



St.Thomas college of Teacher Education, Pala

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



“SKILL POLISHER”

**STUDENTS CAPACITY BUILDING
PROGRAMMES**

SCBPI27

FITFINITY

Expected Outcomes

The session on aerobics and exercise aims to create an ambiance of health and fitness among the teacher trainees. It fosters physical, mental, emotional and metabolic stability through physical activities under professional monitoring.

Link : <https://phyednstcte.blogspot.com/2024/06/aerobics.html?m=1>