



'Cardiac Exercise Session- Zumba'

School of Commerce & Management Studies

Academic Year 2024-25

Subject: Report on 'Cardiac Exercise Session - Zumba'

- 1. Event Title:** Cardiac Exercise - Zumba
- 2. Event Date:** 31st January 2025
- 3. Event Conduction Duration:** 10 am to 11 am
- 4. Event Venue [Location]:** SOCMS entrance
- 5. Organizer of the Event (Faculty):**
 1. Mr. Rushikesh Patil
 2. Dr. Shruti Shouche
- 6. Number of Students:** 46 (BBA – Sem II)

7. Event Outline, Objective and Outcome of the event:

The School of Commerce and Management Studies (SOCMS) organised a session on 'Cardiac Exercise – Zumba' for all students of BBA II nd semester on 31st January 2025, as part of the 'Wellness and Lifestyle' course in the BBA program. Ms. Arti Kapoor, the well-known Zumba Trainer made the students exercise on the floor with divergent body moves. She explained the usefulness of such daily exercises in building sound physical and mental health.

The event was organized to make students aware about a type of indoor exercise and importance of physical fitness. The whole session was an energetic and enthusiastic boost to the students.

The lecture aimed to achieve the following specific objectives:

Experiential Learning: Enable students to witness healthy lifestyle techniques

Motivational learnings: Trigger them to do exercise activities on daily basis

Positive Behavioural Takeaways: Impart students the importance of bodily exercise to achieve physical strength and mental calmness, mindfulness in building their academic as well as corporate career.

8. Photos:









Report Prepared by: Dr. Shruti Shouche