



# 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.

## 5.1.2 LIFE SKILLS

5.1.2 – LIFE SKILLS (Yoga, Physical Fitness, Health Hygiene and self-employment and entrepreneurial skills)					Link
S. No	Name of the capability Enhancement Program	Date of Implementation	No. of Students Enrolled	Name the Agencies/ Consultants Involved with Contact Details (If Any)	
1	Finding balance: Yoga for mind body and soul	23.06.2022	71	Ms.S.Sowbakyalakshimi, B.P.E, M.Sc (Yoga), Yoga Teacher, Honey Bunch School, Pollachi, Tamilnadu. Mail.id: <a href="mailto:lakshmiakshaya1402@gmail.com">lakshmiakshaya1402@gmail.com</a>	<a href="#">VIEW</a>
2	Vaccinations and immunization protecting yourself and others	22.08.2022	76	DR. (Mrs). S. Bhama, M.Pharm., Ph.D., Professor, Department of Pharmaceutics, JKK Natarajah College of Pharmacy, Komarapalayam, Namakkal(Dt), Tamilnadu. Mail.id:bhamashaswath2006@gmail.com	<a href="#">VIEW</a>
3	Fit and fabulous: Achieving peak physical fitness	24.11.2022	100	Ms.MariyaAnusiya, B.Sc (Psychology), Diploma in Yoga., Yoga Teacher, Chaithanya School, Coimbatore, Tamilnadu. Mail.id: <a href="mailto:anuarputharaj17@gmail.com">anuarputharaj17@gmail.com</a>	<a href="#">VIEW</a>
4	Yoga the pathway to holistic health and wellbeing	23.02.2023	69	Mrs.Sangeetha, M.COM, B.Ed, M.A (Yoga), Yoga teacher JKK Munirajah College of Technology, T.N. Palayam, Erode (Dt). Mail.id: <a href="mailto:yogi@gmail.com">yogi@gmail.com</a>	<a href="#">VIEW</a>