

Report on  
“Stress-Free Activity for Professionals”  
conducted by  
The Department of Computer Science  
November 3, 2023

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## Introduction

The Department of Computer Science organized a stress-free activity for professionals aimed at providing a rejuvenating experience amidst their busy schedules. The event was conducted in collaboration with Ms. Dapalei Warjri from Linna Dance and Fitness Academy, a certified Zumba instructor. Zumba is a dynamic and exhilarating fitness program that combines music with dance movements.

Zumba offers a unique blend of fitness, fun, and cultural expression, making it a highly appealing and effective exercise option for individuals worldwide. Whether seeking to improve cardiovascular health, shed excess weight, or simply enjoy a lively workout, Zumba provides a dynamic and accessible fitness solution for people of all ages and backgrounds.

The initiative of this event is designed to help individuals in professional settings manage and reduce stress levels. These activities are typically organized by to provide participants with opportunities to unwind, relax, and recharge amidst the demands of their daily routine. Such activities include mindfulness sessions, exercises and recreational activities. The goal is to offer professionals a break from their daily routines, allowing them to rejuvenate both mentally and physically. By participating in stress-free activities, professionals can experience various benefits, including:

**Stress Reduction:** Engaging in enjoyable and relaxing activities can help individuals alleviate stress and tension, promoting a sense of calm and well-being.

**Improved Mental Health:** Taking time for self-care and relaxation can enhance mental resilience, reduce anxiety, and improve overall mental health.

**Enhanced Productivity:** A brief respite from work-related stressors can lead to increased focus, creativity, and productivity when individuals return to their tasks.

**Better Work-Life Balance:** Incorporating stress-free activities into the workday or schedule encourages a healthier balance between professional responsibilities and personal well-being.

**Physical Fitness:** The energetic dance routines contributed to improving cardiovascular health, stamina, and flexibility.

**Mood Enhancement:** The release of endorphins during the activity uplifted participants' mood and boosted their overall sense of well-being.

Overall, stress-free activities for professionals play a vital role in promoting employee health, satisfaction, and performance in the workplace. By prioritizing well-being and providing opportunities for relaxation and rejuvenation, organizations can create environments where individuals can thrive both professionally and personally.

## **Aim and Objectives**

**Aim:** To provide a rejuvenating experience for professionals amidst their busy schedules through stress-free activities.

### **Objectives**

- Introduce professionals to the dynamic and exhilarating fitness program of Zumba, facilitated by a certified instructor.
- Promote the understanding of Zumba as a unique blend of fitness, fun, and cultural expression among professionals.
- Help individuals in professional settings manage and reduce stress levels through engaging activities.
- Offer participants opportunities to unwind, relax, and recharge amidst the demands of their daily routine.
- Alleviate stress and tension among professionals by providing enjoyable and relaxing activities.
- Enhance mental resilience, reduce anxiety, and improve overall mental health through stress-free activities.
- Increase focus, creativity, and productivity by providing a brief respite from work-related stressors.
- Encourage a healthier balance between professional responsibilities and personal well-being by incorporating stress-free activities into the workday.
- Contribute to improving cardiovascular health, stamina, flexibility, and mood enhancement among participants through energetic dance routines and release of endorphins.

**No. of Participants:** 90 students

**Target Audience:** All BCA students of Lady Keane College

## Profile of Resource Person

Name: Ms. Dapalei Warjri

Certified Zumba Instructor

Owner of Linna Dance and Fitness Academy, located in Mawlai, Shillong

Wedding Choreographer, Dancer

Achievements:

Received numerous awards and recognition for her achievements at a young age

Invited speaker at schools and colleges, inspiring youths through talks on fitness and personal achievements

Expertise:

Extensive experience in leading Zumba sessions aimed at reducing stress and promoting physical fitness

Skilled in choreography for weddings and other events

Recognized for her dynamic and engaging teaching style in dance and fitness

Ms. Dapalei Warjri brings a wealth of knowledge and experience to the stress-free activity for professionals, ensuring participants receive guidance and instruction of the highest quality to maximize the benefits of the event.

## Session

The stress-free activity comprised a series of Zumba sessions led by Ms. Dapalei Warjri. Participants enthusiastically participated in rhythmic dance movements choreographed to lively music, allowing them to unwind and de-stress after a long day of work. The activity incorporated a blend of cardio exercises, dance steps, and stretches, ensuring a holistic approach to stress relief.

