

Teacher Conclave- Workshop on Folk Fitness by Ms. Aarti Pandey



The school keeps on organizing a rejuvenating session for teachers. A Timely spiritual and fitness workshops are being conducted in the school. This time on the concluding day of the Teacher's Conclave, a folk fitness workshop was organized. The resource person for the same was Ms Aarti Pandey, Co-founder of Folk Fitness. She presented a motivational Session 'Roadmap to fit teacher for better tomorrow'. Being fit is a talk of the town, but finding a right way is very important. An interactive session was conducted, where; she clarified the various fitness myths that prevail in the society, e.g. exercises for longer time helps in reducing weight, through swimming we lose weight faster, the genes are responsible for being overweight, weight lifting makes woman look manly etc. Optimum amount of exercises helps in getting one in shape. Swimming and various sports activities helps in toning of the body. Through genes we get a particular bone stature, but to make it adverse for us, we are wholly responsible. Body Mass Index (BMI) of every teacher was done. Running, walking and climbing are the best exercises for weight lost regime. She talked about certain parameter and tests like rising and sitting test, through which we can find whether a person is healthier. A meditation session was also there for the teachers. She encouraged every teacher to be healthy soul residing in a healthy body. A rigorous folk fitness session was there for the teachers. They all enthralled over the authentic folk music of Maharashtra.