

# YOGA FOR MENTAL HEALTH

Simple  
yet  
powerful  
practices  
that can be  
learned in  
less than  
an hour's  
time.

21 JUNE  
2023

DANCE AND FITNESS CLUB  
ALL SAINTS COLLEGE

Instructor  
Jayakrishnan V M  
Hatha Yoga Teacher, Isha  
Yoga, Coimbatore

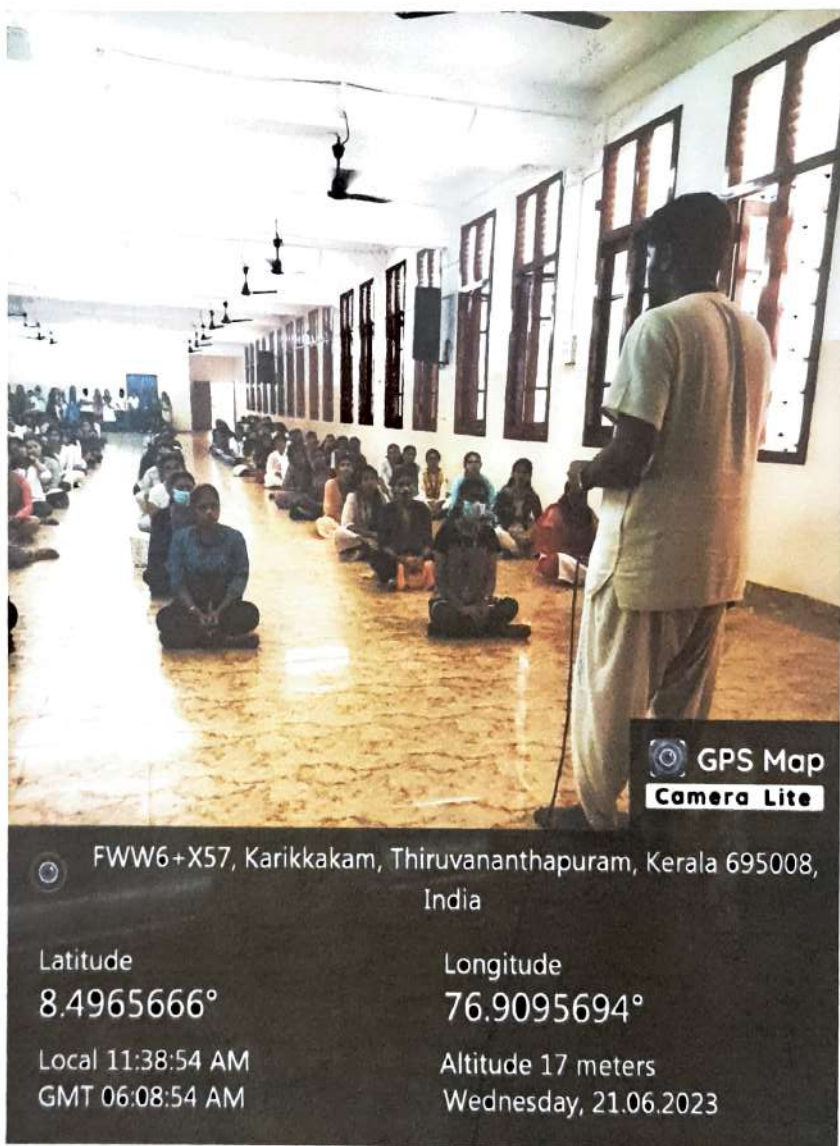


*Reshmi*  
Principal  
All Saints College  
Thiruvananthapuram-7

## Report of the International Yoga Day Celebrations 2023

### Nritya: Dance and Fitness Club

June 21 2023: Nritya -- Dance and Fitness Club of All Saints' College conducted a practical session in Hatha Yoga on the occasion of International Yoga Day. Simple, yet powerful practices that could be learned in less than an hour's time were practised during the session. Mr. Jayakrishnan V M, Hatha Yoga Instructor from Isha Yoga Centre, Coimbatore was the instructor for the day. He was accompanied by Ms Devi. The programme was conducted in the recreation hall at 11.00 am under the supervision of Dr Smitha Asok V, Assistant Professor, Department of Environmental Sciences and Ms Diana V Prakash, Assistant Professor, Department of English, who are the Faculties in charge of the Dance Club.



