



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 SKILLS ACADEMIC YEAR 2022 - 2023



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Date: 15.06.2022

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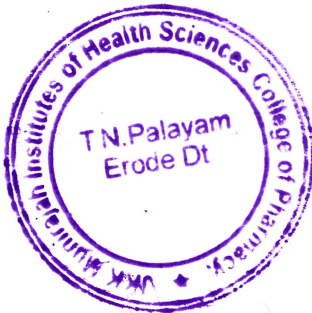
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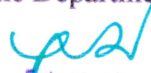
Final year B. Pharm students concerned,

This is to inform you that a seminar is scheduled on Life Skills Program entitled "Finding Balance: Yoga for Mind, Body and Soul." The program will be conducted by the Department of Pharmacognosy at JKK MUNIRAJAH INSTITUTE OF HEALTH SCIENCES COLLEGE OF PHARMACY and will commence as per the schedule.

DATE	VENUE	RESOURCE PERSON
23.06.2022	JKKMIHSCP Seminar Hall	Ms. S. Sowbakyalakshimi, B.P.E, M. Sc (Yoga), Yoga Teacher, Honey Bunch School, Pollachi, Tamilnadu.

Those who are interested are instructed to enrol your names to DR. S. Suresh Kumar, M. Pharm., Ph.D., Professor in the Department of Pharmacognosy.




Principal

JKK Munirajah Institute of Health Sciences
College of Pharmacy, T.N. Palayam,
Gobi (Tk), Erode (Dt) - 638 506



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COLLEGE OF PHARMACY

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With the blessing of our founder chairman
Dr. JKK. MUNIRAJAH, M.TECH (Bolton)
Annai JKK Sampoorani Ammal Charitable trust

Cordially invite you to the Seminar with special focus on

**Finding balance: "Yoga for mind body
and soul"**

BY

Ms. S. Sowbakyalakshimi, MSc Yoga,

Yoga Teacher, Honey bunch school, Pollachi.

Sow
Principal

JKK Munirajah Institute of Health Sciences
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ON 23rd JUNE 2022

Mrs. VASANTHAKUMARI MUNIRAJAH,

Managing Trustee, Annai JKK Sampoorani Ammal Charitable Trust has
consented to preside over the function

Mrs. M. KASTHURIPRIYA, M.B.A.,

Secretary, JKK Muniraish Group of Educational institutions has
consented to deliver the Presidential Address

DR. S. KRUPAKAR MURALI, Ph.D.,

Director/Research, JKK Munirajah Group of Educational Intimation
has consented to deliver Key Note Address

DR. P. PERUMAL M.Pharm., Ph.D., FIC,

Principal, JKK Munirajah Institute of Health Sciences College of Pharmacy
Welcome the gathering.

VENUE : SEMINAR HALL, JKKMIHSCP





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Title: Finding Balance: Yoga for Mind, Body and Soul

RESOURCE PERSON PROFILE

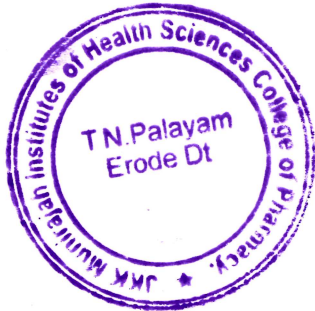


**Ms.S. Sowbakyalakshimi, B.P.E, M.Sc. (Yoga),
Yoga Teacher, Honey Bunch School,
Pollachi, Tamilnadu**

Mail.id:lakshmiakshaya1402@gmail.com

Mobile Number: 9952665396

She completed her BPE in August 2017 from Annamalai University, Chidambaram, India. In May 2020, she earned her MSc in Yoga from Annamalai University, Chidambaram, India. She is currently employed as a Yoga Teacher at Honey Bunch School, CBSE, Pollachi, and has 2 years of teaching experience.



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LIST OF STUDENTS ENROLLED

Topic: Finding Balance: Yoga for Mind, Body and Soul

Resource Person: Ms. S. Sowbakyalakshimi, B.P.E, M. Sc (Yoga), Yoga Teacher,
Honey Bunch School, Pollachi, Tamilnadu.

S. NO	REGISTRATION NUMBER	NAME OF THE STUDENT	SIGNATURE
1	561894007	GODWIN G	
2	561894034	PRAKASH A	
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6	561994003	ANJALI J	
7	561994005	ARISHRAMPRASATH B	
8	561994006	ARUN G	
9	561994008	ARUNA C	
10	561994010	ASHOK M	
11	561994011	BALASURYA M	
12	561994012	BHARATHKUMAR S	
13	561994013	BHUVANESHWARAN B	
14	561994014	DEEPAK P	
15	561994015	DEVA PREETHI J	

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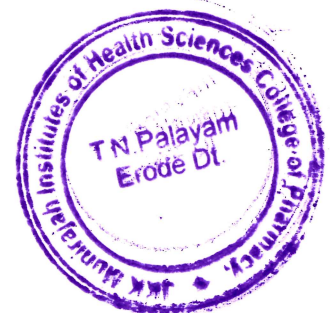
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30	561994036	INDRA T	
31	561994037	JAMES JEBA BENNY G	
32	561994038	JAYA PRAKASH P	
33	561994039	JEEVANANTHAM M	
34	561994042	KAVIYA M	

