

Workshop on Aerobics

Sri Sri Aniruddhadeva Sports University (SASU), in collaboration with the Vikshit Bharat@2047 Cell, successfully organized a two-day "**Aerobics Workshop**" at the Study Center, DHSK College, Dibrugarh, on **March 3 and 4, 2024**.

The workshop was conducted by **Prof. Monika Debnath**, a renowned gymnast and former Head of the Lakshmbai National Institute of Physical Education, Gwalior. Her expertise and dynamic approach made the sessions highly engaging and informative for all participants.

The event was attended by **Prof. Jogiswar Goswami**, Dean of the School of Human Kinetics and Health at SASU, along with distinguished faculty members including **Dr. Roshan Limbu**, **Mr. Mondeep Chetia**, **Dr. Mridusmita Phukan**, and **Mr. Priyanshu Baruah** (ICT Project Assistant at SASU).

Participants included second-semester students from the **Bachelor of Physical Education (Hons./Hons. with Research)** program at SASU, as well as students from the **Bachelor of Physical Education** program at Dibrugarh University. The sessions were designed to foster physical fitness through aerobics, which seamlessly blends rhythmic dance movements with the soothing flow of melodic exercises.

The workshop was a resounding success, offering participants an enjoyable and effective way to improve their fitness levels. During the **closing ceremony**, **Prof. Jogiswar Goswami** highlighted SASU's commitment to promoting the **physical and mental well-being** of students. He emphasized the importance of incorporating stimulating and enjoyable activities into daily routines to prevent monotony and support holistic development.

Sri Sri Aniruddhadeva Sports University remains dedicated to organizing similar programs in the future, aimed at nurturing the **overall growth** of students through innovative and engaging physical education initiatives.

PHOTO GALLERY:



