

Event Report

Institution	EPCET				
Department	Computer Science and Engineering				
Event Type / Theme	Well Being Club activity				
Event Title	“Wellness in Motion”				
Date	28.06.2025		Time	9:00AM to 10AM	
Venue	Engineering Block				
Duration	One Hour	From:	9:00	To:	10:00AM
Program Objective	The objective of conducting a one-day Zumba session in a college is to promote physical fitness, mental well-being, and a sense of community among faculty in an engaging and enjoyable way. Through energetic dance-based workouts set to lively music, the event encourages faculty to take a break from academic stress, boost their mood, and experience the benefits of cardiovascular exercise in a fun, non-intimidating environment. It also fosters team spirit, inclusivity, and a culture of health awareness on campus, motivating faculty to adopt healthier lifestyle habits while enjoying a unique and memorable group activity				
The purpose of conducting Zumba in a college is to promote health, wellness, and stress relief among faculty through an engaging and energetic form of exercise. In a high-pressure academic environment, Zumba offers a refreshing break from routine, helping faculty recharge both physically and mentally. It encourages an active lifestyle in a fun and inclusive setting, making fitness accessible to all, regardless of skill level.					
1. Names of the Resource Persons / Chief Guests / Guests of Honors / Other’s Mention			Prasanna Prakash		
2. Designation/s			Zumba instructor		
3. Company’s Name / Associations			EPCET		
Total Number of Participants			41 Faculty Members		
Total number of Participants in Google Meet			NA		
Total number of feedbacks received through Google forms from both Google meet and You Tube			NA		
Total Number of Views (First Day) in YouTube			120		



Video Recording Link / YouTube Link	https://youtu.be/sdvPL0LZtVU?si=fpZCNBw2YyY6w0IF
-------------------------------------	---