**Participant Engagement:** Professionals from various departments within the organization actively participated in the stress-free activity, displaying high levels of enthusiasm and energy throughout the session. The inclusive nature of the event fostered a sense of camaraderie among the participants, further enhancing the overall experience.

**Conclusion:** The stress-free activity organized by the Department of Computer Science in collaboration with Ms. Dapalei Warjri proved to be a resounding success, providing professionals with a refreshing and enjoyable experience. Through the guidance of the certified Zumba instructor, participants were able to unwind, recharge, and develop a renewed sense of vitality. Such initiatives play a crucial role in promoting employee health, productivity, and job satisfaction within the organization.

## Expenditure Statement

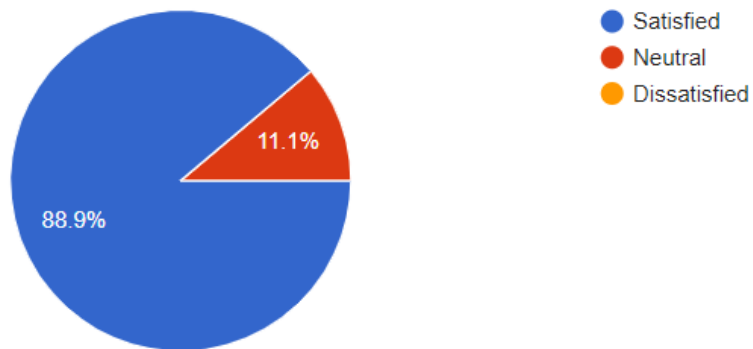
Sl.No	Particulars	Date	Amount
1	Resource Person Honorarium	03.11.2023	5000
2	Banner and Certificate BCD Computer(Receipt No.BCDC/679)	03.11.2023	1210
3	Refreshments C. Sharma Receipt No. 372	03.11.2023	4000
4	Refreshments Samanbha Bakery Receipt No.001	08.11.2023	2700
5	Refreshments Janai Kharkrang Receipt No. 1068	03.11.2023	400
6	Collar Mic	03.11.2023	2000
			15310

Sanctioned amount Rs 15,900 and remaining balance of Rs 590 has been refunded to the Accounts Office

## Feedback

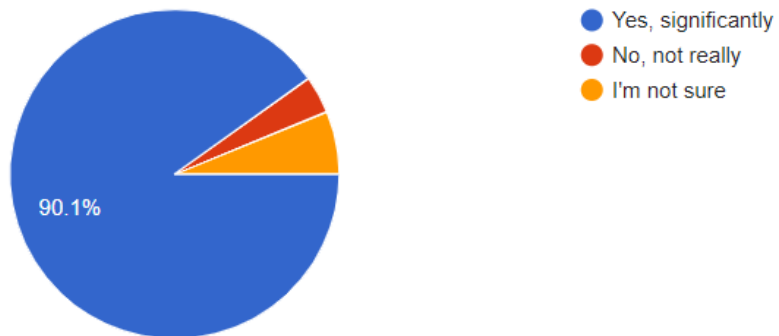
How would you rate your overall satisfaction with the Zumba Stress-Free Activity Program?

81 responses



Did you find the Zumba sessions effective in reducing your stress levels?

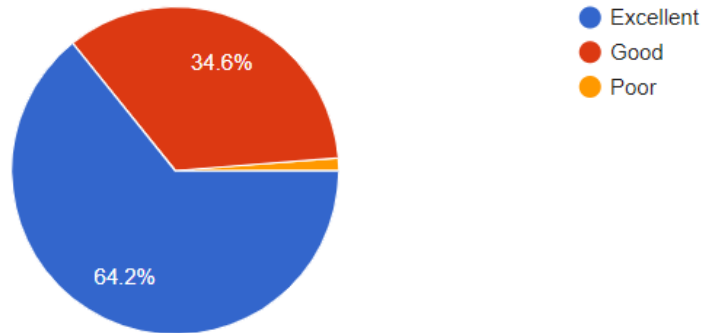
81 responses





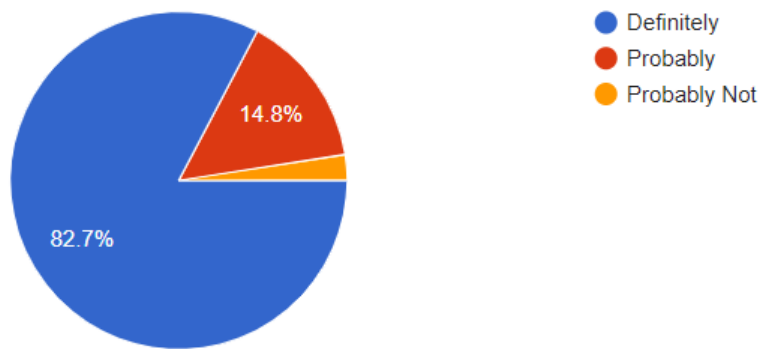
How would you rate the variety of Zumba offered during the program?

