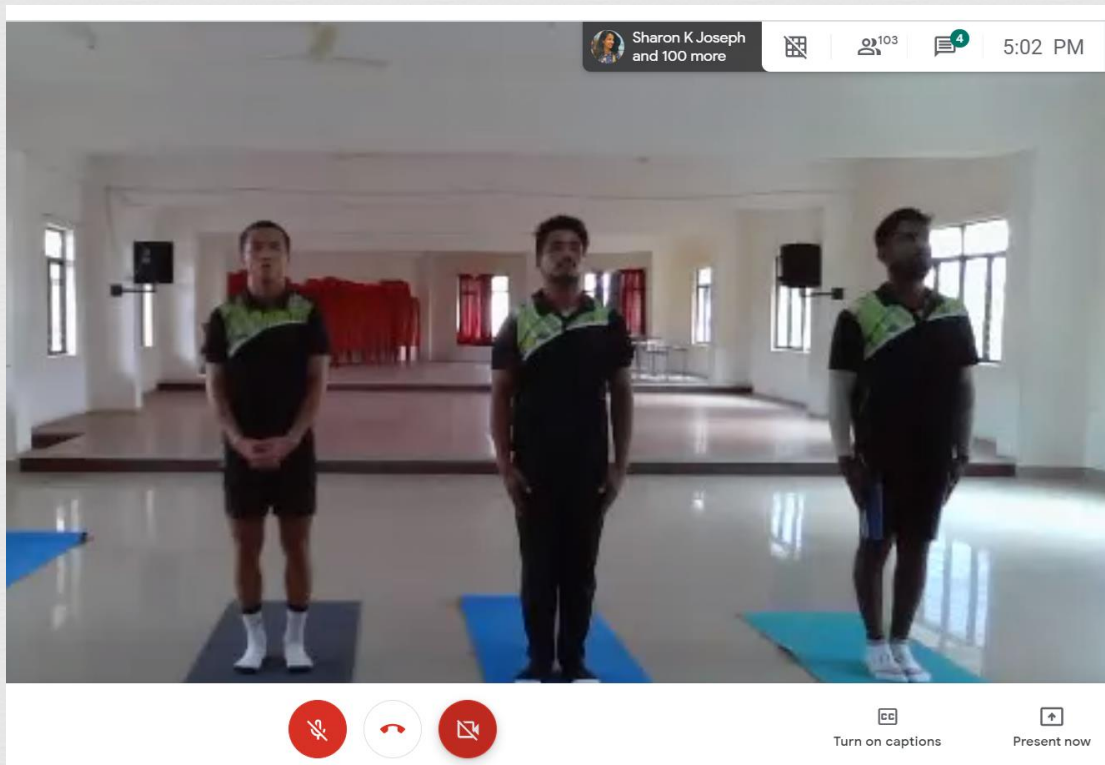


VIRTUAL TEACHER FITNESS SESSION

Christ Academy sports department conducted a fitness session for teachers on every 1st week of the month. This session was conducted for teachers to reduce the level of stress and anxiety in this pandemic time.

The exercise was more like aerobic and even music was also added to give the teachers more energy. All the exercises was

very easy and effective. There were almost 25 different movements. At the beginning, the exercises was taught step by step and we asked the teachers do to it along with us.



Apps Gmail YouTube Maps

REC S Smitha S and 85 more 103 5:03 PM You

Christ academy teachers fitness session

Turn on captions Present now

REC V Vinutha Jenifer and 72 more 91 4:40 PM You

Christ academy teachers fitness session

Turn on captions Present now