

Aerobic Session-3rd September 2017

The NSS wing, School of law, KIIT University in association with the Smart city Bhubaneswar and UNFPA organized *Aerobics* with an agenda to make the students understand the real aspect behind the dictum of “*Live a better and healthy life*”. The students participated in huge number in and around 110 in totality. Session was under the guidance and mentorship of Mr. Santosh Kumar Mallick, a trainer in Bhubaneswar Health club. His knowledge in aerobics and his command over it during the session was commendable. The session was rigorous which began with warm up for around 5 -10 minutes followed by routine exercise which was for about 20-30 minutes and last 10 minutes was dedicated on slow steps to relax the body. The entire session was under the supervision of Ms. Jinia Kundu, who is the faculty coordinator NSS wing, School of Law. She even actively joined in the session to motivate others towards healthy lifestyle. The entire program was cherished and welcomed by the participants and they weren't willing to stop.