

# “Bhangra” danceathon (Pungrathon) in Southall to promote exercise to the community

Wednesday 6 April, 2016

## Why?

Pungra believes that bringing this fun, exercise focused event to the community of Southall is vital to get people on their feet, and moving.

Lead Instructor, Ravi Sandhu stated, “Heart conditions and diabetes are a major problem and I firmly believe that exercise is a great method for encouraging people to prevent health conditions”.

The Pungrathon isn't about promoting bhangra, bhangra teams, and it's not about competing performances or any form of exhibition. Instead, it is entirely about promoting Pungra as a participatory activity.

Ravi shares his observations based on similar events, “I find it strange that when I teach public Pungra classes, it's always the non-South-Asians that will join in. Many people that are from my community (Punjabi) are very reluctant to participate in an open and public show of support for exercise. Regular Pungrathons will challenge this barrier, and make exercise to music normal in the community”.

Vaisakhi has marked the beginning of the new year in South Asia for many generations. Because of the warming weather, it's a good time to leave the cold winter behind and think about getting active.

## What is Pungra?

Inspired by the authentic pronunciation of 'Bhangra', Pungra specialise in leading dance-fitness using this wonderful music style in fitness centres and online. Our workout method is great for all levels, from beginners to the mega fit, as we build up the exercises and have lots of opportunity for high intensity movement. We use techniques for working your major muscle groups such as Plyometrics.

We're a voluntary organisation committed to improving lives through movement to bhangra music.

## What is the Pungrathon?

A 2 hour class in which many Pungra instructors will motivate the participants to use full range of motion movement, using an easy to follow system.

## Why are Pungra and Pungrathons different?

Fans of bhangra will know there are many wonderful bhangra performing arts classes across the UK, and around the world. Pungra isn't a performing arts class; we're entirely about fitness and exercise. This means our doors are open to people that don't want to be dancers, and instead want to contribute to their weekly exercise regime with an activity in conjunction with listening to popular bhangra music.

The Pungrathon will also be video recorded. Those videos will then be shared freely on YouTube to encourage even more people to take part in Pungra activities. The videos will be like 'workout at home' videos, that participants can proudly share with their family all around the world.

## When?

Sunday 17th April 2016 from 12:30PM to 3:00PM.

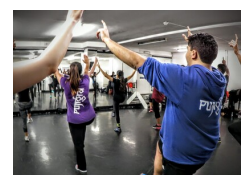
## Where?

Greenford High School, Lady Margaret Rd, Southall, Middlesex UB1 2GU

## Who is it for?

As long as you're between 14 and 55, not pregnant, haven't given birth in the last 4 months and able to exercise for 2 hours, you're welcome to come and enjoy this wonderful experience.

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## How to take part?

To take part in the Pungrathon you must be over 14 years of age, participants can be from any culture or background and must be comfortable with taking part in moderate exercise.

The session is £5, and spaces are limited. Booking to secure your place is necessary on [www.pungra.fit](http://www.pungra.fit)

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