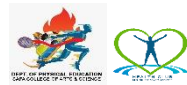




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HEALTH AND FITNESS CLUB REPORT-2023-24



YOGA DAY CELEBRATION & CERTIFICATE DISTRIBUTION OF 2021-22 CERTIFICATE COURSE

YOGA DAY CELEBRATION & CERTIFICATE DISTRIBUTION OF 2021-22 CERTIFICATE COURSE



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On June 21, 2022, Safa College Health Club organized a vibrant celebration in honor of International Yoga Day. The event not only marked the significance of yoga in promoting physical and mental well-being but also served as an occasion for the distribution of certificates for the 2021-22 certificate course.

Dr. Nidhin, the esteemed principal of Safa College, inaugurated the program, emphasizing the importance of yoga in maintaining a healthy lifestyle and fostering holistic well-being. Mr. Ameen Navas KP, the Head of the Department of Physical Education, extended a warm welcome to all attendees, setting the tone for the event's success. Mrs. Sneha Balan conducted the yoga session, guiding participants through various poses and breathing exercises aimed at enhancing flexibility, strength, and inner peace. Mr. Shafeeq, the Program Officer of the National Service Scheme (NSS), delivered the vote of thanks. He expressed gratitude to all participants, organizers, and guests for their contribution to making the event a success.



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2022 JUNE 21

INTERNATIONAL

YOGA

DAY CELEBRATION



UNIT : 184



DEPT. OF PHYSICAL EDUCATION
SAFA COLLEGE OF ARTS & SCIENCE
 [safa_sports](#)



SNEHA BALAN
MPhil Physical Education
Yoga Trainer

10.00 AM
Venue: A. V Hall

Organised by
Department of Physical Education & NSS



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PARTICIPANTS LIST

SL NO	NAME OF THE STUDENT	PROGRAM & SEM	Contact Number	SIGNATURE
1	Sahna Sahana kv	2nd sem BBA	9795073538	
2	Shelva karan . p.	2nd Sem Bsw	6235003360	
3	Fathima Shifara . m	2nd Sem Bsw	85 90 05 30 30	
4	Navya . P	5 th Sem BA English	9037865002	
5	Fathimath Subaida kc	5 th Sem BA English	9747116194	
6	Hafsunisa P.K	6 th sem Bsc Psychology	9645404274	
7	Mohammed Musthafa . m	2nd Sem BCA	9061101092	
8	Afeefa shirain P	2nd sem Bsc psychology	7559844707	
9	SUVAIBATH . VP	2 nd sem BSC PSYCHOLOGY	70 25 60 26 49	
10	Sinan Abdullah	2nd sem Bsc psychology	7994740427	
11	Mohamed Rizwan P.	2 nd sem BSW.	8157049680	
12	Shiban	2 nd sem BSW	9061788927	
13	AnnRiya J kunnath	2 nd sem BSW	9847186863	
14	mohammed nafil	2nd sem BANC	9946925372	
15	Favin - E	4 th sem B. Com	9046918864 8082	
16	Fanis P.P	2nd sem BAFT	6236713839	
17	Labeab . k.v	4 th sem BANC	7559587010	
18	Safwan . m	2nd sem BSW	9748471761	
19	Muhammed Yaseen NI	2nd sem BANC	9207537303	
20	Ashhan . A	5 th sem BSW	9567539547	
21	mahsheek . kp	5 th // //	8606211983	
22	Fovash - A	5 th sem BCOM	8943117272	
23	Fathima nashi - M	2 nd sem BOEFT	9605870942 7356532694	
24	Nabila . v	2 nd sem BOEFT	7356532694	
25	Fathima shirin . AV	2nd sem BOEFT	8137007594	



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NAME OF THE STUDENT	PROGRAM & SEM	Contact Number	SIGNATURE
Ramsbeena K.P	2 nd sem BAEFT	8086430015	
Hiba .M	2 nd sem BSW	8137802823	
Drisyaa.P	2 nd sem BSW	859409807	
Ahna Beevi	2 nd sem Psychology	7994638929	
Naseef Anwar	2 nd sem Psychology	9995437018	
Sai Bharath	2 nd sem BCA	9605486201	
Vasim	2 nd sem BCA	9995285032	
Hashim	2 nd sem BSW	8921641963	
FATHIMA RAZA P.T	2 nd sem BCA	8075216369	
Subina Sherin	2 nd sem BA Eng	8129280181	
Shamna Sheshin	2 nd sem BBA	7356868755	
Muhammed shahin	2 nd sem BA Eng	8086550682	
Rinsha	2 nd sem BA Eng	9847862919	
Ifasbi	2 nd sem Bcom	961361334	
Raaf	2 nd sem BA Eng	9745322004	
Hasna .E	2 nd sem BA Eng	8929979349	
Arathi A.v	2 nd sem B.com	9645244886	
Nandana .M	2 nd sem BSW	9847481383	
Dilsana .E.V	2 nd sem Psychology	9605639128	
Sayna jasmin .E	2 nd sem psychology	8849907959	
Shabna .P	2 nd sem Psychology	9745908063	
Muhammed fazil m.P	2 nd sem B.B.A	8136850227	
IRSHAD - R.K	2 nd sem BA Eng	8590480736	
Muhammed shameem.P	2 nd sem BBA	9645413427	
ARSHAD P.T	2 nd sem BBA	9656310483	
Adithya .K	2 nd sem B.A.K	9645420830	
Muhammed Nijas .E.P	2 nd sem BCA	9074185739	



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CERTIFICATE DISTRIBUTION OF 2021-22 CERTIFICATE COURSE



YOGA DEMONSTRATION CLASS BY MRS. SNEHA BALAN

DEPARTMENT OF PHYSICAL EDUCATION