# AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN

( Sponsored by AIMAN EDUCATION AND WELFARE SOCIETY )

Accredited with "A" Grade by NAAC (First Cycle) | Affiliated to Bharathidasan University

Recognized by UGC under section 2(f) and 12(B) | ISO 9001:2015 Certified Institution | K.Sathanur, Tiruchirappalli - 620 021.

उन्नत भारत अभियान
शिक्षा मंत्रालय, भारत सरकार का एक प्रमुख कार्यक्रम
UNNAT BHARAT ABHIYAN (UBA)
a flagship program of Ministry of Education (MoE), GOI
शिक्षित भारत- स्वस्थ भारत- स्वच्छ भारत- स्वावलंबी भारत- संपन्न भारत

उन्नत भारत अभियान
UNNAT BHARAT ABHIYAN

NATIONAL SERVICE SCHEME

3 GOOD HEALTH AND WELL-BEING

YOGA

## YOGA CLUB

## ORGANIZES

## A ONE DAY OUTREACH PROGRAM

## ON

# "BUILIDING CONFIDENCE WITH YOGA"

## VENUE

## KULATHUR (CT)

## DATE&TIME

## 09/12/2025 & 9.30 AM

**CO-ORDINATORS**

**M.MONICA**

**S.GOMATHI MEENAKSHI**

**PRINCIPAL**

**Dr.M.MUNAFUR HUSSAINA**

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## STUDENT CIRCULAR

AIMAN/Acd-Stu/2025-26/05

**Date:** 08.12.2025

### Yoga Club / NSS- BHUMI & Unnat Bharat Abhiyan (UBA)

This is inform you that the yoga club in collaboration with National Service Scheme ( NSS- BHUMI ) and Unnat Bharat Abhiyan (UBA) is organizing a community outreach program titled – **"Building confidence with yoga"** as per following details .

| | |
|---|---|
| **Date** | : 09.12.2025 |
| **Time** | : 9.30 am |
| **Venue** | : Kulathur (CT) |
| **Objectives** | : To build emotional resilience and inner calm |
| **SDG Focus** | : SDG3- Good health and wellbeing |

**To be read in all the classes**

08/12/25

**PRINCIPAL**
AIMAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN
TIRUCHIRAPPALLI - 620021

**Program Coordinators**

Ms.M.MONICA

Ms.S.GOMATHI MEENAKSHI

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YOGA

| | |
|---|---|
| Club Name | : Yoga Club |
| Title of the Event | : Building Confidence with Yoga |
| Event Date | : 09.12.2025 |
| Total No. of Students Participated | 55 |
| Timing | : 09:30 am |
| Location | : Kulathur (CT) |
| No. of Beneficiaries | : 45 |
| Sustainable Goal Involved | : Goal 3-Good Health and wellbeing |
| Program Coordinators | : Ms .M. Monica and Ms.S. Gomathi Meenakshi |

**Report of the Program**

**National Service Scheme ( NSS) BHUMI & Unnat Bharat Abhiyan (UBA)**

**&**

**Yoga Club**

The Yoga Club in association with the National Service Scheme (NSS – BHUMI) and Unnat Bharat Abhiyan (UBA), successfully organized an outreach programme titled "Building Confidence with Yoga" on 09.12.2025 at MJM School, Kulathur (CT).

The programme was conducted with the objective of creating awareness about the importance of yoga, mindfulness, emotional balance, and overall well-being among school children and the general public. Student volunteers actively participated in the programme and interacted with the students and teachers. Simple yoga postures, breathing exercises, and confidence-building techniques were taught to help students manage stress and improve concentration.

More than 30 beneficiaries actively took part and received valuable learning support through this programme. The event also contributed towards achieving the Sustainable Development Goals, especially SDG 3 – Good Health and Well-Being by strengthening collaboration between the institution and the school community.

The programme was successfully coordinated by Ms. M. Monica and Ms.S. Gomathi Meenakshi with the support of faculty members and dedicated student volunteers.

## Outcome

- Improved awareness about yoga and its mental & physical health benefits.
- Helped students develop confidence through guided breathing and relaxation.
- Enhanced focus, concentration, and emotional balance among children.
- Strengthened the relationship between the college and the community.
- Encouraged students to adopt healthy lifestyle practices.

