

Report on online workshop on “Commit to be Fit” - 04.05.2020

Stella Matutina College of Education, Ashok Nagar, Chennai organized a National Level Online Workshop on “Commit to be Fit” on 04.05.20 at 3-4 pm (IST). The workshop was arranged through Zoom Meet. 200 Participants took part enthusiastically in this online workshop. Dr. Joseph Catherine, Principal of Stella Matutina College of Education delivered the Welcome Address. Dr. Jothi Dayanandhan, Associate Professor from YMCA college of Physical Education, Chennai, was the resource person. She gave the importance of being fit. She first enlightened on the Fundamental Concepts of health and exercise. She then enlightened the participants on warm up exercises followed by exercises for upper body, exercises for abdomen and extremities. The session was Informative and lively. She finally answered questions raised by the participants. Dr. Jain Shanthini, Programme co-ordinator and Directress of Physical Education proposed the Vote of Thanks. E-Certificates were issued to all the participants.