



**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**

**2023 – 2024**

## **Football Awareness Class**

### **Igniting Passion: A Triumph of Knowledge and Spirit**

**Date:** 27th July 2023

**Venue:** Assabah College Auditorium, Valayamkulam

**Organized by:** Department of Physical Education

**Coach:** Mr. JALI P. IBRAHIM (Personal training for professional players)  
Mr. JISHNU (Football coach)

**Participated students:** 81

The sun ascended in a sky painted with anticipation as Assabah College Auditorium embraced 81 fervent souls, united by their shared love for the game - football. Today wasn't just another date on the calendar; it was a milestone etched in the hearts of those gathered. The Department of Physical Education, committed to holistic development, orchestrated a harmonious blend of knowledge and athleticism.

As the clock struck the appointed hour, Mr. Subin K S, Head of the Physical Education Department, graced the podium. His voice, resonating through the hall, extended a heartfelt welcome, setting the stage for an enlightening and transformative experience.

The auspicious occasion was dignified by the presence of Prof. Mohamed Koya M.N, the illustrious Principal of Assabah Arts and Science College. His aura of eminence lent credence to the significance of the event, emphasizing the pivotal role of sports in character building and discipline.

The aim of the Football Awareness Class stood resolute - to impart knowledge transcending the confines of the playing field. It aimed to coach participants on fitness, elucidate essential methodologies, and refine coaching skills. Thus, the canvas of possibilities unfurled, guided by the wisdom of seasoned mentors.

Under the tutelage of the dynamic duo, Mr. Jali P. Ibrahim, a revered personal trainer for professional players, and Coach Jishnu, sessions unfolded with a fusion of expertise and passion. Mr. Ibrahim's discourse delved into the depths of fitness, unraveling the intricacies of conditioning and endurance. His anecdotes from the professional realm added authenticity, resonating deeply with the aspiring athletes.

Coach Jishnu, armed with profound insights into the game, navigated through the labyrinth of methodologies. From tactical formations to strategic gameplay, every facet was dissected and elucidated. Participants found themselves immersed in a sea of knowledge, their thirst for learning quenched by the fountain of wisdom flowing from the dais.

Amidst the riveting sessions and enlightening discussions, a palpable sense of camaraderie permeated the auditorium. Strangers became teammates, bound by their shared pursuit of excellence on and off the field. Bonds forged in

the crucible of learning promised to endure, transcending the confines of the event.

Interactive activities and group exercises served as catalysts, breaking down barriers and fostering an environment of inclusivity. Each participant found their voice, contributing to the collective tapestry of knowledge and camaraderie.

The Football Awareness Class wasn't just about refining skills; it was about empowerment and self-discovery. Participants embarked on a journey of introspection, discovering the untapped reservoirs of potential within themselves. Through guidance and mentorship, they learned to harness their strengths and confront their weaknesses with resilience and determination.

As they delved deeper into the intricacies of the game, they unearthed profound truths about teamwork, leadership, and perseverance. The lessons learned transcended football, resonating with life's broader tapestry, empowering each participant to navigate the complexities of existence with grace and fortitude.

As the curtain fell on this momentous day, it marked not just an end but a new beginning. Armed with newfound knowledge and fortified spirits, participants embarked on their individual journeys, carrying with them the lessons learned and memories cherished.

The Football Awareness Class of 27th July 2023 will forever stand as a testament to the transformative power of education and sportsmanship. It ignited flames of passion, fostered bonds of camaraderie, and empowered individuals to chart their paths towards greatness.

As the echoes of the day fade into the ether, they leave behind a legacy of inspiration and aspiration. The journey doesn't end here; it's merely a stepping stone towards a future filled with boundless possibilities and untold triumphs.

The ripple effects of the Football Awareness Class extended far beyond the confines of the auditorium. It seeped into the corridors of the college, invigorating the spirit of athleticism and camaraderie. The impact of the event echoed through the halls, inspiring future generations of athletes to strive for excellence and embody the values of sportsmanship.

