

ATHLETICS SUMMER COACHING CAMP-2024

DEPARTMENT
OF PHYSICAL
EDUCATION
St. JOHN'S
COLLEGE
ANCHAL

DATE

01/04/24 ONWARDS

Beneficial for:

- Physical Fitness
- Intercollegiate Tournaments like Athletics, Cross Country
- Physical Fitness for armed/uniform services (Army, Navy Police, Forest, Excise etc).

Admission restricted to St. John's College students and those who are interested to take admission in college.

TIME

6.30AM TO
8.00AM

COACH

MR. ABRAHAM MATHEW
(INTERNATIONAL
ATHLETE)

Hurry up! Call now 9747219010

Coordinator: Dr George V Thomas


DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
SUMMER COACHING CAMP-2024

Name Sharon S Mathew Age 19

Address St John's Anchal, 2nd Data

Contact No. 8714467398 Joining Date 1, 04, 2024


Signature of Candidate


Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
SUMMER COACHING CAMP-2024

Name Jefnil Christo J.A Age 18

Address ST Johns Collage Anchal 2nd finance

Contact No. 6235526638 Joining Date 1/4/2024


Signature of Candidate


Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
SUMMER COACHING CAMP-2024

Name Anal Suresh Age 18

Address ST John's college, Anchal 2nd year B:com

Contact No. 8086886415 Joining Date 01/04/2024


Signature of Candidate


Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
SUMMER COACHING CAMP-2024

Name..... Amal udayan Age..... 19.....

Address St: John's college Anchal 3rd year Maths
.....

Contact No..... 8075604157 Joining Date 11/4/24

Signature of Candidate *Amal*

Signature of Coordinator *P Thomas*

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
SUMMER COACHING CAMP-2024

Name..... Avani Viswanath Age..... 20.....

Address St: John's College Anchal, 3rd ys B.Com
.....

Contact No..... 9207366004 Joining Date 01/04/2024

Signature of Candidate *Avani*

Signature of Coordinator *P Thomas*

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
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Name..... Aswin A Age..... 19.....

Address Makayaram Ayilara Po Ayilars
ST: John's College Anchal 11th Dec

Contact No..... 9072272842 Joining Date 01/04/2024

Signature of Candidate *Aswin*

Signature of Coordinator *P Thomas*

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
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Name Ashok kumar Age 17

Address Mithalayam, Panachanila

Contact No. 9074066575 Joining Date 01-04-2024


Signature of Candidate


Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
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Name Althaf Shiju Age 18

Address Shiju manzil aerom thadicadu P.O Anchal

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Signature of Candidate


Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
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Name Siva Prasad .P Age 22

Address final year malayalam

Contact No. 9946089021 Joining Date 1-04-2024


Signature of Candidate


Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
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Name Vineesh S Age 20

Address St. John's college Anchal 11th rd malayalam

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Signature of Candidate


Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
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Name Ann Susan Samuel Age 18

Address Ann bhavn St John's Anchal 2nd Data

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Signature of Candidate


Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
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Name Alhulya Ari Age 18

Address St Johns, Anchal, 2nd politics

Contact No 9207918735 Joining Date 1-2-2024


Signature of Candidate


Signature of Coordinator

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Name Mithra Suresh Age 18

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Signature of Candidate


Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
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Name IRINE Saji Age 18

Address ST. JOHN'S COLLEGE ANCHAL BA Economics S2

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Signature of Candidate


Signature of Coordinator


DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
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Name Shilpa S.B Age 19

Address St. Johns College Anchal IIIrd B.Com

Contact No. 8714575472 Joining Date 1/04/2024


Signature of Candidate


Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
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Name... Monisha M.S Age 19

Address ... St. John's college Anchal IIIrd B.com

Contact No... 8943326980 Joining Date ... 1/4/2024

Monisha
Signature of Candidate

Thomas
Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
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Name... Sarada S Age 20

Address ... St John's college Anchal IIIrd B.com

Contact No... 945098015 Joining Date ... 3/4/2024

Sarada
Signature of Candidate

Thomas
Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
SUMMER COACHING CAMP-2024

Name... Parvathi P Age 19

Address ... St. John's college Anchal IInd Data

Contact No... 9846959801 Joining Date ... 03/4/2024

Parvathi
Signature of Candidate

Thomas
Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
SUMMER COACHING CAMP-2024

Name Abhimanu M.A Age 18

Address P.O: Sadhanam poonkodu, chadaya mangalam

Contact No 964259645250469 Joining Date 07-05-2024

Signature of Candidate

Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
SUMMER COACHING CAMP-2024

Name ATAY J.G Age 17

Address Jayavilasam chapparamba chapparamba P.O.
kadalakkal

Contact No 7025690030 Joining Date 7-5-2024

Signature of Candidate

Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
SUMMER COACHING CAMP-2024

Name Arthul S Age 17

Address Preetha vilasam Thudayannoor (P.O), Kadakkal

Contact No 7558844761 Joining Date 7/5/24

Signature of Candidate

Signature of Coordinator

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
SUMMER COACHING CAMP-2024

Name M. Sathari Age 18

Address Sai Gyanthis, Pathirical, P.O. Pathanapuram,

Contact No. 977325 5297 Joining Date 13-05-2024

Signature of Candidate

Sathari

Signature of Coordinator

Romas.

DEPARTMENT OF PHYSICAL EDUCATION, St. JOHN'S COLLEGE, ANCHAL
SUMMER COACHING CAMP-2024

Name RISHIT VINO Age 18

Address SAROVARAM, ALAYAMON P.O, ANCHAL

Contact No. +91 6238490245 Joining Date 30-04-2024

Signature of Candidate

Rishit

Signature of Coordinator

Romas.



ST. JOHN'S COLLEGE, ANCHAL

SUMMER ATHLETICS COACHING CAMP

The Physical Education Department of St. John's College organized a highly successful Summer Athletics Coaching Camp from April 1 to April 30, 2024. Designed to enhance the athletic skills and overall fitness of students, the camp was led by Abraham Mathew, an internationally renowned athlete and esteemed coach. His vast experience and motivational approach inspired the participants to push their limits and strive for excellence. The training sessions covered a wide range of athletic disciplines, including sprinting, long-distance running, jumps, and throws, with a focus on technique, endurance, and strategic planning. Each day was meticulously planned, combining rigorous physical training with guidance on mental preparation and sportsmanship.

The camp witnessed enthusiastic participation from students, who showed remarkable progress and determination throughout the month-long program. It served as a platform to identify and nurture budding talent, preparing them for higher levels of competition. The concluding ceremony highlighted the achievements of the participants, with Abraham Mathew commending their hard work and dedication. The event ended on a positive note, with a vote of thanks extended to the coach, the Physical Education Department, and all those who contributed to the camp's success, ensuring its lasting impact on the students' athletic journey.