



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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PROGRAM REPORT

A SEMINAR ON LIFE SKILLS TRAINING PROGRAM

1. Name of the Program	1. Life Skill Program (Seminar)
2. Topic of the Program	2. Finding Balance: Yoga for Mind, Body, and Soul
3. Date of the Program	3. 23.06.2022
4. Number of Participants	4. 71
5. Name of the Expert with Designation	5. Ms. S. Sowbakyalakshimi, M.Sc (Yoga), Yoga Teacher, Honey bunch school CBSC, Pollachi.
6. Name of Program Coordinator	6. DR. S. Suresh Kumar, M. Pharm., Ph.D., Professor, Department of Pharmacognosy, JKKMIHSCP, T.N. Palayam.

The Program was planned and conducted on 23.06.2022, by Ms. Sowbakyalakshimi, M. Sc (Yoga) a Yoga Teacher at Honey Bunch School, CBSE, Pollachi. The program was specifically organized for final year B. Pharm students. This program proved to be a successful endeavor in promoting holistic well-being among participants. By incorporating physical practice, mindfulness, meditation, and discussions on healthy living, the program provided valuable tools for individuals to incorporate balance into their daily lives. The positive feedback from participants indicated that the program achieved its goal of inspiring personal growth and self-care.

PROGRAM OUTCOME

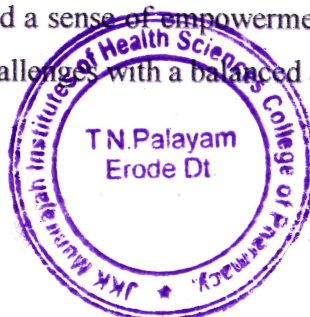
1. Enhanced Well-Being:

- Participants gained a deeper understanding of the importance of balance in their lives, both physically and mentally.

2. Physical and Mental Resilience:

- Students left the program equipped with practical yoga techniques and strategies to manage stress and maintain physical fitness.
- The program fostered a sense of empowerment among participants, as they felt more capable of handling life's challenges with a balanced and composed mindset.

PROGRAM COORDINATOR



Principal

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



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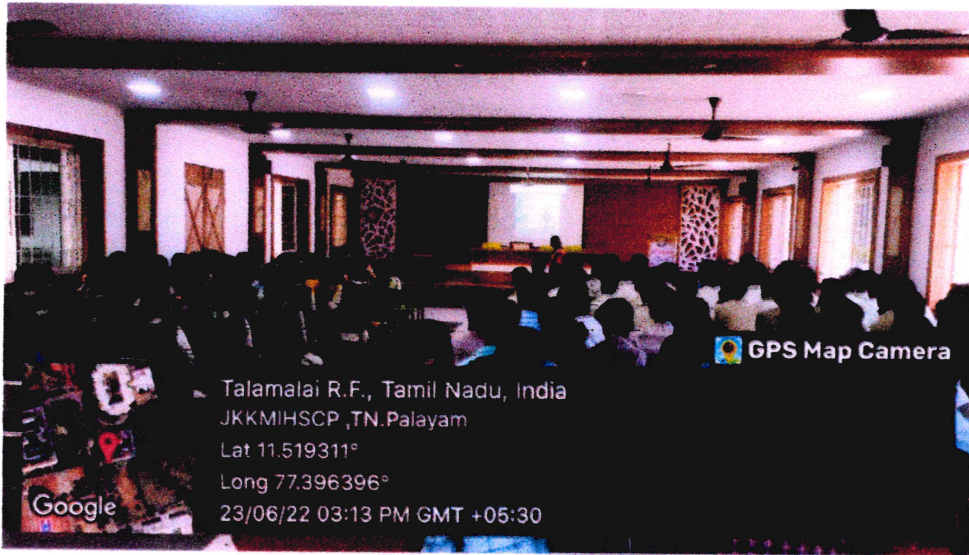
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Life Skill /Seminar

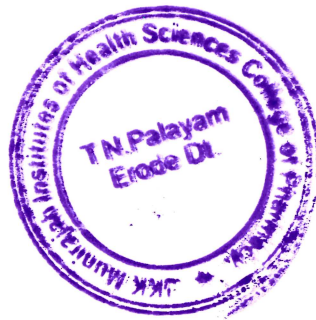
Topic: Finding Balance: Yoga for Mind, Body, and Soul


Date: 23.06.2022

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



Seminar Topic: Finding Balance: Yoga for Mind, Body, and Soul. on 23.06.2022




Principal
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