



ATRIA INSTITUTE OF TECHNOLOGY

Affiliated to VTU | Approved by AICTE, New Delhi | Accredited by NBA

TARANA CLUB ACTIVITY

Tarana Club World Dance Day celebration

Date: 29th September 2020 at 2.00 P.M

Faculty co-ordinator:

Ms. Syeda Roshni Ahmed [Assistant professor Dept of ISE](#)

Judge For the Event

Mr. Om Prakash B

[Assistant professor Dept of ISE](#)

Description of the Activity: Leisure club facilitate more leisure activities beyond the academics to make life more enriching and fulfilling in campus. Leisure time is any free time that can be used to pursue personal interests and has often been defined as a quality of experience or as free time. Free time is time spent away from work, job hunting, and education. A leisure Centre is a large public building containing different facilities for leisure activities, such as a sports hall, a swimming pool, and rooms for meetings.

Tarana Club, Dept. of ISE celebrated 'World Dance Day' with zeal on 29th April 20--.

An inter-department dance competition was conducted wherein students show cased their talent through various dance forms.

Students and teachers thoroughly enjoyed the foot-tapping music along with exquisite dance forms.

Dr. Shanthi Mahesh, Prof. & Head, Dept. of ISE applauded the efforts of the students and said dance was an art form which helps in expressing emotions of life and relaxes the mind, body and the soul.

Certificates were distributed to everybody who participated.

Number of Participants: 30 Participants.

Outcome of the Program:

1. To facilitate more leisure activities beyond the academics to make life more enriching and fulfilling in campus
2. It is responsible for organizing all leisure related activities and also indoor sports activities.
3. 3 Students will be able to develop physical and social skill through participation in recreation and sports activities
4. 4 Students will be able to improve their health and well-being; they can relieve stress, increase fitness, improve physical and mental health