

# 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 GYM TRAINING (2021-2022)

<b>Date</b>	01/11/2021 to 30/11/2021
<b>Venue</b>	College gym
<b>Time</b>	05.00 pm - 06.00 pm
<b>Resource Person</b>	Dr Santhosh J, Assistant Professor, HOD, Physical Education, Nirmala College, Muvattupuzha

In association with the Sports Club of Nirmala College of Pharmacy, a one-month training for the proper utilization of Gym facilities was provided to the boys' students of our college. The sessions started from 01/11/2021 to 30/11/2021. Dr Santhosh J, Assistant Professor, HOD, Department of Physical Education, Nirmala College, Muvattupuzha handled each session and provided necessary guidance to the students regarding various gym equipment, how to focus on a healthier lifestyle etc. The sessions were conducted after the college hours, during the time period 05:00 pm – 06:00 pm in the College gym. The sessions were very useful for the new students as well as for the previous batches.

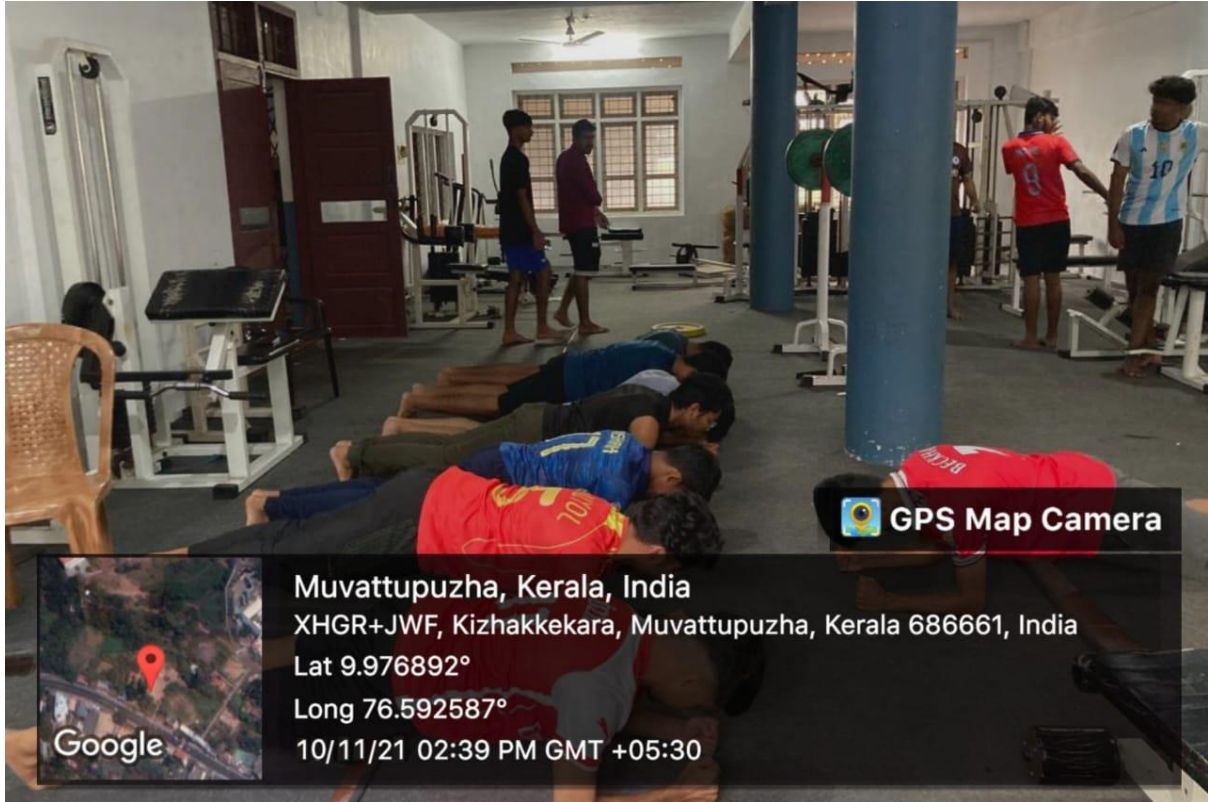


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Gym training

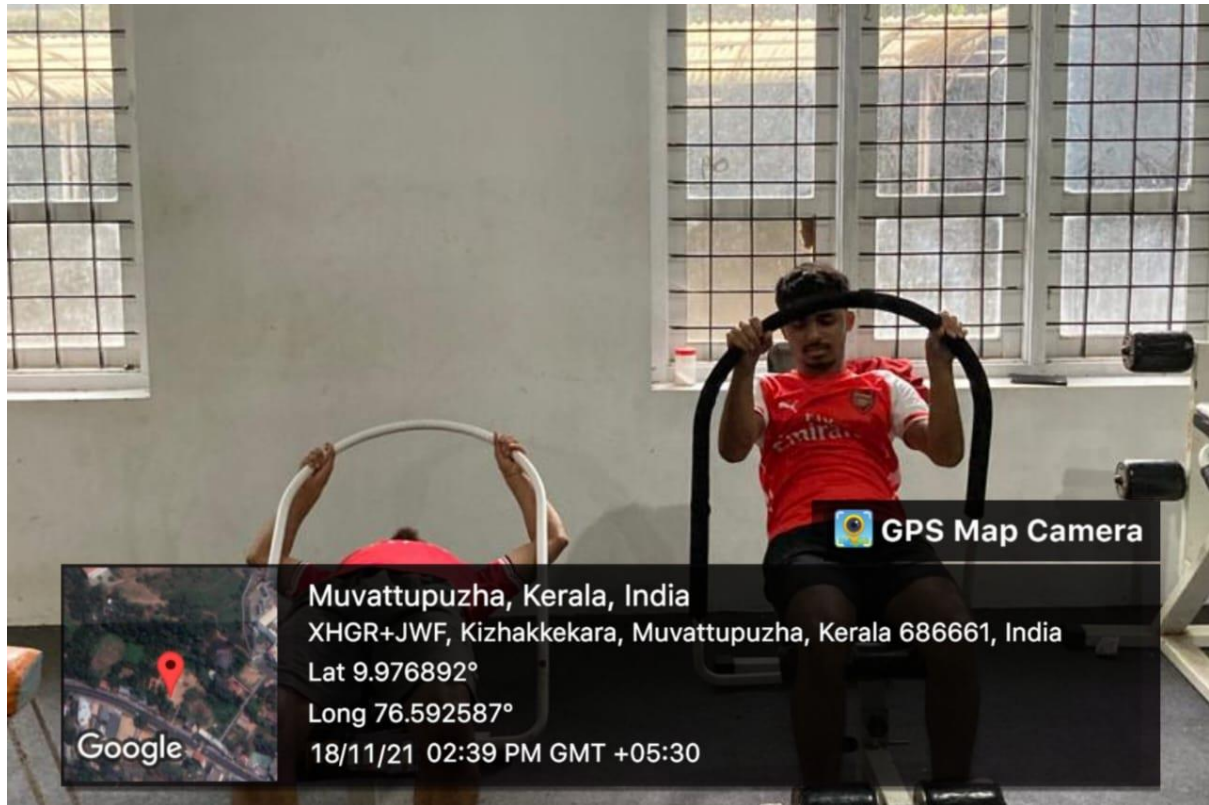


