

Name of the Cell: The Responsible Invertian Club

Academic year: 2018-19

Name of the program: Health Awareness Campaign (Fit India-Hit India)

Date: 06-10 July 2018

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.

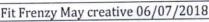
A physically fit healthy body encourages the release of feel good hormones. In turn, it reduces body – induced mental stress. This fun filled activity is called:

"Health Awareness Campaign (Fit India-Hit India)" - The 5 Day Health 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.
- o Per day session's duration was 60 mins.
- Pre registration was conducted for students willing to participate.
- o 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.







Students participating 06/07/2018

Coordinator

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