

INSTITUTE OF INFRASTRUCTURE, TECHNOLOGY, RESEARCH AND MANAGEMENT

AEROBICS SESSIONS

To make students aware about various ways by which they can remain healthy and fit the Institute imparted them training on Aerobics by an Expert. He guided the students on the diet as well as trained them exclusively in batches in the Aerobics exercises. The students were excited to learn the new method of work out. IITRAM, has well equipped state-of-the-art GYM where the interested students and faculty do regular workouts, but when this new way called Aerobics was introduced they were delighted to learn.