



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

Name of the Program: Seminar (Life skills)

Title of the Program: Fit and Fabulous: Achieving Peak Physical Fitness.

Date of the Program: 24.11.2022

Number of Participants: 100

Name of the coordinator of the Program: DR. P. Mohanraj, M.Pharm., Ph.D,

Professor,

Department of Pharmaceutical Chemistry,

JKKMIHSCP, T.N. Palayam.

Name of the expert with designation: Ms. Mariya Anusiya,

B.Sc (Psychology), Diploma in Yoga.,

Yoga Teacher,

Chaithanya School,

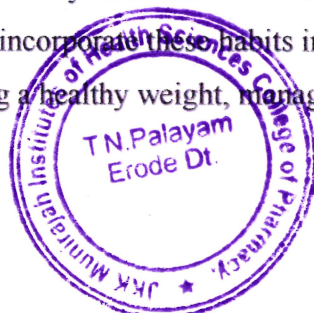
Coimbatore, Tamilnadu

The program was planned and conducted on 24.11.2022 by Ms. Mariya Anusiya Yoga Teacher, Chaithanya school Coimbatore. In this program was conducted for second year B. Pharm students. In this program achieving Peak Physical Fitness program was a resounding success, achieving its objectives of promoting a healthy lifestyle and equipping participants with the skills needed for peak physical fitness. The program left a lasting impact on participants, inspiring them to make positive changes in their lives. We look forward to hosting more such programs in the future to continue promoting health and wellness in our community.

PROGRAM OUTCOMES:

- Improved Physical Health:** Students who participate in the program are likely to experience improvements in their physical health. Through regular exercise and fitness activities, they can expect to see increased strength, endurance, and flexibility. This can lead to a reduced risk of chronic diseases, improved cardiovascular health, and better overall well-being.
- Enhanced Lifestyle Habits:** The program can promote the development of healthy lifestyle habits among students. As they learn about nutrition, exercise, and the importance of rest and recovery, they are more likely to incorporate these habits into their daily lives. This may result in long-term benefits, such as maintaining a healthy weight, managing stress, and making better food choices.


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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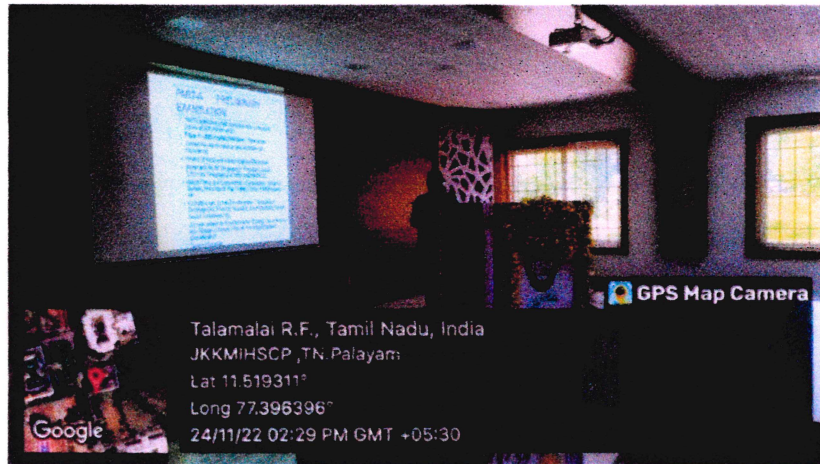
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Life Skill /Seminar

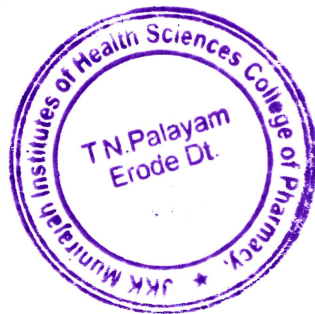
Topic: Fit and Fabulous: Achieving Peak Physical Fitness

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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