

**M E S ASMABI COLLAGE, P VEMBALLUR**

**Department Of Mass Communication**

**Certificate Course Zumba 2023-24**

**Proposal for certificate course**

Department: Mass communication and Journalism  
Name Of The Certificate Course: Certificate Course in Zumba  
Course code: ASCEP 31  
Name Of The Coordinator: Sumayya K I  
Sumayyanishab22@gmail.com  
Head Of The Department: Sunaina M Nazam  
Maximum Students: 71  
Duration Of Course: 31 Hrs  
Level: Ug  
Teaching Methodology: Directed Method, Practical  
Virtual Class, Group Discussion  
Teaching Aids: Videos  
Date Of Registration: 01/11/2023  
Tentative Date Of Course Completion :03/03/2024  
Date Of Final Exam: 03/03/2024  
Date Of Issue Of Certificate: 5/03/2024  
Course Fee: 1000/-

**OBJECTIVE:**

1. To equip students Zumba is being practiced owing to its health benefits including mind relaxation, stress management, and physical fitness

2. To boost students confidence and Healthy Addiction
3. Helps to improve intrapersonal communication

### KEY MODULE:

#### MODULE 1

Basics- Introduction to Zumba, Warm up, Basic steps and coordination control

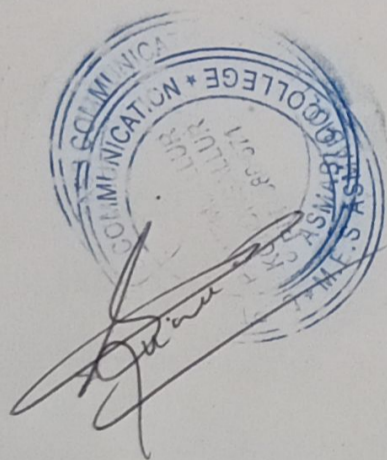
#### MODULE 2

Moderate level- Full body Workout, Dance styles (Salsa, contemporary, hip-hop)

#### MODULE 3

High Intensity Workout, Dance styles (Salsa, contemporary, Belly dance, hip-hop)

Radio jockeying, dubbing, programme production, editing.

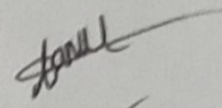
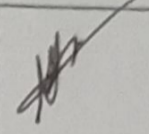
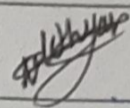
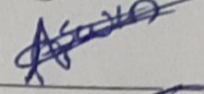

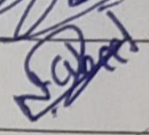
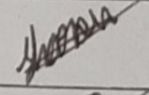
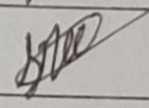
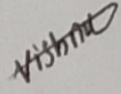
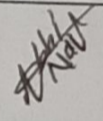
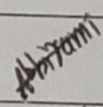
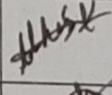
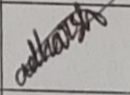



Sumayya #1  
Assistant professor  
Department of Mass  
Communication.

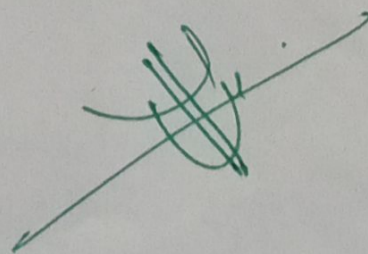
MES ASMABI COLLEGE, P VEMBALLUR  
DEPARTMENT OF MASS COMMUNICATION  
CERTIFICATE COURSE, ZUMBA 2023-2024  
Course code ASCEP31  
List of students Enrolled

SI. NO		NAME	DEPARTMENT	SIGNATURE
1.	UG23ECO59	SURABHI MS	ECONOMICS	<i>Surabhi</i>
2.	UG23ECO60	VINAYAK SIVAN	ECONOMICS	<i>Vinay</i>
3.	PG23MAE11	RUSHDA V	ENGLISH	<i>Rushda</i>
4.	PG23MSB11	MEGHA N	BOTANY	<i>Megha</i>
5.	PG23MSB12	NITHYA KRISHNAN	BOTANY	<i>Nithya</i>
6.	UG22FPT18	NAKSHATHRA P K	FPT	<i>Naksh</i>
7.	UG22FPT20	SANDRA SANTHOSH M P	FPT	<i>Sandra</i>
8.	UG22FPT22	UNNIMAYA K U	FPT	<i>Unnimaya</i>
9.	UG22BLM04	AYISHA SHERIN T S	BLM	<i>Ayisha</i>
10.	UG22BLM05	HANA SHEFEEQ	BLM	<i>Hana</i>
11.	UG22BLM07	MALAVIKA N T	BLM	<i>Malavika</i>
12.	UG22BLM17	AISWARYA M SATHEESH	BLM	<i>Aiswarya</i>
13.	UG22BLM20	ALAKANANDA P MADHU	BLM	<i>Alakananda</i>
14.	UG22THM03	JASMI M A	THM	<i>Jasmi</i>
15.	UG22THM04	JASNA M M	THM	<i>Jasna</i>
16.	UG22THM06	MURTHAS R M	THM	<i>Murthas</i>
17.	UG22THM08	NAYANENDHU P S	THM	<i>Nayan</i>
18.	UG22FPT15	KIRAN M K	FPT	<i>Kiran</i>
19.	UG22FPT16	MOHAMMED SHAMIL A S	FPT	<i>Shamil</i>