**Outcome**

- Improved awareness about yoga and its mental & physical health benefits.
- Helped students develop confidence through guided breathing and relaxation.
- Enhanced focus, concentration, and emotional balance among children.
- Strengthened the relationship between the college and the community.
- Encouraged students to adopt healthy lifestyle practices.
- Promoted the importance of mindfulness for stress reduction.

**Conclusion**

The programme "Building Confidence with Yoga" was a meaningful outreach initiative jointly organized by the Yoga Club, NSS (BHUMI), and UBA. It created a positive impact on school children and motivated them to practice yoga regularly for a healthier and more confident life

**Feedback from the Beneficiaries**

Students expressed their heartfelt appreciation to the organizers of the programme "Building Confidence with Yoga." They found the yoga sessions simple, enjoyable, and very helpful. Many students shared that the programme helped them feel calmer and more confident.

Teachers appreciated the efforts of the college students in guiding the school children and spreading awareness about the importance of yoga and emotional well-being. They also requested that more such programmes be conducted in the future. Overall, the feedback was highly positive and encouraging, indicating the success and social impact of the programme.

13/12/25

**Principal**

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TIRUCHIRAPPALLI - 620021

**. Club coordinators**

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## GEO TAGGED PHOTOS




Awareness Program




Active participation







Yoga related Activities







End of the session

Gomathi M.

**Club coordinators**

13/12/25

**Principal**

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उन्नत भारत अभियान
UNNAT BHARAT ABHIYAN

Club Name: ---- YOGA CLUB ----------

Place: ---------- KULATHUR (GT) ----------

Date: 09.12.2025

| S. No. | Name of the Participants | Signature |
|---|---|---|
| 1. | Ayisha Sithika | |
| 2. | D. VIJAYALAKSHMI | |
| 3. | P. BACKIALAKSHMI | 9/12/25 |
| 4. | M. NILOFAR NISHA | 9/12/25 |
| 5. | A. YASAR ALI | 9/12/2025 |
| 6. | B. Mohamed Arsath | 09/12/25 |
| 7. | M. MEHARAJ ALI | |
| 8. | E. SRIDHAR | |
| 9. | S. Karthika | S. Karthika |
| 10. | M. KEERTHANA | M. |
| 11. | P. Shree Varshini | |
| 12. | shree Varshini | |
| 13. | sajna | |
| 14. | Nasica | |
| 15. | Mahajabin Sulthan | |
| 16. | Regana | |
| 17. | Afeefa | |
| 18. | Sharpeina | |
| 19. | Jemina | |
| 20. | Safrin fathima | |
| 21. | Bismi Fathima | |
| 22. | Sameena | |
| 23. | Nousen Fathima | |
| 24. | Ayesha Afrin | |

| | | |
|---|---|---|
| 25. | Ummul Nasmira | |
| 26. | Binociya | |
| 27. | Nasreen Banu | |
| 28. | Sameera | |
| 29. | Riswana | |
| 30. | Shahin | |
| 31. | Irfana | |
| 32. | Nowrah | |
| 33. | Nilofar | |
| 34. | Aathika | |
| 35. | Niyamath Nisha | |
| 36. | Alshifa | |
| 37. | Afiya | |
| 38. | Anees fathima | |
| 39. | Hamila | |
| 40. | Safana | |
| 41. | Ashifa | |
| 42. | fathima.s | |
| 43. | fathima.A | |
| 44. | Sara | |
| 45. | Anum sabrin | |
| 46. | Shafiha | |
| 47. | Shafiya | |
| 48. | Raihana | |
| 49. | Noorus sameeha | |
| 50. | Heera Jasmin | |
| 51. | Shifana | |
| 52. | Narzuka | |
| 53. | Priya | |
| 54. | Keerthi | |
| 55. | Shabana | |

PRINCIPAL
MOULANA JAMALI MATRICULATION SCHOOL
INAM KULATHUR-620 009
TRICHY-DT

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## BENEFICIARIES LIST

| S.NO | NAME | SIGNATURE |
|---|---|---|
| 1. | Afrin Banu A | |
| 2. | Ashika Parveen S | |
| 3. | Barakath Nisha H | |
| 4. | Bhaswatha Karthini | |
| 5. | Faheemtha Ashroon | |
| 6. | Farzeeha | |
| 7. | Hareena Afrin | |
| 8. | Harshini | |
| 9. | Harshini Shree | |
| 10. | Irshana | |
| 11. | Kairun Shayya | |
| 12. | Manimegalai | |
| 13. | Manoka | |
| 14. | Nasepa | |
| 15. | Narin Alima | |
| 16. | Prithika | |
| 17. | Musfira | |
| 18. | Rijaya jasmin | |
| 19. | Sahana Begam | |
| 20. | Sameera Begam | |
| 21. | Santhiya | |
| 22. | Tharaiselvi | |
| 23. | Zoonath Sumaiya | |
| 24. | Anushi | |
| 25. | Aljessira | |
| 26. | Rizwana | |
| 27. | Nabila Fathima | |
| 28. | umaira Fathima | |

