

Soft Tennis Coaching Camp 2021

A soft tennis coaching camp was organised by the Department of Physical Education for the second year students who were interested in the sports and physical activities. Fifteen students participated in the camp and the resource person of the camp was Mr Sharon Thomas, former Calicut university winner in tennis. The camp was divided into two sessions, the first session was guided by Mr Sharon. The techniques of the game, fitness workouts and the rallies were dealt with in the first session. In the second session, the students were divided into two groups and they played against the former tennis team members of our college to gain experience and ideas about the game. Daily practice matches against them made the students improve their sportsman spirit as well as the game. The forced and unforced errors made by both the participating students and the former college team members were discussed and corrected under the guidance of Mr Sharon Thomas at the end of each day. The camp concluded on 22nd of October 2020.

List of Students

Organised by : Physical Education Department

Date : 15/10/2021 - 22/10/2021

Venue: Tennis Court of Sacred Heart College, Chalakudy

Duration of the Programme : 28 Hrs

Resource Person : Mr. Sharon Thomas

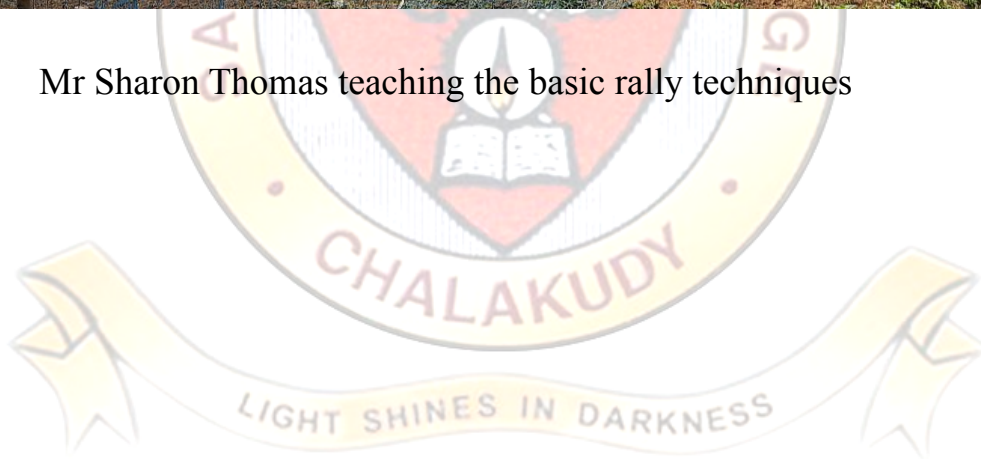
List of Participants:

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 teaching the basic rally techniques





Students playing practise matches against the college team members



Students practising the basic grips and different racquet swings