Participants returned to their respective teams and communities as ambassadors of change, armed with the knowledge and passion to ignite transformation. Their collective enthusiasm became a beacon of hope, illuminating the path towards a future where dedication, perseverance, and teamwork reign supreme.

In the aftermath of the event, participants took a moment to reflect on their experiences. Testimonials poured in, each a testament to the profound impact of the Football Awareness Class. From newfound fitness regimens to tactical insights, every individual found something invaluable to take away from the day's proceedings.

"I never knew fitness could be so holistic and integral to my performance on the field. Thanks to the insights shared by Mr. Ibrahim, I feel empowered to take my game to new heights," remarked one participant.

"The coaching sessions with Coach Jishnu opened my eyes to the strategic nuances of the game. I now see football through a different lens, and I'm eager to implement what I've learned in our upcoming matches," shared another.

As the fervor of the event gradually subsided, the challenge remained to sustain the momentum generated by the Football Awareness Class. The Department of Physical Education pledged its commitment to continue nurturing the talents and aspirations of young athletes, ensuring that the flame ignited on this auspicious day never dims.

Plans were set in motion for follow-up workshops, training sessions, and intercollegiate competitions aimed at fostering a culture of excellence and sportsmanship. The legacy of the Football Awareness Class would endure, serving as a guiding light for future endeavors in the realm of sports education.

The Football Awareness Class of 27th July 2023 stands not merely as an event but as a testament to the transformative power of passion, knowledge, and community. From the moment the first whistle blew to the final echoes of applause, it was evident that something extraordinary had transpired within the hallowed halls of Assabah College Auditorium.

Participants, mentors, and organizers converged with a shared purpose - to ignite flames of passion, foster bonds of camaraderie, and empower individuals to chart their paths towards greatness. Through insightful sessions, interactive activities, and heartfelt discussions, the event transcended its role as a mere gathering, becoming a crucible of transformation.

As the curtain falls on this unforgettable chapter, we carry forward the lessons learned and the memories cherished, knowing that the journey of self-discovery and excellence is an ongoing odyssey. The legacy of the Football Awareness Class will endure, serving as a beacon of inspiration for future generations of athletes and enthusiasts.

In the end, it is not the trophies won or the accolades earned that define our success, but the lives touched, the passions ignited, and the communities strengthened. As we bid adieu to this chapter, let us do so with hearts full of gratitude and spirits ablaze with inspiration, for the journey towards greatness is one we embark upon together.

With fond memories and hopeful anticipation, we look towards the future, where the echoes of the Football Awareness Class will continue to resonate, reminding us of the boundless potential that lies within each of us.







## **Mental Health Awareness Class**

### **Breaking Barriers: Empowering Minds, Nurturing Wellness**

**Date:** 16 August 2023

**Venue:** Assabah College Conference Hall, Valayamkulam

**Orgd by:** Department of Physical Education

**Advisors:** Mr. Jali P. Ibrahim (Football Coach)

**[Topic:** Myths And Reality In Fitness]

**: Mrs. Dr. Shalima shamsudheen**

**[Topic:** How To Handle Mental Pressure For Teenagers]

**Target Participants:** Assabah College Students

**Participated Students:** 77

The Mental Health Awareness Class held on August 16, 2023, at the Assabah College Conference Hall, Valayamkulam, marked a pivotal moment in our collective journey towards holistic well-being. Organized by the Department

of Physical Education, this event aimed to break down barriers and empower students to prioritize their mental health. With a turnout of 77 eager participants, the stage was set for a day of enlightenment, growth, and transformation.

The event commenced with a vibrant welcome from Mr. Subin K S, Head of the Physical Education Department, setting a tone of inclusivity and warmth. Mr. Jali P. Ibrahim, renowned football coach, then took center stage, delving into the myths and realities surrounding fitness. Through his dynamic presentation, he encouraged participants to embrace a balanced approach to health, shattering misconceptions along the way.

Following Mr. Ibrahim's empowering talk, Mrs. Dr. Shalima Samsudheen, a respected psychologist, captivated the audience with her insights on handling mental pressure for teenagers. Her empathetic guidance and practical strategies resonated deeply, igniting a spark of hope and resilience within each attendee.