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| | | |
|---|---|---|
| 29. | Farzana | farzana |
| 30. | Thasneem | Thasneem |
| 31. | Diyaana | Diyanana |
| 32. | gayathri | gayathri |
| 33. | Hareena Jasmin | Hareena |
| 34. | Jamim Rokkaiya | Jamin Rokkaiya |
| 35. | Juskiriya | Juskiriya |
| 36. | Mayela | Mayela |
| 37. | Neha | Neha |
| 38. | Noorul zaheera | Noorul Zaheera |
| 39. | Rijaharin | Rajaharini |
| 40. | Saleena | Saleena |
| 41. | Sana Sajeera | Sanasajeera |
| 42. | Thalal aasmi | Thalal aasmi |
| 43. | Thoufiqa Ganam | Thoufiqa Ganam |
| 44. | Ayraah | Ayraah |
| 45. | Dhasneem Banu | Dhasneem Banu |

13/12/25

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## YOGA CLUB

## ORGANIZES

## A ONE DAY OUTREACH PROGRAM

## ON

## "Yoga: The Gentle Tide that Ebbes Stress"

**VENUE**

**Ariyavur**

**DATE&TIME**

**22/08/2025 & 9.30 AM**

**CO-ORDINATORS**

**M.MONICA**

**S.GOMATHI MEENAKSHI**

**PRINCIPAL**

**Dr.M.MUNAFUR HUSSAINA**

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## STUDENT CIRCULAR

**AIMAN/Acd-Stu/2025-26/ 04**

**Date:** 21.08.2025

### Yoga Club / NSS- BHUMI & Unnat Bharat Abhiyan (UBA)

This is inform you that the yoga club in collaboration with National Service Scheme ( NSS- BHUMI ) and Unnat Bharat Abhiyan (UBA) is organizing a community outreach program titled – " **Yoga: The Gentle Tide that Ebbes Stress**" as per following details .

**Date** : 22.08.2025

**Time** : 9.30 am

**Venue** : Ariyavur

**Objectives** : To encourage regular practice of yoga for a healthy lifestyle.

**SDG Focus** : SDG3- Good health and wellbeing

**To be read in all the classes**

21/8/

**PRINCIPAL**

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AIMAN COLLEGE OF ARTS
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TIRUCHIRAPPALLI - 6200

**Program Coordinators**

Ms.M.MONICA

Ms.S.GOMATHI MEENAKSHI

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NATIONAL SERVICE SCHEME

YOGA

MEDITATION

| | |
|---|---|
| Club Name | : Yoga Club |
| Title of the Event | : Yoga: The Gentle Tide that Ebbes Stress |
| Event Date | : 22.08.2025 |
| Total No.of Students Participated | 45 |
| Timing | : 09:30 am |
| Location | : Ariyavur |
| No.of Beneficiaries | : 55 |
| Sustainable Goal Involved | : Goal 3- Good Health and wellbeing |
| Program Coordinators | : Ms .M. Monica and Ms.S. Gomathi Meenakshi |

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## Report of the Program

**National Service Scheme ( NSS) BHUMI & Unnat Bharat Abhiyan (UBA)**

**&**

**Yoga Club**

A one-day outreach programme on the topic **"Yoga: The Gentle Tide that Ebbes Stress"** was conducted by students with the objective of spreading awareness about the role of yoga in stress management and overall well-being. In the present fast-paced and competitive lifestyle, stress has become a common issue affecting individuals of all age groups, leading to physical, emotional, and mental health challenges. Recognizing the need for healthy and natural methods to cope with stress, this outreach programme was planned to introduce yoga as an effective and holistic approach.

