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 helath 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