



A healthy and happy body is worth the effort.

Women Development Cell - CVM & BVM brings to you

Fitness in Quarantine: Commit to be fit

A fun-filled series of online classes on the benefits of a healthy body and mind.

>>> Day 1 (8th May) : Workout Session by Mr. Janak Vekariya

>>> Day 2 (9th May) : Zumba Class by Bhakti Patel

>>> Day 3 (10th May) : Yoga Class by Dr. Swar Joshi

The sessions will be conducted on online platform **Google Meet**

Take advantage of the wealth of online exercise classes because happiness lies, first of all, in health!!

Registration link is as below:

<https://forms.gle/QhC3MxC2RvGNMRg49>

(There is no registration fees and e-certificate will be provided.)