

Cycling Coaching Camp 2016-17

Cycling is a sport which helps to increase the physical fitness and endurance of students. A two weeks cycling coaching camp was conducted to eight selected students of our college with an aim to mould them for the university tournaments and to get them prepared for the upcoming championships. Mr Joseph Chacko, Head, Department of Physical Education organised and conducted the camp. Students who have good skills and greater passion towards cycling were selected and an intensive coaching of four hours daily for two weeks was given to them. Mr Joseph Chacko enlightened them with postures and techniques. In the second week, a trial tournament was conducted to make the students familiar with the championship and the events. The camp began on 27th December 2016 and concluded on 11th January 2017.

List of Students

Organised by : Department of Physical Education

Date : 27/12/2016 - 11/01/2017

Venue: Athletic ground of Sacred Heart College, Chalakudy

Duration of the Programme : 56 Hrs

Resource Person : Mr Joseph Chacko

List of participants:

Sl No.	Name of the student	Department	Signature/status
1.	Dona John	Physics	Present
2.	Athulya K Sudhakaran	Physics	Present
3.	Benitta Benny	Physics	Present
4.	Minu Paul	Maths	Present
5.	Thasneem K B	Economics	Present
6.	Seena	Bcom	Present
7.	Sreelakshmi	History	Present
8.	Anjaly Joy	English	Present



Students during the final day warmup session