



**ASSABAH ARTS AND SCIENCE COLLEGE  
VALAYAMKULAM**



**DEPARTMENT OF PHYSICAL  
EDUCATION**

**SUBMITTED BY:**

**SUBIN K S**

**(HEAD OF PHYSICAL EDUCATION DEPARTMENT )**



**UNIVERSITY OF CALICUT  
B-ZONE & INTER-ZONE REPORT**



**ASSABAH ARTS AND SCIENCE COLLEGE  
VALAYAMKULAM**

**2022 – 2023**

# YOGA DAY CELEBRATION

## **Embracing Wellness at Assabah College**

**Date:** 21 June 2022

**Organized By:** Department of Physical Education in collaboration  
with NSS Unit 240

**Venue:** Assabah College Auditorium, Valayankulam

**Target Participants:** Assabah NSS Students

**Participated Students:** 34

**Trainer:** Mr. Subin.k.s (Head of Physical Education Department)

The sun rose gracefully on the morning of June 21, 2022, marking the auspicious occasion of International Yoga Day at Assabah College. The Department of Physical Education, in partnership with NSS Unit 240, orchestrated an enlightening event aimed at promoting holistic wellness among the students. As the clock struck the appointed hour, the serene ambiance of the Assabah College Auditorium welcomed the eager participants, ready to embark on a journey of self-discovery and inner harmony.

The proceedings commenced with a warm welcome by Mr. Rajesh Kannan, the esteemed NSS Officer, whose words resonated with enthusiasm and anticipation. He extended his heartfelt gratitude to all present, emphasizing the

significance of yoga in nurturing both physical and mental well-being. His words set the tone for a day filled with enlightenment and rejuvenation.

Under the expert guidance of Mr. Subin.K.S, Head of Physical Education, the participants delved into the essence of yogic practices. Mr. Subin's profound knowledge and passion for yoga ignited a sense of curiosity among the students, eager to explore the depths of this ancient discipline.

The sessions unfolded seamlessly, with each asana revealing its unique benefits and significance. From the grounding Tadasana to the calming Savasana, every posture carried a message of balance and harmony. Mr. Subin's engaging demeanor and hands-on approach ensured that every participant experienced the transformative power of yoga firsthand.

Amidst the serenity of the auditorium, the esteemed presence of Prof. Mohamed Koya. M N, the Principal of Assabah Arts & Science College, graced the occasion with his insightful words. His presidential address encapsulated the essence of yoga as a catalyst for personal and societal transformation. Prof. Koya eloquently articulated the importance of integrating yoga into daily life, emphasizing its role in fostering a culture of wellness and resilience.

His impassioned plea resonated with the audience, inspiring a collective commitment to embrace yoga as a way of life. Prof. Koya's unwavering support served as a beacon of encouragement, guiding the participants towards a brighter and healthier future.

As the day drew to a close, the echoes of laughter and camaraderie filled the auditorium, a testament to the success of the Yoga Day celebration at Assabah College. The event had transcended mere physical exercise, emerging as a profound journey of self-discovery and inner transformation.

As the participants bid farewell to the day, they carried with them not only the physical benefits of yoga but also a renewed sense of purpose and vitality. The seeds of wellness planted on this auspicious day were destined to flourish, nurturing a generation empowered to lead lives of balance, resilience, and fulfillment.

In retrospect, the Yoga Day celebration at Assabah College stood as a beacon of hope and inspiration, igniting a spark of change that would ripple across hearts and minds for years to come.

As dawn broke on June 21, 2022, Assabah College became a sanctuary of serenity, welcoming students to embark on a profound journey within themselves. The Yoga Day celebration, meticulously organized by the Department of Physical Education in collaboration with NSS Unit 240, was not merely an event but a transformative experience.

The essence of yoga, as elucidated by Mr. Subin.K.S, transcended the physical realm, delving deep into the recesses of the mind and soul. Through the practice of asanas, pranayama, and meditation, participants unearthed hidden reservoirs of strength, resilience, and inner peace.

