



BVRIT HYDERABAD College of Engineering for Women

(UGC Autonomous Institution | Approved by AICTE | Affiliated to JNTUH)
(NAAC Accredited – A Grade | NBA Accredited B. Tech. (EEE, ECE, CSE and IT))
Bachupally, Hyderabad - 500 090

Name of the Event: Get Fit While You Sit”

Date of Conduction: 20-01-2024

Name of the Resource Person :Ms.M.Purnima, Founder, WoW Fitness Studio

Faculty Coordinators:

Dr M Anita Professor of Mathematics & HOD

Ms.G.L.Sirisha , Assistant Professor of English

No. of Participants: 50 Female Faculty

Organized by: Department of Basic Sciences and Humanities , BVRIT HYDERABAD College of Engineering for Women.

About the Event:

"Get Fit While You Sit" aimed at promoting physical activity and wellness among individuals who have sedentary lifestyles or desk-bound jobs. The speaker educated participants on simple yet effective techniques that can be incorporated into their daily routine, even while sitting at their desks or during extended periods of sitting. The speaker enlightened that at WoW Fitness they focus on customisation through which we deliver desired results in Natural and most optimal way. She ensured that they work towards a sustainable result for a long time. The program kicked off with a presentation highlighting the importance of staying active, even for individuals with sedentary jobs.

It emphasized the negative health impacts of prolonged sitting and the benefits of incorporating movement throughout the day. The mind-body connection plays a crucial role in achieving and maintaining fitness. By nurturing mental and emotional well-being alongside physical health, individuals can cultivate a balanced and sustainable approach to fitness that supports long-term health and vitality.

The "Get Fit While You Sit" awareness program successfully achieved its objective of promoting physical activity and wellness among the participants with sedentary lifestyles or desk-bound jobs. By providing practical tips, demonstrations, and educational resources, the program empowered participants to take proactive steps towards improving their health and mitigating the negative effects of prolonged sitting.



Faculty Co ordinator
Ms. G.L. Sirisha

Dr. M Anita
Head and Professor
(BS&H)