

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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Muvattupuzha, Kerala, India

235-14, Thodupuzha - Muvattupuzha Rd, Kizhakkera, Muvattupuzha, Kerala 686661, India

Lat 9.97547°

Long 76.597476°

12/10/22 06:26 PM GMT +05:30

Football training



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GPS Map Camera

Muvattupuzha, Kerala, India

XHFW+RRV, Kizhakkakara, Muvattupuzha, Kerala 686661, India

Lat 9.974503°

Long 76.597403°

12/10/22 06:25 PM GMT +05:30

Google

Football training





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 th Year Pharm D	
2.	Chrins Thomas	6 th Year Pharm D	
3.	Joffin Sabu	1 st Year Pharm D	
4.	Aboobakker Sidhiq Sanil	3 rd Year Pharm D	
5.	Akshay P R	7 th Sem B.Pharm	
6.	Jithin N P	7 th Sem B.Pharm	
7.	Jithesh M R	5 th sem B.Pharm	
8.	Davood Khaleel	7 th Sem B.Pharm	
9.	Vishak Saji	2 nd Sem B.Pharm	
10.	Abin Jomy	4 th Sem B.Pharm	
11.	Sahad Muhammed	7 th Sem B.Pharm	
12.	Jeevan Joseph	3 rd Year Pharm D	
13.	Tinil Tomy	1 st Year Pharm D	
14.	Abhiraj Raveendran	5 th Sem B.Pharm	
15.	Ashish Jaison	2 nd Sem B.Pharm	
16.	Harinandan M S	2 nd Sem B.Pharm	
17.	Joyal M Joll	1 st Year Pharm D	

