

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 (2022-2023)

Date	01/11/2022 to 30/11/2022
Venue	College gym
Time	05.00 pm - 06.00 pm
Resource Person	Dr Santhosh J, Assistant Professor, HOD, Physical Education, Nirmala College, Muvattupuzha

A gym training session was organized by the Sports club of Nirmala College of Pharmacy, Muvattupuzha, for all the boys' students. The training program was conducted for 1 month from 01/11/2022 to 30/11/2022 at 05.00- 06.00 pm in the College Gym. Dr Santhosh J, Assistant Professor, HOD, Department of Physical Education, Nirmala College, Muvattupuzha was the trainer for the program. This one-month gym training program was designed to include various exercises like squats, bench press, calf raises, planks, lunges etc. The program was beneficial to all the students who participated. The sessions helped them to get an insight regarding the benefits of various exercises and the need to hit gym regularly for maintaining a sound body and mind.



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Gym training





5.1.2 Capacity building and skills enhancement initiatives taken by the institution

LIFE SKILLS (Physical Fitness)

ENROLLMENT SHEET

GYM TRAINING (2022-2023)			
SI No	Name of Participant	Sem / Year	Signature
1.	Abhiraj Raveendran	7 th Sem B.Pharm	
2.	Amrith Vishnu A D	7 th Sem B.Pharm	
3.	Antony V R	7 th Sem B.Pharm	
4.	Jobins Biju	7 th Sem B.Pharm	
5.	Nidhin T Paul	7 th Sem B.Pharm	
6.	Abin Jomy	5 th Sem B.Pharm	
7.	Alan Shaijan	5 th Sem B.Pharm	
8.	Albin Saji	5 th Sem B.Pharm	
9.	Alby Sajeev	5 th Sem B.Pharm	
10.	Antony Varghese	5 th Sem B.Pharm	
11.	Augustin Shyju	5 th Sem B.Pharm	
12.	Basil Joy	5 th Sem B.Pharm	
13.	Elbin Vinu	5 th Sem B.Pharm	
14.	Josbin Johny	5 th Sem B.Pharm	
15.	Mathukutty Binu Pittappillil	5 th Sem B.Pharm	



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

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



16.	Sreehari Lal	5 th Sem B.Pharm	<i>Sreehari Lal</i>
17.	Abhiram Pb	3 rd Sem B.Pharm	<i>Abhiram Pb</i>
18.	Alan Baiju	3 rd Sem B.Pharm	<i>Alan Baiju</i>
19.	Alan Jomon	3 rd Sem B.Pharm	<i>Alan</i>
20.	Ashish Jaison	3 rd Sem B.Pharm	<i>Ashish</i>
21.	Alwin Anto	6 th Year Pharm D	<i>Alwin</i>
22.	Chrins Thomas Jojo	6 th Year Pharm D	<i>Chrins</i>
23.	Jeffin Thomas	6 th Year Pharm D	<i>Jeffin</i>
24.	Joel George	6 th Year Pharm D	<i>Joel</i>
25.	Abin Biju	5 th Year Pharm D	<i>Abin</i>
26.	Manu Eappen	5 th Year Pharm D	<i>Manu Eappen</i>
27.	Shefin Mytheen	5 th Year Pharm D	<i>Shefin</i>
28.	Goutam Gopakumar	4 th Year Pharm D	<i>Goutam</i>
29.	Stebin Mathew	4 th Year Pharm D	<i>Stebin</i>
30.	Aboobakkar Sidhik Sanil	3 rd Year Pharm D	<i>Aboobakkar Sidhik Sanil</i>
31.	Ahil Joseph Alby	3 rd Year Pharm D	<i>Ahil</i>
32.	Anas Muhammed Azad	3 rd Year Pharm D	<i>Anas</i>
33.	Edwin Sam	3 rd Year Pharm D	<i>Edwin</i>
34.	Fahad Muhammed M.S	3 rd Year Pharm D	<i>Fahad</i>
35.	Freddy Alappattu	3 rd Year Pharm D	<i>Freddy</i>
36.	Nadheem Muhammed Shajeef	3 rd Year Pharm D	<i>Nadheem</i>
37.	Naveen K Biju	3 rd Year Pharm D	<i>Naveen</i>
38.	Ajil George Wilson	2 nd Year Pharm D	<i>Ajil</i>
39.	Jeevan Sajeev	2 nd Year Pharm D	<i>Jeevan</i>
40.	Jofin Sabu	2 nd Year Pharm D	<i>Jofin</i>
41.	Tinil Tomy	2 nd Year Pharm D	<i>Tinil</i>

