



KOTTAKKAL FAROOK ARTS AND SCIENCE COLLEGE

NATIONAL SERVICE SCHEME UNIT NO. 213

ANNUAL REPORT 2025-26

Prepared by NSS Unit 213

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INTERNATIONAL YOGA DAY CELEBRATION

In connection with International Yoga Day, NSS Unit 213, in association with the Department of Physical Education, Kottakkal Farook Arts and Science College, organized a Yoga Training Session on 24th June 2025 at 3:30 PM. The programme aimed to spread awareness about the benefits of yoga and encourage its practice among students and staff.

The event began with a warm welcome speech delivered by Mr. Suhail K P, NSS Programme Officer. In his address, Mr. Suhail highlighted the global significance of International Yoga Day and the growing relevance of yoga in today's fast-paced world. He also acknowledged the enthusiastic participation of students and the support of the college administration in making the event possible.

Following the welcome address, the programme was officially inaugurated by Dr. Mustafa K, Deputy Principal of the college. Dr. Mustafa, in his inaugural speech, emphasized the importance of yoga in maintaining physical and mental health and encouraged everyone to incorporate yoga into their daily routine for a balanced lifestyle.

The event was graced by Mr. Muhammed Labeeb (Vice Principal) and Mrs. Beena Mol N S (Asst.Professor, Department of Mathematics), who delivered felicitations. Both dignitaries appreciated the efforts of the NSS Unit and the Department of Physical Education in organizing such a meaningful programme and motivated the students to actively participate and benefit from the session.

The highlight of the event was the practical yoga session led by Mr. Mujeeb T P, an experienced yoga trainer, who conducted a hands-on session for the participants, demonstrating various asanas and breathing techniques. He patiently guided the students through each posture, explaining their benefits and answering queries, making the session interactive and informative.

A total of 45 NSS volunteers participated enthusiastically in the training session. The event concluded with a vote of thanks, expressing gratitude to all dignitaries, participants, and organizers for their valuable contributions.

Event Photographs







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INCOME & EXPENDITURE STATEMENT - 2025-26

S.No	Receipts (Description)	Amount (?)	Payments (Description)	Amount (?)	
1	Initial Balance	1,630.00			
2	NSS Certificate 2022-25 batch distrib	ution incom & 0.00			
3	Collection of Biriyani Challenge for S	entre			
4			NSS Biriyani Challenge in association	with s 4&,72501.400 \$	sis centre l
5	Snehaveed Collection	6,600.00			
	TOTAL RECEIPTS:	57,290.00	TOTAL PAYMENTS:	48,750.00	
		8,540.00			