

# 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 ZUMBA TRAINING (2022-2023)

<b>Date</b>	12/06/2023 to 13/06/2023
<b>Venue</b>	College auditorium
<b>Time</b>	10:30 am - 12.00 pm & 02:30 pm – 04:00 pm
<b>Resource Person</b>	Zin Kavitha, Internationally Licensed Zumba Trainer

A zumba training program was organized on 12/06/2023 & 13/06/2023. The event was conducted under the guidance of **Zin Kavitha**, *Internationally Licensed Zumba Trainer*.

The training sessions were organized in the College Auditorium from 10:30 am – 12:00 pm & 02:30 pm – 04:00 pm for both the days.

Each workout involves choreographed movements set to match the rhythm of the music. Zumba workouts are a fun way to incorporate exercise into your daily routine. It focuses on improving cardiovascular fitness and enhancing balance, coordination & strength.



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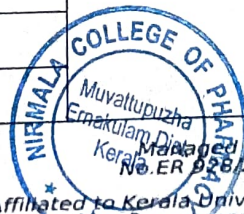


## 5.1.2 Capacity building and skills enhancement initiatives taken by the institution

### LIFE SKILLS (Physical Fitness)

### ENROLLMENT SHEET

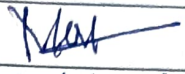



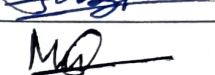
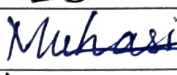
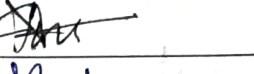
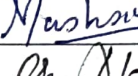
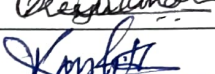
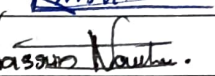
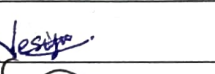
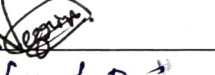

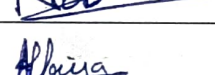
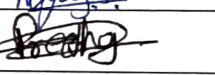
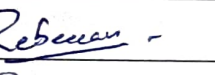

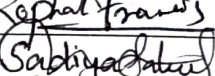
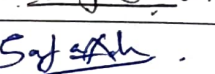
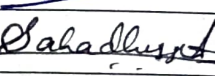
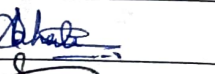
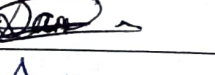
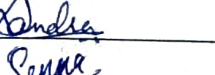





ZUMBA TRAINING (2022-2023)			
SI No	Name of Participant	Sem / Year	Signature
1.	Abhishek R		
2.	Abin Geroge Johny		
3.	Abino Shylet		
4.	Afsana Fathima		
5.	Ahla Fathima		
6.	Aisha P A		
7.	Aiza Fathima T S		
8.	Ajas Najeeb		
9.	Ajil Joy		
10.	Akash Jacob		
11.	Aleena Shajan		
12.	Alitza Yoonus		
13.	Ameeramol P S		
14.	Aneena Eldho		
15.	Anjana Ramesh		
16.	Annet Mary George		
17.	Ann Maria Sibi		
18.	Anwar Ebrahim		
19.	Arun P Sunny		
20.	Ashmi Jalal		
21.	Ashmy P S		
22.	Asna Anas		
23.	Asna Maideen		
24.	Atsa Treassa Antony		
25.	Aysha Khadeer		
26.	Aysha Nourin A J		



27.	Beema Nissar	<i>Beema Nissar</i>
28.	Binimol Joseph	<i>Binimol</i>
29.	Bisnamol Reji	<i>Bisnamol</i>
30.	Biya Mariya Diaus	<i>Biya Mariya</i>
31.	Devaprabha T T	<i>Devaprabha</i>
32.	Diya Fathima	<i>Diya</i>
33.	Dona Martin	<i>Dona</i>
34.	Ebrahim Badusha	<i>Ebrahim Badusha</i>
35.	Farsana N N	<i>Farsana</i>
36.	Fathima C Zakhariya	<i>Fathima C Z</i>
37.	Fathima Muhammed	<i>Fathima M</i>
38.	Fathima Niloofar	<i>Niloofar</i>
39.	Fathima Rasheed	<i>Fathima</i>
40.	Fathima Shabeer	<i>Fathima Shabeer</i>
41.	Gopika Biju	<i>Gopika</i>
42.	Gopikalakshmi Binoj	<i>Gopikalakshmi</i>
43.	Hiba Fathima K A	<i>Hiba Fathima</i>
44.	Jessly Gigi	<i>Jessly</i>
45.	Jesvia Maria Johnson	<i>Jesvia Maria</i>
46.	Jincy Joseph	<i>Jincy Joseph</i>
47.	Jittu Anna John	<i>Jittu Anna</i>
48.	Joel P Jose	<i>Joel P Jose</i>
49.	Jose Paul Jiby	<i>Jose Paul</i>
50.	Juliet Jose	<i>Juliet Jose</i>
51.	Lakshmi Biju	<i>Lakshmi Biju</i>
52.	Lakshmi V	<i>Lakshmi</i>
53.	Laya Shaji	<i>Laya Shaji</i>
54.	Maria Sojan	<i>Maria Sojan</i>
55.	Marva Adam	<i>Marva Adam</i>
56.	Merina Benny	<i>Merina Benny</i>

2<sup>nd</sup> Sem B.Pharm



57.	Merin Roy		
58.	Merin Shaji		
59.	Mubeena M		
60.	Mufeeda Moidheen		
61.	Muhammed Razi		
62.	Muhasina M P		
63.	Muhasina Ummer		
64.	Muhsina M		
65.	Muhsiya V P O		
66.	Nandana Sreeju		
67.	Nanditha V P		
68.	Nasrin Noushad		
69.	Nesiya Mol Noushad		
70.	Nezrin Nazar		
71.	Nimisha Raj P	2 <sup>nd</sup> Sem B.Pharm	
72.	Noble Thomas		
73.	N S Alfiya		
74.	Preethy John		
75.	Rebecca Jijo		
76.	Rona Raju		
77.	Rophal Francis		
78.	Sadiya Shahul		
79.	Safa Adam		
80.	Sahadhiyya A M		
81.	Sahala Meeran		
82.	Sam S B		
83.	Sandra Sajan		
84.	Senna Joseph		
85.	Shamili Sali Shaji		
86.	Shebin Mumthas		



87.	Sneha Abraham	2 <sup>nd</sup> Sem B.Pharm	<u>Sneha Abraham</u>
88.	Snehal K Joy		<u>Snehal K Joy</u>
89.	Sreelakshmi Soman		<u>Sreelakshmi Soman</u>
90.	Sreya Rejikumar		<u>Sreya Rejikumar</u>
91.	Sulumol Rahim		<u>Sulumol Rahim</u>
92.	Sumayya Thasni		<u>Sumayya Thasni</u>
93.	Ubaies Hameed		<u>Ubaies Hameed</u>
94.	Vrinda Jayakumar		<u>Vrinda Jayakumar</u>

