



**Fitness and Zumba Session to mark the  
Celebration of Int'l Women's Day  
at IIM Shillong**

Every year, International Women's Day is celebrated on March- 8 to spread the message of women empowerment and gender equality. This year The United Nation's theme for observance is "Gender Equality Today for a Sustainable Tomorrow".

As a small step towards a healthier and a sustainable society; both in spirit and body; a fitness and Zumba session was organized to mark the Celebration of Women's day at IIM Shillong.





Although equality and gender parity will be one of the great milestone achievements for women, a healthy mind and body will be the most important asset for them. Besides maintaining a professional life, an entire family runs on a woman's shoulders. Hence it is imperative for them to be fit emotionally as well as physically. Also, a woman consciously aware of importance of fitness and exercise regime can create awareness of the same for all in her family and neighbourhood

Zumba is one such fun form of fitness and dance which not only gives aerobic benefits, you also get anaerobic benefits – the kind that help you maintain a good cardiovascular respiratory system. It helps de-stress too!!



The Institute invited Ms. Dapalie Warjri (Founder Linna Dance & Fitness Academy) who is also a Certified Zumba and Fitness Instructor at Gold's Gym to conduct a Fitness and Zumba session for the Faculty, Officers and Staff at IIM Shillong. The invitation was also extended to families and better halves of all the male colleagues to join the Zumba Session.



The event was attended by about forty participants who thoroughly enjoyed the group fitness class while dancing to different kinds of lively tunes.

