



KOTTAKKAL FAROOK ARTS AND SCIENCE COLLEGE
INTERNAL QUALITY ASSURANCE CELL

LIFE SKILLS

2018-19

From,

The Programme Co-Ordinator
Department of Physical Education
Kottakkal Farook Arts and Science College

To,

The Principal
Kottakkal Farook Arts and Science College

Sir,

Subject: To conduct International Yoga Day celebration

The Department of Physical Education and the Internal Quality Assurance Cell (IQAC) at Kottakkal Farook Arts and Science College are planning to organize World Yoga Day celebration on June 21, 2018 at 10 AM at college ground. In this regards I request you to grant permission for them to conduct the same.

Thanking you

Yours Sincerely

Samsheer K

Assistant Professor in Physical Education

Samsheer



[Signature]
PRINCIPAL
KOTTAKKAL FAROOK ARTS & SCIENCE COLLEGE
PARAPPUR(P.O.) - 676 503

KOTTAKKAL FAROOK ARTS & SCIENCE COLLEGE

4th INTERNATIONAL YOGA DAY, 21 JUNE 2018

REPORT

Kottakkal Farook Arts and Science College celebrated World Yoga Day on 21st June 2018. Event started at 10:30 A.M. Students, teaching and non-teaching staff members were present in this event. Initially Prof. M. Abdul Azeez, Principal of Kottakkal Farook Arts and Science College delivered inaugural speech and welcomed all the participants and explained the importance of Yoga for healthy life. Mr. Samsheer, Assistant Professor in Physical Education clarified the objectives of the program and celebration of International Yoga Day.

International YOGA DAY CELEBRATION
21 JUNE

MUJEEB TP
Certified Yoga Trainer

21 JUNE 2018
10AM ONWARDS
COLLEGE GROUND

KOTTAKKAL FAROOK ARTS & SCIENCE COLLEGE
NATIONAL SERVICE SCHEME UNIT 213

Yoga trainer and instructor Mr. Mujeeb TP welcomed and addressed the audience. The program kicked off with warm up exercises, during which all members actively participated. He guided through various sitting and standing asanas, with simultaneous explanations of their significance. He emphasized the importance of incorporating yoga into daily life and maintaining harmony between the body and mind. The session lasted for over an hour, witnessing active participation and engagement



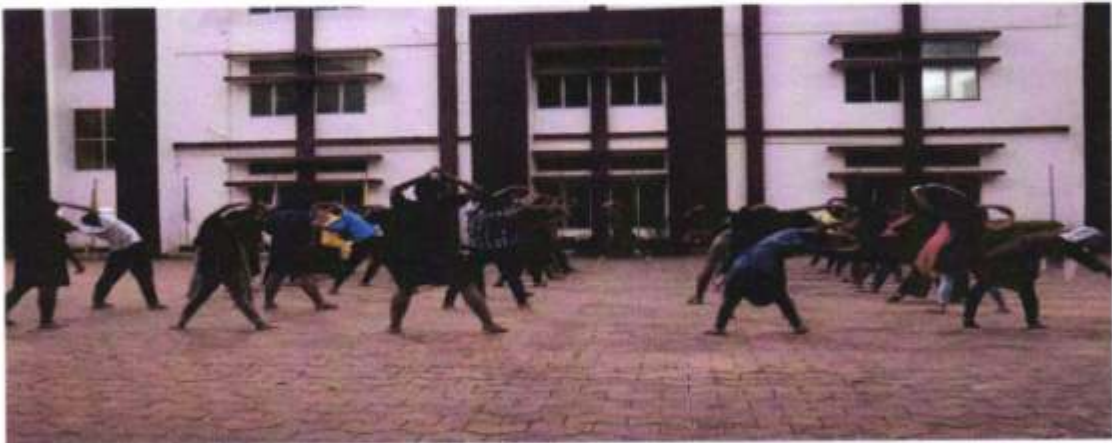
M. Azeez
M. ABDUL AZEEZ
PRINCIPAL
KOTTAKKAL FAROOK ARTS & SCIENCE COLLEGE
PARAPPUR(P.O) - 676 503

from all attendees. The yoga instructor provided detailed explanations of each pose and offered guidance on precautions to taken. Undoubtedly, it proved to be a successful event.