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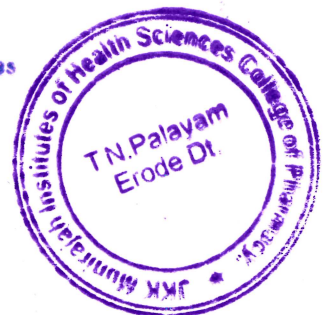
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35	561994043	KAVIYARASAN K	<i>Kaviyarasan K</i>
36	561994044	KAVIYARASU G	<i>Kaviyarasu G</i>
37	561994045	KEERTHIVASAN M	<i>Keerthivasan M</i>
38	561994046	KIRUBHAKARAN P	<i>P. Kirubakaran</i>
39	561994047	KOKILA M	<i>Kokila M</i>
40	561994048	MANIVASAN P	<i>Manivasan P</i>
41	561994049	MARUTHU PANDI R	<i>Maruthu Pandi R</i>
42	561994052	MOHAMED RIZWAN S	<i>Mohamed Rizwan S</i>
43	561994053	MOHANRAJ V	<i>Mohanraj V</i>
44	561994055	NARMATHA K K	<i>K.K. Narmatha</i>
45	561994057	NAVEENA V L	<i>Naveena V L</i>
46	561994059	NITHISHKUMAR A	<i>A. Nithish</i>
47	561994061	PRAVEENKUMAR T	<i>Praveenkumar T</i>
48	561994063	PRAVIN P	<i>Pravin P</i>
49	561994065	PRIYADHARSHINI V	<i>V. Priyadharshini</i>
50	561994066	RAJADURAI T	<i>T. Rajai</i>
51	561994068	REETA SILLVIA S	<i>S. Reeta Sillvia</i>
52	561994070	SAJMA BEGHAM A	<i>Sajma</i>

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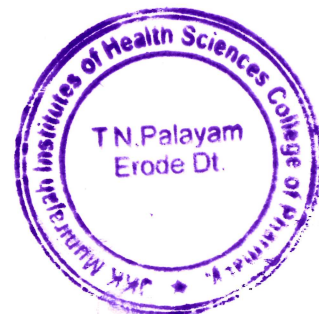
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55	561994074	SANJAITH S	
56	561994075	SANJAY K	
57	561994076	SANTHOSH P	
58	561994077	SANTHOSHKUMAR P	
59	561994078	SARAVANAN M	
60	561994079	SATHISHKUMAR R	
61	561994081	SIVASAKTHI S	
62	561994082	SONA R	
63	561994083	SRIRAM M	
64	561994085	SUBIKSHA A	
65	561994087	TAMILSELVAN S	
66	561994089	THIRUMALAINANDAA D	
67	561994090	VARSHA S	
68	561994096	VIJAYARAGHAVAN S	
69	561994097	VISHNU P	
70	561994098	YAMINI M	
71	561994099	YUVANRAJ L	
PROGRAM COORDINATOR SIGNATURE			

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STUDENTS ATTENDANCE SHEET

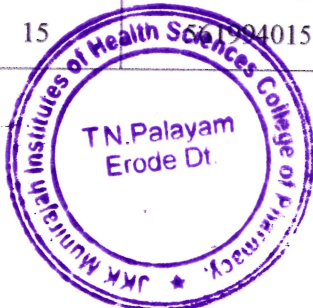
ACADEMIC YEAR (2022- 2023)

Topic: Finding Balance: Yoga for Mind, Body and Soul

Date: 23.06.2022

Resource Person: Ms.S. Sowbakyalakshimi, B.P.E, M.Sc (Yoga), Yoga Teacher, Honey Bunch School, Pollachi, Tamilnadu.

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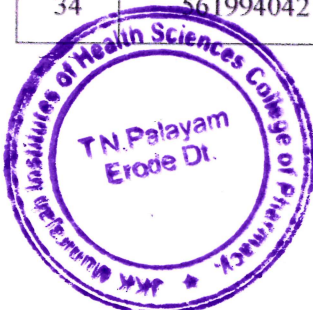
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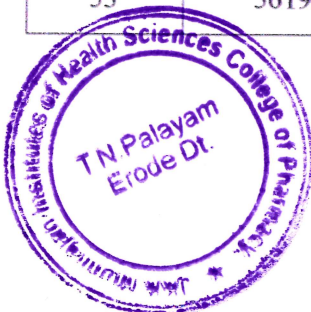
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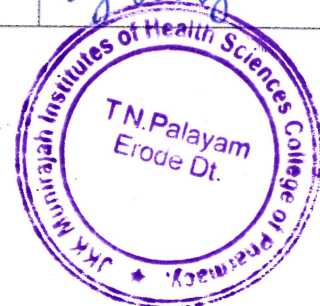
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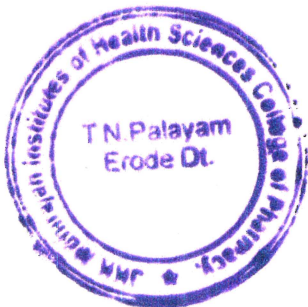


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CERTIFICATE
OF PARTICIPATION

This is to certify that Mr/Ms DINESH .T. of FINAL YEAR B.PHARM. has participated in the seminar on the topic “Finding balance: Yoga for mind body and soul” conducted by Department of Pharmacognosy, JKK Munirajah Institute of Health Science College of Pharmacy, TN palayam on 23/06/2022.



PROGRAM
COORDINATOR

Principal
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PRINCIPAL
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