81 responses



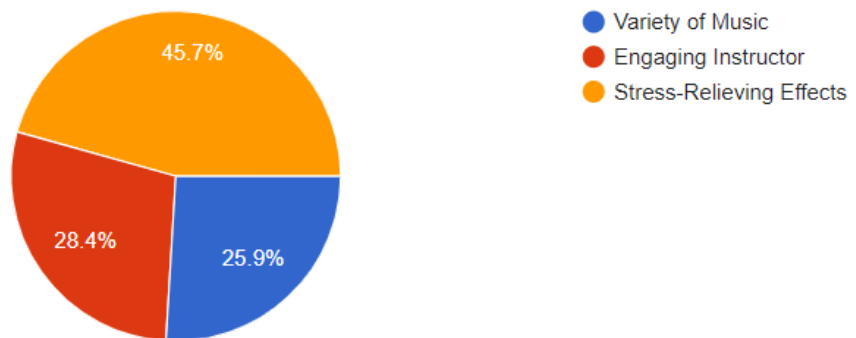
Would you recommend the Zumba Stress-Free Activity Program to others?

81 responses



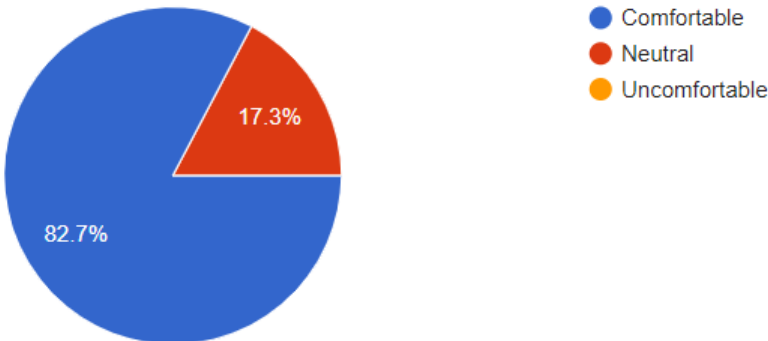
What aspect of the Zumba Stress-Free Activity Program did you enjoy the most?

81 responses



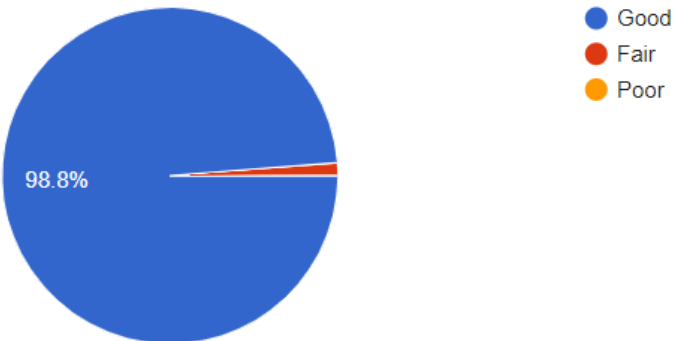
Did you feel comfortable in the environment created during the Zumba sessions?

81 responses



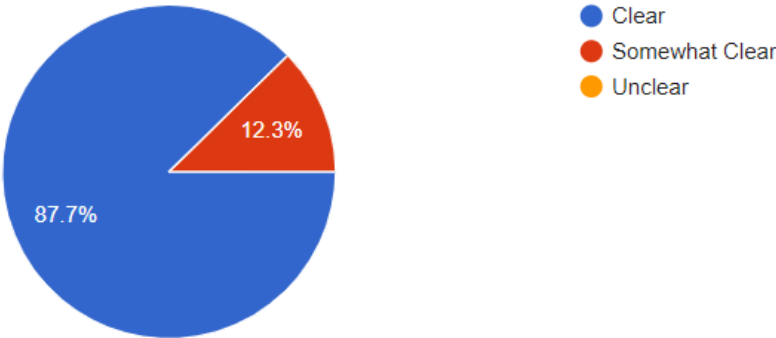
How would you rate the instructor's ability to motivate and engage participants?

