

## **Report on Audit Course 2- Fitness Camp**

**Date-** 7th & 8th December '19

**Venue-** Basketball Ground, Govt. Engineering College Aurangabad

**Duration-** 3 hrs. Per day

**Trainers details-** Sagar Karke sir, Kiran sir

(Infinite India academy, Aurangabad)

We had organized a fitness camp for Audit Course 2 for final year students(compulsory for final yr. students) as well as the other students of department. As we know the necessity of Fitness for today's young generation we encourage every student to participate in this camp.

These fitness Camp involved Zumba dance and some quick competitions. Zumba is world famous fitness group activity designed to enhance weight loss and increase stamina in individual. So we called expert trainers of Zumba in Aurangabad.

This activity took place in morning period with the warmup session, workout session and finally the cool down session. All the students enjoyed the Zumba fitness activity with full enthusiasm and attention.

The participation of the students was notable. First day of the activity there were more than 100 students and for second day there were more than 80 students.

We had kept some fitness related competitions to encourage students. It involved pushup competition, running competition and squats competition. For every competition we announced two prizes.

Refreshments in form of fruits (bananas) were provided to every student to avoid any kind of energy loss during the workout. The care was taken to avoid dumping of banana peels anywhere in ground by providing a separate dustbin to collect all the banana peels.

To conduct this amazing session we got support of whole Civil Engineering Students Association (CESA) Team. From managing sound system to cleaning of ground and publicity of the event ; every activity was done as a team work by CESA.

By doing this fitness camp for our students we were able to sow the seeds of fitness in them at their youth stage. As our PM Shri. Narendra Modi has already concluded the importance of Mission Fit India we have marked their words true by engaging this kind of activity in our Civil Dept.



A snap of Fitness Camp ( Zumba Session) organised by CESA