The inauguration ceremony, graced by Prof. Mohamed Koya M.N, Principal of Assabah Arts and Science College, added a sense of prestige and importance to the event. His words echoed a commitment to nurturing wellness and fostering a supportive community within the college.

Throughout the day, interactive activities and group discussions provided platforms for students to share their experiences and perspectives. These moments of connection fostered a sense of belonging and understanding, reinforcing the importance of unity in our pursuit of mental health awareness.

The ripple effects of the Mental Health Awareness Class extended far beyond the confines of the conference hall. Participants left with a newfound sense of empowerment, equipped with knowledge and tools to navigate the complexities of their mental well-being. The discussions sparked during the event lingered in the air, encouraging ongoing dialogue and support among peers.

As the sun set on August 16, 2023, the seeds of change planted during the Mental Health Awareness Class began to take root. Students emerged not only with a deeper understanding of mental health but also with a renewed commitment to self-care and compassion. This transformational experience served as a catalyst for personal growth and collective resilience, paving the way for a brighter tomorrow.

The impact of the Mental Health Awareness Class did not dwindle with the setting sun; rather, it served as a catalyst for ongoing initiatives within the college community. The Department of Physical Education, in collaboration with student organizations, vowed to sustain the momentum generated by the event.

Plans were set in motion for regular workshops, support groups, and awareness campaigns aimed at fostering a culture of well-being on campus. By prioritizing mental health education and support, Assabah College embarked on a journey towards becoming a beacon of holistic wellness in the academic sphere.

The success of the Mental Health Awareness Class underscored the importance of collective action in promoting mental well-being. As students, educators, and administrators, we have a responsibility to prioritize mental health and support one another on this journey.

Let us heed the lessons learned and the connections forged during the event, committing ourselves to ongoing dialogue, advocacy, and support. Together, we can break down barriers, empower minds, and nurture wellness, creating a community where every individual feels seen, heard, and valued.

As we look ahead to the future, let us carry the spirit of the Mental Health Awareness Class with us in all our endeavors. May we continue to prioritize mental health education, support, and advocacy, both within our college community and beyond.

With each step we take towards holistic well-being, we inch closer to a world where mental health is destigmatized, resources are readily available, and individuals are empowered to thrive. Together, let us create a future where mental health is not just a priority but a fundamental human right.

The journey towards holistic well-being is not without its challenges, but it is through these challenges that we find opportunities for growth and resilience. The Mental Health Awareness Class served as a reminder that resilience is not about avoiding adversity but rather about facing it with courage and compassion.

As we navigate the ups and downs of life, let us draw upon the lessons learned during the event to cultivate inner strength and resilience. Together, we can weather any storm and emerge stronger, more compassionate individuals.

The Mental Health Awareness Class provided a platform for voices that are often marginalized or silenced. It gave space for individuals to share their experiences, struggles, and triumphs, fostering a sense of solidarity and understanding.

Moving forward, let us continue to amplify these voices, ensuring that everyone feels heard, valued, and supported. By centering diverse perspectives and experiences, we can create a more inclusive and compassionate community.

As the echoes of the Mental Health Awareness Class fade into memory, its legacy of compassion and understanding lives on. The seeds of change planted on August 16, 2023, continue to bear fruit, inspiring future generations to prioritize mental health and wellness.

Let us carry this legacy forward with pride and determination, knowing that our efforts today will shape the world of tomorrow. Together, let us build a future where mental health is celebrated, supported, and cherished by all.

The Mental Health Awareness Class was not merely a one-time event but rather a catalyst for ongoing growth and transformation. It sparked a collective awakening, igniting a flame of curiosity and introspection within each participant.

As we embrace this journey of self-discovery and personal growth, let us approach each day with an open heart and a willingness to learn. Together, we can break free from the shackles of stigma and ignorance, embracing our imperfections and celebrating our unique journeys towards well-being.

In the wake of the Mental Health Awareness Class, bridges were forged, connecting individuals from diverse backgrounds and experiences. These bridges serve as pathways for empathy, understanding, and support, bridging the gap between isolation and connection.