Each posture became a metaphor for life itself – a reminder to stand tall in the face of adversity, to breathe deeply amidst chaos, and to find stillness amidst the whirlwind of existence. Mr. Subin's guidance illuminated the path, empowering students to navigate life's challenges with grace and equanimity.

At the heart of Assabah College lies a steadfast commitment to holistic wellness – a commitment that found expression in the spirited celebration of International Yoga Day. Led by the indomitable spirit of Mr. Rajesh Kannan, NSS Officer extraordinaire, the event embodied the college's ethos of nurturing mind, body, and spirit.

Mr. Rajesh's welcome speech reverberated with warmth and sincerity, setting the stage for a day of exploration and discovery. His words served as a gentle reminder that true wellness encompasses not only physical fitness but also mental clarity and emotional resilience.

In the hallowed halls of Assabah College Auditorium, students found sanctuary – a safe haven where they could shed their inhibitions, embrace their vulnerabilities, and emerge stronger, more resilient versions of themselves. Here, amidst the camaraderie of peers and the guidance of mentors, they discovered the transformative power of yoga – a power that would stay with them long after the echoes of the day had faded.

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As the curtains drew to a close on the Yoga Day celebration at Assabah College, a new chapter began – a chapter brimming with promise, potential, and infinite possibilities. Under the visionary leadership of Prof. Mohamed Koya. M N, Principal par excellence, the college charted a course towards a future defined by wellness, resilience, and holistic growth.

Prof. Koya's presidential address served as a clarion call to action, inspiring students to become torchbearers of change in their communities. His words resonated with conviction, igniting a spark of passion within each participant – a spark that would illuminate the path towards a brighter, healthier future for all.

As students dispersed, their hearts ablaze with newfound purpose, Assabah College stood as a beacon of hope – a testament to the transformative power of education, community, and the timeless wisdom of yoga.

In the annals of Assabah College's history, June 21, 2022, will be remembered as more than just another day. It will be remembered as a day of awakening – a day when students, faculty, and staff came together to celebrate the boundless potential of the human spirit.

Though the event may have ended, its legacy lives on – in the hearts and minds of all who participated, in the echoes of laughter and camaraderie that filled the auditorium, and in the timeless wisdom of yoga, which continues to guide us on our journey through life.

As we bid adieu to this chapter in our collective story, let us carry forward the lessons learned, the friendships forged, and the spirit of unity that defined this momentous occasion. For in doing so, we honor not only the past but also the future – a future brimming with promise, potential, and infinite possibility.

In the tapestry of time, the celebration of International Yoga Day at Assabah College will forever shine as a beacon of enlightenment and unity. As we reflect on the events of June 21, 2022, we are reminded of the timeless wisdom encapsulated within the practice of yoga – a wisdom that transcends borders, cultures, and generations.



Through the dedicated efforts of the Department of Physical Education, NSS Unit 240, and the unwavering support of Principal Prof. Mohamed Koya. M N, Assabah College has reaffirmed its commitment to nurturing holistic wellness among its students. The transformative power of yoga, as experienced by all who participated, serves as a testament to the boundless potential of the human spirit.

As we journey forward, let us carry with us the lessons learned, the friendships forged, and the profound sense of unity that permeated the atmosphere on that memorable day. Let us continue to embrace the light of yoga, allowing it to guide us on our path towards personal growth, societal harmony, and spiritual fulfillment.

May the spirit of International Yoga Day live on in our hearts, inspiring us to cultivate compassion, resilience, and inner peace each and every day. For in the practice of yoga, we discover not only physical strength but also mental clarity, emotional resilience, and spiritual awakening.

As the sun sets on this chapter in our collective story, let us look to the horizon with hope and gratitude, knowing that the light of yoga will forever illuminate our way.



ASSABAH ARTS AND SCIENCE COLLEGE  
VALAYAMKULAM

Join the Worldwide Meditation Event to Celebrate

# INTERNATIONAL DAY OF YOGA 2022



NSS UNIT 240

Meditate with thousands of people worldwide  
for the intention of overall peace.

