



**AARUPADAI VEEDU
INSTITUTE OF TECHNOLOGY**
OMR, PAIYANOOOR, CHENNAI - 603104



**VINAYAKA MISSION'S
RESEARCH FOUNDATION**
(Deemed to be University under section 3 of the UGC Act 1956)



Accredited by NAAC



Approved by AICTE

REPORT ON FITNESS PROGRAMME

On the account of fitness week , Institutional social responsibility cell of AVIT,NSS has organized Virtual Zumba Fitness for faculty and students on 4th December 2020.The goal of this program is to increase the participants spirit, burst stress and make them physically active during the pandemic. Dr.S.P Sangeetha ,Vice Principal (academics) addressed the gathering and mentioned about the necessity of zumba in the current scenario. Dr.B.Prabasheela, NSS Program officer introduced the guest to the participants. The Fitness Instructor Zin Sudha explained about the positive effects of Zumba and its importance during the lockdown period.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. The session ended with vote of thanks by Mr.Surendra Babu , NSS program officer.



AVIT
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RECOGNIZED BY DSIR

**Institutional Social Responsibility Cell - AVIT
National Service Scheme**

FITNESS WITH ZIN SUDHA

VIRTUAL ZUMBA @

December 04, 2020 | 11.15 am - 12.10 pm



ZUMBA®

Resource Person :

Sudha C, zumba instructor

Lets Get Fit ! Lets Have Fun !

Zoom Meeting ID: 818 4371 3382 | Password: AVIT2020

Zoom Meeting

Turn on Original Sound Recording...

Participants (99)

Find a participant

dr prabasheel... (Co-host, me)

JJ Samuel (Host)

Sudha Chandrase... (Co-host)

SP Sangeetha (Co-host)

surendrababu (Co-host)

Thiagarajan C (Co-host)

Abhijith U 3441955505

Ajay

Ajith kumar B

Akshita G K

Alan thomas 3441854501

Invite Mute All

Chat

11:24 04-12-2020

Zoom Meeting

Sudha Chandrasekar is sharing computer sound

Turn on Original Sound Recording...

Participants (100)

Find a participant

dr prabasheel... (Co-host, me)

JJ Samuel (Host)

Sudha Chand... (Co-host)

SP Sangeetha (Co-host)

surendrababu (Co-host)

Thiagarajan C (Co-host)

Abhijith U 3441955505

Ajay

Ajith kumar B

Akshita G K

Invite Mute All

Chat

11:44 04-12-2020