



SPORTS CLUB
TKM COLLEGE OF ARTS AND SCIENCE, KOLLAM
Re-accredited by NAAC with A++ Grade
International Yoga Day 2023
One Day Workshop

T.K.M COLLEGE OF ARTS & SCIENCE, KOLLAM
RE-ACCREDITED BY NAAC WITH A++ GRADE

DEPARTMENT OF PHYSICAL EDUCATION
In association with
Sports Club, NCC and NSS
Celebrating
INTERNATIONAL YOGA DAY 2023
Workshop on
YOGA FOR HARMONY OF MIND
23rd June -2023 at College Auditorium

PROGRAMME
10.00 am

Welcome Speech	:	Dr. Abdul Rafeeqe T.C Assistant Professor & Head Dpt. of Physical Education
Presidential Address	:	Dr. Chithra Gopinath Principal, TKMCAS
Inauguration	:	Dr. Padmanaban T.V Visiting Professor, Centre of Yoga & Naturopathy MG University, Kottayam
Felicitation	:	Dr. Sulfiya Samad NSS Programme Officer
	:	Capt. Liby KS NCC officer
Vote of Thanks	:	Dr. Sangeetha P Assistant Professor Dpt. of Physical Education

The body benefits from movement, and the mind benefits from stillness

The International Yoga Day was organized by the sports club in partnership with the NCC and NSS at TKM College of Arts and Science, Kollam. The event was characterized by enthusiastic participation from students, faculty, and distinguished guests from yoga and education, with the goal of showcasing the ancient practice of yoga and its comprehensive benefits for physical, mental, and spiritual well-being.

The day began with a warm welcome from **Dr. Abdul Rafeeqe**, Assistant Professor and Head of the Department of Physical Education at TKMCAS, who set a positive atmosphere for the day's focus on the significance of yoga in contemporary life. **Dr. Chithra Gopinath**, the Principal of TKMCAS, delivered an inspiring presidential address that highlighted yoga's role in promoting a balanced and healthy lifestyle. The event was officially inaugurated by **Dr. Padmanabhan**, a Visiting Professor from the Center of Yoga & Naturopathy at MG University Kottayam, who emphasized the essence of yoga philosophy and its relevance today.

Dr. Sulphiya Sammad and **Capt. Liby KS** shared insights on how yoga fosters discipline, leadership, and community engagement through their respective organizations. Certified yoga instructor **Dr. Padmanaban** led engaging sessions that demonstrated various yoga asanas and breathing techniques, providing participants with hands-on learning experiences. **Dr. Sangeetha P**, Assistant Professor, concluded



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the event with a vote of thanks, expressing appreciation for everyone's contributions to the successful celebration of International Yoga Day at TKM College. In summary, the celebration at TKM College of Arts and Science, Kollam, was a remarkable success, enhancing participants' understanding and appreciation of yoga's multifaceted benefits. Attendees left with renewed enthusiasm and a commitment to incorporate yoga into their daily lives, thereby fostering overall wellness.





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Takes National Yoga day 21st June 2023-24

(SP)	Name of Students	Sign
1.	Arijana Suresh	
2.	Nisba S	
3.	Abija Sami	
4.	Aarushi A	
5.	Nandana S	
6.	Devika B	
7.	Archar S	
8.	Abul Khasim R (NSS)	
9.	Alameen (NSS)	
10.	Adarsh T (NSS)	
11.	Muhammad Farid	
12.	Abdul Basith	
13.	Hanipriya A S	
14.	Souraj R	
15.	Myfa H	
16.	Sanjay Noushad	
17.	Aamal S	
18.	Samedali N (NSS)	
19.	Maliya Mohammed (NSS)	
20.	Adheeba M (NSS)	
21.	Gopika Raj R (NSS)	
22.	Nikhitha Manoj (NSS)	
23.	Hiba Raj (NSS)	
24.	Riya Raji (NSS)	
25.	V. Anu Rajeev (NSS)	
26.	Ayisha H	
27.	Aarushi N	
28.	Abdul Basith S	
29.	Abhirav B. Lal	
30.	Diyan	
31.	Malik	
32.	Ameena molal (NSS)	
33.	Irfana H (NSS)	



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34.	Fazilamol. S [N.S.S]	S.P. Ansh
35.	Bismil. S [Nss]	Fazil
36.	Rehina. Rahim [Nss]	Rehina
37.	Sourya Mariyam Sajid [Nss]	Surya
38.	Ajmal. N [Nss]	Ajmal
39.	Amantha Krishnan. S (N.S.S)	Aj
40.	Kutubhi Devi. V [Nss]	Kutubhi
41.	Adithyan. P [Nss]	Adithyan
42.	Akshay Kumar (Nss)	Akshay
43.	Sudeesh. S.M. Pillai [Nss]	Sudeesh
44.	Muhammed Naseeb Ns [Nss]	Muhammed
45.	Pradyota Prudhviran [Nss]	Pradyota
46.	Bekal Krishnan (N.S.S)	Bekal
47.	Vismay. V (Nss)	Vismay
48.	Asna Mol. S (Nss)	Asna
50.	Aparna. V [Nss]	Aparna
51.	Abhinav [Sports Club]	Abhinav
52.	Suryadev K.T [Sports Club]	Suryadev
53.	Anzija. N (Nss)	Anzija
54.	Tajana. T.N (Nss)	Tajana
55.	Adhila. S (Nss)	Adhila
56.	Mohammed Hageed M.T [Sports Club]	Mohammed
57.	Ajan Krishna. G [Sports Club]	Ajan
58.	Kashid. B.S [Sports Club]	Kashid
59.	Aamjad. S. Kamar [Sports Club]	Aamjad
60.	Nandu. S [Sports Club]	Nandu
61.	Suras. S [Sports Club]	Suras
62.	Nazima. M [Nss]	Nazima
63.	Akshita. Fatima [Nss]	Akshita
64.	Jomon Joy [Sports Club]	Jomon
65.	Nandana Gopal. V.R [Nss 2 nd year]	Nandana
66.	Sreelekshmi. A []	Sreelekshmi
67.	Haseeriyar premananth []	Haseeriyar
68.	Suhail. S []	Suhail
69.	Dany. B. Thomas [Nss]	Dany



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70.	Vijayapada. P [NSS]	[2021-22]	2	Adarsh	20
71.	Adarsh Alex [NSS]	[2021-22]	2	Adarsh	20
72.	Vidya. B. [NSS]	[2021-22]	2	Vidya	20
73.	Rajitha S [NSS]	[2021-22]	2	Rajitha	20
74.	Rishal [NSS]	[2021-22]	2	Rishal	20
75.	Adithyana [NSS]	[2021-22]	2	Adithyana	20
76.	Anitha S (BA Islamic History)	Sports Club		Anitha S	20

Dr. Abdul Raheem T.C

Dr. Sanyal P

Dr. Abdul Raheem T.C
Assistant Professor & Head
Dept. of Physical Education
TKM College of Arts & Science
Kollam

24.02.2023