



# 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.

## REQUISITION LETTER

18/06/2018

**From**

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

**To**

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

**Sub:** Submission of Request - Conduct of NSS Regular camp – Reg.

**Respected sir,**

Our NSS unit in association with the faculty of Department of Pharmaceutics, planning to organize a NSS regular camp focusing *Outdoor Yoga and Meditation Sessions at NanjaiPuliampatti* on 22/06/2018 at 10.00AM.

Kindly permit us to carry out the camp.

Thankyou sir,

*Permitted*  
*P. L. J.*

Principal

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

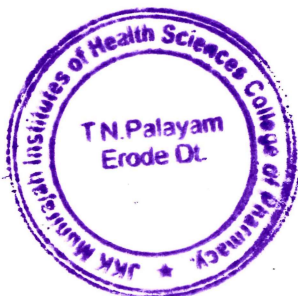
Yours Faithfully,

*[Signature]*  
NSS Coordinator

*[Signature]*

Principal

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20.06.2018

## CIRCULAR

This is to inform all faculties that the NSS unit of our institution is organizing a NSS regular camp focusing *Outdoor Yoga and Meditation Sessions at NanjaiPuliampatti* on 22/06/2018 at 10.00AM.

All are requested to cooperate the same. Those who are interested, enroll their names to NSS Coordinator **Mr. S. Kannan, M. Pharm.,**

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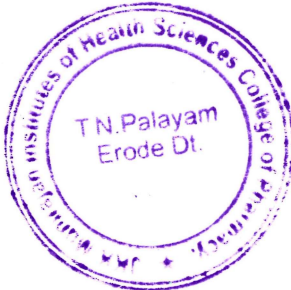
1. All HOD's – To circulate amongst all the faculty, Staffs and Students
2. Library
3. All Notice Boards
4. NSS Coordinator
5. File

Principal

JKK Munirajah Institute of Health Sciences  
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Principal

JKK Munirajah Institute of Health Sciences  
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**OUTDOOR YOGA AND MEDITATION SESSIONS AT NANJAIPULIAMPATTI**

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

T.N. Palayam, Gobi(Tk), Erode(DT)-638506

**Outdoor Yoga and Meditation**  
**Sessions**

Venue: Nanjaipuliampatti  
Date: 22/06/2018

JKK Munirajah Institute of Health Sciences  
T.N. Palayam  
Erode Dt.



*pen*

**Principal**  
JKK Munirajah Institute of Health Sciences  
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## OUTDOOR YOGA AND MEDITATION SESSIONS AT NANJAI PULIAMPATTI

### EVENT REPORT

**Name of Programme:** Outdoor Yoga and Meditation Sessions at Nanjai Puliampatti

**Date of Event:** 22.06.2018

**Place of Event:** Nanjai Puliampatti

**Number of Volunteers:** 20

**Beneficiaries:** The Beneficiaries of Outdoor Yoga and Meditation sessions are Nanjai Puliampatti peoples.

#### Event Description:

The "Outdoor Yoga and Meditation Sessions" held at Nanjai Puliampatti on February 26, 2018, were a transformative and rejuvenating experience that brought the community together in pursuit of physical and mental well-being. This event was a celebration of holistic health and inner peace amidst the serene natural surroundings of Nanjai Puliampatti.

#### **Program Activities and Highlights:**

##### **Yoga Asanas:**

Participants engaged in various yoga asanas (postures) led by experienced instructors. The outdoor setting provided a tranquil environment conducive to yoga practice, allowing attendees to connect with their bodies and nature simultaneously.

##### **Meditation and Mindfulness:**

Guided meditation sessions were a highlight of the event, fostering a sense of inner calm and mindfulness. Attendees learned techniques to quiet the mind, reduce stress, and enhance mental clarity.

##### **Nature Connection:**

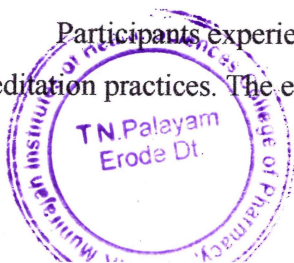
The location in Nanjai Puliampatti offered a unique opportunity for participants to connect with nature. Outdoor yoga and meditation sessions allowed attendees to immerse themselves in the natural beauty of the surroundings, enhancing the overall experience.

#### Program Outcome:

The Outdoor Yoga and Meditation Sessions at Nanjai Puliampatti on February 26, 2018, yielded several significant outcomes:

##### **Physical and Mental Well-being:**

Participants experienced improved physical flexibility, strength, and mental clarity through yoga and meditation practices. The event contributed to overall well-being and stress reduction.



*[Signature]*  
Principal  
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## **Community Building:**

The event brought together individuals from diverse backgrounds who shared an interest in yoga and meditation. This sense of community and shared purpose fostered connections and lasting friendships.

## **Nature Appreciation:**

The outdoor setting allowed attendees to appreciate the natural beauty of Nanjai Puliampatti. This connection with nature often inspired a deeper sense of gratitude and environmental consciousness.

## **Mindfulness Skills:**

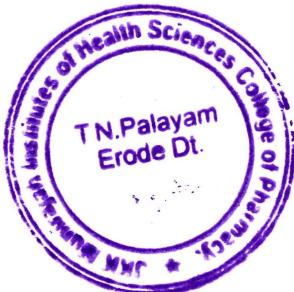
The guided meditation sessions equipped participants with mindfulness skills they could apply in their daily lives, enhancing their ability to manage stress and improve mental focus.

The "Outdoor Yoga and Meditation Sessions" at Nanjai Puliampatti on February 26, 2018, offered a holistic and rejuvenating experience. It not only promoted physical and mental well-being but also fostered a sense of community and a deeper connection with nature. This event serves as a testament to the power of yoga and meditation in enhancing the quality of life and nurturing a sense of inner peace.

**Event Coordinator**

**Principal**

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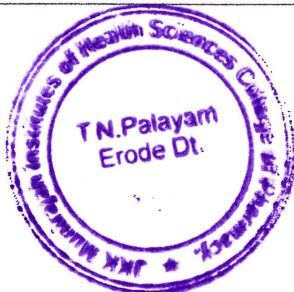
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## OUTDOOR YOGA AND MEDITATION SESSIONS AT NANJAIPULAIMPATTI

### Volunteers List

S. No	Name of Student	Registration Number	Signature
1	AISHWARYA M	561694001	
2	AJITHKUMAR D	561694003	
3	AKILA M	561694004	
4	ARUNKUMAR M	561694006	
5	BIRUNDHAVAN R	561694007	
6	HARI BASKAR P	561694010	
7	HEMALATHA K	561694012	
8	JAFIR KHAN J	561694013	
9	JAYACHANDIRAN M	561694014	
10	JEEVITHA G	561694015	
11	JEGAN T	561694016	
12	KOWSALYA K	561694018	
13	MAALINI M D R	561694019	
14	MANIMOZHI S K	561694020	
15	MATHIYALAGAN S	561694021	
16	MEIARASU D	561694022	
17	MOHANAMUKILAN T	561694023	
18	MONICA PRIYA H	561694024	
19	MUKILAN RANJITH P	561694025	
20	MUNIVENKATESAN P	561694026	

NSS Coordinator



Principal  
JKK Munirajah Institute of Health Sciences  
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