



SREE NARAYANA COLLEGE ALATHUR

ആധുനിക ജീവിത ശൈലിയും ആയുർ വേദത്തിന്റെ പ്രസക്തിയും

AUGUST

**07
2026**

Time : 10.30 am



BOTANY LAB



K. Sasi Kumar
Agriculture Officer
Centre for Indian Medical
Heritage (CIMH), AVP,
Kanjikode

**AN INITIATIVE BY BOTANY DEPARTMENT IN
ASSOCIATION WITH IQAC & BIODIVERSITY CLUB**

PRINCIPAL

Dr PRAVEENA VIJAYAN

HEAD

Dr,R.BINDU

IQAC

Dr.S..DHIVA

Organising committee

**Lt.Dr.Shereena J
Prof (Dr) Binumol M
Dr.Hansiya VS
Dr. Soumya M**

Programme schedule

Theme : “Relevance of Ayurveda in Modern Life”

Date: 07/08/26

Time: 10.30 am

Venue: Botany Laboratory, Sree Narayana College, Alathur

Report

A talk on “Relevance of Ayurveda in Modern Life” was organised by the Department of Botany in association with IQAC and the Biodiversity Club at Sree Narayana College, Alathur, on 7 August 2026 at 10:30 a.m. in the Botany Lab. The programme was conducted under the guidance of Principal Dr. Praveena Vijayan, Head of the Department Dr. R. Bindu, and IQAC Coordinator Dr. S. Dhiva, with Lt. Dr. Shereena J, Prof. (Dr.) Binumol M, Dr. Hansiya V. S. and Dr. Soumya M as members of the organising committee. The session was led by K. Sasi Kumar, Agriculture Officer, Centre for Indian Medical Heritage (CIMH), AVP, Kanjikode. The speaker highlighted the relevance of Ayurveda in modern life, focusing on healthy food habits, proper lifestyle, disease prevention and the use of medicinal plants. He discussed how lifestyle diseases have become increasingly common in Kerala due to sedentary habits, lack of physical activity, stress, irregular sleep and changing food habits. He explained the harmful effects of excessive consumption of fast foods, processed foods, unhealthy fats and repeatedly heated oils, which may contribute to obesity, diabetes, cardiovascular diseases and increased cancer risk. The possible side effects of modern medicines, particularly due to self-medication, incorrect dosage, prolonged use and drug interactions, were also discussed, with emphasis on taking medicines under proper medical guidance. The session encouraged students to adopt healthy lifestyle practices and to appreciate traditional knowledge along with appropriate modern healthcare. The programme concluded with a vote of thanks by Dr. Hansiya V. S., who expressed gratitude to the resource person, Principal, Head of the Department, IQAC, Biodiversity Club, organising committee, faculty members and students for their valuable support and participation.



7/8/26

ആധുനിക ഇന്ദ്രിയ സംശ്ലേഷം ആദ്യം
പ്രദർശനം പ്രദർശനം

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Sl. No.	Name	Class	Signature
1.	Padmapriya	3rd Year botany	Padma
2.	Shifana B	"	Shifana
3.	Aswathi V J	"	Aswathi
4.	ANJALI M. J	"	Anjali
5.	Asma . cm	"	Asma
6.	Amritha . m	2nd Year botany	Amritha
7.	Neha Fathima . s	"	Neha
8.	Sneha . c	"	Sneha
9.	Shifna . f	"	Shifna
10.	Athulya . c	"	Athulya
11.	Alshifa . S	"	Alshifa
12.	Antana . s	"	Antana
13.	Admala farhath	"	Admala
14.	Sandana . V	"	Sandana
15.	Sanoosha	"	Sanoosha
16.	Anuritha . s	"	Anuritha
17.	Astid	"	Astid
18.	Amal . s	"	Amal
19.	Althaf . A	"	Althaf
20.	ASwin . A	"	ASwin
21.	Prasith . P	"	Prasith
22.	Uthswasith K. V	"	Uthswasith
23.	Alphin Aravind	"	Alphin
24.	Abhisith . I	"	Abhisith
25.	VishnuPriya .	"	VishnuPriya
26.	Anamika	"	Anamika
27.	Nayana . k . s	"	Nayana
28.	Nivedhya	"	Nivedhya
29.	Alchila	"	Alchila
30.	Arana	"	Arana

Sl. No.	Name	Class	Signature
31.	Aswathy.s	3 rd year Botany	Aswathy
32.	Sree/akshmi.R	"	Sree
33.	Deepa.km	"	Deepa
34.	Hiba Fathima.D	"	Hiba
35.	Shifa fathima.	"	Shifa
36.	PooJA.M	1 st Year Botany	Pooja
37.	Farhana.E	"	Farha
38.	Ajila Prakash.J	"	Ajila
39.	Aiswarya -m	"	Aiswarya
40. 41	AKHIL Krishna	3 rd Year Botany	Akhil
41.	PRADOO.P	"	Pradoo
42.	Sreya Suresh	"	Sreya
43.	AKSHAYA.B	"	Akshaya
44.	Tinsha.K.J	"	Tinsha
45.	Aswathy.R.A	"	Aswathy
46.	Ahalya.s	"	Ahalya
47.	Sana.s	"	Sana
48.	Jumana Fathima.s	"	Jumana
49.	Akhil.R	1 st year botany	Akhil
50.	KIRANSHOBHIK G.K	"	Kiran
51.	Pavan.V	"	Pav
52.	Abhinu Rosh.S	"	Abhinu
53.	Akhilesh.s	"	Akhilesh
54.	Adithya.k.a	"	Adithya
55.	Ananya.f	"	Ananya
56.	akshara.R	"	Akshara
57.	Aswathy.s	"	Aswathy
58.	Abhiram.A	3 rd year botany	Abhiram
59.	SIVAD	"	Sivad
60.	ADHARSH	"	Adharsh

61.	Anaswara .p	1st year Botany	An
62	Aiya .b	"	An
63	R. Bindu	Dept. of Botany	R.R.F
64.	Soumya M	"	Soumya
65.	Hansiya vs	"	H
67.	Shereena. J	"	Sh