



SS INSTITUTE OF PHARMACY

(A unit of VS Educational & Charitable Trust)

Approved by Tamilnadu Government & Pharmacy Council of India, New Delhi.

Affiliated to the Tamilnadu Dr. M.G.R. Medical University,

and The Directorate of Medical Education, Chennai.

LIFE SKILLS

2023-2024



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LIFE SKILLS

INDEX

S.NO	PROGRAM NAME	NO.OF.STUDENTS ATTENDED
1	PERSONAL HYGINE AND CLEANLINESS	147
2	ADVANCED YOGA PRACTICE	126




PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301



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Affiliated to the Tamilnadu Dr.M.G.R. Medical University,
and The Directorate of Medical Education, Chennai.

REF.NO:SSIP/REQ/2022-23/005

Date:11/03/2024

From

Department of pharmaceutics,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

To

The Principal,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

Subject: Letter for requesting permission to conduct **LIFE SKILLS**-Reg.

Respected sir,

We are requesting you to grant permission to conduct Life Skill in the seminar hall on **14/03/2024**. We wish to conduct add on course on the title “**Personal hygiene & cleanliness**”. This program would be a great opportunity for students to learn and that would help to shape the students.

Thanking you,

Your's truly,



[Signature]
PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301

[Signature]
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SS INSTITUTE OF PHARMACY,
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SALEM - 637301

[Signature]

NH-544, Kuppanur (Po), Sankari (Tk), Salem(Dt) – 637301, Tamilnadu, India

Phone : 04283 241080 | E-mail : ssip1718@gmail.com | Website : www.ssip.edu.in



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DATE: 11/03/2024


CIRCULAR


This is informed to the B.PHARM students that the following Life skills can be conducted by our SS Institute of Pharmacy and it will be commenced as per the schedule:

COURSE NAME	SCHEDULE	VENUE	DURATION	RESOURCE PERSON
PERSONAL HYGIENE & CLEANLINESS	14/03/2024	SEMINAR HALL	2.30HOURS	Mrs.DEEPABHARATHI.V

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

Note: Certificates will be issued to every participant who attends the program.


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WELCOME ALL

ABOUT US

Shree Sathyam Educational Institution was established in 2011 by Dr.V. Sujatha with the aim of providing quality education in all fields. The SS Institute of Pharmacy was established in 2018 with a commitment to continuous quality improvement and the cultivation of lifelong learners who can meet the evolving needs and challenges of the pharmacy profession. Courses Offered: B.Pharm -4 years B.Pharm (L.E

SS INSTITUTE OF PHARMACY

PRESENTS BY

MRS.V.DEEEPABHARATHI
M PHARM
ASSISTANT PROFESSOR

DEPARTMENT OF PHARMACEUTICS

DATE 14 MARCH 2024
PHONE 9443026056
MAIL ssip1719@gmail.com
LOCATION SSIP SEMINAR HALL
WEBSITE www.ssip.edu.com





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LIFE SKILLS

LIST OF ENROLMENT

PERSONAL HYGINE & CLEANLINESS

S.NO	COURSE	YEAR	NAME	REGISTER NO	SIGNATURE
1	B.PHARM	IV	ABINAYA.M	560020523501	H. Abinaya
2	B.PHARM	IV	ABISHEK.J	560020523502	Abishek
3	B.PHARM	IV	AMOKA.V	560020523503	K. Amoka
4	B.PHARM	IV	ANBUSELVAN.V	560020523504	Anbuselv
5	B.PHARM	IV	ANBUSELVI.S	560020523505	S. Anbuselv
6	B.PHARM	IV	ANITHA.L	560020523506	L. Anitha
7	B.PHARM	IV	ARAVIND.R	560020523507	R. Aravind
8	B.PHARM	IV	ARCHANA.M	560020523508	M. Archana
9	B.PHARM	IV	ARUN VENKATESHWARAN.S	560020523509	S. Arun
10	B.PHARM	IV	ARUN.A	560020523510	A. Arun
11	B.PHARM	IV	ASWIN.M	560020523511	M. Aswin
12	B.PHARM	IV	ATCHAYA.K	560020523512	K. Atchaya
13	B.PHARM	IV	BANU.S	560020523513	S. Banu
14	B.PHARM	IV	BAVITHRA.B	560020523514	B. Bavithra
15	B.PHARM	IV	BHARATHI RAJA.S	560020523515	S. Bharathi
16	B.PHARM	IV	BARATH KUMAR.R	560020523516	R. Barath
17	B.PHARM	IV	DEEPASRI.P	560020523517	P. Deepasri
18	B.PHARM	IV	DINESH.S	560020523518	S. Dinesh
19	B.PHARM	IV	GOPIKRISHNAN.V	560020523519	V. Gopikrishnan
20	B.PHARM	IV	GOWSALYA.V	560020523520	V. Gowsalya
21	B.PHARM	IV	GULBAHAR.G	560020523521	G. Gulbahar
22	B.PHARM	IV	HEMADHARAN.V	560020523522	V. Hemadharan
23	B.PHARM	IV	ISHWARYA.S	560020523523	S. Ishwarya
24	B.PHARM	IV	JEYASURYA.V	560020523524	V. Jeyasurya

NH-544, Kuppanur (Po), Sankari (Tk), Salem(Dt) – 637301, Tamilnadu, India.

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25	B.PHARM	IV	KESAVAMUGILESH.M	560020523525	Kesava M.
26	B.PHARM	IV	MUTHU.J	560020523526	Muthu J.
27	B.PHARM	IV	VISHWA .M	560020523555	V. Vishwa
28	B.PHARM	IV	VISHWANATHAN .V	560020523556	V. Vishwanathan
29	B.PHARM	III	ABINESH. S	560021523501	A. Abin
30	B.PHARM	III	ABISHEK.B	560021523502	A. Abishek
31	B.PHARM	III	ABISURYA .C	560021523503	A. Abisurya
32	B.PHARM	III	ANANDASIVAM.T	560021523504	A. Anand
33	B.PHARM	III	DHATCHNAMOORTHIL.K	560021523518	D. Dhatchnamoorthi
34	B.PHARM	III	DHIVYA.N	560021523519	D. Dhivya
35	B.PHARM	III	ESAI MOZHILS	560021523520	E. Esai
36	B.PHARM	III	GAYATHRI.S	560021523521	G. Gayathri
37	B.PHARM	III	GOPIKA.K	560021523522	G. Gopi
38	B.PHARM	III	GOPI.K	560021523523	G. Gopi
39	B.PHARM	III	GURUMOORTHIL.M	560021523524	G. Gurumoorthi
40	B.PHARM	III	HARIPRIYA.K	560021523525	H. Haripriya
41	B.PHARM	III	JOTHIPRAKASH.P	560021523526	J. Jothi
42	B.PHARM	III	KARTHICK KANNAN.S	560021523527	K. Karthick
43	B.PHARM	III	KARTHICK.K	560021523528	K. Karthick
44	B.PHARM	III	KARTHIKEYAN.M	560021523529	K. Karthikeyan
45	B.PHARM	III	KAVIBHARATHI.S	560021523530	K. Kavibharathi
46	B.PHARM	III	KAVIYA .S	560021523531	K. Kaviya
47	B.PHARM	III	KESAVAN.P	560021523532	K. Kesava
48	B.PHARM	III	KIRUBANIDHI.R	560021523533	K. Kirubanidhi
49	B.PHARM	III	KIRUTHIKA.P	560021523534	K. Kiruthika
50	B.PHARM	III	MEGALA.G	560021523535	M. Megala
51	B.PHARM	III	MOHAMMED KABEER.A	560021523536	M. Mohammed
52	B.PHARM	III	RANISH.G	560021523537	R. Ranish
53	B.PHARM	III	SARAN MOHAN.R	560021523538	S. Saran
54	B.PHARM	III	SASIKALA.G	560021523539	S. Sasika
55	B.PHARM	III	SATHYA JASMINE.A	560021523540	S. Sathya
56	B.PHARM	III	SETHURAMAN.P	560021523541	S. Sethu
57	B.PHARM	III	SOWMIYA.D	560021523542	S. Sowmiya

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58	B.PHARM	III	SRIGANTH.K	560021523543	Shirish.K
59	B.PHARM	III	SUGASHINI.M	560021523544	Sugashini.M
60	B.PHARM	III	SUNDHAR.S	560021523545	Sundhar.S
61	B.PHARM	III	SURIYA.M	560021523546	Suriya.M
62	B.PHARM	III	SYED ABDULLA.A	560021523547	Syed Abdulla.A
63	B.PHARM	III	TAMILMANI.P	560021523548	Tamilmani.P
64	B.PHARM	III	THIRUMALAI.R	560021523549	Thirumalai.R
65	B.PHARM	III	THIRUMENINATHAN.M	560021523550	Thirumeninathan.M
66	B.PHARM	III	UMA SHANKARIE	560021523551	Uma Shankarie
67	B.PHARM	III	VAITHEESWARI.V	560021523552	V.Vaithian
68	B.PHARM	III	VIGNESH.C	560021523553	Vignesh.C
69	B.PHARM	III	VIGNESH.S	560021523554	Vignesh.S
70	B.PHARM	III	VIJAYASARATHI.S	560021523555	Vijayasarithi.S
71	B.PHARM	III	VIMAL.R	560021523556	Vimal.R
72	B.PHARM	III	VINOTHINI.A	560021523557	Vinothini.A
73	B.PHARM	III	VISHALATCHI.K	560021523558	Vishalatchi.K
74	B.PHARM	III	YAZHINI.B	560021523559	Yazhini.B
75	B.PHARM	III	S.YUVAKIRUTHIGA	560021523560	S.Yuvakiruthiga
76	B.PHARM	II	KARTHICKRAJA.P	560022523519	Karthick Raja.P
77	B.PHARM	II	KATHIRVEL.G	560022523520	Kathirvel.G
78	B.PHARM	II	KRISHNAN.V	560022523521	Krishnan.V
79	B.PHARM	II	LAKSHMI.S	560022523522	Lakshmi.S
80	B.PHARM	II	MADHAN.K	560022523523	Madhan.K
81	B.PHARM	II	MANISHA.A	560022523524	Manisha.A
82	B.PHARM	II	MYTHEENRAJ.R	560022523525	Mytheenraj.R
83	B.PHARM	II	NAVEEN KUMAR.M	560022523526	Naveen Kumar.M
84	B.PHARM	II	NISHA.R	560022523527	Nisha.R
85	B.PHARM	II	PERARASU.R	560022523528	Perarasu.R
86	B.PHARM	II	POOJA.V	560022523529	Pooja.V
87	B.PHARM	II	POONGUZHALI.G	560022523530	Poonguzhali.G
88	B.PHARM	II	PRAKADEESH.S	560022523531	Prakadeesh.S
89	B.PHARM	II	PRAKASH.M	560022523532	Prakash.M
90	B.PHARM	II	PRAVEEN.T	560022523533	Praveen.T

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91	B.PHARM	II	PRETHIKA.B	560022523534	R. Preethika
92	B.PHARM	II	PRIYA.V	560022523535	Priya.V
93	B.PHARM	II	PRIYADHARSHINI.P	560022523536	Priyadharshini.P
94	B.PHARM	II	PRIYADHARSHINI.S	560022523537	Priyadharshini.S
95	B.PHARM	II	PUKAZENTHIL.R	560022523538	Pukazenthil.R
96	B.PHARM	II	RAGUL.R	560022523539	Ragul.R
97	B.PHARM	II	RAMAKRISHNAN.S	560022523540	Ramakrishnan.S
98	B.PHARM	II	SAKTHIPRIYA.K	560022523541	Sakthipriya.K
99	B.PHARM	II	SAKTHIVEL.S	560022523542	Sakthivel.S
100	B.PHARM	II	SANTHOSHINI.C	560022523543	Santhoshini.C
101	B.PHARM	II	SENTHAMIZHAN.S	560022523544	Senthamizhan.S
102	B.PHARM	II	SHALINI.R	560022523545	Shalini.R
103	B.PHARM	II	SHIVABHARATHI.P	560022523546	Shivabharathi.P
104	B.PHARM	II	SHIVADHARSHINI.S	560022523547	Shivadharshini.S
105	B.PHARM	II	SRIDHAR.S	560022523548	Sridhar.S
106	B.PHARM	II	SUGAVANAM.C	560022523549	Sugavanam.C
107	B.PHARM	II	SURIYA PRAKASH.I	560022523550	Suriya Prakash.I
108	B.PHARM	II	SWATHI.V	560022523551	Swathi.V
109	B.PHARM	II	THANIGAIVALLI.S	560022523552	Thanigaivalli.S
110	B.PHARM	II	THARANI.G	560022523553	Tharani.G
111	B.PHARM	II	THARUNKUMAR.S	560022523554	Tharunkumar.S
112	B.PHARM	II	VIJAYALAKSHIMI.M	560022523555	Vijayalakshimi.M
113	B.PHARM	II	VIJAYALAKSHIMI.V	560022523556	Vijayalakshimi.V
114	B.PHARM	II	VIKASH.V	560022523557	Vikash.V
115	B.PHARM	II	VINOTHINI.M	560022523558	Vinothini.M
116	B.PHARM	I	A.ABINAYA	560023523501	Aabinaya
117	B.PHARM	I	S.ALJANI SARJATH	560023523502	S.aljani sarjath
118	B.PHARM	I	V.ANANTHA SELVAM	560023523503	V.anantha selvam
119	B.PHARM	I	M.ANBUMANI	560023523504	M.anbumani
120	B.PHARM	I	R.ARUNRAJ	560023523505	R.arunraj
121	B.PHARM	I	S.JAI KRISHNA	560023523517	S.jai krishna
122	B.PHARM	I	J.JJO	560023523518	J.jjo
123	B.PHARM	I	V.KATHIR	560023523519	V.kathir

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124	B.PHARM	I	D.KAVIARASU	560023523520	D. Kaviar
125	B.PHARM	I	K.KAVIYA	560023523521	K. Kaviya
126	B.PHARM	I	R.KAVIYA	560023523522	R. Kaviya
127	B.PHARM	I	D.KIRUBA	560023523523	D. Kiruba
128	B.PHARM	I	A.KRISHNA MOORTHY	560023523524	A. Krishna
129	B.PHARM	I	A.LAKMITHA	560023523525	A. Lakmitha
130	B.PHARM	I	C.MANIKUIL	560023523526	C. Manikul
131	B.PHARM	I	J.MANISHA	560023523527	J. Manisha
132	B.PHARM	I	A.MURUGESAN	560023523528	A. Murugesan
133	B.PHARM	I	K.NARMADHA	560023523529	K. Narmadha
134	B.PHARM	I	A.PACHAMUTHU	560023523530	A. Pachamuthu
135	B.PHARM	I	R.PIRTHEESHWARI	560023523531	R. Pirtheeshwari
136	B.PHARM	I	M.POOVIZHI	560023523532	M. Poovizhi
137	B.PHARM	I	N.PRAKASH	560023523533	N. Prakash
138	B.PHARM	I	P.PRAKASH	560023523534	P. Prakash
139	B.PHARM	I	B.PRAVEEN KUMAR	560023523535	B. Praveen
140	B.PHARM	I	M.PREMKUMAR	560023523536	M. Premkumar
141	B.PHARM	I	V.PRITHIVIRAJ	560023523537	V. Prithiviraj
142	B.PHARM	I	N.PRIYADHARSHINI	560023523538	N. Priyadharshini
143	B.PHARM	I	K.PUGALENTHI	560023523539	K. Pugalenti
144	B.PHARM	I	R.RAGUL	560023523540	R. Ragul
145	B.PHARM	I	S.RITHIKA	560023523541	S. Rithika
146	B.PHARM	I	G.SAGUNTHAN	560023523542	G. Sagunthan
147	B.PHARM	I	S.SAREEN KUMAR	560023523543	S. Sareen
148	B.PHARM	I	S.SNEHA	560023523544	S. Sneha



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GLIMPSE OF PROGRAM



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LIFE SKILL PROGRAM

Organized By

DEPARTMENT OF PHARMACEUTICS

PERSONAL HYGINE & CLEANLINESS

Academic year: 2023-2024

Date: 14/03/2023

No. of students enrolled:148

No. Of students present:147

Objective:

- To promote the importance of personal hygiene and cleanliness, equipping participants with practical skills and knowledge to maintain good health and a clean environment.

