St.Thomas college of teacher education,Pala

Research centre in Education approved by Mahatma Gandhi University, Kottayam, Kerala

"SKILL POLISHER"

STUDENTS CAPACITY BUILDING PROGRAMMES

SCBPI26

YOGA DELIGHT

Expected Outcomes

This yoga class aims at the demonstration of yoga asanas and thereby making the trainees aware of the benefits of yoga through practical sessions. This also attempts to create a sense of peace and balanced personality among the teacher trainees.

Link : https://phyednstcte.blogspot.com/2024/06/yoga.html?m=1

Video : https://youtu.be/sC3yPcXKcQE?si=TTbxLc9rp6wrKCNa

Video : https://youtu.be/CVpP4fxd510?si=OVA5oKuDg7WLwRRX

Video : https://youtu.be/VMJtX02ClFc?si=APBnJku5juESdcAY