*Redini*  
Principal  
All Saints' College  
Thiruvananthapuram



GPS Map  
Camera Lite

FWW6+765, Karikkakam, Thiruvananthapuram, Kerala 695008,  
India

Latitude  
8.495535°

Longitude  
76.9103147°

Local 11:37:03 AM  
GMT 06:07:03 AM

Altitude 9 meters  
Wednesday, 21.06.2023



*Reshmi*  
Principal  
All Saints' College  
Thiruvananthapuram



GPS Map  
Camera Lite

FWW6+X57, Karikkakam, Thiruvananthapuram, Kerala 695008,  
India

Latitude  
8.4966496°

Longitude  
76.9094592°

Local 11:39:07 AM  
GMT 06:09:07 AM

Altitude 17 meters  
Wednesday, 21.06.2023



*Reshmi*  
Principal  
All Saints' College  
Thiruvananthapuram-7

# NRITYA - DANCE & FITNESS CLUB

INTERNATIONAL YOGA DAY CELEBRATIONS 2023

ON 21<sup>st</sup> JUNE 2023 AT RECREATION HALL

## ATTENDANCE LIST OF PARTICIPANTS

### ALL SAINTS' COLLEGE

DEPARTMENT OF COMMERCE

BCOM: FINANCE

	Name of the student	
1	ABHIKRISHNA M	Abhikrishna M
2	ABHIRAMI ANIL	Abhirami
3	AKANKSHA SHIVAI KALE	Akanksha
4	AMEENA NOUSHAD	Ameena
5	ANJANA V S	Anjana
6	ARYA S	Arya
7	ELEENA EMERSON	Eleena
8	GOPIKA M S	Gopika
9	GOPIKA S R	Gopika
10	JOTHISHA O	Jothisha
11	LORAIN PATRICK	Lorain
12	REVATHY A S	Revathy
13	ROHINI S	Rohini
14	SANDRA S CHANDRU	Sandra
15	SARANYA S	Saranya
16	SAUMIYA SUNIL	Saumiya
17	SINDHU S	Sindhu
18	SREEJA KRISHNA S S	Sreeja
19	SRUTHI SAJJI KUMAR NAIR	Sruthi
20	SYAMA A S	Syama
21	TANIYA S EDWARD	Taniya
22	AARCHA D	Aarcha
23	ADARSHA M S	Adarsha
24	AKARSHA M S	Akarsha
25	AKSHAYA S S	Akshaya
26	AMISHA BHADRAN	Amisha
27	ANEETA ANGEL	Aneeta
28	ANILA VIJAYAN	Anila

29	ANJUM NASSERUDEEN	Anjum
30	ARSHADA A R	Arshada
31	ASHMI ELIZABETH KURIAN	Ashmi
32	BETSY VARGHESE KOLATH	Betsy
33	BLESSY T	Blessy
34	GOPIKA G K	Gopika
35	JAZEENA T	Jazeena
36	K M SUVARNA PANCHAMI	K.M. Supra
37	KALYANI P R	Kalyani
38	KRISHNA MAHIMA M G	Krishna
39	LENA RACHEL MANOJ	Lena
40	MEENAKSHI A S	Meenakshi
41	MEENAKSHI G	Meenakshi
42	MEENAKSHI MOHAN J	Meenakshi
43	MIDHILA S	Midhila
44	NASRIN FARSANA M	Nasrin
45	ROSHNA E S	Roshna
46	SHIHANA S	Shihana
47	SNEHA K	Sneha
48	SOFIYA ANTONY	Sofiya
49	SONA SURESH S	Sona
50	VARSHA V S	Varsha
51	VIDHYA J	Vidhya
52	AL-FATHIMA S	Al-Fathima
53	ANAGHA S MOHAN	Anagha
54	ANGEL S	Angel
55	ARDRA A S	Ardra
56	ASHLEY THERESA LOPEZ	Ashley
57	AYSHA MAHEEN	Aysha
58	CHELLA MANIKKAM	Chella
59	CHILANKA V S	Chilanka
60	DEVIKA B M	Devika
61	FARSANA	Farsana
62	HANNA FRANCIS	Hanna
63	JINCY IGNATIOUS	Jincy
64	M VIRGILA SHARUBA	M. Virgila
65	NEENU SREEKUMAR R	Neenu
66	NIYA S	Niya
67	RASIYA SULTHANA S	Rasiya
68	SACHANA A	Sachana
69	SHRADHA G S	Shradha
70	SREE BHADRA P S	Sree