June 21, 2022 | 10 AM. GMT  
AT COLLEGE AUDITORIUM

DEPARTMENT OF PHYSICAL EDUCATION

**ASSABAH ARTS & SCIENCE  
COLLEGE VALAYAMKULAM**



NATIONAL SERVICE SCHEME  
UNIT NO :240



INTERNATIONAL YOGA DAY



21 JUNE

"YOGA FOR HUMANITY"



ASSABAH ARTS AND SCIENCE  
COLLEGE VALAYAMKULAM  
NSS UNIT 240  
INTERNATIONAL YOGA DAY

2022 JUNE - 21



COLLEGE AUDITORIUM  
TIME 10.30 am







# **Department Wise Volleyball Tournament**

## **Triumph on the Court**

**Date:** 29 June 2022

**Organized by:** Department of Physical Education

**Match:** Departments VS Departments

**Venue:** Assabah College Volleyball Court, Valayamkulam

**Target Participants:** Assabah Students

**Participated Students:** 58

The sun-kissed courts of Assabah College reverberated with palpable excitement as the Department of Physical Education orchestrated a spectacular Department Wise Volleyball Tournament on June 29, 2022. With 58 spirited participants, the atmosphere was charged with anticipation. Mr. Subin K.S, the Head of Physical Education, stood tall amidst the eager crowd, delivering a stirring welcome speech that kindled the flames of enthusiasm and camaraderie. His words, laden with encouragement and optimism, served as the beacon guiding

the participants towards a day filled with memorable contests and unforgettable moments.

The inauguration ceremony unfolded in a grandeur befitting the occasion, as the esteemed presence of Prof. Mohamed Koya. M N, Principal of Assabah Arts & Science College, graced the event with his inspiring words and dignified aura. Prof. Koya's impassioned address underscored the significance of sports in shaping not just athletes, but well-rounded individuals equipped to face life's myriad challenges. Amidst the solemnity of the ceremony, a moment of appreciation was reserved for Mr. Abdul Rahman and Mr. Swalih, esteemed faculty members from the English and Geology Departments respectively, who were felicitated for their unwavering support and guidance in nurturing the holistic development of the students.

The tournament unfolded like an epic saga, each match a chapter brimming with suspense, skill, and unyielding determination. The spirited clashes on the court showcased not just the physical prowess of the athletes, but also the indomitable spirit that defines the Assabah College community. In a breathtaking finale, the BBA Department emerged victorious, their synchronized movements and unwavering resolve propelling them to claim the coveted championship title. However, amidst the jubilation of victory, the BA Department's gallant effort must not go unnoticed, as they valiantly battled to secure the runner-up position, displaying sportsmanship and grace in defeat.

Amidst the fervor of the tournament, the spectators found themselves enthralled by the captivating displays of athleticism and sportsmanship on the court. Their cheers and chants echoed across the venue, infusing the atmosphere with an infectious energy that spurred the players on to greater heights. Beyond

mere spectators, they became active participants in the unfolding drama, their unwavering support serving as a source of motivation for the competing teams.

Furthermore, the tournament served as a beacon of community engagement, drawing together students, faculty, and staff from various departments under the common banner of sportsmanship and camaraderie. In this melting pot of diversity, barriers were transcended, and bonds were forged, creating a sense of unity and belonging that reverberated long after the final whistle had blown.

As the echoes of the tournament gradually faded into the recesses of memory, it left behind a trail of reflections and aspirations that lingered in the hearts and minds of all who were fortunate enough to be part of this momentous occasion. It served as a poignant reminder of the transformative power of sports, transcending boundaries and instilling values of discipline, teamwork, and perseverance.

Looking towards the future, the Department of Physical Education at Assabah College remains steadfast in its commitment to nurturing not just athletes, but well-rounded individuals equipped to excel in all facets of life. With renewed vigor and determination, the college endeavors to expand its sporting initiatives, fostering a culture of active participation and healthy competition that enriches the lives of all members of the Assabah College community.