The celebration concluded with a token of appreciation presented to the members by Mr. Muhammad Faris T, NSS program officer. The felicitation acknowledged their valuable presence and support. It successfully promoted the practice of yoga and its benefits, while also emphasizing its global significance. The event's success can be attributed to the meticulous planning, active participation, and the dedication of the organizing team. This celebration will inspire more individuals to embrace yoga in their lives.



M. Abdul Azeez
M. ABDUL AZEEZ
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World Yoga Day odservance at Kottakkal Farook Arts and Science College on 21st June 2018 lead by
Yoga instructor, Mujeeb. T.P

PARTICIPANTS LIST



Azeez
M. ABDUL AZEEZ
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- ANAGHA R MARAR *Anagha*
- ANUSHA.C *Anusha*
- HASNA ZAHIA KOLLANTHODI *Hasna*
- MEGHA RAVI *Megha*
- NIDHA *Nidha*
- RUMAISA *Rumaisa*
- SNEHA. K.K *Sneha*
- ASWATHI POOZHAMMAL *Aswathi*
- AYSHA SHAHNA A M *Aysha*
- FATHIMA JUBIN T K *Fathima*
- MOHAMMED SALAHUDHEEN. KP *Salahudheen*
- MOHAMMED ANCIL NISHAM *Mohammed*
- MUHAMMED FARIS. T *Mohammed*
- REJLA. C *Rejla*
- ARIFA MUHYIDDEEN. A.P *Arifa*
- MARWA. P *Marwa*
- MOHAMMED NAVAS . P K *Navas*
- NASHEETH. P.K.H *Nasheetha*
- SALMANUL FARIS. K .P *Salmanul*
- BILSHA *Bilsha*
- DANISH MOHAMMED *Danish*
THOOMBATH
- DHANUSREE .O.K *Dhanusree*
- FATHIMA HATHIRA. C.M *Fathima*
- MOHAMMED ISMAIL C *Mohammed*
- SREELAKSHMI C P *Sreelakshmi*
- VINAYA. P *Vinaya*
- VISHNUPRIYA. K *Vishnupriya*
- FATHIMA ARSHANA. P *Fathima arshana*

- HISANA SERIN .P.P *Hisana sheem*
- JISHNURAM A T *Jishnuram*
- MOHAMED AVAD *Mohamed*
- MUHAMED ESSAM. M.C *Muhammed*
- RAEESA BEEVI. V.T *Raeesa*
- MOHAMMED AJMAL. T.T *Ajmal*
- MOHAMED ASAHARUDEEN. *Mohammed*
C.P
- MOHAMMED SALEEM. M.K *Mohammed*
- MOHAMMED FAYYAD *Fayyad*
- MUHAMMED NADRAN . A V *Mohammed Nadran*
- MUHAMMED SHAHEEM.K *Shahem*
- NIHLA *Nihla*
- SREELAKSHMI . M *Sreelakshmi*
- BILAL ANSAR. M *Bilal*
- FATHIMA FIDA.K.T *Fida*
- JISHNA SHAHI M *Jishna*
- MAJITHA SHERIN . K *Majitha*
- MUFEEDA. P. K *Mufeda*
- RIYAZ. T *Riyaz*
- SAJNA . T *Sajna*
- MUHAMMAD JAMANUDHEEN *Jamanudheen*
KOYISSAN
- MUHAMMED SHABITH. P *Shabith*



Aze
Prof. M. ABDUL AZE - 2
PRINCIPAL
OTTAKKAL FAROOK ARTS & SCIENCE COLLEGE
PARAPPUR.P.O - 676 503

2/01/2019
Wednesday

From,
The Head,
Mujeeb .TP (Assistant Professor Department commerce and Management)
ED club coordinator
Kottakkal Farook Arts and Science college

To,
The Principal,
Prof. M Abdul Azeez
Kottakkal Farook Arts and Science college

Sub: Request for Approval for Industrial Visit to Steel Plantation Paragon Pvt. Ltd., Kanjikode, Palakkad

Respected Sir,

I am writing to request your approval for an industrial visit to Steel Plantation Paragon Pvt. Ltd. in Kanjikode, Palakkad, for the students of ED club. This visit, planned for 04/01/2019, aims to enhance our understanding of industrial processes and provide practical exposure related to our coursework.

