



# **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**



# JKK MUNIRAJAH INSTITUTE OF HEALTH SCIENCES COLLEGE OF PHARMACY

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Date: 14.02.2023

## CIRCULAR


To

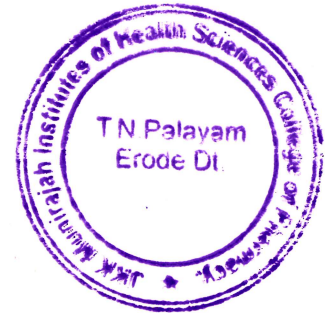
All the Pharm.D students concerned,


This is to inform you that a seminar is scheduled on Life Skills Program entitled "**Yoga: The Pathway to Holistic Health and Wellbeing**". The program will be conducted by the Department of Pharmacology at JKK MUNIRAJAH INSTITUTE OF HEALTH SCIENCES COLLEGE OF PHARMACY and will commence as per the schedule.

DATE	VENUE	RESOURCE PERSON
23.02.2023	JKKMIHSCP Seminar Hall	Ms. Sangeetha, M. Com, B.Ed., M.A (Yoga), Yoga teacher, JKK Munirajah College of Technology, T.N Palayam, Erode (Dt).

Those who are interested are instructed to enrol your names to  
DR. M. Periyasamy, M. Pharm, Ph.D., Professor in the Department of Pharmacology.

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



  
Principal  
JKK Munirajah Institute of Health Sciences  
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# SPEAKER

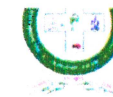


**Mrs. Sangeetha M.COM, B.Ed, M.A  
(yoga)**

**JKKM COLLEGE OF TECHNOLOGY**

## ABOUT THE COLLEGE

JKK Munirajahh Institute of Health Sciences College of Pharmacy was established in the year 2015 Governed by Annai J.K.K.Sampoorani Ammal Charitable Trust, primarily with the objective of delivering world class quality in Education and Training in a structured and systematic manner J.K.K. Munirajah group of Institutions was founded by J.K.K.Munirajahh, who is a reputed industrialist, technocrat, an educationalist par excellence, an avid social worker, a person imbued in deep spiritual values and a philanthropist. The management has completed 25 years of dedicated service to the people of India and abroad in the field of Education. The Institution has an area of 250 acres of land richly endowed with beautiful Greenland. The college with its state of the-art infrastructural facilities and outstanding educational records has earned credit as one of the reputed educational institutions for men and women in the Pharmacy world..



**JKK MUNIRAJAH INSTITUTE OF HEALTH SCIENCES  
COLLEGE OF PHARMACY**

(APPROVED BY THE GOVT. OF TAMIL NADU, PHARMACY COUNCIL OF INDIA, NEW DELHI & AFFILIATED TO THE TAMIL NADU DR.M.G.R.MEDICAL UNIVERSITY, GUENAPALAYAM, T.N.PALAYAM, GOBI (TK), ERODE (DT) - 638506



*Principal*

JKK Munirajah Institute of Health Sciences  
College of Pharmacy, T.N.Palayam,

**SEMINAR TOPIC**

**"YOGA THE PATHWAY TO HOLISTIC  
HEALTH AND WELLBEING"**

**23 FEBRUARY 2023**



## VENUE:

SEMINAR HALL, JKKMIHSCP

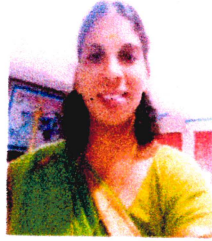


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Thookanaickenpalayam, Gobichettipalayam (TK), Erode (DT) - 638506, Tamil Nadu.

**Title: Yoga: The Pathway to Holistic Health and Wellbeing.**

## **RESOURCE PERSON PROFILE**



**Mrs. Sangeetha, M. Com, B.Ed., M.A (Yoga),**

**Yoga teacher**

**JKK Munirajah College of Technology,**

**T.N. Palayam, Erode (Dt).**

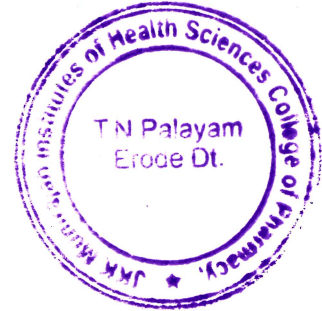
**Mail.id: [yogi@gmail.com](mailto:yogi@gmail.com)**

**Mobile Number: 7598371337**

She completed her B. Com at JKK Natarajah College of Arts and Science, Komarapalayam, Namakkal (Dt), in the year 2004. In 2007, she earned her postgraduate degree from Annamalai University, Chidambaram. She also completed her B.Ed. at JKKM Educational Institution in the year 2008. In 2019, she obtained her M.A in Yoga from Bharathiyar University. She is currently employed at JKKM College of Technology T.N. Palayam, Erode (Dt) and has 5 years of experience in Yoga.