Learning Outcomes:

- Participants will understand the fundamental principles of personal hygiene and its impact on overall health and well-being.
- Participants will be able to identify and implement effective hygiene practices, such as handwashing, dental care, and personal grooming.
- Participants will demonstrate improved habits related to cleanliness in their personal and communal spaces, contributing to a healthier and more organized lifestyle.

Co-ordinator



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REF.NO:SSIP/REQ/2022-23/005

Date:07/11/2023

From

Department of pharmaceutics,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

To

The Principal,
SS institute of pharmacy,
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Subject: Letter for requesting permission to conduct **LIFE SKILLS**-Reg.

Respected sir,

We are requesting you to grant permission to conduct Life Skill in the seminar hall on **09/11/2023**. We wish to conduct add on course on the title “**Advanced yoga practice**”. This program would be a great opportunity for students to learn and that would help to shape the students.

Thanking you,

Your's truly,



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DATE: 07/11/2023


CIRCULAR

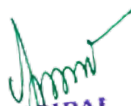
This is informed to the B.PHARM students that the following Life skills can be conducted by our SS Institute of Pharmacy and it will be commenced as per the schedule:

COURSE NAME	SCHEDULE	VENUE	DURATION	RESOURCE PERSON
ADVANCED YOGA PRACTICES	09/11/2023	SEMINAR HALL	1.30 HOURS	Mrs. KALAISELVI.C

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

Note: Certificates will be issued to every participant who attends the program.


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SS Institute of pharmacy

216, Manjakalpatty NH-47 Kuppanur Bye
pass Sankari-637301

LIFE SKILL PROGRAM

ORGANIZED BY

DEPARTMENT OF PHARMACEUTICS

DATE : 09/11/2023

VENUE

SSIP SMINAR HALL

EMAIL
PHONE
WEBSIE

SSIP1718@GMAIL.COM
04283-241080
WWW.SSIP.EDU.IN



RESOURCE PERSON

MRS.C.KALAISELVI,
M.PHARM..
ASSISTANT PROFESSOR

TOPIC

ADVANCED YOGA PRACTICE

ADVANCED YOGA PRACTICE

About the Institution

Shree Sathyam Educational Institution was established in 2011 by Dr.V. Sujatha with the aim of providing quality education in all fields. The SS Institute of Pharmacy was established in 2018 with a commitment to continuous quality improvement and the cultivation of lifelong learners who can meet the evolving needs and challenges of the pharmacy profession.

Courses Offered:

B.Pharm -4 years

B.Pharm (L.E) -3 year

3. PRINCIPAL
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KUPPANUR (PO), SANKARI (TK),
SALEM - 637301



SS INSTITUTE OF PHARMACY

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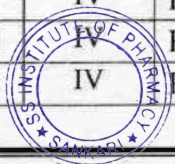
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and The Directorate of Medical Education, Chennai.

LIFE SKILLS

LIST OF ENROLMENT

ADVANCED YOGA PRACTICE

S.NO	COURSE	YEAR	NAME	REGISTER NO	SIGNATURE
1	B.PHARM	IV	ABINAYA.M	560020523501	M. Abinaya
2	B.PHARM	IV	ABISHEK.J	560020523502	Abhishek
3	B.PHARM	IV	AMOKA.V	560020523503	A. Moka
4	B.PHARM	IV	ANBUSELVAN.V	560020523504	Anbuselvan
5	B.PHARM	IV	ANBUSELVI.S	560020523505	S. Anbuselvi
6	B.PHARM	IV	ANITHA.L	560020523506	A. Anitha
7	B.PHARM	IV	ARAVIND.R	560020523507	R. Aravind
8	B.PHARM	IV	ARCHANA.M	560020523508	M. Archana
9	B.PHARM	IV	GOWSALYA.V	560020523520	V. Gowsalya
10	B.PHARM	IV	GULBAHAR.G	560020523521	G. Gulbahar
11	B.PHARM	IV	HEMADHARAN.V	560020523522	V. Hemadharan
12	B.PHARM	IV	ISHWARYA.S	560020523523	S. Ishwarya
13	B.PHARM	IV	JEYASURYA.V	560020523524	V. Jeyasurya
14	B.PHARM	IV	KESAVAMUGILESH.M	560020523525	M. Kesavamugilesh
15	B.PHARM	IV	MUTHU.J	560020523526	J. Muthu
16	B.PHARM	IV	NAGAMUGILAN.P	560020523527	P. Nagamugilan
17	B.PHARM	IV	NAGESHWARI.K	560020523528	K. Nageshwari
18	B.PHARM	IV	NARESH KUMAR.M	560020523529	M. Naresh Kumar
19	B.PHARM	IV	NARMATHA.M	560020523530	M. Narmatha
20	B.PHARM	IV	PAPITHA .V	560020523531	V. Papitha
21	B.PHARM	IV	PRAGATHI .P	560020523532	P. Pragathi
22	B.PHARM	IV	PRASANTH .M	560020523533	M. Prasanth
23	B.PHARM	IV	PRIYADARSHINI .V	560020523534	V. Priyadarshini
24	B.PHARM	IV	RAJALAKSHMI .N	560020523535	N. Rajalakshmi
25	B.PHARM	IV	RAJARAJAN .M	560020523536	M. Rajarajan



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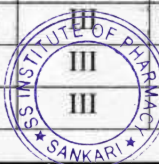


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26	B.PHARM	IV	SATHISHKUMAR .J	560020523537	Rathin
27	B.PHARM	IV	SHIRLEY ELIZABETH.I	560020523538	Shirley
28	B.PHARM	IV	SIVA S.V	560020523539	S.V. Siva
29	B.PHARM	IV	SIVAPRAKASH .V	560020523540	Sivaprakash
30	B.PHARM	IV	SUDHA D.G	560020523541	Sudha
31	B.PHARM	IV	SUNDARAKANNAN .D	560020523542	Sundarakan
32	B.PHARM	IV	SURIYA .G	560020523543	Suriya
33	B.PHARM	IV	SWATHY .M	560020523544	Swathy
34	B.PHARM	IV	SYED YASIN S.M	560020523545	Syed Yasin
35	B.PHARM	IV	TAMILARASAN .A	560020523546	Tamilarasan
36	B.PHARM	IV	THAMIZHARASAN .N	560020523547	Thamizharasan
37	B.PHARM	IV	THILAGAVATHI .M	560020523548	Thilagavathi
38	B.PHARM	IV	THIRUMURUGAN .R	560020523549	Thirumurugan
39	B.PHARM	IV	UMAVATHI .P	560020523550	Umayavathi
40	B.PHARM	III	ARAVINTH.M	560021523506	Aravindh
41	B.PHARM	III	ARCHANA.A	560021523507	Archana
42	B.PHARM	III	ARIVILKUMAR.P	560021523508	Arivilkumar
43	B.PHARM	III	ARUN .A	560021523509	Arun
44	B.PHARM	III	ARUN KUMAR .K	560021523510	Arun Kumar
45	B.PHARM	III	ARUNKUMAR.M	560021523511	Arunkumar
46	B.PHARM	III	BALAMURUGAN.B	560021523512	Balamurugan
47	B.PHARM	III	BATHRINATH.A	560021523513	Bathrinath
48	B.PHARM	III	BOOPATHI.G	560021523514	Boopathi
49	B.PHARM	III	BOOPATHI.P	560021523515	Boopathi
50	B.PHARM	III	CHITHARTHA.M	560021523516	Chitharth
51	B.PHARM	III	DEVIPRIYA.K	560021523517	Devipriya
52	B.PHARM	III	DHATCHNAMOORTHI.K	560021523518	Dhatchnamoorthi
53	B.PHARM	III	DHIVYA.N	560021523519	Dhivya
54	B.PHARM	III	ESAI MOZHI.S	560021523520	Esai Mozhis
55	B.PHARM	III	GAYATHRI.S	560021523521	Gayathri
56	B.PHARM	III	GOPIKA.K	560021523522	Gopika



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57	B.PHARM	III	GOPI.K	560021523523	Gopi K.
58	B.PHARM	III	GURUMOORTHIM	560021523524	M. Gurumthi
59	B.PHARM	III	HARIPRIYA.K	560021523525	H. Priya
60	B.PHARM	III	JOTHIPRAKASH.P	560021523526	Jothi P.
61	B.PHARM	III	SRIGANTH.K	560021523543	S. R. Ganthi
62	B.PHARM	III	SUGASHINI.M	560021523544	M. Sugashini
63	B.PHARM	III	SUNDHAR.S	560021523545	S. Sundhar
64	B.PHARM	III	SURIYA.M	560021523546	M. Suriya
65	B.PHARM	III	SYED ABDULLA.A	560021523547	A. Syed
66	B.PHARM	III	TAMILMANI.P	560021523548	P. Tamil
67	B.PHARM	III	THIRUMALAI.R	560021523549	R. Thirumalai
68	B.PHARM	III	THIRUMENINATHAN.M	560021523550	M. Thirumeninathan
69	B.PHARM	III	UMA SHANKARIE	560021523551	E. Umashankari
70	B.PHARM	III	VAITHEESWARI.V	560021523552	V. Vaitheeswari
71	B.PHARM	III	VIGNESH.C	560021523553	C. Vignesh
72	B.PHARM	III	VIGNESH.S	560021523554	S. Vignesh
73	B.PHARM	III	VIJAYASARATHI.S	560021523555	S. Vijayasarithi
74	B.PHARM	III	VIMAL.R	560021523556	R. Vimal
75	B.PHARM	III	VINOTHINLA	560021523557	A. Vinodhini
76	B.PHARM	III	VISHALATCHI.K	560021523558	K. Vishalatchi
77	B.PHARM	III	YAZHINI.B	560021523559	B. Yazhini
78	B.PHARM	III	S.YUVAKIRUTHIGA	560021523560	G. S. Yuvakiruthiga
79	B.PHARM	II	AJAY.S	560022523502	S. Ajay
80	B.PHARM	II	AJAY.V	560022523503	V. Ajay
81	B.PHARM	II	AMULTHARA.L	560022523504	A. Amulthara
82	B.PHARM	II	ANUSHREE.V	560022523505	V. Anushree
83	B.PHARM	II	BAGAVATHRAJ.G	560022523506	G. Bagavathraj
84	B.PHARM	II	BHARANI KUMAR.P	560022523507	P. Bharani Kumar
85	B.PHARM	II	BHUVANESHWARAN.A	560022523508	A. Bhuvaneshwaran
86	B.PHARM	II	DEEPAK KUMAR.M	560022523509	M. Deepak Kumar
87	B.PHARM	II	GAJALAKSHMI.K	560022523510	K. Gajalakshmi



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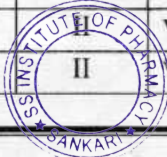


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88	B.PHARM	II	GNANAMOORTHY.G	560022523511	G. N. Moorthy
89	B.PHARM	II	GOKULANAVANI SRI.M.N	560022523512	Gokulavani M.N.
90	B.PHARM	II	JAYA KUMAR.N	560022523513	N. Jayakumar
91	B.PHARM	II	JAYASEELAN.S	560022523514	S. Jayaseelan
92	B.PHARM	II	JOTHIKA.G.P	560022523515	G.P. Jothika
93	B.PHARM	II	KAJENDIRAN.K.M	560022523516	M. Kajendiran
94	B.PHARM	II	PRETHIKA.B	560022523534	B. Prethika
95	B.PHARM	II	PRIYA.V	560022523535	V. Priya
96	B.PHARM	II	PRIYADHARSHINI.P	560022523536	P. Priyadharshini
97	B.PHARM	II	PRIYADHARSHINI.S	560022523537	S. Priyadharshini
98	B.PHARM	II	PUKAZENTHI.R	560022523538	R. Pukazenthi
99	B.PHARM	II	RAGUL.R	560022523539	R. Ragul
100	B.PHARM	II	RAMAKRISHNAN.S	560022523540	S. Ramakrishnan
101	B.PHARM	II	SAKTHIPRIYA.K	560022523541	K. Sakthipriya
102	B.PHARM	II	SAKTHIVEL.S	560022523542	S. Sakthivel
103	B.PHARM	II	SANTHOSHINI.C	560022523543	C. Santhoshini
104	B.PHARM	II	SENTHAMIZHAN.S	560022523544	S. Senthamizhan
105	B.PHARM	II	SHALINI.R	560022523545	R. Shalini
106	B.PHARM	II	SHIVABHARATHI.P	560022523546	P. Shivabharathi
107	B.PHARM	II	SHIVADHARSHINI.S	560022523547	S. Shivadharshini
108	B.PHARM	II	SRIDHAR.S	560022523548	S. Sridhar
109	B.PHARM	II	SUGAVANAM.C	560022523549	C. Sugavanam
110	B.PHARM	II	SURIYA PRAKASH.I	560022523550	I. Suriya Prakash
111	B.PHARM	II	SWATHI.V	560022523551	V. Swathi
112	B.PHARM	II	THANIGAIVALLI.S	560022523552	S. Thanigaivalli
113	B.PHARM	II	THARANIG	560022523553	G. Tharani
114	B.PHARM	II	THARUNKUMAR.S	560022523554	S. Tharunkumar
115	B.PHARM	II	VIJAYALAKSHIMI.M	560022523555	M. Vijayalakshimi
116	B.PHARM	II	VIJAYALAKSHIMI.V	560022523556	V. Vijayalakshimi
117	B.PHARM	II	VIKASH.V	560022523557	V. Vikash
118	B.PHARM	II	VINOTHINI.M	560022523558	M. Vinothini



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119	B.PHARM	I	A.ABINAYA	560023523501	A. Abinaya
120	B.PHARM	I	S.ALJANI SARJATH	560023523502	S. Aljani Sarjath
121	B.PHARM	I	V.ANANTHA SELVAM	560023523503	V. Anantha
122	B.PHARM	I	M.ANBUMANI	560023523504	M. Anbumani
123	B.PHARM	I	R.ARUNRAJ	560023523505	R. Arunraj
124	B.PHARM	I	A.ATCHAYA	560023523506	A. Atchaya
125	B.PHARM	I	M.DEEPAK	560023523507	M. Deepak
126	B.PHARM	I	G.DEVASREE	560023523508	G. Devasree
127	B.PHARM	I	R.PIRTHEESHWARI	560023523531	R. Pirtheeshwari



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GLIMPSE OF PROGRAM



[Signature]
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SALEM - 637301.

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SALEM - 637301.

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LIFE SKILL PROGRAM

Organized By

DEPARTMENT OF PHARMACEUTICS

ADVANCED YOGA PRACTICES

Academic year: 2023-2024

Date: 09/11/2023

No. of students enrolled:127

No. Of students present:126

Objective:

- To deepen participants' understanding and practice of advanced yoga techniques, enhancing their physical, mental, and emotional well-being through advanced postures, breathing exercises, and meditation.

Learning Outcomes:

- Participants will gain proficiency in advanced yoga postures and techniques, improving their physical flexibility, strength, and balance.
- Participants will learn and apply advanced breathing and meditation practices to enhance mental focus, reduce stress, and achieve greater emotional stability.
- Participants will develop a comprehensive understanding of the benefits and applications of advanced yoga practices, integrating them into their daily routines for holistic well-being.

Co-ordinator



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Principal
SS INSTITUTE OF PHARMACY,
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LIFE SKILLS

2022-2023



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LIFE SKILLS

INDEX

S.NO	PROGRAM NAME	NO.OF.STUDENTS ATTENDED
1	NIYAMAS (VIRTOUS BEHAVIOUR)	110
2	ROLE OF YOGA IN MENTAL HEALTH	113




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REF.NO:SSIP/REQ/2021-22/004

Date:26/09/2022

From

Department of pharmacology,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

To

The Principal,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

Subject: Letter for requesting permission to conduct **LIFE SKILLS**-Reg.

Respected sir,

We are requesting you to grant permission to conduct Life Skill in the seminar hall on **28/09/2022**. We wish to conduct add on course on the title “**Niyamas (Virtuous behavior)**”. This program would be a great opportunity for students to learn and that would help to shape the students.

Thanking you,

Your's truly,



Handwritten signature in black ink over a purple rectangular stamp. The stamp contains the text: 'PRINCIPAL, SS INSTITUTE OF PHARMACY, KUPPANUR (PO), SANKARI (TK), SALEM - 637301'.



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and The Directorate of Medical Education, Chennai.

