

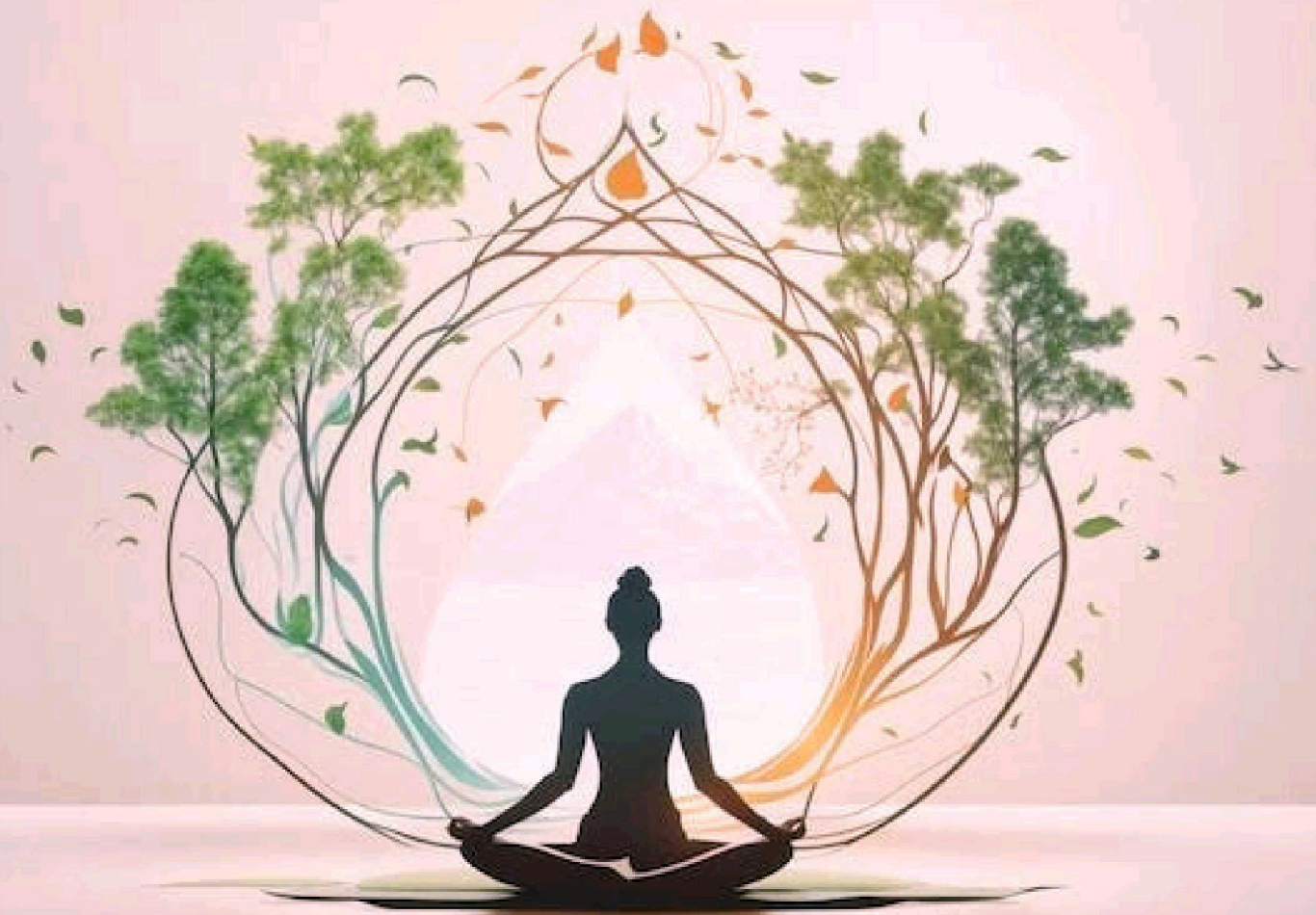
ISSUE 11

VOLUME 1

AUGUST 2024

SVNYMC

AUGUST 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 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
3 rd BNYS**



**Jenifer
3 rd BNYS**

STUDENT'S EDITORIAL BOARD

EVENTS

**Glimpses of 78 th
Independence Day
Celebration at
Vivekanandha
Educational Institution,
Sankari,Salem**



**Swamy Vivekanandha
Naturopathy and Yoga
Medical College Salem
First year Part I
Students(12)**

**Participated in 7th
TamilNadu Yoga Sports
Championship -2024 on
04.8.24.Among the 530
participants from
various Colleges our 12
students won the
Championship and are
selected for 2nd National
Yogasana Sports
Championship -2024 to
be held on November
16th at Hyderabad.**



EVENTS



Swamy Vivekanandha Naturopathy and Yoga Medical College and Hospital , Salem, on account of the Health awareness campaigns, delivered an informative Health talk on the title *Naturopathy - Learn a New way of life* for Drivers of Vivekanandha Educational Institutions, Sangakiri on 22.08.24 with Assistant professors/ Medical officers Dr.Gomathi.S and Dr.Barkavi as Resource persons. Around 25 Drivers were benefitted and received Free Consultations, Yoga sessions, Dietary Advices, Vital - Check up and Free Treatments

Swamy Vivekanandha Naturopathy and Yoga Medical College and Hospital Salem conducted Free Naturopathy and yoga Medical camp at Sankagiri RDO Office on 21.08.2024 .

**Promotion of Positive Health talk,
Free consultations, Vitals check up, Dietary advices and Yogic practices were enthusiastically received by around 50 beneficiaries.**



EVENTS



Swamy Vivekanandha Naturopathy and Yoga Medical College and Hospital , Salem, on account of the Health awareness campaigns, delivered an informative Health talk on the "Practical Tips for a Balanced Life' at the Rotary Club, Sankagiri on 24th August 2024 with Assistant professor and Medical officer Dr.Logeshwaran as resource person. The session was well-received, and approximately 35 members were benefitted from the discussions.

Swamy Vivekanandha Naturopathy and Yoga Medical College and Hospital , Salem, on account of the Health awareness campaigns, delivered an informative Health talk on the title *AWARENESS PROGRAM ON NATUROPATHY AND YOGA*** for Vivekanandha Arts and Science College for women Sangakiri on 23.08.24 with Assistant professors/ Medical officers Dr.Gomathi.S and Dr.Barkavi as Resource persons.Around 130 Students were benefitted and received Free Yoga Session**



EVENTS



Swamy Vivekanandha Naturopathy and Yoga Medical College and Hospital Salem conducted Free Naturopathy and yoga Medical camp at Jayanthi MHSS & CBSE School, Tiruppur on 27.08.2024 .

Promotion of Positive Health talk, Free consultations, Vitals check up, Dietary advices and Yogic practices were enthusiastically received by around 500 beneficiaries.

MEDICAL FEATURES

KAPALBHATI FOR WEIGHT LOSS

- One of the six shatkarma(cleansing techniques) is

kapalbhati - frontal brain cleansing

- Techniques(forms) of kapalbhati

vatakrama
vyutkrama
sheetkrama



DR DURGA SAMPOORASEKARAN.C
BNYS ASST PROFESSOR CUM
MEDICAL OFFICER SWAMY
VIVEKANANDHA NATUROPATHY
AND YOGA MEDICAL COLLEGE

CORRECT WAY TO DO

- The commonest form of kapalbhati is vatakrama (air cleansing)
 - Relax and inhale normally.
- Exhale firmly but not so fiercely that it sounds forced on yourself. Your stomach will be compressed.
 - Quickly inhale.
- Don't overdo it; forcefully exhale once more.
- Keep in mind every aspect of preparation, notably that the upper body should remain immobile
 - Avoid tensing your face
- Hold your hands in the Jana mudra.

- Inhale deeply and perform fifty fast respirations through both nostrils placing more emphasis on exhalation
 - Inhalation should be short
- After the last exhalation inhale deeply through the nose and exhale quickly through the mouth, slightly pursing the lips
- After completing the practice concentrate on the space in front of the closed eyes

COUNTS

- Practice three rounds of fifty breaths
 - When this is perfected you can increase it to five rounds
- You can increase the practice by 10 breaths each week
 - So that after 5 weeks you are practising 100 breaths per round

LEVELS OF PRACTICE

- shant gathi (slow speed)
- madhyam gathi (medium speed)
- tivra gathi (fast speed)
- Begin your practice with shanth gathi, when you gain experience in this stage, move on to madhyam Gathi. With regular practice, you can then reach tivra gathi or the advanced stage.

- **"Kapalabhati is considered as a form of abdominal-respiratory-autonomic exercise which stimulates the respiratory, abdominal and gastrointestinal receptors.**
- **Since kapalabhati induces a positive influence on the centers within the skull, the vital areas of the brainstem, cortex, their efferent pathways, and effector organs may also get stimulated.**
- **As a result, the synchronous discharge from the autonomic nervous system, pineal gland, and hypothalamus that regulate the endocrine and metabolic processes increases which, in turn, accelerates fat metabolism.**
- **This eventually increases basal metabolic rate, reduces fat deposition, and ultimately ends up in weight reduction."**

BY DETOXYFICATION(cleanses the body):

- **"Deep inhalation makes the dead space of the lungs active, thus improving oxygenation of tissues and cleanses the body as a whole."**
- .over 80 per cent of the toxins in our body are released while exhaling during pranayam. So, kapalbhati, being a more rigorous form of pranayam, can detoxify our body almost entirely. Therefore, removing toxins is one of the celebrated kapalbhati benefits.**
- **That detoxification helps in weight reduction**

BY HELPING FOR COMBATING PCOS:

- **Although no study has conclusively proved that breathing exercises such as kapalbhati can cure PCOS, we can perhaps say that doing kapalbhati can help you fight PCOS.**

The 2016 IJOY study says, "Since PCOS and MS share a common pathogenic pathway, it is worthwhile to consider that kapalabhati can be effective against the features of PCOS too, though there is a dearth of studies and literature in this regard." All in all, there's no harm in trying kapalbhati for combating PCOS.

- **Thus helps preventing and reducing weight gain because of hormonal imbalance
kapalbhati should be avoided by those suffering from hypertension, anxiety, or panic attacks.
It is also contraindicated for individuals with heart disease, hernia, gastric ulcer, epilepsy, vertigo, migraine headaches, significant nosebleeds, detached retina, glaucoma, history of stroke, and for anyone who has undergone recent abdominal surgery**
 - **Avoid it during pregnancy**

MEDICAL FEATURES

MUSTARD PACK OR PLASTER

What Is Mustard Pack / Plaster?

A mustard plaster, or mustard pack, is a home remedy believed to ease symptoms of respiratory conditions. It's mainly used for coughing and congestion, but it's also used for pain such as:

- back aches
 - cramps
 - Arthritis
- Also mustard seed extract has Anticancerous effect hence used to treat Benign cancer

Why Mustard?

- Mustard seeds contain sinigrin, a compound that gives mustard its spicy flavor. When mixed with water, sinigrin breaks down and creates allyl isothiocyanate.
- Once this compound is released turns up the heat and increases the blood circulation.
- A 2016 review of studies on sinigrin showed anti-cancer, antibacterial, antifungal, antioxidant, anti-inflammatory, wound healing properties, as well as biofumigation.



**DR AMULPRIYA BNYS
ASST PROFESSOR CUM
MEDICAL OFFICER
SWAMY VIVEKANANDHA
NATUROPATHY AND
YOGA MEDICAL COLLEGE**

Does Mustard pack really work?

Mustard seeds have been used as medicine for thousands of years. The Greek physician Hippocrates allegedly used mustard packs to treat lung problems in ancient Greece.

- **However, sinigrin is common in plants of the Brassicaceae family, including broccoli and brussels sprouts. It's also found in Brassica nigra seeds, or mustard seeds.**
- **And though it's not clear that sinigrin helps treat COVID-19, the results from a 2020 study suggest that sinigrin may be twice as helpful in treating COVID-19 as an off-label treatment as commonly used medications such as remdesivir, oseltamivir, ribavirin, lopinavir, ritonavir, and favipiravir.**



USES

This remedy works by increasing circulation and warming the muscles due to the heat of mustard seeds.

Supposedly, the remedy can help relieve:

- **congestion**
 - **colds**
 - **headaches**
- **lung conditions (such as pneumonia)**
 - **bronchitis**
 - **back pain**
- **muscle aches and cramps**
 - **arthritis**

Is It Safe?

- **When applied on the skin, allyl isothiocyanate creates a warm sensation. However, it's also a skin irritant. If it stays on the skin for too long, it can cause:**
 - **redness**
 - **burns**
 - **nerve damage**
- **Spread the paste onto one fabric square. Put the second square on top.**

Place the plaster on your chest or the affected area. Avoid areas with open cuts, wounds, or sores.

Remove the plaster after 15 minutes.

Wash your hands with soap and water before touching your face or eyes.

It's critical to remove the mustard plaster after 15 minutes. If you leave it on for too long, the ingredients can irritate your skin.

PROCEDURE

1/4 CUP OF MUSTARD SEED (GROUND)

2 TABLESPOONS OF WATER (WARM)

1/2 CUP OF FLOUR AND MIX

EVERYTHING MAKE A PASTE A SMALL TOWEL TO COVER THE SKIN

PROCEDURE



**1/4 CUP OF MUSTARD SEED
(GROUND)**

**2 TABLESPOONS OF WATER
(WARM)**

**1/2 CUP OF FLOUR AND MIX
EVERYTHING MAKE A PASTE
A SMALL TOWEL TO COVER
THE SKIN**

How to make a mustard plaster

Mustard seed

To make a mustard plaster,
you'll need the following ingredients

Flour

1. dry mustard powder
2. flour
3. wate

Water

4. 2 squares of fabric about 6 x 6 inches

Contraindications

??

