

Report on Physical Training cum Football Camp

Organized by Sports and Cultural Committee in collaboration with Dept of English, B. N. College, Dhubri

1. Name of the programme: Physical Training cum Football Camp
2. Date: 1st March to 3rd March
3. Organized by Sports and Cultural Committee in collaboration with Dept of English, B. N. College, Dhubri
4. Name of Trainer: Dr. Dipankar Mallick
5. Number of participants: 25

A Brief Report

B. N. College, 4th March, 2020: Three days Physical Training cum Football Camp was organized by Sports and Cultural Committee in collaboration with Dept of English, B. N. College, Dhubri, from 1st March to 3rd March 2020, for 25 selected students. The basic purpose of the camp was to offer systematic training and foster professionalism in players of our college. The highest priority in the camp was on physical stamina and technical skills. The camp session consisted of three hours a day. It consisted of practices of technical competence and physical exercises. The training session under the guidance of Dr. Dipankar Mallick have brought magical changes in the players' body strength and shot perfection. The achievement of the camp is well capsulated in the words of one of our students, our left-wing forward, "Now, I can run for 90mints on this huge ground and the ball falls where I want it to." In brief, the camp was successful as it was expected. It improved the skills and strength and the team playing style was developed. The impact of training being so self-evident, we should think of appointing a professional coach in our institution to keep up this effect.



Convener
Dr. Dipankar Mallick
Sports and Cultural Committee, B. N. College, Dhubri