

TO WHOM SO EVERIT MAY CONCERN

This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge.

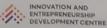
morre

PRINCIPAL K.M.C.T. AYURVEDA MEDICAL COLLEGE













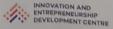
PROTOCOLS DEVELOPED FOR LIFESTYLE MODIFICATIONS THROUGH AYURVEDHA AND THE PROMOTIONAL ACTIVITIES UNDERTAKEN, NUMBER OF PEOPLE WHOARE ADVISED LIFESTYLE MODIFICATIONS AND THE

OUTCOME THERE OF













AYURVEDIC LIFESTYLE MANAGEMENT

An Ayurvedic Lifestyle Consultation provides you with the very best navigational tools to create optimal health, vitality and creativity.

Read More: https://www.lifelineherbal.com.au



1. Sleep and Wake-up time: pleasant sleep is a good source of health and pleasure

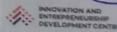
The best time to wake up in the morning is Brahma Muhurta, which begins 45-90 minutes before sunrise. The ideal time to sleep is two hours after dinner. Dinner should be taken until 8 p.m. The optimal amount of sleep every day is 6-8 hours. Day sleep should be avoided. Sleep quality can be improved by consuming milk and ghee, practicing meditation, asanas and pranayama, and performing Abhyanga (Massage), particularly on the feet and head.

2. Massage: delay your ageing by daily massage

Daily body massage slows the ageing process, relieves fatigue, avoids vata problems (C neurological), and enhances sleep musculoskeletal and It improves skin health by making it soft and shiny, strengthens the body, relieves tens ion, and has a pleasing effect mind.













Ayurveda advises daily massage for 15-20 minutes with Coconut oil/sesame oil/mustard oil etc. Abhyanga should be practiced especially on head, ears and feet on a daily basis.

Head massage: prevents headache and other diseases of head region e.g., hair fall, premature greying of hair and strengthens the hair. Provides lustre to skin and face. Ear massage: Instilling 2-3 drops of oil in ears prevents the ear disorders like reduced hearing, deafness, tinnitus, neck and jaw stiffness.

Foot massage: Removes dryness, stiffness and numbness of feet. Provides strength and stability to feet. Prevents vata disorders like pain in lower limbs.

3. Exercise regularly: for better health

Ayurveda regards exercise as an essential component of a healthy daily regimen. Perspiration, increased respiratory rate, and a feeling of lightness in the body are symptoms of exceeding the activity threshold, at which time one should stop exercising.

It lightens the body, gives it strength to labour, steadiness, endurance in the face of adversity, and reduces Kaphadosha while stimulating Agni (digestive power).

4. Nasal application of Oil

Nasya is instillation of herbal oils in the nostrils. Practicing Nasya daily improves the function of sense organs and prevent disorders of eyes, ears, nose and throat.

Steps to Practice Nasya:
Sanitize the hands, dip the little finger in oil, Oils like mustard/sesame oil/Anu taila can also be used for daily Nasya. Smear both the nostrils gently. This should be practiced in the morning & in the evening.

5. Never suppress your natural urges

6. Follow the code of conduct to lead a happy and comfortable life

A Code of Conduct refers to healthy personal and societal behaviour that contributes to society and individual pleasure. This comprises compassion for all beings, control of mind in physical, verbal, and mental activities with the help of wisdom, and viewing others' feelings as one's own and acting appropriately.

7. Health promotion by rejuvenators (Rasayana)

Rasayana are herbs/foods that aid in providing optimal nourishment to the body's tissues. They increase longevity, slow the ageing process, promote good physical and mental health, improve memory, and provide immunity to a variety of ailments.

Milk, ghee, amla, and complex preparations such as Cyavanaprash are examples of rasayana that can be included in one's everyday regimen.

8. Good Dietetic Practices: Let food be your medicine

Food should be served hot, unctuous, in right quantities, and with adequate tableware AVURVE and utensils. Eat only after you have digested your previous meal in a comfortable and enjoyable setting. Avoid eating too quickly or too slowly. Take your food without speaking or laughing. Eat foods that are good for your body and mind.

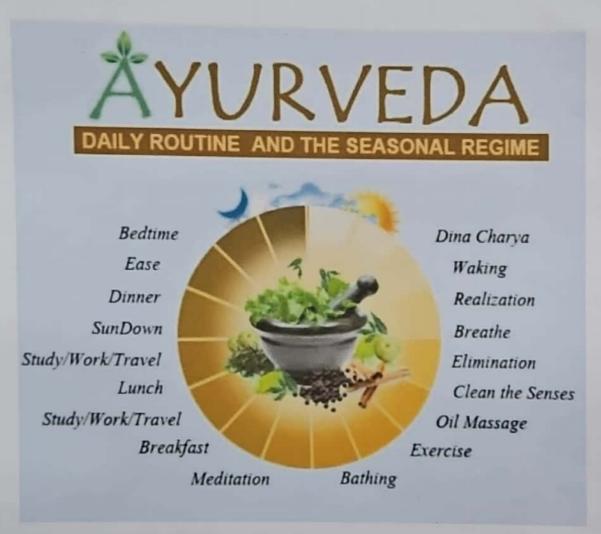






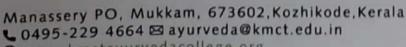
9. Follow seasonal regimen to sustain seasonal variations

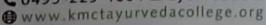
Ayurveda defines six seasons in the year. A seasonally appropriate diet and lifestyle should be followed.





