

**ACADEMY OF HEALTH AND PHYSICAL EDUCATION**

*“Within the world of sports, we guide young minds through the art of play. As they swing, run and leap, they uncover the beauty of teamwork, the strength of determination and the grace of both victory and defeat. Each game becomes a canvas on which life’s values are painted commitment, resilience and the pursuit of excellence”*



**CONTACT US**

**Address:**  
7/561 Building, 10th Mile  
Kunnamangalam, Calicut

**Phone:**  
+91 73562 91147

**Mail:**  
physicalacademykl@gmail.com

**AHAPE**  
**INTERNATIONAL**

Your Sports Partner

# About AHAPE

*"In the arena of life, the lessons learned here become the foundation for a remarkable journey."*

"Empowering through Sport: For two decades, AHAPE International has been at the forefront of nurturing young minds through the power of sports. Guided by the belief that sports is more than a game—it's a life lesson—we've been shaping character, building resilience, and fostering growth in educational institutions. Our journey is fueled by the unwavering conviction that every swing, kick, and jump paves the way for



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AHAPE  
Academy



# CHAIRMAN'S Message

*"Empowering Futures  
Through Sport and Well-  
ness: Together, we're crafting  
champions of character,  
resilience, and health. Join us  
in shaping a vibrant tomor-  
row."*



# Mission & Vision

## Mission

" Our mission is to ignite a transformational movement through sports. We are dedicated to revolutionizing the well-being of young individuals by embedding a culture of active living and sports excellence within schools. Our relentless commitment is to shape a generation that not only thrives physically but also embodies mental fortitude, empathy, and leadership. Through dynamic sports activities, we nurture their potential, instill the values of perseverance and collaboration, and empower them to overcome challenges both on and off the field. Our unwavering goal is not just to produce sports champions, but to cultivate champions of humanity who will steer our society towards a future brimming with health, vitality, and boundless possibilities."

## Vision

*"Leading the Way to a Healthier and Vibrant Tomorrow"*

In a world where health and vitality are paramount, AHAPE International stands as a beacon of transformation. We envision a future that goes beyond traditional boundaries, where health isn't just a goal but a way of life, and vibrancy isn't a luxury



# VISIONARY LEADERSHIP

## CKS DEEN CHAIRMAN & GRAND MASTER

With over three decades dedicated to the realm of sports education, our esteemed Chairman has woven a legacy of transformative impact. A visionary who envisions a society where every child thrives through sports, his journey exemplifies unflinching commitment, igniting a passion for active living. of life—empowering futures with every step.”



*“Through his leadership, we stride forward, shaping not just athletes but champions”*

### Meet The Team



**JINU JOSEPH**  
CHIEF INSTRUCTOR

University Handball Player  
State Basketball Player  
Boxing State Player  
Wushu Judge



**Vishnu**  
Boxing

National Player (Open)  
Amateur State Player  
Olympic State Player



**Shabeen**  
Kung Fu

State Wushu Champion  
State Wrestling Champion



**Anagha**  
Volley Ball

Senior State Player  
University Player



**Anusree**  
Taekwondo

South Zone Champion  
State Champion



**Harshal**  
Archery

State Champion  
National Player

# Our Service



## KUNG-FU

Explore the graceful and ancient art of Kung Fu, focusing on the Tai Chi Dragon style. Through deliberate movements and controlled breathing, students develop not only physical strength but also mental clarity and inner harmony. Kung Fu instills a deep sense of discipline while enhancing flexibility and balance.



## BOXING

In the boxing ring, students harness their strength and agility while learning the art of controlled aggression. Beyond the physical benefits, boxing instills discipline, focus, and self-control. It's a dynamic way to build confidence and resilience while fostering an unshakable sense of determination.



## FOOTBALL

Step onto the pitch and dive into the exhilarating world of football. Beyond just a sport, football teaches teamwork, strategic thinking, and effective communication. Players develop their physical prowess while also imbibing essential life skills such as leadership, cooperation, and sportsmanship.



## ARCHERY

The art of archery requires precision, concentration, and patience. Participants learn the technique of drawing a bowstring, aiming, and releasing with precision. Archery not only develops physical dexterity but also cultivates mental focus and a strong sense of self-discipline.



## ROLLER SKATING

Roller skating combines fun and fitness in graceful motion. Beyond being an enjoyable activity, it enhances balance, coordination, and core strength. Skaters develop a sense of rhythm and spatial awareness while cruising through thrilling skating routines.



## BADMINTON

Badminton offers a perfect blend of strategy and athleticism. Players develop quick reflexes, hand-eye coordination, and swift movement. The sport emphasizes agility and mental acuity, making every match a test of skill and tactics.



## KARATE

Karate is a martial art that teaches self-defense techniques while promoting character development. Participants learn various strikes, blocks, and forms, fostering self-discipline, self-confidence, and respect for oneself and others. Karate is a journey of personal growth and empowerment.



## AEROBICS

Aerobics is a vibrant workout that enhances cardiovascular fitness and overall endurance. Participants engage in rhythmic routines that combine dance and exercise, keeping energy levels high while improving coordination, flexibility, and heart health.



## YOGA

Yoga is a holistic practice that focuses on harmonizing the mind, body, and soul. Through a series of postures, breathing exercises, and meditation, students enhance flexibility, balance, and mental clarity. Yoga instills a sense of calmness and mindfulness,



## CADET PROJECT

Our unique Cadet Project is designed to instill valuable life skills such as discipline, unity, and coordination. Students engage in activities that foster teamwork, leadership, and a strong sense of responsibility. These skills are not only applicable to sports but also prepare students for future roles in respected fields such as the police and army.



# Why Choose us?

## 01 Expertise & Experience

With over 20 years in physical combat and sports education, Ahape International brings a legacy of mastery. Our seasoned approach blends Kung Fu artistry with Olympic precision, ensuring students receive unparalleled guidance to excel.



## 02 Personalized Approach

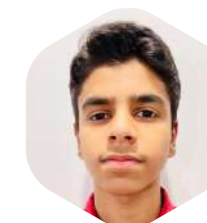
Ahape International stands out for its tailored training. Our trainers understand each student's uniqueness, fostering growth at their pace. This personalized approach empowers students to reach their full potential with focused attention.



## 03 Holistic Development

At Ahape International, sports education transcends skills. We nurture champions with strong character. Our curriculum instills qualities like discipline, resilience and sportsmanship, shaping well-rounded leaders both on and off the field.

# OUR CHAMPIONS



**Hadi Abdullah**

Wushu National Player  
Boxing National Player



**Shafin Rasheed**

State Boxing Champion  
Wushu State Player



**Muhammed Niyas**

National Squay Player  
State Boxing Player



**Malik Dhinal**

National Squay Player

*"Amidst the arena's roar, they rise, embodying the spirit of triumph. Fueled by passion, discipline, and a relentless pursuit of excellence, our champions stand tall as beacons of inspiration. Their dedication forms the very core of Ahape International, inspiring future generations to chase their dreams fearlessly. We celebrate their journey, etched in sweat and glory."*