



MANGALMAY INSTITUTE OF MANAGEMENT & TECHNOLOGY

(Approved by AICTE, New Delhi & Affiliated to AKTU, Lucknow)

Knowledge Park-II, Greater Noida (U.P.)

Report	
Name of Activity	“Aerobic Dance -An art of Physical Fitness”
Date	20th February, 2019
Venue	Seminar Hall, A-Block, MIMT
Organized by	Fitness Club, MIMT
No. of Beneficiaries	61
Resource Person	Ms. Deepali, Aerobic Trainer
Program Coordinator	Dr. Priyanka Srivastav
Objective	To provide the knowledge about aerobic dance to students To reduce the stress and weight of the students To encourage the studentstowards physical fitness
Report	<p>Aerobic dance is a particular type of workout style performed in a group exercise setting. Each participant does aerobic dance for personal reasons such as to improve health, lose weight, tone muscles and improve the quality of their meaningful life</p> <p>Freestyle aerobics or Aerobic Dance is an aerobics style in which a group instructor choreographs several short dance combinations and teaches them to the class.</p> <p>Mangalmay Institute of Management and Technology organized a physical activity of Aerobic dance for the students of MBA-2nd year on 20th February, 2019 at 11:30 am. Aerobic dance is helpful in reducing weight and improving the physical fitness.</p> <p>Ms. Deepali, Aerobic Trainer started the session with a brief introduction of Aerobic dance. She also taught the different form of aerobic dance to the students. she also helped the students during performing aerobic dance. This activity is enjoyed by 61 students of MBA- 2nd year.</p>
Outcome of Activity	Students were able to understand different types of aerobic dance. This activity motivated the students towards fitness. This activity was important to the students for reducing weight and stress of their life.