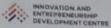
















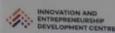
SADVRITTA, RTUCHARYA, DINACHARYA AAHARA (LIFESTYLE AND DIET GUIDANCE TO OPD PATIENTS)

2021_2023





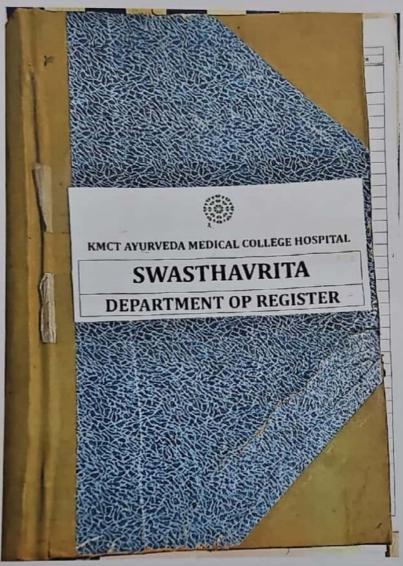








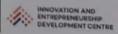










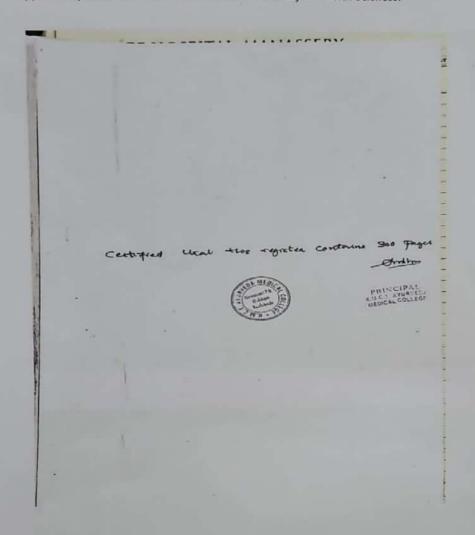








Approved by NCISM and Affiliated to Kerala University of Health Sciences.



















Approved by NCISM and Affiliated to Kerala University of Health Sciences.

| | | ⊚ KM | CT AYURVEDA M | EDICAL NUT PATER | COLLEGE HO | SPITAL MANASSERI | California . |
|-------------|------------------|----------------|--|------------------|--------------|--|--|
| | 116 | Name of Street | Ameri | | HE GESTER | | - |
| | | | to: [Birdy] | | - | Salari . | |
| | Sec. 1 | | Philosophi | | | | |
| 100 | Territoria. | Ship: | (Amount) | 100 | malanka | Barrier de la como de la como de | |
| 50 | 500 | 25 Aug. | Marrieg | 18 (2) | Sample State | the state of the state of | |
| 24 | 慧 | Holona | American | 20. | Sulpenion | The Line Assessment Assessment | |
| 44 | - | Andrew | childre | 1000 | Sandarahia. | Many remarks to Topographe | |
| 81 | 2011 | I'm | Marine | 100 PM | midwill | And in column 2 and in column | |
| 1 | Stant . | Augus - | Themorety | 12-12-1 | (Strake-The | tendende des seus actions | |
| 1 | 120 | Joseph | Collection | 200 | market Art. | The state of the s | |
| | = | for | Pleasanth. | 14 1 | - Sandyards | April 61-100 | Aller III |
| | 1 | | | | milyarish | | 1000 |
| | | men a side | m. Talin in | - 11 | 1 | | - 150 |
| | | | W 10 - | | | | |
| 3 | Marri | 25 27 144 | Links | | | Spiller St. Marrier St. and | desta-1 |
| 714 | Acres 1 | file- | The state of the s | 0 0 | Marianischen | Marable Married Language | |
| 1 | MAN. | Jimm | Paragraph | - 66 | See See Mr. | | |
| 12 - | (ma) | Ja | about | 2 8 | Daniel . | The second second | |
| 71 | - | | William - | _ 41 | Sainten h | | |
| 4- | June 10 | - P. Va | denick | S Charles | - Children | | adam to |
| 401 | Senior I | | Augus Pierre | - 121 | Section 1 | on the place group it | - Grant |
| | | No. 2 14.3 | | - | 1 | | 192 |
| 10 10 10 10 | | to ex ma | | | 1 | a labely to A to Tophank | Sugala |
| | Michigan Company | tedar_ | Televista | 49 1 | - Autoph | | |
| 1 | MUNIC. | | Shapton | 16 (| Tech | | |
| 4 | P36 | - Rain | Atres | - 1 | Sink or | All Land Seattle Deeper been | The Party of the P |
| | TIM. | facts | | 10 0 | - Sandar | | |
| | STR. | Eup. | the dy | | Sinkyo | The second secon | - California Colombia |
| | 2130 | Maybe Willed | ha. | 94 7 | 10000 | The Road States Control of the | |
| 4 | 273.28 | Saya | - sear | - 1 | - SOME | | |
| | MINE . | Name . | Haged | | - American | | and the first |
| 2 | POL | Gran Au | - laint | 41 1 | - Levelle | guilde In the | 100 |
| | | - N | all 7 % | 4-9 | 1 | | |