The programme aimed to educate participants about the benefits of yoga in maintaining mental calmness, emotional balance, and physical fitness. Emphasis was given to simple and practical yoga techniques that can be easily incorporated into daily routines without the need for special facilities or equipment. The session began with a brief introduction to stress, its causes, and its impact on health, followed by an explanation of how yoga helps in reducing stress and improving mental clarity. Practical demonstrations of basic asanas, pranayama, and relaxation techniques were conducted to help participants experience the calming effects of yoga firsthand. The programme encouraged active participation and promoted awareness about adopting yoga as a healthy lifestyle practice.

More than 55 beneficiaries actively took part and received valuable learning support through this programme. The event also contributed towards achieving the Sustainable Development Goals, especially SDG 3 – Good Health and Well-Being by strengthening collaboration between the institution and the school community.

**Outcome**

- Participants understood how yoga helps reduce stress and improve mental clarity.
- Beneficiaries learned simple breathing exercises, stretching postures, and meditation techniques.
- The yoga practices taught can be done at home without any special equipment.
- The programme created awareness about the importance of regular yoga practice.Yoga was shown to help improve emotional balance and concentration.

**Conclusion**

The programme "Yoga: The Gentle Tide that Ebbes Stress" was a meaningful outreach initiative jointly organized by the Yoga Club, NSS (BHUMI), and UBA.The programme effectively highlighted the role of yoga in reducing stress and promoting mental and physical well-being. The active participation and positive feedback from beneficiaries reflected the success of the outreach initiative. Such programmes play a vital role in spreading awareness and encouraging healthy lifestyle practices in the community.

**Feedback from the Beneficiaries**

- Beneficiaries gave positive feedback about the programme.The session was found to be informative, engaging, and easy to understand.
- Breathing exercises and relaxation techniques helped participants feel calm and refreshed.
- Participants appreciated the clear explanations and practical demonstrations by the students.Many beneficiaries showed interest in continuing yoga practice regularly.
- Yoga was seen as helpful for managing stress and improving quality of life.

22/8/25

**Club coordinators**

M. Iqbal
Gomathi.

**Principal**

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**Awareness Program**







**Activities**

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## Active Participation







Gomathi

M. Raj

**Club coordinators**

22/8/2

**Principal**

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## "YOGA :THE GENTLE TIDE THAT EBBES STRESS"

### Participation and feedback list

| S.NO | NAME | FEEDBACK | SIGNATURE |
|---|---|---|---|
| 1. | AATHIKA .N | Good | Aathika |
| 2. | AFEEFA J | Good | Afeefa |
| 3. | AFIYA M | Excellent | Afiya |
| 4. | ALSIFA A | Good | Alsifa |
| 5. | ANEES FATHIMA M H | Very good | Anees |
| 6. | ANUM SABRIN S | fair | Anum |
| 7. | ASHFRUN NASILA J | Good | Nasila |
| 8. | ASHIFA A | Good understanding | Ashifa |
| 9. | AYSHA AFRIN A | Clear | Aysha Afrin |
| 10. | BEEMA IRFANA E | Strong | Irfana |
| 11. | BINOCIYA S | Good | Binociya |
| 12. | BISMIFATHIMA A | Super | Bismifathima |
| 13. | FATHIMA A | Good | Fathima |
| 14. | FATHIMA SHAMSUL HUQ S | Excellent | Fathima |
| 15. | FEMINA A | Good | Femina |
| 16. | HEERA JASMIN M A | Very good | Heera Jasmin |
| 17. | MAHJABIN SULTHANAMMA N | fair | Mahjabin |
| 18. | MUBARAK RISWANA M | Excellent | Riswana |
| 19. | NASREEN BANU B | fair | Nasreen |
| 20. | NILOFER MEERA M | Good | Nilofer |

| | | | |
|---|---|---|---|
| 21. | NIYAMATH NISHA J | Good | Niyamath |
| 22. | NOORUS SAMEEHA S | Excellent | Sameena |
| 23. | NOUSHIN FATHIMA S | Excellent | Noushin. |
| 24. | NOWRAH I | Good | Nowrah |
| 25. | RABIATHUL HAMILA .A | Good | Rabiathul |
| 26. | RAIHANA J | Very Good | Raihana |
| 27. | REGANA BEGAM A | Excellent | Regana |
| 28. | SAFANA BEGUM S | fair | Safana |
| 29. | SAJNA A | Excellent | Sajna |
| 30. | SAMEEHA J | Good | Sameena |
| 31. | SAMEERA M | Good understanding | Sameera |
| 32. | SARA HABEEB RAHMAN H | Good | Sara |
| 33. | SHAFIHA S | fair | Shafiha |
| 34. | SHAFIYA S | Excellent | Shafiya |
| 35. | SHAFRIN FATHIMA A | super | Shafrin |
| 36. | SHAHIN S | Good | Shahin |
| 37. | SHAPRINA C | fair | Shaprina |
| 38. | SHREE VARSHINI P | Excellent | Varshini |
| 39. | SHREE VARTHINI P | Excellent | Varthini |
| 40. | UMMUL NASMIRA.N | Super | Ummul |
| 41. | MARYAM FALIHA M | Good | Maryam |
| 42. | MUHSINA A | Good | Muhsina |
| 43. | MYSARA | Excellent | Mysara |

