

RCOEM

Shri Ramdeobaba College of
Engineering and Management, Nagpur



Shri Ramdeobaba College of Engineering and Management, Nagpur (Session 2022-2023)

In association with

Women Empowerment Cell

Presents

ZUMBA AND AEROBIC DANCE SESSION FOR PHYSICAL FITNESS

Date: 23/11/2022

No. of participants: 500

Objective: Zumba and jamming session.

**Venue: Football ground, Shri Ramdeobaba College of
Engineering and Management.**

Report :

Rotaract Club of RCOEM in association with Women Empowerment cell, RCOEM organized a Zumba and aerobic dance session as

Zumba is a dance exercise program that has captured the attention of

dance and fitness enthusiasts worldwide. This cardio group fitness class is a great way to incorporate exercise and dance into your life. Learn about the advantages of Zumba and how this type of fitness class can benefit your overall health. All types of exercise come with life-improving benefits. Whether they impact your life physically, mentally or socially, exercise should be an essential part of your life because of the positive impact it can make on you. Many exercise classes or types of workouts focus on certain parts of your body. Some workouts target your legs, back, arms, core and other areas of your body, but others provide a full-body workout that can help engage multiple muscles in your body. Zumba is one of the exercise programs that can provide a full-body workout and a dance class.

The session started at 6 AM on 23 November 2022. It was organized at the football ground of RCOEM so that more and more participants could get the benefits of this thriving session. The session was conducted by a Zumba dance trainer and general girl members of Rotaract Club. All the participants and women staff of the College and faculty members too participated for the session. The trainer first explained and showed steps and all the participants followed and practiced the same. It was a very fruitful session adding fun and fitness

together as the zumba was followed by a jamming session as well. The session was concluded by vote of thanks given by Dr.Sunita Dhote Ma'am.

Dr Sunita Dhote

Teacher InCharge, Rotaract club,

Chairperson Women Empowerment Cell

Yatharth Jain

Rotaract club, RCOEM President

A rectangular box containing a handwritten signature in black ink. The signature is written in a cursive style and reads "Yatharth".