| | | CT AYURVEDA ME | DICAL | COLLEGE HO | SPITAL MANASSERI | DEPARTMENT RECORDS |
|--|-------------------|----------------------|---------|------------------------|--|---|
| | - KM | CT AYURVEDA ME | DICKL | PEGISTER | 7.0 | |
| | (3) | 001 | PATRINI | | | |
| | | Agree . | App Sec | - married | April rankers prohibited his | |
| T 0/2 | Name of the Party | - | 31 1 | Maria Maria | April Parallery published to | |
| | Surger - | Thomas daily | 51.70 | #100 P | Antere gappele selded to | |
| 34370 | Secondaria - | - MANAGE - | 03100 | | Semple of the same of Sadd | |
| 1 222 | Security The | Agent separation | 45 4 | Same of the same | Same plate - pro - with a same party - | E Av |
| Janes V | shap | - Zaulamber - | 52 6 | Aldright by the whoman | anto character. | Jun 1 |
| 1 | Laboration | Amehan | 55 0 | apart non | Deshied of Assess 1931 | +++ |
| No. of Concession, Name of Street, or other Persons, Name of Street, or ot | Don't P | Jacoby | 24 2 | Sepherin | Kalter-Smilled Stocker | and the first |
| 24405 | Zuckstle | Auchham | 71 4 | Age the last | Lannaghham Hi seguri | 20 3 |
| DO NO. | _Arrestance | Inthese | 1000 | Annhers. | Lancoupidado a la conteguidado | |
| Sed in | Lange | Indonésia- | 80 F | [anterprise | Recognized an May 1864 | - |
| 244 | 4-164 | _Bargalan | 1010 | See for the late of | Base in the same | 16-1-1 |
| 7510 | Jan Will | - produced - | 100 | gas mays feeler | De monday and and | H_ |
| 350 | _ Brief. | pra-analy | 93 6 | habitage ha | Prove Hanne H. James | |
| STORAL TO | | _bearing | 124 | | - | |
| martin | chapab | | | 1 | - | |
| | Mary S. | 24 4 264 0 | | Cons. | 1 | |
| -1-1 | | - | | | | |
| | state or with | mark of Argust : NO. | | The same of | | - |
| 1 | | | | - | The Same | and the same |
| | et et 4031 | (deleta) | A PLY | Sanget at | - sometime or stand | |
| 100 | Xertigen American | Harming | 4 F | Print! | - TOTAL | nh |
| Total Control | Parking. | - stept | D 10 | Safesy | Economic to Spany | Acres Novel |
| Jens - | Period | P. Profiles | 34 7 | Logothithe. | le bedrongen territal | Calculate |
| 157741 | ANN - | - maghta | 30 11 | Sungar. | The second second second | NAME OF THE PARTY |
| 国 | April tames | Clarke | 32 12 | Demoken | Lauring States Time 307 1 | 143 |
| 200 | Lynte | Register | 41 11 | Toursell | many make the syring I'm | 1 |
| - Total | Core | Torrett. | 20.00 | Brid. | Destroy The indicate | Harris Control |
| 100 | Laure Atres | Bassart | 5h 1" | Sand spale and | how description to have | 444 |
| ALCOHOLD STREET | | Promotests | - 14 | develo | Deskrive Jam Tergature | 7 3-07 |
| 1001 | 30 | Kerpen | 1000 | Francis | Dock And Some Sugar | 10/2/20 P |
| 200 | Saydani | Hamilton | 100 | | | gatabet. 1-e- |
| 1,3454 | diagram | Humanh othi | 100 | Emplyer | Branch and Charles and the Party | 750 |
| 200 | ting | tragballanda | 49 5 | - New- | The second secon | Annual Publisher State Co. |
| 29120 | Agin | | 44. 0 | Shiftment | in Cabon paper | Date of the |
| | Sing | Geffines" | 10.0 | Total Street, | The same of the sa | |

Manassery PO, Mukkam, 673602, Kozhikode, Kerala 6 0495-229 4664 ⊠ ayurveda@kmct.edu.in

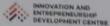
⊕ www.kmctayurvedacollege.org















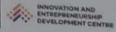
Approved by NCISM and Affiliated to Kerala University of Health Sciences.

| | | ⊚ KM. | CT AYURVEDA ME | DICAL | COLLEGE HO | SPITAL MANASSERI | DEPARTMENT OF CHICK |
|-------------------|--|---------------------|--|-------|------------------|--|---------------------|
| | | No. of Street | Address | 100 | REGISTER | Turnel | Bereit |
| N Sec | No. | Name of the Patrick | inter (Saisley) | - | Copies | 1000 | |
| | | 34.19 | an [holy] | | | | |
| | | Dia | In-uny- | 100 | Sulfquelle | builtable to the delical year. | |
| | 58. | Silve | the state of the s | 194 | L. Charles | Buildeshick Stillbane | M |
| | Side. | takin love - | Phillips | - 45. | to Breakton | April bale of templebely | - |
| 1 | | b/p | Walles | 16-12 | Garage Williams | The read for the local tracker to | |
| | 1966 | Direction - | Accessed | 32 1 | 1. Carling state | and let you to had been | 4 |
| 4-1 | ur (i | Age - | The State | - | the transition | | |
| | PER C | Calle | tellargation | 12.1 | land - | | ella /I |
| | 1455° | Surge - | Leefrange - | 10.0 | Sallyintele | | |
| # 10054 F 1005 | | Stefan - | | ar o | distinguisher - | Postlenstelled for Table Say | 1- |
| P.19662 | V9614 8-1 | dilition | religionals | 4 | Busher - | And to the state of the state o | |
| 2 | HEEL. | SAZ. | | 11 7 | Marken | 12 2 1 1 1 1 1 mm | |
| 4 | | | Dear - | | Dulatite | 1 11 - Willed beautiful Die | Mr. |
| 3 - | Plat. | Regardle - | Mighton - | #1 N | the Byla Will | Gilde, Wy Regard War | 1 |
| | - | - Shu | 2 de-12 Toles- | 4 | - | | |
| | | 05.05.60 | (hedroday) | | | | |
| 9 | SALE. | 200 | Perunana | C4 1 | Carterible | Again hadra describe | dece. |
| 2 | Jaiottal Julia | rilya | Aramela | 24 1 | Andrewskin. | Cohalyd to lighter hale | |
| | Spanit A | _06 | Enrichmental | | Termina | And drawn how hash hinde | here |
| 41 | 19649 | Sonya | Thatamalin | 41 1 | Birthardin | A Sept Value | 4 |
| 4 | 1 | Variety | rielegenes | 3 1 | - Carolina de | - Indiana and a second and the secon | 2 Supola |
| 5 | Zaleta Select | 2.65 | Passinarbete | 10 F | Singeria. | to the second se | who have |
| 2 | DESTRUCTION OF THE PARTY OF THE | doly | Hampath | 91 | Carringanish | Though and | - address |
| | | New 0 6 | A JUNEA | | - | | |
| | | of as assa (| | | - | | |
| 2 | Harry Hale | Birdha | Padenton | 49 5 | T 1 1 | apply and a shall | 10 |
| 1. | POST POST | Localia | Keltrigal | 51 E | & syeth | And the sty Dalmare | KILL |
| 4 C | HOAS | disti. | Potend | 35 F. | Lufter | | (Alberta) |
| 6 | 6983 | datejai | Hanking | 53 5 | delegate | | |
| | 1981 | المالية والإناد | Vietes " | 30 | - Layer | Chelyd D. Digital | |
| E | はない | Jameia | KondeKei | 10 F | Burkerali | | |













