

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 (2018-2019)

| | |
|------------------------|---|
| Date | 01/11/2018 - 30/11/2018 |
| 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 program was organized by the Sports club of Nirmala College of Pharmacy, Muvattupuzha, for all the (boys') students. The training program was conducted for a month from 01/11/2018 to 30/11/2018 at 05.00- 06.00 pm in the College gym. The sessions were handled under the supervision of Dr Santhosh J, Assistant Professor, HOD, Physical Education, Nirmala College, Muvattupuzha. This one-month gym training program is designed specifically for students who want to improve their fitness, build strength and enhance their overall health. The program aims to approach a balanced approach to physical fitness.



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Gym training





5.1.2 Capacity building and skills enhancement initiatives taken by the institution

LIFE SKILLS (Physical Fitness)

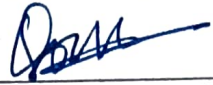
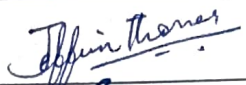


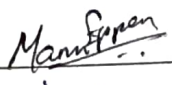
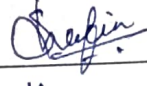


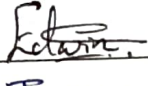
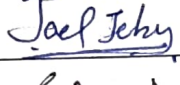


ENROLLMENT SHEET

| GYM TRAINING (2018-2019) | | | |
|--------------------------|----------------------------|------------------------------|-----------|
| SI No | Name of Participant | Sem / Year | Signature |
| 1. | Alen Reji | 4 th year B.Pharm | |
| 2. | Alphin Roy | 4 th year B.Pharm | |
| 3. | Johns Zacharia | 4 th year B.Pharm | |
| 4. | Stephin Baby | 4 th year B.Pharm | |
| 5. | Alan Peter Davis | 3 rd year B.Pharm | |
| 6. | Amal Johnson | 3 rd year B.Pharm | |
| 7. | Anto Denny Joy | 3 rd year B.Pharm | |
| 8. | Antony Vargheese Antony | 3 rd year B.Pharm | |
| 9. | Dimal Jose | 3 rd year B.Pharm | |
| 10. | Gheevargheese Devassia | 3 rd year B.Pharm | |
| 11. | Jaison Baby | 3 rd year B.Pharm | |
| 12. | Toms Augustine | 3 rd year B.Pharm | |
| 13. | Muhammed Sidiq | 3 rd year B.Pharm | |
| 14. | Ajay Emmanuel Thomas | 3 rd sem B.Pharm | |



| | | | |
|-----|---------------------------|------------------------------|----------------------------------|
| 15. | Freddy P Robin | 3 rd sem B.Pharm | |
| 16. | Mahin T M | 3 rd sem B.Pharm | <u>Mahin</u> |
| 17. | Muhammad Abdul Khadir P S | 3 rd sem B.Pharm | <u>Muhammad Abdul Khadir P S</u> |
| 18. | Amal Thomas | 3 rd sem B.Pharm | <u>Amal Thomas</u> |
| 19. | Ajwin Joseph Martin | 1 st Sem B.Pharm | <u>Ajwin</u> |
| 20. | Akash Johnson | 1 st Sem B.Pharm | <u>Akash</u> |
| 21. | Akash Vinod | 1 st Sem B.Pharm | <u>Akash</u> |
| 22. | Akshay P R | 1 st Sem B.Pharm | <u>Akshay</u> |
| 23. | Alan George | 1 st Sem B.Pharm | <u>Alan</u> |
| 24. | Anuvindh Suresh | 1 st Sem B.Pharm | <u>Anuvindh</u> |
| 25. | Ashin Joseph | 1 st Sem B.Pharm | <u>Ashin</u> |
| 26. | Aswin Biju | 1 st Sem B.Pharm | <u>Aswin</u> |
| 27. | Davood Khaleel | 1 st Sem B.Pharm | <u>Davood Khaleel</u> |
| 28. | Jerin Wilson | 1 st Sem B.Pharm | <u>Jerin Wilson</u> |
| 29. | Jithin N P | 1 st Sem B.Pharm | <u>Jithin</u> |
| 30. | Sahadh M M | 1 st Sem B.Pharm | <u>Sahadh</u> |
| 31. | Saneesh U S | 1 st Sem B.Pharm | <u>Saneesh</u> |
| 32. | Shyam Jith M | 1 st Sem B.Pharm | <u>Shyam Jith</u> |
| 33. | Arpith Antony | 4 th year Pharm D | <u>Arpith</u> |
| 34. | Johnson V Babu | 4 th year Pharm D | <u>Johnson V Babu</u> |
| 35. | K S Irfan | 4 th year Pharm D | <u>K S Irfan</u> |
| 36. | Alfin Baby | 3 rd year Pharm D | <u>Alfin</u> |
| 37. | Eldhose Elias George | 3 rd year Pharm D | <u>Eldhose Elias George</u> |
| 38. | Goutham Reteesh | 3 rd year Pharm D | <u>Goutham</u> |
| 39. | Nevin Joseph | 3 rd year Pharm D | <u>Nevin Joseph</u> |
| 40. | Alwin Anto | 2 nd year Pharm D | <u>Alwin</u> |



| | | | |
|-----|--------------------|------------------------------|--|
| 41. | Chrins Thomas Jojo | 2 nd year Pharm D |  |
| 42. | Jeffin Thomas | 2 nd year Pharm D |  |
| 43. | Joel George | 2 nd year Pharm D |  |
| 44. | Abin Biju | 1 st year Pharm D |  |
| 45. | Manu Eappen | 1 st year Pharm D |  |
| 46. | Shefin Mytheen | 1 st year Pharm D |  |
| 47. | Aby Paul | 5 th year Pharm D |  |
| 48. | Basil John | 5 th year Pharm D |  |
| 49. | Edwin Antony | 5 th year Pharm D |  |
| 50. | Joel Joby | 5 th year Pharm D |  |
| 51. | Jude James | 5 th year Pharm D |  |
| 52. | Stelvin Sebastian | 5 th year Pharm D |  |

