

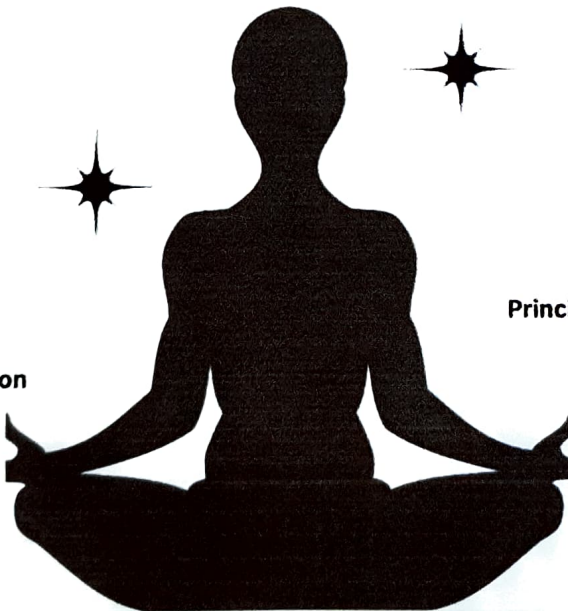


ALL SAINTS' COLLEGE, TRIVANDRUM
RE- ACCREDITED WITH A+ BY NAAC

INTERNATIONAL DAY OF YOGA

Yoga competition for Students
Organized by Department of
Physical Education

ON 21 JUNE 2023
RECREATION HALL AT 10.45 AM

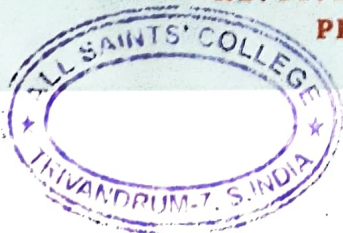


Conveners:

Dr Margrette Leena V
HOD, Physical Education
Dr Divya S R
Assistant Professor
Physical Education

Principal: Dr. RESHMI R PRASAD

**NB. FIVE ASANAS AND SURYANAMASKAR WILL BE
PERFORMED FOR YOGA COMPETITION**



Reshmi
Principal
All Saints' College
Thiruvananthapuram-7

DEPARTMENT OF PHYSICAL EDUCATION

International day of yoga was celebrated on 21st June 23 at the recreation hall on the theme "Yoga for Vasudhaiva kutumbakom". Dr Reshmi R Prasad, Principal All Saints' College inaugurated the programme. Mrs Manju S and Diana V, Yoga trainers demonstrated various asans to the students. The department also conducted Yoga completions for the students as well as for the teachers.

Yoga prize winners-Students

First –ADITHYA M G (Dept of Com Eng)

Second- SHYNI L S (Dept of History)

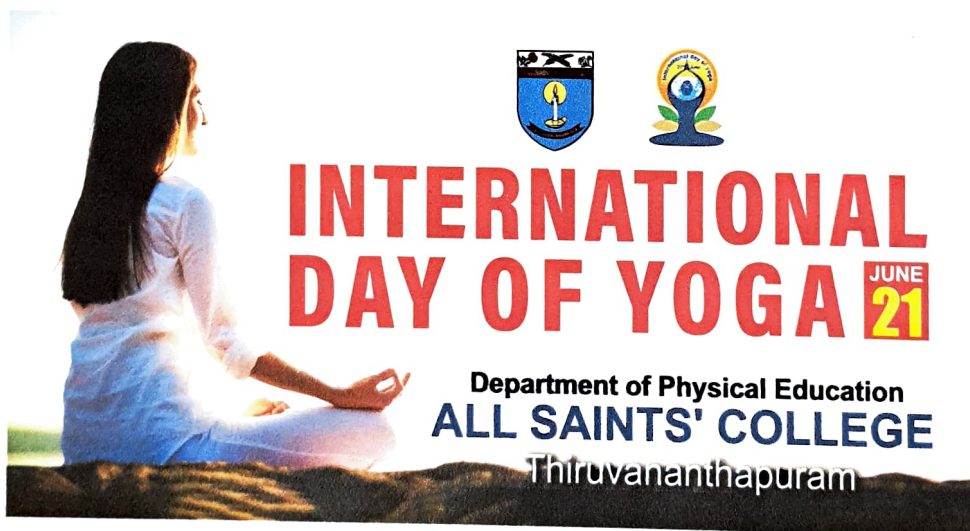
Third- DEVANANDA (Dept of Com Eng)

Third- ARCHISHA (Dept of Com Eng)

Yoga prize winners-Teachers

First- Dr VIDYA NAIR (Dept of History & Political Science)

First- Dr PARVATHY MENON (Dept of History)



Reshmi
Principal
All Saints' College
Thiruvananthapuram-7



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