



**ENTHUSIA**  
**THE SPORTS UNION OF IHE**  
**THE DEPARTMENT OF PHYSICAL EDUCATION**  
**AND THE SPORTS COMMITTEE**  
**INSTITUTE OF HOME ECONOMICS**

**presents**

# Zumba×Garba

by Krishan Tiwari  
Fitness Consultant & Master Trainer  
Winner Fitness Idol 2017, Asia Fitness Convention

**9th November 2023**



**BASKETBALL COURT**  
**TIME - 11A.M.**

**Dress Code : Indian Traditional**

**Patron**  
Prof. Dr. Renu Arora  
Director, Institute  
of Home Economics

**Convenor**  
Prof. Namita Saini  
**Co-convenor**  
Ms. Sharmila Rathee

**Coordinating Team**  
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