Steel Plantation Paragon Pvt. Ltd. has agreed to host us and will guide us through their manufacturing processes, giving us insights into the steel industry. This experience will be valuable for the students' academic growth and understanding of real-world applications.

The visit will be supervised by [name of accompanying teacher/professor], and all necessary safety precautions will be taken.

We kindly request your permission to proceed with this visit. Thank you for considering our request.

Yours sincerely,

Mujeeb TP
Department of Commerce and Management studies




Prof. M. ABDUL AZEEZ
PRINCIPAL
KOTTAKKAL FAROOK ARTS & SCIENCE COLLEGE
-PARAPPUR(P.O.) - 676 503

COME ALONG FOR THE RIDE

INDUSTRIAL VISIT

Organized by ED Club,
Kottakkal Farook Arts and
Science college



04/01/2019

Friday



STEEL PLANTATION PARAGON STEEL PVT LTD

KANJIKODE, PALAKKAD

INDUSTRIAL VISIT REPORT

Place: Steel Plantation Paragon Steel Pvt Ltd, Kanjikkode, Palakkad

Date: 4 Jan 2019

Departure Time: 6: 00 AM

Arrival Time: 8:00 PM

Industry Visit Time: 11:00 AM to 2:00 PM

Post-Visit Activity: Visit to Malampuzha Dam

Objective: To provide ED Club students with an understanding of the working of the steel industry.

Tour Coordinator: Mujeeb TP (ED Club Coordinator)

On 4th January 2019, the students of the Entrepreneurship Development (ED) Club from KOTTAKKAL Farook Arts and Science College embarked on an industrial visit to Paragon Steel Pvt Ltd, located in Kanjikkode, Palakkad. The visit aimed to give students a practical understanding of the operations within a steel industry.

The journey began early in the morning, with the students and faculty departing at 6:00 AM. They reached the plant by 8:00 AM, where they were greeted and given a brief introduction about the company and its operations. After a short break, the group prepared for their scheduled visit within the plant, which commenced at 11:00 AM.

During the visit, the students were taken on a comprehensive tour of the plant. They were able to observe the entire steel production process, starting from the raw material handling to the final product manufacturing. Key highlights of the tour included:

1. **Raw Material Processing:** Students learned about the types of raw materials used in steel production and the initial processing stages.
2. **Melting and Casting:** The group witnessed the melting of raw materials in furnaces and the casting process, where molten steel is poured into molds to form various shapes.
3. **Rolling and Finishing:** Students observed the rolling mills in action, where cast steel is shaped into final products. They also saw the finishing processes, including cutting, surface treatment, and quality control measures.




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4. **Quality Assurance:** The importance of maintaining high-quality standards in steel production was emphasized. Students saw the different testing methods employed to ensure product quality.


Throughout the tour, the students had the opportunity to interact with the engineers and workers at the plant, gaining insights into the challenges and innovations in the steel industry. The hands-on exposure provided a valuable learning experience, reinforcing theoretical knowledge with practical observation.

After concluding the visit to Paragon Steel Pvt Ltd at 2:00 PM, the group proceeded to visit Malampuzha Dam, a popular tourist destination nearby. The visit to the dam provided a relaxing and scenic end to the day's activities, allowing the students to unwind and reflect on their learnings from the industrial visit.

Conclusion:

The industrial visit to Paragon Steel Pvt Ltd was a significant educational experience for the ED Club students. It provided them with a deeper understanding of the steel manufacturing process and the operational aspects of an industrial plant. The visit achieved its objective of bridging the gap between theoretical knowledge and practical application, inspiring the students to consider careers and entrepreneurial opportunities within the industrial sector.