	UG22FPT17	MUHAMMED IRFAN K	FPT	<i>Irfan</i>
21.	UG22FPT19	PRABIN KRISHNA M P	FPT	<i>Prabin</i>
22.	UG22FPT21	SHAHAD T M	FPT	<i>Shahad</i>
23.	UG22FPT23	YADHU KRISHNAN T D	FPT	<i>Yadhu</i>
24.	UG22BLM01	ABDUL FAHAD A N	BLM	<i>Abdul</i>
25.	UG22BLM02	ANANDHU KRISHNA K U	BLM	<i>Anandhu</i>
26.	UG22BLM03	ANSIL P A	BLM	<i>Ansil</i>
27.	UG22BLM06	KRISHNARJUN I S	BLM	<i>Krishnarjun</i>
28.	UG22BLM08	MOHAMMED FAYAS K R	BLM	<i>Fayas</i>
29.	UG22BLM09	MOHAMMED SALIH K N	BLM	<i>Salih</i>
30.	UG22BLM10	MUHAMMAD SULTHAN T S	BLM	<i>Sulthan</i>
31.	UG22BLM11	MUHAMMED ANAS V.N	BLM	<i>Anas</i>
32.	UG22BLM12	NAIF NAZEER	BLM	<i>Naif</i>
33.	UG22BLM13	S.ANAISJITH	BLM	<i>Anaisjith</i>
34.	UG22BLM14	SHAFAS P N	BLM	<i>Shafas</i>
35.	UG22BLM15	ABHAY KRISHNA N U	BLM	<i>Abhay</i>
36.	UG22BLM16	ABHISHEK M S	BLM	<i>Abhishek</i>
37.	UG22BLM18	AJAY M SUKUMAR	BLM	<i>Ajay</i>
38.	UG22BLM19	AJITH M D	BLM	<i>Ajith</i>
39.	UG22BLM21	AMALKRISHN	BLM	<i>Amal</i>

		A K S		
40.	UG22BLM22	ANUNAI DINESAN	BLM	
41.	UG22BLM23	ASHFAQ AHMED	BLM	
42.	UG22THM01	ADITHYAN C A	THM	
43.	UG22THM02	ASWIN JOSHY	THM	
44.	UG22THM05	MOHAMED FASAL N B	THM	
45.	UG22THM07	NABEEL A J	THM	
46.	UG22THM09	SHARON K V	THM	
47.	UG22THM10	SREERAJ K R	THM	
48.	UG22THM11	VISHNU SARANG P S	THM	
49.	UG22THM12	ABHINAV BINOY	THM	
50.	UG22THM13	ABHIRAMI M D	THM	
51.	UG22THM14	ABHISHEK E M	THM	
52.	UG22THM15	ADHARSH P B	THM	
53.	UG22THM16	ADHITHYA P S	THM	
<del>54.</del>	UG23ECO59	<del>SURABHI MS</del>	<del>ECONOMICS</del>	

Sumayya K J  
 Assistant professor  
 Department of  
 Mass Communication



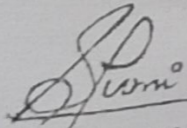


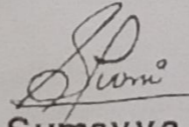
DEPARTMENT OF  
**MASS COMMUNICATION AND JOURNALISM**  
MES ASMABI COLLEGE, P. VEMBALLUR

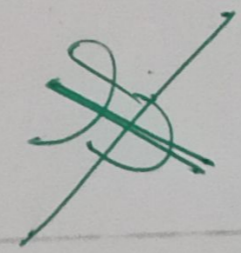


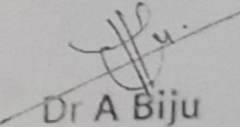
This is to certify that Mr/Ms

.....  
has completed the certificate course in **Zumba Fitness** conducted by **Department of Mass Communication and Journalism**,  
MES Asmabi College, P Vemballur, Kodungallur during the academic year 2023-24

  
**Sumayya K.I**  
Coordinator

  
**Sumayya K.I**  
HoD



  
**Dr A Biju**  
Principal

# M E S Asmabi College, P Vemballur

## Mass Communication and Journalism Certificate Course

### Report and Course outcome

The certificate course fitness program that involves cardio and Latin inspired dance started on 01/11/2023 to 05/03/2024. Practical classes were coordinated by Sumayya K I. The classes were held successfully as per the schedule i.e. 3 to 4 sessions of 1 hr each week. All the students got above 85% of attendance as the classes were held in the campus itself. The program was organized as per the convenience of students and all of them were able to carry out their best performance. The Course completion was on 05/03/2024. The course feedback is that students were able to improve their movement coordination as per the music, enhance their workout stamina and undergone lot of changes in their fitness level.