Principal

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## LIST OF STUDENTS ENROLLED

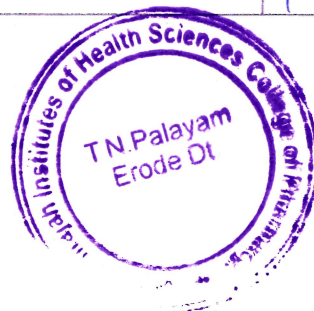
**Topic:** Yoga: The Pathway to Holistic Health and Wellbeing.

**Resource Person:** Mrs. Sangeetha, M. Com, B.Ed., M.A (Yoga), Yoga teacher JKK Munirajah College of Technology, T.N. Palayam, Erode (Dt)

S. NO	NAME	REGISTRATION NUMBER	YEAR	SIGNATURE
1	ABDULBASIDH M	380021516501	II- PHARM.D	Abbasidh
2	AJAY M	380021516502	II- PHARM.D	Ajay
3	DHANUSHKUMAR.K	PHD202102	II- PHARM.D	Dhanush
4	DHANUSHKUMAR.R	380021516503	II- PHARM.D	Dhanush
5	HARISHM	380021516504	II- PHARM.D	Harish
6	INDHUJAI	380021516505	II- PHARM.D	Indhujai
7	JAGADEESHKUMAR.P	380021516506	II- PHARM.D	Jagadeesh
8	KANISHKA S	380021516507	II- PHARM.D	Kanishka
9	MANMATHAN V	380021516508	II- PHARM.D	Manmathan
10	MOHAMEDMUHSEEN M	380021516509	II- PHARM.D	Mohamed
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12	MOWLISWAR.S	380021516511	II- PHARM.D	Mowliswar
13	NANDHA S	380021516512	II- PHARM.D	Nandha
14	PRAVINRAJ N	380021516513	II- PHARM.D	Pravin
15	PRIYADHARSHINI.S	380021516514	II- PHARM.D	Priyadharshini

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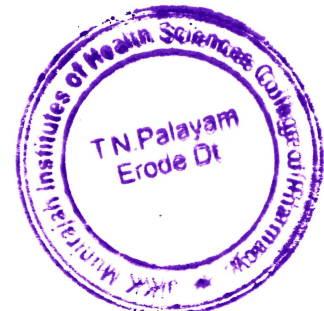


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17	SAKTHIVEL S	380021516516	II- PHARM.D	Sa
18	SARANYA.T	380021516517	II- PHARM.D	Sany
19	SHAFEEQS	380021516518	II- PHARM.D	Shaf
20	SIVAPRAKASH V	380021516519	II- PHARM.D	Sivap
21	SOUNDARYA	380021516520	II- PHARM.D	Soun
22	STEPHAND	380021516521	II- PHARM.D	Step
23	SUJIN.T	380021516522	II- PHARM.D	Sujin
24	SURYA M	380021516523	II- PHARM.D	Sury
25	SWETHA A	380021516524	II- PHARM.D	Sweth
26	TAMILSELVAN V	380021516525	II- PHARM.D	Tamil
27	TARUNESHVAR K	380021516526	II- PHARM.D	Tarun
28	THANISH T	380021516527	II- PHARM.D	Than
29	MICHEAL ARUL ANTONY J	380020516510	II- PHARM.D	Mich
30	NISHANTH KUMAR S	380020516511	II- PHARM.D	Nish
PROGRAM COORDINATOR SIGNATURE				h.l.l

  
Principal,  
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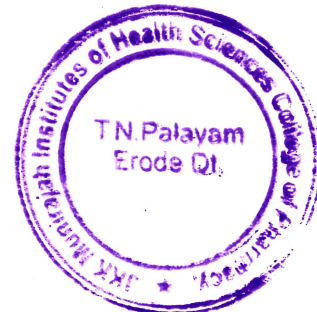
**Topic:** Yoga: The Pathway to Holistic Health and Wellbeing.

