

## **Guest Lecture report**

**Topic: “CANCER-NOT A DEATH SENTENCE”**

**Venue:** Guest lecture on 25<sup>th</sup> July 2019 at JSS College of Pharmacy, Mysuru

By, **Dr.Vasantha Kumar K R**, MBBS, MD, DA, DYNS

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Dr. Vasanth Kumar started the session by interacting with students, He illustrated some examples how to correlated between mind and parachute, suggested pupils to be open minded during learning and interacting with people. Dr.Vasanth Kumar taught them about yogic breathing and benefits of it and asked them to follow before studying. He spoke about memory, learning and how to control mind in this regard taught few exercises like pranayama. In addition to skills he spoke about Attitude, Power of attention, Importance of attention in class room, asked students to build problem solving capacity and anger management. He described about few Neurobics- Exercise to brain and taught some of them.

Later he spoke about how cancer will destroy people both physically and emotionally. So in order to avoid which are the preventives measures we need to take, mainly he focused on diet-how it is important. Dr,Vasanth kumar enlightened the students about significance of ORAC value (oxygen radical absorbance capacity), ORP value (oxidation reduction potential). He coated some of the important fruits and other vegetables with high ORAC value and some low ORP value to be consumed in order to reduce the risk of cancer. He concluded his talk by giving advice to students that developing a positive attitude with physical, mental, and emotional wellbeing and along with maintaining proper and good healthy foods helps them to get rid from cancer.

At the end of session, he spoke about how to inculcate spirituality in life and how does it help. His session was interactive, scientifically informative and spiritual to students.