



# JKK MUNIRAJAH INSTITUTE OF HEALTH SCIENCES COLLEGE OF PHARMACY

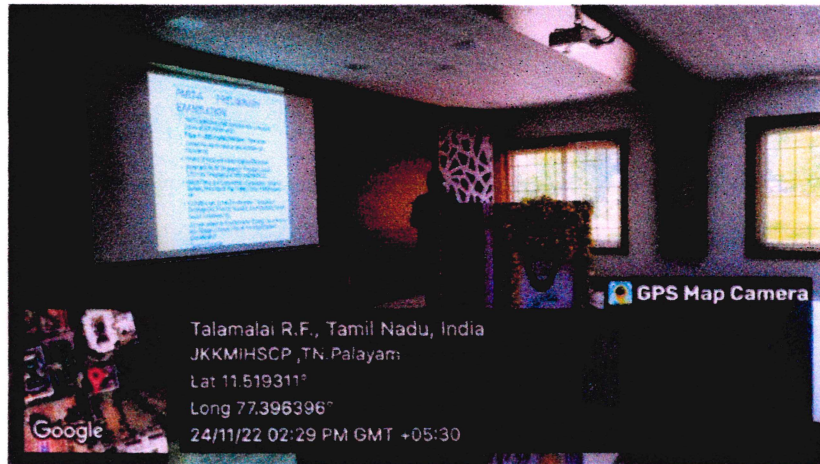
( Approved by Tamil Nadu Govt. & Pharmacy Council of India - New Delhi, Affiliated to The Tamil Nadu Dr. M.G.R Medical University, Chennai )  
Thookanaickenpalayam, Gobichettipalayam (TK), Erode (DT) - 638506, Tamil Nadu.

## Life Skill /Seminar

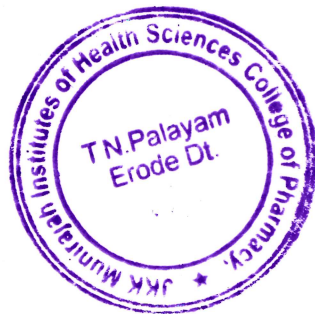
**Topic:** Fit and Fabulous: Achieving Peak Physical Fitness

**Date:** 24.11.2022

**Resource Person:** Ms. Mariya Anusiya, B.Sc (Psychology), Diploma in Yoga., Yoga Teacher,  
Chaithanya School, Coimbatore, Tamilnadu.



**Seminar Topic:** Fit and Fabulous: Achieving Peak Physical Fitness. on 24.11.2022



Principal

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