| | | | |
|---|---|---|---|
| 44. | THAGASINA PARVEEN T | Good | Thagasina |
| 45. | THAHSHENA BANU N | Good | Thahsena |
| 46. | THASLIMA I | Excellent | Thaslima |
| 47. | YASMIN FATHIMA M | fair | yasmin |
| 48. | ASIFA A | Good | Asifa |
| 49. | NISMA I | Good | Nisma |
| 50. | THAGASINA PARVEEN T | Excellent | Thagasina |
| 51. | THAHSHENA BANU N | Excellent | Thahshena |
| 52. | THASLIMA I | Good | Thaslima |
| 53. | SHEERIN A | fair | sheerin |
| 54. | SUGA PRIYA S | Good | Suga priya |
| 55. | SUMAYYAH H | Very good | sumayyah |

22/8/25

**PRINCIPAL**

PRINCIPAL
AIMAN COLLEGE OF ARTS AND
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TIRUCHIRAPPALLI - 620021

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| | | |
|---|---|---|
| 29. | Bismi fathima. A. | |
| 30. | Noorus sameeha. S | |
| 31. | Ummul Nasmira | |
| 32. | Shafiha. S | |
| 33. | Sameeha | |
| 34. | Anees fathima. MH. | |
| 35. | Noushin | |
| 36. | Afeefa | |
| 37. | Shafrin | |
| 38. | Safana | |
| 39. | Regana | |
| 40. | Niyamath Nisha | |
| 41. | Afiya | |
| 42. | Shiffana | |
| 43. | Sumaiya | |
| 44. | Noorul shiffana | |
| 45. | Sameeha | |

22/8/25

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TIRUCHIRAPPALLI - 620021

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उन्नत भारत अभियान

शिक्षा मंत्रालय, भारत सरकार का एक उद्यम कार्यक्रम

**UNNAT BHARAT ABHIYAN (UBA)**

a flagship program of Ministry of Education (MoE), GOI

शिक्षित भारत-स्वस्थ भारत- स्वच्छ भारत- स्वावलंबी भारत- संपन्न भारत

## YOGA CLUB

ORGANIZES

A ONE DAY OUTREACH PROGRAM

ON

**"Yoga and Nature"**

**VENUE**

**KULATHUR (CT)**

**DATE&TIME**

**21/07/2025 & 9.30 AM**

**CO-ORDINATORS**

**M.MONICA**

**A.CELSIYAA**

**PRINCIPAL**

**Dr.M.MUNAFUR HUSSAINA**

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## STUDENT CIRCULAR

**AIMAN/Acd-Stu/2025-26/03** **Date:** 18.07.2025

### Yoga Club / NSS- BHUMI & Unnat Bharat Abhiyan (UBA)

This is inform you that the yoga club in collaboration with National Service Scheme ( NSS- BHUMI ) and Unnat Bharat Abhiyan (UBA) is organizing a community outreach program titled – " **Yoga and Nature**" as per following details .

**Date** : 21.07.2025

**Time** : 9.30 am

**Venue** : Kulathur (CT)

**Objectives** :To encourage a healthy and eco-friendly lifestyle through yoga

**SDG Focus** : SDG3- Good health and wellbeing

**To be read in all the classes**

18/7/25

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**Program Coordinators**

Ms.M.MONICA

Ms.A.CELSIYAA

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YOGA

| | |
|---|---|
| Club Name | : Yoga Club |
| Title of the Event | : Yoga and Nature |
| Event Date | : 21.07.2025 |
| Total No.of Students Participated | 50 |
| Timing | : 09:30 am |
| Location | : Kulathur (CT) |
| No.of Beneficiaries | : 45 |
| Sustainable Goal Involved | : Goal 3- Good Health and wellbeing |
| Program Coordinators | : Ms .M. Monica and Ms.A.Celsiyaa |

## Report of the Program

**National Service Scheme ( NSS) BHUMI & Unnat Bharat Abhiyan (UBA)**

**&**

**Yoga Club**

A one-day outreach programme on the topic **"Yoga and Nature"** was conducted by students with the objective of creating awareness about the close relationship between yoga, nature, and human well-being. In today's modern and technology-driven lifestyle, people often remain disconnected from nature, which has resulted in increased levels of stress, lifestyle-related disorders, and mental fatigue.

Recognizing the importance of reconnecting individuals with natural surroundings, the programme was organized to highlight yoga as a holistic practice that promotes harmony between the body, mind, and environment.

The programme aimed to emphasize how practicing yoga in harmony with nature enhances physical health, mental peace, emotional balance, and inner awareness. Special focus was given to the healing effects of natural elements such as fresh air, sunlight, greenery, and open spaces while performing yogic practices. The session began with an introductory talk that explained the significance of nature in traditional yogic philosophy and its role in maintaining balance and well-being.

This was followed by practical demonstrations of basic yoga postures, breathing exercises, and relaxation techniques conducted in a natural environment, allowing participants to experience the calming and refreshing effects firsthand. The programme encouraged active participation and motivated beneficiaries to adopt yoga and nature-friendly practices as part of their daily lifestyle for long-term health benefits.

**Outcome**

- Participants understood the benefits of practicing yoga in natural surroundings.
- Beneficiaries learned simple asanas, pranayama, and meditation techniques.
- Yoga practices helped promote relaxation and mindfulness.
- The programme encouraged reconnecting with nature through yoga.
- Participants experienced improved concentration and reduced stress.
- Awareness was created about adopting eco-friendly and healthy lifestyle practices through yoga.

**Conclusion**

The one-day outreach programme on **"Yoga and Nature"** was successfully conducted and achieved its objectives. The programme effectively highlighted the importance of integrating yoga with nature for better physical, mental, and emotional health. Active participation and positive feedback from beneficiaries reflected the success of the outreach activity. Such programmes play an important role in promoting holistic well-being and encouraging individuals to lead a healthy and environmentally conscious lifestyle.

**Feedback from the Beneficiaries**

The beneficiaries expressed highly positive feedback regarding the outreach programme. They reported that the session was refreshing, informative, and calming in nature. Many participants stated that practicing yoga in a natural environment helped them feel relaxed, energized, and mentally peaceful. The beneficiaries appreciated the students' clear explanations, effective guidance, and well-organized practical demonstrations.

21/7/25

**Club coordinators**

**Principal**

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**Awareness Program**







**Active Participation**

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**Activities**







**End session**

Coordinators

21/7/25

Principal

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" Yoga and Nature"

**Participation and feedback list**

| S.NO | NAME | FEEDBACK | SIGNATURE |
|---|---|---|---|
| 1. | AATHIKA .N | Good | AAThika . N |
| 2. | AFEEFA J | Good | Afeefa |
| 3. | AFIYA M | Excellent | Afiya |
| 4. | ALSIFA A | Good | Alsifa |
| 5. | ANEES FATHIMA M H | Good | Anees . F |
| 6. | ANUM SABRIN S | Excellent | Anum |
| 7. | ASHFRUN NASILA J | Very Good | Nasila . J |
| 8. | ASHIFA A | Fair | Ashifa |
| 9. | AYSHA AFRIN A | Good | Ayesha . A |
| 10. | BEEMA IRFANA E | good | Irfana |
| 11. | BINOCIYA S | Excellent | Binociya |
| 12. | BISMIFATHIMA A | Good | Bisme . A |
| 13. | FATHIMA A | Clear | Fathima |
| 14. | FATHIMA SHAMSUL HUQ S | Excellent | Fathima . S |
| 15. | FEMINA A | Good | femina |
| 16. | HEERA JASMIN M A | Super | heera Jasmin |
| 17. | MAHJABIN SULTHANAMMA N | Very Excellent | Manjabin |
| 18. | MUBARAK RISWANA M | Good | Riswana |
| 19. | NASREEN BANU B | Fair | Nasreen |
| 20. | NILOFER MEERA M | Good | Nilofer |

