

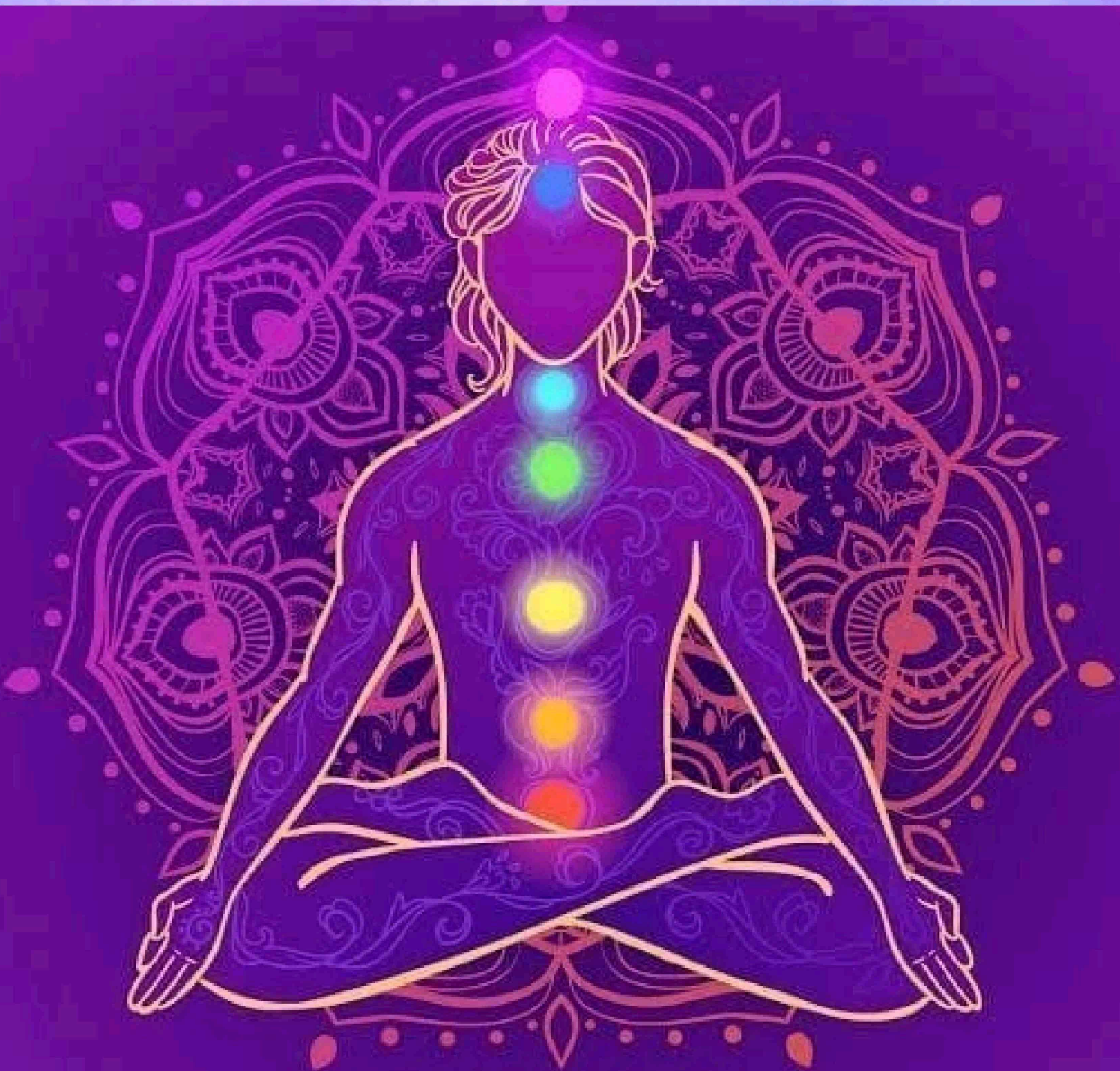
ISSUE 10

VOLUME 1

JULY 2024

SVNYMC

JULY JOURNEY WITH NATUROPATHY AND YOGA



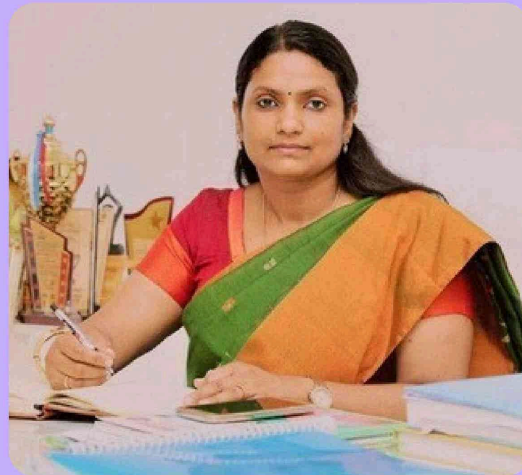
Content

- 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



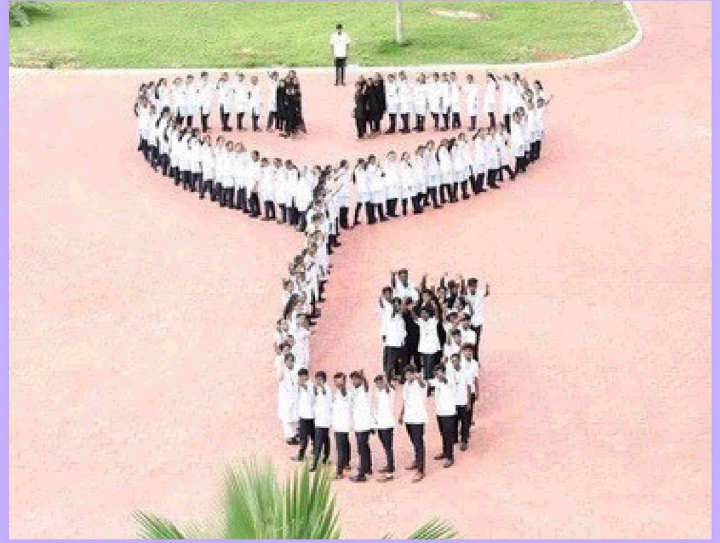
Suresh Kumar.S 3 rd BNYS



Jenifer.N 3 rd BNYS

Student's Editorial board

EVENTS



Glimpses of Doctors Day celebration at Swamy Vivekanandha Naturopathy and Yoga Medical College, Salem. Appreciations to our 3rd years (Asclepianz) for their wonderful event management skills.



Swamy Vivekanandha Naturopathy and Yoga Medical College, Sankagiri, Salem as a part of Orientation program with Resource personnels Dr.Jyoti Nair,Principal and Dr.Nisha John,Assistant Professor, gave Health talk on Health & Hygiene and Mass Yoga session on 12/07/2024 for the 500 plus Fresher Students of Vivekanandha college of arts and science for women,

Swamy Vivekanandha Naturopathy and Yoga Medical College, Sankagiri, Salem conducted a Mass Yoga session on 12/07/2024 for the teachers, staff and cadets of 5 TN Air Sqn(tech)NCC, Salem at KSR Educational Institute, Trichengode. Around 470 students from 13 different schools participated in the session.



Swamy Vivekanandha Naturopathy and Yoga Medical College and Hospital Salem conducted Free Naturopathy and yoga Medical camp at Nangavalli on 15.07.2024 . Promotion of Positive Health talk, Free consultations, Vitals check up, Dietary advices and Yogic practices were enthusiastically received by around 35 - 40 Beneficiaries





Swamy Vivekanandha Naturopathy and Yoga Medical College, Salem, on account of the Health awareness campaigns, delivered an informative *Health talk on the title " HEALTH AND HYGIENE " and provided FREE CONSULTATIONS* for Zoology department(VICAS) students of Vivekanandha College for Women, Thiruchencode on 16.07.24 with our Assistant professor/ Medical officer Dr.Gomathi.S as Resource person.Around 400 students were benefitted.

Swamy Vivekanandha Naturopathy and Yoga Medical College, Salem, on account of the YOGA awareness campaigns, delivered an informative **Health talk and Yoga SESSION for VICAS-COMMERCE students of Vivekanandha College for Women, Thiruchencode on 15.07.24 with our Assistant professor cum Medical officer Dr.Gomathi.S as Resource persons.Around *450* students were benefitted @svnymc



Swamy Vivekanandha Naturopathy and Yoga Medical College and Hospital Salem conducted Free Naturopathy and yoga Medical camp at Edappadi on 26.07.2024 . Promotion of Positive Health talk, Free consultations, Vitals check up, Dietary advices and Yogic practices were enthusiastically received by around 20 beneficiaries.



Swamy Vivekanandha Naturopathy and Yoga Medical College, Sankagiri, Salem conducted a Mass Yoga session on 27/07/2024 for NCC students at KSRCT, Tiruchengode. Around 400 students participated and benefited from the session.

MEDICAL FEATURES

YOGA FOR INFLAMMATION

YOGA FOR INFLAMMATION

DR.AARTHI S.K BNYS,

Asst prof cum medical officer

yoga medical college

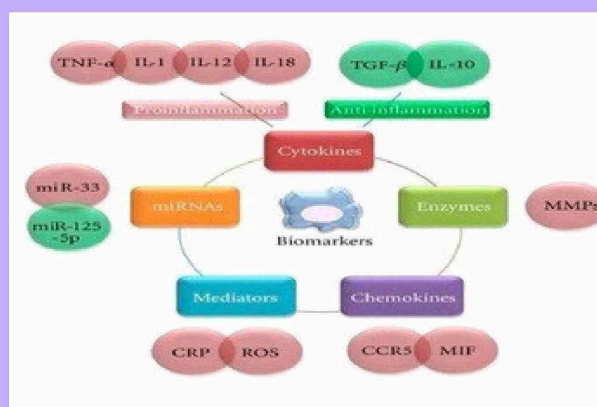
Swamy vivekandha naturopathy and



Research has shown that yoga can have beneficial effects on reducing inflammation, which is associated with a variety of chronic conditions such as heart diabetes, and certain cancers. Here are some key findings from studies on the relationship between yoga and inflammation

Reduction in Pro-Inflammatory Markers

Several studies have found that regular yoga practice levels of pro-inflammatory cytokines, such as interleukin-6 (IL-6) and C-reactive protein (CRP). These markers are often elevated in chronic inflammation.



Stress Reduction

Yoga is well-known for its stress-reducing effects. Chronic stress is a significant contributor to inflammation. Yoga practices that incorporate meditation and deep breathing can activate the parasympathetic nervous system, reducing stress and inflammation

Improvement in Immune Function

Yoga has been shown to enhance immune function, which can help regulate inflammatory responses. This is partly due to the reduction in stress hormones like cortisol, when chronically elevated, can suppress the immune system and promote inflammation.



Anti-Inflammatory Pathways

some research suggests that yoga might influence certain molecular pathways related to inflammation. For example, yoga may increase the activity of anti-inflammatory genes TNF (Tumor Necrosis Factor), IL1B (Interleukin 1 Beta), IL6 (Interleukin 6), IL8 (Interleukin 8) and decrease the expression of pro-inflammatory genes.

Chronic Disease Management For individuals with chronic diseases, yoga can help manage symptoms and improve quality of life by reducing inflammation.

Conditions like arthritis, cardiovascular diseases, and metabolic syndrome have shown improvement with regular yoga practice.

CHRONIC DISEASE

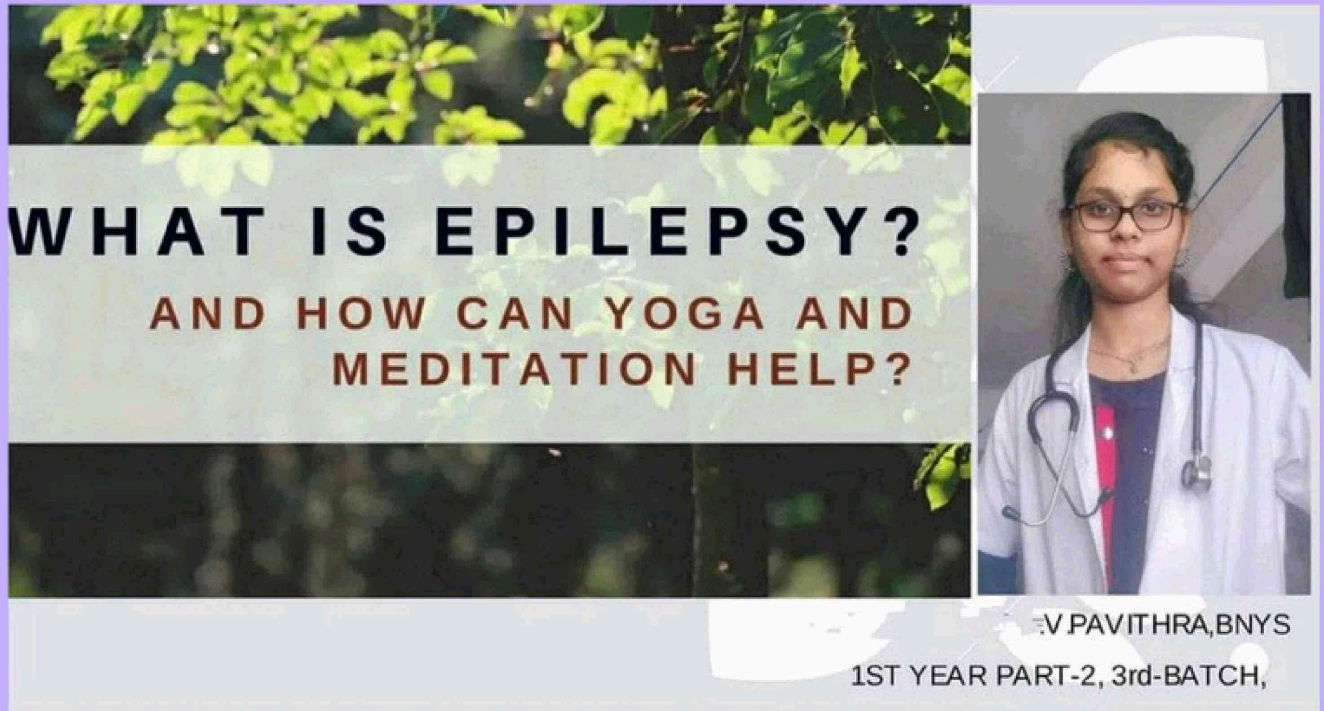
Psychological Benefits

Mental health benefits of yoga, such as reduced anxiety and depression, also play a role in reducing inflammation. Psychological stress is a known trigger for inflammatory processes in the body.

Key Studies

A 2014 study published in *Psychoneuroendocrinology*. This study found that participants who engaged in a three-month yoga and meditation retreat, had significantly lower levels of pro-inflammatory cytokines compared to a control.

ASPIRING SCHOLAR



Outline:

What is epilepsy?

Types of epilepsy

Symptoms & cause

Diagnosis of epilepsy

Naturopathy management for epilepsy

Research study

Conclusion

WHAT IS EPILEPSY?

