

# **DANCE MASHUP : IN QUARANTINE**

**ORGANISED BY ZOOLOGY DEPARTMENT**

## **REPORT OF THE PROGRAMME:**

In March 2020, several countries banned unnecessary outdoor activities during COVID-19, commonly called 'lockdowns. These lockdowns have the potential to impact associated levels of physical activity and sedentary behaviour. Lockdowns during the COVID-19 pandemic have made many in the world adjust to homebound lifestyles, the abrupt disappearance of their commutes, and a drastic increase in time spent sitting. People are spending an average of 6 hours per day sitting. Sitting too much; as many of us are during lockdown at our computers or on our couches, is associated with increased risks for weight gain, heart disease, type 2 diabetes, and premature death, to name a few. During the COVID-19 pandemic not only physical health but also mental health is affected. People may experience stress, anxiety, fear, sadness and loneliness. Mental health disorders, including anxiety and depression, can worsen. To aid the well being of the students and to motivate the spectators, the fellow students of the Zoology department organised a dance mashup, promoting the need to stay active during the pandemic.

**Date:** 05/08/2020

**Platform:** Youtube

**List of Students :** UG Students of Zoology Department

YOUTUBE LINK :

<https://youtu.be/M8gSisEdH6A>



SCREENSHOT OF THE PROGRAMME .



SCREENSHOT OF THE PERFORMANCE .