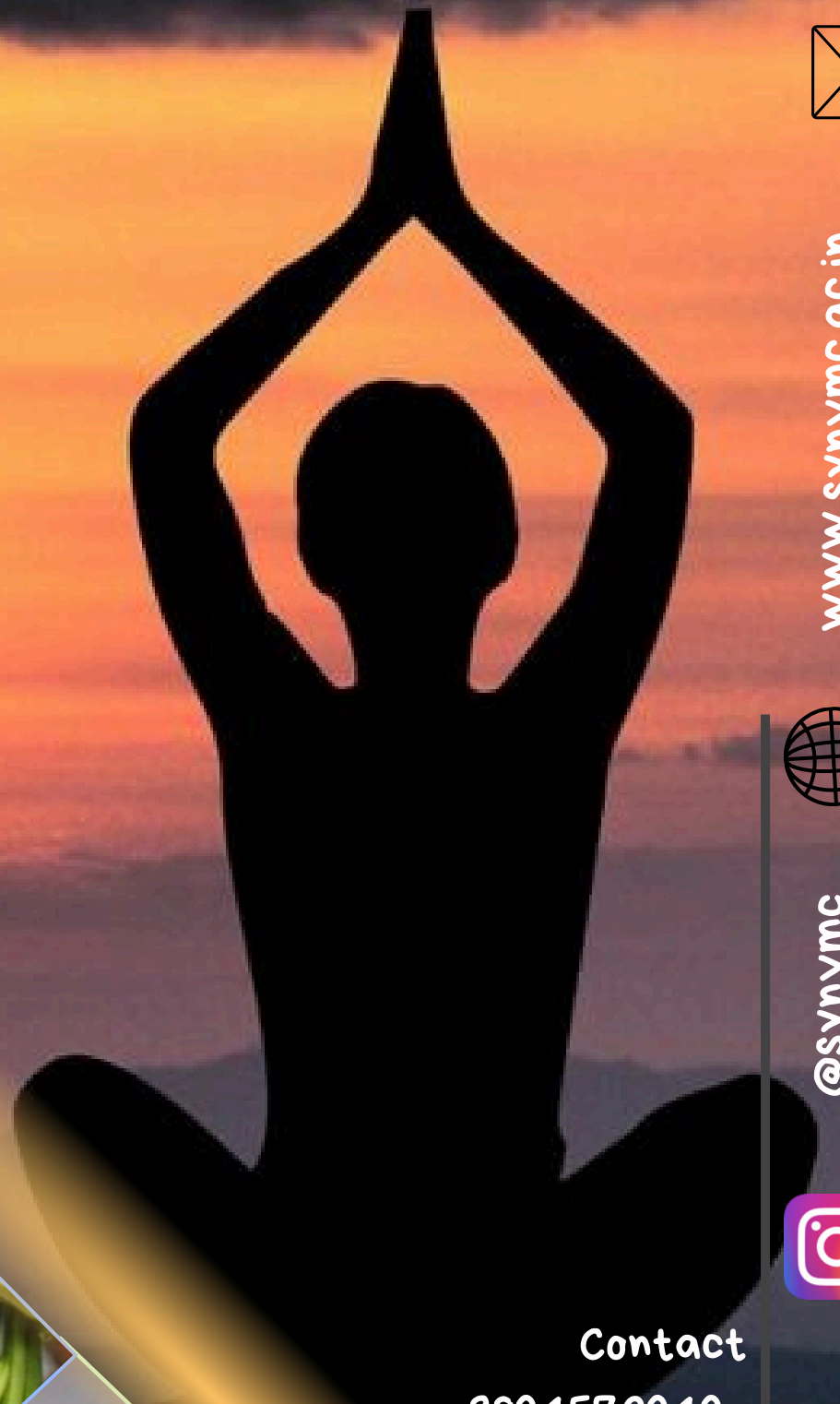


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SVNYMC VOICE

APRIL JOURNEY WITH NATUROPATHY & YOGA



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News letter



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Chairman & Secretary, VEI



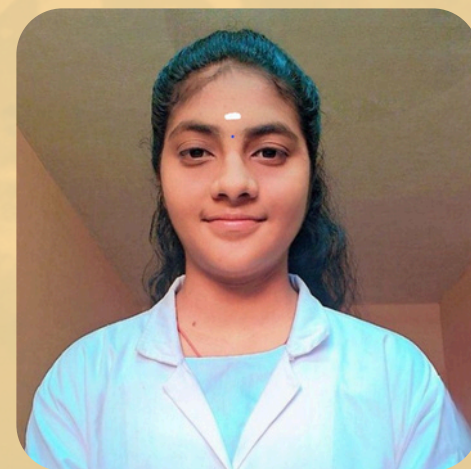
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Principal, SVNYMC