DATE: 26/09/2022


CIRCULAR

This is informed to the B.PHARM students that the following Life skills can be conducted by our SS Institute of Pharmacy and it will be commenced as per the schedule:

COURSE NAME	SCHEDULE	VENUE	DURATION	RESOURCE PERSON
NIYAMAS(VIRTUOUS BEHAVIOUR)	28/09/2022	SEMINAR HALL	2 HOURS	Mrs.VANITHA.M

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

Note: Certificates will be issued to every participant who attends the program.


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SANKARI - 637301

ABOUT INSTITUTION

SREE SATHYAM EDUCATIONAL INSTITUTION WAS ESTABLISHED IN 2011 BY DR.V. SUJATHA WITH THE AIM OF PROVIDING QUALITY EDUCATION IN ALL FIELDS. THE SS INSTITUTE OF PHARMACY WAS ESTABLISHED IN 2018 WITH A COMMITMENT TO CONTINUOUS QUALITY IMPROVEMENT AND THE CULTIVATION OF LIFELONG LEARNERS WHO CAN MEET THE EVOLVING NEEDS AND CHALLENGES OF THE PHARMACY PROFESSION. COURSES OFFERED: B.PHARM - 4 YEARS B.PHARM (L.E) - 3 YEAR

TOPIC:
**NIYAMAS
(VIRTUOUS BEHAVIOUR)**

DATE:
28 SEPTEMBER 2022

OUR SPEAKER



MRS.M.VANITHAA

**M.PHARM
ASSISTANT
PROFESSOR**

ORGANIZED BY



**DEPARTMENT OF
PHARMACOLOGY**

SSIP SEMINAR HALL

Principal
**PRINCIPAL,
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KUPPANUR (PO), SANKARI (TK),
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WELCOME

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WWW.SSIP.EDU.COM

CONTACT US AT
+91 94430 26056



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LIFE SKILLS

LIST OF ENROLMENT

NIYAMAS (VIRTUOUS BEHAVIOUR)

S.NO	COURSE	YEAR	NAME	REGISTER NO	SIGNATURE
1	B.PHARM	IV	S.ABISHEK	561997201	S. Abishek
2	B.PHARM	IV	N.ANUSUYA	561997202	N. Anusuya
3	B.PHARM	IV	A.ARTHI	561997203	A. Arthi
4	B.PHARM	IV	S.ARUN	561997204	S. Arun
5	B.PHARM	IV	D.ARUN KUMAR	561997205	D. Arun Kumar
6	B.PHARM	IV	K.ARUN KUMAR	561997206	K. Arun Kumar
7	B.PHARM	IV	T.K.AZHAGIRI	561997207	T.K. Azhagiri
8	B.PHARM	IV	M.DEEPASREE	561997208	M. Deepasree
9	B.PHARM	IV	A.DHANASEKARAN	561997209	A. Dhana Sekaran
10	B.PHARM	IV	A.DHARUN	561997210	A. Dharaun
11	B.PHARM	IV	T.DHINESH	561997211	T. Dhinesh
12	B.PHARM	IV	T.DINESH	561997212	T. Dinesh
13	B.PHARM	IV	E.ELAVARASAN	561997213	E. Elavarasan
14	B.PHARM	IV	M.GOKULPRASATH	561997214	M. Gokulprasath
15	B.PHARM	IV	M.GOKULNATH	561997215	M. Gokulnath
16	B.PHARM	IV	D.HEMAVATHI	561997216	D. Hema Vathi
17	B.PHARM	IV	S.KAMALESH	561997217	S. Kamalesh
18	B.PHARM	IV	D.KARTHICK	561997218	D. Karthick
19	B.PHARM	IV	R.KARTHIKEYAN	561997219	R. Karthikeyan
20	B.PHARM	IV	E.KARTHICKRAJA	561997220	E. Karthick Raja
21	B.PHARM	IV	N.V.KRISHNAN	561997221	N.V. Krishnan
22	B.PHARM	IV	B.MADHESHWARAN	561997222	B. Madheshwaran
23	B.PHARM	IV	S.MANIKANDAN	561997223	S. Manikandan
24	B.PHARM	IV	S.MUTHUKANNAN	561997224	S. Muthukannan

NH-544, Kuppanur (Po), Sankari (Tk), Salem(Dt) – 637301, Tamilnadu, India.

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25	B.PHARM	IV	P.NAVEENA	561997225	P. Naveena
26	B.PHARM	IV	R.TAMILSELVAN	561997244	R. Tamil Selvan
27	B.PHARM	IV	T.THANGAPANDIYAMMAL	561997245	T. Thangapandi
28	B.PHARM	IV	V.VEERASELVAN	561997246	V. Veeraselvan
29	B.PHARM	IV	A.VIJAYAKUMAR	561997247	A. Vijayakumar
30	B.PHARM	IV	M.VIJAYKUMAR	561997248	M. Vijayakumar
31	B.PHARM	IV	A.VINITHA	561997249	A. Vinitha
32	B.PHARM	IV	R.VINOTHKUMAR	561997250	R. Vinoth Kumar
33	B.PHARM	IV	P.THINAKARAN	561997251	P. Thinakaran
34	B.PHARM	III	ABINAYA.M	560020523501	A. Binaya M
35	B.PHARM	III	ABISHEK.J	560020523502	A. Abishek J
36	B.PHARM	III	AMOKA.V	560020523503	A. Moka V
37	B.PHARM	III	ANBUSELVAN.V	560020523504	A. Anbuselvan V
38	B.PHARM	III	ANBUSELVI.S	560020523505	A. Anbuselvi S
39	B.PHARM	III	ANITHA.L	560020523506	A. Anitha L
40	B.PHARM	III	ARAVIND.R	560020523507	A. Aravind R
41	B.PHARM	III	ARCHANA.M	560020523508	A. Archana M
42	B.PHARM	III	ARUN VENKATESHWARAN.S	560020523509	A. Arun Venkateshwaran S
43	B.PHARM	III	NARMATHA.M	560020523530	N. Narmatha M
44	B.PHARM	III	PAPITHA .V	560020523531	P. Papitha V
45	B.PHARM	III	PRAGATHI .P	560020523532	P. Pragathi P
46	B.PHARM	III	PRASANTH .M	560020523533	P. Prasanth M
47	B.PHARM	III	PRIYADARSHINI .V	560020523534	P. Priyadarshini V
48	B.PHARM	III	RAJALAKSHMI .N	560020523535	R. Rajalakshmi N
49	B.PHARM	III	RAJARAJAN .M	560020523536	R. Rajarajan M
50	B.PHARM	III	SATHISHKUMAR .J	560020523537	S. Sathishkumar J
51	B.PHARM	III	SHIRLEY ELIZABETH.I	560020523538	S. Shirley Elizabeth I
52	B.PHARM	III	SIVA S.V	560020523539	S. Siva S V
53	B.PHARM	III	SIVAPRAKASH .V	560020523540	S. Sivaprakash V
54	B.PHARM	III	SUDHA D.G	560020523541	S. Sudha D G
55	B.PHARM	III	SUNDARAKANNAN.D	560020523542	S. Sundarakannan D

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56	B.PHARM	III	SURIYA .G	560020523543	Suriya .G
57	B.PHARM	III	SWATHY .M	560020523544	Swathy .M
58	B.PHARM	III	SYED YASIN S.M	560020523545	Syed Yasin S.M
59	B.PHARM	III	TAMILARASAN .A	560020523546	Tamilarasan .A
60	B.PHARM	III	THAMIZHARASAN .N	560020523547	Thamizharasan .N
61	B.PHARM	III	THILAGAVATHI .M	560020523548	Thilagavathi .M
62	B.PHARM	III	THIRUMURUGAN .R	560020523549	Thirumurugan .R
63	B.PHARM	III	UMAVATHI .P	560020523550	Umayavathi .P
64	B.PHARM	III	VALLARASU.D	560020523551	Vallarasu .D
65	B.PHARM	III	VASANTHRAJ .S	560020523552	Vasanthraj .S
66	B.PHARM	III	VINOTH SANJAY.T	560020523553	Vinoth Sanjay .T
67	B.PHARM	III	VINOTH .S	560020523554	Vinoth .S
68	B.PHARM	III	VISHWA .M	560020523555	Vishwa .M
69	B.PHARM	III	VISHWANATHAN .V	560020523556	Vishwanathan .V
70	B.PHARM	II	ABINESH. S	560021523501	Abinesh .S
71	B.PHARM	II	ABISHEK.B	560021523502	Abishek .B
72	B.PHARM	II	ABISURYA .C	560021523503	Abisurya .C
73	B.PHARM	II	ANANDASIVAM.T	560021523504	Anandasivam .T
74	B.PHARM	II	ANBU .R	560021523505	Anbu .R
75	B.PHARM	II	ARAVINTH.M	560021523506	Aravinth .M
76	B.PHARM	II	ARCHANA.A	560021523507	Archana .A
77	B.PHARM	II	ARIVILKUMAR.P	560021523508	Arivilkumar .P
78	B.PHARM	II	ARUN .A	560021523509	Arun .A
79	B.PHARM	II	ARUN KUMAR .K	560021523510	Arun Kumar .K
80	B.PHARM	II	ARUNKUMAR.M	560021523511	Arunkumar .M
81	B.PHARM	II	BALAMURUGAN.B	560021523512	Balamurugan .B
82	B.PHARM	II	BATHRINATH.A	560021523513	Bathrinath .A
83	B.PHARM	II	BOOPATHI.G	560021523514	Boopathi .G
84	B.PHARM	II	KIRUTHIKA.P	560021523534	Kiruthika .P
85	B.PHARM	II	MEGALA .G	560021523535	Megala .G
86	B.PHARM	II	MOHAMMED KABEER	560021523536	Mohammed Kabeer

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87	B.PHARM	II	RANISH.G	560021523537	Ranish.G
88	B.PHARM	II	SARAN MOHAN.R	560021523538	Saran Mohan.R
89	B.PHARM	II	SASIKALA.G	560021523539	Sasikala.G
90	B.PHARM	II	SATHYA JASMINE.A	560021523540	Sathya Jasmine.A
91	B.PHARM	II	VAITHEESWARI.V	560021523552	Vaitheeswari.V
92	B.PHARM	II	VIGNESH.C	560021523553	Vignesh.C
93	B.PHARM	II	VIGNESH.S	560021523554	Vignesh.S
94	B.PHARM	II	VIJAYASARATHI.S	560021523555	Vijayasarithi.S
95	B.PHARM	II	VIMAL.R	560021523556	Vimal.R
96	B.PHARM	II	VINOTHINLA	560021523557	Vinothina
97	B.PHARM	II	VISHALATCHI.K	560021523558	Vishalatchi.K
98	B.PHARM	II	YAZHINI.B	560021523559	Yazhini.B
99	B.PHARM	II	S.YUVAKIRUTHIGA	560021523560	S.Yuvakiruthiga
100	B.PHARM	I	AJAY.S	560022523502	Ajay.S
101	B.PHARM	I	AJAY.V	560022523503	Ajay.V
102	B.PHARM	I	AMULTHARA.L	560022523504	Amulthara.L
103	B.PHARM	I	ANUSHREE.V	560022523505	Anushree.V
104	B.PHARM	I	BAGAVATHRAJ.G	560022523506	Bagavathraj.G
105	B.PHARM	I	BHARANI KUMAR.P	560022523507	Bharani Kumar.P
106	B.PHARM	I	BHUVANESHWARAN.A	560022523508	Bhuvaneshwaran.A
107	B.PHARM	I	DEEPAK KUMAR.M	560022523509	Deepak Kumar.M
108	B.PHARM	I	PRETHIKA.B	560022523534	Prethika.B
109	B.PHARM	I	PRIYA.V	560022523535	Priya.V
110	B.PHARM	I	PRIYADHARSHINI.R	560022523536	Priyadharshini.R

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GLIMPSE OF PROGRAM




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SALEM - 637301


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LIFE SKILL PROGRAM

Organized By

DEPARTMENT OF PHARMACOLOGY

NIYAMAS (VIRTUOUS BEHAVIOUR)

Academic year: 2022-2023

Date: 28/09/2022

No. of students enrolled:110

No. Of students present:110

Objective:


- To introduce and cultivate the practice of virtuous behavior (Niyamas) in participants, encouraging ethical conduct, self-discipline, and integrity in daily life.

Learning Outcomes:

- Participants will understand the concept and importance of Niyamas (virtuous behaviors) and how they contribute to personal and professional development.
- Participants will be able to apply key Niyamas such as self-discipline, contentment, and ethical conduct in their daily routines.
- Participants will demonstrate enhanced self-awareness and improved relationships through the integration of virtuous behaviors into their interactions and decision-making processes.


Co-ordinator




PRINCIPAL,
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REF.NO:SSIP/REQ/2022-23/004

Date:21/02/2023

From

Department of pharmaceutical Chemistry,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

To

The Principal,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

Subject: Letter for requesting permission to conduct **LIFE SKILLS**-Reg.

Respected sir,

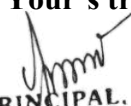
We are requesting you to grant permission to conduct Life Skill in the seminar hall on **23/02/2023**. We wish to conduct add on course on the title **“The role yoga in mental health”**. This program would be a great opportunity for students to learn and that would help to shape the students.

Thanking you,

Your's truly,




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DATE: 21/02/2023

CIRCULAR


This is informed to the B.PHARM students that the following Life skills can be conducted by our SS Institute of Pharmacy and it will be commenced as per the schedule:


COURSE NAME	SCHEDULE	VENUE	DURATION	RESOURCE PERSON
THE ROLE OF YOGA IN MENTEL HEALTH	23/02/2023	SEMINAR HALL	1 HOUR	Dr.JOTHIMANIVANNAN.C

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

Note: Certificates will be issued to every participant who attends the program.




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EFFECTS OF YOGA THERAPY ON MENTAL HEALTH

- ✦ Enhanced Mindfulness And Awareness
- ✦ Regulation Of Stress Hormones
- ✦ Improvement In Brain Function
- ✦ Emotional Balance
- ✦ Increased Self-Esteem And Body Image
- ✦ Community And Social Support
- ✦ Physical Health Benefits



SS INSTITUTE OF PHARMACY

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BYE PASS SANKARI-637301

LIFE SKILL PROGRAM

ORGANIZED BY

DEPARTMENT OF PHARMACEUTICAL
CHEMISTRY

ABOUT THE INSTITUTION

Shree Sathyam Educational Institution was established in 2011 by Dr.V. Sujatha with the aim of providing quality education in all fields. The SS Institute of Pharmacy was established in 2018 with a commitment to continuous quality improvement and the cultivation of lifelong learners who can meet the evolving needs and challenges of the pharmacy profession.