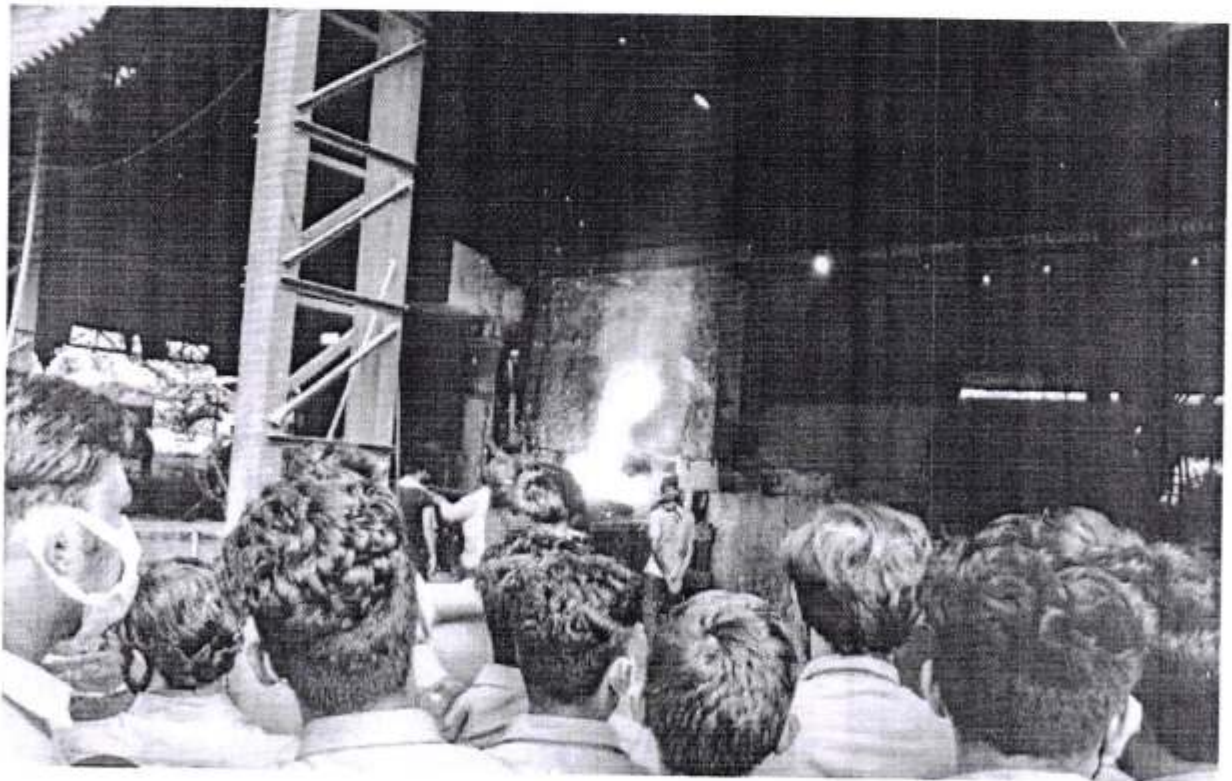
The post-visit trip to Malampuzha Dam added a recreational element to the day, making the overall experience both informative and enjoyable. The students returned with enhanced knowledge and a greater appreciation for the intricacies of the steel industry.



Prof. M. ABDUL AZEEZ
PRINCIPAL
TATTAKAL FAROOK ARTS & SCIENCE COLLEGE
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(Ed club members on paragon steel pvt .Ltd)



(Students visualising melting raw steel)



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(Students seeing the process of steel manufacturing)




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**KOTTAKKAL FAROOK ARTS AND SCIENCE COLLEGE
ENTREPRENEURSHIP DEVELOPMENT CLUB
INAGURATION**

PARTICIPANTS LIST

5.12.2018, WEDNESDAY, TIME:

VENUE: Seminar Hall

Sl No	Name of the teacher	Designation	signature
1	FARISA THESNI P	THIRD YEAR BCOM CA	
2	MUHAMMED MUFEED TK	THIRD YEAR BCOM CA	
3	MUHAMMED SHANIB	THIRD YEAR BCOM CA	
4	ISHAQ.P	THIRD YEAR BCOM CA	
5	ASHIQUE ABDULLA P	THIRD YEAR BCOM CA	
6	SHAIMA SHERIN	THIRD YEAR BCOM CA	
7	NAJEEB TB	THIRD YEAR BCOM CA	
8	BINSIMOL	THIRD YEAR BCOM CA	
9	HASEENA MUHAMMED	THIRD YEAR BCOM CA	
11	FATHIMA SHAHALA T	THIRD YEAR BCOM CA	
12	MUHAMMED JUNAID TK	THIRD YEAR BCOM CA	
13	SHAS JUNAID C	THIRD YEAR BCOM CA	
14	NISAMUDHEEN	THIRD YEAR BCOM CA	
15	SUHAIL.P	THIRD YEAR BCOM CA	
16	MUJEEB RAHMAN A	THIRD YEAR BCOM CA	
17	MOHAMMED ZIYAD MP	THIRD YEAR BCOM CA	
18	MOHAMMED FADIL KP	THIRD YEAR BCOM CA	
19	NAJIYA M	THIRD YEAR BCOM CA	
20	MUNEERA PARVEEN PP	THIRD YEAR BCOM CA	
21	SILSILA E	THIRD YEAR BCOM CA	
22	IMSHASKM	THIRD YEAR BCOM CA	
23	MOHAMMED ANAS	THIRD YEAR BCOM CA	
24	MOHAMMED HARIZ	THIRD YEAR BCOM CA	
25	MOHAMMED SHAFEEQUE	THIRD YEAR BCOM CA	
26	MAIMOONA K	THIRD YEAR BCOM CA	
27	SHAMEEMA K	THIRD YEAR BCOM CA	
28	RUMAISA MOL	THIRD YEAR BCOM CA	
29	FATHIMA RIZWAN CK	THIRD YEAR BCOM CA	
30	FATHIMA SAFNA	THIRD YEAR BCOM BBA	
31	FATHIMA LASSIDHA	THIRD YEAR BCOM BBA	
32	RIHANA RISBI	THIRD YEAR BCOM BBA	
33	MARVA SHERIN	THIRD YEAR BCOM BBA	
34	JAMSHEER CT	THIRD YEAR BCOM BBA	



Prof. M. ABDUL AZEEM
PRINCIPAL
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35	MUFEEEDHA P	THIRD YEAR BCOM BBA	<u>AAF</u>
36	SHAFNA MOIDEEN	THIRD YEAR BCOM BBA	<u>Shafna</u>
37	HUSNA T	THIRD YEAR BCOM BBA	<u>Husna</u>
38	HAIFA	THIRD YEAR BCOM BBA	<u>Haifa</u>
39	FAHEEMA	THIRD YEAR BCOM BBA	<u>Fah</u>
40	RASHID ISMAIL	THIRD YEAR BCOM BBA	<u>Rashid</u>
41	MUHAMMED MUJTHABA	THIRD YEAR BCOM BBA	<u>M</u>
42	SALMAN SABITH	THIRD YEAR BCOM BBA	<u>Salman Sabith</u>
43	ATHIRA PRASAD	THIRD YEAR BCOM BBA	<u>Athira</u>
44	AFFEEFA CP	THIRD YEAR BCOM BBA	<u>AF</u>
45	AYISHATH SHIHANA	THIRD YEAR BCOM BBA	<u>Ayisha</u>
46	SWALIHA THESNEEM	THIRD YEAR BCOM BBA	<u>Swaliha</u>
47	ABEEK SABU	THIRD YEAR BCOM BBA	<u>Abbeek Sabu</u>
48	HABEEB RAHMAN	THIRD YEAR BCOM BBA	<u>Habeeb</u>
49	MUHAMMED HASEEB KP	THIRD YEAR BCOM BBA	<u>M Haseeb</u>
50	MOHAMMED ANAS MC	THIRD YEAR BCOM BBA	<u>Anas</u>
51	MOHAMED FARIS P	THIRD YEAR BCOM BBA	<u>Faris</u>
52	ASALUL HAMZA	THIRD YEAR BCOM BBA	<u>Asalul Hamza</u>
53	MUHAMMED SIBIL C	THIRD YEAR BCOM BBA	<u>Sibil</u>
54	MOHAMMED YASEEN KM	THIRD YEAR BCOM BBA	<u>Yaseen</u>
55	ZENVEER K	THIRD YEAR BCOM BBA	<u>Zenveer</u>
56	BASITH	THIRD YEAR BCOM BBA	<u>Basith</u>
57	SHAHID P	THIRD YEAR BCOM BBA	<u>Shahid</u>
58	SHEJEE NASEEF TK	THIRD YEAR BCOM BBA	<u>Shejee</u>
59	MOHAMMED ASHIQUE M	THIRD YEAR BCOM BBA	<u>Asique</u>
60	AJAZ ED	THIRD YEAR BCOM BBA	<u>Ajaz</u>
61	IMRAN P	THIRD YEAR BCOM BBA	<u>Imran</u>
62	FAZLU RAHMAN	THIRD YEAR BCOM BBA	<u>Fazlu</u>
63	SUNEERA PA	THIRD YEAR BCOM FINANCE	<u>Suneera</u>
64	SHARATH CHANDRAN	THIRD YEAR BCOM FINANCE	<u>Sharath</u>
65	MOHAMMED HARIS	THIRD YEAR BCOM FINANCE	<u>Haris</u>
66	MUHAMMED FAIROOS	THIRD YEAR BCOM FINANCE	<u>Fairoos</u>
67	AMEERALI	THIRD YEAR BCOM FINANCE	<u>Ameerali</u>
68	HABEEB RAHMAN	THIRD YEAR BCOM FINANCE	<u>Habeeb</u>
69	BHAVYA C	THIRD YEAR BCOM FINANCE	<u>Bhavya</u>
70	SHAMNA N	THIRD YEAR BCOM FINANCE	<u>Shamna</u>
71	SHERIN K	THIRD YEAR BCOM FINANCE	<u>Sherin</u>
72	ASNATH RABIYANA	THIRD YEAR BCOM FINANCE	<u>Asnath</u>
73	SNEHA S	THIRD YEAR BCOM FINANCE	<u>Sneha</u>
74	SULFA PARVIN T	THIRD YEAR BCOM FINANCE	<u>Sulfa</u>
75	MUHSIN MUHAMMED	THIRD YEAR BCOM FINANCE	<u>Muhsin</u>



