Don Bosco Institute of Technology

Colosseum 2021

Report on "Zumba Workshop"

Objective:

- Faculty Workshop.
- To inculcate team building.
- To improve cardiovascular fitness.
- To reduce stress.

Outcome:

- Building Endurance.
- Improved Cardiovascular Fitness.
- Improved Team Spirit.

Date and Time:

- 27th March Saturday: 6pm – 7pm
- 28th March Sunday: 10am – 11am

Number of Registrations: Open for all Faculties

Zoom Link: https://us02web.zoom.us/j/84278687948?pwd=a09pSExKcHZRc3RQK2dieVoyWi95dz09

Description:

Instructor Name – Pooja Kanojia

Challenges Faced

- Network Connectivity from participant's side.
- Getting an interactive Workshop Environment in the online medium to keep participants engaged.

Key Factor for The Success of The Event

- Instructor was making the Zumba moves look pretty easy.
- Instructor was also explaining benefits of each exercise pretty well.

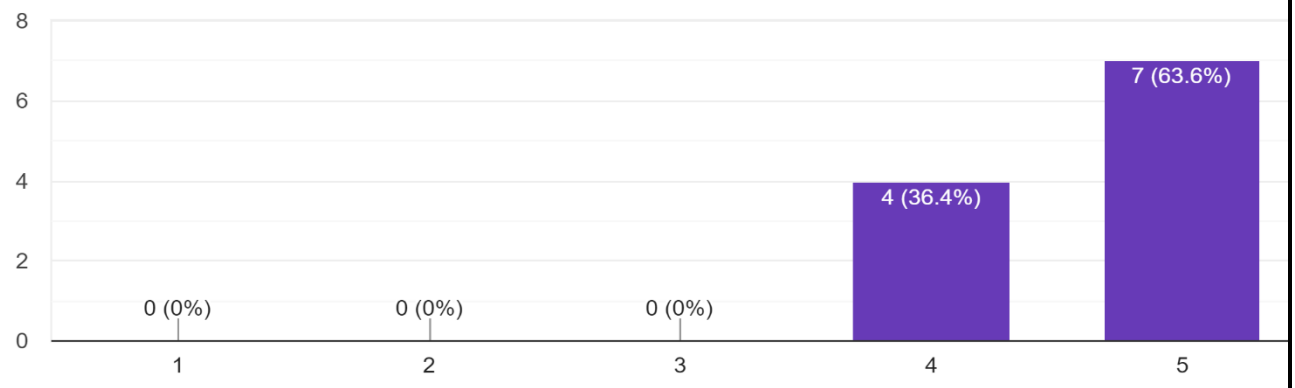
Individual Learning in Organising the Event

- Improved Communication Skills as got to interact with lot of students as well as faculties and Trainers
- Team Management skills while organising the event and distributing the workload.
- Exposure to Online Technologies like Zoom and Google Meet**.**

Feedback:

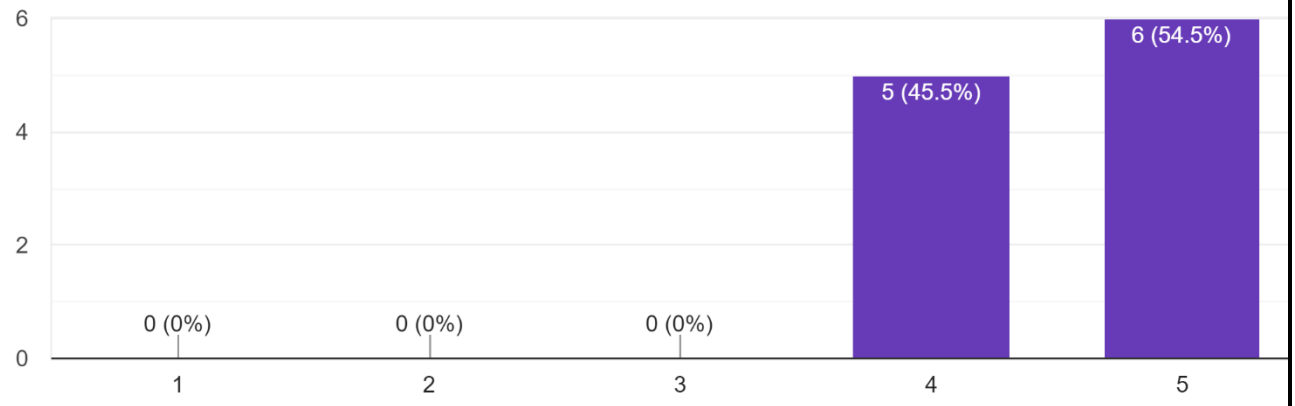
How was the energy level of the workshop?

