

ISSUE 9 | VOL. 1 | JUNE 2024

# SVNYMC

JUNE JOURNEY WITH NATUROPATHY AND YOGA



# Content

The background of the page is a soft-focus photograph of pressed flowers and paper scraps. There are several clusters of small, light pink flowers with thin stems, and some yellow flowers. The flowers are scattered across the page, with some stems and leaves visible. There are also several pieces of translucent paper or tape in various colors (orange, green, white) scattered around the flowers, suggesting a process of drying or preserving them.

**01**   **Events**

**02**   **Medical Feature**

**03**   **Aspiring scholar**

**04**   **Satvik Kitchen**

**05**   **Academic Excellence of the Month**

**06**   **Future goals**

**07**   **SVNYMCH**

**08**   **Gallery**

# SVNYMC VOICE



**Chief Patron:**

**Prof. Dr. M. KARUNANITHI, B.Pharm., M.S., Ph.D., D.Litt**

**Chairman & Secretary, VEI**



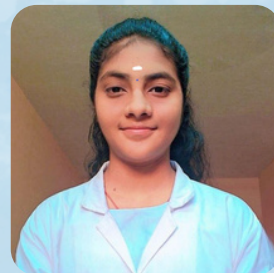
**Chief Advisor and Editor:**

**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 in Collaboration with National Cadet Corps, 5th TN Air Sqn Tech NCC, Salem organized an awareness program on Leadership, Behaviour and Motivational aspects along with Career Opportunities in IAF on 11.6.24 for around 300 NCC cadets from various Districts of Tamil Nadu and 150 BNYS students of SVNYMC. An Air show of Different Air crafts used in Air Force were also displayed for the students.



svnymc On June 13th an event on \* "Jambu Dweep Prakadanam" \* was conducted in SVNYMC Seminar Hall by the students of 3rd and 4th batch. The event dwell upon the insights on unity that Marudhu brothers of Tamil Nadu proclaimed during the independence movement. Many performances like poetry recitation, AV presentation, speech and yoga performances were showcased by the students.



svnymc Students of Swamy Vivekanandha Naturopathy and Yoga Medical College, Salem on account of Hypertension Day conducted an Awareness Walkathon with informative Pluck cards, Banners and Art works on face and Chart works, from Komarapalayam Police station to National High way Junction. The Pledge to Prevent Hypertension was taken by the Principal, Doctors and Students. Various related competitions in Memes, Reels and Short videos for awareness in social media were also conducted for the students.





svnymc SVNYMC First year Students Participated and won prizes in the \* 10th INTERNATIONAL YOGA COMPETITION\* on 18.6.24, held at Perunthurai, Erode(dt)

svnymc SVNYMC 3rd year and 1st year Part II Students Participated and won prizes in the 10th INTERNATIONAL YOGA COMPETITION\* held on 21.6.24, at Govt Yoga and Naturopathy Medical College Arumbakkam, Chennai.



svnymc Glimpses of Blood Donation Camp held at Swamy Vivekanandha Naturopathy and Yoga Medical College, Salem, celebrating Blood Donors Day (14.6.24) in accordance with the guidelines of The TN Dr.MGR Medical University Chennai on (24.6.24). A team of Doctors, Nurses and Technicians from Swamy Vivekanandha Medical College Hospital and Research Institute, Tiruchengode executed the Blood Donation drive effectively. 100 students and Faculties enthusiastically donated blood and made the event a great success.





**svnymc IDY Program 1 - 18.6.24**  
Swamy Vivekanandha Naturopathy and Yoga Medical College Sankagiri Salem celebrated International Yoga day 2024 by conducting Mass Yoga Protocol Practice session for the students and faculties of Vivekanandha College of Arts and Science for Women, Elaiyampalayam, Tiruchengode. Around 1500 members participated in the event.

**svnymc IDY Program 2 - 19.6.24**  
Swamy Vivekanandha Naturopathy and Yoga Medical College Sankagiri Salem celebrated International Yoga day 2024 by conducting Mass Yoga Protocol Practice session for the students and faculties of Silver line matriculation school, Salem. Around 60 members participated in the program



**svnymc IDY Program 3- 20.06.24**  
Swamy Vivekanandha Naturopathy and Yoga Medical College Sankagiri Salem celebrated International Yoga day 2024 by conducting Mass Yoga Protocol Practice session for the students and faculties of Jayarani Matriculation.hr.sec school, nethimedu, Salem. Around 450 members participated in the program



svnymc IDY Program -4 (21.6.2024) With the blessings of our Honourable Chairman Sir and in the presence of our Executive Director Kuppusamy Sir, Chief executive Vardharaju Sir, Skill Development Director Kumaravel Sir, IQAC Director Suresh Sir and all the Principals of respective Colleges Swamy Vivekanandha Naturopathy and Yoga Medical College Salem celebrated International Day of Yoga 2024 with around 2000 participants from Vivekanandha Arts and Science College for Women, Vivekanandha Pharmacy College for Women, Vivekanandha Nursing College for Women, Rabindhranath Tagore College of Education for Women and Vishwa Bharathi College of Education at our Auditorium Srinivasa Mahal, Sangakiri Salem.



svnymc IDY Program - 5 (21.6.2024) Swamy Vivekanandha Naturopathy and Yoga Medical College Sankagiri, Salem celebrated International Yoga day 2024 by conducting Mass Yoga Protocol Practice session for the students and faculties of Swamy Vivekanandha Medical College Hospital and Research Institute, Elaiyampalayam, Tiruchengode. Around 300 Students participated in the Session.

svnymc IDY Program - 6 (21.6.2024) Swamy Vivekanandha Naturopathy and Yoga Medical College Sankagiri Salem celebrated International Yoga day 2024 by conducting Mass Yoga Protocol Practice session for the students and faculties of Vivekanandha College of Technology for Women, Elaiyampalayam, Tiruchengode. Around 330 students participated.





**svnymc IDY Program - 7**  
**(21.6.2024)** Swamy Vivekanandha Naturopathy and Yoga Medical College Sankagiri Salem celebrated International Yoga day 2024 by conducting Mass Yoga Protocol Practice session for the students and faculties of Vivekanandha Institute of Information and Management Studies, Elaiyampalayam, Tiruchengode. Around 60 students participated in the program.

**svnymc IDY Program - 8**  
**(21.6.2024)** "Empowering minds and bodies on International Yoga Day 2024! Swamy Vivekanandha Naturopathy and Yoga Medical College in collaboration with 5 TN Air SQN Tech NCC Salem celebrated IDY with 300 enthusiastic NCC cadets of Airforce wing and Air Force officers at Tipu Sultan Fort Namakkal.



**svnymc IDY Program - 9**  
**(21.6.2024)** Swamy Vivekanandha Naturopathy and Yoga Medical College Sankagiri Salem celebrated International Yoga day 2024 by conducting Mass Yoga Protocol Practice session for the students and faculties of Swamy Vivekanandha Allied health science, Elaiyampalayam, Around 100 students have participated in the session.







**svnyc IDY Program - 10  
(21.6.2024) Swamy Vivekanandha  
Naturopathy and Yoga Medical College  
Sankagiri Salem celebrated International  
Yoga day 2024 by conducting Mass  
Yoga Protocol Practice session for the  
faculties of Swamy Vivekanandha  
Engineering (Autonomous),  
Elaiyampalayam, Around 60 staffs  
participated in the program**

**svnyc IDY Program - 11  
(21.6.2024) Swamy Vivekanandha  
Naturopathy and Yoga Medical College  
Sankagiri Salem celebrated International  
Yoga day 2024 by conducting Mass  
Yoga Protocol Practice session for the  
students and faculties of Vivekanandha  
College of Pharmacy, Elaiyampalayam,  
Tiruchengode. Around 138 students were  
participated in the program.**



**svnyc IDY-12 (21.6.2024) Swamy  
Vivekanandha Naturopathy and Yoga  
Medical College Sankagiri Salem  
celebrated International Yoga day  
2024 by conducting Mass Yoga  
Protocol Practice session for the  
students and faculties of Vivekanandha  
College of Engineering for Women,  
Elaiyampalayam, Tiruchengode.  
Around 400 Students Participated in  
the session.**





**svnyc IDY 13 Program**  
**(21.6.2024) Swamy Vivekanandha**  
**Naturopathy and Yoga Medical College**  
**Sankagiri Salem celebrated International**  
**Yoga day 2024 by conducting Mass**  
**Yoga Protocol Practice session for the**  
**students and faculties of Vivekanandha**  
**Dental College for Women,**  
**Elaiyampalayam, Tiruchengode. Around**  
**200 Students participated in the session.**

**svnyc IDY - 14 (21.6.2024) Swamy**  
**Vivekanandha Naturopathy and Yoga Medical**  
**College Sankagiri Salem celebrated**  
**International Yoga day 2024 by conducting**  
**Mass Yoga Protocol Practice session for the**  
**students and faculties of Vivekanandha**  
**Vidhya bhavan Matric Higher Secondary**  
**Elaiyampalayam, Around 150 Students were**  
**participated in the session.**



**svnyc IDY Program - 15 (21.6.2024)**  
**Swamy Vivekanandha Naturopathy and**  
**Yoga Medical College Sankagiri Salem**  
**celebrated International Yoga day 2024 by**  
**conducting Mass Yoga Protocol Practice**  
**session for the students and faculties of**  
**Swamy Vivekanandha Physiotherapy**  
**college, Elaiyampalayam, Around 100**  
**students were participated in the program.**



# MEDICAL FEATURES

## PSORIASIS



**DR . S G ARIBHARATHI**  
**ASSISTANT PROFESSOR CUM**  
**MEDICAL PROFESSOR**

### INTRODUCTION :

Psoriasis is a skin disorder that causes a rash with Itchy , Scaly Patches , most commonly on knees , elbows , trunks and scales . Psoriasis is a common , long term ( Chronic ) diseases .

It is also associated with the increased risk of Irritable Bowel Syndrome , Cardiovascular Diseases and Metabolic Syndrome .

### DEFINITION :

Psoriasis is a Chronic skin disorder , non communicable , painful and disabling disease . In which the immune system becomes overactive causing skin cells to multiply .

It is an inflammatory skin disease in which the skin cell replicates at an extremely rapid rate.

### CLASSIFICATION :

- **PLAGUE PSORIASIS (psoriasis vulgaris)** -Causes d Itches, Raised Skin patches Covered with Scale
- **GUTTATE PSORIASIS** -affects young adult an and usually triggered by Streptococcal Infectio
- **ERYTHRODERMIC PSORIASIS** -It is presented wit generalized erythema, edema, pruritis, scaling, exudatin accompanied by chills, fever, dehydration, gastro-intesti
- **PUSTULAR PSORIASIS (Rare type)** -
- These are clearly defined as pus filles bater
- **INVERSE PSORIASIS**-Affects the skin folds of the groin. buttocks and breast.



# ETIOLOGY AND CAUSES :

- STRESS
- OBESITY
- GENETICS
- TRAUMA
- SMOKING , ALCOHOL
- HARMONAL CHANGES
- MEDICATIONS
- AUTO -IMMUNE DISEASES

# SIGNS AND SYMPTOMS :

- Red Patches Of Skin
- Dry Cracked Skin
- Itching , Soreness ,Burning
- Swollen Stiff Joints
- Leakage Of Pus
- Discolouration
- Foul Smell



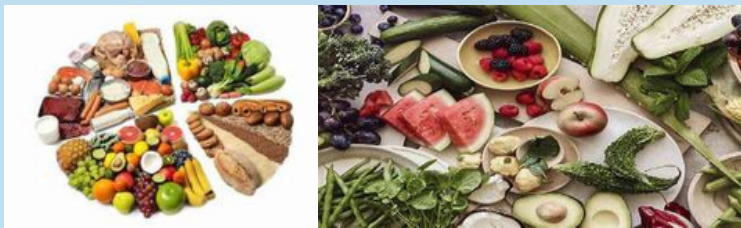
# NATUROPATHY TREATMENTS :

- HYDROTHERAPY -Turmeric And Neem Immersion Bath  
ENEMA
- SEA WATER BATH
- GANJI TERMERIC BATH
- NEEM WATER BATH
- COLD COMPRESS TO ABDOMEN
- YOGA THERAPY
- ACUPUNCTURE AND ACCUPRESSURE
- MUD APPLICATION TO WHOLE BODY -process done to eliminate the toxins out of the body and enter into detoxification
- CHROMOTHERAPY ( Color Therapy ) -violet , green , blue .
- HELIOTHERAPY ( Sun Bath )
- PLANTAIN LEAF BATH
- AROMATHERAPY ( Smell Therapy )  
FULL BODY MASSAGE THERAPY
- FASTING THERAPY



## DIET TO BE IMPLEMENTED

- **SUPPLYMENTS**–Highly potency multi vitamin & Minerals
- Flaxseed oil
- Vitamin–AED, Zinc, Selenium, Chromium
- Water soluble fiber.
- **Vegetables:** All fresh vegetables [onion, garlic, carrot, beans,, cauliflower, sprouts, cabbage green leafy vegetables], Sweet potato, yam, Sprouts –mung Dal, Broccoli
- **To AVOID:** Tomato, corn, mushroom, pepper, potato Eat vegetables raw, steamed, / backed



- **Fruits:** All fresh fruits Fruits sauce (no added sugar) **TO AVOID:** Citrus, Melons, Strawberries, dried fruits. 1/2hour before meal/ 2 meal after
- **Grains:** Brown rice, millets, buckwheat, [whole cereals from these grains]
- **TO AVOID:** All gluten contain grains. Breads, pasta / pastries

# ASPIRING SCHOLAR

## All about the benefits of blood donation



S. Jayapriya

BNYS Part - 1

### DO YOU KNOW:

- To motivate people and to thank the voluntary blood donors, the world health organisation organizes an event every year June 14th World Blood Donor Day.
- About 4.5 million people need blood transfusions each year. In the United states, 21 millions blood Components are transfused each year.
- You Can Save up to three lives by making a Single blood donation of 1 pint.
- About 12,000 people in India die, Because of the Unavailability of blood!

### RULES FOR BLOOD DONATING (or) Who can donate blood?

An health person both male and female can donate blood; Donor should be in,

1. Age: 18-65 years
2. Heamoglobin count - More than 12.5 g/dl in women/More than 12 gm/dl in man
3. Weight - More than 45kgs
4. Last blood donation - At least 3 months ago
5. Female donor  
Not pregnant  
Last menstrual period more than 3days ago. Not Breast feeding



# WHO CANNOT DONATE BLOOD?

An individual suffering from the following medical condition is not allowed to donate blood,

1. Fever / Diarrhoea within the last week
2. Alcohol < 12 hours
3. Had a tattoo / piercing 1 year
4. Cold
5. During periods
6. Anemia, thalassemia
7. Coronary Artery Disease
8. AIDs, hepatitis B or C
9. Vaccination < 1 month
10. Tested +ve: HIV, Malaria



## Benefits of blood donation:

- Reduces Cancer Risk
- Free Health Screening
- Improves Heart Health
- Enhance Emotional Health
- Helps in Weight Management

## SIDE EFFECTS OF BLOOD DONATING:



1. Dizziness



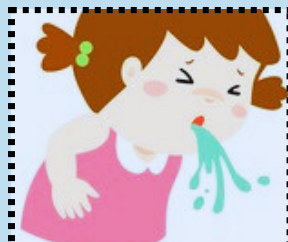
2. Bruising



3. Fainting



4. Fatigue

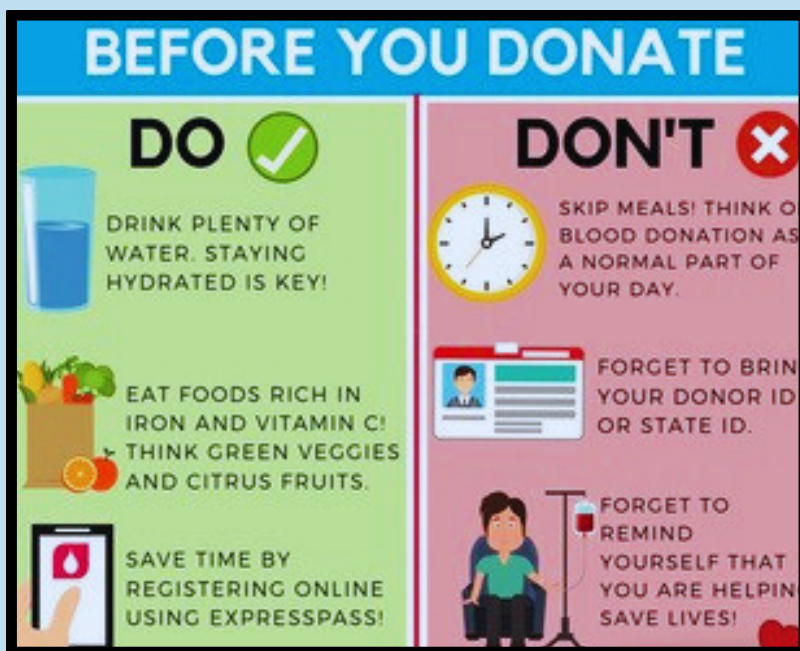


5. Vomiting



6. Nausea

## Do's and don'ts before blood donation :



## Do's and don'ts after blood donation :





# SATVIK KITCHEN

## FIVE STAR CHEFS OF THE MONTH



### Muskmelon Sorbet



2nd year bnys  
Sangamithra C. M  
Dharani A  
Sathya shree A

### INGREDIENTS:

- Wheat flour - 100grams
- Onion- 1 Nos.
- Garlic - 2 lobes
- Carrot- 2 Nos.
- Beans- 10 Nos.
- Cabbage- 25 grams
- Green chilli - 1 Nos.
- Salt - required amount
- Pepper powder - required amount

### PROCEDURE:

#### 1. Prepare the Dough:

- In a mixing bowl, combine 2 cups of wheat flour, a pinch of salt, and enough water to form a smooth, elastic dough.

#### 2. Make the Filling:

- Finely chop the veggies (onion, carrot, beans, peas, cabbage, sweet potato)

- sauté the veggies in a pan

#### 3. Assemble the Momos:

- Divide the dough into small, equal-sized balls and roll each into a thin circle.

- Place a spoonful of the vegetable filling in the center of each circle.

#### 4. Steam the Momos:

- Steam the momos over boiling water for about 10-12 minutes until they are translucent and cooked through.

### BENEFITS:

- Rich source of vitamins
- Reduces risk of heart diseases
- Improves skin health
- Rich in fibre which is good for digestion
- Low in fat and calories aids in weight management
- Promotes the movement of bowel and avoids constipation
- The chutney served with the momos have chilli and garlic which posses high antioxidant values
- The fibre in them helps in maintaining blood sugar level and prevents it's spikes

### NUTRITIONAL FACT: PRESERVING

- Carbohydrates: 12 - 14 grams
- Proteins: 4-5 grams
- Fats: 1-2 grams

# FOUR STAR CHEFS OF THE MONTH



## Veg Momos



2nd Year bnys  
M. Ramya  
S. Kalaivani

## INGREDIENTS:

1. MUSKMELON - 4 CUP OF MUSKMELON SLICES
2. COCONUT MILK-2 CUP
3. JAGGERY / HONEY AS REQUIRED

## PROCEDURE:

• PEEL THE SKIN OF MUSKMELON AND CUT INTO PIECES.

REMOVE THE SEEDS AND COLLECT THE PULP PIECES.