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PARAPPUR P.O. - 676 503

76	HAFIZA P	THIRD YEAR BCOM FINANCE	<u>HAFIZA</u>
77	SACHIN	THIRD YEAR BCOM FINANCE	<u>SACHIN</u>
78	ARAVINDH N	THIRD YEAR BCOM FINANCE	<u>ARAVINDH</u>
79	MOHAMMED NAVAST	THIRD YEAR BCOM FINANCE	<u>NAVAST</u>
80	SADIQUEALI KV	THIRD YEAR BCOM FINANCE	<u>SKV</u>
81	JAMSHEED K	THIRD YEAR BCOM FINANCE	<u>JAMSHEED</u>
82	IMRAN P	THIRD YEAR BCOM FINANCE	<u>IMRAN</u>
83	NITHARAJ MP	THIRD YEAR BCOM FINANCE	<u>NITHARAJ</u>
84	FIDHASHERIN K	THIRD YEAR BCOM FINANCE	<u>FIDHASHERIN</u>
85	SAJILA MC	THIRD YEAR BCOM FINANCE	<u>SAJILA</u>
86	NASIYA FARSANA C	THIRD YEAR BCOM FINANCE	<u>NASIYA</u>
87	JIMSHIDA TASNEEM A	THIRD YEAR BCOM FINANCE	<u>JIMSHIDA</u>
88	THESNIYA T	THIRD YEAR BCOM FINANCE	<u>THESNIYA</u>
89	RAHANA	THIRD YEAR BCOM FINANCE	<u>RAHANA</u>
90	MUFEEDHA BASHEER	THIRD YEAR BCOM FINANCE	<u>MUFEEDHA</u>
91	SACHIN	THIRD YEAR BCOM FINANCE	<u>SACHIN</u>
92	SHABNA VP	THIRD YEAR BCOM FINANCE	<u>SHABNA</u>
93	RINSHA MOL	THIRD YEAR BCOM FINANCE	<u>RINSHA</u>
94	FATHIMATH SANOBIYA A	THIRD YEAR BCOM FINANCE	<u>FATHIMATH</u>
95	AMAL AKBAR	THIRD YEAR BCOM FINANCE	<u>AMAL</u>
96	MAJITHA	THIRD YEAR BCOM FINANCE	<u>MAJITHA</u>
97	MOHAMMED N	THIRD YEAR BCOM FINANCE	<u>MOHAMMED</u>
98	MUHAMMED SHAREEF PK	THIRD YEAR BCOM FINANCE	<u>MUHAMMED</u>

Imran GP
19/05/2019

ED CLUB COORDINATOR



M. Abdul Azeez
Prof. M. ABDUL AZEEZ
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