Maha Shree.A
1 Year BNYS



Kaviya Shree.S
1 Year BNYS

SVNYMC VOICE



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Events



Svnymc Glimpses of Wisdom Voyage 1 - "Workshop on Psycho Diagnosis and Counseling" by Dr.Jincy Vibhas, Department of Clinical Naturopathy and Psychology, SVYASA University, Bangalore, on 15.4.24, attended by around 1200 students and Faculties of 11 different Naturopathy Colleges and 5 Para Medical Colleges from all over Tamil Nadu.



Svnymc Glimpses of Wisdom Voyage 2 - "Workshop on Zumba at the Intersection of Naturopathy and Yoga" by Dr. Vivek Bhartia, MD and CMO, Aarogya Mandir Naturopathy and Yoga Hospital, Raipur, Chhattisgarh and Certified Zumba Trainer, USA on 03.05.24, attended by around 350 BNYS students.

MEDICAL FEATURES

Dr.Sathya Joicy.M

Assistant professor & Medical Officer,
SVNYMC



SMART PHONE VISION SYNDROME OR COMPUTER VISION SYNDROME

What is Smartphone Vision Syndrome?

- Smartphone Vision Syndrome, also known as digital eye strain, is a condition that affects people who spend long hours using digital devices such as smartphones, laptops, and tablets.



Symptoms:

- Leads to various uncomfortable symptoms such as eye strain, headaches, dry eyes, and blurred vision.

Causes:

- It occurs when the eyes are exposed to prolonged blue light from the devices like Smartphone, Laptop, Computer, Tablets, Television
- Screen glare
- Reduced blinking

How it occurs:

- Blue light, a high-energy visible (HEV) light emitted by digital devices, can penetrate the eyes and cause damage to the retina, leading to various vision problems.
- Screen glare can strain the eyes and cause headaches, while reduced blinking can cause dry eyes and discomfort.

How Long Does Smartphone Vision Syndrome Last?

- The duration of Smartphone Vision Syndrome (also known as Digital Eye Strain) can vary depending on the individual and the severity of the symptoms.
- In most cases, the symptoms are temporary and can be alleviated by taking regular breaks from screen time, adjusting the brightness and contrast of your device, and positioning the screen at a comfortable distance.
- If you experience mild symptoms of eye strain or discomfort, they may go away within a few hours or a day after reducing your screen time and practicing good eye care habits.
- However, if your symptoms are severe or persistent, it is important to seek medical attention from an eye doctor or a qualified healthcare provider to rule out any underlying eye conditions.

What Can You Do to Prevent Smartphone Vision Syndrome

- Preventing Smartphone Vision Syndrome is essential to maintaining healthy eyes and vision. Here are some tips that can help reduce the risk of digital eye strain:
- **Take breaks:** Taking frequent breaks from digital devices can help reduce eye strain and prevent digital eye strain. You can use the 20-20-20 rule. The 20-20-20 rule, which is a technique that can be used to prevent eye strain and digital eye fatigue. It involves taking a break from looking at digital screens every 20 minutes and focusing on an object that is at least 20 feet away for 20 seconds.
- **Adjust your screen:** Adjusting the brightness and contrast of your screen can help reduce eye strain and screen glare.
- **Eye wash :** With purified water, wash your eyes for two times in a day which keeps your eyes moisturized and prevent dry eyes.
- **Wear glasses:** Wearing specialized Eye glasses that block blue light can help protect your eyes from the harmful effects of blue light.
- **Practice good habits:** Practicing good habits such as proper posture, adequate lighting, and avoiding digital devices often can help reduce the risk of digital eye strain.
- In conclusion, Smartphone Vision Syndrome is a growing concern for people who spend long hours using digital devices. By taking preventive measures and practicing good habits, you can reduce the risk of digital eye strain and maintain healthy eyes and vision.

MEDICAL FEATURES

Dr.ROHINI.BNYS

Assistant PROFESSOR CUM MEDICAL Officer

Svnymc.



