



## WOMEN EMPOWERMENT CELL- AARADHYA

### REPORT ON ONLINE AEROBICS SESSION

Date: 10/12/2020

Venue: Auditorium

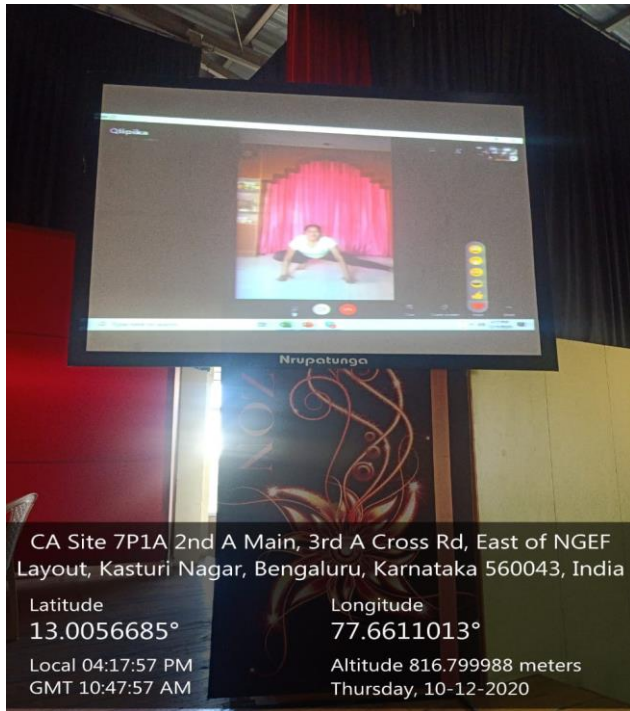
Time: 3.00 PM

**Objective:** To emphasize the thought of wellness and create awareness on the benefits of good health through aerobics and exercise

Health is a state of body and Wellness is a state of well being. To promote this message the Womens Cell 'Aaradhya' of New Horizon College, Kasturinagar, organized an awareness program through an online Aerobics workout session on 10/12/2020 at 3.00Pm in the college auditorium by Ms Lipika, ACE Certified Aerobics trainer.

The workout began with a warm up session followed by cardio and aerobic exercises. The faculty members and administration staff participated with great enthusiasm and tried to match the movements of the trainer. The rhythmic beats and gracious movements were truly a stress buster. The session ended with stretching that was very relaxing after a fervent workout. The trainer was thanked profusely for demonstrating that age is not a barrier for good health.

**Outcome:** The objective of the program was achieved as the participants felt rejuvenated and understood the prominence of good health for a happy living. Many participants were inspired to include an exercise regime as part of their daily routine



## Faculty participation in Aerobics session



## Enthusiastic participation of faculty in Aerobics workout

Co ordinators

Sangeetha J

Dr. Chitra K

Principal In charge

Director