**ALL SAINTS' COLLEGE**  
**DEPARTMENT OF COMMERCE**

	Name of the student	Signature
1	AARYA A	Aarya
2	AKSHARA SANTHOSH	Akshara
3	ANANYA M A	Ananya
4	ANEESHA B	Aneesha
5	BINCY S BINU	Bincy S Binu
6	MAHARA J	Maha
7	NISHA M	Nisha
<del>18</del> 9	P MAHALAKSHMI	Mahalakshmi
<del>19</del> 9	SHAFNA PARVEEN	Shafna
10	AKSHARA G R	Akshara
11	ALEENA H	Aleena
12	ARYA SURESH	Arya
13 <del>83</del>	ASWATHY M S	Aswathy
14	B B ALAKANANDA	Balakanda
15	BETCY PATHROSE	Betcy
16	CHANDANA A	Chandana
17	DEVIKA R	Devika
18 <del>88</del>	FATHIMA FAROOK	Fathima
19 <del>89</del>	FATHIMA SUHARA J	Fathima
20	GOPIKA S	Gopi
21	GOURI A S	Gouri
22	GOWRI C SURENDRAN	Gowri
23	GREESHMA RAJESH L	Greeshma
24	GRESHMA S	Greshma
25	JAIMI FRANKLIN	Jaime
26	JASMI T K	Jasmi
27	JINCY JOY	Jincy
28 <del>98</del>	KRISHNA V	Krishna
29 <del>99</del>	LEKSHMI B K	Lekshmi
30	NANDHANA R S	Nandhana
31	NASLIYA H	Nasliya
32	NOOR FATHIMA N R	Noor
33 <del>103</del>	POOJA S SANJU	Pooja
34	PREETHA B	Preetha
35	SANVIYA C	Sanviya
36 <del>106</del>	SARANYA S D	Saranya
37	SAVITHA JOSE S J	Savitha
38	SHASNA NAZIR	Shasna
39	SHEMEENA S	Schemeena

40	SONA H	Sona
41	SONA SANTHOSH	Sona Santhosh
42	SREYA S	Sreyas
43	THRISHA S	
44	VRINDA M S	VRINDA
45	ADITHYA B	Adithya
46	ADITHYA S	Adithya
47	ANJALI B S	Anjali
48	ANNIE MOL S	Annie
49	BHAGYA KRISHNA G S	Bhagya
50	FARZANA REHUMAN	Farzana
51	FATHIMA ZAHRA	Fathima
52	HRIDHYA SUNIL	Hridhya
53	JOSEPHINE J	Josephine
54	JOSHNA JOSEPH	Joshna
55	LEKSHMI S B	Lekshmi
56	MARIAM S	Mariam
57	RAHANA DONAL	Rahana
58	RESMI SURESH	Resmi
59	ROSELIN N ANTONY	Roselin
60	ROSHNI R	Roshni
61	SIVA RANJINI M S	Siva
62	SNEHA M S	Sneha
63	STAFFANIYA THADEVOOSE	Staffaniya
64	STEGY JOSEPH	Stegy
65	SUBHASREE RAMARAO GANESA	Subhasree
66	SUBHIKSHA R	Subhiksha
67	VISHNAVI M	Vishnavi
68	VISMAYA J V	Vismaya

*[Signature]*

*[Signature]*

*[Signature]*

DR. SMITHA ASOK V. M S DIANA V PRAKASH  
(CO-ORDINATORS)

PRINCIPAL

Principal  
All Saints' College  
Thiruvananthapuram-7

