



INTERNATIONAL YOGA DAY CELEBRATION

21-06-2024

DEPARTMENT OF PHYSICAL EDUCATION

Grace valley College of Arts & Science, Maravattam

REQUEST:



Grace Valley COLLEGE OF ARTS & SCIENCE

Recognized by Government of Kerala, Affiliated to University of Calicut
Wadi Rahma, maravattam, Chengattoor PO, malappuram Dt., Kerala, India
Pin: 676503, Phone: 0494 2618070, 8589054505, 8589054506
www.gracevalleycollege.ac.in Email: mail@gracevalleycollege.ac.in

REQUEST TO ORGANIZE EVENT / PROGRAMME

1. Request initiated by : Muneer P.P.
 2. Name of Coordinator of the Event : Muneer PP go salwan P.K
 3. Department/ Club/ Association : Health & Yoga club and NSS
 4. Proposed day & date of the Programme/ Event : 21-06-2024
 5. Title : International Yoga Day
 6. Duration: 2 (Hour/ Day) From 10 Am To 12 Pm
 7. Venue : College Seminar Hall
 8. Facilities Required :
Seminar Hall Sound System Projector Mike Collar Mike
Other Specify
 9. Name of Guest: 1) Dr. CP Ayooob Keyi
2) Mr. Salwan P.K
- Date of Request: 20-06-2024
- Signature:

Submit soft copy of 1) Poster 2) Invitation to Guest 3) Request to the party (If applicable) 4) Program Notice 5) Photo with Jio tag (Minimum 10 Nos) 6) Attendees details in the IQAC Format 7) Duty certificate to Guest 8) Appreciation certificate from Association body (If applicable) 9) Report of the program (Hard copy with signature)

Approval of the Principal

Approved/ Not Approved

Date:

Principal

Principal
Grace Valley College of Arts & Science
Maravattam - 676 503

IQAC

Request No:

Booking No:

Date: 20/06/24

Comments of the IQAC Coordinator :

Signature of IQAC Coordinator :

Document Received:

- 1) Poster
- 2) Invitation to Guest
- 3) Request to the associating party (If applicable)
- 4) Program Notice
- 5) Photo with Jio tag (Minimum 10 Nos)
- 6) Attendee's details in the IQAC Format
- 7) Duty certificate to Guest
- 8) Appreciation certificate from Associated body (If applicable)
- 9) Report of the program (Hard copy& Soft copy with signature)

POSTER



Health and Yoga Club &
NSS Grace Valley



JUNE 21
INTERNATIONAL
YOGA DAY
CELEBRATION

June 21 Friday 2024



Inauguration
**Dr. C. P
Ayooob Keyi**
(Principal, Grace Valley College)



Awareness & Demonstration Led By:
SAFWAN
(HOD, Department of
Physical Education)



NATIONAL SERVICE SCHEME : Unit : 280
Grace Valley College Of Arts & Science
Maravattam, Kadampuzha

DEPARTMENT OF PHYSICAL EDUCATION

Grace valley College of Arts & Science, Maravattam

REPORT



Grace valley College Of Arts & Science, Maravattam

(Affiliated to the University of Calicut)

Chengottur P.O, Malappuram Dt., Kerala. Pin : 676503

DEPARTMENT OF PHYSICAL EDUCATION

INTERNATIONAL YOGA DAY CELEBRATION

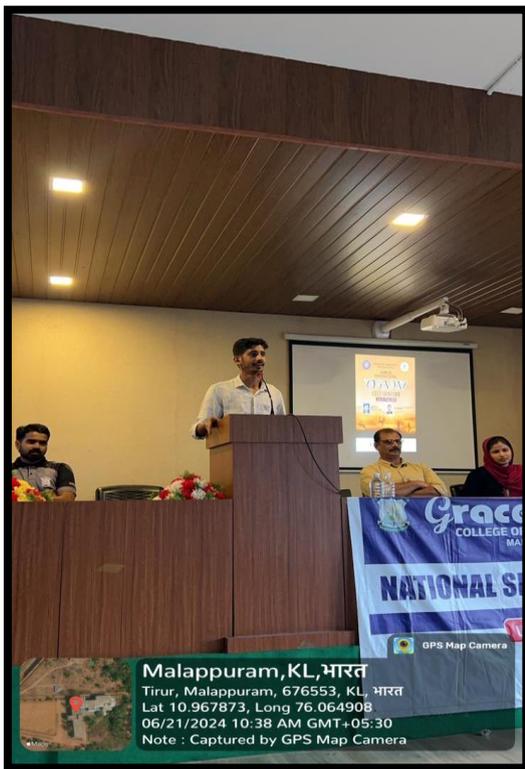
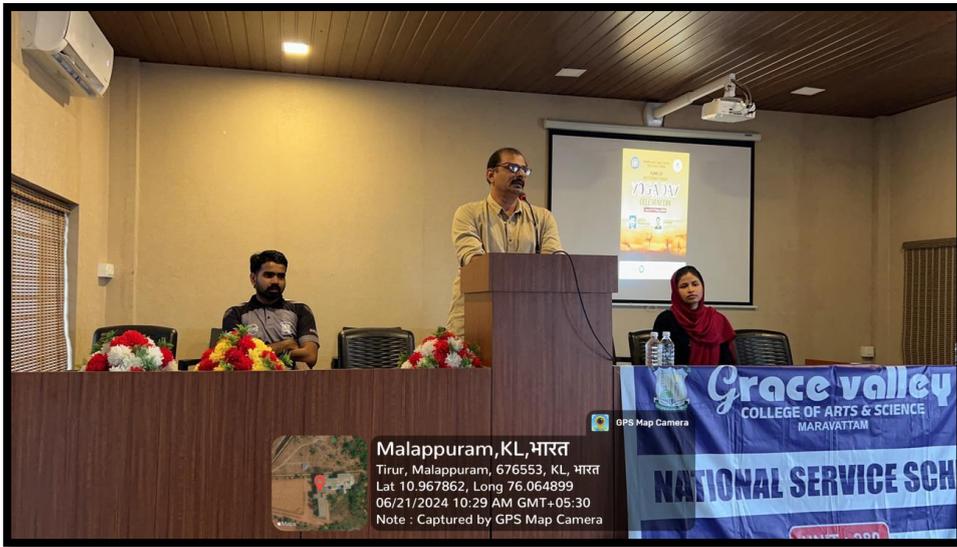
Date: 21/06/2024

