

Registration

Registration fee is Rs.100/- per person. Participants will be provided with a kit, tea and lunch. Spot registration will be done in the College premises at 9.00 a.m.

Participants are requested to come in churidar and shoes.

ORGANISING COMMITTEE:

Sr. Pauline Mary
Secretary

Dr. Joseph Catherine
Principal

Dr. Jain Shanthini
Directress of Physical Education

Mrs. J. Rubina
Assistant Professor of Psychology

Mrs. J. Annapriya
Assistant Professor of History

Contact : Dr. Jain Shanthini
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Ashok Nagar, Chennai - 600 083.
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SEMINAR CUM WORKSHOP ON

Zumba and Yoga for Wellness

13th October, 2017



Organised by

**STELLA MATUTINA COLLEGE
OF EDUCATION**

(Autonomous)

Re-Accredited (3rd Cycle) by NAAC
at 'A' Grade with CGPA: 3.48
Ashok Nagar, Chennai - 600 083

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Program Perspective

One who is stable and established in the self is healthy. That is to say that identifying a healthy person doesn't only entail physical fitness, but what is even more crucial is one's mental fitness. One cannot say that 'I'm healthy, but not interested in life'. The enthusiasm in life shows how healthy we are. Our body's intelligence signals that what we are doing is not alright, but we all have our excuses because we are following our mind and emotion. Zumba Fitness has also proven that it bridges an important gap – a dance fitness workout that is appealing to both casual enthusiasts and active lifestyle consumers looking for a fun and energizing workout. Zumba Fitness is a global lifestyle brand that fuses fitness, entertainment and culture Zumba Fitness emphasizes to: Lose Weight, Build Strength, and Change .Yoga and Zumba exercises are practised widely across the world today. Yoga and zumba not only enhances the physical strength but also contributes largely towards our mental health and spiritual growth.

In consonance with the vision of the College, a One day Seminar cum Workshop has been planned to enrich Teacher trainees with knowledge and skills on zumba and yoga and how to maintain an healthy body and to cultivate healthy practice patterns.

Both Yoga and zumba not only keeps us fit but also has a lot of long-term benefits when we make it an integral part of our lifestyle.

This seminar cum workshop has been designed exclusively to benefit teachers and trainees so that they in turn impart these healthy practices to the student community to maintain fitness in body and spirit.

The workshop aims to provide easy-to-understand about how Zumba and yoga rejuvenate not only one's mind but also the body.

Objectives

- To create an awareness among the teachers trainees about the role of Yoga and Zumba in fitness & wellness
- To provide an opportunity to gain more knowledge on how to use principles of Yoga and Zumba to obtain good health.
- To develop an understanding among teachers trainees in lowering the chances of developing a choice disease and greatly improving our quality life overall.
- To highlight health concerns associated with strengthening and toning the muscle.