



J.K.K.MUNIRAJAH MEDICAL RESEARCH FOUNDATION'S ANNAI JKK SAMPOORANI AMMAL COLLEGE OF PHARMACY

Ethirmedu, **B.Komarapalayam** – 638 183, Namakkal Dist. Tamilnadu. India
Approved by : Pharmacy Council of India, New Delhi & The Tamilnadu Dr.M.G.R Medical University, Chennai.
Website : www.jkkmmrfpharmacy.edu.in |E-Mail : principal@jkkmmrfpharmacy.edu.in
Contact No. : +919789456750, +919943069944, +919943066944

LIFE SKILL ACADEMIC YEAR 2021-2022



J.K.K.MUNIRAJAH MEDICAL RESEARCH FOUNDATION'S ANNAI JKK SAMPOORANI AMMAL COLLEGE OF PHARMACY

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DEPARTMENT OF PHARMACY PRACTICE

REPORT

LIFE SKILL PROGRAM - YOGA

VENUE: SEMINAR HALL

DATED: 15.11.2021

RESOURCE PERSON

1. Mrs. K. Sangeetha

YOGA TEACHER,

WR JKKMMRF'S ANNAI JKK SAMPOORANI AMMAL

COLLEGE OF PHARMACY, KOMARAPALAYAM

No. of students enrolled: 63

No. of students Present : 63

Objective

The fundamental purpose of yoga is to foster harmony in the body, mind, and environment. Yoga professes a complete system of physical, mental, social, and spiritual development.

. Learning outcomes:

- Demonstrate basic skills associated with yoga and Pilates.
- Demonstrate the ability to perform yoga movements in various combination and forms.
- Understand and apply the knowledge of basic choreography, and effective group management.
- Demonstrate the ability to create and present various yoga activities.

Programme

Co-ordinator

HOD

Dr. N.SENTHILKUMAR,
PRINCIPAL

Principal

Dr. N.SENTHILKUMAR,
PRINCIPAL

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ETHIRMEDU, KOMARAPALAYAM - 638 183

NAMAKKAL DISTRICT, TAMILNADU - INDIA

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DATE: 14/11/2021

DEPARTMENT OF PHARMACY PRACTICE

CIRCULAR

2020-2021

This is inform to the students that the following Life skill development programi can be conducted by the Department of Pharmacy Practice, JKKMMRF'S ANNAL JKK SAMPOORANI AMMAL COLLEGE OF PHARMACY, KOMARAPALAYAM and it will be commenced as per the schedule:

Course Name	Date	Duration	Venue	Resource Person
Yoga	15/11/2021	2hrs	SEMINAR HALL	Mrs. K. Sangeetha

All the above mentioned students must enrol and actively participate in the course without fail.

NOTE: Certificates should be issued to all the students after completion of the course and examination.




Dr. N.SENTHILKUMAR,
PRINCIPAL

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PRINCIPAL

Dr. N.SENTHILKUMAR,
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DEPARTMENT OF PHARMACY PRACTICE

LIFE SKILL PROGRAM

YOGA


ACADEMIC YEAR- 2020-2021

DATE- 15/11/2021

Brochure

**JKKMMRF'S-ANNAI JKK
SAMPOORANI AMMAL COLLEGE
OF PHARMACY**
Komarapalayam, Namakkal DT-638183

**YOGA
ON
15-11-2021**




Resource Person:
Mrs. K. Sangeetha

International yoga day celebration
Venue: SEMINAR HALL




Dr. N.SENTHILKUMAR,
PRINCIPAL


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PRINCIPAL

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DATE: 22/03/2022

DEPARTMENT OF PHARMACEUTICS

REPORT

LIFE SKILL DEVELOPMENT PROGRAMME - HEALTHY FOODS

VENUE: SEMINAR HALL

DATED: 22/03/2022

RESOURCE PERSONS:

Dr.S.CHANDRA M.Pharm., Ph.D.,

PROFESSOR AND HEAD OF THE DEPARTMENT OF PHARMACEUTICS,
JKKMMRF'S ANNAI JKK SAMPOORANIAMMAL
COLLEGE OF PHARMACY, KOMARAPALAYAM.

No. of students enrolled: 65

No. of students Present : 65

OBJECTIVES OF THE COURSE

Students will be able to assess nutritional status of individuals in various life-cycle stages and determine nutrition-related conditions and diseases by applying knowledge of metabolism and nutrient functions, food sources, and physiologic systems.

LEARNING OUTCOMES OF THE COURSE

This experience allows children to show an increasing awareness of healthy lifestyles and good nutrition. Children develop dispositions for learning such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity



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DATE:21/03/2022

DEPARTMENT OF PHARMACEUTICS

CIRCULAR

2022

This is inform to the students that the following Life skill development courses can be conducted by the Department of Pharmaceutics, JKKMMRF'S ANNAI JKK SAMPOORANI AMMAL COLLEGE OF PHARMACY, KOMARAPALAYAM and it will be commenced as per the schedule:

Course Name	Date	FN	Venue	Resource Person
HEALTHY FOODS	22/03/2022	I, II, III BPHARM IV PHARM.D	SEMINAR HALL	DR.S.CHANDRA

All the above mentioned students must enrol and actively participate in the course without fail.

NOTE: Certificates should be issued to all the students after completion of the course and examination.


PRINCIPAL

Dr. N.SENTHILKUMAR,
PRINCIPAL

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ABOUT US

Dr.J.K.K Munirajah is a reputed industrialist technoeratt and educational besides, being a social worker ,a person imbided in deep spritual values and philanthropist. At Present Annai J.K.K Sampoornani Ammal Charitable Trust runs Paramedical Institutions offering Diploma, Graduate , Post Graduate & Ph.D. Courses and Research Scholarships in Pharmacy, nursing Physiotherapy and Occupational Therapy at Komarapalayam. The Trust has won many national and state awards. These renowned Educational Institutions spared education to promote knowledge, wisdom and service -Orientation.

**JKKMMRF'S-ANNAI JKK SAMPOORANI
AMMAL COLLEGE OF PHARMACY**

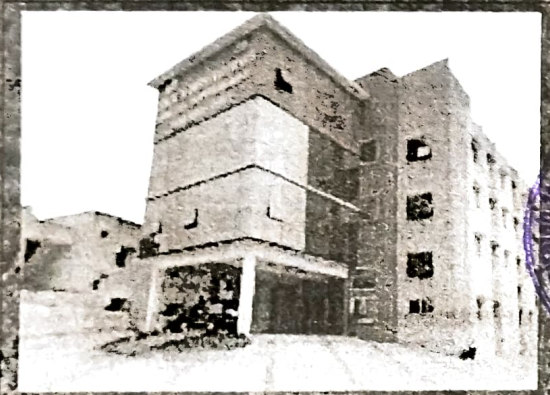
Komarapalayam, Nammal, DT-638183

LIFE SKILL DEVELOPMENT PROGRAM

Healthy Foods

ON

21 MARCH 2022



RESOURCE PERSON

Dr. S.CHANDRA

Assistant Professor,

JKKMMRF'S College of Pharmacy

Komarapalayam-638183

Venue: SEMINAR HALL