In conclusion, the Department Wise Volleyball Tournament stands not merely as a testament to athletic prowess, but as a celebration of the human spirit - resilient, determined, and united in pursuit of excellence. As the sun sets on this



chapter, a new dawn awaits, brimming with endless possibilities and boundless opportunities for growth and self-discovery.

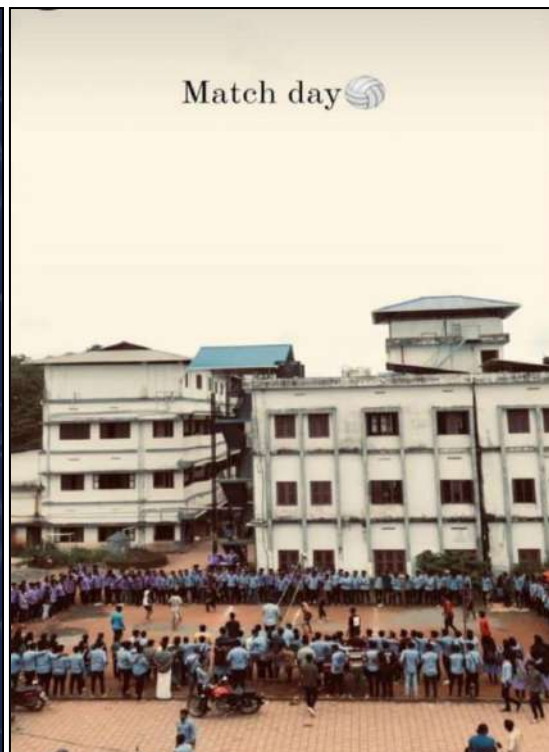
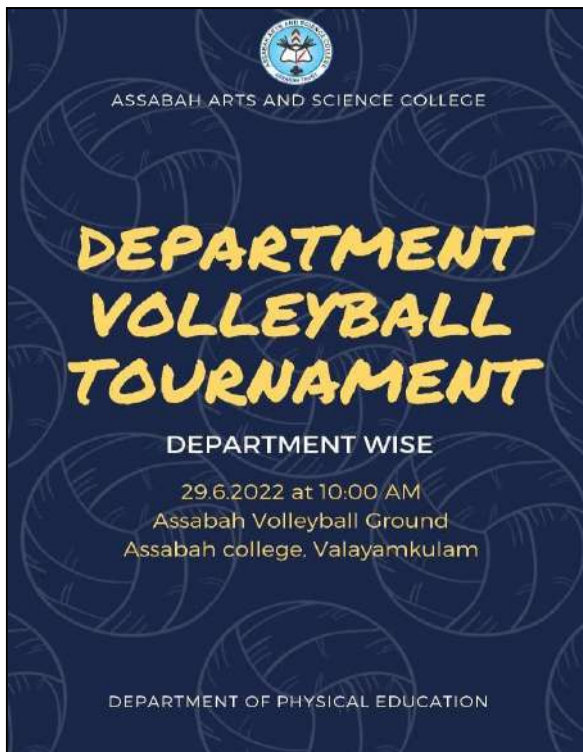
As the final echoes of cheers and applause faded into the horizon, Ramees, a beacon of gratitude from the 5th Semester BBA cohort, stepped forward to express profound thanks on behalf of all participants. In his heartfelt address, Ramees extended gratitude to all those who played a part in making the tournament a resounding success. Special commendations were reserved for Prof. Mohamed Koya. M N, whose visionary leadership continues to inspire, and Mr. Subin K.S, whose unwavering dedication ensured the seamless execution of the event. With a sense of nostalgia tinged with anticipation, the report bids adieu to the Department Wise Volleyball Tournament, its memories destined to linger as a testament to the indomitable spirit of sportsmanship and excellence that defines the Assabah College community.

As the curtains draw to a close on this unforgettable chapter of sporting excellence, the Department Wise Volleyball Tournament leaves behind a legacy etched in the annals of Assabah College's history. Beyond the victories and accolades, it symbolizes the triumph of spirit over adversity, unity over division, and passion over apathy.

