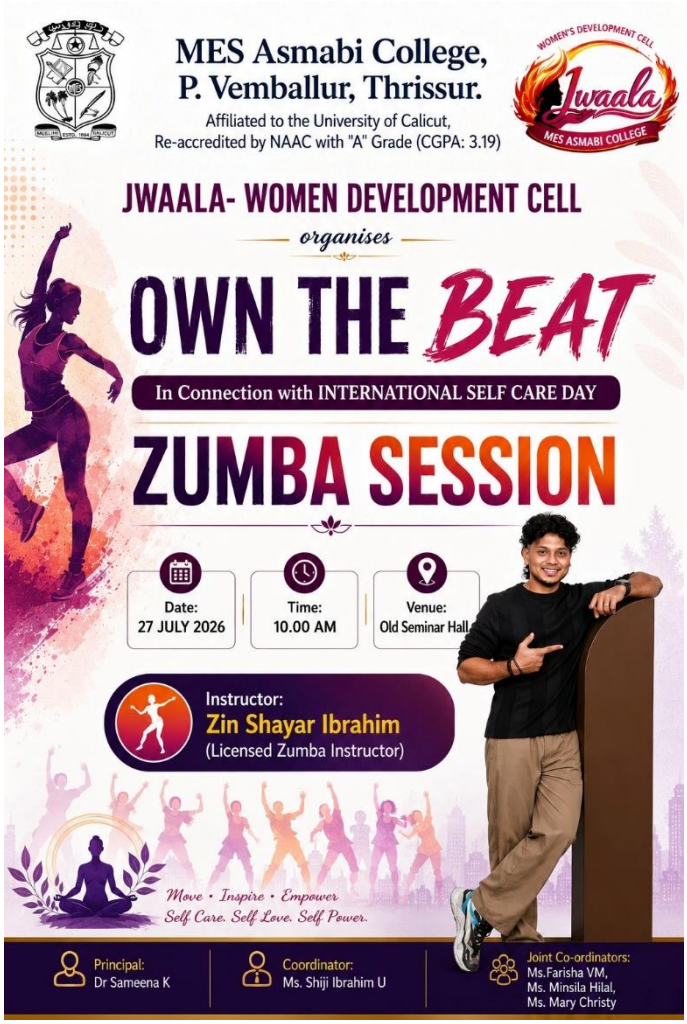
MES ASMABI COLLEGE

Affiliated to University of Calicut

NAAC Re- accredited with A Grade (CGPA- 3.19)

Report on "Own the Beat" – Zumba Session by Jwaala Women Development Cell in Connection with International Self Care Day 2026



Programme Report

The **Jwaala – Women Development Cell** of **MES Asmabi College, P. Vemballur**, organized an energetic and inspiring **Zumba Session titled "Own the Beat"** on **27 July 2026** in connection with **International Self-Care Day**. The programme was conducted at **10.00 a.m.** in the **Dr. M. A. Abdulla Memorial Auditorium** with the objective of promoting physical fitness, mental well-being, and the importance of self-care among students.

Ms. Shiji Ibrahim U, Coordinator, Jwaala – Women Development Cell welcomed all to the auspicious occasion.The session was presided by the Principal Dr. Sameena Kalathodi. Dr, Dhanya , IQAC Coordinator and Dr. K Kesavan, Nodal Officer B. Voc delivered

falicitation address. Technical session was led by **Mr. Zin Shayar Ibrahim**, a **Licensed Zumba Instructor**, who began the programme with a brief introduction on the significance of self-care and the role of regular physical activity in maintaining a healthy lifestyle. He encouraged students to embrace fitness as an enjoyable and sustainable part of their daily routine.

The Zumba session commenced with a warm-up followed by a series of lively dance workouts set to energetic music. Students enthusiastically participated in the exercises, enjoying the combination of dance and fitness. The instructor's engaging style and motivational guidance created a vibrant atmosphere, inspiring participants to actively involve themselves throughout the session. The programme emphasized that self-care extends beyond physical health to include emotional well-being, confidence, and self-love.

The event witnessed the participation of **around 200 students** from various departments. Faculty members and Women Development Cell coordinators were also present, encouraging students to make wellness and self-care an integral part of their lives.

The programme concluded with a vote of thanks by Jaseela, who expressed sincere gratitude to the Principal, the resource person, faculty members, and all the students for making the event a grand success. The session successfully motivated participants to prioritize their health, reduce stress through enjoyable physical activity, and adopt positive lifestyle habits.

The **"Own the Beat" Zumba Session** proved to be an enriching and refreshing experience, perfectly aligning with the spirit of **International Self-Care Day** by promoting the message **"Move. Inspire. Empower. Self-Care. Self-Love. Self-Power."**




Dr M A ABDULLA MEMORIAL AUDITORIUM
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