



# NEWS BULLETIN

## GCU TEZPUR TRIUMPHS IN THRILLING FRIENDLY FOOTBALL MATCH



TEZPUR, April 02: In a spirited display of sportsmanship and solidarity, Girijananda Chowdhury University's Tezpur campus hosted a thrilling football friendly match against Sonitpur Govt. Polytechnic College. The aim of the match was to foster bonding and promote the spirit of sportsmanship among the students.



The match, held at the GCU Tezpur playground, witnessed an exciting showdown between the two teams. Both sides displayed exceptional skill, determination, and teamwork throughout the game, captivating the audience with their on-field prowess. In a closely contested battle, Girijananda Chowdhury University's Tezpur campus emerged victorious with a narrow margin, clinching the match by a score line of 3:2 goals. The hard-fought victory was a testament to the dedication and effort put forth by the GCU Tezpur team. The football match served as a platform for students from both institutions to come together, forge friendships, and celebrate the spirit of sportsmanship. Beyond the competitive aspect, the event highlighted the importance of sports in promoting physical fitness, teamwork, and mutual respect among students.

Girijananda Chowdhury University's Tezpur campus extends its heartfelt congratulations to both teams for their exemplary performance and sportsmanship. The university looks forward to more such events in the future, fostering a culture of healthy competition and mutual respect among students.



The GCU, Tezpur, football team in a nail-biting match with Sonitpur Govt Polytechnic College.



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## SHAKING OFF OBESITY: LET'S ZUMBA!



AZARA, April 02: Obesity is today regarded as a major public health problem and a global epidemic. According to the World Health Organization (WHO), more than 1.9 billion adults aged 18 years and older are overweight, and of those, over 650 million adults are obese. The occurrence of obesity has increased dramatically during the last four decades, and if this trend continues, a majority of the world's adult population will be either overweight or obese by 2030.



An electrifying Zumba session orchestrated by Ms. Jumi Hazarika (left) had the participants energized.



Dr. Vidhya Srinivasan presenting on the obesity epidemic and its management.

In this depressing context, the Dept. of Medical Laboratory Technology, School of Allied Health Sciences organized a session with the motto of "Shaking off obesity: Let's Zumba together" on 30th March in continuation with the talk organized on World Obesity Day on 4th March. The session started with a concise presentation on the obesity epidemic by Dr. Vidhya Srinivasan, followed by an energy-packed Zumba session attended by students and faculty alike. It was conducted by Ms. Jumi Hazarika, a certified Zumba instructor associated with the Saroj Khan Dance Academy.

Founded by Colombian dancer Beto Perez, Zumba is a popular dance-based fitness program and a great tool in combating obesity. Regular Zumba sessions can contribute to weight loss and improved fitness levels due to its high-energy nature, calorie-burning movements, and cardiovascular benefits. A 2012 study found that just one hour of Zumba training burns around 300 to 900 kcal of energy. In addition, Zumba is known to be perfectly safe for all age groups, including elders. Besides calorie-burning, Zumba is useful to in lowering the risk of heart disease, blood pressure and cholesterol.



Faculty gyrating to the Zumba at the training session.