In the echoes of each serve, each spike, and each triumphant roar, lies a testament to the indomitable human spirit - resilient, courageous, and ever-striving for greatness. The tournament has not only showcased the athletic prowess of its participants but has also served as a powerful reminder of the transformative power of sports in fostering camaraderie, discipline, and a sense of belonging.

As we bid adieu to this chapter and embark upon new journeys, let us carry forward the lessons learned on the court - the importance of teamwork, perseverance, and above all, the unwavering belief in oneself. Let us strive not just for victory on the scoreboard, but for the triumph of character and integrity in all our endeavors.

In the grand tapestry of life, the Department Wise Volleyball Tournament will forever remain a vibrant thread, weaving together the memories, friendships, and aspirations of all who were fortunate enough to be part of this extraordinary journey. And as we look towards the horizon, let us do so with hearts full of gratitude, minds brimming with inspiration, and spirits ablaze with the promise of a future illuminated by the enduring values of sportsmanship and excellence.







# CHINGAM – 1

## **Commemorating Kerala's Cultural Heritage: Chingam - 1 Festivities at Assabah Arts and Science College**

**Date:** 17 AUGUST 2023

**Organized by:** Department In Collaboration With Department Of  
Languages

**Venue:** College Campus (Assabah Arts And Science College,  
Valasayamkulam)

In the verdant expanse of Assabah Arts and Science College nestled in Valayamkulam, Chingam - 1 unfolded as a grand tapestry of celebrations, a vibrant homage to Kerala's rich cultural legacy. Orchestrated by the Department of Physical Education in tandem with the Department of Languages, the event burgeoned into a jubilant tribute to Malayali Farmers' Day on August 17. Embark on a captivating journey with us through the enchanting festivities, where tradition intertwined seamlessly with innovation, and every moment became a celebration of Kerala's essence.

Transport yourself back in time and immerse in the evocative nostalgia of Kerala's agricultural past. From the rhythmic beats of Thiruvathirakali echoing through the air to the rustic allure of antique household items, the campus adorned itself with remnants of a bygone era. Children and visitors alike marveled at the meticulous display of ancient agricultural implements and the intricately crafted

handicraft houses fashioned from coconut, a living testament to Kerala's ingenuity and craftsmanship. Amidst the vibrant foliage, the biodiversity of Keram unfurled, painting a vivid tableau of Kerala's natural splendor and agricultural abundance.

Embark on a gastronomic odyssey through Kerala's culinary kaleidoscope, where each flavor tells a tale of tradition and innovation. The air was redolent with the tantalizing aroma of Kerala's unique delicacies, enticing attendees to savor every delectable morsel. From the fiery complexity of traditional curries to the sublime sweetness of freshly prepared desserts, each dish offered a sensory journey through Kerala's rich culinary heritage. The food exhibition stood as a veritable feast for the senses, offering a tantalizing glimpse into the diverse flavors that define Kerala's gastronomic landscape, a culinary heritage steeped in history and tradition.

As the sun dipped below the horizon, the campus metamorphosed into a stage for celebrating Kerala's vibrant folk traditions. The melodious strains of Pullavan songs filled the air, transporting attendees to a realm of timeless beauty and tradition. Through expressive performances and vibrant displays, the essence of Malayalee art forms was brought to life, captivating hearts and minds alike. From the rhythmic swirls of traditional dances to the colorful hues of ornate attire, every moment resonated with the spirit of Kerala's rich folk heritage. As the stars adorned the night sky, the echoes of Chingam - 1 lingered, a poignant reminder of the enduring legacy of Kerala's cultural tapestry.

This comprehensive four-page report encapsulates the essence of Chingam - 1 celebrations at Assabah Arts and Science College, offering a

mesmerizing glimpse into the vibrant tapestry of Kerala's cultural heritage, a celebration steeped in tradition and marked by innovation.