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# NIRMALA COLLEGE OF PHARMACY

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






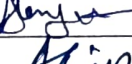
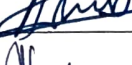






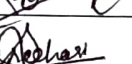
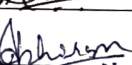
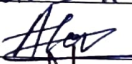
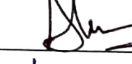





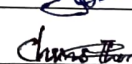







GYM TRAINING (2021-2022)			
SI No	Name of Participant	Sem / Year	Signature
1.	Ajwin Joseph Martin	7 <sup>th</sup> Sem B.Pharm	
2.	Akash Johnson	7 <sup>th</sup> Sem B.Pharm	
3.	Akash Vinod	7 <sup>th</sup> Sem B.Pharm	
4.	Akshay P R	7 <sup>th</sup> Sem B.Pharm	
5.	Alan George	7 <sup>th</sup> Sem B.Pharm	
6.	Anuvindh Suresh	7 <sup>th</sup> Sem B.Pharm	
7.	Aswin Biju	7 <sup>th</sup> Sem B.Pharm	
8.	Davood Khaleel	7 <sup>th</sup> Sem B.Pharm	
9.	Jerin Wilson	7 <sup>th</sup> Sem B.Pharm	
10.	Jithin N P	7 <sup>th</sup> Sem B.Pharm	
11.	Sahadh M M	7 <sup>th</sup> Sem B.Pharm	
12.	Saneesh U S	7 <sup>th</sup> Sem B.Pharm	
13.	Shyam Jith M	7 <sup>th</sup> Sem B.Pharm	
14.	Abhiraj Raveendran	5 <sup>th</sup> Sem B.Pharm	

