



## DANCE AND FITNESS CLUB ACTIVITIES



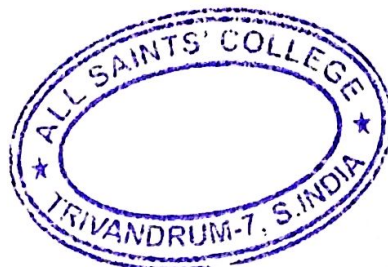
**ALL SAINTS' COLLEGE**

**THIRUVANANTHAPURAM-695007**

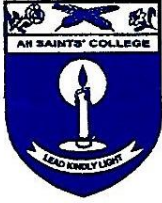
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**2024-2025**



*Reshmi*  
**PRINCIPAL**  
All Saints' College  
Thiruvananthapuram



# ALL SAINTS' COLLEGE

*Re-accredited with 'A+' - Grade by NAAC*

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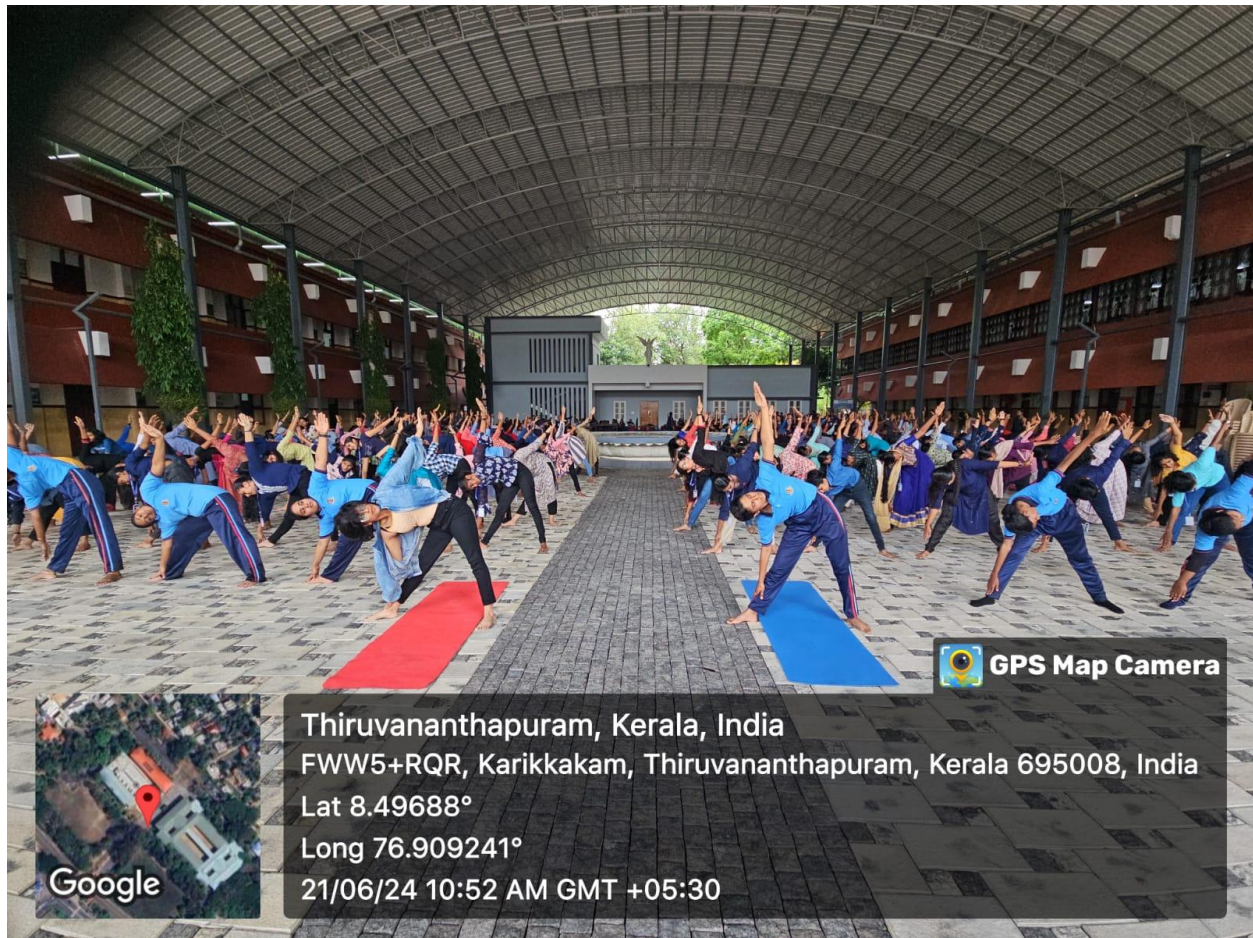
## **NRITYA: DANCE AND FITNESS CLUB ACTIVITIES**

