

## **Lifestyle and Cancer Awareness Programme (27/01/2016)**

A seminar on lifestyle and cancer was held for the public as well as the students of Sacred Heart College on 27 January 2016. Dr. Ajayan, Head of the Department of Ayurveda College, Coimbatore was the resource person. The public was sensitised on the possibility of preventing the disease by adopting healthy practices. A concern was raised over the alarming number of people affected with this disease. students were given inputs regarding a healthy and balanced diet in preventing diseases. The resource person stressed on the importance of retaining a healthy mind and a healthy body. He also emphasised on the importance of sleep and rest in keeping the body healthy and fit.



*Brochure*

**LIFE STYLE AND  
CANCER CLASS  
FOR THE PUBLIC  
AND STUDENTS**

**DR AJAYAN  
(HEAD, AYURVEDA  
COLLEGE  
COIMBATORE)**

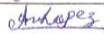





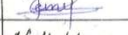


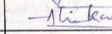
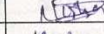
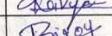
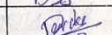
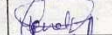
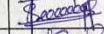


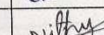

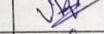


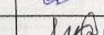








**SH** SACRED  
HEART  
COLLEGE  
*Autonomous*

Focus of the Seminar/talk: skills  
development

**27/01/2016**



## Attendance Sheet

Sl No	Name	Signature
1	Ann Lopez	
2	Arjuny Joseph	
3	Sukantha S. Shonay	
4	S. R. Santhini	
5	Arundhalay PA	
6	Anamika Raj	
7	Anna Rose Biju	
8	Ferny VS	
9	Nitha Thampi	
10	Gopika Suresh	
11	Aleethu SATHYAN	
12	ACIKA K. S	
13	Alisha M.h	
14	Kavya Biju	
15	Bijoy George N. J	
16	Devika Krishna	
17	Meenakshi Manoj	
18	Saleena Mary Thankachan	
19	Preeti P.S.	
20	Rose Thomas	
21	Austin Babu	
22	Nithya V. J	
23	Neethu Krishnan	
24	Vismaya Venugopal	
25	Mariya Siby	
26	Sneha N. Joseph	
27	Jovitha James	
28	Akash NS	
29	Aswin Bawi	
30	Athul Krishna	
31	S. N. Kothikk	

32	Kahul John	<del>Kahul</del>
33	PAUL THALIATH	<del>Paul Thaliath</del>
34	Aleena Philip	<del>Aleena</del>
35	Rakshmi Dinku	<del>Rakshmi</del>
36	Ana Eldho	<del>Ana Eldho</del>
37	Poornima M	<del>Poornima</del>
38	Namitha Prasad	<del>Namitha</del>
39	Asmin Nazrin Jalal	<del>Asmin</del>
40	Tomy P.S	<del>Tomy</del>
41	Sb. Sanjay Krishna	<del>Sanjay Krishna</del>
42	Abhisami Balakrishnan	<del>Abhisami</del>
43	Aswathy A.S	<del>Aswathy</del>
44	George M Sori - 8269	<del>George</del>
45	Fraase Firasath - 8289	<del>Fraase</del>
46	Gopikrishnan V Kaimal - 8210	<del>Gopikrishnan</del>
47	Julin Kurian	<del>Julin</del>
48	Dona Sara Rbby	<del>Dona</del>
49	GODIKA MENDON - 8222	<del>Godika</del>
50	Joel Jose - 8226	<del>Joel Jose</del>
51	MIRYA DAI 8203	<del>Miryadai</del>
52	Niranjana Murali - 8211	<del>Niranjana</del>
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