

Lawn Tennis Coaching Camp 2021

Sports are beneficial for both a person's mental and physical well-being. It helps to inculcate necessary qualities like teamwork, accountability, self-confidence, responsibility, tolerability and self-discipline in students. Tennis is a sport which helps students to improve their physical and mental strength as well as their focus and concentration. Considering the benefits of tennis, a seven day coaching camp was organised by the Physical Education Department from 6th to 13th September 2021 for the second year students at the tennis court of Sacred Heart college Chalakudy. Mr. Sharon Thomas, former calicut university individual champion in tennis and the university team member, enlightened the students more on the benefits of the game, its tactics and basic techniques.

List of Students

Organised by : Physical Education Department

Date : 06/09/2021 - 13/09/2021

Venue: Tennis Court of Sacred Heart College, Chalakudy

Duration of the Programme : 14 Hrs

Resource Person : Mr. Sharon Thomas

Targeted Students : First year and second year students

List of participated students:

Sl. No.	Name of the Student	Department & Class	Signature/Status
1.	SWATHY K S	II BA ECONOMICS	Present
2.	VIDYA K N	II BA ECONOMICS	Present

3.	NITHYA THOMMY	II BA ECONOMICS	Present
4.	PRESTEENA SHIVON	II BA ECONOMICS	Present
5.	SHINCY DAVIS	II BA ECONOMICS	Present
6.	SANGEETHA BIJU	II BA ECONOMICS	Present
7.	JISMY P J	II BA ECONOMICS	Present
8.	DINCY DAVIS	II BA ECONOMICS	Present
9.	ALINA P J	II BA ECONOMICS	Present
10.	ANNMARIYA PAUL P	II BA ECONOMICS	Present
11.	ANLIYA JOY	II BA ECONOMICS	Present
12.	ARYA K S	II BA ECONOMICS	Present
13.	SANGEETHA K	II BA ENGLISH	Present
14.	ARYA P K	II BA ENGLISH	Present
15.	M A FATHIMA JASARA	II BA HISTORY	Present



Mr. Sharon Thomas giving an introduction to the game and explaining the basic grips of racquet.



Mr. Sharon Thomas teaching the basic swings and techniques of the game.



Students engaged in feeding the ball and working on improving the contact of racquet.