Courses Offered:

B.Pharm -4 years

B.Pharm (L.E) -3 year



RESOURCE PERSON

**Dr.C.Jothimanivannan,
M.Pharm.,Phd**

PRINCIPAL OF SS INSTITUTE OF PHARMACY

TOPIC

**THE ROLE OF YOGA
IN MENTAL HEALTH**

PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TQ),
SALEM - 637301

TIME

23/02/2023

VENUE

SSIP SEMINAR HALL

ADDRESS



WWW.SSIP.EDU.IN



9443026056



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LIFE SKILLS

LIST OF ENROLMENT

THE ROLE YOGA IN MENTAL HEALTH

S.NO	COURSE	YEAR	NAME	REGISTER NO	SIGNATURE
1	B.PHARM	IV	S.ABISHEK	561997201	S. Abhishek
2	B.PHARM	IV	N.ANUSUYA	561997202	N. Anusuya
3	B.PHARM	IV	A.ARTHI	561997203	A. Arthi
4	B.PHARM	IV	S.ARUN	561997204	S. Arun
5	B.PHARM	IV	D.ARUN KUMAR	561997205	D. Arun Kumar
6	B.PHARM	IV	K.ARUN KUMAR	561997206	K. Arun Kumar
7	B.PHARM	IV	T.K.AZHAGIRI	561997207	T.K. Azhagiri
8	B.PHARM	IV	M.DEEPASREE	561997208	M. Deepasree
9	B.PHARM	IV	D.KARTHICK	561997218	D. Karthick
10	B.PHARM	IV	R.KARTHIKEYAN	561997219	R. Karthikeyan
11	B.PHARM	IV	T.KARTHICKRAJA	561997220	T. Karthick Raja
12	B.PHARM	IV	N.V.KUMANAN	561997221	N.V. Kumanan
13	B.PHARM	IV	B.MADESHWARAN	561997222	B. Madeshwaran
14	B.PHARM	IV	S.MANIKANDAN	561997223	S. Manikandan
15	B.PHARM	IV	S.MUTHUKANNAN	561997224	S. Muthukannan
16	B.PHARM	IV	P.NAVEENA	561997225	P. Naveena
17	B.PHARM	IV	M.VIJAYKUMAR	561997248	M. Vijay Kumar
18	B.PHARM	IV	A.VINITHA	561997249	A. Vinitha
19	B.PHARM	IV	R.VINOTHKUMAR	561997250	R. Vinoth Kumar
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24	B.PHARM	III	ANBUSELVI	560020523504	A. Anbuselvi

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28	B.PHARM	III	ARCHANA.M	560020523508	A. Archana
29	B.PHARM	III	NAGESHWARI.K	560020523528	Nageshwari.K
30	B.PHARM	III	NARESH KUMAR.M	560020523529	M. Naresh Kumar
31	B.PHARM	III	NARMATHA.M	560020523530	M. Narmatha
32	B.PHARM	III	PAPITHA .V	560020523531	V. Papitha
33	B.PHARM	III	PRAGATHI .P	560020523532	P. Pragathi
34	B.PHARM	III	PRASANTH .M	560020523533	M. Prasanth
35	B.PHARM	III	PRIYADARSHINI .V	560020523534	V. Priyadarshini
36	B.PHARM	III	RAJALAKSHMI .N	560020523535	N. Rajalakshmi
37	B.PHARM	III	RAJARAJAN .M	560020523536	M. Rajarajan
38	B.PHARM	III	SATHISHKUMAR .J	560020523537	J. Sathish Kumar
39	B.PHARM	III	SHIRLEY ELIZABETH.I	560020523538	I. Shirley Elizabeth
40	B.PHARM	III	SIVA S.V	560020523539	S.V. Siva
41	B.PHARM	III	SIVAPRAKASH .V	560020523540	V. Sivaprakash
42	B.PHARM	III	SUDHA D.G	560020523541	G. Sudha
43	B.PHARM	III	SUNDARAKANNAN .D	560020523542	D. Sundarakannan
44	B.PHARM	III	SURIYA .G	560020523543	G. Suriya
45	B.PHARM	III	SWATHY .M	560020523544	M. Swathy
46	B.PHARM	III	SYED YASIN S.M	560020523545	M. Syed Yasin
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51	B.PHARM	III	UMAVATHI .P	560020523550	P. Umayavathi
52	B.PHARM	III	VALLARASU.D	560020523551	D. Vallarasu
53	B.PHARM	III	VASANTHRAJ .S	560020523552	S. Vasanthraj
54	B.PHARM	III	VINOTH SANJAY	560020523553	J. Vinoth Sanjay
55	B.PHARM	III	VINOTH S	560020523554	S. Vinoth



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56	B.PHARM	III	VISHWA .M	560020523555	<i>[Signature]</i>
57	B.PHARM	III	VISHWANATHAN .V	560020523556	<i>V. Vishwanathan</i>
58	B.PHARM	II	DHATCHNAMOORTHIL.K	560021523518	<i>[Signature]</i>
59	B.PHARM	II	DHIVYA.N	560021523519	<i>N. Dhivya</i>
60	B.PHARM	II	ESAI MOZHI.S	560021523520	<i>[Signature]</i>
61	B.PHARM	II	GAYATHRI.S	560021523521	<i>G. Gayathri</i>
62	B.PHARM	II	GOPIKA.K	560021523522	<i>G. Gopi</i>
63	B.PHARM	II	GOPI.K	560021523523	<i>G. Gopi</i>
64	B.PHARM	II	GURUMOORTHIL.M	560021523524	<i>G. Gurumoorthi</i>
65	B.PHARM	II	HARIPRIYA.K	560021523525	<i>H. Haripriya</i>
66	B.PHARM	II	JOTHIPRAKASH.P	560021523526	<i>J. Jothi</i>
67	B.PHARM	II	KAVIYA .S	560021523531	<i>A. Kaviya</i>
68	B.PHARM	II	KESAVAN.P	560021523532	<i>K. Kesava</i>
69	B.PHARM	II	KIRUBANIDHI.R	560021523533	<i>R. Kirubanidhi</i>
70	B.PHARM	II	KIRUTHIKA.P	560021523534	<i>P. Kiruthika</i>
71	B.PHARM	II	MEGALA.G	560021523535	<i>M. Megala</i>
72	B.PHARM	II	MOHAMMED KABEER.A	560021523536	<i>A. Mohammed Kabeer</i>
73	B.PHARM	II	RANISH.G	560021523537	<i>G. Ranish</i>
74	B.PHARM	II	SARAN MOHAN.R	560021523538	<i>R. Saran Mohan</i>
75	B.PHARM	II	SASIKALA.G	560021523539	<i>G. Sasikala</i>
76	B.PHARM	II	SATHYA JASMINE.A	560021523540	<i>A. Sathya Jasmine</i>
77	B.PHARM	II	SETHURAMAN.P	560021523541	<i>P. Sethuraman</i>
78	B.PHARM	II	SOWMIYA.D	560021523542	<i>D. Sowmiya</i>
79	B.PHARM	II	SRIGANTH.K	560021523543	<i>K. Sri</i>
80	B.PHARM	II	SUGASHINI.M	560021523544	<i>M. Sugashini</i>
81	B.PHARM	II	SUNDHAR.S	560021523545	<i>S. Sundhar</i>
82	B.PHARM	II	SURIYA.M	560021523546	<i>M. Suriya</i>
83	B.PHARM	II	SYED ABDULLA.A	560021523547	<i>A. Syed Abdulla</i>
84	B.PHARM	II	TAMILMANI.P	560021523548	<i>P. Tamilmani</i>
85	B.PHARM	II	THIRUMALAI.R	560021523549	<i>R. Thirumalai</i>
86	B.PHARM	II	THIRUMENINATHAN.M	560021523550	<i>M. Thirumeninathan</i>



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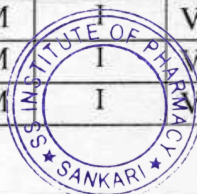


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87	B.PHARM	II	UMA SHANKARIE	560021523551	E. R.
88	B.PHARM	II	VAITHEESWARI.V	560021523552	V. Vaiti
89	B.PHARM	II	VIGNESH.C	560021523553	V. Vignesh
90	B.PHARM	II	VIGNESH.S	560021523554	V. Vignesh
91	B.PHARM	II	VIJAYASARATHI.S	560021523555	S. Vijay
92	B.PHARM	II	VIMAL.R	560021523556	R. Vimal
93	B.PHARM	II	VINOTHINI.A	560021523557	A. Vino
94	B.PHARM	II	VISHALATCHI.K	560021523558	K. Vishal
95	B.PHARM	II	YAZHINI.B	560021523559	B. Yazhini
96	B.PHARM	II	S.YUVAKIRUTHIGA	560021523560	S. Yuvakiruthiga
97	B.PHARM	I	AJAY.S	560022523502	A. Jay.S.
98	B.PHARM	I	AJAY.V	560022523503	A. Jay.V.
99	B.PHARM	I	AMULTHARA.L	560022523504	L. Amulthara
100	B.PHARM	I	ANUSHREE.V	560022523505	V. Anushree
101	B.PHARM	I	BAGAVATHRAJ.G	560022523506	G. Bagavathraja
102	B.PHARM	I	BHARANI KUMAR.P	560022523507	P. Bharani
103	B.PHARM	I	BHUVANESHWARAN.A	560022523508	A. Bhuvaneshwaran
104	B.PHARM	I	DEEPAK KUMAR.M	560022523509	M. Deepak
105	B.PHARM	I	GAJALAKSHMI.K	560022523510	K. Gajalakshmi
106	B.PHARM	I	GNANAMOORTHY.G	560022523511	G. Gnanamoorthy
107	B.PHARM	I	GOKULANAVANI SRI.M.N	560022523512	N. Gokulanavani
108	B.PHARM	I	JAYA KUMAR.N	560022523513	N. Jaya
109	B.PHARM	I	SWATHI.V	560022523551	V. Swathi
110	B.PHARM	I	THANIGAIVALLI.S	560022523552	S. Thanigaivalli
111	B.PHARM	I	THARANI.G	560022523553	G. Tharani
112	B.PHARM	I	THARUNKUMAR.S	560022523554	S. Tharunkumar
113	B.PHARM	I	VIJAYALAKSHIMI.M	560022523555	M. Vijayalakshmi
114	B.PHARM	I	VIJAYALAKSHIMI.M	560022523556	M. Vijayalakshmi
115	B.PHARM	I	VIKASH.V	560022523557	V. Vikash
116	B.PHARM	I	VINOTHINI.M	560022523558	M. Vinothini



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LIFE SKILL PROGRAM

Organized By

DEPARTMENT OF PHARMACEUTICAL CHEMISTRY

THE ROLE OF YOGA IN MENTAL HEALTH

Academic year: 2022-2023

Date: 23/02/2023

No. of students enrolled:116

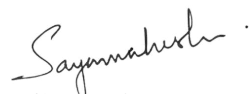
No. Of students present:113

Objective:


- To introduce and cultivate the practice of virtuous behavior (Niyamas) in participants, encouraging ethical conduct, self-discipline, and integrity in daily life.

Learning Outcomes:

- Participants will understand the concept and importance of Niyamas (virtuous behaviors) and how they contribute to personal and professional development.
- Participants will be able to apply key Niyamas such as self-discipline, contentment, and ethical conduct in their daily routines.
- Participants will demonstrate enhanced self-awareness and improved relationships through the integration of virtuous behaviors into their interactions and decision-making processes.


Co-ordinator




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LIFE SKILLS

2021-2022



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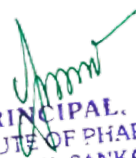
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LIFE SKILLS

INDEX

S.NO	PROGRAM NAME	NO.OF.STUDENTS ATTENDED
1	PRANAYAMA (BREATHING TECHNIQUES)	105
2	DHAHASAN (AWARENESS)	117




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REF.NO:SSIP/REQ/2020-21/003

Date:02/11/2021

From

Department of pharmacology,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

To

The Principal,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

Subject: Letter for requesting permission to conduct **LIFE SKILLS**-Reg.

Respected sir,

We are requesting you to grant permission to conduct Life Skill in the seminar hall on **06/11/2021**. We wish to conduct add on course on the title **“Pranayama (Breathing techniques)”**. This program would be a great opportunity for students to learn and that would help to shape the students.

Thanking you,

Your's truly,

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DATE:02/11/2021


CIRCULAR

This is informed to the B.PHARM students that the following Life skills can be conducted by our SS Institute of Pharmacy and it will be commenced as per the schedule:

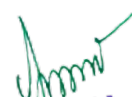
COURSE NAME	SCHEDULE	VENUE	DURATION	RESOURCE PERSON
PRANAYAMA(BREATHING TECHNIQUES)	06/11/2021	SEMINAR HALL	1.30HOURS	Mrs.GOMATHI.M

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

Note: Certificates will be issued to every participant who attends the program.


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**SS INSTITUTE OF
PHARMACY**

216, Manjakalpatty NH-47 Kuppanur Bye
pass Sankari-637301

LIFE SKILLS PROGRAM

Organized by

Department of Pharmaceutics

Time

06/11/2021

Venue

SSIP Seminar hall

RESOURCE PERSON

**Mrs.M.Gomathi.
M.Pharm..
Assistant professor**

TOPIC

PRANAYAMA(Breathing techniques)

**About the
institution**



Shree Sathyam Educational Institution was established in 2011 by Dr.V. Sujatha with the aim of providing quality education in all fields. The SS Institute of Pharmacy was established in 2018 with a commitment to continuous quality improvement and the cultivation of lifelong learners who can meet the evolving needs and challenges of the pharmacy profession.

Courses Offered:

B.Pharm -4 years

B.Pharm (L.E) -3 year



ADDRESS



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**SS Institute of Pharmacy
Sankari**



9443026056



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LIFE SKILLS

LIST OF ENROLMENT

PRANAYAMA (BREATHING TECHNIQUES)

S.NO	COURSE	YEAR	NAME	REGISTER NO	SIGNATURE
1	B.PHARM	IV	A.ABDUL AZIM	561897201	Abdul
2	B.PHARM	IV	K.ARUNKUMAR	561897202	K. Arun
3	B.PHARM	IV	K.ARUNKUMAR	561897203	K. Arun
4	B.PHARM	IV	V.CHANDURU	561897204	Chy
5	B.PHARM	IV	L.DHINESH KUMAR	561897205	Dhinesh
6	B.PHARM	IV	S.GANESAN	561897206	Ganesan
7	B.PHARM	IV	M.GNANAPRAKASH	561897207	Gp
8	B.PHARM	IV	K.GOKULNATH	561897208	K. Gokulnath
9	B.PHARM	IV	S.GOKUL RAJ	561897209	Gokul
10	B.PHARM	IV	P.HARI VISHVA	561897210	Hari
11	B.PHARM	IV	B.JEEVANANTH	561897211	Jeevan
12	B.PHARM	IV	V.KALAIYARASAN	561897212	Kalai
13	B.PHARM	IV	K.KAYALVIZHI	561897213	K. Kayalvizhi
14	B.PHARM	IV	J.TAMIL SELVAN	561897219	Tamil
15	B.PHARM	IV	N.VASAVI	561897220	Vasavi
16	B.PHARM	IV	V.VEDHACHALAM	561897221	V. Vedhachalam
17	B.PHARM	IV	M.VIGNESH	561897222	Vignesh
18	B.PHARM	IV	R.VIJAY	561897223	R. Vijay
19	B.PHARM	III	S.ABISHEK	561997201	S. Abishek
20	B.PHARM	III	N.ANUSUYA	561997202	N. Anusuya
21	B.PHARM	III	A.ARTHI	561997203	A. Arthi
22	B.PHARM	III	S.ARUN	561997204	S. Arun
23	B.PHARM	III	D.ARUN KUMAR	561997205	D. Arun
24	B.PHARM	III	K.ARUN KUMAR	561997206	K. Arun
25	B.PHARM	III	K.AZHAGIRI	561997207	K. Azhagiri



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26	B.PHARM	III	M.DEEPASREE	561997208	M. Deepa
27	B.PHARM	III	A.DHANASEKARAN	561997209	Dhanu A
28	B.PHARM	III	A.DHARUN	561997210	Dharun A
29	B.PHARM	III	T.DHINESH	561997211	Dhinesh T
30	B.PHARM	III	T.DINESH	561997212	Dinesh T
31	B.PHARM	III	E.ELAVARASAN	561997213	Elavarasu E
32	B.PHARM	III	M.GOKULPRASATH	561997214	M. Gokul
33	B.PHARM	III	M.GOKULNATH	561997215	Gokul M
34	B.PHARM	III	B.PRADEEP	561997227	B. Pradeep
35	B.PHARM	III	T.PRADEEP	561997228	T. Pradeep
36	B.PHARM	III	A.PRAMESHWARAN	561997229	Pramesh A
37	B.PHARM	III	P.PRIYANKA	561997230	P. Priyanka
38	B.PHARM	III	A.RAJAGURU	561997231	Rajaguru A
39	B.PHARM	III	P.ROJA	561997232	P. Roja
40	B.PHARM	III	J.SANJAY	561997233	Sanjay J
41	B.PHARM	III	N.SANTHOSHKUMAR	561997234	Santhos N
42	B.PHARM	III	T.SARANKUMAR	561997235	T. Saran
43	B.PHARM	III	M.SHALINI	561997236	M. Shalini
44	B.PHARM	III	G.SHANMUGAM	561997237	Shanmug G
45	B.PHARM	III	S.SREEJITH	561997238	Sreejith S
46	B.PHARM	III	M.SRINIVASAN	561997239	M. Srinivas
47	B.PHARM	III	R.SRITHER	561997240	R. Srither
48	B.PHARM	III	M.SUBASHINI	561997241	M. Suba
49	B.PHARM	III	M.SURESH	561997242	M. Suresh
50	B.PHARM	III	M.SURYAPRAKASH	561997243	M. Surya
51	B.PHARM	III	R.TAMILSELVAN	561997244	R. Tamil
52	B.PHARM	III	T.THANGAPANDIYAMMAL	561997245	T. Thangam
53	B.PHARM	III	V.VEERASELVAN	561997246	V. Veer
54	B.PHARM	III	A.VIJAYAKUMAR	561997247	A. Vijay
55	B.PHARM	III	M.VIJAYKUMAR	561997248	M. Vijay
56	B.PHARM	III	A.VINITHA	561997249	A. Vinitha



