



DAV RAO HARISHCHANDRA ARYA PUBLIC SCHOOL NAGPUR

Report on Zumba Activity

Date: 11 July 2026

A lively and energetic Zumba Activity was conducted on 11 July 2026 under the guidance of Sharaddha Deshmukh Ma'am. The session aimed to promote physical fitness, coordination, and a healthy lifestyle among the participants through fun-filled dance and exercise routines.

The activity began with a warm-up session, followed by a series of energetic Zumba movements performed to upbeat music. Students enthusiastically participated and followed the instructor with great excitement. The session not only encouraged physical fitness but also helped improve confidence, concentration, and teamwork.

Sharaddha Deshmukh Ma'am motivated the students throughout the activity and emphasized the importance of regular exercise for maintaining good health and overall well-being. The cheerful atmosphere filled the participants with energy and enthusiasm, making the session enjoyable and memorable for everyone.

The Zumba activity concluded successfully with a cool-down session and a message encouraging students to stay active and adopt healthy habits in their daily lives. The event was a great success and was appreciated by all participants.