81 responses



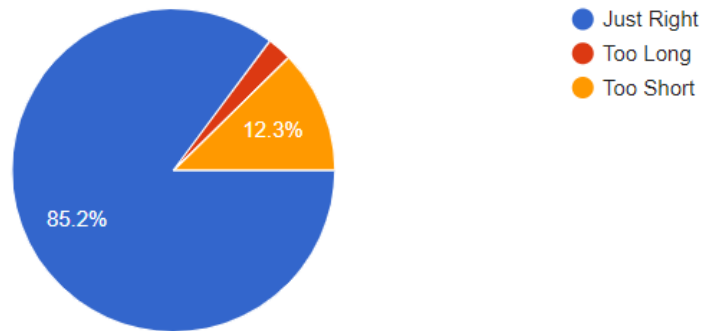
Were the instructions provided by the instructor clear and easy to follow?

81 responses



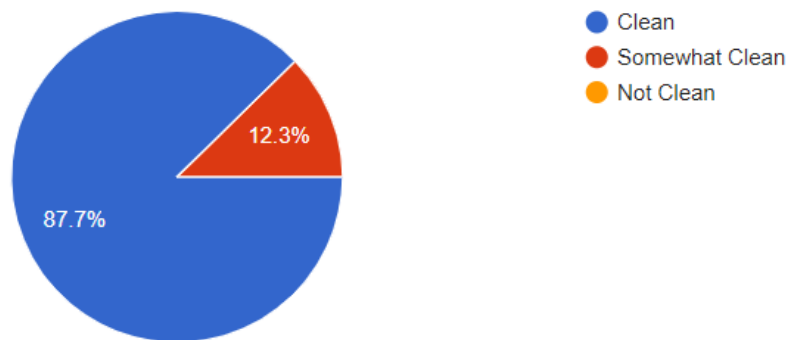
Did you find the duration of each Zumba session appropriate?

81 responses



How would you rate the cleanliness of the facility where the program was conducted?

81 responses



## Photographs

























## Attendance

Stress Free Activity for Professionals  
Department of Computer Science  
Lady Keane College, Shillong

Date: 3<sup>rd</sup> November 2023  
Time: 2:00 PM  
Venue: College Sports Complex

BCA Semester I

Roll No.	Name	Signature
1	AIJINGKMEN RYNJAH	A. Rynjah
2	BAIAHUN MARTHONG	B. Marthong
3	BARILIN NONGRUM	B
4	BEAUTIFUL GAYANG	B. Gayang
5	CRICIA MARY SHABONG	C.m. Shabong
6	CYNTHIA ROCCA. S. BIAM	C.S. Biam
7	DAIARSHISHA MYLLIEM	
8	DAPHISHA K WAHLANG	D. Wahlang
9	DINSILA MUKHIM	D. Mukhim
11	ERICA KHARNAIOR	E. Kharnaior
12	EVADAHUN DKHAR	E. Dkhar
13	IBANRISHA KURBAH	I. Kurbah
14	ILASARA SHABONG	I. Shabong
15	INSABETLANG K SHABONG	I.K. Shabong
16	IWANNAKI WARJRI	ABSENT
17	JANE EVERETTE KHARLUKHI	J.E. Klukhi
19	KORDORLYNE LYNGDOH NONGBSAP	K. L. Nongbsap
20	LAISRINGDI KEMPRAI	L. Ringdi Kemprai
21	LAWANBIANG L NONGLAIT	L. Nonglait

22	LILIDORA MAWPHNIANG	<i>Lilidora</i>
24	MARMIDI HAFLONGBAR	ABSENT
25	MEBIANA D. SANGMA	<i>Mebiana Sg</i>
26	MERILIES SURONG	<i>M. Surong</i>
27	NANGKYRKHULANG NONGRUM	<i>H. Nongrum M. Nongrum</i>
28	NAPHILAHUN NONGKHLAW	ABSENT
29	NIKITA DAS	<i>Nikita</i>
31	NÖBELLITY KHONGJOH	<i>N. Khongjoh</i>
32	PHINNA JANA	<i>P. Jana</i>
33	REGINIA THAWMUIT	<i>R. Thawmuit</i>
35	SANA SHABONG	<i>S. Shabong</i>
36	SENOVIA WAHLANG	<i>S. Wahlang</i>
37	SHISURMON - I - DHAR	<i>S. Dhar</i>
38	SIMI DAS	<i>Simi</i>
39	STEFFINIA KHARBUDNAH	<i>Steffinia</i>
40	TRUTHFUL DKHAR	<i>Truthful D</i>
41	WARI-I-JAKA SYIEM	ABSENT
42	BIDISHA KALITA	<i>Bidisha</i>
52	SHRESIKHA BISWA	<i>Shresikha</i>



