

**MET's Institute of Engineering  
Bhujbal Knowledge City, Adgaon, Nashik  
Department of First Year Engineering**

**Name of the program:** Activity "Zumba "

**Date:** 13 /09/2024

**Day:** Friday

**Time:** 2.00pm to 4.00pm

**Induction Coordinator-** Dr.R.S.Dhake

**Venue:** Sports Department

**Resource Person-** Mrs. Anaya Kothawade

**Coordinator:** Dr. P.S .Raut

**No. of Participants:** 110

**Objectives of Programme-**

1. To promote physical fitness and a healthy lifestyle among students.
2. To provide a stress-relieving and rejuvenating activity during the induction program.
3. To create a lively and interactive environment for the students to bond with one another.

As part of the induction program for new students, a vibrant and energetic Zumba session was organized on 13 Sept 2024 at MET Institute of Engineering during Induction Programme 2024. The session aimed to provide the students with a fun and engaging experience to break the ice, foster camaraderie, and emphasize the importance of physical fitness and mental well-being.

The session began with a brief introduction by the instructor, who explained the concept of Zumba and its benefits. Zumba, a dance-based fitness program, combines Latin and international music with rhythmic moves to create a fun, high-energy workout. The instructor started with a warm-up routine to prepare the students for the session. This was followed by a series of Zumba routines set to upbeat tracks, incorporating a mix of salsa, reggae ton, hip-hop, and Bollywood music. The students followed the instructor's lead, dancing energetically and enjoying the lively beats. Throughout the session, the instructor maintained high energy, motivating the participants to keep moving, irrespective of their fitness or dance levels. The session concluded with cool-down routine and stretching exercises to relax the body and prevent muscle soreness.

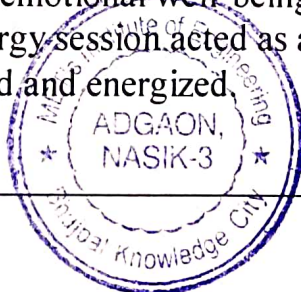
**Student Feedback**

The response to the Zumba session was overwhelmingly positive. Many students shared that they enjoyed the lively and interactive atmosphere, which helped them overcome their initial hesitation and boosted their confidence. Some of the feedback included:

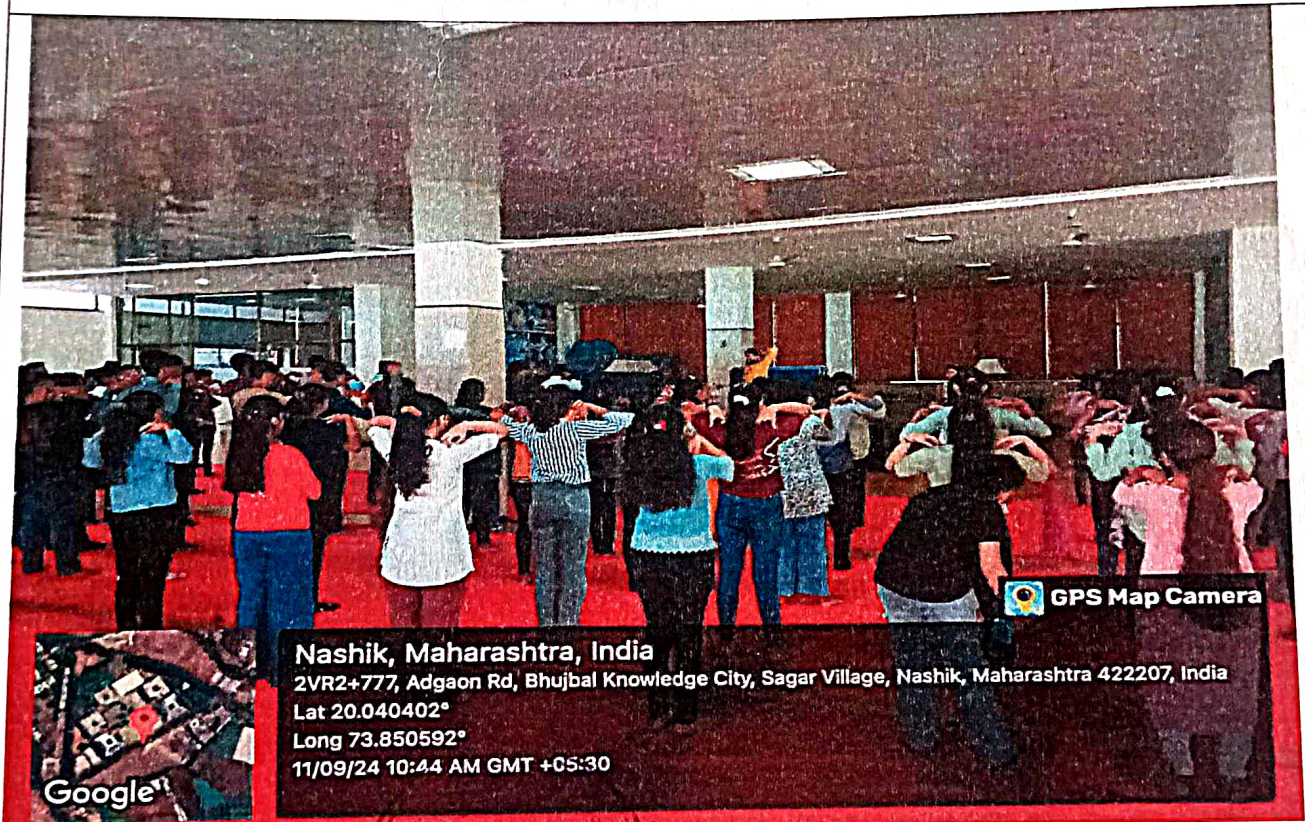
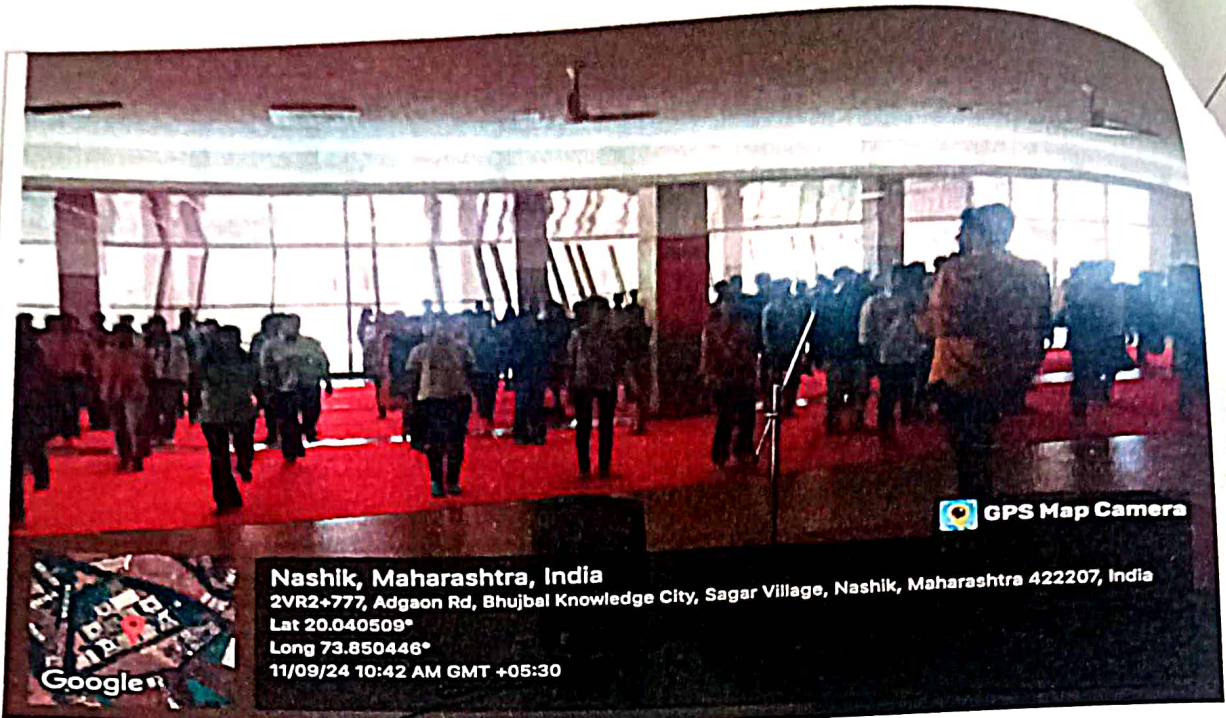
- "This was such a refreshing break! It was great to see everyone dancing and having fun together."
- "The instructor was amazing and made the session super enjoyable!"
- "I didn't know fitness could be this fun. I'm looking forward to more such activities."

**Outcomes**

1. **Engagement:** The session brought students together, helping them interact and bond in a casual and enjoyable setting.
2. **Awareness:** Students gained insights into the importance of physical activity and how it contributes to mental and emotional well-being.
3. **Stress Relief:** The high-energy session acted as a great stress buster, leaving the participants feeling refreshed and energized.







*V.S.*  
**Dr. V. S. Khairnar**  
 (FE-Coordinator)

*R.S.*  
**Dr. R. S. Dhake**  
 (Induction Coordinator)

*V.P.*  
**Dr. Vijaykumar P. Wani**  
 (Principal-IOE)