

Dada Says...

Every criminal, every sinner, may rise to the stature of a saint. So hate no one, but give sympathy to all. Sympathy is the key to right understanding.

SVIMS NEWROOM

It is that time of the year when our students get the opportunity to experience the real corporate world through internship programs.

After the semester end exams they not only face the dilemma of choosing their specializations but also are excited about working with big names like Western Union, Taj Vivanta, Airport Authority of India to name a few.

The exposure to the corporate life changes the students as they become more mature, aware and can relate better to classroom inputs.



LoL

After English Exam

How was the paper?

It was easy but question 5 confused me

What was the question?

Question 5 wanted the past tense of "Think",

I Thought & Thought & Thought and end up with writing "Thought"

Zumba

Zumba one of the popular exercise on the planet is quickly growing in today's era. Zumba is a Latin-inspired dance workout program. "Ditch the Workout-Join the party." That is the marketing slogan for Zumba fitness. It attracts exercises with a fusion of dance moves from styles like Salsa, Merengue and Flamenco. Working up a sweat in the 60 minutes burns an average of 369 calories which is more than any cardio kickboxing.

The classes are designed to include high- and low- intensity dance moves to get ones heart rate up and boost cardio endurance. It targets core, legs arms, glutes and back as well. It helps in enhancing flexibility and emphasis on strengthening the core, while Zumba toning and Zumba step workouts incorporate weights build muscles in the arms, legs and glutes. It uses three to five steps in a particular song and keep repeating those steps

Benefits of Zumba

1. Its fun! More than fun, the most important part is you feel like keep on doing it. Many people like dancing but they forget they are actually exercising.
2. Great for weight loss. During the session of one hour you lose the most of the calories and is a very powerful exercise.
3. Tones your entire body. You may feel sore in places you never knew existed, but it gets results. Zumba targets lots of different muscle groups at once for total body toning.
4. Boosts your heart health. It also helps in aerobic benefit-and that helps you maintain good cardiovascular respiratory system. Helps you de-stress. Turning your attention to dance, and away from the daily grind, is a great way to relieve stress. Studies show that exercise is very effective at reducing fatigue, improving alertness and concentration, and enhancing overall cognitive function.
5. Improves coordination. In Zumba, your arms and legs are generally moving in different directions so it requires a good deal of coordination. Repeated practice improves coordination and helps you feel more comfortable moving your body.
6. Makes you happy! Every time you exercise there is release of endorphins, which trigger positive feelings.

NO MORE EXCUSES for not exercising! Zumba is a superb excuse to exercise! Let's dance cha-cha-cha!

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Ref: <https://www.webmd.com/fitness-exercise/a-z/zumba-workouts>

<https://www.piedmont.org/living-better/7-health-benefits-of-zumba>