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| | | | |
|---|---|---|---|
| 21. | NIYAMATH NISHA J | Very Good | niyamath nisha |
| 22. | NOORUS SAMEEHA S | Excellent | Noorus sameena |
| 23. | NOUSHIN FATHIMA S | Good | Noushinfathima |
| 24. | NOWRAH I | Good | Nowrah |
| 25. | RABIATHUL HAMILA .A | fair | Rabiathul Hamila |
| 26. | RAIHANA J | Good understanding | Raihana |
| 27. | REGANA BEGAM A | Very good | Regana begum |
| 28. | SAFANA BEGUM S | Excellent | Safana begum |
| 29. | SAJNA A | Excellent | Sajna |
| 30. | SAMEEHA J | Good | Sameena |
| 31. | SAMEERA M | Very Good | Sameera |
| 32. | SARA HABEEB RAHMAN H | Good understanding | Sara. |
| 33. | SHAFIHA S | Good | Shafiha |
| 34. | SHAFIYA S | fair | Shafiya |
| 35. | SHAFRIN FATHIMA A | Clear | Shafinfathima |
| 36. | SHAHIN S | Good | Shahin |
| 37. | SHAPRINA C | Good | Shaprina |
| 38. | SHREE VARSHINI P | Excellent | Shreevarshini |
| 39. | SHREE VARTHINI P | Excellent | Shreevarthini |
| 40. | UMMUL NASMIRA.N | Excellent | Ummul Nasmira |
| 41. | MARYAM FALIHA M | Excellent | Maryamfaliha |
| 42. | MUHSINA A | Good | Muhsina |

| | | | |
|---|---|---|---|
| 43. | NABISHATHUL SHIFAYA H | Excellent | Nabishathul shifaya |
| 44. | NASRIN BANU M | Very Good | Nasrinbanu |
| 45. | NASRIN NISHA S | Excellent | Nasrin Nisha |
| 46. | NUSRATH AKTHAR U | Good | Nusrath Akthar |
| 47. | RAFFANA SHERIN S | Excellent | Raffana Sherin |
| 48. | RUHANA MARZUKKA R | Good | Ruhana Marzukka |
| 49. | SAFA SHAFNASS A | Very Good | Safa Shafnass |
| 50. | SAJITHA M | Good | Sajitha |

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BENEFICIARIES LIST

| S.NO | NAME | SIGNATURE |
|---|---|---|
| 1. | Ahamed Nisha | [signature] |
| 2. | Barakathunisha | Barakathunisha |
| 3. | Fahima | Fahima |
| 4. | Feroz Nisha | Feroz Nisha. |
| 5. | Ayisha Siddika | [signature] |
| 6. | Himiya Hissaha | [signature] |
| 7. | Iryana Parveen | Iryanahishaf |
| 8. | Katheeja Moora | Katheejamoora |
| 9. | Alreem | Alreem |
| 10. | Rasika Banu | Rasikabanu |
| 11. | Reshma | Reshma |
| 12. | Zayanah | Shijana |
| 13. | Shijana | Saleena |
| 14. | Saleeha | [signature] |
| 15. | Sama Parveen | aaliabegam |
| 16. | aalia Begam | Nilofera nera |
| 17. | Nilofer moora | Fathima |
| 18. | Fathima | [signature] |
| 19. | Binociya | Binociya |
| 20. | Beema iryana | Beemairyana |
| 21. | Niyamath nisha | [signature] |
| 22. | Ummul Nasmira | Ummulf |
| 23. | Sahana Parveen | Sahana |
| 24. | Yasmin fathima | Yasmin |
| 25. | Shajeeqa | Shajeeqa |
| 26. | Thijana | Thijana |
| 27. | Sarala Sri | Saralasri |
| 28. | Sara banu | Sarabanu. |

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| | | |
|---|---|---|
| 29. | Rizwana Fridous | |
| 30. | Jasmin | |
| 31. | Sarojini | |
| 32. | Abhiniya | |
| 33. | Jenifer | |
| 34. | Reshma | |
| 35. | Keerthy | |
| 36. | Fairose | |
| 37. | Bismi Fathima | |
| 38. | Noorus sameeha | |
| 39. | Nowshin fathima | |
| 40. | Regana begum | |
| 41. | Raihana | |
| 42. | Shapsina | |
| 43. | Ajeeja | |
| 44. | Riyana | |
| 45. | Ajiya Begum | |

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