Let us nurture these bridges, reaching out to one another with kindness and compassion. By building strong connections within our community, we can create a safety net of support, ensuring that no one ever has to face their struggles alone.

The true measure of the Mental Health Awareness Class lies not in the words spoken but in the actions inspired. It is through our collective efforts to create positive change that we truly honor the spirit of the event.

Let us take inspired action, advocating for mental health awareness, destigmatizing mental illness, and promoting self-care and compassion. Together, we have the power to shape a brighter, more inclusive future for generations to come.

As we bring this report to a close, it is essential to express gratitude to all who made the Mental Health Awareness Class possible. From the organizers and speakers to the participants and supporters, each individual played a vital role in creating an event that will be remembered for years to come.

Let us carry forward the spirit of gratitude, acknowledging the contributions of all who strive to make our community a more compassionate and

supportive place. Together, we can create a world where mental health is not just a priority but a fundamental aspect of human flourishing.

The success of the Mental Health Awareness Class was a testament to the power of collaboration and unity within our college community. It was through our collective efforts, shared vision, and unwavering commitment that we were able to create an event that left a lasting impact on all who attended.

As we reflect on the journey that brought us here, let us celebrate the spirit of collaboration that propelled us forward. May we continue to work together, supporting one another in our quest to promote mental health and well-being for all.

One of the key takeaways from the Mental Health Awareness Class was the importance of nurturing resilience in the face of adversity. Life is filled with challenges, but it is our ability to bounce back from setbacks and grow stronger in the process that defines our resilience.

Let us embrace the lessons learned during the event, cultivating resilience within ourselves and supporting others on their journey towards greater strength and fortitude. Together, we can weather any storm and emerge stronger than ever before.

The impact of the Mental Health Awareness Class extends far beyond the walls of our college. It has ignited a spark of change that has the potential to ripple out into the wider community, touching the lives of countless individuals.



As ambassadors of mental health awareness, let us amplify the impact of the event by sharing its message far and wide. Through our words, actions, and advocacy, we can inspire others to join us in prioritizing mental health and well-being for all.

As we look towards the future, let us envision a world where mental health is treated with the same care and attention as physical health. A world where individuals feel empowered to seek help without fear of judgment, and where communities come together to support one another in times of need.

This vision may seem ambitious, but it is within our reach if we continue to work together with compassion, dedication, and determination. Let us hold onto this vision as we navigate the challenges ahead, knowing that together, we can create a brighter, more inclusive future for all.

In the culmination of the Mental Health Awareness Class, we stand at the threshold of a flourishing future, guided by the luminous beacon of compassion, understanding, and unity. Our collective journey towards holistic well-being has been both enlightening and transformative, weaving threads of resilience and empathy into the fabric of our community.

As we bid farewell to this transformative event, let us carry forward its invaluable lessons and profound insights, nurturing a culture where mental health is not merely acknowledged but cherished. Together, let us forge ahead with unwavering determination, knowing that each step we take brings us closer to a world where every individual feels seen, heard, and valued.

In the tapestry of our shared existence, let us weave strands of hope, kindness, and understanding, creating a masterpiece of collective flourishing. With hearts ablaze with purpose and minds illuminated by wisdom, let us embark on this journey with renewed vigor and unwavering resolve.

For it is in our hands to shape a future where mental health is not just a priority but a fundamental cornerstone of human flourishing. Together, let us embrace this noble endeavor with open arms, knowing that our efforts today will pave the way for a brighter, more compassionate tomorrow.

In unity and solidarity, let us march forward, towards a future where mental health thrives, and every individual is empowered to live their lives to the fullest.



