



" WELLNESS AND WELL BEING THROUGH YOGA"

E- Quiz

INTERNATIONAL YOGA DAY 21 June -2020

All Saints' College, Thiruvananthapuram, is one of the premier institutions of higher education in Kerala that offers quality education to women. The college was founded in 1964 by Rev. Mother Mary Louise, CCR with the approbation of Rt. Rev. Dr. V.V. Dereere, OCD, Bishop of Trivandrum. The All Saints' family is committed towards the upliftment of the coastal community and general social welfare. We strive to carry this vision forward and hope to scale greater heights in our quest for excellence.

On the occasion of "International Yoga day" on 23rd June 2020, the Department of Physical Education All Saints' College Thiruvananthapuram, Kerala, India, extremely delighted to inform you that we are organizing an online "E-Quiz on Yoga". It would be happy if you accept our invitation and participate in the E-Quiz. We request you to fill the google form by clicking on below link and submit your responses. Those scoring above 50% percent will receive E-Certificate through your registered Email Id (or Google Drive) on **25.06.2020**

https://docs.google.com/forms/d/e/1FAIpQLSfllrvdi-0m0kAhnuQ9hxPgitsCHNBj5hMjPzJnCawhTM0o2A/viewform?usp=sf_link

For any query, kindly contact **Coordinator Dr. Margrette Leena V**, Assistant professor & Head, Department of Physical Education, All Saints' College Chackai, Thiruvananthapuram. Mobile. 9656449470

Co-Coordinator. Dr. Divya S R, Assistant professor of Physical Education, All Saints' College Chackai, Thiruvananthapuram. Mobile: 9544395466

Note: The Link will be opened till **23rd June 18.00hrs**

Coordinator /-

Dr. Margrette Leena

