

YOG SHIBIR AND AEROBICS EXERCISE FROM 05-01-2022 TO 07-01-2022

DETAILS OF YOG SHIBIR 05-01-2022 TO 06-01-2022

The yog shibir was arranged on 05-01-2022 to 06-01-2022 host by the Shri Ajaybhai Patel, Yoga coach designated by Yog board gandhinagar (Gujarat).The yog shibir was arranged for the students and faculties of the MCA and MBA Courses. The timing of the Yog shibir was 08:00 To 09:30 AM For two days.100 students and 10 faculties from MBA and MCA Course had participated in the event.

- The motive to arrange the Yog shibir was to enhance the peace of mind of the students and faculties along with the healthy body.
- The coach has taught the importance of yoga and meditation in the life of the person. Coach explained the importance of the meditation and yog in individuals life
- The students and faculties were able to learn the exercise in a way like learn with fun because coach taught the exercises with the innovative ideas so that person doesn't get bored.
- The students and faculties were able to learn the meditation and exercise by attending the sibir.Which will provide refreshment to the students and faculties. They learned the importance of meditation in life.
- They came to learn that mediation will improve their mental stability which would help them to improve the productivity of doing the work.





DETAILS OF AEROBICS ZOOMBA 07-01-2022



Vidyabharti Trust college of Master in computer Application had arranged the Zoomba aerobics exercise Students of MCA and MBA Course on 07-01-2022. The event was organized by Mr. Vatshal Parekh International Zoomba certified trainer. The timing of the Zoomba aerobics was 08:00 To 09:30 AM For two days. 100 students and 10 faculties from MBA and MCA Course had participated in the event.

Zoomba Fitness is a dance inspired fitness class based on Latin & International Rhythms. In addition to working your body and having a great time, you're also traveling around the world and dancing to rhythms such as: Salsa, Merengue, Cumbia, and Reggaeton. No, you don't have to have any dance experience or know what any of those dance styles are. Your Zoomba Instructor was there to lead you through class; all you need to do is show up and follow along. Thus Zoomba helped the students to build and help to boost the physical wellness of the students.

Thus the shibir and Zoomba session was arranged as a part of extra-curricular activities for the students which will enhance the skills of the students and faculties.