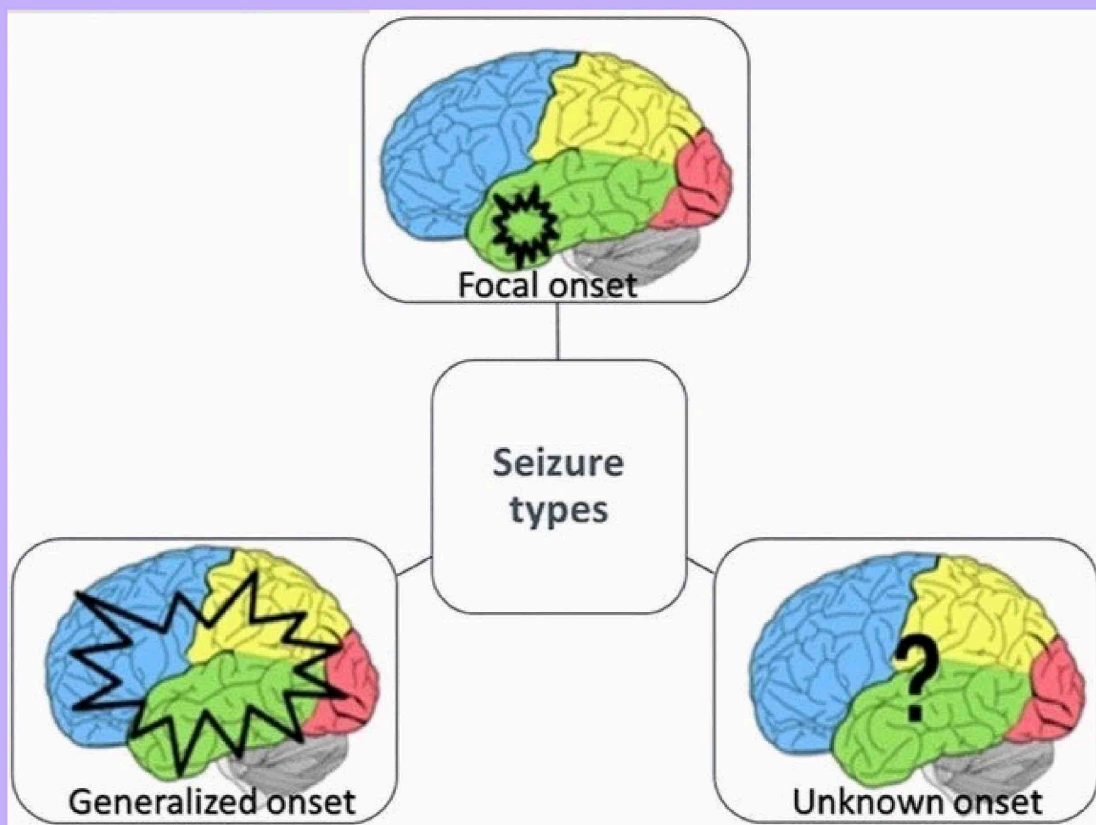
Epilepsy is a neurological disorder that affects the brain and causes recurrent and unpredictable seizures.

These seizures are episodes of abnormal electrical activity in the brain, which can vary in intensity and duration.

Epilepsy can be caused by various reasons, such as brain injuries, tumors, genetic diseases, or chemical imbalances.

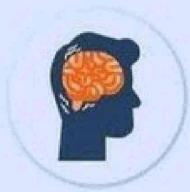
Symptoms may vary for each person and may include visible seizures, loss of consciousness, or moments of confusion.

Treatment for epilepsy may include medications, lifestyle changes, and, in some cases, surgery.

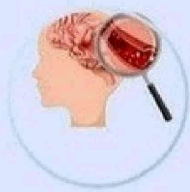


Causes of Seizures

Medical Conditions



Epilepsy



Stroke



Brain Tumors



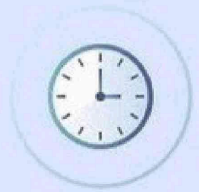
Infections



External Triggers for seizures



Stress



Sleep Deprivation



Substance Abuse



Flashing Lights

EPILEPSY

SYMPTOMS



Loss of Consciousness



Anxiety



Staring

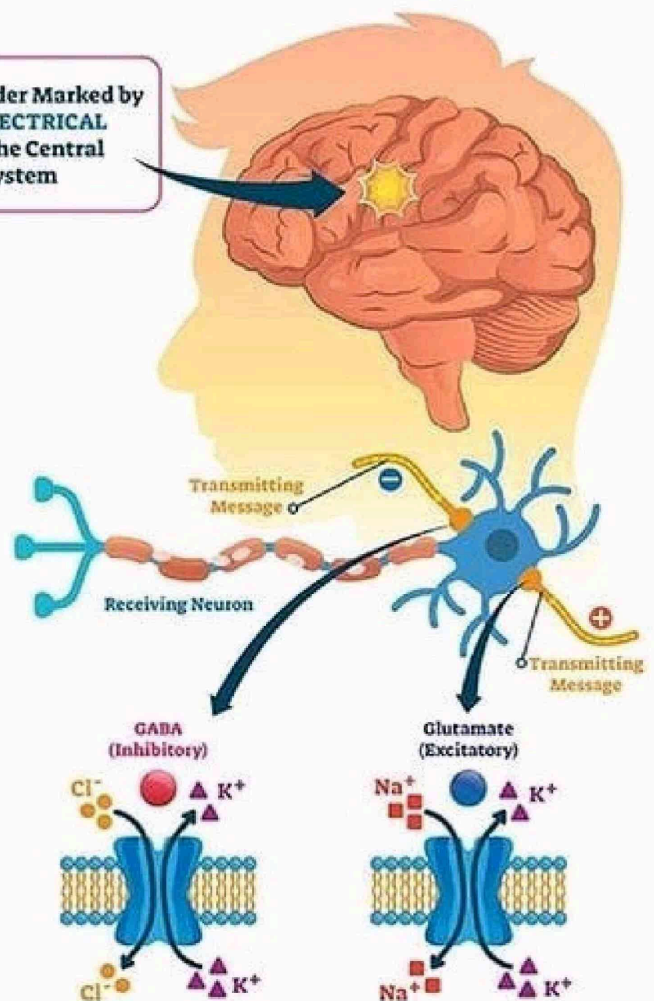
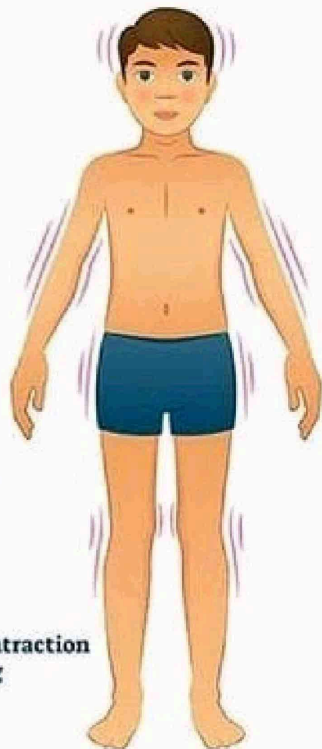