11 responses



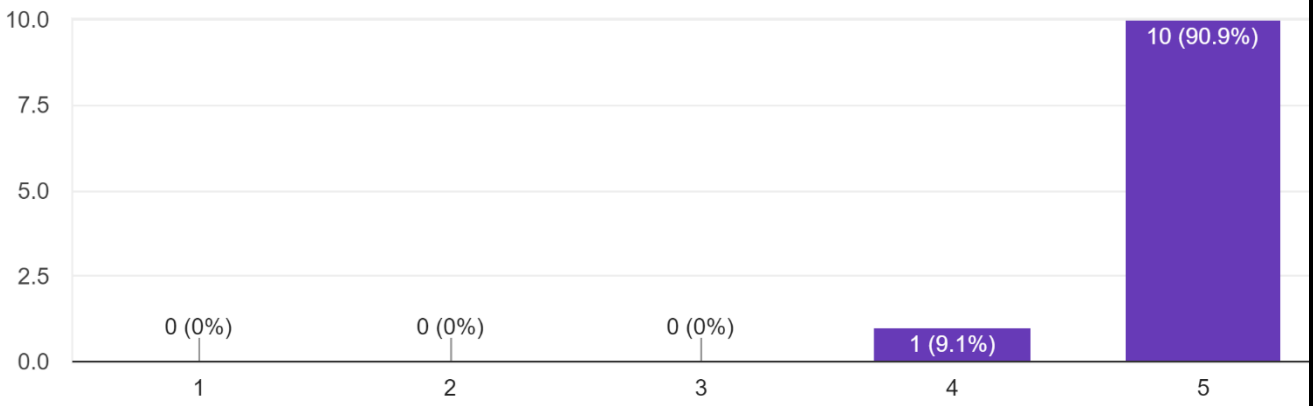
How was the enjoyment level of the workshop?

11 responses



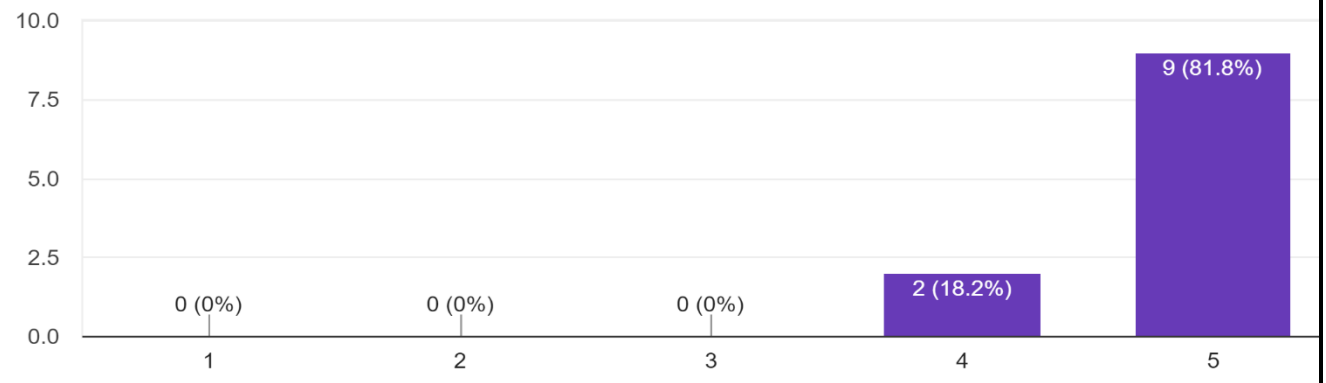
How did you like the concept of Zumba Workshop

11 responses



Would you recommend it to other faculties?