Beyond the festivities, Chingam - 1 served as a bridge between generations, fostering a deeper appreciation for Kerala's rich cultural legacy. Children eagerly absorbed the stories of yesteryears as they explored the intricate displays of agricultural implements, connecting with the timeless traditions that form the bedrock of Kerala's identity. Through interactive workshops and demonstrations, the younger generation gained invaluable insights into the resilience and ingenuity of Kerala's farmers, laying the foundation for a future steeped in reverence for the land and its heritage.

Amidst the festivities, Chingam - 1 provided a fertile ground for nurturing artistic expression, inspiring creativity in all its forms. From the vibrant hues of traditional art forms to the harmonious melodies of folk music, the campus reverberated with the creative energy of Kerala's artistic heritage. Through hands-on workshops and interactive sessions, participants were encouraged to explore their creative potential, weaving their own stories into the rich tapestry of Kerala's cultural landscape.

At its core, Chingam - 1 was a celebration of community spirit, bringing together individuals from diverse backgrounds to revel in the shared heritage of Kerala. As students from nearby schools mingled with college students, and visitors from far and wide joined in the festivities, the campus transformed into a melting pot of culture and camaraderie. Bonds were forged, friendships kindled, and memories created, as attendees united in their appreciation for Kerala's

vibrant cultural tapestry, transcending boundaries and fostering a sense of unity and belonging.

Amidst the festivities of Chingam - 1, a commitment to environmental stewardship echoed through the campus, weaving seamlessly into the fabric of Kerala's cultural heritage. From the celebration of Keram's biodiversity to the utilization of eco-friendly materials in handicrafts, attendees were reminded of the intrinsic connection between culture and the natural world. Through educational workshops and initiatives promoting sustainable practices, Chingam - 1 served as a catalyst for fostering environmental consciousness, ensuring that Kerala's rich cultural legacy remains intertwined with its commitment to preserving the planet for generations to come.

As Kerala's agricultural traditions took center stage at Chingam - 1, the event also served as a platform for inspiring innovation in farming practices. Through demonstrations of modern agricultural techniques and discussions on sustainable farming methods, attendees were empowered to embrace the spirit of innovation while honoring the wisdom of generations past. By bridging the gap between tradition and technology, Chingam - 1 paved the way for a future where Kerala's agricultural heritage thrives in harmony with advancements in science and technology, ensuring a sustainable and prosperous future for generations of farmers to come.

Beyond the confines of Assabah Arts and Science College, Chingam - 1 served as a beacon of cultural diplomacy, fostering connections that transcend geographical boundaries. Through the participation of students from nearby schools and the engagement of visitors from diverse backgrounds, the event



sparked dialogues and forged friendships that transcended language and cultural differences. As attendees exchanged stories, shared experiences, and celebrated Kerala's vibrant cultural heritage, Chingam - 1 became a testament to the power of culture to unite hearts and minds, strengthening bonds that endure far beyond the confines of a single day's celebration.

As we reflect on the vibrant tapestry of celebrations that unfolded at Assabah Arts and Science College on Chingam - 1, we are reminded of the enduring legacy of Kerala's cultural richness. As the sun set on the festivities, it also illuminated a path forward—a path guided by the principles of celebration, innovation, and sustainability. As we carry the spirit of Chingam - 1 in our hearts, let us embrace the challenges and opportunities that lie ahead, confident in the knowledge that Kerala's cultural heritage will continue to thrive and evolve, inspiring generations to come.

Chingam - 1 at Assabah Arts and Science College stands as a testament to the vibrant tapestry of Kerala's cultural heritage—a mosaic woven from the threads of tradition, innovation, and community spirit. Through captivating displays, immersive experiences, and spirited celebrations, the event breathed life into Kerala's rich agricultural legacy, culinary delights, folk traditions, and artistic expressions.

As attendees immersed themselves in the festivities, they were transported on a journey through time, reconnecting with the timeless traditions that define Kerala's identity. From the rustic charm of antique agricultural implements to the melodious strains of Pullavan songs, every moment was a tribute to the resilience and creativity of Kerala's people.