**ASSABAH ARTS AND SCIENCE COLLEGE,  
VALAYAMKULAM**  
DEPARTMENT OF PHYSICAL EDUCATION  
IN ASSOCIATION WITH IQAC  
PRESENTS  
**MYTHS AND  
REALITY IN  
FITNESS**  
A talk by  
  
**Mr. Jali P Ibrahim**  
**Football Coach**  
(Personal Trainer for professional players)  
**Venue : Conference Hall**  
**Date : 16th August 2023**  
**Time : 2 - 3 PM**  
For more information contact  
Subin K S (HOD Physical Education)

**ASSABAH ARTS AND SCIENCE COLLEGE**  
**VALAYAMKULAM**  
Department of Physical Education  
Presents  
**INVITED TALK**  
BY  
**DR. SHALIMA SHAMSUDHEEN**  
"How to handle  
mental  
pressure for  
teenagers"  
**WEDNESDAY**  
16 AUGUST 2023  
**TIME**  
3.00PM TO 4.00PM  
**VENUE**  
**CONFERENCE HALL**  
**MONITORED BY IQAC**



Alamcode, KL, India  
Ponnani, Alamcode, 679575, KL, India  
Lat: 10.733274, Long 76.053695  
08/16/2023 03:34 PM GMT+05:30  
Note: Captured by GPS Map Camera



Alamcode, KL, India  
Ponnani, Alamcode, 679575, KL, India  
Lat: 10.733621, Long 76.053773  
08/16/2023 02:37 PM GMT+05:30  
Note: Captured by GPS Map Camera



# **Mass Running on Heart Day**

## **Promoting Fitness and Wellness at Assabah College**

**Date:** 29 September 2023

**Organized by:** Department of Physical Education

**Venue:** Assabah College Valayamkulam to Chalissey (Road Race)

**Target Participants:** Assabah College Students

**Participated Students:** 91

**Flag Off:** Dr. Biju MK (Vice Principal of Assabah Arts and Science College)

The vibrant morning of September 29, 2023, witnessed the rhythmic pounding of footsteps as students from Assabah College gathered to celebrate Heart Day through a mass running event. Organized by the Department of Physical Education, this event aimed not only to promote physical fitness but also to raise awareness about cardiovascular health among the youth.

The race commenced with great fervor, with Dr. Biju MK, the Vice Principal of Assabah Arts and Science College, flagging off the enthusiastic participants. As they embarked on their journey from Valayamkulam to Chalissey, the scenic route provided a picturesque backdrop to the event, invigorating both body and spirit.

Mr. Subin K S, the Head of the Physical Education Department, delivered a heartening welcome speech, emphasizing the importance of regular exercise in maintaining a healthy heart. His words resonated with the participants, fueling their determination to complete the race with vigor and enthusiasm.

Amidst the cheers and encouragement from bystanders, the students showcased their resilience and determination, pushing their limits to reach the finish line. The sense of accomplishment was palpable as they crossed the endpoint, their faces beaming with pride and satisfaction.

Following the exhilarating run, an afternoon essay competition was held, attracting 31 students eager to showcase their literary prowess. Abhai Krishna, a 3rd-semester BSc CS student, emerged victorious, his essay captivating the judges with its insightful content and eloquent prose. Jasir Ali, a 5th-semester BSc CS student, secured the second position, his essay reflecting depth of thought and creativity.

The event culminated with Mohammed Nabeel V V, a 5th-semester BBA student, delivering a heartfelt vote of thanks, expressing gratitude to all those who contributed to the success of the event. Their collective efforts had not only

fostered a sense of camaraderie among the participants but had also underscored the importance of leading a healthy and active lifestyle.

In retrospect, the Mass Running on Heart Day served as a beacon of inspiration, motivating students to prioritize their well-being and adopt habits that promote cardiovascular health. It was a day filled with exhilaration, camaraderie, and a renewed commitment to nurturing both body and mind.

As the sun descended, casting a golden hue over the horizon, reflections on the day's events lingered in the minds of all who participated. The Mass Running on Heart Day had transcended its role as a mere sporting event; it had become a symbol of unity, resilience, and collective determination.

The scenic route from Valayamkulam to Chalissey had not only provided a physical challenge but had also served as a metaphorical journey towards holistic well-being. Each step taken by the participants echoed their commitment to leading healthier lives, not just for themselves but for the community at large.