Wonders of rose essential oil

Origin:

- Rose comes from the Greek Roden meaning Red, as the ancient rose was thought to have been crimson.
- Rose petals were scattered at weddings to ensure a happy marriage and are still a symbol of love and purity and are also used to aid meditation and prayer.
- It takes about 60000 roses to make one ounce of rose otto or to put in a different way 40000 kilograms to make 1 liter of rose otto.

Oil properties :

- Rosy
- Fresh aroma
- Colour range from clear to a pale yellow or greenish tint.

Extraction :

- Rose otto oil is extracted from the fresh flowers, picked before 8 am in the morning, by steam distillation and the yield is 0.02 – 0.05%. The heat used in the distillation process is carefully controlled, as the aroma can be damaged if the heat is too high.

Chemical composition :

- Citronellol.
- Phenyl ethanol
- Geraniol.
- Nerol.
- Linalool.
- Citral.
- Carvone.
- Rose oxide.

Therapeutic properties :

- Anti depressant.
- Antiphlogistic.
- Emmenagogue.
- Haemostatic.
- Nervous system sedative.
- Depurative.
- Anti viral.
- Bactericidal.



ASPIRING SCHOLAR

EATING DISORDERS

PoojaShree.G

1st year (Part 2)



EATING DISORDERS DEFINITION ?

Eating disorders can occur in people of any age, sex, race and of all body weights, shapes and sizes. The physical, mental and emotional symptoms vary from person to person and by type of eating disorders. Treatment may combine cognitive therapy, medication and other therapies.

HOW COMMON ARE EATING DISORDERS?

Approximately 20 million girls and women and 10 million boys and men in America have an eating disorder. Eating disorders are caused by several complex factors including genetics, brain biology, personality, cultural and social ideals and mental health issues.



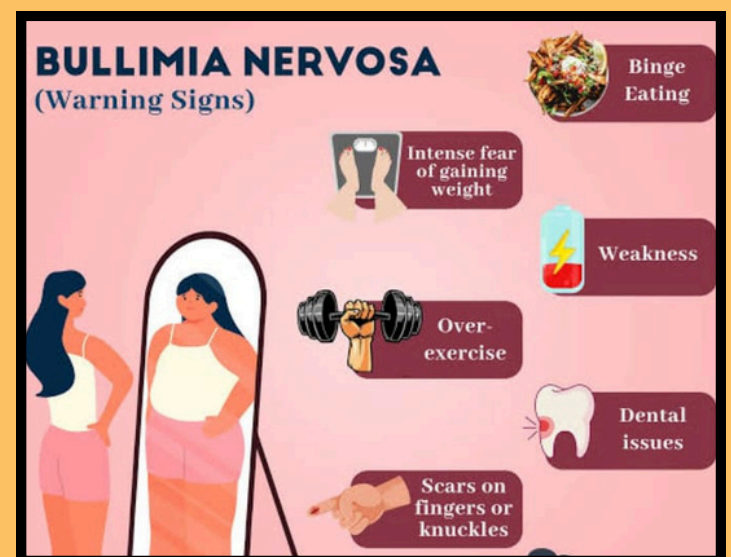
WHAT ARE THE TYPES OF EATING DISORDERS?

There are different types of eating disorders. Some people may have more than one type of eating disorder.

Types include:

1. Bulimia nervosa
2. Binge eating disorder (BED)
3. Anorexia nervosa

BULIMIA NERVOSA



"People diagnosed with bulimia nervosa binge or eat, or perceive they ate, large amounts of food over a short time. Afterward, they may force themselves to purge the calories in some way such as vomiting, using laxatives or exercising excessively to rid their body of the food and calories."

BINGE EATING DISORDER [BED]

People who have a binge eating disorder experience compulsory eating behaviors. They eat, or perceive that they have eaten, large amounts of food in a short period of time. However, after binging they don't purge food or burn off calories with exercise. Instead, they feel uncomfortably full and may struggle with shame, regret, guilt or depression.



ANOREXIA NERVOSA

People with anorexia nervosa greatly restrict food and calories sometimes to the point of self-starvation. You can have anorexia at any body size. It is characterized by an obsessive desire to lose weight and a refusal to eat healthy amounts of food for your body type and activity level."



OTHER CHANGES COULD INCLUDE

- Solo dining or not wanting to eat with other people.
- Withdrawing from friends or social activities.
- Hiding food or throwing it away.
- Fixation on food, calories, exercise or weight loss.
- Food rituals (chewing food longer than necessary, eating in secret)

WHAT ARE THE SYMPTOMS OF EATING DISORDERS?