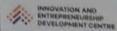


| | | | | ⊚ KM | .C.T AYURVEDA A | AEDIC | AL. | COLLEGE HO | OSPITAL MANASSERI | CHARTEST HIDETER |
|------|-----|-------------|--|------------------|-----------------|-------|-----|-------------------|--|------------------|
| п | | 100 | 40 | Transpire States | Agent | | | HEMSTER | Sales . | person. |
| и | | 7 | 103 | | Lythide | | 4 | | and the Real Property Lies | |
| ч | | 8 | | I War | appeared. | | | | April 1 - Box 1 hours of the Poly | |
| | | | 10.55 | The same | Mayor | | | Paragraph | State of the Party of the State of Stat | |
| | | | (K) " | State State | man de saly | - 6 | | See Hymes | Bear & British on White St. Bearle. | |
| | | V. " | Head | ALC: NO. O. C. | Reflection . | 20 | | Sam Hymnolder | A STATE OF THE PARTY OF THE PAR | |
| | N | | 200 | of their | Frenchis | 31 | | Buchgood hibs | But & Bunker, Married Street | |
| ı | | | 1000 | Nac 3 de p | SMID | | | Section | n Hall may blooding to | |
| ı | | | F | 04 01 2021 | (Marchage) | | | | | |
| | 12 | 500 | | Bour | /Encountry | 10 | 6 | | | |
| Th | (la | Jan 197 | | Gry barret | chroiss | 41 | | Flexistaphina | Francisco September 25 | |
| Th | t E | | 217 | patel value | Calculy. | | 4 | Carlington | Kanangaloun last from go to by | |
| | 16 | 240 | | Sabora | Charryster | | 8 | Barren Harris | right booth on who to got on | |
| | 8 | | 716 | golfash. | Vergit | | | Hat Hymn bile | linguand on lade - to take | 100 |
| | 2 | | Phone Till | Ejen | Velle lagues | 81 | 5 | Francisco | Rp h & Star Wheel gets | |
| | × | pulm ere | | Sava met | (Referentation) | 35 | 6 | disably and in | | |
| | g | 922 | | Swann. | Malayanest. | de | F | Sallymoth | | |
| | 9 | | Parameter, Principles | By: | pulsaparegil | 46 | 5 | Kairman | Doren Libertill garage de | 10 |
| | 8 | | 141 | way | magalite | 61 | F | Buttymak | | |
| | | | | Now in the c | Totalito | | | 1 | | 1 |
| | | | | es la lum (Tunde | 4) | | | | | |
| | 1 | trol | 100 | Title make | SCHOOLS | 51 | 1 | Sintiquebole | Apolibrathe Soleran | rate. |
| 1/2 | 1 | | METER. | Shipmels | kottispedam | 55 | 1 | Sudeplante | Engenetalist parent | |
| 12/2 | | 1 | MARKET | Match | Neithinne | 58 | 15 | Villanden | Contrologida list. Togrado con | |
| 14 | | | NAME OF THE OWNER, OWNE | Signal | Vittelagues | in | 17 | Tionelogicalistic | | |
| 1 | - | 172 | 91 | SAU | troussauthole | 20 | 2 | Surrilycals he | THE MALE WAR | |
| 1 | P | 7 | Miles | Sindha | whitepulare | 119 | 8 | Vacono | Documental lay in which | |
| 17 | | 10 | and the | Sandes | Provatiliai - | 21 | | most mucholic | | |
| 10 | | | 84(12 | Dayes PLiker | Pulapally | - | 6 | Suar Vigratich | | |
| 15 | | - 6 | 11/18 | Anelsea | Nott happenday | _ | T | PRINCIPA | of set orderly to | |















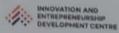
Approved by NCISM and Affiliated to Kerala University of Health Sciences.

| | € KM | CT AYURVEDA M | OL BUSE | | SPITAL MANASSERI | |
|-----------------|------------------|-----------------|---------|--------------|--|--|
| | | | . Miles | COLLEGE HE | WILLIAM BOOK AND | DEPARTMENT ADDRESS. |
| | Agency in Factor | | | REGISTER | | 2000 |
| 3 -12 | | In-April 1 | | Statement | | |
| 74 (200 | Rodgom | Null- | - | Sander. | Adolest In disligation | |
| (A) (A) | E-lab. | Name of Street, | 46 | achachian. | Make to here Johnson | |
| No. of Lot | 1,000 | Staff | 16 | Vilandor - | Indicate list in the distance | |
| 11 12 | - | Proper | | managements. | Application Strategic | |
| No. of Lot, | Shw. | soul | | sibular - | to be the same of the same | |
| A Second Second | | Baldwyd | | multan the | Reduktion should | |
| The same of | tjob. | Epopetre: | | Flores | remaindable to the factors of | |
| The sales | Nonpe Tarable | Thursday | - 6 | Blacking | Cataloga A to Charge and Comment | |
| N 15 | Zahile | think gen. | | Schlegerchau | Backin branch - town | |
| 8 mm 200 | Long Obelow | heich | 34 | -Enlydonder | Inches in Samueland | + |
| T 1 774 100 | Suitful: | _acepris | - 44 | Bane - | | - |
| 2 250 | the same | . Nespers | - 2 | Antopolis | Applehous to Martin Street | 1 |
| The same of | Nosan. | Nageron | | Double - | what was based from the | |
| Name and | - June | Washin | | _ Whited: | Budonilarion to Squares | 12 |
| Pr dest | - Jak | - Britan | | - Lifepine - | blaket be the lapstate - | |
| N 12002 | July | | | Molechister | | |
| | Nov. 2 64-15 | THEN . | | | | |
| | 01.07.00 | Immed | | | | |
| - poort | A | المارية ال | 31 | enlyseu. | Burkley Hickory of Wheat | |
| 1 22 | | belonly. | 0. | Magrico | Remarkable waterpay to | - |
| A December | Same Fig. | BLUG | 34 | Dibe | lishelyed in this war | |
| 207 | Shints - | subject . | W 10 | Marindales | probable to be be to | the - |
| 6 22% | Str | | | Field | Tolohyada be applementa | m - 1 |
| 113 | Seek | Layerhan | 1 | Providen | challegerates autologeth | |
| | _da | Bootle | 10. 2 | diameter. | surremented to the state of the | + +/- |
| 250 | RE + | Makerot. | | Smilymide | Bankbondhon Barrentaka | diagram -V |
| | Sucre | hoday. | 345 | America | Kluberch b. seeboort | |
| 1 (380) | Aches . | Mayor | 3/15 | | | Bes. |
| 3 07 | | Rednos | 10.1 | Zarnyuheh. | THE RESERVE AND ADDRESS OF THE PERSON NAMED IN COLUMN TWO IN COLUMN TO ADDRESS OF THE PERSON NAMED IN COLUMN TO ADDRESS | chape |
| 200 | It5s | Perhat | M. S. | Att behalis | | |
| 1 200 | Total | | 25.3 | Post-colorla | listed and a state of the | note: |
| | pulkuli | belgmanic | all. | Rulapski | Bulletin h. Alexandr. 1844 | The Later of the L |
| 727 | 1/212 | Legipsan | | 3400 | Considerate begins de | Paul K |
| 5000 | Mulcouth dist | chenned | 11-15 | pohou | The party of the p | |
| 1651 | Sand Joyne | Hami | 1015 | | | |