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57	B.PHARM	III	R.VINOTHKUMAR	561997250	R. Vin
58	B.PHARM	III	P.THINAKARAN	561997251	P. Thin
59	B.PHARM	II	ABINAYA.M	560020523501	A. Binaya
60	B.PHARM	II	ABISHEK.J	560020523502	A. Abishek
61	B.PHARM	II	AMOKA.V	560020523503	A. Moka
62	B.PHARM	II	ANBUSELVAN.V	560020523504	A. Anbuselvan
63	B.PHARM	II	ANBUSELVI.S	560020523505	A. Anbuselvi
64	B.PHARM	II	ANITHA.L	560020523506	A. Anitha
65	B.PHARM	II	ARAVIND.R	560020523507	A. Aravind
66	B.PHARM	II	ARCHANA.M	560020523508	A. Archana
67	B.PHARM	II	ARUN VENKATESHWARAN.S	560020523509	A. Arun
68	B.PHARM	II	ARUN.A	560020523510	A. Arun
69	B.PHARM	II	ASWIN.M	560020523511	A. Aswin
70	B.PHARM	II	ATCHAYA.K	560020523512	A. Atchaya
71	B.PHARM	II	BANU.S	560020523513	B. Banu
72	B.PHARM	II	PRAGATHI .P	560020523532	P. Pragathi
73	B.PHARM	II	SIVA S.V	560020523539	S. V. Siva
74	B.PHARM	II	SIVAPRAKASH .V	560020523540	S. V. Prakash
75	B.PHARM	II	SUDHA D.G	560020523541	S. D. Sudha
76	B.PHARM	II	SUNDARAKANNAN .D	560020523542	S. D. Sundarakan
77	B.PHARM	II	SURIYA .G	560020523543	S. G. Suriya
78	B.PHARM	II	SWATHY .M	560020523544	S. M. Swathy
79	B.PHARM	II	SYED YASIN S.M	560020523545	S. M. Syed
80	B.PHARM	II	TAMILARASAN .A	560020523546	T. A. Tamilarasan
81	B.PHARM	II	THAMIZHARASAN .N	560020523547	T. N. Thamizharasan
82	B.PHARM	II	THILAGAVATHI .M	560020523548	T. M. Thilagavathi
83	B.PHARM	II	THIRUMURUGAN .R	560020523549	T. R. Thirumurugan
84	B.PHARM	II	UMAVATHI .P	560020523550	U. P. Umayavathi
85	B.PHARM	II	VALLARASU.D	560020523551	V. D. Vallarasu
86	B.PHARM	II	VASANTHRAJ .S	560020523552	V. S. Vasanthraj
87	B.PHARM	II	VINOTH SANJAY.T	560020523553	V. T. Vinoth

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88	B.PHARM	II	VINOTH .S	560020523554	Vinoth
89	B.PHARM	II	VISHWA .M	560020523555	Vishwa
90	B.PHARM	II	VISHWANATHAN .V	560020523556	V. Vishwanathan
91	B.PHARM	I	ABINESH. S	560021523501	Abin
92	B.PHARM	I	ABISHEK.B	560021523502	Abishek
93	B.PHARM	I	ABISURYA .C	560021523503	Abisurya
94	B.PHARM	I	ANANDASIVAM.T	560021523504	A. Anandasivam
95	B.PHARM	I	ANBU .R	560021523505	Anbu
96	B.PHARM	I	DEVIPRIYA.K	560021523517	Devipriya
97	B.PHARM	I	DHATCHNAMOORTHY.K	560021523518	Dhatchnamoorthy
98	B.PHARM	I	DHIVYA.N	560021523519	Dhivya
99	B.PHARM	I	SASIKALA.G	560021523539	Sasikala
100	B.PHARM	I	SATHYA JASMINE.A	560021523540	Sathya
101	B.PHARM	I	SETHURAMAN.P	560021523541	Sethuraman
102	B.PHARM	I	SOWMIYA.D	560021523542	Sowmiya
103	B.PHARM	I	SRIGANTH.K	560021523543	Sriganth
104	B.PHARM	I	VAITHEESWARI.V	560021523552	V. Vaitheeswari
105	B.PHARM	I	VIGNESH.C	560021523553	Vignesh
106	B.PHARM	I	VIGNESH.S	560021523554	Vignesh



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LIFE SKILL PROGRAM

Organized By

DEPARTMENT OF PHARMACOLOGY

PRANAYAMA (BREATHING TECHNIQUES)

Academic year: 2021-2022

Date:06/11/2021

No. of students enrolled:106

No. Of students present:105

Objective: To introduce participants to the fundamental principles and practices of pranayama (breathing techniques) to enhance their overall well-being and stress management skills.

Learning Outcomes:

1. **Understanding:** Grasp the basic concepts and benefits of pranayama and its role in holistic health.
2. **Application:** Practice key breathing techniques to improve focus, relaxation, and energy levels.
3. **Integration:** Incorporate pranayama into daily routines for enhanced mental clarity and stress reduction.

Co-ordinator



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KUPPANUR (PO), SANKARI (TK),
SALEM - 637301

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SALEM - 637301

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Affiliated to the Tamilnadu Dr.M.G.R. Medical University,
and The Directorate of Medical Education, Chennai.

REF.NO:SSIP/REQ/2020-21/003

Date:03/12/2021

From

Department of pharmaceutical analysis,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

To

The Principal,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

Subject: Letter for requesting permission to conduct **LIFE SKILLS**-Reg.

Respected sir,

We are requesting you to grant permission to conduct Life Skill in the seminar hall on **06/12/2021**. We wish to conduct add on course on the title "**Dhaharan(Awareness)**". This program would be a great opportunity for students to learn and that would help to shape the students.

Thanking you,

Your's truly,



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SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301

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and The Directorate of Medical Education, Chennai.

DATE: 03/12/2021

CIRCULAR

This is informed to the B.PHARM students that the following Life skills can be conducted by our SS Institute of Pharmacy and it will be commenced as per the schedule:

COURSE NAME	SCHEDULE	VENUE	DURATION	RESOURCE PERSON
DHAHASAN(AWARENESS)	06/12/2021	SEMINAR HALL	2.30HOURS	Mrs.ANITHA.B

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

Note: Certificates will be issued to every participant who attends the program.



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SS INSTITUTE OF PHARMACY,
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SALEM - 637301



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Approved By AICTE, New Delhi & Pharmacy Council Of India, New Delhi
Affiliated to The TN Dr.M.G.R Medical University, Chennai
NH 47 coimbatore Highway, Kuppamur(Po),Sankari(T),Salem(D.T),Tamil Nadu 637301

SS INSTITUTE OF PHARMACY

SANKARI - 637301

TOPIC

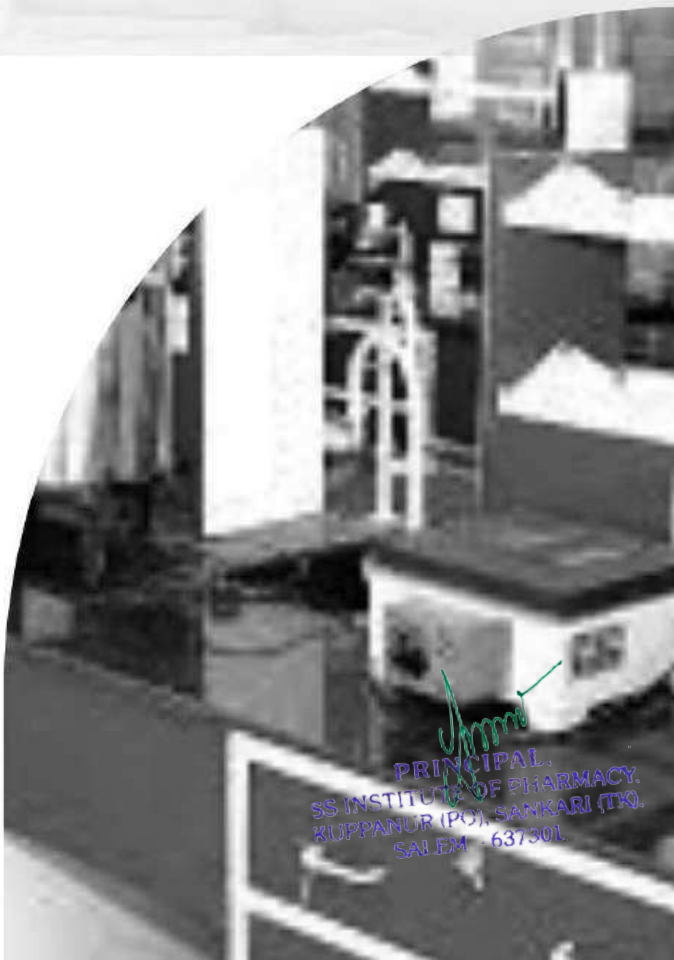
DHAHASAN (Awareness)

About Us

h Shree Sathyam Educational Institution was established in 2011 by Dr.V. Sujatha with the aim of providing quality education in all fields. The SS Institute of Pharmacy was established in 2018 with a commitment to continuous quality improvement and the cultivation of lifelong learners who can meet the evolving needs and challenges of the pharmacy profession. Courses Offered: B.Pharm -4 years B.Pharm (L.E

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DEPARTMENT OF
PHARMACEUTICAL
ANALYSIS



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SS INSTITUTE OF PHARMACY,
KUPPAMUR (PO), SANKARI (T),
SALEM - 637301



PRESENTS BY

MRS.B.ANITHA
M PHARM
ASSISTANT PROFESSOR



06/12/2021



9443026056



ssip1719@gmail.com



SSIP SEMINAR HALL



www.ssip.edu.com



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LIFE SKILLS

LIST OF ENROLMENT

DHAHARAN (AWARENESS)

S.NO	COURSE	YEAR	NAME	REGISTER NO	SIGNATURE
1	B.PHARM	IV	A.ABDUL AZIM	561897201	Abdul
2	B.PHARM	IV	K.ARUNKUMAR	561897202	Arunkumar
3	B.PHARM	IV	K.ARUNKUMAR	561897203	Arunkumar
4	B.PHARM	IV	V.CHANDURU	561897204	Chanduru
5	B.PHARM	IV	L.DHINESH KUMAR	561897205	Dhinesh
6	B.PHARM	IV	S.GANESAN	561897206	Ganesan
7	B.PHARM	IV	M.GNANAPRAKASH	561897207	Gnanaprakash
8	B.PHARM	IV	K.GOKULNATH	561897208	Gokulnath
9	B.PHARM	IV	S.GOKUL RAJ	561897209	Gokulraj
10	B.PHARM	IV	P.HARI VISHVA	561897210	Hari Vishva
11	B.PHARM	IV	B.JEEVANANTH	561897211	Jeevananth
12	B.PHARM	IV	V.KALAIYARASAN	561897212	Kalaiyarasan
13	B.PHARM	IV	K.KAYALVIZHI	561897213	Kayalvizhi
14	B.PHARM	IV	P.MANOBALA	561897214	Manobala
15	B.PHARM	IV	J.TAMIL SELVAN	561897219	Tamil Selvan
16	B.PHARM	IV	N.VASAVI	561897220	Vasavi
17	B.PHARM	IV	V.VEDHACHALAM	561897221	Vedhachalam
18	B.PHARM	IV	M.VIGNESH	561897222	Vignesh
19	B.PHARM	IV	R.VIJAY	561897223	Vijay
20	B.PHARM	III	S.ABISHEK	561997201	Abishek
21	B.PHARM	III	N.ANUSUYA	561997202	Anusuya
22	B.PHARM	III	A.ARTHI	561997203	Arthi
23	B.PHARM	III	S.ARUN	561997204	Arun
24	B.PHARM	III	P.PRIYANKA	561997230	Priyanka
25	B.PHARM	III	A.RAJAGURU	561997231	Rajaguru

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and The Directorate of Medical Education, Chennai.

26	B.PHARM	III	P.ROJA	561997232	P. Roja
27	B.PHARM	III	J.SANJAY	561997233	J. Sanjay
28	B.PHARM	III	N.SANTHOSHKUMAR	561997234	N. Santhosh Kumar
29	B.PHARM	III	T.SARANKUMAR	561997235	T. Sarankumar
30	B.PHARM	III	M.SHALINI	561997236	M. Shalini
31	B.PHARM	III	G.SHANMUGAM	561997237	G. Shanmugam
32	B.PHARM	III	S.SREEJITH	561997238	S. Sreejith
33	B.PHARM	III	M.SRINIVASAN	561997239	M. Srinivasan
34	B.PHARM	III	R.SRITHER	561997240	R. Srithar
35	B.PHARM	III	M.SUBASHINI	561997241	M. Subashini
36	B.PHARM	III	M.SURESH	561997242	M. Suresh
37	B.PHARM	III	M.SURYAPRAKASH	561997243	M. Suryaprakash
38	B.PHARM	III	R.TAMILSELVAN	561997244	R. Tamil Selvan
39	B.PHARM	III	T.THANGAPANDIYAMMAL	561997245	T. Thangapandiymmal
40	B.PHARM	III	V.VEERASELVAN	561997246	V. Veeraselvan
41	B.PHARM	III	A.VIJAYAKUMAR	561997247	A. Vijayakumar
42	B.PHARM	III	M.VIJAYKUMAR	561997248	M. Vijayakumar
43	B.PHARM	III	A.VINITHA	561997249	A. Vinitha
44	B.PHARM	III	R.VINOTHKUMAR	561997250	R. Vinoth Kumar
45	B.PHARM	III	P.THINAKARAN	561997251	P. Thinakaran
46	B.PHARM	II	ABINAYA.M	560020523501	A. Binaya M
47	B.PHARM	II	ABISHEK.J	560020523502	A. Abishek J
48	B.PHARM	II	AMOKA.V	560020523503	A. Amoka V
49	B.PHARM	II	ANBUSELVAN.V	560020523504	A. Anbuselvan V
50	B.PHARM	II	ANBUSELVI.S	560020523505	A. Anbuselvi S
51	B.PHARM	II	ANITHA.L	560020523506	A. Anitha L
52	B.PHARM	II	ARAVIND.R	560020523507	A. Aravind R
53	B.PHARM	II	ARCHANA.M	560020523508	A. Archana M
54	B.PHARM	II	ARUN VENKATESHWARAN.S	560020523509	A. Arun Venkateshwaran S
55	B.PHARM	II	ARUN.A	560020523510	A. Arun
56	B.PHARM	II	ASWIN.M	560020523511	A. Aswin M

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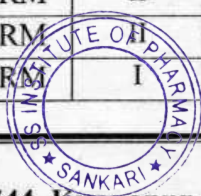


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57	B.PHARM	II	ATCHAYA.K	560020523512	A. Atchaya
58	B.PHARM	II	BANU.S	560020523513	S. Banu
59	B.PHARM	II	BAVITHRA.B	560020523514	B. Bavithe
60	B.PHARM	II	BHARATHI RAJA.S	560020523515	B. Bharathi
61	B.PHARM	II	BARATH KUMAR.R	560020523516	R. Barath
62	B.PHARM	II	DEEPASRI.P	560020523517	P. Deepa
63	B.PHARM	II	DINESH.S	560020523518	S. Dinesh
64	B.PHARM	II	GOPIKRISHNAN.V	560020523519	V. Gopi
65	B.PHARM	II	GOWSALYA.V	560020523520	V. Gowsalya
66	B.PHARM	II	GULBAHAR.G	560020523521	G. Gulbahar
67	B.PHARM	II	HEMADHARAN.V	560020523522	V. Hemadharan
68	B.PHARM	II	ISHWARYA.S	560020523523	S. Ishwarya
69	B.PHARM	II	JEYASURYA.V	560020523524	V. Jeyasurya
70	B.PHARM	II	KESAVAMUGILESH.M	560020523525	M. Kesavamugilesh
71	B.PHARM	II	MUTHU.J	560020523526	J. Muthu
72	B.PHARM	II	NAGAMUGILAN.P	560020523527	P. Nagamugilan
73	B.PHARM	II	NAGESHWARI.K	560020523528	K. Nageshwari
74	B.PHARM	II	SWATHY .M	560020523544	M. Swathy
75	B.PHARM	II	SYED YASIN S.M	560020523545	M. Syed Yasin
76	B.PHARM	II	TAMILARASAN .A	560020523546	A. Tamilarasan
77	B.PHARM	II	THAMIZHARASAN .N	560020523547	N. Thamizharasan
78	B.PHARM	II	THILAGAVATHI .M	560020523548	M. Thilagavathi
79	B.PHARM	II	THIRUMURUGAN .R	560020523549	R. Thirumurugan
80	B.PHARM	II	UMAVATHI .P	560020523550	P. Umayavathi
81	B.PHARM	II	VALLARASU.D	560020523551	D. Vallarasu
82	B.PHARM	II	VASANTHRAJ .S	560020523552	S. Vasanthraj
83	B.PHARM	II	VINOTH SANJAY.T	560020523553	T. Vinoth
84	B.PHARM	II	VINOTH .S	560020523554	S. Vinoth
85	B.PHARM	II	VISHWA .M	560020523555	M. Vishwa
86	B.PHARM	II	VISHWANATHAN .V	560020523556	V. Vishwanathan
87	B.PHARM	I	ABINESH. S	560020523501	S. Abinesh