The essay competition that followed the race provided a platform for students to channel their creativity and intellect towards advocating for cardiovascular health. Abhai Krishna's winning essay delved deep into the intricacies of heart health, offering valuable insights and practical tips for maintaining a strong and resilient heart. Jasir Ali's essay, while securing the second position, was equally commendable, showcasing his ability to articulate complex ideas with clarity and finesse.

Moreover, the presence of esteemed faculty members, including Dr. Biju MK and Mr. Subin K S, underscored the college's commitment to promoting a culture of health and wellness among its students. Their unwavering support and encouragement had inspired the participants to push beyond their limits and strive for excellence in every endeavor.

As the echoes of applause faded and participants dispersed, the spirit of the Mass Running on Heart Day continued to reverberate within the halls of Assabah College. It served as a powerful reminder that health is not merely the absence of illness but a state of physical, mental, and emotional well-being.

The resonance of the Mass Running on Heart Day extended far beyond the confines of the college campus, permeating the surrounding community with its message of health and vitality. The sight of students, faculty, and community members coming together to prioritize their well-being sent ripples of inspiration throughout the region, sparking conversations about the importance of leading an active lifestyle and taking proactive steps towards heart health.

In the days and weeks that followed, the impact of the event continued to unfold as participants integrated the lessons learned into their daily routines. From incorporating regular exercise into their schedules to making healthier dietary choices, individuals across the community began to embrace a more holistic approach to wellness, guided by the principles espoused during the Mass Running on Heart Day.

Furthermore, the success of the event served as a catalyst for future endeavors aimed at promoting health and fitness within the college and beyond.

Plans for additional initiatives, such as wellness workshops, fitness challenges, and community outreach programs, began to take shape, fueled by the momentum generated by the Mass Running on Heart Day.

As the memories of the event faded into the annals of time, its legacy endured as a testament to the transformative power of collective action and the profound impact that a united community can have on fostering positive change. The Mass Running on Heart Day had not only left an indelible mark on the participants but had also ignited a spark of inspiration that would continue to burn brightly, illuminating the path towards a healthier, happier future for all.

The legacy of the Mass Running on Heart Day persisted, weaving itself into the fabric of the college's culture with an enigmatic allure that captivated hearts and minds alike. The event's reverberations transcended the realm of mere memory, casting a spell of fascination that lingered in the air long after the last footsteps had faded into silence.

With each recollection, the vivid imagery of that vibrant September morning came alive, painting a tapestry of colors that danced in the mind's eye like a mesmerizing kaleidoscope. The rhythmic cadence of feet pounding against the pavement echoed like a symphony of determination, harmonizing with the pulsating beat of a collective heartbeat resonating through the very soul of the community.

The essay competition that followed added a layer of intellectual intrigue to the day's proceedings, as students poured their thoughts onto the canvas of imagination with an eloquence that bordered on the sublime. Abhai Krishna's



prose was a masterpiece of literary finesse, weaving words into a tapestry of enlightenment that illuminated the path to a healthier existence with the brilliance of a thousand suns.

Meanwhile, Jasir Ali's narrative unfolded like a captivating tale, drawing the reader into a realm of contemplation and introspection where the mysteries of the heart were unraveled with the precision of a skilled artisan. Each word was a brushstroke, painting a portrait of resilience and fortitude against the canvas of life's uncertainties.

As the event drew to a close, its impact rippled through the collective consciousness like a stone cast into a tranquil pond, sending waves of inspiration cascading outward in ever-expanding circles. The fascination it evoked was not merely fleeting but enduring, etching itself into the annals of memory with a permanence that defied the passage of time.

The allure of the Mass Running on Heart Day persisted, casting a spell that seemed to defy explanation, drawing people back to its memory time and again like moths to a flame. It was a day woven with threads of fascination, where the ordinary was transformed into the extraordinary, and the mundane took on a shimmering sheen of magic.

In the tapestry of recollections, each detail gleamed with a brilliance that bordered on the surreal. The sun, a radiant orb of golden light, bathed the landscape in a soft glow, casting long shadows that danced with the rhythm of the runners' strides. The air itself seemed charged with energy, crackling with the anticipation of what lay ahead.