

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 (2019-2020)

Date	01/11/2019 to 30/11/2019
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 01/11/2019 to 30/11/2019 at 05.00 pm - 06.00 pm in the College Gym. The sessions were handled under the guidance of Dr Santhosh J, Assistant Professor, HOD, Physical Education, Nirmala College, Muvattupuzha.

The main aim of this program is to improve the physical and mental well-being of the students. Following this training sessions, the students can practice regularly and become healthier versions of themselves.



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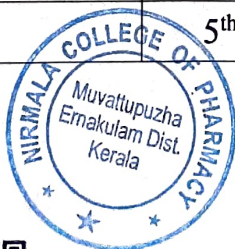
Nirmala Hills, Muvattupuzha P.O,
Ernakulam district, Kerala, India - 686 661

5.1.2 Capacity building and skills enhancement initiatives taken by the institution

LIFE SKILLS (Physical Fitness)

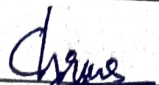

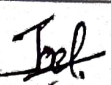
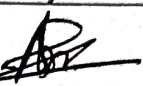
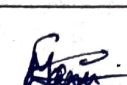

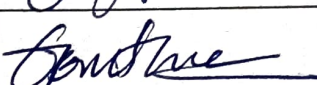
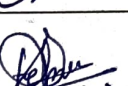
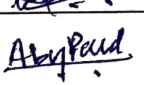


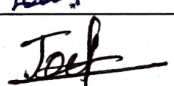
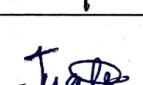
ENROLLMENT SHEET

GYM TRAINING (2019-2020)			
SI No	Name of Participant	Sem / Year	Signature
1.	Alan Peter Davis	4 th year B.Pharm	
2.	Amal Johnson	4 th year B.Pharm	
3.	Anto Denny Joy	4 th year B.Pharm	
4.	Antony Vargheese Antony	4 th year B.Pharm	
5.	Dimal Jose	4 th year B.Pharm	
6.	Gheevargheese Devassia	4 th year B.Pharm	
7.	Jaison Baby	4 th year B.Pharm	
8.	Toms Augustine	4 th year B.Pharm	
9.	Muhammed Sidiq	4 th year B.Pharm	
10.	Ajay Emmanuel Thomas	5 th Sem B.Pharm	
11.	Freddy P Robin	5 th Sem B.Pharm	
12.	Jomy John	5 th Sem B.Pharm	
13.	Mahin T M	5 th Sem B.Pharm	
14.	Siijin Biju	5 th Sem B.Pharm	
15.	Muhhammad Abdul Khadir P S	5 th Sem B.Pharm	
16.	Amal Thomas	5 th Sem B.Pharm	



17.	Ajwin Joseph Martin	3 rd Sem B.Pharm	<i>Ajwin Joseph</i>
18.	Akash Johnson	3 rd Sem B.Pharm	<i>Akash</i>
19.	Akash Vinod	3 rd Sem B.Pharm	<i>Akash</i>
20.	Akshay P R	3 rd Sem B.Pharm	<i>Akshay</i>
21.	Alan George	3 rd Sem B.Pharm	<i>Alan</i>
22.	Anuvindh Suresh	3 rd Sem B.Pharm	<i>Anuvindh</i>
23.	Ashin Joseph	3 rd Sem B.Pharm	<i>Ashin</i>
24.	Aswin Biju	3 rd Sem B.Pharm	<i>Aswin</i>
25.	Davood Khaleel	3 rd Sem B.Pharm	<i>Davood</i>
26.	Jerin Wilson	3 rd Sem B.Pharm	<i>Jerin</i>
27.	Jithin N P	3 rd Sem B.Pharm	<i>Jithin</i>
28.	Sahadh M M	3 rd Sem B.Pharm	<i>Sahadh</i>
29.	Saneesh U S	3 rd Sem B.Pharm	<i>Saneesh</i>
30.	Shyam Jith M	3 rd Sem B.Pharm	<i>Shyam</i>
31.	Abhiraj Raveendran	1 st Sem B.Pharm	<i>Abhiraj</i>
32.	Amrith Vishnu A D	1 st Sem B.Pharm	<i>Amrith</i>
33.	Antony V R	1 st Sem B.Pharm	<i>Antony</i>
34.	Jobins Biju	1 st Sem B.Pharm	<i>Jobins</i>
35.	Nidhin T Paul	1 st Sem B.Pharm	<i>Nidhin</i>
36.	Arpith Antony	5 th Year Pharm.D	<i>Arpith</i>
37.	Johnson V Babu	5 th Year Pharm.D	<i>Johnson</i>
38.	K S Irfan	5 th Year Pharm.D	<i>K S Irfan</i>
39.	Alfin Baby	4 th Year Pharm D	<i>Alfin Baby</i>
40.	Eldhose Elias George	4 th Year Pharm D	<i>Eldhose</i>
41.	Goutham Retheesh	4 th Year Pharm D	<i>Goutham</i>
42.	Nevin Joseph	4 th Year Pharm D	<i>Nevin Joseph</i>
43.	Alwin Anto	3 rd Year Pharm D	



44.	Chrins Thomas Jojo	3 rd Year Pharm D	
45.	Jeffin Thomas	3 rd Year Pharm D	
46.	Joel George	3 rd Year Pharm D	
47.	Abin Biju	2 nd Year Pharm D	
48.	Manu Eappen	2 nd Year Pharm D	
49.	Shefin Mytheen	2 nd Year Pharm D	
50.	Goutam Gopakumar	1 st Year Pharm D	
51.	Stebin Mathew	1 st Year Pharm D	
52.	Aby Paul	6 th Year Pharm D	
53.	Basil John	6 th Year Pharm D	
54.	Edwin Antony	6 th Year Pharm D	
55.	Joel Joby	6 th Year Pharm D	
56.	Jude James	6 th Year Pharm D	
57.	Stelvin Sebastian	6 th Year Pharm D	