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88	B.PHARM	I	ABISHEK.B	560021523502	Abhishek B
89	B.PHARM	I	ABISURYA .C	560021523503	Abhisurya C
90	B.PHARM	I	ANANDASIVAM.T	560021523504	ANANDASIVAM.T
91	B.PHARM	I	ANBU .R	560021523505	ANBU .R
92	B.PHARM	I	ARAVINTH.M	560021523506	ARAVINTH.M
93	B.PHARM	I	GURUMOORTHILM	560021523524	GURUMOORTHILM
94	B.PHARM	I	HARIPRIYA.K	560021523525	HARIPRIYA.K
95	B.PHARM	I	JOTHIPRAKASH.P	560021523526	JOTHIPRAKASH.P
96	B.PHARM	I	KARTHICK KANNAN.S	560021523527	KARTHICK KANNAN.S
97	B.PHARM	I	KARTHICK.K	560021523528	KARTHICK.K
98	B.PHARM	I	KARTHIKEYAN.M	560021523529	KARTHIKEYAN.M
99	B.PHARM	I	KAVIBHARATHI.S	560021523530	KAVIBHARATHI.S
100	B.PHARM	I	KAVIYA .S	560021523531	KAVIYA .S
101	B.PHARM	I	KESAVAN.P	560021523532	KESAVAN.P
102	B.PHARM	I	KIRUBANIDHI.R	560021523533	KIRUBANIDHI.R
103	B.PHARM	I	KIRUTHIKA.P	560021523534	KIRUTHIKA.P
104	B.PHARM	I	SURIYA.M	560021523546	SURIYA.M
105	B.PHARM	I	SYED ABDULLA.A	560021523547	SYED ABDULLA.A
106	B.PHARM	I	TAMILMANI.P	560021523548	TAMILMANI.P
107	B.PHARM	I	THIRUMALAI.R	560021523549	THIRUMALAI.R
108	B.PHARM	I	THIRUMENINATHAN.M	560021523550	THIRUMENINATHAN.M
109	B.PHARM	I	UMA SHANKARIE	560021523551	UMA SHANKARIE
110	B.PHARM	I	VAITHEESWARI.V	560021523552	VAITHEESWARI.V
111	B.PHARM	I	VIGNESH.C	560021523553	VIGNESH.C
112	B.PHARM	I	VIGNESH.S	560021523554	VIGNESH.S
113	B.PHARM	I	VIJAYASARATHI.S	560021523555	VIJAYASARATHI.S
114	B.PHARM	I	VIMAL.R	560021523556	VIMAL.R
115	B.PHARM	I	VINOTHINI.A	560021523557	VINOTHINI.A
116	B.PHARM	I	VISHALATCHI.K	560021523558	VISHALATCHI.K
117	B.PHARM	I	YAZHINI.B	560021523559	YAZHINI.B
118	B.PHARM	I	S.YUVAKIRUTHI.M	560021523560	S.YUVAKIRUTHI.M

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GLIMPSE OF PROGRAM



[Signature]
PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301

[Signature]
PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301

NH-544, Kuppanur (Po), Sankari (Tk), Salem(Dt) – 637301, Tamilnadu, India

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and The Directorate of Medical Education, Chennai.

LIFE SKILL PROGRAM

Organized By

DEPARTMENT OF PHARMACEUTICAL ANALYSIS

DHAHARAN (AWARENESS)

Academic year: 2021-2022

Date: 06/12/2021

No. of students enrolled:118

No. Of students present:117

Objective:

- To enhance participants' awareness and understanding of emotional, social, and cognitive life skills, promoting personal growth and effective interactions.


Learning Outcomes:

- Participants will recognize and articulate key emotional and social skills needed for personal and professional success.
- Participants will develop strategies to improve self-awareness and manage their emotions effectively.
- Participants will apply learned skills to enhance communication and build stronger interpersonal relationships.



Co-ordinator




PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301


PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301

NH-544, Kuppanur (Po), Sankari (Tk), Salem(Dt) – 637301, Tamilnadu, India

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LIFE SKILLS

2020-2021



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LIFE SKILLS

INDEX

S.NO	PROGRAM NAME	NO.OF.STUDENTS ATTENDED
1	MEDITATION & MINDFULNESS	84
2	PHYSICAL PURITY	98



[Signature]
PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301



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Affiliated to the Tamilnadu Dr.M.G.R. Medical University,
and The Directorate of Medical Education, Chennai.

REF.NO:SSIP/REQ/2020-21/002

Date:05/01/2021

From

Department of pharmacognosy,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

To

The Principal,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

Subject: Letter for requesting permission to conduct **LIFE SKILLS**-Reg.

Respected sir,

We are requesting you to grant permission to conduct Life Skill in the seminar hall on **08/01/2021**. We wish to conduct an add-on course on the title "**Meditation and Mindfulness**". This program would be a great opportunity for students to learn and that would help to shape the students.

Thanking you,

Your's truly,



[Signature]
PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301

[Signature]
PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301

[Signature]

NH-544, Kuppanur (Po), Sankari (Tk), Salem(Dt) – 637301, Tamilnadu, India

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and The Directorate of Medical Education, Chennai.

DATE: 05/01/2021


CIRCULAR

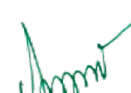
This is informed to the B.PHARM students that the following Life skills can be conducted by our SS Institute of Pharmacy and it will be commenced as per the schedule:

COURSE NAME	SCHEDULE	VENUE	DURATION	RESOURCE PERSON
MEDITATION AND MINDFULNESS	08/01/2021	SEMINAR HALL	1.30HOURS	Mr.SAMPATHKUMAR.T

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

Note: Certificates will be issued to every participant who attends the program.


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SALEM - 637301





SS INSTITUTE OF PHARMACY

ABOUT US

Shree Sathyam Educational Institution was established in 2011 by Dr.U. Sujatha with the aim of providing quality education in all fields. The SS Institute of Pharmacy was established in 2018 with a commitment to continuous quality improvement and the cultivation of lifelong learners who can meet the evolving needs and challenges of the pharmacy profession. Courses Offered: B.Pharm -4 years B.Pharm (L.E

ORGANIZED BY
DEPARMENT OF
PHARMACOGNOSY



PRESENTS BY

Mr.T.Sampathkumar
M Pharm
Assistant professor

TOPIC

**MEDITATION AND
MINDFULNESS**



Phone:
9443026056



Email:
SSIP1719@gmail.com



Address:
SSIP SEMINAR HALL



WWW.SSIP.EDU.COM



08/01/2021

Signature
PRINCIPAL.
SS INSTITUTE OF PHARMACY.
KUPPANUR (PO), SANKARI (TK).
SALEM - 637301



SS INSTITUTE OF PHARMACY

(A unit of VS Educational & Charitable Trust)

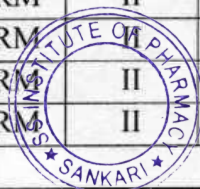
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and The Directorate of Medical Education, Chennai.

LIFE SKILLS

LIST OF ENROLMENT

MEDITATION AND MINDFULNESS

S.NO	COURSE	YEAR	NAME	REGISTER NO	SIGNATURE
1	B.PHARM	III	A.ABDUL AZIM	561897201	Abdul
2	B.PHARM	III	K.ARUNKUMAR	561897202	Arunkumar
3	B.PHARM	III	K.ARUNKUMAR	561897203	Arunkumar
4	B.PHARM	III	V.CHANDURU	561897204	Chanduru
5	B.PHARM	III	L.DHINESH KUMAR	561897205	Dhinesh Kumar
6	B.PHARM	III	S.GANESAN	561897206	Ganesan
7	B.PHARM	III	M.GNANAPRAKASH	561897207	Gnanaprakash
8	B.PHARM	III	K.GOKULNATH	561897208	Gokulnath
9	B.PHARM	III	S.GOKUL RAJ	561897209	Gokul Raj
10	B.PHARM	III	P.HARI VISHVA	561897210	Hari Vishva
11	B.PHARM	III	B.JEEVANANTH	561897211	Jeevananth
12	B.PHARM	III	V.KALAIYARASAN	561897212	Kalaiyarasan
13	B.PHARM	III	K.KAYALVIZHI	561897213	Kayalvizhi
14	B.PHARM	III	P.MANOBALA	561897214	Manobala
15	B.PHARM	III	R.VIJAY	561897223	Vijay
16	B.PHARM	II	S.ABISHEK	561997201	Abhishek
17	B.PHARM	II	N.ANUSUYA	561997202	Anusuya
18	B.PHARM	II	A.ARTHI	561997203	Arthi
19	B.PHARM	II	S.ARUN	561997204	Arun
20	B.PHARM	II	D.ARUN KUMAR	561997205	Arun Kumar
21	B.PHARM	II	K.ARUN KUMAR	561997206	Arunkumar
22	B.PHARM	II	T.K.AZHAGIRI	561997207	Azhagiri
23	B.PHARM	II	M.DEEPASREE	561997208	Deepasree
24	B.PHARM	II	A.DHANASEKARAN	561997209	Dhanasekaran
25	B.PHARM	II	A.DHARUN	561997210	Dharun



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26	B.PHARM	II	T.DHINESH	561997211	T. Dhinesh
27	B.PHARM	II	T.DINESH	561997212	T. Dinesh
28	B.PHARM	II	E.ELAVARASAN	561997213	E. Elavarasan
29	B.PHARM	II	M.GOKULPRASATH	561997214	M. Gokulprasath
30	B.PHARM	II	M.GOKULNATH	561997215	M. Gokulnath
31	B.PHARM	II	D.HEMAVATHI	561997216	D. Hemavathi
32	B.PHARM	II	S.KAMALESH	561997217	S. Kamalesh
33	B.PHARM	II	D.KARTHICK	561997218	D. Karthick
34	B.PHARM	II	R.KARTHIKEYAN	561997219	R. Karthikeyan
35	B.PHARM	II	T.KARTHICKRAJA	561997220	T. Karthickraja
36	B.PHARM	II	N.V.KUMANAN	561997221	N. V. Kumanan
37	B.PHARM	II	B.MADESHWARAN	561997222	B. Madeshwaran
38	B.PHARM	II	S.MANIKANDAN	561997223	S. Manikandan
39	B.PHARM	II	S.MUTHUKANNAN	561997224	S. Muthukannan
40	B.PHARM	II	P.NAVEENA	561997225	P. Naveena
41	B.PHARM	II	S.PAVENDHIRAN	561997226	S. Pavendhiran
42	B.PHARM	II	B.PRADEEP	561997227	B. Pradeep
43	B.PHARM	II	T.PRADEEP	561997228	T. Pradeep
44	B.PHARM	II	A.PRAMESHWARAN	561997229	A. Prameshwaran
45	B.PHARM	II	P.PRIYANKA	561997230	P. Priyanka
46	B.PHARM	II	A.RAJAGURU	561997231	A. Rajaguru
47	B.PHARM	II	P.ROJA	561997232	P. Roja
48	B.PHARM	II	J.SANJAY	561997233	J. Sanjay
49	B.PHARM	II	P.THINAKARAN	561997251	P. Thinakaran
50	B.PHARM	I	ABINAYA.M	560020523501	A. Binaya
51	B.PHARM	I	ABISHEK.J	560020523502	A. Bishek
52	B.PHARM	I	AMOKA.V	560020523503	A. Moka
53	B.PHARM	I	ANBUSELVAN.V	560020523504	A. Busevan
54	B.PHARM	I	ANBUSELVI.S	560020523505	A. Busevi
55	B.PHARM	I	ANITHA.L	560020523506	A. Nitha
56	B.PHARM	I	ARAVIND.R	560020523507	A. Ravind



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57	B.PHARM	I	ARCHANA.M	560020523508	M. Archana
58	B.PHARM	I	ARUN VENKATESHWARAN.S	560020523509	Arun S
59	B.PHARM	I	ARUN.A	560020523510	Arun
60	B.PHARM	I	ASWIN.M	560020523511	M. Aswin
61	B.PHARM	I	ATCHAYA.K	560020523512	K. Atchaya
62	B.PHARM	I	BANU.S	560020523513	S. Banu
63	B.PHARM	I	BAVITHRA.B	560020523514	B. Bavi
64	B.PHARM	I	BHARATHI RAJA.S	560020523515	B. Raji
65	B.PHARM	I	BARATH KUMAR.R	560020523516	R. Barath
66	B.PHARM	I	DEEPASRI.P	560020523517	P. Deepa
67	B.PHARM	I	DINESH.S	560020523518	S. Dinesh
68	B.PHARM	I	GOPIKRISHNAN.V	560020523519	V. Gopi
69	B.PHARM	I	GOWSALYA.V	560020523520	V. Gowsalya
70	B.PHARM	I	GULBAHAR.G	560020523521	G. Gulbahar
71	B.PHARM	I	HEMADHARAN.V	560020523522	V. Hemadharan
72	B.PHARM	I	ISHWARYA.S	560020523523	S. Ishwarya
73	B.PHARM	I	JEYASURYA.V	560020523524	V. Jeyasurya
74	B.PHARM	I	KESAVAMUGILESH.M	560020523525	M. Kesavamugilesh
75	B.PHARM	I	MUTHU.J	560020523526	J. Muthu
76	B.PHARM	I	NAGAMUGILAN.P	560020523527	P. Nagamugilan
77	B.PHARM	I	SIVA S.V	560020523539	V. Siva
78	B.PHARM	I	SIVAPRAKASH .V	560020523540	V. Sivaprakash
79	B.PHARM	I	SUDHA D.G	560020523541	G. Sudha
80	B.PHARM	I	SUNDARAKANNAN .D	560020523542	D. Sundarakannan
81	B.PHARM	I	SURIYA .G	560020523543	G. Suriya
82	B.PHARM	I	SWATHY .M	560020523544	M. Swathy
83	B.PHARM	I	SYED YASIN	560020523545	S. Syed
84	B.PHARM	I	TAMILARASAN .A	560020523546	A. Tamilarasan
85	B.PHARM	I	THAMIZHARASAN .N	560020523547	N. Thamizharasan
86	B.PHARM	I	THILAGAVATHI .M	560020523548	M. Thilagavathi

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GLIMPSE OF PROGRAM



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LIFE SKILL PROGRAM

Organized By

DEPARTMENT OF PHARMACOGNOSY

MEDITATION AND MINDFULNESS

Academic year: 2020-2021

Date:08/01/2021

No. of students enrolled:86

No. Of students present:84


Objective: To introduce participants to the principles and practices of meditation and mindfulness, providing them with tools to enhance focus, reduce stress, and promote overall mental well-being.


Learning Outcomes:

1. **Understanding Concepts:** Participants will understand the basic principles of meditation and mindfulness.
2. **Practice Techniques:** Participants will learn and experience various meditation and mindfulness techniques, including breathing exercises and guided meditations.
3. **Benefits Recognition:** Participants will recognize the mental, emotional, and physical benefits of regular meditation and mindfulness practice.
4. **Implementation:** Participants will develop a personalized plan to incorporate meditation and mindfulness into their daily lives for improved focus and stress management


Co-ordinator




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REF.NO:SSIP/REQ/2020-21/002

Date:12/03/2021

From

Department of pharmaceutical chemistry,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

To

The Principal,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

Subject: Letter for requesting permission to conduct **LIFE SKILLS**-Reg.


Respected sir,


We are requesting you to grant permission to conduct Life Skills in the seminar hall on **16/03/2021**. We wish to conduct add on course on the title “**Physical purity (yoga)**”. This program would be a great opportunity for students to learn and that would help to shape the students.