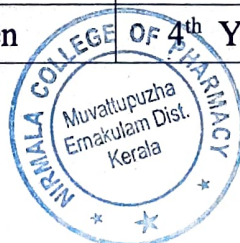


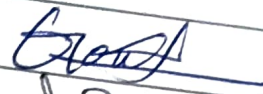
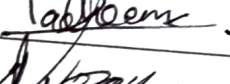

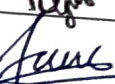
Managed by Nirmala College Society ( Reg.-  
No.ER 928/2001), Diocese of Kothamangalam

Affiliated to Kerala University of Health Sciences, Thrissur  
Approved by Government of Kerala & Pharmacy Council of  
India, New Delhi. Certified by ISO 9001:2015, Accredited  
by IAO & NBA (UG Pharmacy).



15.	Amrith Vishnu A D	5 <sup>th</sup> Sem B.Pharm	
16.	Antony V R	5 <sup>th</sup> Sem B.Pharm	
17.	Jobins Biju	5 <sup>th</sup> Sem B.Pharm	
18.	Nidhin T Paul	5 <sup>th</sup> Sem B.Pharm	
19.	Abin Jomy	3 <sup>rd</sup> Sem B.Pharm	
20.	Alan Shaijan	3 <sup>rd</sup> Sem B.Pharm	
21.	Albin Saji	3 <sup>rd</sup> Sem B.Pharm	
22.	Alby Sajeev	3 <sup>rd</sup> Sem B.Pharm	
23.	Antony Varghese	3 <sup>rd</sup> Sem B.Pharm	
24.	Augustin Shyju	3 <sup>rd</sup> Sem B.Pharm	
25.	Basil Joy	3 <sup>rd</sup> Sem B.Pharm	
26.	Elbin Vinu	3 <sup>rd</sup> Sem B.Pharm	
27.	Josbin Johny	3 <sup>rd</sup> Sem B.Pharm	
28.	Mathukutty Binu Pittappillil	3 <sup>rd</sup> Sem B.Pharm	
29.	Sreehari Lal	3 <sup>rd</sup> Sem B.Pharm	
30.	Abhiram Pb	1 <sup>st</sup> Sem B.Pharm	
31.	Alan Baiju	1 <sup>st</sup> Sem B.Pharm	
32.	Alan Jomon	1 <sup>st</sup> Sem B.Pharm	
33.	Ashish Jaison	1 <sup>st</sup> Sem B.Pharm	
34.	Alfin Baby	6 <sup>th</sup> Year Pharm D	
35.	Eldhose Elias George	6 <sup>th</sup> Year Pharm D	
36.	Goutham Retheesh	6 <sup>th</sup> Year Pharm D	
37.	Nevin Joseph	6 <sup>th</sup> Year Pharm D	
38.	Alwin Anto	5 <sup>th</sup> Year Pharm D	
39.	Chrins Thomas Jojo	5 <sup>th</sup> Year Pharm D	
40.	Jeffin Thomas	5 <sup>th</sup> Year Pharm D	
41.	Joel George	5 <sup>th</sup> Year Pharm D	
42.	Abin Biju	4 <sup>th</sup> Year Pharm D	
43.	Manu Eappen	4 <sup>th</sup> Year Pharm D	
44.	Shefin Mytheen	4 <sup>th</sup> Year Pharm D	



46.	Goutam Gopakumar	3 <sup>rd</sup> Year Pharm D	
47.	Stebin Mathew	3 <sup>rd</sup> Year Pharm D	
48.	Aboobakkar Sidhik Sanil	2 <sup>nd</sup> Year Pharm D	
49.	Ahil Joseph Alby	2 <sup>nd</sup> Year Pharm D	
50.	Anas Muhammed Azad	2 <sup>nd</sup> Year Pharm D	
51.	Edwin Sam	2 <sup>nd</sup> Year Pharm D	
52.	Fahad Muhammed M.S	2 <sup>nd</sup> Year Pharm D	
53.	Freddy Alappattu	2 <sup>nd</sup> Year Pharm D	
54.	Nadheem Muhammed Shajeef	2 <sup>nd</sup> Year Pharm D	
55.	Naveen K Biju	2 <sup>nd</sup> Year Pharm D	
56.	Ajil George Wilson	1 <sup>st</sup> Year Pharm D	
57.	Jeevan Sajeev	1 <sup>st</sup> Year Pharm D	
	Jofin Sabu	1 <sup>st</sup> Year Pharm D	