Weakness

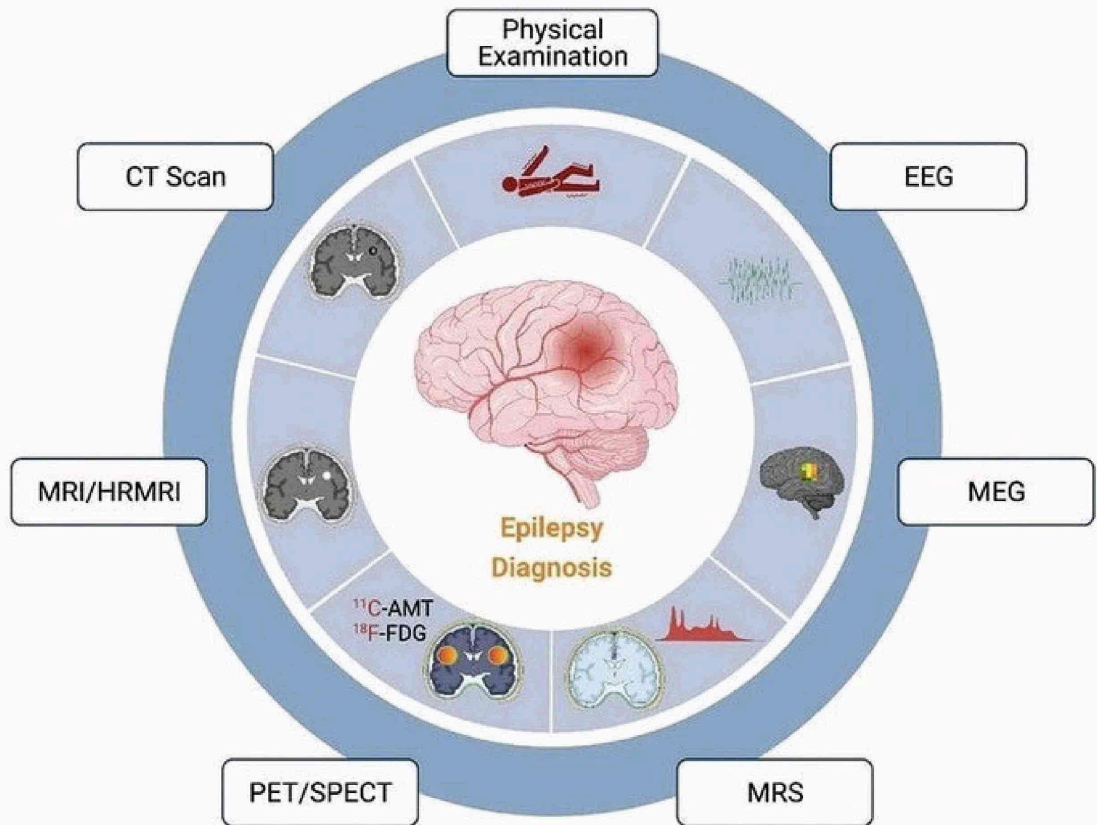


Muscle Contraction and Jerking

Epilepsy is a Disorder Marked by **DISTURBED ELECTRICAL RHYTHMS** in the Central Nervous System



DIAGNOSIS OF EPILEPSY:



Mrigi Mudra

YOGA FOR EPILEPSY



Wind-Relieving Pose



Anulom Vilom Pranayama



Corpse Pose



Plow Pose (Ardha Halasana)



Mountain Pose



Tree Pose



Forward Bending Pose

MRIGI MUDRA

Benefits of the Mudra:

Improves immune system..

It calm the mind, controls anger and relieve from stress and anxiety.

Helps in curing mild headaches

due to cold and sinus It is used in Ujjayi, Anulom Vilom and Kapalbhati Pranayamas. Improves antioxidant levels.

- Cures seizures, epilepsy, and nervous weakness.

To some extent helps to remove dental pain.



BHRAMARI

Bhramari Pranayama, also known as Humming Bee Breath, is a calming breathing practice that soothes the nervous system and helps to connect us with our truest inner nature. Bhramari is the Sanskrit word for "bee," and this pranayama is so named because of the humming sound produced at the back of the throat during the practice—like the gentle humming of a bee.



