

ZUMBA FITNESS WORKSHOP

26 Oct. (Friday) – 2 Nov. (Friday), 2018



**ORGANIZED BY:
SCHOOL OF PHYSICAL EDUCATION
AND
HUMAN RESOURCE DEVELOPMENT CENTER
LOVELY PROFESSIONAL UNIVERSITY, PHAGWARA, PUNJAB.**

BACK DROP AND RATIONALE

'ZUMBA' is an aerobic fitness programme featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. Yes, this is the definition of Zumba, in common parlance, but you need to believe Zumba is not only a fitness programme or a dance but also a feeling that gives you a strength to see the beauty in you. It is a way to pamper yourself by giving happiness and an inner positive energy. Zumba is a total-body cardio and aerobic dance workout. It is a combination of slow and fast exercise with the form of dance on different and energizing songs.

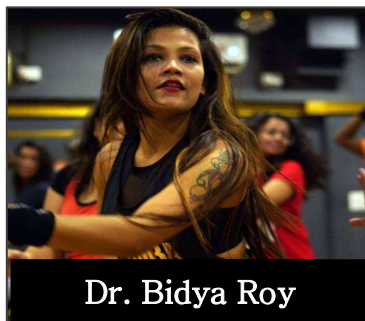
LEARNING OUTCOMES: Participants will learn artistic and technical elements of Zumba Dance based on sound i.e. kinesiological principles

WHO CAN ATTEND: Anyone, who is interested in fitness.

PEDAGOGY: Demonstration followed by one to one coaching and Practice sessions.

RESOURCE PERSON

Dr. Roy is a licensed Zumba instructor working as Assistant Professor, at Nikhil Banga Sikshan Mahavidyalaya, Bishnupur, west Bengal. She did her doctorate in Physical Education from Jadavpur University, Kolkata, West Bengal. She has conducted and attended various Jazz and Aerobics Workshops. Dr. Roy received bronze medal in all India Inter University Gymnastics game 2010-11. She has been open national player in gymnastics at Patiala and gold medalist in Rhythmic Gymnastics School Games Federation of India held in 2005. She has presented papers in various National and International level seminars and conferences. She has also participated in National Himalayan Trekking.



Dr. Bidya Roy

WORKSHOP SCHEDULE

DATE & TIME	Topic	Workshop Technique
26 Oct. (Friday) – 2 Nov. (Friday), 2018 4.00PM-6.00PM	<ul style="list-style-type: none">• Basic of Zumba• Merengue• Salsa• Cumbia• Reggaeton	Demonstration followed by one to one coaching and Practice sessions

IMPORTANT DATES AND REGISTRATION FEE

Participant Type	Registration Fee* per participant	Registration closes
LPU Associates	800	Oct 24, 2018 (or till seats last)
External participants	1000	
*Includes healthy and Nutritious Refreshment		

- Online payment will be accepted up to Oct 24, 2018.
- Cash payment will be accepted for registered participants latest by Oct 25, 2018 up to 04:00PM, subject to availability of seats.
- Fee once paid is non-refundable.

HOW TO REGISTER

Step 1: Go to <http://www.lpu.in/academics/faculty-development.php>

Step 2: As a New user enter your particulars to Register/ Create an Account

Step 3: For Course Details click on “View brochure” in the “Courses available” Tab.

Step 4: Login to your Account created at the time of Registration. If Already registered, you can directly Login and access your account.

Step 5: Click on “Register” to register for the desired course available on the Home page.

Step 6: Select the appropriate participant group for registration. If Research Scholar, attach proof of Registration in M.Phil. or Ph.D. Program. If student, attach student ID card.

Step 7: Select the Payment mode and make payment accordingly.

MODE OF PAYMENT

- **Online Payment:** Net Banking/Debit Card/Credit Card

- **Cash Payment:**

Step 1: Register for the FDP;

Step 2: Download the Challan form;

Step 3: Submit the Challan Form and Cash in Division of Accounts Block 32-103 Window no. 1 from 09.00a.m -04.00 pm.

VENUE

Main Stage, Baldev Raj Mittal Unipolis, Adjoining Unimall, Lovely Professional University Campus, Jalandhar-Delhi G.T. Road, National Highway 1, Phagwara, Punjab 144411.

COURSE RESOURCES

--Proper workout attire (sneakers, loose fitting clothing) required. Bring towel to each session

CERTIFICATION

Participation certificates will be awarded subject to meeting participation criteria i.e.100% attendance and Post training Evaluation

ORGANIZING COMMITTEE

PROGRAM CONVENER

- **Dr. Pavitar Parkash Singh**, Professor and Head of School (HOS), School of Social Sciences & Languages, Lovely Professional University M: 7508144487
- **Dr. Sunaina Ahuja**, Associate Professor and Associate Dean, Human Resource Development Center, Lovely Professional University. M: 9888555085.

PROGRAM COORDINATORS

- **Dr. Neelam K. Sharma**, Associate Professor, School of Physical Education, Lovely Professional University, M: 9463235378

- **Dr. Savita Gupta**, Associate Professor, Human Resource Development Center, Lovely Professional University, M: 9876264417
- **Ms. Kiran**, Assistant Professor, School of Physical Education, Lovely Professional University. M: 9877593380

ABOUT THE HOST INSTITUTION

Lovely Professional University has a mammoth ultra-modern high-tech campus sprawling along the National Highway No.1 at the entry of Jalandhar City. Lovely Professional University is acclaimed for academic excellence, range of programme offerings, the inspiring quality and breadth of its academic programmes and research initiatives. It has established uniqueness through its world class pedagogy, creative work, leadership skills, nurturing faculty and providing support needed in achieving career goals.



Human Resource Development Center (HRDC) is an entity established under the aegis of Lovely Professional University for professional development of staff. The center is responsible for planning, organizing, implementing, monitoring and evaluating the staff development programs as per the desired standards of quality intended to be delivered. A variety of Faculty Development Programs are conducted to enhance the quality of teaching and research. The Programs are specifically designed to master state of the art developments in course content, pedagogy and research methods. Training Programs are conducted by eminent resource persons from nationally and globally reputed institutions. LPU is the Local Chapter for National Programme on Technology Enhanced Learning (NPTEL), offered by seven premier IITs and IISC Bangalore with support from Ministry of HRD, Govt. Of India. LPU has been awarded “AAA” rating and placed amongst top ten active local chapters of NPTEL. LPU has MOU with reputed institutions specializing in the area of Training and Development like National Institute of Technical teachers Training and Research (NITTTR), Chandigarh.