

ISSUE 8 | VOL. 1 | MAY 2024

SVNYMC

MAY JOURNEY WITH NATUROPATHY AND YOGA



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SVNYMC VOICE



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PROF.DR.JYOTI NAIR, BNYS.,M.SC YOGA.,

PRINCIPAL, SVNYMC



MAHA SHREE.A
1ST YEAR BNYS



KAVIYA SHREE.S
1ST YEAR BNYS

EVENTS



SVNYMC SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL COLLEGE AND HOSPITAL SALEM CONDUCTED FREE NATUROPATHY AND YOGA MEDICAL CAMP AT THARAMANGALAM ON 10.05.2024. PROMOTION OF POSITIVE HEALTH TALK, FREE CONSULTATIONS, VITALS CHECK UP, DIETARY ADVICES AND YOGIC PRACTICES WERE ENTHUSIASTICALLY RECEIVED BY AROUND 50 BENEFICIARIES.

SVNYMC SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL COLLEGE, SALEM, ON ACCOUNT OF THE HEALTH AWARENESS CAMPAIGNS, DELIVERED AN INFORMATIVE **HEALTH TALK ON THE TITLE " BRAIN BOOST THERAPIES " ASSOCIATED WITH FREE YOGA SESSION AND FREE CONSULTATIONS* FOR GNM STUDENTS OF VIVEKANANDHA NURSING COLLEGE FOR WOMEN, SANKAGIRI ON 24.05.24 WITH OUR ASSISTANT PROFESSOR/ MEDICAL OFFICER DR.GOMATHI.S AS RESOURCE PERSON. AROUND 45 STUDENTS WERE BENEFITTED



SVNYMC GLIMPSES OF VALEDICTORY FUNCTION FOR SKILL DEVELOPMENT PROGRAM - 60 HOURS OF SPIKEN HINDI CLASSES FOR 3RD YEAR AND 2ND YEAR BNYS STUDENTS ON 24.5.24 AT SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL COLLEGE SALEM

MEDICAL FEATURES

NEERAGARAM

DR R.SOWNTHARYA
ASSISTANT
PROFESSOR & MO
SVNYMC



- NEERAGARAM IS OTHERWISE CALLED AS “PAZHAYA SAADHAM” IN TAMIL.
- IT IS ALSO CALLED “FERMENTED RICE” NEER + AAGAARAM = WATERY FOOD
- MANY RESEARCH SHOWS THAT THIS IS THE HEALTHIEST BREAKFAST.
- WE HAVE MANY VARIETY OF RICE LIKE MAPPILAI SAMBA, KAATU YANAM , KARUPU KAVUNI ETC CAN BE SOAKED OVER NIGHT & CAN BE USED FOR MAKING NEERAGARAM.
- RICE CAN BE SOAKED OVER NIGHT 6-8HOURS DURING SUMMER & 8-12HOURS DURING WINTER FOR IDEAL GROWTH OF THE BACTERIA.
- WHY THIS? NOT RICE?
- WHEN THE RICE IS TAKEN DIRECTLY IT WILL LEADS TO MORE INTAKE OF CARBOHYDRATES.
- BUT WHEN THIS NEERAGARAM WHICH IS SOAKED OVERNIGHT WILL BREAKDOWN THE COMPLEX CARBS INTO SIMPLE SUGARS AND INCREASES THE BIO AVAILABILITY OF VITAMIN B COMPLEX AND MINERALS WHICH IS NECESSARY FOR THE BODY. IT ACTS AS A NON DAIRY PRO BIOTIC
- BENEFITS
- WHEN THIS IS CONSUMED IN AN EMPTY STOMACH REGULARLY, IT WILL CURE ALL THE GASTRO RELATED DISORDERS.
- IT ACT AS THE BEST GUT MICROBE.
- IT HAS RICH FIBRE CONTENT ,SO IT CURES CONSTIPATION.
- IT CONTAINS ABUNDANT OF VIT B6 & VIT B 12 WHICH HELPS TO FEEL REFRESHED AND LESS TIRED FOR WHOLE DAY.
- VIT B 12 WILL BE HELPFUL FOR VEGANS.
- MOST IMPORTANT BENEFITS WILL BE LISTED BELOW.

- **PACKED WITH NUTRIENTS**
- **STUDIES HAVE SHOWN THAT AVAILABILITY OF**
- **MICRONUTRIENTS LIKE B COMPLEX, VITAMIN K, CALCIUM, IRON, MAGNESIUM, POTASSIUM AND SELENIUM INCREASES DRASTICALLY IN RICE AFTER UNDERGOING THE PROCESS OF FERMENTATION.**
- **IT IS A GOOD SOURCE OF VITAMIN B6 AND B12 WHICH IS OTHERWISE VERY RARE IN NORMAL DIET.**
- **RICH IN AMINO ACIDS WHICH IMPROVES BRAIN FUNCTIONS, BOOSTS IMMUNE POWER.**

- **GUT FRIENDLY**

- **THE FERMENTED RICE IS A GUT-FRIENDLY FOOD, RICH IN PROBIOTICS, RESTORES HEALTHY INTESTINAL FLORA AND CAN HEAL OR PREVENT GASTROINTESTINAL PROBLEMS LIKE DUODENAL ULCERS, ULCERATIVE COLITIS, CROHN'S DISEASE, IRRITABLE BOWEL SYNDROME, CELIAC DISEASE, INFECTIONS, ETC.**
- **IT HELPS TO PREVENT CONSTIPATION AND INDIGESTION PROBLEMS AS WELL.**

- **RICH IN ELECTROLYTES**

- **FERMENTED RICE GIVES YOU INSTANT ENERGY AND BALANCES ELECTROLYTES IN THE BODY TO PREVENT DEHYDRATION, FATIGUE, WEAKNESS.**
- **IT IS A VERY GOOD OPTION FOR LACTATING MOTHERS TO MEET THEIR FLUID INTAKE.**
- **FERMENTED RICE IS RICH IN POTASSIUM, SODIUM, CHLORIDE AND SELENIUM AND HELPS TO LOWER HIGH BLOOD PRESSURE AND PREVENT METABOLIC DISORDERS.**
- **SIMILARLY, INCREASED LEVELS OF MAGNESIUM AND SELENIUM ARE ALSO SEEN WHICH ARE HELPFUL FOR BONE HEALTH.**
- **SINCE IT IS ALSO A PROBIOTIC, IT HELPS TO IMPROVE THE WHITE BLOOD CELL SYNTHESIS TO STRENGTHEN THE IMMUNE SYSTEM**
- **AND PREVENT INFECTIONS AND CANCER.**

ADVISABLE:

- **WANT TO REDUCE WEIGHT – THEN HAVE A GLASS OF NEERAGARAM**
- **HYPERTENSIVE PATIENTS CAN HAVE THIS .**
- **DIABETICS ALSO CAN HAVE THIS TO MAINTAIN THEIR BLOOD SUGAR LEVEL.**
- **NURSING MOTHERS CAN TAKE THIS NEERAGARAM.**
- **TO KEEP YOU ENERGIZE AND ACTIVE CAN HAVE A GLASS OF NEERAGARAM WITH SHALLOTS AND GREEN CHILLIES.**

ASPIRING SCHOLAR

Fascinating world of hypnosis

B. EZHIL KUMAARAN 3RD BATCH



HYPNOTISM, OFTEN SHROUDED IN MYSTERY AND MISCONCEPTIONS, IS A PRACTICE THAT HAS INTRIGUED SCIENTISTS, CLINICIANS, AND THE PUBLIC FOR CENTURIES. IT INVOLVES INDUCING A TRANCE-LIKE STATE IN A PERSON, CHARACTERIZED BY HEIGHTENED SUGGESTIBILITY, DEEP RELAXATION, AND FOCUSED ATTENTION. THIS ARTICLE DELVES INTO THE MECHANISMS, HISTORY, AND APPLICATIONS OF HYPNOTISM, SHEDDING LIGHT ON ITS SCIENTIFIC FOUNDATIONS AND THERAPEUTIC POTENTIAL.

THE SCIENCE BEHIND HYPNOTISM:

WORKS BY BYPASSING THE CRITICAL FACULTIES OF THE CONSCIOUS MIND AND ACCESSING THE SUBCONSCIOUS. DURING HYPNOSIS, BRAINWAVE PATTERNS SHIFT, OFTEN SHOWING INCREASED THETA WAVES, SIMILAR TO THOSE OBSERVED DURING DEEP MEDITATION AND EARLY STAGES OF SLEEP. THIS ALTERED STATE OF CONSCIOUSNESS ENABLES THE SUBJECT TO FOCUS INTENSELY ON SPECIFIC THOUGHTS OR MEMORIES, OFTEN LEADING TO ENHANCED RECALL AND A HEIGHTENED STATE OF SUGGESTIBILITY.

NEUROSCIENTIFIC RESEARCH HAS SHOWN THAT HYPNOSIS CAN MODULATE ACTIVITY IN VARIOUS BRAIN REGIONS, INCLUDING THE ANTERIOR CINGULATE CORTEX, WHICH IS INVOLVED IN PAIN PERCEPTION, AND THE DEFAULT MODE NETWORK, ASSOCIATED WITH SELF-REFERENTIAL THOUGHTS. THESE FINDINGS HELP EXPLAIN WHY HYPNOSIS CAN BE EFFECTIVE IN PAIN MANAGEMENT AND ALTERING PERCEPTIONS AND BEHAVIORS.

A Brief History of Hypnotism



THE HISTORY OF HYPNOTISM DATES BACK TO ANCIENT TIMES, WITH EARLY REFERENCES FOUND IN EGYPTIAN AND GREEK TEXTS. HOWEVER, THE MODERN PRACTICE BEGAN IN THE 18TH CENTURY WITH FRANZ MESMER, AN AUSTRIAN PHYSICIAN WHO PROPOSED THE THEORY OF "ANIMAL MAGNETISM." MESMER'S METHODS, THOUGH CONTROVERSIAL AND EVENTUALLY DISCREDITED, LAID THE GROUNDWORK FOR FUTURE RESEARCH.

IN THE 19TH CENTURY, JAMES BRAID, A SCOTTISH SURGEON, COINED THE TERM "HYPNOTISM" AND DEVELOPED A MORE SCIENTIFIC APPROACH TO THE PRACTICE. BRAID'S WORK EMPHASIZED THE PSYCHOLOGICAL ASPECTS OF HYPNOSIS RATHER THAN MESMER'S MYSTICAL EXPLANATIONS. HIS METHODS FORMED THE BASIS OF CONTEMPORARY HYPNOTIC TECHNIQUES.

APPLICATIONS OF HYPNOTISM:

HYPNOTISM HAS A WIDE RANGE OF APPLICATIONS, PARTICULARLY IN THE FIELD OF MEDICINE AND PSYCHOLOGY. SOME OF THE MOST COMMON USES INCLUDE:

1. PAIN MANAGEMENT: HYPNOSIS IS OFTEN USED AS A COMPLEMENTARY THERAPY FOR CHRONIC PAIN CONDITIONS, SUCH AS FIBROMYALGIA AND ARTHRITIS. IT HELPS PATIENTS ALTER THEIR PERCEPTION OF PAIN AND DEVELOP COPING STRATEGIES.

2. MENTAL HEALTH: HYPNOTHERAPY CAN BE EFFECTIVE IN TREATING VARIOUS MENTAL HEALTH ISSUES, INCLUDING ANXIETY, DEPRESSION, AND POST-TRAUMATIC STRESS DISORDER (PTSD). IT HELPS INDIVIDUALS ACCESS AND PROCESS REPRESSED EMOTIONS AND MEMORIES.

3. BEHAVIORAL CHANGE: HYPNOSIS IS COMMONLY USED TO AID IN SMOKING CESSATION, WEIGHT LOSS, AND OVERCOMING PHOBIAS. BY INFLUENCING THE SUBCONSCIOUS MIND, IT CAN HELP INDIVIDUALS ALTER HARMFUL HABITS AND BEHAVIORS.

4. SURGICAL AND DENTAL PROCEDURES: HYPNOSIS CAN REDUCE ANXIETY AND PAIN DURING SURGICAL AND DENTAL PROCEDURES, SOMETIMES EVEN REPLACING THE NEED FOR ANESTHESIA IN MINOR CASES.

Misconceptions and Ethical Considerations

DESPITE ITS PROVEN BENEFITS, HYPNOTISM IS OFTEN MISUNDERSTOOD. COMMON MYTHS INCLUDE THE BELIEF THAT A HYPNOTIZED PERSON CAN BE CONTROLLED AGAINST THEIR WILL OR THAT THEY WILL HAVE NO MEMORY OF THE SESSION. IN REALITY, INDIVIDUALS UNDER HYPNOSIS RETAIN CONTROL OVER THEIR ACTIONS AND ARE GENERALLY AWARE OF THEIR SURROUNDINGS.

ETHICAL CONSIDERATIONS ARE PARAMOUNT IN HYPNOTHERAPY. PRACTITIONERS MUST OBTAIN INFORMED CONSENT, ENSURE THE PATIENT'S WELL-BEING, AND USE HYPNOSIS ONLY WITHIN THEIR SCOPE OF COMPETENCE. PROPER TRAINING AND CERTIFICATION ARE ESSENTIAL FOR THOSE PRACTICING HYPNOTHERAPY.

conclusion

HYPNOTISM IS A POWERFUL TOOL WITH A RICH HISTORY AND DIVERSE APPLICATIONS. WHILE OFTEN MISUNDERSTOOD, ITS SCIENTIFIC BASIS AND THERAPEUTIC POTENTIAL ARE WELL- DOCUMENTED. AS RESEARCH CONTINUES TO UNCOVER THE MECHANISMS UNDERLYING HYPNOSIS, ITS ACCEPTANCE AND INTEGRATION INTO MAINSTREAM MEDICAL AND PSYCHOLOGICAL PRACTICE ARE LIKELY TO GROW, OFFERING NEW AVENUES FOR TREATMENT AND SELF- IMPROVEMENT.

SATVIK KITCHEN

FIVE STAR CHEFS OF THE MONTH

JACKFRUIT ICECREAM



NIVETHA-3RD YEAR BNYS

JENNIFER-3RD YEAR BNYS

INGREDIENTS:

<RIPENED JACKFRUIT PODS-6NOS

<SEPARATE THE JACKFRUIT FROM ITS SEED

<COCONUT MILK-100ML

PROCEDURE:

<SEPARATE THE JACKFRUIT FROM ITS SEED

<BLEND IT UNTIL ITS SMOOTH

< BLEND COCONUT TO TAKE COCONUT MILK

<ADD JACKFRUIT PASTE WITH COCONUT MILK

AND BLEND IT NICELY.

<AFTER BLENDING FREEZE OVERNIGHT

<SCOOP AND SERVE.

BENEFITS:

JACK FRUIT HELPS IN DIABETES TO CONTROL BLOOD SUGAR

<IT MAY PROMOTE WOUND HEALING

<JACKFRUIT IS A NUTRITIOUS FRUIT THAT CAN PROVIDE THE PREGNANT MOTHER'S BODY WITH MANY ESSENTIAL NUTRIENTS SUCH AS ZINC, CALCIUM, BETA CAROTENE AND IRON

<COCONUT MILK MAY FIGHT AGAINST BACTERIAL, VIRAL AND FUNGAL INFECTIONS

<HIGH LEVEL OF VITAMIN C MAINTAIN SKIN ELASTICITY AND FLEXIBILITY.

NUTRITIONAL FACT:

PRESERVING

- CARBOHYDRATE-32G
- PROTEIN-2G
- FAT-11G
- CALORIE-240 K CAL

FOUR STAR CHEFS OF THE MONTH

MANGO FALOODA



SRISATHYASESHAN-3RD YEAR BNYS

BHARANIDHARAN-3RD YEAR BNYS

HARIHARASUDHAN-3RD YEAR BNYS

INGREDIENTS:

- MANGO - 8 NOS
- COCONUT- 4 NOS
- SABJA SEED-REQUIRED
- HONEY
- VERMICELLI -REQUIRED
- HONEY/JAGGERY-AS PER TASTE
- APPLES-SLICES
- GROUNDNUTS-REQUIRED

PROCEDURE:

<PEEL OFF THE SKIN OF MANGO AND THEN BLEND THE FLESH LIKE SMOOTHIE

>EXTRACT COCONUT MILK FROM THE COCONUT USING BLENDER

>MIX THE MANGO SMOOTHIE AND COCONUT MILK TOGETHER AND ADD

>AND THEN TRANSFER THE HALF OF THE MIXTURE TO THE CONTAINER LET THEM FREEZE FOR 7-8 HRS

>THEN ADD SABJA SEED, VERMICELLI, HONEY, MANGO SMOOTHIE, ROASTED GROUNDNUTS, AND THEN FINALLY ADD MANGO ICE CREAM ONE BY ONE IN A LAYER FORM

> FINALLY MANGO FALOODA IS READY TO SERVE.

BENEFITS:

1. THEY'RE RICH IN VITAMINS, PARTICULARLY VITAMIN C AND A
2. IT SUPPORTS IMMUNE FUNCTION AND EYE HEALTH
3. MANGOES ARE RICH IN FIBER, PROMOTING DIGESTIVE HEALTH
4. IT IS AN REFRESHING AND A TASTY WAY TO HYDRATE MAKING IT A WHOLESOME SNACK OR MEAL REPLACEMENT

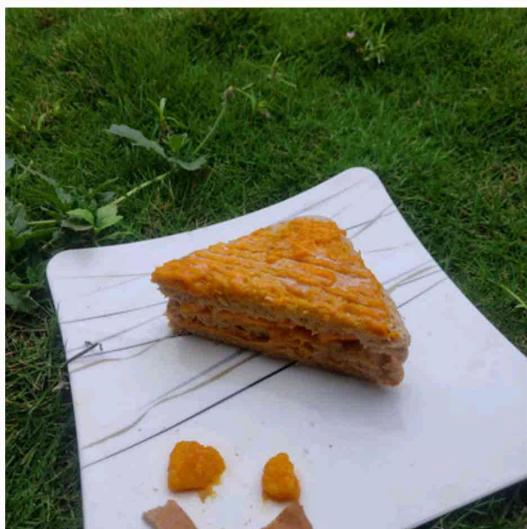
NUTRITIONAL FACTS:

PER SERVING

- CALORIES: AROUND 250 CALORIES
- FAT: 10-15 GRAMS
- CARBOHYDRATES: 30-40 GRAMS
- PROTEIN: 2-5 GRAMS
- FIBER: 3-5 GRAMS
- SUGAR: ABOUT 15-20 GRAM

THREE STAR CHEFS OF THE MONTH

MANGO BREAD PUDDING



KIRUTHIKA-3RD YEAR BNYS

YASHIKA-3RD YEAR BNYS

INGREDIENTS:

- MANGO-1 NOS
- COCONUT MILK - 1/2 CUP
- HONEY - 1 TBSP
- BREAD - 3

PROCEDURE:

- TAKE COCONUT MILK AND ADD HONEY, MIX WELL AND KEEP IT ASIDE.
- NOW TAKE A BOWL AND ADD A SLICE OF BREAD. NOW POUR SOME COCONUT MILK AND HONEY MIXTURE OVER IT. LET IT SOAK FOR A MINUTE.
- ON TOP ADD THE MANGO CHUNKS NOW PLACE THE LAYER OF BREAD ON TOP OF THIS ADD COCONUT MILK AND HONEY MIXTURE.
- REPEAT THE PROCESS UNTIL DONE. LET THIS COOL DOWN AND SOAK FOR 30 MINUTES. ENJOY!

BENEFITS:

- ✓ MANGO IS A GOOD SOURCE OF DIETARY FIBER IMPROVES YOUR GUT HEALTH AND REMOVES CONSTIPATION AND BLOATING.
- ✓ SOLUBLE FIBER IN MANGO LOWERS CHOLESTEROL LEVEL
- ✓ IT CONTAINS ANTIOXIDANT PROPERTY...MAGNIFERIN FOUND IN MANGO PROTECTS AGAINST DISEASES.
- ✓ WHEAT BREAD CAN HELP REDUCE THE RISK OF CARDIOVASCULAR DISEASES

NUTRITIONAL FACTS:

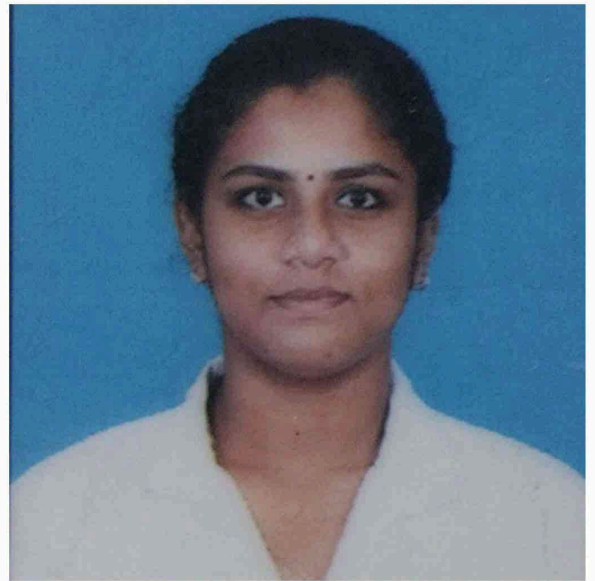
PRESERVING

- CALORIES-56 G
- DIETARY FIBER- 2.3G
- PROTEIN - 6.2 G
- CARBOHYDRATE - 11 G
- FAT - 2.5 G

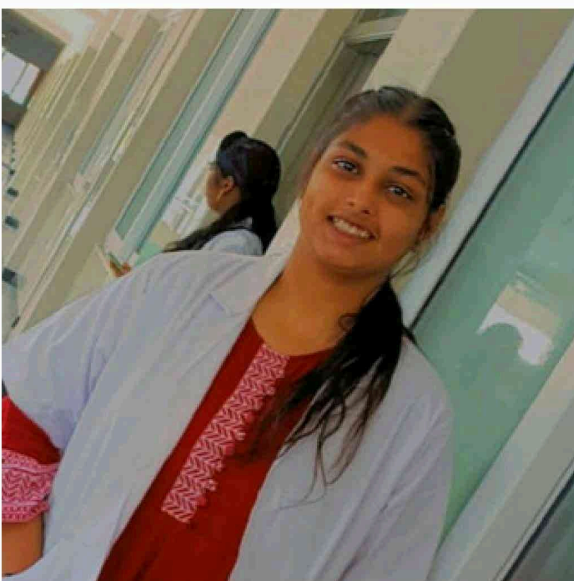
ACADEMIC EXCELLENCE OF THE MONTH



I BATCH:KAVIYA



II BATCH:PRIYAHARSHINI



III BATCH: SRUTHIKA SELVARAMALINGAM



IV BATCH: HEMAPRIYA R



SVNYMCH

PATIENT TESTIMONY

PATIENT MR.GANESAN OF AGE 51 YEARS, CAME WITH COMPLAINTS OF OVERWEIGHT, PSORIASIS, DIABETES MELLITUS -II, STAYED FOR 20 DAYS AND TOOK NATUROPATHY AND YOGA TREATMENTS IN OUR HOSPITAL.



DURING DISCHARGE, THE SIGNIFICANT CHANGES NOTED WERE:

- 1.WEIGHT LOSS - 7 KGS
- 2 REDUCTION IN SYMPTOMS OF PSORIASIS - SKIN LESIONS, ITCHING, BLEEDING AT THE LESION-SITE.
- 3.REDUCTION OF HBA1C FROM 8.5% TO 6.3%
- 4.REDUCTION OF CRP LEVELS FROM 12MG/L TO 3.6 MG/LIU/ML.
- 5.REDUCTION OF IGE LEVELS FROM 1508 IU/ML TO 1426.22



PATIENT NAME : MR. GANESAN
AGE : 51 YEARS

BEFORE **DATE OF THE REPORT : 19.03.2024**

Lab ID No : 2403-0009060	Collection Date : 19-03-24 08:52 am
PC's Name : Mr.GANESAN	Received Date : 19-03-24 08:56 am
Age & Sex : 51 / MALE	Report Date : 19-03-24 12:05 pm
Ref. by Dr. : M.GUNASEKARAN, M.S.,	Report Status : Final Report

Sample	Investigation	Result	Units	Normal Range & Methods
BIOCHEMISTRY REPORT				
Blood	Sugar (F)	152	mg/dl	70 - 110
Blood	Sugar (PP)	200	mg/dl	80 - 140
Blood	Urea	13	mg/dl	10 - 40
Serum	Creatinine	0.5	mg/dl	0.6 - 1.2
HbA1c Analysis				
Blood	HbA1c	8.5	%	<= 5.7 : Normal/Good 5.7 - 6.4 : Fair/OK 6.5 - 7.0 : Diabetes
Blood	Estimation of Mean blood Glucose	197.25	mg/dl	600 - 120 Excellent Control 110 - 150 Good Control 150 - 180 Average Control 180 - 200 Action Suggester

Sample	Test Name	Result	Units	Normal Value
DEPARTMENT OF LABORATORY MEDICINE				
Serology				
Serum	C REACTIVE PROTEIN (CRP)	12.8	mg/L	0 - 6

* All tests are validated ICL Accredited Test

Sample	Test Name	Result	Units	Normal Value
Immunology				
Serum	Immunoglobulin E - Total (mIU/ml)	1508	IU/ml	0.1 - 200

* All tests are validated ICL Accredited Test

AFTER **DATE OF THE REPORT : 22.05.2024**

PATIENT NAME : MR.GANESHAN.R	SID NO: 2029966
AGE/SEX : 52 / Male	COLLECTED DATE: 22/05/2024
REF.DOCTOR : VIVEKANANDHA NATUROPATHY HOSPITAL	REPORTED DATE: 23/05/2024

SPECIMAN	TESTNAME	RESULT	UNIT	NORMAL RANGE
HbA1c				
EDTABlood	HbA1c	6.3	%	3.2 - 6.0%:Normal 6.1- 7.0%:GoodControl 7.1-8.0%:FairControl 8.1-10.0%:PoorControl Above 10%:Very Poor Control

Method : Automated HPLC Method

SPECIMAN	TESTNAME	RESULT	UNIT	NORMAL RANGE
SEROLOGY				
Serum	C - REACTIVE PROTEIN (CRP)	3.6	mg/L	0 - 6

Method : IMMUNOTURBIDIMETRIC ASSAY

End of Report

Ref By : JAYANURAGAN HOD/CLAB	Reported : 22-05-24 18:41			
LABORATORY INVESTIGATION REPORT				
Page 1 of 1				
SPECIMEN	INVESTIGATION (METHOD)	RESULT	UNIT	REF. INTERVAL
IMMUNOLOGY				
Cl.Blood	Immunoglobulin E (CLIA)	1426.22	IU/ml	Neonates : 0.0 to 15.0 Infants : 0.0 to 15.0 Children : 1 to 12 Mths : 0.0 to 15.0 1 to 5 Yrs : 0.0 to 60.0 6 to 9 Yrs : 0.0 to 90.0

SVNYMCH

20 Days Naturopathy and Yoga Intervention

Reduction in Urea, Uric acid levels in a Chronic Diabetic Nephropathy patient

Before

After

JAYAMURUGAN MICRO LAB
Fully Computerized Laboratory

133/1, Sri Velavan Complex, Salem Main Road,
KOMARAPALAYAM - 638 183, Tamilnadu.

Mobile : 80123 44112

NAME : MR.PALANIYAPPAN.G
AGE : 68 / Male
R : SELF

SID NO: 2029742
COLLECTED DATE:12/04/2024
REPORTED DATE: 12/04/2024

TESTNAME	RESULT	UNIT	NORMAL RANGE
FUNCTION TEST			
Urea	<u>62.0</u>	mg/dl	10 - 40
Creatinine	<u>3.4</u>	mg/dl	0.5 - 1.2
Uric Acid	<u>9.8</u>	mg/dl	2.7-7.0
Calcium	8.6	mg/dl	8.5-10
HbA1c	<u>7.4</u>	%	3.2 - 6.0%:Normal 6.1- 7.0%:Good Control

JAYAMURUGAN MICRO LAB
Fully Computerized Laboratory

133/1, Sri Velavan Complex, Salem Main Road,
KOMARAPALAYAM - 638 183, Tamilnadu.

Mobile : 80123 44112

NAME : MR.PALANIYAPPAN.G
AGE : 68 / Male
R : SELF

SID NO: 2029921
COLLECTED DATE:13/05/2024
REPORTED DATE: 13/05/2024

TESTNAME	RESULT	UNIT	NORMAL RANGE
FUNCTION TEST			
Urea	<u>58.4</u>	mg/dl	10 - 40
Creatinine	<u>3.3</u>	mg/dl	0.5 - 1.2
Uric Acid	<u>5.0</u>	mg/dl	2.7-7.0
Calcium	8.9	mg/dl	8.5-10

End of Report



LAB INCHARGE

Patient Mr.Palaniyappan of age 67 years came with complaints of Diabetes Mellitus type - II since 20 years and Nephropathy since 5 yrs, also had Body fatigue and Weakness. He stayed for 20 days and took Naturopathy and Yoga treatment in our Hospital.

On the day of discharge, There was reduction in Urea, Uric acid, Creatinine levels, patient's Fatigue and weakness also reduced .



MY FUTURE GOALS

FORTHCOMING AMBITION..

EZHILVENIAMUTHU.A

BNYS PART-1

"WHENEVER THERE IS A LOVE FOR NATURE, THERE IS LOVE FOR NATUROPATHY "

THESE WORDS INSPIRED ME TO CHOOSE MY FUTURE CAREER, THOUGH I AM NOT MUCH INTERESTED IN OTHER MEDICAL COURSE AND I AM NOT ENTIRELY SURE THAT HOW I GOT INTERESTED IN THIS COURSE, ONCE I DECIDED TO STUDY IN THIS COLLEGE OF NATUROPATHY, I GAINED MORE KNOWLEDGE IN ACADEMICS AND GREW UP MORE TALENTED IN CULTURALS.