Approved by NCISM and Affiliated to Kerala University of Health Sciences.

| | | | | | | | ernt | 147 |
|------|-----------------|------------------|---------------------|--|--|--|----------------------------------|-------------------|
| | | | € KM.C | T AYURVEDA MI | EDICAL | COLLEGE HO | OSPITAL, MANASSERI | DEPARTMENT REGIST |
| | | | (6) | 00 | A STATE OF THE PARTY OF THE PAR | Company of the Compan | Tudent | Record |
| | | - | - T | Agress | Am Inc | Digrees | | |
| 10. | 100 to | OH | Name of the Parsert | Laboritor | 10 0 | tralpold | Age hat Down British helys | |
| | - | See 1 | Transp. | Brackets! | PI | Silvipatela. | before the temporal believes | |
| 40 | 100 | 2004 | Selve | | A) (0) | Tools | | |
| 75 | Sec. | 925 | | (UI) | No. or | Titles | Tolded believe believe with | 13/ |
| 20 | - | | had high | | 0.0 | Tueston | Edulate Education (Indepelled Et | - |
| | el miss | No. | Saraka . | himpite | | | 1 9 | |
| 44 | MIK. | | | | | 1 | | |
| 1 | - + | | the I | N & WIN | | - | | - |
| 1-1 | - | | | | | + | | - |
| 14 | - | - | 2 0 20 | (thinky) | -191 | 1 | Small laleye by typ by | |
| | - | - | | k - 1951 ! | 11:11 | Sange Cala | Public below by his like | |
| 4.1 | April 1 | - | Marie | webst. | - 2 | Name Parker | Bentapher & Daydony Sylve | |
| 2.3 | - | Amil and | | School of | | | American h In the Lagran | |
| 18 | | Take . | had | Islandon. | St 4 | Links | Commental to Series Series | |
| 20 | | 91872 | Salar | Michaele | # p | - Sudian | the same of the land | 1-1 |
| 2.4 | | Tolk. | (had- | be high | 40 F | Kangalan | tensighten & lay by light | -4/- |
| 4 | | triush hetz | lefe | Harris | 29 5 | (danata) on | Challet hily for the | V |
| 1 | | SHIP . | No.per | Talkagen. | 1 m | Western | Laborated in April 100 | 1 |
| - 6 | | September 1 | 575 64 | swamp | 6. 4 | Cookpoleh | Hot hat Bear Desirition | |
| 2 | | Service. | buland | and the same of th | 18 7 | A. Salatan | John Jyle, to get held | J |
| 11/2 | | Section. | R.A. I | Terra de la composición della | 10, 11 | Garant brillian | Bornald Chargert Charles Jahren | |
| 20 | | 10 TH | Paris | | y - | Viscoli' | Bounded by the light | |
| 10 | | ENDINE S | M.L.Am | Charlet | | | | |
| 7 | - | | Special datable | 241:11 | | | | + |
| - 1- | - | | 010-2011 | CHOND - | 55 E | produce | Cohabyell by shardsops he with | |
| | | anis is | Polin - | Villamota | | banks | Calabada to Tosphale charges | |
| | - | SHAP. | Shelpcle | Thomasander | 24 F. | Charles | Remarghban be yourse the | |
| 1) 2 | | Healt Married | Glare | n _{elspel} | 34 2 | Ghaidean | Angualoham by presyl & 87 | |
| 73. | - | 38.78 | thereafer | June 1 | 13.55 | 100 miles 100 miles | | 15 |
| 12. | | 3955 | letter better | beringensk- | 33 10 | George solo | Remarkable signing stop | |
| 45 | | 1461 | mahamad Jako 1 | Verhick take | 59.19 | balagutan | Describble man her interes | Jel . |
| 534 | | Max. | | mandalibel | 55 # | kage | | di |
| 1/2 | Service Service | 243/53 | cristen | | 25 E | modern when | Water Barrers III | |
| 112 | | 360 | 5104- | Thispalle | 21 10 | Guen_ | Kapali talan Salahan be | |
| 9. | | 3475 | mbarred shite! | detection | va E | Christage | Brendelite Hart 3 mm | |
| - | | 24765 34365 | Anheres . | Errinal | 7e d | | processed by supporte like | |
| At | | 1001470 | print | Vauved | 25 1 | Laborate . | Comerchale years 77 | |
| Fee. | | India. | heleje | Showeph | | | | |

PRINCIPAL K.M.C.T. AYURVEDA MEDICAL COLLEGE















| | | .0 | , km | UI NIVII. AUT | ONTA | LEGI HOSPITAL MANASSERY |
|------|------------------|-------------------|----------------------|--------------------|-------|--|
| | K | r.No | Name of the Position | Address | GI | STER |
| 1 | 6 6- | 497/50 | 0.00 | Nagarala | 1 | Nepada |
| 1 | Quit 1944 | SERV. | - Contract of | Progradiles. | 0 - | Aband Donates |
| 1 | 1119 | 2-419 | Eujan | Magnoslit | | Indigitable rise topolitical Execution to India |
| 13 | | 100 | VIII | Projector | 18 | Jung rather a Line Calaby |
| 2 | TE/SE | Spirite. | Volenia. | Haryda Patterykers | 19 | Man Datables Construction |
| 1 | | | P.L. Larin | | - | Augustations Later land to the transfer of the land of |
| Te | 1005 | | feli | Magamile | 3 | Togo Salabor Bandadherbers or organic reports |
| 11 | | | Neithern by | Magazada | -15 | Mr. Merga Contractions to creating against |
| 0 | 15394 | | (Suppl) | Magazilia | 9 | The stripe Carde opinion Carde opinion to |
| te. | \$4791 | | ALINI Telepro | Raker | 107 | Chiphon Character to Character The Character The Character Charact |
| 34 | Targe | | Valuale | Mayand | Gib | Entertain to be the first |
| 1sc | | ALLEGERS White | Aniskahi | Kniklcathar | 69 | Carl septebboses to Respectable |
| 15 | Nin | | Sufections | Mayanda | 54 | 16 Anni Carterial Wheeli quele |
| 13 | | Scients street | Lecla | Thirstoner | 41/4 | Del Call Harry Languist |
| 10 | Little Co. | 34,147 | Atroham | Morangathi | 24 | A LANGE BOOK STORY |
| la | | 4000 | Lectures | Kodatally | 614 | Lather Buckers of Panymethis 192 |
| de. | | 1876E | Fehre | Vernakarlı | 14 | Tank I I I I I I I I I I I I I I I I I I I |
| | | 18438 18438 | Eukiga | Valatoren | 314 | Production Considered King Engineered The |
| 4 4 | | Head HUNNE | Thought | Kappustanula | E L | Padidalon Calaire |
| - | | Pinte. | Transfer. | | | |
| | | | New 13 all 1 7 7 | 4:21 | | |
| | | | | | ++ | |
| - | - | - | Total of in the | mark of mach = 548 | | 1 14 |
| 7 | | | 01-04-2012 (A) | (va) | | Adapte Columbach to Good water Andrews Matstell to Marghale theorem |
| 1 | 24 | 275 | South | Showere " | SIL | March Decksted La Chibyens 1 |
| 2 | 24 | THE STATE | Modesh | pointen | 34 02 | has theretophers and enter |
| | 120145 120145 | 133 | sorte | | ME | Newhole To Bo St. Lt. |
| 3000 | 26 | 2873 | | Masara hi | 590 | Chapter to make |
| 4. | 24 | 11152 | Labert | Ahakada | 112 | Constitute to the to |
| 5 | acress | ed_ | Mani | Etakhase | | Japan Japan San Links |
| 1 | | LOD) | Ajuha | alint | 01/6 | inchalasta I I W |
| 3 | - 734 | No. 1 | Abababa | Pungeri | 100 | Marie Transfer Tolk who |
| | 24E | 14 | Dkige. | Venerale | 70/ | Contracting to Which alde |
| | 2,615 517 | 9 | lie | Oversity | 200 | (Perille |
| 1 | 247 | 14.78 | as logoi | hartpoorte | 716 | Acade interior |
| 1 | 2017 | 100 | Year Thomas | Lamping | 110 | |







Manassery PO, Mukkam, 673602, Kozhikode, Kerala 6 0495-229 4664 ⊠ ayurveda@kmct.edu.in

⊕ www.kmctayurvedacollege.org











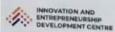


| | H 4.5.% | Name of the Patient | 6481111 | RI | EGISTER | OSPITAL, MANASSERY | DEPARTMENT ADDRESS |
|------|--------------------------|--|------------------------|-------|-------------------------|--|--------------------|
| | W 11 | | Water Asia | 1 | | | a-market |
| 1 3 | 4 2M | (4) Florithm | "(h,)) + hi, , h , , h | 1 | Baywoo | September 1 | |
| 1 | Amounts AND | Luchanim | piantini | 10 | | Const. | |
| | | | | 194 | Trendant | Catalogue Com Barquetel FT | 1500 |
| Г | | New 3 | 64: 12 Total 15 | 750 | Visali | Combinestatut tim mysterigg | 0/ |
| Г | | | | | | | / |
| Г | | CAM COLL | (Thurston) | THE | | | |
| 1 | de que | | Argunda | THE | | | |
| 4 | Sections: | En chaubas | Mexteri | - 9 | V. barrier | Interested the Ingeriating | de |
| 2 | 2011 in 2011 in | F 100 | Peningalang | -0. | Kadagasham | Catalysk has Beight of Butto | 0 |
| | 701145 | the second second second second | | - a | Autopha | Contract the shall been Total photost the | met |
| 4 | Spiritury Dist | Air Halles | The House & Rose | Eq. | | turnelis has highly 13th | |
| | 20120 | Nohamoral At. | teoperahi | 4. | Ingethistule. | Carlo march which they before the | |
| e | 20076 | Anicka | (helphin) | 4 | April | Successive to dundragorables | all |
| 3 | 21334 2144790 | Mokini | Perlogilary | - 0,1 | Proto | Australian has "ly mysty | 775 |
| F | 29-311 20-41 (cm | Kertysyss | And alabandi | 111 | Augsberr | | - |
| 7 | 2136 | Drings. | Anting | 0 | Sungalon | Enwanded tim Magazas and | |
| | 2014 | lietha | Managenthi; | q s | (derden) | Contraintable ton Thesphalad | 1- |
| ly . | 49.426.763 49.709 | Link | Marontally | 41 | Visuabang Arabibahan | Continue and self him Hogania | 7700 |
| 1 | 2012/945 21-34 | Ning | Vergomerán | 4.6 | Address word | and and what the Thripholad | relate. |
| | 4116 | Corel | Marken | 41 10 | Toppositi to | | 954 |
| - | | Constitution of the Consti | 11 Get 13 | 41 | Japan St. | | 1 19.00 |
| 1 | | 03 or any (f | Const | | | | |
| | 20,000 | choden | | 1.1 | Kakeghi | Parried to Together 9 | 2 |
| 1 | 30001 2000 | Salata | Nonkugh | 9.5 | sladen | | |
| 1 | Qu22.111 | The state of the s | Perglan | ME | Pender | O. D. L. L. D. ob observable 18 | |
| T | SHEETHE . | Copolo | Reigilia | 4 4 | Palme | A H. M. M. It Charles | all the same |
| 1 | - Allie | Bedardher | Posify | 60 0 | Andres | a descharled by visit | 416 |
| 1 | 2618 | Undalina | Kentriche | 20 1 | Kadcago | I O Leb to Yester TH | - |
| - | 29942 29942 294251 | Dauk' | Peringlan | 94 1 | Wheel | | 13 |
| | 2022391 | Bubu | Thatelmed | 43 6 | Kart | Chichest 4 Propolation | 4 |
| | 3950 3-1391 | Gogethalm | | 61 1 | Parke | | |
| | STAN STAN | Chamber | Perigles | 50 | | | |
| | - 29 Tan | | Katanklan | u e | seem | A Later to Topenson | |
| | Philips 1 | Rabinary . | Kalaka | | Ander | he Revestable to type 177 | Last Services |
| | 25191 252554 2595 | 20 0 0 | Thigranopa | 12 11 | Kudeego | the state of the s | out - |
| П | 2522.091 2502 | dhuheela | Cherikulashon | 21 | Plank | are bindings | |
| _ | 65003 | Rubelea | Kelley | Ship. | | | |















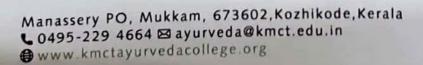
| | | | .Apr | 13 |
|----------------|--|--|---|--|
| (0) | | - Alban | - | |
| 1.0 | Law of the Posterior | | | ١ |
| 194 | OF CLASS | 11 Same | 1000 | |
| | - | | 41111 | ł. |
| Name of Street | 4.1 | to talker! | - | н |
| NO | 4.1.5 | Laborated and the Control | daha | ı |
| Pall | and the same | Janet Land | 111/4 | ı |
| 200 | | Children | tole | П |
| | Named | stallar of | 1 | Ħ |
| 30(6 | | Sombok | - | H |
| Dallier. | | * Shower | | +- |
| 700 | The Sout | - Managarata | - | 1 |
| state | No. L. B. Richman | -the | 64/0 | |
| Jan . | Laborer | Kata | Solp | I |
| SCO. | | Brendad | - | Т |
| Total . | 211 | Krewithal | - | + |
| 44 | | When | + | - |
| | | Control | (43)rt | L |
| MT. | Edwar | V | 24/4 | L |
| 412 | Pilliand | 4 11 | Jules | Г |
| 13631 | Keeperhand | Keelifia | - | 1 |
| (4) | Salabor | Kennenngeler | 10-5-1 | i |
| 111 | | Thombard | 46 K | 1 |
| - | | | - | H |
| - | Nee 1 | 014 15 Tabel 13 | | - |
| | 06-01-202 | (Tenne) | | - |
| 11963 | | + | 1 | - |
| 1404 | | Angelgoren | - 18 | 1 |
| M | Padra | Namenta | 4 | F |
| 14 | Kertmani | Kad | 1. | ic |
| MAIS | Lib | to the same | | |
| 100 | | . Safete berg | 100000 | 11/3 |
| 3401 | Styrele | Bishind | 149 | F |
| | Skin | Manuel | 100 | 180 |
| | Austri | Transport - | | |
| 1531 | | Kurnengelen | Lt | 15 |
| 194 | | bratta | | |
| 19 | | balling | 1000 | п |
| 1 | line sum | right 185 | PARTICION AND DESCRIPTION AND | 03.50 |
| 1 | Virul | Challi Koda | 13 | f |
| | CELEST TO SERVICE STATE OF THE | Agastia Since Con Con Acid Agastia Since Con Con Acid Agastia Since Sin | See of the | Service of the servic |

| Pagent | | Branch. |
|--|---|--|
| | | - |
| | Dest K. Vergend in to | |
| miles de | Europe dod to 100 | |
| Promise ! | from Alberton to Mr. | |
| Decal Land | Charles IA / Sygnores | |
| Buckeye ! | child to the displacement | |
| 1 4 4 | Control and 10 the | _ |
| Mr. hon | Chickenge to Chamber Street | |
| Kahagiala | Remark and Rd, TRE | - |
| where | 1 Colored D. Koville grape | -4/ |
| Villageth | Resemplisher by tagential his | - 1/ |
| Curbos | Representation to the | 11 |
| 2 Slight rote | | G. |
| Kadergiaha | VALUETALANDE IT, INC. | |
| | | |
| Park | Darkahad to Baghania lal | 10. |
| a las | Charles Ka, Chard Soppele | -Ji |
| Panelun | Ranchysel Ka, chandragent | -uli |
| Panelun | Ranchysel Ka, chandragent | -14 |
| Planeton | Charles Ka, Chard Soppele | -1 |
| Planeton | Ranchysel Ka, chandragent | |
| Planeton | Ranchysel Ka, chandragent | |
| Panelun | Ranchysel Ka, chandragent | |
| Panelun | Chichigad Ro Chardraged Rosenpolisher to 48th Rosentanded to 48th | |
| Panelun | Chichigad Ro, Chardraged Reduction to 48th Reductionals to 48th | 300 |
| Remember Apotochista Kadregista Anarither | Chichigad Ro Chardraged Reseased Ro Yell Reseased Ro Yell Describblings to Yell Chichigan to Yell | 100 |
| Remember Apotochista Kadregala Ameritan Inneur | Chichigad Ro, Chardraged Romangal Resourced Roy YRIL Resourced Roy YRIL Description with training Chichen Roy WHILE Chardraged W. 12th Inches | grading to the state of the sta |
| Remelium Application Kadregala Ameritari Britari Inchesi | Chichigad Ro Chardraged Robertage Roy 18th Robertaged Vo. 18th Donnickhingus E. Ygogs Chardraged Vo. 18th Inches | grade to |
| Remelium Application Kadegala Ameritan Insulan Insulan Insulan | Chichigad Ro Chardraged Robertage Roy 18th Robertaged Vo. 18th Donnickhingus E. Ygogs Chardraged Vo. 18th Inches | grade to |
| Remelium Applicheite Kadegala Anarither Insulan Insulan Insulan Insulan | Chechigal Ro, Chardrogeth Robertalland Ro, 48th Robertalland Ro, 48th Describblishings K. Marie Chardrogeth M. Mahalig Bamanptikes Ro, Manag | grading to the control of the contro |
| Remembers Appelocketing Known there Insulation Appelocketing Appelocketi | Checkingh Ko Chandrageah Rescaled Ko YATE Rescaled Ko YATE Describblishings K Myris Checkinghab Min Sahalig Checkinghaba Min Sahalig Checkinghaba Min Sahalig Chandrageah Min Sahalig Emangathan to Yak go Ressangathan ke Maganga Kepperit (Man Maganga | gand to |
| Ameritary Insulation I | Checkingh Ko Chandrageah Rescaled Ko YATE Rescaled Ko YATE Describblings K YATE Chandrageah Ko YATE Chandrageah Ko Kandage Chandrageah Ko Kandage Chandrageah Ko Kandageah Chandrageah Ko Kandageah Rescaled Ko Kandageah Rescaled Ko Kandageah Kesperit Ko Ko Yangageah Kesperit Ko Ko Yangageah Rescaled Ko Kandageah Kesperit Ko Ko Yangageah Kesperit Ko Yangageah | gaple gaple |
| Remelium Application Knowlegato Ameritari Insulani Insulani Samara Insulani Samara | Chechigal Ro, Chardrogent Roberts Representation to 1984. Representation to 1984. Description with training Chardropeum with training Chardropeum with training Chardropeum to 1964. Bennangtiken to 1984. Exercised Wiles 1984. Representation to 1984. | gages |
| Ameritary Insulation I | Chichigad Ro, Chardrogeth Roberts Representative Vo. 48th. Reseasement Vo. 48th. Chardrogeth Vo. 48th. Chardrogeth Vo. 10th to have been been been been been been been be | gagete gagete gagete gagete gagete gagete gagete |
| Ameritary Insulation I | Checkingh Ko Chandrageah Ratestanded Ko YRC. Describblings K YRC. Describblings K YRC. Chandrageah Ko YRC. Chandrageah Ko YRC. Chandrageah Ko Kahaday Chandrageah Ko Kahaday Kananptikan ka Yagaay Kananptikan ka Yagaay Kananptikan ka Yagaay Kananptikan ka Yagaay Amenda kan Kanan | gagela gagela gagela gagela gagela gagela gagela gagela |



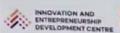


















| 450 | KMC | T AYURVEDA A | MEDICAL DUTPATIENT | COURSE | | |
|-------------------|-------------------------|-------------------|--------------------|----------------|---|-----------|
| 132 | | aller . | ATEM | REGISTER | SPITAL MANASSERY | Santanda. |
| E 23.50 | Name of the Publish | Smil | 2 | Pagent | - | - |
| S SECOND | James . | fysikan-od- | 23 | | | 1752 |
| SINN | Name of Street or other | harriegel | 100 | paretres. | darlingerine Chilyd to | |
| | 4, and | pain-plans | 74 3 | pareles | Children Strategicke, and the control of | Profes |
| E Spinst | Nachtales. | 1 | 7. | Belagula. | eladopois of subject | sely V/ |
| | the Lateral | side C | 10 | | Anna No. 344 | 77 |
| | Labelted A | (include) | | | | |
| white of | Street. | Nation | 63 1 | | | |
| 3 3000 | finitely. | North V | 63.16 | General | Colonyali of to let | |
| Service 1 | Edward Trag | Amburt | 16 5 | - Agent Sarre | GREEN STREET, T. J. V. C. | |
| 296 | Dec. | Funkgiong | 40 E | Glody. | Deskilati it Superite ha- | |
| A (1)10 | Sandard | Quanto | 63 M | Proxent | to Viky believed to a | |
| 400 | Donald | Bryler. | 4 1 | Yalggisher. | Champion 21 4 15 | |
| Day G | | Ampan. | 21 0 | Frank healt | og tileky beliefeged 20 | 11/ |
| Distant . | The same | Gradier | 65 (| Sudget 15h | Yaparest Alast Yale | - 1-7 |
| 500 | Audem | Estation | 57 6 | Gooding at 164 | and-wild a war | |
| | Sira | mingrando | 60 € | Barrian | Contraction as Contract | |
| | New 1 el | 19 THAL 10 | | - | es Vah, balabyod xt | |
| | | | III | | | |
| MA | IF IN THE MININ | sc Newpoort 1 295 | + 1 | - | | |
| | 01-12-2-21 | (com) | | | - | |
| 2000 | Popula | WI W | 40.4 | Pandon | alabot sa, chaleyed | wash. |
| 2,803 | Balline | - Kalasty - | 33 15- | Paulan | alanged to chadings | Should |
| NULL | Street | | 45 F | Littakek | | |
| ALVAN . | Jelepa | Haddi | 35 H | Desley | Carlohyak Ma, charleyer | Shuk 1 |
| 3 4-800cm | thereta | - Thinking | 6 H | | Dakelant to short | 14. |
| A1104 | al sa | - Hadeled | 2 F | Kardyn | C. II J. S. L. W. C. L. L. | to de |
| ACCTAL ACCTAL | 514 m | chipfolish | 48 E | 1 dt olym | Contlanda date to Triplate Contlanda da Mala | 1 1 1 |
| 2023-ME | May Cagan | Br angel | 2 6 | Sharper | Cardinal and Market | for th |
| 215663 (45 b)X | | Thomason | 60 6 | Kulingla | Remarks Ke, 4pm | |
| 140.00 | chade | Nider Spil | 80 H | S. Dietard | Romercadal M. Karyon | at her |

PRINCIPAL K.M.C.T. AYURVEDA MEDICAL COLLEGE