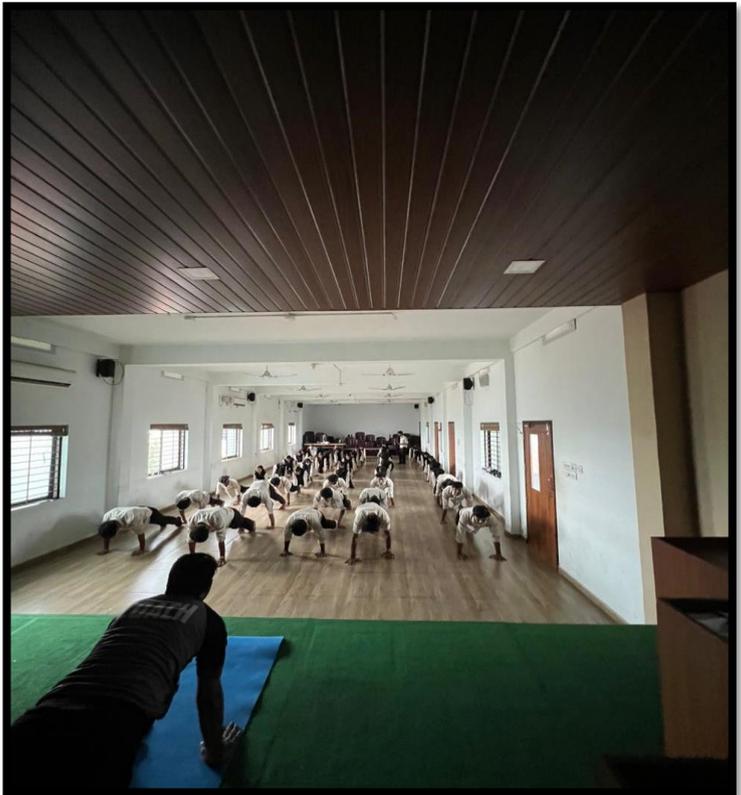
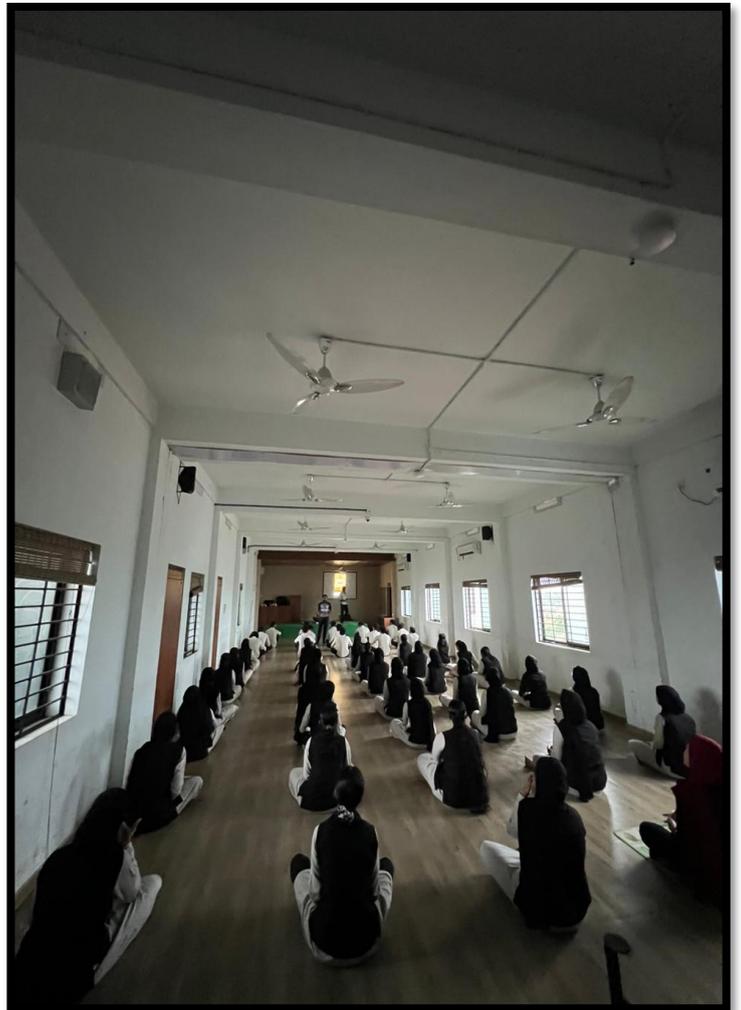
Time: 10:00 Am to 12:30 pm