### **International Yoga Day Celebration 2024**

#### **Dance and Fitness Club**

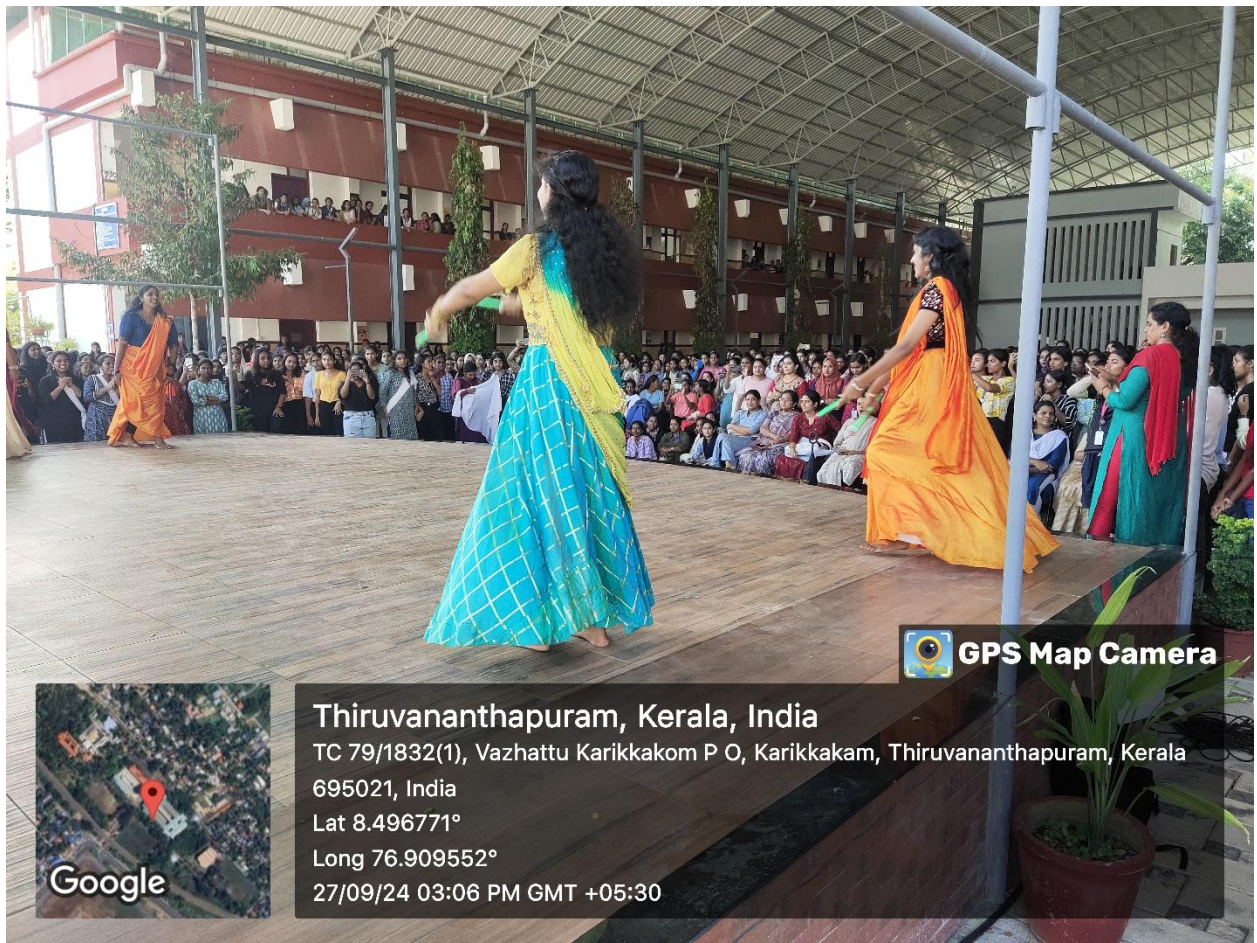
#### **All Saints' College Thiruvananthapuram**

International Yoga Day was celebrated by the Dance and Fitness Club of All Saints' College Thiruvananthapuram on 21st June 2024. The theme for the year 2024 was "Yoga for Self and Society" and the programmes emphasized the theme. Smt Manju S and Smt Diana S, yoga instructors of Acharya Yoga Centre Thiruvallam led the students and teachers in various yoga practices and also explained the importance of yoga for an individual and the society. The programme was conducted at the Ascites Square and was coordinated by the teachers-in-charge of Dance and Fitness Club Dr Margaret Leena and Dr Diana V Prakash.

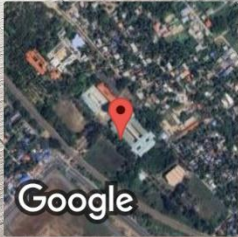


## DANCE MANIA

Dance mania a medley of folk, western and eastern dance was conducted on 27<sup>th</sup> September 2024.



 **GPS Map Camera**



**Thiruvananthapuram, Kerala, India**

TC 79/1832(1), Vazhattu Karikkakom P O, Karikkakam, Thiruvananthapuram, Kerala  
695021, India

Lat 8.496771°

Long 76.909552°

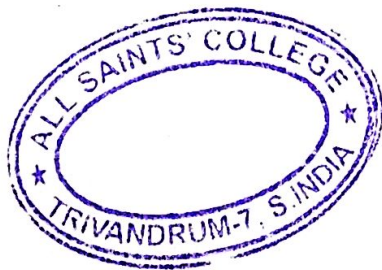
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