

**Name of the Cell/Department:** The Responsible Invertian Club

**Academic year:** 2018-19

**Name of the program:** Fit frenzy May

**Date:** 08-10 May 2019

**Venue:** Auditorium, Invertis University, Bareilly

**Description:**

Our Team, The Responsible Invertian came up with the most exciting & energetic event which promised to make everyone a fitness freak, but would also help to maintain a healthy, happy sense of physical & mental well – being.

A physically fit healthy body encourages the release of feel good hormones. In turn, it reduces body – induced mental stress. This fun filled activity is called:

“Fit Frenzy May” – The 3 Day Zumba Challenge

**Rules & Regulations:**

- The event was a 3 – Day Zumba Challenge, which consisted of 3 Zumba sessions – 1 session per day.
- The Zumba Sessions were given by Happy Moves Dance Academy.
- Per day session’s duration was 60 mins.
- Pre – registration was conducted for students willing to participate.
- *The schedule for the week was:*
  - ❖ DAY 1: Zumba, Bollyfit & Bhangra Session including warm up & stretching. (60 minutes)
  - ❖ DAY 2: Zumba, Bollyfit & Bhangra Session including warm up & stretching. (60 minutes)
  - ❖ DAY 3: Zumba, Bollyfit & Bhangra Session including warm up & stretching. (60 minutes) + Jamming Session.
- The students were required to change into active wears before the session. However, every student was instructed to come & go in proper college uniform.



Fit Frenzy May creative 08/05/2019



Students participating 10/05/2019

  
Coordinator

Registrar  
 Invertis University  
 Bareilly