

## REPORT ON FITNESS SESSION – “FAB FIT N FUN”

The second year Mcom students with the guidance and support of our Dean Dr. Narasimhan. K and our faculty Dr. G. Harshini Esther conducted an online fitness session named “Fab Fit n Fun” #lockdownfitness on 29<sup>th</sup> May 2021 at 5:00 pm via zoom link. It comprised of First and second year students, faculty and alumni students as well.

Physical fitness is not just crucial for a healthy body but imperative for a healthy mind and emotional wellbeing. While there are go-getters who always make the most of the situation at hand, and more so during quarantine when the world is finding ways to stay motivated through social media, writing, reading, binge-watching and probably even working on one’s sleep cycle, an important aspect of good health once again. Even though laziness seems the new normal amidst others ‘newness’ that staying at home has brought, there’s no substitute to self-care and fitness in every way – physical, mental and emotional.



**BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE**

*# lockdown fitness*

*The PG Department of Commerce  
invites you to  
join in for a session on*

**FAB, FIT  
N  
FUN**

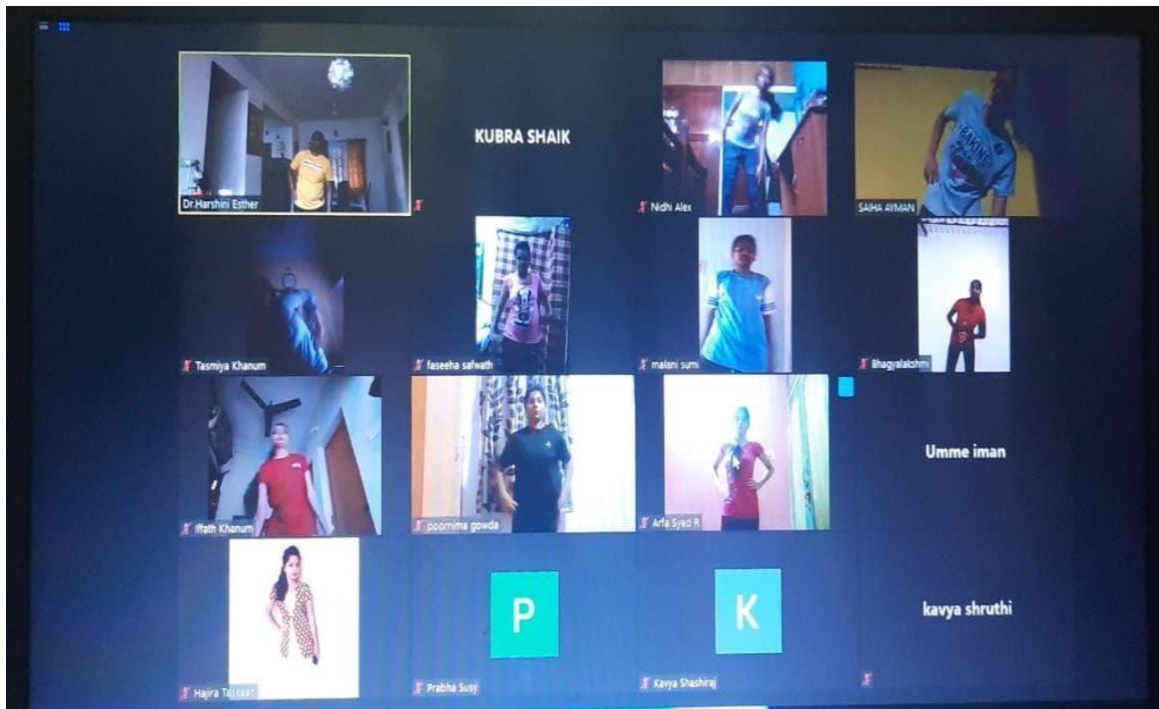
*On 29th May 2021 @ 5:00pm*

*The Meeting Platform will be ZOOM*

**Registration link: <https://forms.gle/JCtTokgzQbcVxwEP7>**

We all know that lockdown is essential to flatten the curve of COVID-19. But it has forced us to change our daily routine. We are not going outside for work, to meet our loved ones or to the movies and restaurants. Also as we have shifted to a phase of completely digital learning and working, it has caused us stress and sprains. But there are plenty of exercises that can be done from the safety of our homes to help us relieve this and we don’t even need gym equipments. Considering the importance of physical as well as mental fitness students of 2nd year Mcom with the support of Dr. G. Harshini Esther came up with the idea of working out together while

practising social and physical distancing and at the same time keeping the motto of staying fit in mind.



The session was compered by Ms Arfa Syed R and during the session workout videos performed by Mcom students Ms Hajira Taskeen and Ms Rajeshwari Gowda were shared on the screen and the participants had to follow the videos and work out. The session was fun and at the same time it was informative as one of the Mcom student Poornima explained about the diet that can be followed to stay physically fit during the lockdown.

Also some of them shared their opinions about the session which also included one of our alumni from Mcom who shared her thoughts about it.

It was indeed a great success!!!