11 responses



Any Suggestions/ Feedbacks

11 responses

All videos should on as it is virtual.

Could include some bollywood songs too

It was a wonderful session.. had so much fun !!

Keep it on working day.

Arrange more such sessions

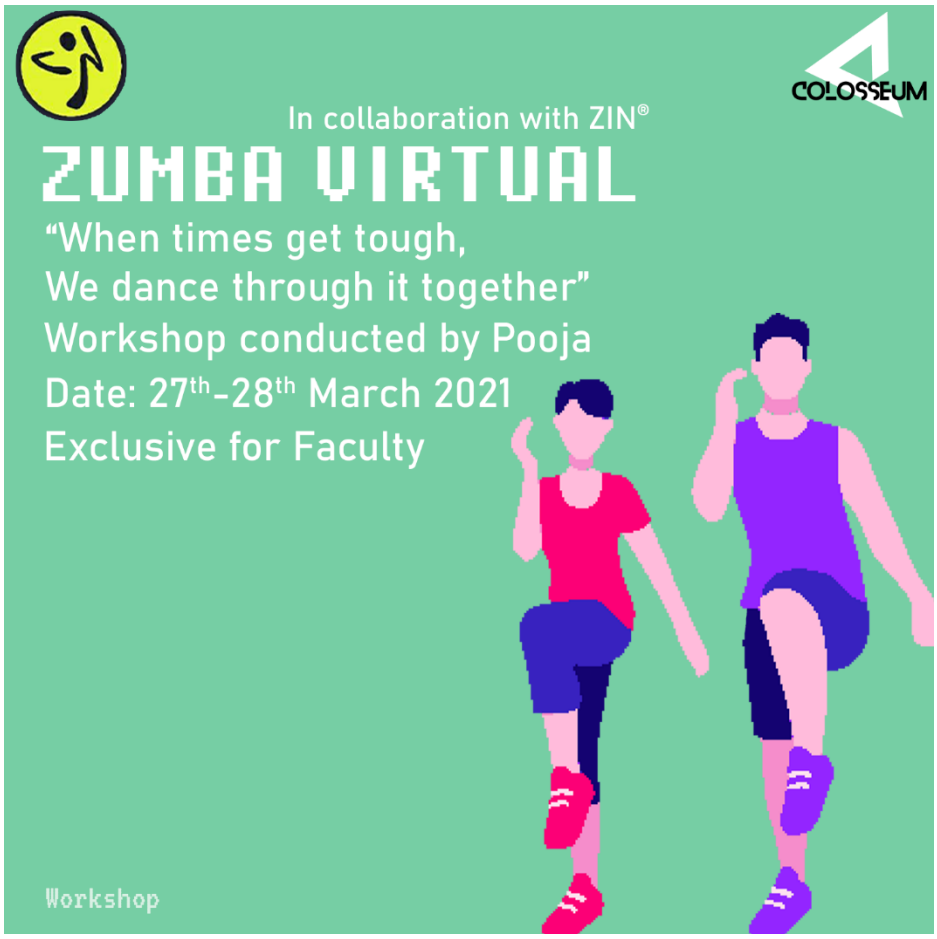
Excellent session
The small steps of the dances can be demonstrated before the song

Good session to bring some life to our daily routine at home

Good breathing exercises and cooldown. Nice selection of songs

Very nice session

Collage:



Report Prepared By: Kshitij Rao