- Mood swings.
- Fatigue, fainting or dizziness.
- Thinning hair or hair loss.
- Frequent bathroom breaks after eating.
- Unexplained weight changes or drastic weight loss.
- Unusual sweating or hot flashes.



TREATMENT FOR EATING DISORDER

- Psychotherapy
- Nutrition education
- Behaviour modification
- Prescription medications (such as antipsychotics, antidepressants)



ALTERNATIVE TREATMENT FOR EATING DISORDER?

- Acupuncture
- Herbal medicine
- Chiropractic therapy
- Meditation
- Relaxation therapy
- Yoga Asanas
- Breathing Exercises

SATVIK KITCHEN

FIVE STAR CHEFS OF THE MONTH

ELANEER PAYASAM



Ist Batch

Kaviaselvi.M Kaviyarasan.M

INGREDIENTS :

- 1.TENDER COCONUT WATER
2. COCONUT PULP
- 3.COCONUT MILK
4. JAGGERY POWDER
5. CARDAMOM POWDER
6. ALMONDS

BENIFITS:

- BEING A STOREHOUSE OF DIETARY FIBERS COCONUT PULP FACILITATES THE PROMPT BREAKDOWN OF INGESTED CARBOHYDRATES
- PROTEINS FOR ENHANCED DIGESTION
- IT IS HIGH IN WATER CONTENT, MAKING IT IDEAL FOR INSTANTLY HYDRATING THE BODY
- BODY >COCONUT WATER CONTAINS FLAVONOIDS. THESE COMPONENTS ARE RESPONSIBLE
- FOR POTENT ANTI-INFLAMMATORY EFFECT AS THEY INHIBIT THE SYNTHESIS OF PGS [1,30,31].
- ANALYTICAL STUDIES HAVE SHOWN THAT COCONUT WATER CONTAINS NUTRIENTS SUCH AS GLUCOSE, AMINO ACIDS AND ELECTROLYTES SUCH AS POTASSIUM, CALCIUM AND MAGNESIUM.

PREPARATION:

- HEAT MILK ON HIGH FLAME IN A DEEP-BOTTOMED PAN, SO IT BEGINS TO BOIL
- ADD THE JAGGERY POWDER AND STIR CONTINUOUSLY, TO OBTAIN A UNIFORM MIXTURE
- >BLEND THE TENDER COCONUT WATER, COCONUT PULP, CARDAMOM POWDER AND ALMONDS, TO GET A SLIGHTLY THICK CONSISTENCY.
- TRANSFER THIS TENDER COCONUT PASTE TO THE SWEETENED COCONUT MILK AND MIX.
- REFRIGERATE THE ENTICING ELANEER PAYASAM FOR 2-3 HOURS AND SERVE CHILLED.

NUTRITION FACTS:

- CALORIES 235
- FAT 12G
- PROTEIN 6G
- CARBOHYDRATES 27G
- DIETARY FIBERS 1G
- CHOLESTEROL 14MG

FOUR STAR CHEFS OF THE MONTH

SNAKE GOURD CUTLET



Ist Batch

Shanthini, Rubiksha

INGREDIENTS:

- 1.Snake gourd -2
- 2.Grated coconut - half.
- 3.Peanut powder - 100g
- 4.Jeera powder - 1teaspoon
- 5.Salt-as require powder-10
- 6.Pepper powder - 1/2teaspoon
- 7.Cashew powder-10g
- 8.Beetroot extract-4teaspoon

BENEFITS:

- It has emollient Vitamin E
- that helps in antioxidant properties
- It has a multitude of vitamins and minerals which provide nourishment and vigour to the hair strands.
- It might help in increasing the glucose tolerance of
- the body through absorption into surrounding tissues.
- Anti-pyretic may help combat fever and
- Anti-microbial protection against pathogens.

PROCEDURE:

1. Wash and slice the snake gourd into thick rounds shape
2. fiber within the hollow and boil it
3. Take a bowl and mix together the stuffing ingredients -grated coconut, peanut powder, cashew powder, pepper powder, Jeera powder, salt, beetroot extract.
4. stuff the snake gourd with the mixture
5. Now serve the delicious snake gourd cutlet.

NUTRITIONAL FACTS:

- Calories-21cal
- CHO-4g
- Protein -1g
- Magnesium -53mg
- Copper -0.11mg
- Vitamin B2-0.06mg
- Vitamin B1-0.04mg

THREE STAR CHEFS OF THE MONTH

POMEGRANATE MILKSHAKE



1st Batch

L.S. Shree Uthra, K. Ramya

INGREDIENTS:

- 1. Add a little bit of Pomegranate -l (medium size)*
- 2. Coconut milk-100ml*
- 3. Cardamon -l*
- 4. Jaggery/honey -as requiredbody text*

BENEFITS:

- High in vitamin c and potassium*
- Protects against osteoarthritis*
- Inhibits abnormal platelet aggregation*
- Lowers cholesterol*
- Rich in antioxidants*
- Increases a hemoglobin level and reduces a iron deficiency*
- Maintains the blood pressure*

PROCEDURE:

- 1. Grind the pomegranate seeds in a blender.*
- 2. Add coconut milk to it*
- 3. Add cardamon and jaggery powder.*
- 4. Blend until all ingredients are mixed well.*

NUTRITIONAL FACTS:

- Sodium-5mg*
- Potassium-410mg*
- Protein-3g*
- Carbohydrate-33g*
- Calories-140*



Academic Excellence for the month of
April 2024



I BATCH : Lalitha.Y

II Batch : Shanghami.P.T





III BATCH: Sruthika
selvaramalingam

IV BATCH: Hemapriya R



Wondering life's plan. My future goals

Sanika.I

BNYS- 1 year



- Stepping into first year of college life .I find myself caught between the old memories and entering to this new environment by accepting the responsibilities.In these 5.5 year I'm starting to shape my identity both within and beyond the campus walls..
- I've grown more confident and stable in my academics abilities, but doubt occasionally creep in, that Am I choosing a right course? Am I capable for this? The belief that I can succeed is sometimes shaken by the increasing complexity of my studies. To keep myself motivated I often turn to the belief that " all the universe conspires in helping us to achieve it".
- EDUCATIONAL GOAL: I aim to enhance my medical skills by studying MD in Naturopathy and opening a life style clinic ...
- CAREER OBJECTIVE: To achieve positive results in my career by applying medical knowledge and skills in order to help the patient recovery.
- LEARNING FROM LIFE: life has taught me .I'm not always in control .life is full of experience, lessons, heartbreak and pain but it has also shown me love, beauty, responsibility and new beginnings.Embrace it all.It makes us who we are and after every Storm comes a clear sky....
- CULTURE ADAPTATION: Upon entering college .I face the challenge of overcoming language barrier and adapting to new cultural surrounding. I'm proud to say that I've Embrace those changes with discipline and openness.
- Motivational quotes: "challenges are what make life interesting; overcoming them is what makes life meaning full."
- Conclusion: My goals are like stars guiding me.but I know that life can be unpredictable. I'm ready to change and grow, understanding that My dreams might shift as I learn more.life is an adventure and I'm excited for the journey ready for whatever comes my way.....
- "The best thing in life are the people we love the place we've been & the memories we've made along the way."

Research Scholar of the month

EFFECT OF BANANA LEAF BATH ON HYPOTENSION PATIENT

Abstract

Background:

- Hypotension (low blood pressure) occurs when the pressure in the blood Vessels
- reduces than the normal range. Sun bath (heliotherapy) is one of the popular treatment
- in ancient world. Banana leaf Bath (BLB), a type of sun bath, is commonly employed in the
- treatment of various diseases in India .In this case study BLB was given on hypotensive
- patient to evaluate the effect on blood pressure.

Methods:

- A Single case study was conducted in a patient aged around 40 years who was already
- diagnosed with hypotension for last 5 years. Before conducting the case study subject was
- acknowledged about the treatment and the precaution about Banana leaf Bath one day
- before. On the day of study patient's blood pressure was measured using automatic BP
- monitor before starting the intervention. After that BLB was given 30 minutes with
- proper care and after the completion of 30 minutes session ,again Bp was measured .

Result:

- Result of this case study, concluded that by giving the Banana leaf Bath for 30
- minutes ,the Systolic blood pressure was slightly increased and the diastolic blood
- pressure remains unchanged.

Conclusion:

- Result of the case study hypothesize that the giving 30 minute session of Banana
- leaf Bath may influence Blood pressure on hypotensive patient.

Keywords: Banana leaf Bath, Hypotension, Blood pressure

HARIHARASUDHAN.R.S.

UG Student, 2nd year,

Swamy Vivekananda Naturopathy and Yoga
Medical College,

Salem.



Gallery



Gallery



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- ★ M.K.G. FOODS AND FEEDS
- ★ M.K.G. ENTERPRISES

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• ★ •

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