



Session on “Women’s Fitness” by Alumni Student

Details About Event:

Event	Session on by Alumni Student, Ms. Sweety Shah on Fitness
Date of Event	3 rd March 2020
Time of Event	9:30 pm to 11:30 pm
Venue	Yoga Center, Physiotherapy Department
Organized By	Dr. Arpana Patel
Participants	Students

Event Objective:

1. Improvement in Health though regular exercise.
2. To stay active and reduce the risk of overweight, and other major diseases

Event Description:-

On the occasion of Celebration of Women’s Day, BV Patel Institute of Commerce organized Session for Girls students which was arranged by the Dr. Arpana Patel. The session was conducted by Ms. Sweety Shah, Gold Medal at University and Integrated M.Com Alumni of 2019 passing batch and currently working at ICICI Bank, Vyara has undergone a fitness session which and was very eager and concerned to take session on fitness for girls students.

The session started with benefits of fitness in life. Various exercises were performed by the students which primarily focused on the three important concepts of life namely:

- Sharrirk (physical)
- Mansik (Mental)
- Aadhyatmik (spiritual)

A general introduction about fitness was given by Ms. Sweety which emphasized on fitness for women. The exercises included light warm up, mind games and later on, a spiritual exercise was performed where they had to relax and pray. Lastly, a cardio activity named zumba was also performed.

The session ended by sharing of experience by students Manisha, Rita and Riddhi.

Glimpses of Event:

