

Centre of Excellence
Govt. Degree College Sanjauli



Shimla 06

Report on Health and Fitness Workshop



On 23rd of September a “Health and Fitness Workshop” was organised by St. Bede’s College Shimla for creating awareness about the health and fitness among youth. In this

workshop 15 students along with Dr. Maneesha Kohli (H.O.D) Botany department confirmed their participation by attending it. At 10:30 am the workshop began. The host teacher Dr. Shramja Munjal welcomed the participants and the faculty members from different departments. The first resource person for the day was Dr. R.K. Patial.

Through his presentation he explained the importance of opting healthy lifestyle. He told about the harmful effects of eating junk food and the benefits of taking vitamin and other nutrients in the diet. He also clarified the myths regarding the proper way of taking Vitamin D through sun. At the end students asked their doubts and he answered them in very easy



language. It was an interactive and interesting session.

Thereafter a nukkad performance was done by the students of zoology department of St. BEDE'S COLLEGE on the theme Healthy Food Vs Junk Food. It was really informative. After this a presentation was given by Aditi (Bsc. IIIrd) on topic Healthy Living.



After that the first resource person left and the second resource person for the day arrived. Mr. Shariq (Zumba Trainer and a Dancer) was the next resource person who taught the zumba dance steps. He also told about the benefits of doing Zumba in everyday routine. By practising it daily one can make his lifestyle healthy and happy. It was quite an interesting and fun session. Everyone was enjoying it fully. At the end of the workshop the refreshments were provided to all the participants.