Thanking you,

Your's truly,




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DATE: 12/03/2021

CIRCULAR

This is informed to the B.PHARM students that the following Life skills can be conducted by our SS Institute of Pharmacy and it will be commenced as per the schedule:


COURSE NAME	SCHEDULE	VENUE	DURATION	RESOURCE PERSON
PHYSICAL PURIT(YOGA)	16/03/2021	SEMINAR HALL	2.30HOURS	Mr.ALAGESHWAREN.A

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

Note: Certificates will be issued to every participant who attends the program.


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About Us

Shree Sathyam Educational Institution was established in 2011 by Dr.V. Sujatha with the aim of providing quality education in all fields. The SS Institute of Pharmacy was established in 2018 with a commitment to continuous quality improvement and the cultivation of lifelong learners who can meet the evolving needs and challenges of the pharmacy profession.

Courses Offered: B.Pharm -4 years
B.Pharm (L.E)



ORGANIZED BY

Department of Pharmaceutical
Chemistry



9443026056



ssip1719@gmail.com



SSIP SEMINAR HALL



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16/03/2021



TOPIC

TOPIC

**PHYSICAL PURITY
(YOGA)**

PRESENTS BY

Mr.A.Alageshwaran
M.pharm
Assistant professor





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LIFE SKILLS

LIST OF ENROLMENT

PHYSICAL PURITY (YOGA)

S.NO	COURSE	YEAR	NAME	REGISTER NO	SIGNATURE
1	B.PHARM	III	A.ABDUL AZIM	561897201	<i>Abdul</i>
2	B.PHARM	III	K.ARUNKUMAR	561897202	<i>Arunkumar</i>
3	B.PHARM	III	K.ARUNKUMAR	561897203	<i>Arunkumar</i>
4	B.PHARM	III	V.CHANDURU	561897204	<i>Chanduru</i>
5	B.PHARM	III	L.DHINESH KUMAR	561897205	<i>Dhinesh Kumar</i>
6	B.PHARM	III	S.GANESAN	561897206	<i>Ganesan</i>
7	B.PHARM	III	M.GNANAPRAKASH	561897207	<i>Gnanaprakash</i>
8	B.PHARM	III	K.GOKULNATH	561897208	<i>Gokulnath</i>
9	B.PHARM	III	S.GOKUL RAJ	561897209	<i>Gokul Raj</i>
10	B.PHARM	III	P.HARI VISHVA	561897210	<i>Hari Vishva</i>
11	B.PHARM	III	B.JEEVANANTH	561897211	<i>Jeevananth</i>
12	B.PHARM	III	V.KALAIYARASAN	561897212	<i>Kalaiyarasan</i>
13	B.PHARM	III	K.KAYALVIZHI	561897213	<i>Kayalvizhi</i>
14	B.PHARM	III	P.MANOBALA	561897214	<i>Manobala</i>
15	B.PHARM	III	R.RAJESHKANNAN	561897215	<i>Rajeshkannan</i>
16	B.PHARM	III	R.VIJAY	561897223	<i>Vijay</i>
17	B.PHARM	II	S.ABISHEK	561997201	<i>Abishek</i>
18	B.PHARM	II	N.ANUSUYA	561997202	<i>Anusuya</i>
19	B.PHARM	II	A.ARTHI	561997203	<i>Arthi</i>
20	B.PHARM	II	S.ARUN	561997204	<i>Arun</i>
21	B.PHARM	II	D.ARUN KUMAR	561997205	<i>Arun Kumar</i>
22	B.PHARM	II	K.ARUN KUMAR	561997206	<i>Arunkumar</i>
23	B.PHARM	II	K.AZHAGIRI	561997207	<i>Azhagiri</i>
24	B.PHARM	II	M.DEEPASREE	561997208	<i>Deepasree</i>
25	B.PHARM	II	A.DHANASEKARAN	561997209	<i>Dhanasekaran</i>

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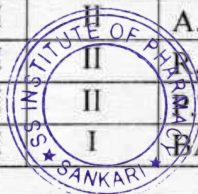


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27	B.PHARM	II	T.DHINESH	561997211	Dhinesh
28	B.PHARM	II	T.DINESH	561997212	T. Dinesh
29	B.PHARM	II	E.ELAVARASAN	561997213	E. Elavarasan
30	B.PHARM	II	M.GOKULPRASATH	561997214	M. Gokul
31	B.PHARM	II	M.GOKULNATH	561997215	M. Gokul
32	B.PHARM	II	D.HEMAVATHI	561997216	Hema D.
33	B.PHARM	II	S.KAMALESH	561997217	Kamalesh
34	B.PHARM	II	D.KARTHICK	561997218	D. Karthick
35	B.PHARM	II	R.KARTHIKEYAN	561997219	R. Karthikeyan
36	B.PHARM	II	T.KARTHICKRAJA	561997220	T. Karthick
37	B.PHARM	II	N.V.KUMANAN	561997221	N. V. Kumanan
38	B.PHARM	II	N.SANTHOSHKUMAR	561997234	N. Santhosh
39	B.PHARM	II	T.SARANKUMAR	561997235	T. Saran
40	B.PHARM	II	M.SHALINI	561997236	M. Shalini
41	B.PHARM	II	G.SHANMUGAM	561997237	G. Shanmugam
42	B.PHARM	II	S.SREEJITH	561997238	Sreejith S
43	B.PHARM	II	M.SRINIVASAN	561997239	M. Srinivasan
44	B.PHARM	II	R.SRITHER	561997240	R. Srither
45	B.PHARM	II	M.SUBASHINI	561997241	M. Suba
46	B.PHARM	II	M.SURESH	561997242	M. Suresh
47	B.PHARM	II	M.SURYAPRAKASH	561997243	M. Surya
48	B.PHARM	II	R.TAMILSELVAN	561997244	R. Tamil
49	B.PHARM	II	T.THANGAPANDIYAMMAL	561997245	T. Thangam
50	B.PHARM	II	V.VEERASELVAN	561997246	V. Veer
51	B.PHARM	II	A.VIJAYAKUMAR	561997247	A. Vijay
52	B.PHARM	II	M.VIJAYKUMAR	561997248	M. Vijay
53	B.PHARM	II	A.VINITHA	561997249	A. Vinitha
54	B.PHARM	II	P.VINOTHKUMAR	561997250	P. Vinitha
55	B.PHARM	II	P.THINAKARAN	561997251	P. Thinakaran
56	B.PHARM	I	BAVITHRA.B	560020523514	B. Bavi



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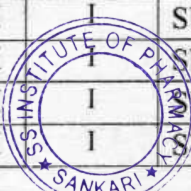


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57	B.PHARM	I	BHARATHI RAJA.S	560020523515	<i>[Signature]</i>
58	B.PHARM	I	BARATH KUMAR.R	560020523516	<i>[Signature]</i>
59	B.PHARM	I	DEEPASRI.P	560020523517	<i>[Signature]</i>
60	B.PHARM	I	DINESH.S	560020523518	<i>[Signature]</i>
61	B.PHARM	I	GOPIKRISHNAN.V	560020523519	<i>[Signature]</i>
62	B.PHARM	I	GOWSALYA.V	560020523520	<i>[Signature]</i>
63	B.PHARM	I	GULBAHAR.G	560020523521	<i>[Signature]</i>
64	B.PHARM	I	HEMADHARAN.V	560020523522	<i>[Signature]</i>
65	B.PHARM	I	ISHWARYA.S	560020523523	<i>[Signature]</i>
66	B.PHARM	I	JEYASURYA.V	560020523524	<i>[Signature]</i>
67	B.PHARM	I	KESAVAMUGILESH.M	560020523525	<i>[Signature]</i>
68	B.PHARM	I	MUTHU.J	560020523526	<i>[Signature]</i>
69	B.PHARM	I	NAGAMUGILAN.P	560020523527	<i>[Signature]</i>
70	B.PHARM	I	NAGESHWARI.K	560020523528	<i>[Signature]</i>
71	B.PHARM	I	NARESH KUMAR.M	560020523529	<i>[Signature]</i>
72	B.PHARM	I	NARMATHA.M	560020523530	<i>[Signature]</i>
73	B.PHARM	I	PAPITHA .V	560020523531	<i>[Signature]</i>
74	B.PHARM	I	PRAGATHI .P	560020523532	<i>[Signature]</i>
75	B.PHARM	I	PRASANTH .M	560020523533	<i>[Signature]</i>
76	B.PHARM	I	PRIYADARSHINI .V	560020523534	<i>[Signature]</i>
77	B.PHARM	I	RAJALAKSHMI .N	560020523535	<i>[Signature]</i>
78	B.PHARM	I	RAJARAJAN .M	560020523536	<i>[Signature]</i>
79	B.PHARM	I	SATHISHKUMAR .J	560020523537	<i>[Signature]</i>
80	B.PHARM	I	SHIRLEY ELIZABETH.I	560020523538	<i>[Signature]</i>
81	B.PHARM	I	SIVA S.V	560020523539	<i>[Signature]</i>
82	B.PHARM	I	SIVAPRAKASH .V	560020523540	<i>[Signature]</i>
83	B.PHARM	I	SUDHA D.G	560020523541	<i>[Signature]</i>
84	B.PHARM	I	SUNDARAKANNAN .D	560020523542	<i>[Signature]</i>
85	B.PHARM	I	SURIYA .G	560020523543	<i>[Signature]</i>
86	B.PHARM	I	SWATHY .M	560020523544	<i>[Signature]</i>
87	B.PHARM	I	SYED YASIN S.M	560020523545	<i>[Signature]</i>



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88	B.PHARM	I	TAMILARASAN .A	560020523546	<i>[Signature]</i>
89	B.PHARM	I	THAMIZHARASAN .N	560020523547	<i>[Signature]</i>
90	B.PHARM	I	THILAGAVATHI .M	560020523548	<i>[Signature]</i>
91	B.PHARM	I	THIRUMURUGAN .R	560020523549	<i>[Signature]</i>
92	B.PHARM	I	UMAVATHI .P	560020523550	<i>[Signature]</i>
93	B.PHARM	I	VALLARASU.D	560020523551	<i>[Signature]</i>
94	B.PHARM	I	VASANTHRAJ .S	560020523552	<i>[Signature]</i>
95	B.PHARM	I	VINOTH SANJAY.T	560020523553	<i>[Signature]</i>
96	B.PHARM	I	VINOTH .S	560020523554	<i>[Signature]</i>
97	B.PHARM	I	VISHWA .M	560020523555	<i>[Signature]</i>
98	B.PHARM	I	VISHWANATHAN .V	560020523556	<i>[Signature]</i>

[Signature]
PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301



[Signature]
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GLIMPSE OF PROGRAM



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SALEM - 637301

[Signature]
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SALEM - 637301

NH-544, Kuppanur (Po), Sankari (Tk), Salem(Dt) – 637301, Tamilnadu, India

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and The Directorate of Medical Education, Chennai.

LIFE SKILL PROGRAM

Organized By

DEPARTMENT OF PHARMACEUTICAL CHEMISTRY

PHYSICAL PURITY (YOGA)

Academic year: 2020-2021

Date: 16/03/2021

No. of students enrolled: 98

No. Of students present: 98

Objective: To educate participants on the importance of physical purity and practices that support maintaining a clean and healthy body for overall well-being.

Learning Outcomes:

1. **Understanding Physical Purity:** Participants will grasp the concept of physical purity and its significance in maintaining health and wellness.
2. **Healthy Practices:** Participants will learn about key practices for achieving physical purity, including hygiene, diet, and exercise.
3. **Implementing Routines:** Participants will be able to develop and adopt daily routines that promote physical cleanliness and health.
4. **Benefits Recognition:** Participants will understand the benefits of maintaining physical purity, including enhanced energy, improved health, and overall well-being.

Co-ordinator



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SS INSTITUTE OF PHARMACY,
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SALEM - 637301

NH-544, Kuppanur (Po), Sankari (Tk), Salem(Dt) – 637301, Tamilnadu, India

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LIFE SKILLS

2019-2020



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LIFE SKILLS

INDEX

S.NO	PROGRAM NAME	NO.OF.STUDENTS ATTENDED
1	BASIC OF YOGA	74
2	STRESS MANAGEMENT	72




PRINCIPAL,
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and The Directorate of Medical Education, Chennai.

REF.NO:SSIP/REQ/2019-20/001

Date:24/07/2019

From

Department of pharmacology,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

To

The Principal,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

Subject: Letter for requesting permission to conduct **LIFE SKILLS**-Reg.


Respected sir,

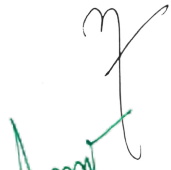
We are requesting you to grant permission to conduct Life Skill in the seminar hall on **26/07/2019**. We wish to conduct add on course on the title "**Basic of yoga**". This program would be a great opportunity for students to learn and that would help to shape the students.

Thanking you,

Your's truly,




PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301


PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301

NH-544, Kuppanur (Po), Sankari (Tk), Salem(Dt) – 637301, Tamilnadu, India

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and The Directorate of Medical Education, Chennai.

DATE: 24/07/2019

CIRCULAR


This is informed to the B.PHARM students that the following Life skills can be conducted by our SS Institute of Pharmacy and it will be commenced as per the schedule:

COURSE NAME	SCHEDULE	VENUE	DURATION	RESOURCE PERSON
BASIC OF YOGA	26/07/2019	SEMINAR HALL	2HOURS	Mr.SATHIYAMOORTHY.D

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

Note: Certificates will be issued to every participant who attends the program.


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SALEM - 637301


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Shree Sathyam Educational Institution was established in 2011 by Dr.V. Sujatha with the aim of providing quality education in all fields. The SS Institute of Pharmacy was established in 2018 with a commitment to continuous quality improvement and the cultivation of lifelong learners who can meet the evolving needs and challenges of the pharmacy profession. Courses Offered: B.Pharm -4 years B.Pharm (L.E) -3 year



SS INSTITUTE OF PHARMACY

TOPIC

BASIC OF YOGA

Organized by

**DEPARTMENT OF
PHARMACOLOGY**

DATE:26/07/2019

VENUE :SSIP SEMINAR HALL

PRESENTS BY

Mr.D.SATHIYAMOORTHY

M Pharam

Assistant professor



[Signature]
PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301

EMAIL SSIP1719@GMAIL.COM
PHONE 9443026056
WEBSITE WWW.SSIP.EDU.COM
LOCATION SS INSTITUTE OF PHARMACY





SS INSTITUTE OF PHARMACY

(A unit of VS Educational & Charitable Trust)

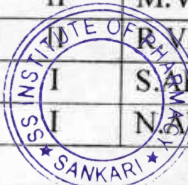
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and The Directorate of Medical Education, Chennai.