Venue: College Conference Hall

The International Yoga Day Celebration, organized by the Health and Yoga Club, a department-level initiative of the Department of Physical Education, in collaboration with NSS Grace Valley, was held on June 21, 2024, at Grace Valley College of Arts and Science, Maravattam, Kadampuzha. The event underscored the importance of physical and mental well-being through yoga, highlighting the pivotal role played by the Department of Physical Education in promoting a healthy lifestyle. The program began with a welcome speech by Mr. Muneer, NSS Programme Officer, followed by the inaugural address delivered by Dr. C.P. Ayooob Keyi, Principal of Grace Valley College. Awareness and live yoga demonstrations were skillfully led by Mr. Safwan, Head of the Department of Physical Education, who emphasized the significance of yoga in achieving holistic wellness. The felicitation address was given by Mrs. Basila K, NSS Assistant Programme Officer, recognizing the collaborative efforts behind the successful organization of the event. Students, staff, and NSS volunteers actively participated in learning various yoga postures and techniques that promote physical fitness, stress relief, and mental harmony. The event served as a testament to the Department of Physical Education's dedication to fostering a culture of health and well-being on campus. The program concluded with a collective resolve to integrate yoga into daily life, marking it as a successful and impactful initiative.

PHOTOS







PARTICIPANTS LIST

GRACE VALLEY COLLEGE OF ARTS AND SCIENCE, MARAVATTAM

INTERNATIONAL YOGA DAY CELEBRATION

Date: 21-06-2024

As per the notice dated 20-06-2024 the volunteers of NSS unit No:280 of Grace Valley College participated in the International Yoga Day celebration on 21-06-2024, Friday day at the college.

The Participant's List:

NSS Volunteers:

Sl.No	NAME	DEPARTMENT	SIGN
1	ASHITHA T	BAFT	Signature Absent
2	FATHIMA RISLA	BAFT	Signature
3	HARSHA NASRI	BAFT	Signature
4	NAFLA FEMI KK	BAFT	Signature
5	NAFLA LULU	BAFT	Signature
6	RAMSIYA KT	BAFT	Signature
7	SHAHMA M	BAFT	Signature
8	ABDUL HALEEM K P	BA ENGLISH	Signature
9	AFREENA PP	BA ENGLISH	Signature
10	ANAGHA P V	BA ENGLISH	Signature
11	FATHIMA NAFIYA	BA ENGLISH	Signature
12	FATHIMA SHIBLA MK	BA ENGLISH	Signature
13	FATHIMA SHIFA T P	BA ENGLISH	Signature
14	MOHAMMED HISAM MP	BA ENGLISH	Signature
15	MOHAMMED MINHAJ C K	BA ENGLISH	Signature
16	FASEELA K	BA ENGLISH	Signature Absent
17	HAIFA	BBA	Signature
18	MIRSHA K	BBA	Signature
19	MOHAMMED FAIRUZ KP	BBA	Signature
20	MOHAMMED SABITH	BBA	Signature
21	MUHAMAD SINAN M	BBA	Signature
22	NABHAN	BBA	Signature
23	RASHID MK	BBA	Signature
24	FATHIMA ANSHIFA T	BBA	Signature
25	FATHIMA RIYA E	BBA	Signature
26	REHNA SHIFA K	BBA	Signature
27	AMEENA SHERIN CK	BCA	Signature
28	FATHIMA MISHNA P	BCA	Signature
29	FATHIMA WAFA P M	BCA	Signature
30	MOHAMMED SHAHEED ALI A	BCA	Signature
31	MUHAMMED SINAN T	BCA	Signature
32	NAFIA	BCA	Signature
33	SHIYAS AHAMMED T	BCA	Signature

PRINCIPAL
 Grace Valley
 College of Arts & Science
 Maravattam, P.O.Chengottur-676 503

