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COLLEGE OF GLOBAL STUDIES
Affiliated to University of Calicut & Recognized by Dept. of Kerala
Cheloor, Puthanathani, Malappuram Dt
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PROGRAMME REPORT

International Yoga Day Celebration-2025

NSS Unit 272

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Date: 19/06/2025

From,
Aboobacker.K.
Programme officer, NSS Unit 272
CPA College of Global Studies, Puthanathani

To,
The Principal
CPA College of Global Studies
Puthanathani, Malappuram

Subject: Request for Permission to Celebrate International Yoga Day

Sir,

The **NSS Unit** of our college kindly requests permission to celebrate **International Yoga Day** on **June 21 at 2:00 PM** in the college campus. As part of the celebration, we propose to conduct a **Yoga training Session**, The event aimed to create awareness among students about the importance of yoga in maintaining a healthy life and ensuring mental well-being.

We also seek your kind approval to invite participation for NSS Volunteers..
We look forward to your support and kind approval to organize the event meaningfully.

Thanking you,

Yours sincerely,

Aboobacker.K.



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PROGRAMME APPROVAL FORM

Date : 19/06/2025

Request From : Abobacker . k
 Designation : Asst. Prof. (Nss P.O) Dept: Mgt. studies.

Kindly approve the Programme and sanction the budget.

Programme Description	<u>Yoga day.</u>		
Programme Objective	<u>to promote mental wellness and physical wellbeing.</u>		
Date	<u>23/06/2025</u>	Time	<u>2:00</u>
Staff In charge	<u>Abobacker . k</u>		
Student Coordinators	<u>Najeem</u>		
Audience	<u>Nss Volunteers.</u>		
Expenditure Estimates	1. Honorarium for the guest : 2. Refreshment charges : 3. PA System : 4. Miscellaneous : Total Budget Estimate :		
Venue:	<input checked="" type="checkbox"/> Auditorium	<input type="checkbox"/> Open Stage	<input type="checkbox"/> Class Room <input type="checkbox"/> Outside the Campus
If outside the campus please mention the venue:			
Projector Required?	<input checked="" type="checkbox"/>	Laptop Required?	<input type="checkbox"/> Camera Required? <input checked="" type="checkbox"/>
Others if Any			
Guest for the Programme	<u>Seenath KOKKUB</u>		

Sign: [Signature] Abobacker Nss

HOD:

Principal:

Remarks

System Admin : [Signature]

Accountant: [Signature]

FM: [Signature]
20/06

Administrator : [Signature]



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NSS Unit 272

Date: 19/06/2025

CIRCULAR

Subject: Regarding International yoga Day Celebration-2025

The **NSS Unit 272** of our college is organizing a **International yoga Day Celebration** on **June 21 at 2:00 PM** by conducting a **Yoga training session** within the campus premises. This event is a step toward encouraging healthy, calm, focused, and disciplined in life.

We **warmly invite all NSS Volunteers** to actively participate in this training Programme. Let us practice together and take a step towards a healthier tomorrow.

Aboobacker. K
Programme officer
NSS Unit 272
CPA College of Global Studies, Puthanathani

Copy To,

All NSS Volunteers
All HoDs of all the Departments
CPA College of Global Studies



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NSS UNIT 272

INTERNATIONAL YOGA DAY

21st JUNE

Yoga awakens the Mind



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programme:- Yoga day
 Date :- 23-06-2025.

PARTICIPANTS LIST

SL NO	NAME OF STUDENTS	CLASS	SIGNATURE
1.	eboobacker	NSS P.O	
2.	Seenath kokkor	Yoga Instructor	
3.	thasneem	BSc. Zoology	
4.	Sana	Zoology	
5.	Sana najath	B.COM 4th	
6.	jagshaamna	BSc. Botany	
7.	habeeb rahman	B.COM COP	
8.	shifan	BBB	
9.	nigam sheerin	BSc. Psy	
10.	lasi	BBB	
11.	mohammed sinan	B.COM COP	
12.	siddique akbar	corporation	
13.	misna nooshad	BSc. Botany	
14.	nida shreshin	B.COM COP	
15.	thafseer	B.COM COP	
16.	Summyga vp	BSc. Psy	
17.	mohammed anshif	B.COM COP	
18.	Krishna	BSc. Psy	



CIP A

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19.	mohammed arshad	B.com Yin	<i>[Signature]</i>
20.	Supna	BSc. Psy	<i>[Signature]</i>
21.	Aniya fathima	BTM	<i>[Signature]</i>
22.	Saniya nasrin	BSc. Botany	<i>[Signature]</i>
23.	Salma	B.com Yin	<i>[Signature]</i>
24.	Adil kamal	B.com Yin	<i>[Signature]</i>
25.	mohammed faseeh	"	<i>[Signature]</i>
26.	mohammed mohab	"	<i>[Signature]</i>
27.	nida fathima	BSc. Botany	<i>[Signature]</i>
28.	huda fathima	BSc. Zoology	<i>[Signature]</i>
29.	niya meharin	BTM	<i>[Signature]</i>
30.	mohammed musthafa	B.com cop	<i>[Signature]</i>
31.	mohammed vidal	B.com cop	<i>[Signature]</i>
32.	Shita shereef	"	<i>[Signature]</i>
33.	Sajeetha	BA.english	<i>[Signature]</i>
34.	ainsiya	BSc. Psy	<i>[Signature]</i>
35.	shamra sherein	BSc. Zoology	<i>[Signature]</i>
36.	mohammed arshad	B.com Yin	<i>[Signature]</i>
37.	nihal . m	B.com cop	<i>[Signature]</i>
38.	inshad	B.com Yin	<i>[Signature]</i>
39.	mohammed sajeel	Botany.	<i>[Signature]</i>
40.	Risha	BBA	<i>[Signature]</i>



PROGRAMME REPORT

Title of the Programme : International yoga Day Celebration

Date: 21 June 2025

Name of the Programme officer: Aboobacker. K

Objective of the Programme:

- To raise awareness among students about the importance of yoga for a healthy life .
- To improve concentration and focus in studies.
- To promote physical fitness and mental well being..

Name of the Resource Person: Ms. Seenath Kokkur

The NSS Unit of CPA College of Global Studies celebrated International Yoga Day on June 21, 2025, at 2:00 PM in the college campus.

The programme was coordinated by Mr. Aboobacker. K (NSS Programme officer) and student coordinator Mr. Najeem. The chief guest of the day was Ms. Seenath Kokkur, who spoke about the importance of yoga in maintaining good health and peace of mind.

After the inaugural session, a yoga training programme was conducted. The NSS volunteers actively participated by practicing different asanas, pranayama, and meditation. The event helped students understand the benefits of yoga and encouraged them to include it in their daily routine.



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