### NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661 Established in 2004, under Nirmala College Society (Reg.No.ER 928/2001)



#### REPORT ON FOOTBALL TRAINING (2022-2023)

Date	06/10/2022 to 20/10/2022	
Venue College ground		
Time	05.00 pm - 06.00 pm	
Resource Person	Dr Santhosh J, Assistant Professor, HOD, Physical Education, Nirmala College, Muvattupuzha	

The sports club of NCP, organized a football training programme from 06/10/2022 to 20/10/2022. The sessions were conducted in the College ground at 05:00 pm to 06:00 pm, under the efficient guidance of Dr Santhosh J, Assistant Professor, HOD, Department of Physical Education, Nirmala College, Muvattupuzha.

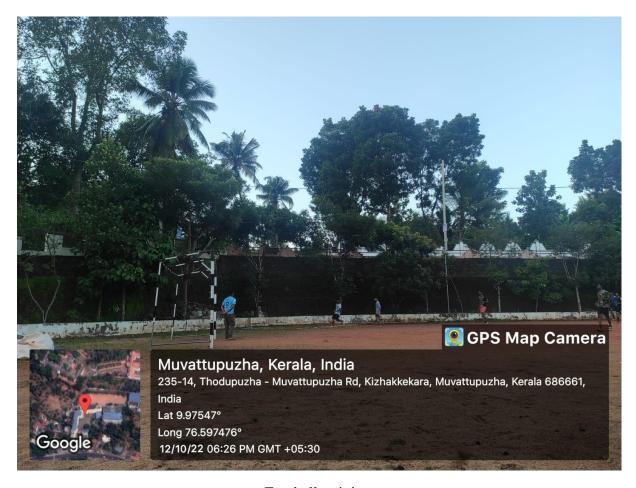
The training programme was very helpful to the students. The sessions aimed to improve the quickness and flexibility of the individual students. It also helped in increasing the endurance of the individuals who underwent the programme. Key areas of focus of the training was for refining the footworks and agility of the students.



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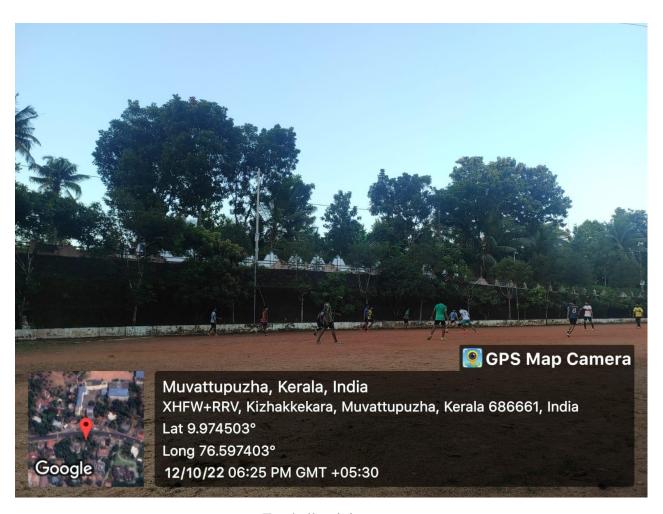
Football training



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Football training





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Nirmala Hills, Muvattupuzha P.O, Ernakulam district, Kerala, India - 686 661

# 5.1.2 Capacity building and skills enhancement initiatives taken by the institution

## LIFE SKILLS (Physical Fitness)

### **ENROLLMENT SHEET**

FOOTBALL TRAINING (2022-2023)				
SI No	Name of Participant	Sem / Year	Signature	
1.	Martin B John	6 <sup>th</sup> Year Pharm D	Manne	
2.	Chrins Thomas	6 <sup>th</sup> Year Pharm D	Show	
3.	Joffin Sabu	1 <sup>st</sup> Year Pharm D	Joff on	
4.	Aboobakker Sidhiq Sanil	3 <sup>rd</sup> Year Pharm D	About the	
5.	Akshay P R	7 <sup>th</sup> Sem B.Pharm	la rever	
6.	Jithin N P	7 <sup>th</sup> Sem B.Pharm	bether	
7.	Jithesh M R	5 <sup>th</sup> sem B.Pharm	J. Huss All	
8.	Davood Khaleel	7 <sup>th</sup> Sem B.Pharm	Deno A.	
9.	Vishak Saji	2 <sup>nd</sup> Sem B.Pharm	Verhuden	
10.	Abin Jomy	4th Sem B.Pharm	AL	
11.	Sahad Muhammed	7 <sup>th</sup> Sem B.Pharm	Sharly	
12.	Jeevan Joseph	3 <sup>rd</sup> Year Pharm D	South-	
13.	Tinil Tomy	1 <sup>st</sup> Year Pharm D	Mille	
14.	Abhiraj Raveendran	5 <sup>th</sup> Sem B.Pharm	Ahus 1	
15.	Ashish Jaison	2 <sup>nd</sup> Sem B.Pharm	Ading	
16.	Harinandan M S	2 <sup>nd</sup> Sem B.Pharm	Harmanley -	
17.	Joyal M Joll	1 <sup>st</sup> Year Pharm D	forth.	



Muvaltupuzha Ernakulam Dist. Kerala Managed by Nirmala College Society ( Reg.-

