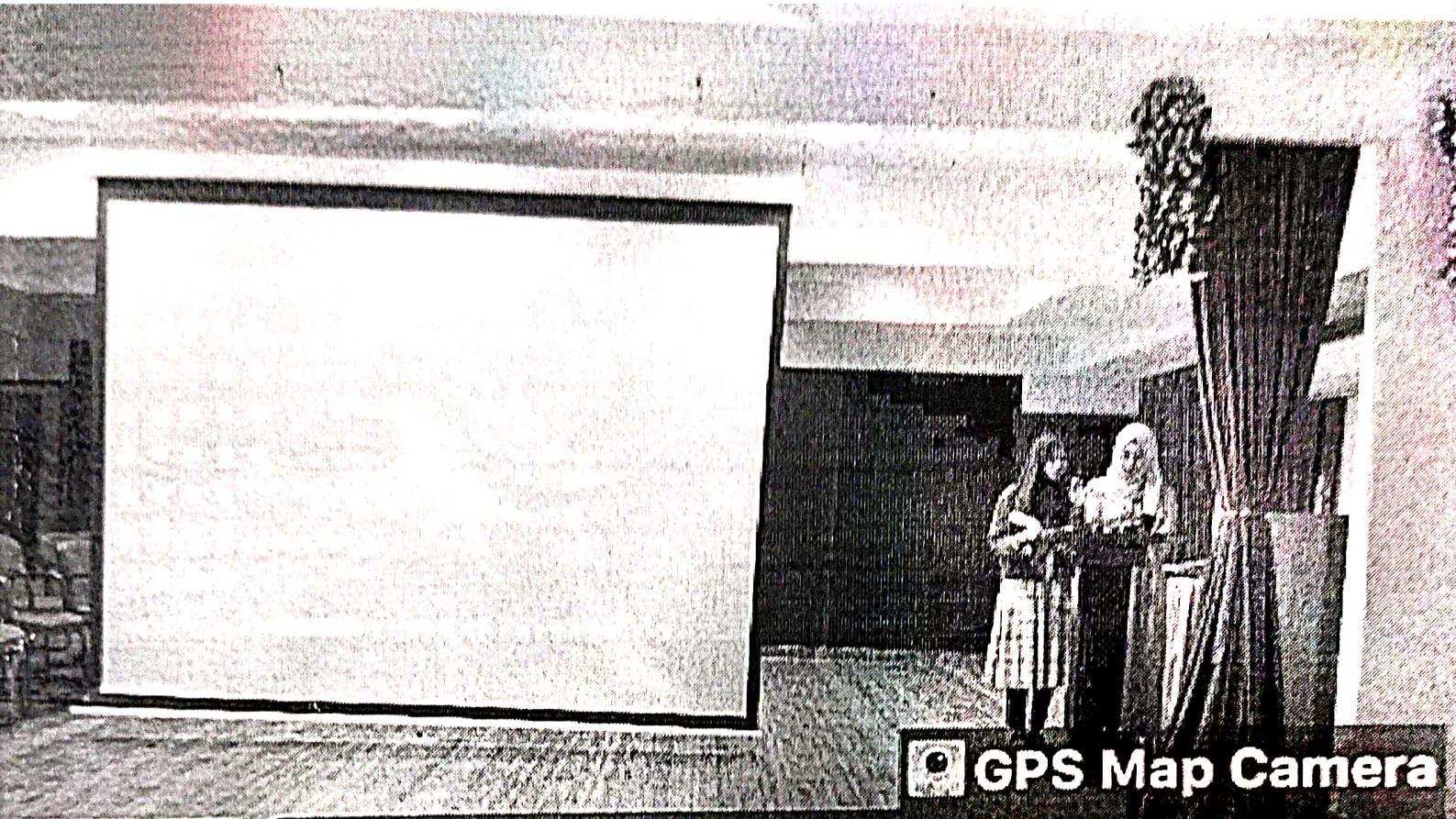
Marri channa Reddy lane, CGJJ+4W9, near sarojini pharmacy college,  
Vijayapuri Colony, Tarnaka, Secunderabad, Telangana 500017, India

Lat 17.430163°

Long 78.532399°

19/08/23 03:49 PM GMT +05:30

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 **GPS Map Camera**

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