



# St. Joseph's University

#36 Lalbagh Road, Bengaluru - 560027



SCHOOL OF HUMANITIES AND SOCIAL SCIENCE  
DEPARTMENT OF PSYCHOLOGY AND COUNSELLING

SUMANA ASSOCIATION

PRESENTS

# ZUMBA SESSION

A high-energy dance fitness session to boost mood and health!

**Date:** 23rd January, 2026

**Time:** 01:00 - 02:00 PM

**Venue:** Science Block Quadrangle  
(Banyan Tree)

**Teacher Co-ordinators**

Ms. Keerthana: 9902469751

Mr. Vishanth: 8892654860

**Student Co-ordinators**

Kelly: 8606311279

Annalie: 8669753173

