

REPORT ON DANCERCISE

The Post Graduate department of commerce second year students organized session on dancing exercises named as “Dancercise” with support of the Principal Professor Esther Prasanna Kumar, Head of Department, Narasimhan Sir and Faculty Dr. Harshini Esther on 24th February 2021 at 11am in the seminar hall PG department HRD block for the entire Post graduate department. It was informative and at the same time full of energy and fun.



The compering was done by Mcom student Arfa Syed R. It was named as dancercise because it was a blend of dance plus exercise. Even the faculty from degree joined in for the session. The second year Mcom students performed exercises full of energy which were to be followed by the audience. In the mid of the session we had one of our Mcom student Rajeshwari gowda who gave us a demo on how to make healthy smoothie, also explained the benefits of the same. This made the session even more informative.



It was such a wonderful session that the audience requested the students to perform again as they enjoyed it. Thus, it was indeed a successful event organized by second year Mcom students of Post Graduate department.