FREEZE THE PULP PIECES FOR 8 HOURS.

TAKE THE COCONUT AND EXTRACT THE THICK COCONUT MILK USING A BLENDER.

ADD THE MUSKMELON PIECES AND A FEW JAGGERY INTO THE CREAMY COCONUT MILK AND BLEND WELL

• POUR THE MIXTURE IN AN AIRTIGHT CONTAINER AND REFRIGERATE IT FOR OVERNIGHT.

- MUSKMELON SORBET IS READY TO SERVE.

## BENEFITS:

1. IT IS HIGH IN VITAMIN C, A POTENT ANTIOXIDANT WHICH HELPS TO STRENGTHEN YOUR IMMUNE SYSTEM.

2. IT HAS A HIGH FIBRE AND WATER CONTENT, MAKING IT AN EXCELLENT NATURAL REMEDY FOR INDIGESTION AND OTHER DIGESTIVE SYSTEM PROBLEMS.

3. IT HAS A POTASSIUM WHICH IMPROVES THE OXYGEN REACH TO YOUR BRAIN. YOUR MIND BECOMES CALMER & STRESS FREE AS A RESULT.

IT KEEPS YOUR BODY HYDRATED.

\*IT REGULATES BLOOD PRESSURE.

\*IT PREVENTS DIABETIC NEPHROPATHY

\*IT PROMOTES HEALTHY SLEEPING.

IT CURBS MENSTRUAL CRAMP

## NUTRITIONAL FACTS: PER SERVING

- Calories - 24
- Protein-1g
- Folate - 8 %
- Vitamin C-64 %
- Potassium - 29 %
- Fat - 0.3 g
- Carbs - 13 g
- Fiber - 2 g

# THREE STAR CHEFS OF THE MONTH



## Carrot laddu



2nd year bnys  
Sudha. S,  
Ajillin bleesy. MH

### INGREDIENTS:

- CARROT-1 BOWL
- JAGGERY-2 SPOON
- PEANUT POWDER -2 SPOON
- GRINDED COCONUT-2 SPOON
- ARDAMON POWDER-1  
TABLESPOON REQUIRED

### BENEFITS:

- BALANCE YOUR BLOOD SUGAR
- HELPS TO IMPROVE IMMUNITY
- IMPROVING BONE HEALTH.
- HELPS TO PROMOTE HEALTHY VISION
- RICH SOURCE OF VITAMIN A

### PROCEDURE:

- -PEEL THE CARROT SKIN AND GRATEIT.
- -STIR FRY THE GRATED CARROT AND POWDERED PEANUT.
- -MIX THE JAGGERY POWDER AND CARDAMON POWDER TO THE MIXTURE
- -SHAPE THEM INTO SMALL BALLS AND DIP THE BALLS INTO GRATED COCONUT AND SERVE IT.

### NUTRITIONAL FACTS:

#### PRESERVING

- Calories-110 k cal
- Fat - 5g
- Carbohydrate - 10g
- Protein - 2g
- Fiber - 3 g
- Sugar-10 to 12 g

# ACADEMIC EXCELLENCE OF THE MONTH



I BATCH: KAVIYA K



II BATCH: POOJA N



III BATCH: SIVA POORNIMA



IV BATCH: HEMAPRIYA R



# SVNYMCH

## PATIENT TESTIMONY

### 15 Days Naturopathy and Yoga Intervention

### Reduction in RA factor levels and pain in a Rheumatoid Arthritis patient

#### Before

**SAKTHI ADVANCED IMMUNOLOGY LAB**  
(A UNIT OF SAKTHI RHEUMATOLOGY CENTRE PVT. LTD.)

Arthritis  
Patient ID: SRC24289  
Name: Mrs. SUBBATHAL S  
Age: 61 Yrs 3 Dys Sex: Female  
Ref. By: Dr. V.N. NAGAPRABU, MBBS, DNB RHEUMATOLOGY

Received On: 09-02-24 10:30  
Reported On: 09-02-24 12:00

Final Test Report

TEST NAME	RESULT	UNITS	NORMAL RANGES
BIOCHEMISTRY			
RHEUMATOID FACTOR	318.6	IU/ML	Upto 20.0
C Reactive Protein (CRP)	1.1	mg/L	0.0 - 8.0
THYROID PROFILE			
TSH	1.06	mIU/l	0.3 - 4.0

Please Correlate with Clinical Conditions

End of the Report

LAB INCHARGE

#### After

**DINESH COMPUTERISED LAB, X-RAY & ECG**  
Opp. GOVT HOSPITAL, CHEYUR ROAD, AVINASHI-641654  
Mobile: +91 9486475558

(WORKING HOURS: 8:00 AM - 8:30 PM \* SUNDAY: 8:00 AM TO 1:30 PM)

Patient Name: MRS. SUBBATHAL (60/FEMALE) Sample ID: 1021  
Ref. By: SELF Date: 19-06-2024

Test Name	Values	Units	Normal Values
SEROLOGY			
Rheumatoid Factor ( RA )	255.3	IU/ML	UP

Please Correlate with Clinical Conditions

\* End of the Report \*

TEST DONE IN:  
\* FULLY AUTOMATIC HAEMATOLOGY ANALYZER BC2800 - MINDRAY SYST  
\* SEMI AUTO BIO-CHEMISTRY ANALYZER - AGAPPE MISP neo  
\* 300 MA X-RAY ( WIPRO ) & ECG ( CARDIART GEN X3 \* 3 Channel )

Patient Mrs. Subbathal of age 60 years came with complaint of Rheumatoid Arthritis since 3 years, in which she was suffering with stiffness and pain in multiple joints like B/L knees, small joints in hands. She stayed for 15 days and took Naturopathy treatments and Yoga in our Hospital.

On the day of discharge, her RA factor was comparatively reduced, she felt reduction in Joint pain and overall well being in health.

Patient Mr. Subramani

Reduced HbA1C, FBS within 11 days in a Chronic Diabetic patient

Before

After

**DEEPAA MICRO LAB**  
*Sup... Health begins here*  
 NABL Accredited, ICMB Approved Laboratory (MC 5820)

SID No. : 008556      Ph: 9677444143      Patient ID : 0009592  
 Name : MR. SUBRAMANI  
 Age / Sex : 70 Years / Male

Registered Date : 18 May 24/08  
 Report Date : 18 May 24/08  
 Page # : 1/1

Ref. By : SELF

Test	Result	Units	Reference Value
<b>BIOCHEMISTRY</b>			
Blood Glucose (Fasting) Method : Hexokinase	<b>270.73</b>	mg/dl	70 - 110
<b>HbA1C (Glycosylated Haemoglobin)HPLC METHOD BY BIORAD D10</b>			
HbA1C Method : HPLC METHOD DONE BY BIORAD D10	<b>10.4</b>	%	Non Diabetic : 4.2 - 6.0 Good Control : 5.0 - 7.0 Fair Control : 7.1 - 8.0 Poor control : Above 8.0
Average Blood Glucose Method : Calculated	251.8	mg/dl	Normal : 90-120 Good Control : 121-180 Fair Control : 151-180 Action suggested: 181-240

**JAYAMURUGAN MICRO LAB**  
 Fully Computerized Laboratory

135/1, Sri Velavan Complex, Salem Main Road, KOMARAPALAYAM - 638 163, Tamilnadu  
 Mobile : 80123 44112

PATIENT NAME : MRS.SUBRAMANI.P      SID NO: 2030038  
 AGE/SEX : 69 / Female      COLLECTED DATE: 04/06/2024  
 REF.DOCTOR : VIVEKANANDHA NATUROPATHY HOSPITAL      REPORTED DATE: 04/06/2024

SPECIMAN	TESTNAME	RESULT	UNIT	NORMAL RANGE
<b>BIO CHEMISTRY</b>				
Serum	Blood Sugar (F)	<b>134.0</b>	mg/dl	80 - 120
<b>HBA1C</b>				
EDTABlood	HbA1c	<b>7.4</b>	%	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				
EDTABlood	Average Blood Glucose(ABG)	<b>166.0</b>	gm/dl	