COLLEGE IS THE ONLY AREA IN WHICH WE LEARN ABOUT THE SUBJECT AND LEARN TO MAKE OUR LIVES BETTER.

EDUCATION :

▶ I FEEL, BUILDING THEORETICAL KNOWLEDGE IS NOT ENOUGH, WE SHOULD IMPLEMENT THE SYSTEM OF NATURE CURE MEDICINE WHICH WE ARE LEARNING IN OUR LIFE.

MY CAREER GOALS:

I WISH TO WORK IN ACADEMICS AFTER I COMPLETE MY BNYS DEGREE AND ALSO I WISH TO PRACTICE NATURE CURE MEDICINE IN MY OWN CLINIC.

LIVING A LIFE OF NATUROPATH:

NOT ONLY LEARNING, WHAT WE LEARNT SHOULD BE IMPLEMENTED IN OUR LIFE, THIS PLAYS AN MAJOR ROLE IN EVERY NATUROPATH'S LIFE. TREATMENTS LIKE NATUROPATHIC DIET, THERAPEUTIC, YOGA ETC SHOULD BE EXPERIENCED BY EVERY NATUROPATH THEN ONLY THEY WILL BE ABLE TO SUGGEST THESE TO THEIR PATIENTS.

CONCLUSION:

▶ THE ESSENCE OF MAKING DREAMS IS GOOD, BUT ACHIEVING SUCCESS WITH ALL OF HARDSHIP AND MAKING IT HAPPEN IS THE TRUE MEANING OF ACCOMPLISHING YOUR GOAL AND MAKE YOUR LIFE. PURPOSEFUL.

▶ "ONLY THIS HEALING ART ENABLES US TO MAKE A NAME FOR ONESELF AND AT THE SAME TIME GIVE BENEFIT TO OTHERS" .

Gallery



VIVEKANANDHA EDUCATIONAL INSTITUTIONS

TIRUCHENGODE CAMPUS

- ★ SWAMY VIVEKANANDHA MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE
- ★ VIVEKANANDHA DENTAL COLLEGE FOR WOMEN
- ★ SWAMY VIVEKANANDHA COLLEGE OF PHARMACY
- ★ VIVEKANANDHA COLLEGE OF NURSING
- ★ VIVEKANANDHA SCHOOL OF ANM
- ★ SWAMY VIVEKANANDHA PHYSIOTHERAPY COLLEGE
- ★ VIVEKANANDHA ALLIED HEALTH SCIENCE COLLEGE (Co-Ed)
- ★ KRISHNA INSTITUTE OF OPTOMETRY AND RESEARCH
- ★ VIVEKANANDHA INSTITUTE OF HEALTH SCIENCE & RESEARCH (Boys)
- ★ KRISHNA INSTITUTE OF HEALTH SCIENCE (Boys)
- ★ VIVEKANANDHA COLLEGE OF ENGINEERING FOR WOMEN (AUTONOMOUS)
- ★ VIVEKANANDHA COLLEGE OF TECHNOLOGY FOR WOMEN
- ★ VIVEKANANDHA INSTITUTE OF INFORMATION AND MANAGEMENT STUDIES
- ★ VIVEKANANDHA COLLEGE OF ARTS AND SCIENCES FOR WOMEN (AUTONOMOUS)
- ★ VIVEKANANDHA COLLEGE FOR WOMEN
- ★ VIVEKANANDHA COLLEGE OF EDUCATION FOR WOMEN
- ★ KRISHNA COLLEGE OF EDUCATION FOR WOMEN
- ★ KRISHNASHREE COLLEGE OF EDUCATION FOR WOMEN
- ★ VIVEKANANDHA VIDHYA BHAVAN MATRIC HIGHER SECONDARY SCHOOL
- ★ VIVEKANANDHA MEDICAL CARE HOSPITAL (VMCH)
- ★ THIRU BALAJI SCAN CENTER
- ★ ALLWIN GROUP OF COMPANIES
- ★ M.K.G. FOODS AND FEEDS
- ★ M.K.G. ENTERPRISES

SANKAGIRI CAMPUS

- ★ SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL COLLEGE (Co-Ed)
- ★ VIVEKANANDHA PHARMACY COLLEGE FOR WOMEN
- ★ VIVEKANANDHA NURSING COLLEGE FOR WOMEN
- ★ VIVEKANANDHA ANM SCHOOL
- ★ VIVEKANANDHA INSTITUTE OF HEALTH SCIENCE (Boys)
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