



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 SOFT SKILLS TRAINING PROGRAM**

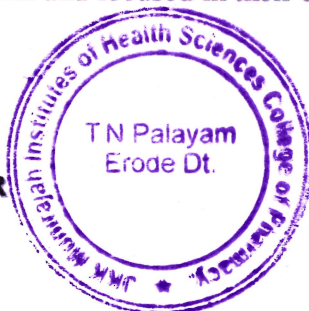
1.Name of the Program	Seminar (Life Skill Program)
2.Topic of the Program	Yoga: The Pathway to Holistic Health and Wellbeing.
3.Date of the Program	23.02.2023
5.Number of Participants	69
4. Name of the Coordinator of the Program	DR. M. Periyasamy M. Pharm, Ph.D., Professor, Department of Pharmacology, JKKMIHSCP, T.N. Palayam.
5.Name of the Expert with Designation	Mrs. Sangeetha, M.COM, B.Ed., M.A (Yoga), Yoga teacher JKK Munirajah College of Technology, T.N. Palayam, Erode (Dt).

The program was planned and conducted on 23.02.2023 by Mrs. Sangeetha, M.COM, B.Ed., M.A (Yoga), Yoga teacher JKK Munirajah College of Technology, T.N. Palayam, Erode (Dt). In this program was conducted for all the Pharm.D students. In this program was a resounding success in promoting yoga as a means to achieve holistic health and wellbeing. It provided a platform for learning, practice, and community building, leaving participants inspired and equipped to incorporate yoga into their daily lives. The program's positive impact underscores the significance of yoga in promoting physical, mental, and emotional wellness.

PROGRAM OUTCOMS:

- 1. Enhanced Physical and Mental Wellbeing:** Participants in the program can expect to experience improvements in both their physical and mental health. Regular yoga practice promotes increased flexibility, strength, and balance, while also reducing stress and anxiety. This holistic approach to wellness can lead to a healthier and more balanced lifestyle.
- 2. Increased Mindfulness and Stress Reduction:** Through the practice of yoga and its emphasis on mindfulness and relaxation techniques, attendees can achieve better stress management. They will learn valuable tools for staying calm and focused in their daily lives, leading to a greater sense of inner peace and overall wellbeing.

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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Life Skill /Seminar

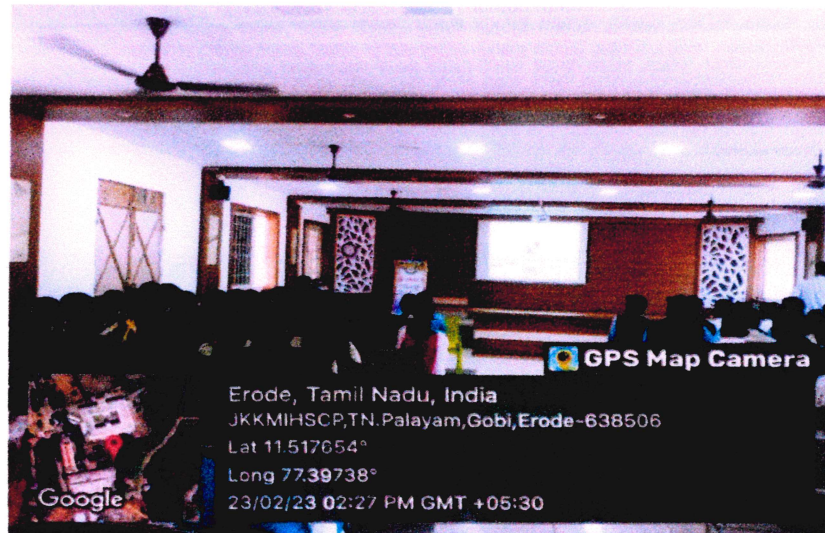
Topic: Yoga: The Pathway to Holistic Health and Wellbeing.

Date: 23.02.2023

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



Seminar Topic: Yoga: The Pathway to Holistic Health and Wellbeing. on 23.02.2023



Seminar Topic: Yoga: The Pathway to Holistic Health and Wellbeing. on 23.02.2023



Sangeetha
Principal
JKK Munirajah Institute of Health Science
College of Pharmacy, T.N.Palayam.
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