



Activity Report

1. **Name of the activity:** -Online "Webinar on Aerobics & Zumba"

2. **Date and Time:**- 31st January 2022.
Time: 3.00 pm to 4:00pm

- **Aim and purpose:**- To understand the Zumba Workout
- To understand the Advantages of Zumba and Aroics.
- To discuss the Do's &Don'ts of doing Zumba and Aroics

3. **Resource person**

Mrs.poonam C. Dholu
M.P.ed., Zumba Trainer.

4. **Number of Participants:**

The session had approximately 60 participants and 4 Committee members of the Cell.

5. **About overall conduct:**

For this Webinar, registration link using G Meet and password was created. The link was circulated among students and Committee members of WDC.

6. The honorary key-note speaker – Mrs Poonam C. Dholu was introduced by Mrs. Varsha J. Dhamane. Zumba is a workout featuring movements inspired by various styles of dance, performed to music. It's become a popular and trendy workout across the globe.

After the lively informative and demonstrative session around conducting business while maintaining socially applicable, ethical and practical conduct. The vote of thanks was proposed by Asst. Prof. Siddhi Salgaonkar.

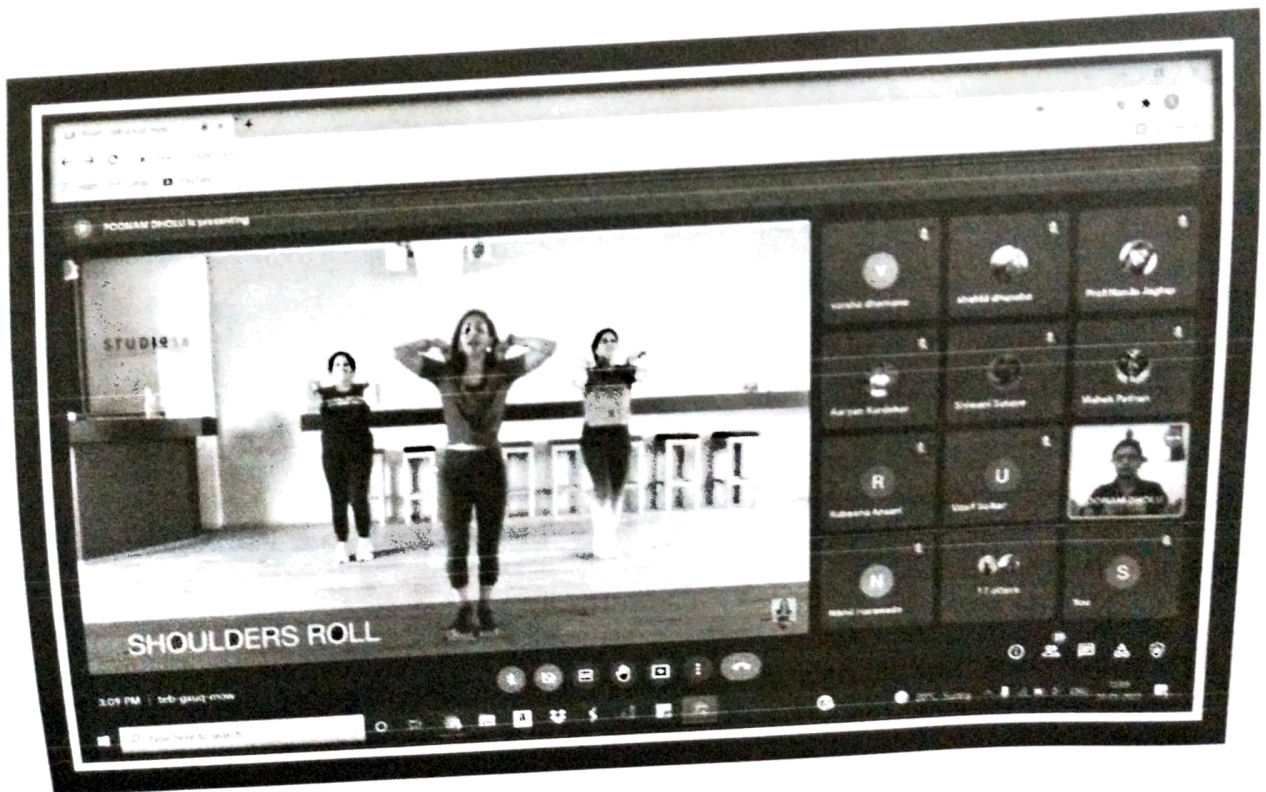
7. **Feedback: -**

The overall feedback for webinar was Excellent. Students learned several key pieces of information that will greatly establish their ability to commence a new business and achieve a perpetual succession of a business. The audience participated actively and cleared their doubts through the Question-and-Answer session.

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WDC - comtenez

Principal
Principal
Dapoli Education Society's
Dapoli Urban Bank Senior Science College
Dapoli, Dist. Ratnagiri

Sanku
District
Ratnagiri





Dapoli Education Society's
Dapoli Urban Bank Senior Science College, Dapoli - Ratnagiri (Maharashtra)
Sports Department, WDC & IQAC
Organizes
"Webinar On Aerobics & Zumba"

WhatsApp group link-

<https://chat.whatsapp.com/Cu0lywDrYQy7Q2FkCUYKrs>



Mrs. Poonam Chandulal Dholu
M.P.ed., Certified Zumba Trainer

Date- 31st January 2022
Time 3.00pm to 4.00pm

- 3 years Captain of Pune University football Women team.
- 2 times Participated in All India Inter University Tournament.
- 5 times participated in west zone inter University football competition and Secured gold medal in 2012.
- Coach of Nashik women zonal Football team in 2016

Points to be Discuss-

- Different Zumba & Aerobics exercise.
- Benefits of aerobics and zumba to health.
- How to Burn Calories.
- Importance of fitness.

Source



Meet



Mrs. Varsha Dhamane Convener Sports Director	Mrs. Jyoti Chougale WDC convener	Dr. R.L. Ghalame IQAC Coordinator Head, Department of Botany	Dr. Sandesh P. Jagdale Principal
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