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BCA Semester III

Roll No.	Name	Signature
1	AIBITA SHABONG	A. Shabong
2	ALISHA LYNGDOH NONGKYNRIH	A. Nongkynrih
3	ANUSKA CHETRI	ABSENT
4	BADAPHIRA SUTING	B. Suting
6	CAREFULLY MASHARING	C. Masharing
8	DAKARUSHWA SUCHIANG	D. Suchiang
10	EMISAKA CHALLAM	E. CHALLAM
11	IBALARISUK RYNTATHIANG	ABSENT
12	ISHA LAMA	ABSENT
13	KIMRESIL S MARAK	K. Marak
14	KYNTISHA JANA	K. Jana
16	LASHIMTILANG KHYRIEMMUJAT	L. Khyriemmujat
17	LIBIKA KHARSATI	L. Kharsati
18	MATTIKORLANG SUTING	M. Suting
19	MEBARISHA SYNNAH	M. Synnah
20	MISHALIN MAWLONG	M. Mawlong
22	NICHWAKI SYNGKON	N. Syngkon
23	PHERRILIN NONGRUM	P. Nongrum
25	PHIBANKERLANG KHARKANGOR	P. Kharkangor

26	PHIBAWANSHA BINA	<i>[Signature]</i>
27	PHILARI MANIH	<i>[Signature]</i>
28	PURNANKI DAS	P. DAS
29	RIBAKMENLANG LYNGDOH NONGPHUD	<i>R. Lyngdoh</i>
30	RIDORKI SUCHIANG	<i>R. Suchiang</i>
33	SAPHISHA TARIANG	ABSENT
34	SHARAILIN NONGKHLAW	<i>[Signature]</i>
35	SILAN MARBANIANG	<i>[Signature]</i>
36	SIMALIN NONGRUM	<i>[Signature]</i>
37	SOLAGRACIA RAMSIEJ	S. Ramsiej
38	SRINJONI DEY	<i>Srinjoni Dey</i>
39	SUSI MARY KHARKONGOR	<i>[Signature]</i>
41	WADAHUN BAREH	<i>[Signature]</i>

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Lady Keane College, Shillong

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BCA Semester V

Sl. No.	Name	Signature
1	ALPHIMAI MARSING	A. Marsing
3	ANU PAWAR	Anu Pawar
5	BAHUNLANG NONGLANG	B. Nonglang
7	BANSARALIN THONGNI	B. Thongni
8	BASHISHA THABAH	B. Thabah
9	CAREDENG KASSAR	C. Kassar
10	CAREFULLY RYNJAH	C. Rynjah
11	DAIAKMEN SHABONG	Shabong
12	DAISY GRACE M MALIEH	Malieh
13	DAKERMEKA THABAH	D. Thabah
14	DIKSHA PRADHAN	D. Pradhan
15	FELICIA LAW	F. Law
16	JASMINE SUCHEN	J. Suchen
17	LADABIANG LYNGKHOI	L. Lyngkhai
18	LAMJINGSHAIHUN IAWPHNIAW	L. Sawphniaw
19	LASUKSHISHA SOHTUN	Sohtun
21	MERY DIAMON PARIONG	M. Pariong

22	NADA NANCY	ABSENT
23	NGALEM SUAYANG	ABSENT
24	NIROK ASHER G MOMIN	ABSENT
25	PARTILIN KHONGSIT	P. Khongsit
26	PDIANGHUNLIN NONGRANG	P. Nongrang
27	RIDASHISHA SNAITANG	R. Snaitung
28	RIPHYLLA KHARSATI	R. Kharsati
29	RISLITY KHONGJEE	R. Khongjee
30	SHEETAL SARKI	Sarki
32	TREWEINIMANROIKI LAKIANG	T. Lakiang
33	TWINNY WISTERIA LAMIN	J. Lamin
34	WANDASHISHA KHARRASWAI	W. Kharraswai