YOGA & EPILEPSY RESEARCH STUDY:

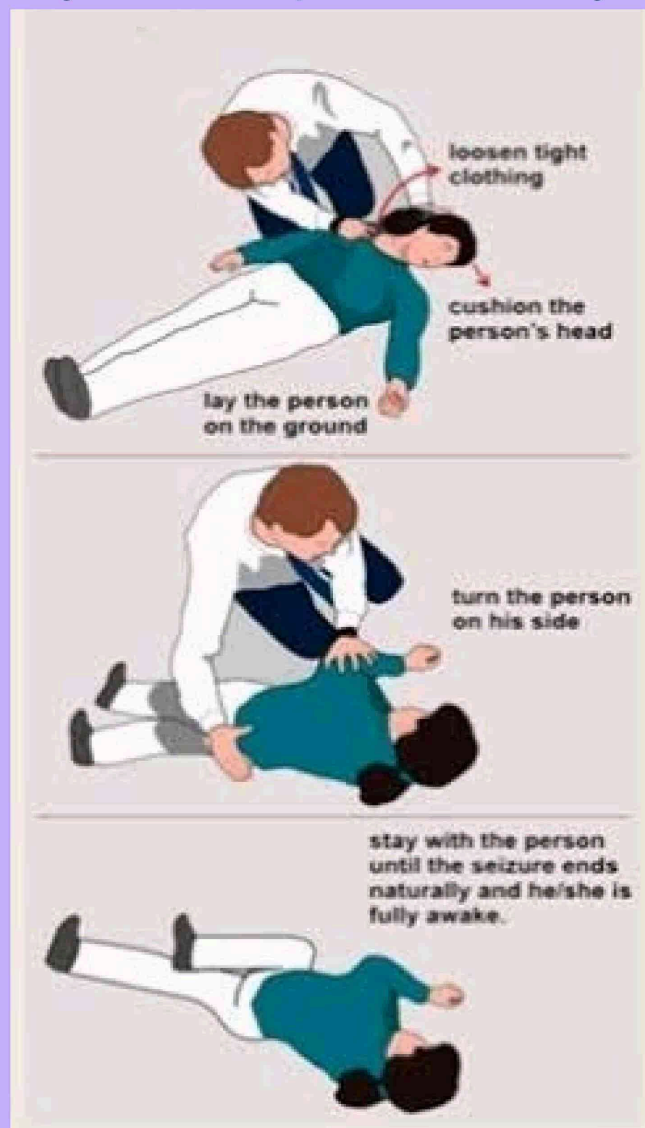
Yoga can be of benefit to some people with epilepsy. It is said to help people become balanced in mind and body and to aid relaxation.

The ancient Indian practice and philosophy of yoga is increasingly becoming a focal point of therapy and research in treating epileptic seizure disorders.

The World Health Organization (WHO) estimates that around 50 million people in the world have epilepsy.

About 75 per cent of these are with seizure disorders, and they hardly receive any medical treatment. Yoga offers an ancient yet amazingly modern approach to treating seizure

SEIZURE FIRST AID Time the seizure. Make sure your 1 surrounding is safe. Lay the person on the ground Loosen any tight clothing and remove any object that may obstruct 2 the airway 3 Protect the head by placing something soft underneath it Do not insert any object into the mouth. This may obstruct the airway Do not restrain the person from jerking Whenever possible, gently roll the person to the left side, into a 5 recovery position. This will further protect the airway Stay with the person until the seizure 6 ends naturally and the person is fully awake



IN CONCLUSION

Ancient art and science of Yoga offers possibilities to tackle health related issues of modern humankind.

We however want it to be a miracle pill, that we take only once-immediate solution to all problems!

Yoga is a wholesome science and must be learnt and practiced with a holistic view.

The dedicated practice of Yoga as a way of life is no doubt a panacea for psychosomatic, stress related disorders helping us to regain our birthright of

natural health and universal happiness.

The cost effective integration of Yoga and modern medicine helps create a healthier and happier world.

SATVIK KITCHEN

FIVE STAR CHEFS OF THE MONTH



Raagi manni
Wednesday menu
August 7, 2024 Divya.N
Esakki Priya.A 1st year
BNYS(part-1)



PROCEDURE:

- Soak the raagi overnight.
- Put the soaked raagi and coconut in ajar and grind until it gets a fine

texture • Filter the ground paste in a clean cloth and filter it 3 to 4 times .

•Add jaggery, cardamom powder and a pinch of salt to the filtered milk.

- Mix it well.
- Boil till it gets thick .
- Add ghee and let it cool .
- A healthy Raagi Manni is ready.
- cut into square shaped pieces .

INGREDIENTS:

Raagi - 200 gm
jaggery 100 gm Grated
coconut- 200 gm Ghee
-10 ml Cardamon
powder -1/4 teaspoon

Nutritional value per serving
(100g) Energy 250 cal Protein
7.30 gm Carbohydrates 72 gm
Fat 1.30 gm. Dietary fiber
11.50 gm. Iron 3.9 mg. Sodium
11 mg. Calcium 344 mg.
Potassium 408 mg. Carotene
42 µg.

BENEFITS:

1. High in Fiber: Raagi flour is rich in dietary fiber, promoting digestive health and satiety.
2. Rich in Antioxidants: Raagi contains antioxidants that help protect against oxidative stress and inflammation.
3. Good Source of Minerals: Raagi is a good source of minerals like iron, calcium, magnesium, and potassium.
4. Helps Lower Cholesterol: The fiber and antioxidants in Raagi may help reduce cholesterol levels and improve heart health.
5. Aids in Weight Management: Raagi's fiber and protein content can help with weight management by promoting feelings of fullness.

FOUR STAR CHEFS OF THE MONTH



Friday Menu
05-07-2024
prepared by
1.Devadharshini
2.Logapriya.A
1st-year(part-2)



BNYS

BENEFITS:

- Aids in weight loss • Rich in minerals
- Purifies blood
- Improves heart health • High in Antioxidant • Improves mental health and focus • Rich in fiber

INGREDIENTS:

200g-moong(green gram) 1-Beetroot 1-Carrot 1/2tbs-Ginger garlic paste 2 tsp of chopped coriander 1-green chilli 1/2cup-onion, tomato, sweet corn

PROCEDURE:

- * Make a batter of moong Sprouts, tomato, onion, cumin, turmeric powder, Garlic, salt by blending.
- * Put the batter mixture on tava & make chillas.
- * Serve hot with mint chutney.

