


## WORKSHOP ON 'YOGA TRAINING PROGRAM' (14.10.2019 to 25.10.2019)

Topic	: <b>TEN-DAY WORKSHOP ON 'YOGA TRAINING PROGRAM'</b>	
Resource Person:	<b>Mr.T.B.Balasubramanian,</b> <b>Patanjali Yoga Samithi</b>	
Date	: <b>14.10.2019</b>	
Time	: <b>10.00 A.M – 4.00 P.M</b>	
Venue	: <b>Multi-purpose Hall, School of Education</b>	

Prof.Dr.K.V.S.N.Murthy, Dean, Faculty of Education inaugurated the 10-day workshop on Yoga Training programme. He explained about the importance of Yoga to the student teachers. Mr. K. U. Giridhar, Asst. Professor introduced the Yoga instructors Mr.T.B.Balasuramanian, Mr.Sunil Kumar Jain and Mrs. Mamta Jain to the student teachers. and explained the role of yoga for the coordination between mind and body. Mr.T.B.Balasuramanian Yoga trainer demonstrated the yoga steps and explained the importance of yoga training. The student teachers actively participated in the program and learnt many yoga techniques. Yoga program came to end on 25.10.19.