End of Report

	Before treatment	After 20 days of Naturopathy and Yoga treatment
<b>Fasting Blood sugar</b>	270 mg/dl	134 mg/dl
<b>HbA1C</b>	10.4%	7.4%



**K. SRIRAM**

**BNYS-4th batch**

# MY FUTURE GOALS

- It had been a wonderful era of school life and suddenly entering into our new journey of life, joining new college, new friends, lectures, syllabus, environment,
- It was interesting when I visited my college for the 1st time. The anatomy, physiology labs were new to me.
- I wondered about the infrastructure they had, those facilities amazed me, trying the hostel food for the 1st time that tasted good, The classrooms with projectors were extraordinary.
- For the 1st time ever in my life I have been in the hostel, I thought I would not even manage for a day but then my homies made me comfortable
- Now I've been pursuing my 1st yr of BNYS and enjoying college life, through various practises in and around the campus, various camps being conducted in order to bring out a good physician, the students are sent to various conferences all over India.
- Educational goals: In future I'll open my own wellness center after completing my course, thought of making a great difference through the practise of yoga for my patients, making them understand about the importance of yoga through various camps, educating people about the natural way of healing.
- Career objectives: Treating my patients through the knowledge which I will be learning for next 5.5 yrs will help me to treat my patients through diet, yoga, meditation, various therapies such as hydrotherapy, mudtherapy, chromotherapy, magnetotherapy, etc. I will cure my patients with positive results and will make a healthy society around me and all over the world

## Conclusion:

My way of life has been set by nature, many questions that I faced gave me sleepless nights. "By setting and achieving my goals I will become beacon of hope and inspiration of others, creating a ripple effect of positivity that resonates far and wide.

"May the goals be guided by the principles of natural wellness, self-care and service to others ".

# Gallery

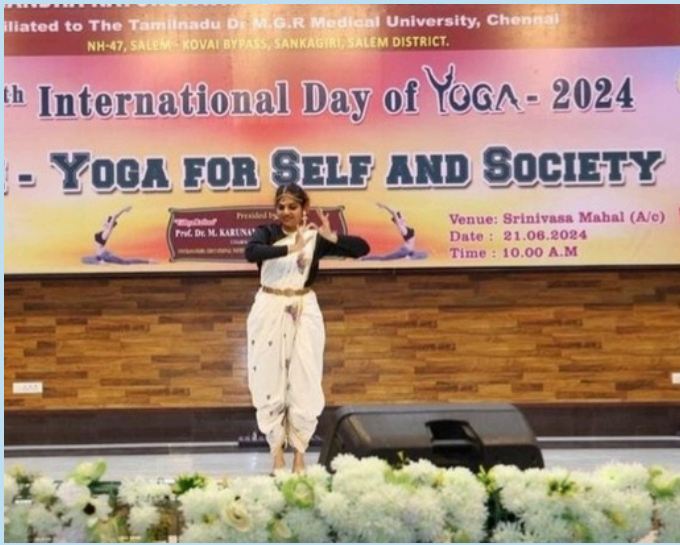




# Gallery



# Gallery



# 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)
- ★ VIVEKANANDHA ARTS AND SCIENCE COLLEGE FOR WOMEN
- ★ RABINDHARANATH TAGORE COLLEGE OF EDUCATION FOR WOMEN
- ★ VISWABHARATHI COLLEGE OF EDUCATION FOR WOMEN

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Tiruchengode - 637 205, Namakkal Dt., Tamil Nadu.

Sankagiri - 637 303, Salem Dt., Tamil Nadu.

Tel : 04288 - 234670 (4 Lines),

Mobile : 94437 34670, 99655 34670, 94425 34564, 97888 54417

Website : [www.vivekanandha.ac.in](http://www.vivekanandha.ac.in) email : [vivekaadmission@gmail.com](mailto:vivekaadmission@gmail.com)