NUTRITIONAL FACTS:

PER SERVING

- Calories (100g)-43kcal
- Carbohydrates-9.6g
- Protein-5g • Sugar-6.8g
- Fibre-6g • Fat-0.2g

THREE STAR CHEFS OF THE MONTH



WEDNESDAY
MENU 24/7/24 1
YEAR
(PART1)BNYS
ANUSUYA,
KAMILA BEGUM



INGREDIANTS:

- 1.Pumpkin-250gm
- 2.Jaggery-100gm
- 3.Coconut milk-150ml
- 4.Cardamom-2NOS
- 5.Ghee-10ml
- 6.Cashews&rasins-5to10NOS

BENEFITS:

- pumpkins are a superfood because they are high many nutrients essential for a well functioning body .
- The presence of magnesium in jaggery may help to reduce stress and relax muscles.
- coconut milk stimulates weight loss and lower cholesterol.
- Rich in fat -soluble vitamins like A,D,&K

PROCEDURE :

1. Take pumpkin and peel the skin.
- 2.cut the pumpkin into small pieces or grate it .
- 3.Boil the pumpkin (pieces or grated)in water.
- 4.Mash it while boiling ,then add the required amount of jaggery into the mashed pumpkin and mix well .
5. Boil it for 5 minutes .
6. Add the coconut milk into the pumpkin mixture mix well ,and then boil for 2-3 minutes .
- 7.Roast the cashews and raisins in ghee,and also roast grated coconut separately in ghee .
- 8.Add the ghee -roasted ingredients into the pumpkin payasam.
- 9.Serve it .

NUTRITIONAL FACTS :

Per serving
calories :315
sodium: 133 mg
potassium : 540mg
carbohydrates :29g
(10 % daily value)
Fiber : 1g
protein :10g
vitamin A: 4.169 IU
vitamin C : 8mg
calcium : 355mg
Iron:1 mg

ACADEMIC EXCELLENCE OF THE MONTH



I Batch
AISHWARYA R



II Batch
SHANGHAMHI P.T.



IV BATCH
VASUPRADHA
@SVNYMC

SVNYH

Reduction in HbA1C, FBS within 20 days in a Diabetes patient

Before

After

	Before treatment	After 20 days of Naturopathy and Yoga treatment
Fasting Blood sugar	330 mg/dl	136 mg/dl
HbA1C	12.68%	7.2%
Avg. Blood glucose	317 mg/dl	160 mg/dl

- Patient with a Known case of Diabetes Mellitus - type II since 1 year but not on medication, and also Edema B/L legs and Arthralgia legs and Back.
- Came to our hospital with elevated Blood sugar levels and HbA1c, underwent Naturopathy and Yoga treatments for 20 days.
- After treatments there is Remarkable change in her Blood sugar levels and also Reduction in pain and Edema.



SWAMY VIVEKANANDHA NATUROPATHY AND YOGA HOSPITAL

SANKARI, SALEM.

A case of 35 years old patient demonstrates the effectiveness of Naturopathy and Yoga in managing psoriasis and reducing inflammation. The comprehensive 30-day treatment plan resulted in a drastic change in his skin condition and a decrease in CRP levels, indicating a positive impact on his overall health.



SVNYH

SANKARI, SALEM.

JAYAMURUGAN MICRO LAB
NABL - MIEULT Accredited Laboratory
135/A, Sri Velavan Complex, Salem Main Road, KOMARAPALAYAM - 638 183, Tamilnadu.
Mobile : 80123 44112

PATIENT NAME : SID NO: 2030215
AGE/SEX : 35 / Male COLLECTED DATE: 03/07/2024
REF. DOCTOR : VIVEKANANDHA NATUROPATHY HOSPITAL REPORTED DATE: 03/07/2024

SEROLOGY			
Serum	C - REACTIVE PROTEIN (CRP)	19.8	mg/dl 0 - 6
Method : IMMUNOTURBIDIMETRIC ASSAY			

End of Report

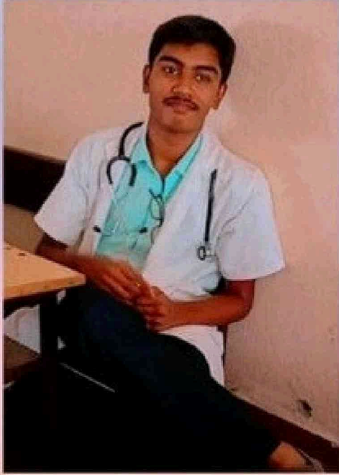
BEFORE

AFTER

JAYAMURUGAN MICRO LAB
NABL - MIEULT Accredited Laboratory
135/A, Sri Velavan Complex, Salem Main Road, KOMARAPALAYAM - 638 183, Tamilnadu.
Mobile : 80123 44112

PATIENT NAME : SID NO: 2030399
AGE/SEX : 35 / Male COLLECTED DATE: 31/07/2024
REF. DOCTOR : VIVEKANANDHA NATUROPATHY HOSPITAL REPORTED DATE: 31/07/2024

SEROLOGY			
Serum	C - REACTIVE PROTEIN (CRP)	7.8	mg/dl 0 - 6
Method : IMMUNOTURBIDIMETRIC ASSAY			



MY FUTURE GOAL

"SUCCESS IS NOT FINAL, FAILURE IS NOT FATAL; IT IS THE COURAGE TO CONTINUE THAT COUNTS"

