

Criterion 3: Research, Innovations and Extension

Seminar on Lifestyle and Cancer Awareness

Title:	Seminar on Lifestyle and Cancer Awareness
Date:	27/01/2016
Venue:	Auditorium, Sacred Heart College, Thevara
Focus of the Event:	Skill Development
Organizing Body:	Department of Botany
Resource Person:	Dr Ajayan (Head, Ayurveda College Coimbatore)
Total Number of Attendees:	52



Event Report

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

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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.



Event Brochure

Focus of the Seminar/talk: skills development

27/01/2016

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

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

SH SACRED
HEART
COLLEGE
Autonomous



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Event Attendance Sheet

Sl No	Name	Signature
1	Anna Lopez	<i>Anna Lopez</i>
2	Arjuny Joseph	<i>Arjuny</i>
3	Sukritha S. Shanoy	<i>Sukritha</i>
4	S. B. Santhini	<i>S. B. Santhini</i>
5	Arundhally PA	<i>Arundhally</i>
6	Anamika Raj	<i>Anamika</i>
7	Anna Rose Biju	<i>Anna Rose</i>
8	Ferny VS	<i>Ferny</i>
9	Nitha Thampi	<i>Nitha</i>
10	Gopika Suresh	<i>Gopika</i>
11	NEETHU SATHYAN	<i>Neethu</i>
12	ALIKA K. S	<i>Alika</i>
13	Alisha M.h	<i>Alisha</i>
14	Kavya Biju	<i>Kavya</i>
15	Bijoy George N.J	<i>Bijoy</i>
16	Devika Krishna	<i>Devika</i>
17	Meenakshi Manoj	<i>Meenakshi</i>
18	Saleena Mary Thankachan	<i>Saleena</i>
19	Preethi P.S.	<i>Preethi</i>
20	Rose Thomas	<i>Rose</i>
21	Austin Babu	<i>Austin</i>
22	Nithya V.J	<i>Nithya</i>
23	Neethu Krishnan	<i>Neethu</i>
24	Vismaya Venugopal	<i>Vismaya</i>
25	Mariya Siby	<i>Mariya</i>
26	Sneha N. Joseph	<i>Sneha</i>
27	Jovitha James	<i>Jovitha</i>
28	Akash NS	<i>Akash</i>
29	Aswin Davi	<i>Aswin</i>
30	Athul kishore	<i>Athul</i>
31	S.N. Karthik	<i>S.N. Karthik</i>

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