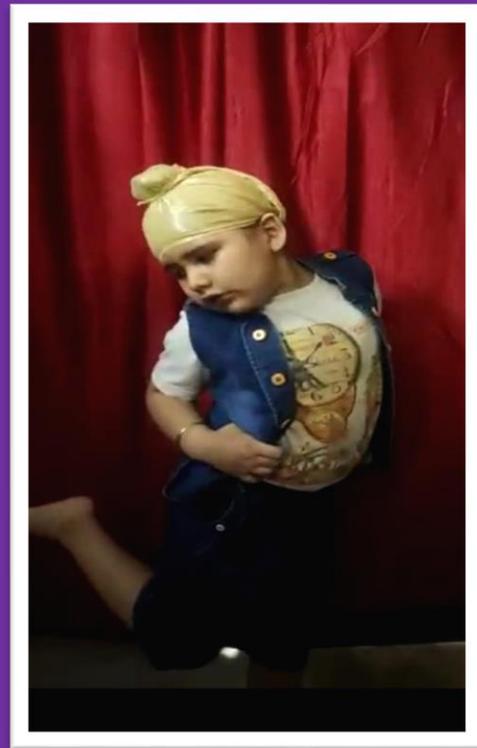
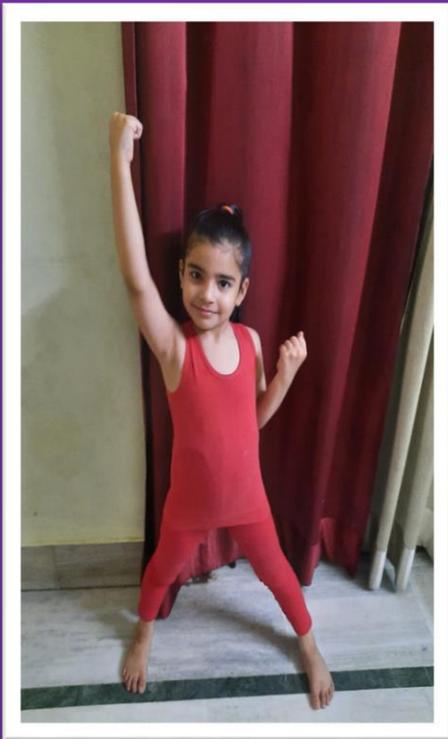


Summer camp

Zumba

During summer vacations Vishwa Bharati Public School Sec-6 Dwarka organised summer camp online for the students. It was a much-needed activity for the students to stay active during summer break, especially with this pandemic stress going on. Even Zumba classes were one among the activities in the summer camp. Students were really excited for the Zumba classes and they used to join the class on time with great enthusiasm. First, the steps were demonstrated in personal by the teacher and then students were asked to repeat the same. Wherever required the steps were corrected. All the students regularly used to practice Zumba and it was a great fun teaching them.





They enjoyed the Zumba classes as Zumba is a dance which is full of fun and exercise which is very beneficial for our health and to stay fit. Zumba helps aid in muscle tone by targeting every muscle in our body while improving balance and coordination. Students learned the steps nicely and enjoyed, even some mothers were dancing and enjoying along with their wards. A good response came from students' side and we ended all the Zumba classes on a good note.