

IIT-Gandhinagar gives garba a fitness twist

The institute has aerobic garba as part of foundation module for freshers

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Ahmedabad: In order to make sport activities fun, the Indian Institute of Technology, Gandhinagar (IITGn), for the first time, has introduced aerobic garba to its foundation programme. Besides aerobic garba, to develop interest in fitness among newbies, the institute has also included Zumba dance in their foundation programme.

IITGn has been known for its unique five-week immersion pro-

gramme for new students who are required to participate in an exciting series of academic and extracurricular activities. The programme is based on the themes of ethics, creativity, leadership, social awareness, and sports.

Dinesh Parmar, sports coordinator at IITGn, says, "Until this year, we used to have fitness activities during the five-week foundation programme, where mornings were dedicated to exercises and evenings for football, volleyball, etc. However, we noticed that students were either disinterested in games or would just ignore them. Hence, we thought out ways to inculcate endurance, fitness and stamina-building regimen which they enjoy.

"Also, IITGn being in Gujarat,

we thought that students should know of the culture of the state, where folk dances are a very im-

portant aspect. So, instead of running, we designed a module, which includes claps in 13 steps of aero-

bics on a 'garba' song. We selected a 'garba' song that is famous in North Gujarat for the same."

First year student Manas Bedmutha, 18, was pleasantly surprised to see garba as part of the foundation programme. "It is the most innovative way to induce students to indulge in fitness activities, I feel. We did aerobics on a garba track, a great way to indulge in the culture of Gujarat. The fitness programme also had zumba and surya namaskar as part of the module," he points out.

Professor Umashankar Singh remarks, "We are not just offering aerobic garba but various other forms of fitness programmes as well, ensuring that the activities are relatable, relaxing and entertaining."

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