LIFE SKILLS

LIST OF ENROLMENT

BASIC OF YOGA

S.NO	COURSE	YEAR	NAME	REGISTER NO	SIGNATURE
1	B.PHARM	II	A.ABDUL AZIM	561897201	<i>Abdul</i>
2	B.PHARM	II	K.ARUNKUMAR	561897202	<i>K. Arunkumar</i>
3	B.PHARM	II	K.ARUNKUMAR	561897203	<i>K. Arunkumar</i>
4	B.PHARM	II	V.CHANDURU	561897204	<i>V. Chanduru</i>
5	B.PHARM	II	L.DHINESH KUMAR	561897205	<i>Dhinesh</i>
6	B.PHARM	II	S.GANESAN	561897206	<i>Ganesan</i>
7	B.PHARM	II	M.GNANAPRAKASH	561897207	<i>Gnanaprakash</i>
8	B.PHARM	II	K.GOKULNATH	561897208	<i>Gokul</i>
9	B.PHARM	II	S.GOKUL RAJ	561897209	<i>Gokul Raj</i>
10	B.PHARM	II	P.HARI VISHVA	561897210	<i>Hari Vishva</i>
11	B.PHARM	II	B.JEEVANANTH	561897211	<i>Jeevananth</i>
12	B.PHARM	II	V.KALAIYARASAN	561897212	<i>Kalaiyarasan</i>
13	B.PHARM	II	K.KAYALVIZHI	561897213	<i>Kayalvizhi</i>
14	B.PHARM	II	P.MANOBALA	561897214	<i>Mano</i>
15	B.PHARM	II	R.RAJESHKANNAN	561897215	<i>Rajesh</i>
16	B.PHARM	II	M.SAKTHIVEL	561897216	<i>Sakthivel</i>
17	B.PHARM	II	G.SHAFFIULLAH	561897217	<i>Shaffiullah</i>
18	B.PHARM	II	S.SUBASH VARMA	561897218	<i>Subash</i>
19	B.PHARM	II	J.TAMIL SELVAN	561897219	<i>Tamil Selvan</i>
20	B.PHARM	II	N.VASAVI	561897220	<i>Vasavi</i>
21	B.PHARM	II	V.VEDHACHALAM	561897221	<i>V. Vedhachalam</i>
22	B.PHARM	II	M.VIGNESH	561897222	<i>Vignesh</i>
23	B.PHARM	I	R.VIJAY	561897223	<i>Vijay</i>
24	B.PHARM	I	S. ABISHEK	561897201	<i>Abishek</i>
25	B.PHARM	I	N. ANUSUYA	561897202	<i>Anusuya</i>



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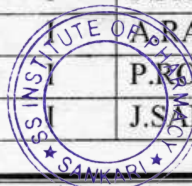


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26	B.PHARM	I	A.ARTHI	561997203	<i>[Signature]</i>
27	B.PHARM	I	S.ARUN	561997204	<i>[Signature]</i>
28	B.PHARM	I	D.ARUN KUMAR	561997205	<i>[Signature]</i>
29	B.PHARM	I	K.ARUN KUMAR	561997206	<i>[Signature]</i>
30	B.PHARM	I	T.K.AZHAGIRI	561997207	<i>[Signature]</i>
31	B.PHARM	I	M.DEEPASREE	561997208	<i>[Signature]</i>
32	B.PHARM	I	A.DHANASEKARAN	561997209	<i>[Signature]</i>
33	B.PHARM	I	A.DHARUN	561997210	<i>[Signature]</i>
34	B.PHARM	I	T.DHINESH	561997211	<i>[Signature]</i>
35	B.PHARM	I	T.DINESH	561997212	<i>[Signature]</i>
36	B.PHARM	I	E.ELAVARASAN	561997213	<i>[Signature]</i>
37	B.PHARM	I	M.GOKULPRASATH	561997214	<i>[Signature]</i>
38	B.PHARM	I	M.GOKULNATH	561997215	<i>[Signature]</i>
39	B.PHARM	I	D.HEMAVATHI	561997216	<i>[Signature]</i>
40	B.PHARM	I	S.KAMALESH	561997217	<i>[Signature]</i>
41	B.PHARM	I	D.KARTHICK	561997218	<i>[Signature]</i>
42	B.PHARM	I	R.KARTHIKEYAN	561997219	<i>[Signature]</i>
43	B.PHARM	I	T.KARTHICKRAJA	561997220	<i>[Signature]</i>
44	B.PHARM	I	N.V.KUMANAN	561997221	<i>[Signature]</i>
45	B.PHARM	I	B.MADESHWARAN	561997222	<i>[Signature]</i>
46	B.PHARM	I	S.MANIKANDAN	561997223	<i>[Signature]</i>
47	B.PHARM	I	S.MUTHUKANNAN	561997224	<i>[Signature]</i>
48	B.PHARM	I	P.NAVEENA	561997225	<i>[Signature]</i>
49	B.PHARM	I	S.PAVENDHIRAN	561997226	<i>[Signature]</i>
50	B.PHARM	I	B.PRADEEP	561997227	<i>[Signature]</i>
51	B.PHARM	I	T.PRADEEP	561997228	<i>[Signature]</i>
52	B.PHARM	I	A.PRAMESHWARAN	561997229	<i>[Signature]</i>
53	B.PHARM	I	P.PRIYANKA	561997230	<i>[Signature]</i>
54	B.PHARM	I	A.RAJAGURU	561997231	<i>[Signature]</i>
55	B.PHARM	I	P.RAJA	561997232	<i>[Signature]</i>
56	B.PHARM	I	J.SANJAY	561997233	<i>[Signature]</i>



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NH-544, Kuppanur (Po), Sankari (Tk), Salem(Dt) – 637301, Tamilnadu, India.

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57	B.PHARM	I	N.SANTHOSHKUMAR	561997234	<i>N. Santhosh Kumar</i>
58	B.PHARM	I	T.SARANKUMAR	561997235	<i>T. Sarankumar</i>
59	B.PHARM	I	M.SHALINI	561997236	<i>M. Shalini</i>
60	B.PHARM	I	G.SHANMUGAM	561997237	<i>G. Shanmugam</i>
61	B.PHARM	I	S.SREEJITH	561997238	<i>S. Sreejith</i>
62	B.PHARM	I	M.SRINIVASAN	561997239	<i>M. Srinivasan</i>
63	B.PHARM	I	R.SRITHER	561997240	<i>R. Srither</i>
64	B.PHARM	I	M.SUBASHINI	561997241	<i>M. Subashini</i>
65	B.PHARM	I	M.SURESH	561997242	<i>M. Suresh</i>
66	B.PHARM	I	M.SURYAPRAKASH	561997243	<i>M. Suryaprakash</i>
67	B.PHARM	I	R.TAMILSELVAN	561997244	<i>R. Tamilselvan</i>
68	B.PHARM	I	T.THANGAPANDIYAMMAL	561997245	<i>T. Thangapandiyammal</i>
69	B.PHARM	I	V.VEERASELVAN	561997246	<i>V. Veeraselvan</i>
70	B.PHARM	I	A.VIJAYAKUMAR	561997247	<i>A. Vijayakumar</i>
71	B.PHARM	I	M.VIJAYKUMAR	561997248	<i>M. Vijaykumar</i>
72	B.PHARM	I	A.VINITHA	561997249	<i>A. Vinitha</i>
73	B.PHARM	I	R.VINOTHKUMAR	561997250	<i>R. Vinothkumar</i>
74	B.PHARM	I	P.THINAKARAN	561997251	<i>P. Thinakaran</i>



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LIFE SKILL PROGRAM

Organized By

DEPARTMENT OF PHARMACOLOGY

BASIC OF YOGA

Academic year: 2019-2020

Date: 26/07/2019

No. of students enrolled: 74

No. Of students present: 74

Objective: To introduce participants to the fundamentals of yoga, including its basic practices, benefits, and integration into daily life for enhanced well-being and personal growth.

Learning Outcomes:

1. **Understanding Yoga:** Participants will grasp the core principles and history of yoga.
2. **Basic Techniques:** Participants will learn and practice fundamental yoga postures (asanas), breathing exercises (pranayama), and relaxation techniques.
3. **Health Benefits:** Participants will recognize the physical, mental, and emotional benefits of regular yoga practice.
4. **Integration:** Participants will develop strategies for incorporating yoga into their daily routine for stress management and overall wellness.

Co-ordinator



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NH-544, Kuppanur (Po), Sankari (Tk), Salem(Dt) – 637301, Tamilnadu, India

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and The Directorate of Medical Education, Chennai.

REF.NO:SSIP/REQ/2019-20/001

Date:20/08/2019

From

Department of pharmaceutics,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.

To

The Principal,
SS institute of pharmacy,
Sankari,Salem(DIST)-637301.


Subject: Letter for requesting permission to conduct **LIFE SKILLS**-Reg.


Respected sir,

We are requesting you to grant permission to conduct Life Skill in the seminar hall on **22/08/2019**. We wish to conduct add on course on the title "**Stress management**". This program would be a great opportunity for students to learn and that would help to shape the students.

Thanking you,

Your's truly,


PRINCIPAL,
SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301


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SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301



NH-544, Kuppanur (Po), Sankari (Tk), Salem(Dt) – 637301, Tamilnadu, India

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and The Directorate of Medical Education, Chennai.

DATE: 20/08/2019


CIRCULAR

This is informed to the B.PHARM students that the following Life skills can be conducted by our SS Institute of Pharmacy and it will be commenced as per the schedule:


COURSE NAME	SCHEDULE	VENUE	DURATION	RESOURCE PERSON
STRESS MANAGEMENT	22/08/2019	SEMINAR HALL	1 HOUR	Mrs.SOWNDARYA.K

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

Note: Certificates will be issued to every participant who attends the program.


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SALEM - 637301




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SS INSTITUTE OF PHARMACY,
KUPPANUR (PO), SANKARI (TK),
SALEM - 637301



SS INSTITUTE OF PHARMACY

LIFE SKILLS PROGRAM

Organized by

Department of pharmaceutics

Date:

22/08/2019

Venue

SSIP SEMINAR HALL



Resource person

Mrs.K.Sowndarya.
M.Pharm...

Assistant professor of
ss institute pharmacy

Topic

Stress management

ABOUT THE INSTITUTION

Shree Sathyam Educational Institution was established in 2011 by Dr.V. Sujatha with the aim of providing quality education in all fields. The SS Institute of Pharmacy was established in 2018 with a commitment to continuous quality improvement and the cultivation of lifelong learners who can meet the evolving needs and challenges of the pharmacy profession.

Courses Offered:

B.Pharm -4 years

B.Pharm (L.E) -3 year



ADDRESS



www.ssip.edu.in



SS Institute of
Pharmacy Sankari



9443026056



ssip1718@gmail.com



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LIFE SKILLS

LIST OF ENROLMENT

STRESS MANAGEMENT

S.NO	COURSE	YEAR	NAME	REGISTER NO	SIGNATURE
1	B.PHARM	II	A.ABDUL AZIM	561897201	Abdul Azim
2	B.PHARM	II	K.ARUNKUMAR	561897202	K. Arunkumar
3	B.PHARM	II	K.ARUNKUMAR	561897203	K. Arunkumar
4	B.PHARM	II	V.CHANDURU	561897204	V. Chanduru
5	B.PHARM	II	L.DHINESH KUMAR	561897205	L. Dhinesh Kumar
6	B.PHARM	II	S.GANESAN	561897206	S. Ganesan
7	B.PHARM	II	M.GNANAPRAKASH	561897207	M. Gnanaprakash
8	B.PHARM	II	K.GOKULNATH	561897208	K. Gokulnath
9	B.PHARM	II	S.GOKUL RAJ	561897209	S. Gokul Raj
10	B.PHARM	II	P.HARI VISHVA	561897210	P. Hari Vishva
11	B.PHARM	II	B.JEEVANANTH	561897211	B. Jeevananth
12	B.PHARM	II	V.KALAIYARASAN	561897212	V. Kalaiyarasan
13	B.PHARM	II	K.KAYALVIZHI	561897213	K. Kayalvizhi
14	B.PHARM	II	P.MANOBALA	561897214	P. Manobala
15	B.PHARM	II	R.RAJESHKANNAN	561897215	R. Rajeshkannan
16	B.PHARM	II	M.SAKTHIVEL	561897216	M. Sakthivel
17	B.PHARM	II	G.SHAFFIULLAH	561897217	G. Shaffiullah
18	B.PHARM	II	S.SUBASH VARMA	561897218	S. Subash Varma
19	B.PHARM	II	J.TAMIL SELVAN	561897219	J. Tamil Selvan
20	B.PHARM	II	N.VASAVI	561897220	N. Vasavi
21	B.PHARM	II	V.VEDHACHALAM	561897221	V. Vedhachalam
22	B.PHARM	II	M.VIGNESH	561897222	M. Vignesh
23	B.PHARM	II	R.VINAY	561897223	R. Vinay
24	B.PHARM	II	S.ABISHAK	561997201	S. Abishak
25	B.PHARM	II	N.ANUSUYA	561997202	N. Anusuya



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and The Directorate of Medical Education, Chennai.

26	B.PHARM	I	A.ARTHI	561997203	Ad
27	B.PHARM	I	S.ARUN	561997204	Ad
28	B.PHARM	I	D.ARUN KUMAR	561997205	D. Arun
29	B.PHARM	I	K.ARUN KUMAR	561997206	Ar. K.
30	B.PHARM	I	T.K.AZHAGIRI	561997207	T. K. Azhagi
31	B.PHARM	I	M.DEEPASREE	561997208	M. Deepa
32	B.PHARM	I	A.DHANASEKARAN	561997209	A. Dhana
33	B.PHARM	I	A.DHARUN	561997210	Dharm A
34	B.PHARM	I	T.DHINESH	561997211	T. Dhinesh
35	B.PHARM	I	T.DINESH	561997212	T. Dinesh
36	B.PHARM	I	E.ELAVARASAN	561997213	E. Elavarasan
37	B.PHARM	I	M.GOKULPRASATH	561997214	M. Gokul
38	B.PHARM	I	M.GOKULNATH	561997215	M. Gokul
39	B.PHARM	I	D.HEMAVATHI	561997216	D. Hema
40	B.PHARM	I	S.KAMALESH	561997217	S. Kamalesh
41	B.PHARM	I	D.KARTHICK	561997218	D. Karthick
42	B.PHARM	I	R.KARTHIKEYAN	561997219	R. Karthikeyan
43	B.PHARM	I	T.KARTHICKRAJA	561997220	T. Karthick Raja
44	B.PHARM	I	N.V.KUMANAN	561997221	N. V. Kumanan
45	B.PHARM	I	B.MADESHWARAN	561997222	B. Madeshwar
46	B.PHARM	I	S.MANIKANDAN	561997223	S. Mani
47	B.PHARM	I	S.MUTHUKANNAN	561997224	S. Muthu
48	B.PHARM	I	P.NAVEENA	561997225	P. Naveena
49	B.PHARM	I	S.PAVENDHIRAN	561997226	S. Pavendhi
50	B.PHARM	I	B.PRADEEP	561997227	B. Pradeep
51	B.PHARM	I	T.PRADEEP	561997228	T. Pradeep
52	B.PHARM	I	A.PRAMESHWARAN	561997229	A. Pramesh
53	B.PHARM	I	P.PRIYANKA	561997230	P. Priyanka
54	B.PHARM	I	A.PRAJAGURU	561997231	A. Praja
55	B.PHARM	I	P.ROJA	561997232	P. Roja
56	B.PHARM	I	J.SANJAY	561997233	J. Sanjay



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57	B.PHARM	I	N.SANTHOSHKUMAR	561997234	<i>N. Santhosh</i>
58	B.PHARM	I	T.SARANKUMAR	561997235	<i>T. Saran</i>
59	B.PHARM	I	M.SHALINI	561997236	<i>Shalini-M</i>
60	B.PHARM	I	G.SHANMUGAM	561997237	<i>Shanmugam</i>
61	B.PHARM	I	S.SREEJITH	561997238	<i>Sreejith-S</i>
62	B.PHARM	I	M.SRINIVASAN	561997239	<i>Srinivasa M</i>
63	B.PHARM	I	R.SRITHER	561997240	<i>Srithar R.</i>
64	B.PHARM	I	M.SUBASHINI	561997241	<i>Subashini M</i>
65	B.PHARM	I	M.SURESH	561997242	<i>M. Suresh</i>
66	B.PHARM	I	M.SURYAPRAKASH	561997243	<i>Surya M</i>
67	B.PHARM	I	R.TAMILSELVAN	561997244	<i>Tamil Selvan</i>
68	B.PHARM	I	T.THANGAPANDIYAMMAL	561997245	<i>Thangapandi</i>
69	B.PHARM	I	V.VEERASELVAN	561997246	<i>Veeraselvan</i>
70	B.PHARM	I	A.VIJAYAKUMAR	561997247	<i>Vijaya A</i>
71	B.PHARM	I	M.VIJAYKUMAR	561997248	<i>Vijaya M</i>
72	B.PHARM	I	A.VINITHA	561997249	<i>Vinitha A</i>
73	B.PHARM	I	R.VINOTHKUMAR	561997250	<i>Vinoth R</i>
74	B.PHARM	I	P.THINAKARAN	561997251	<i>P. Thinakaran</i>



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GLIMPSE OF PROGRAM



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LIFE SKILL PROGRAM

Organized By

DEPARTMENT OF PHARMACEUTICS

STRESS MANAGEMENT

Academic year: 2019-2020

Date: 22/08/2019

No. of students enrolled: 74

No. Of students present: 72


Objective: To equip participants with effective stress management techniques and strategies to enhance their ability to handle stress and improve overall well-being.

Learning Outcomes:

1. **Stress Awareness:** Participants will identify sources and signs of stress in their personal and professional lives.
2. **Management Techniques:** Participants will learn and practice various stress reduction techniques, including mindfulness, relaxation exercises, and time management strategies.
3. **Coping Strategies:** Participants will develop personalized coping strategies to manage stress in different situations.
4. **Application:** Participants will create an action plan to integrate stress management techniques into their daily routines.


Co-ordinator




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