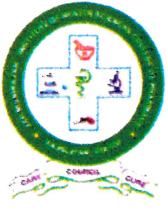
**Resource Person:** Mrs. Sangeetha, M.COM, B.Ed., M.A (Yoga), Yoga teacher JKK Munirajah College of Technology, T.N. Palayam, Erode (Dt).

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6	JANATSELVIYA.P	380020516506	III- PHARM.D	
7	JERIFSAMSC	380020516507	III- PHARM.D	
8	JINJA J	380020516508	III- PHARM.D	
9	KAVIARASAN	380020516509	III- PHARM.D	
10	NISHANTHIM	380020516512	III- PHARM.D	
11	PRAGATHEESWARI.M	380020516513	III- PHARM.D	
12	PRAVEENG	380020516514	III- PHARM.D	
13	RITHIKA R P	380020516515	III- PHARM.D	

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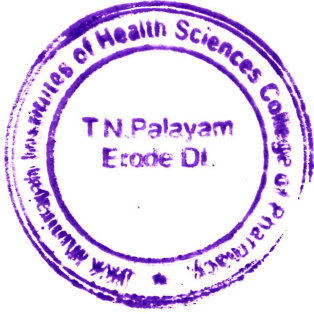




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16	SURYAPRAKASH M	380020516518	III- PHARM.D	
17	VENKATESAN K	380020516519	III- PHARM.D	
18	VENKATESH E	380020516520	III- PHARM.D	
19	WINSHAMERLINGOLD E	380020516521	III- PHARM.D	
PROGRAM COORDINATOR SIGNATURE				



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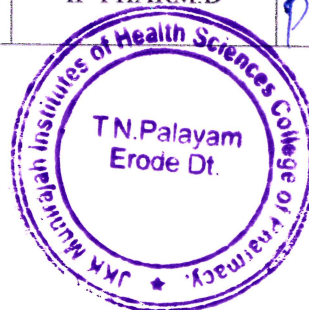
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15	PRIYADHARSHINIS	380021516514	II- PHARM.D	Priyadharshinis

Principal

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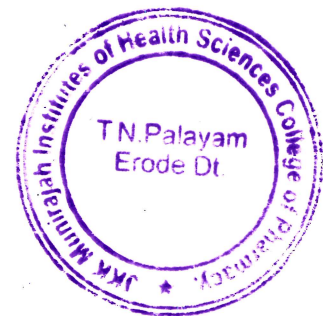
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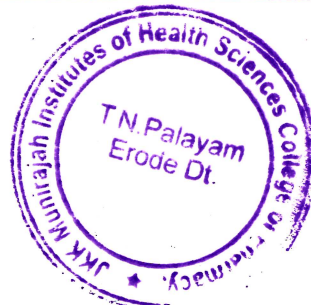
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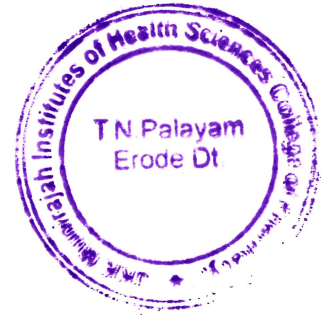
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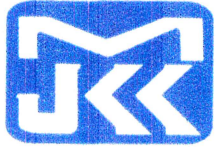
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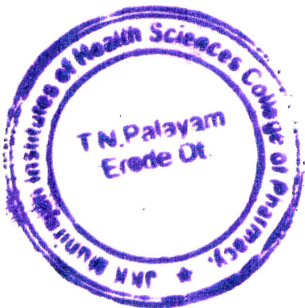


# JKK MUNIRAJAH INSTITUTE OF HEALTH SCIENCES COLLEGE OF PHARMACY



## CERTIFICATE OF PARTICIPATION

This is to certify that **Mr/Ms** NANDHA .S of II - PHARM .D has participated in the seminar on the topic “Yoga the pathway to holistic health and wellbeing” conducted by Department of Pharmacology, JKK Munirajah Institute of Health Science College of Pharmacy, TN palayam on 23/02/2023.



*[Handwritten signature]*

PROGRAM  
COORDINATOR

*[Handwritten signature]*

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



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PRINCIPAL  
JKK Munirajah Institute of Health Science:  
College of Pharmacy, T.N.Palayam,  
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