



RISE KRISHNA SAI PRAKASAM GROUP OF INSTITUTIONS

Affiliated to JNTU Kakinada; Approved by AICTE, New Delhi
Valluru, Prakasam-523272

RAGA

Report on Zumba Dance for Hostel students

Dt : 6th Jan 2020

Resource person of the program: Mrs. R.Haritha, “Zumba dance” Trainer, Dance Choreographer, Siddu Dance academy

Program objectives:

- To enhance the fitness levels of the girl students .
- Increasing the awareness about common health issues faced by the girl students.

Outcomes of the Program:

- The Physical Fitness of the students has been increased .
- The stage fear of the students has been drastically reduced.

The program was started on 1st Dec 2019 at 6.30AM, .a welcome note a girl student of I-B.Tech followed by inviting the trainers on the dais.

The Chief Advisor of RAGA committee Mrs.Sidda Pravallika garu gave her valuable message to the students and explained about importance of health and fitness.

The resources person Mrs.R.Harathi garu enlightened the girl students with full wareness about health issue which are facing by them. And also gave some useful tips on healthy diet,hygiene and weight management.

A question and answer session was also encouraged the resource person clarified the queries of the girl students.

At the end of the sessions as a token of gratitude Mrs.R.Harathi was felicitated by the college management and the program ended with the vote of thanks