S.GOPINATH

BNYS- I YEAR

- Studying medicine is my dream. I wanted to be a doctor and nothing else. So, I was waiting for the day Eagerly to start my professional course of medicine.
- When I got a negative result in NEET I felt that it was not my cup of tea so I decided to choose my path as a unique one by Seeking admission in the Naturopathy and Yoga Medical College.
- After completing the admission procedure stepped into the college premises for a new journey in life. Hostel rooms were allocated. I Still remember every minute of that day
- my first day was on 21th August 2023 I just took one notebook ,a pen and a waterbottle other than that I carried excitement, a pinch of nervousness,dreams,curiosity and indeed confusion
- I've never been to a hostel since my childhood, the way my lecturers approached about the profession made to have a good hope in my future . I've been struggling with my basics in the beginning, later I approached my senior's they helped me in all the ways they can.

CAREER OBJECTIVE : To achieve the positive results in my career by applying medical knowledge and skills in order to improve the health condition of my patient



As Naturopathy & yoga doctors, we are trained to communicate and understand the power of our words as it is related to patient's ability and desire to survive

EDUCATIONAL GOAL: I'm here to enhance my medical skills by studying MD in Acupuncture in addition to open a clinic

CONCLUSION: This life path is marked by a deep commitment to natural health and an ongoing journey of learning and personal development.

Without dreams and goals success is hard to achieve in medical life I decided to become something in medical field because I wish to treat the patient with infinite happiness

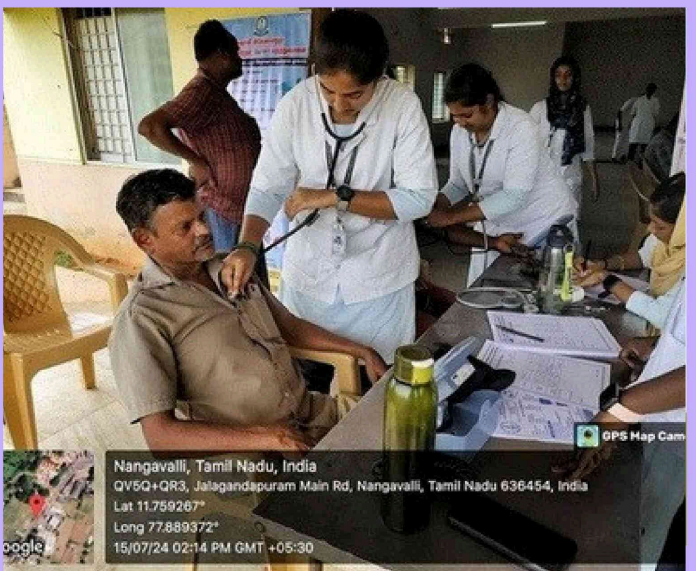
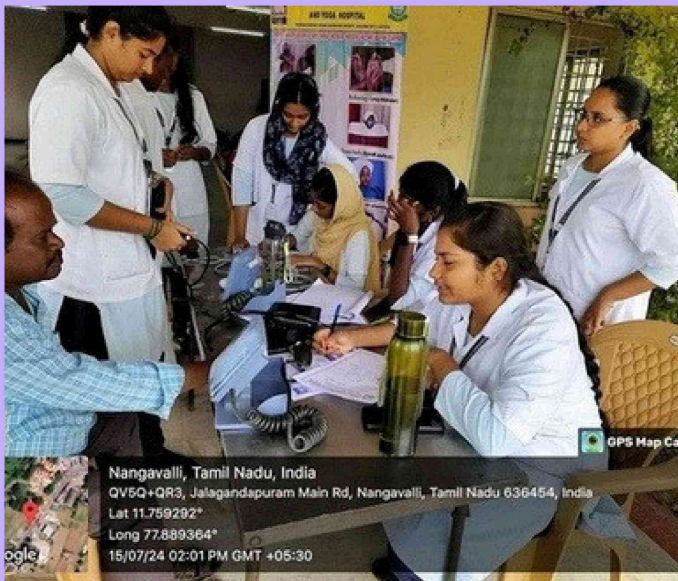
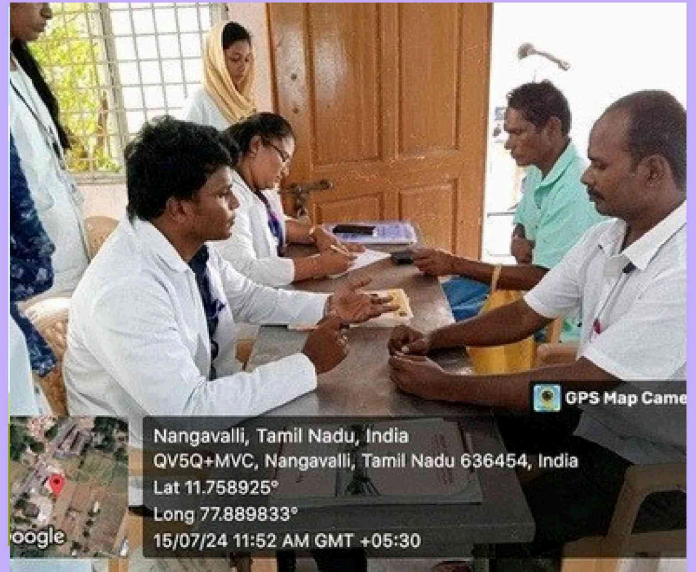


Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

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

• ★ •

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 email : vivekaadmission@gmail.com