**MUSTARD PLASTER IS CONTRAINDICATED IF YOU HAVE:
SENSITIVE SKIN, ALLERGY TO MUSTARD SEED, OPEN SKIN (E.G.:
RASH, ECZEMA, WOUND) AND ANY AREA WHERE HEAT IS
CONTRAINDICATED SUCH AS DIABETIC OR SPINAL INJURY.**

ASPIRING SCHOLAR

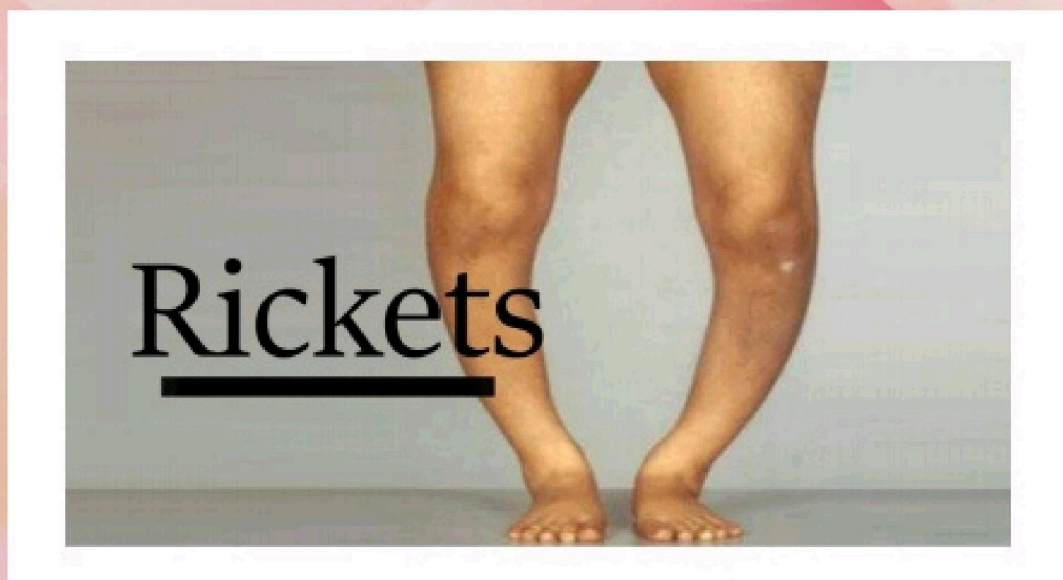


RICKETS

K.Akash kumar
3rd batch

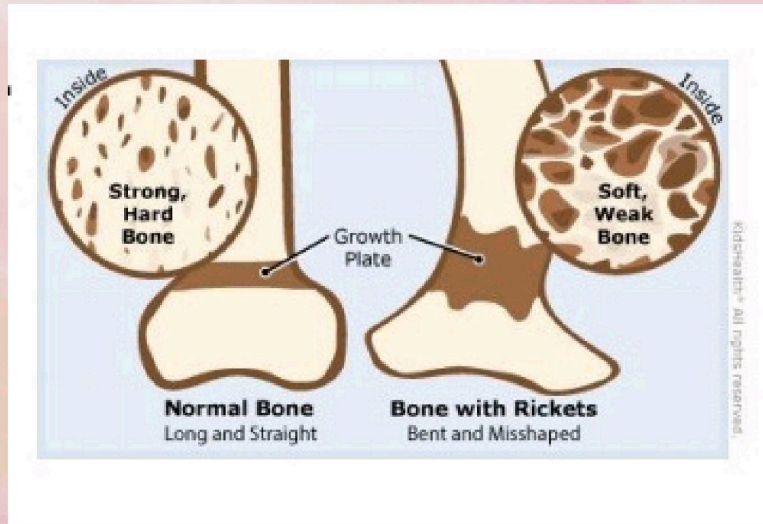
INTRODUCTION

Rickets is a condition that affects bone development in children. Rickets is the softening and weakening of bones in children, usually because of an extreme and prolonged vitamin D deficiency. Rare inherited problems also can cause rickets. Vitamin D helps the child's body to absorb calcium and phosphorus from food.



DEFINITION

A Disease of infancy and childhood due to disturbances in the phosphate and calcium metabolism which results in demineralization of growing bone before fusion of epiphyses



CLASSIFICATION

- 1. Nutritional classification**
- 2. Vitamin D resistant Rickets**
- 3. Vitamin D dependent type -1**
- 4. Vitamin D dependent type-2**
- 5. Renal Rickets**

CAUSES OF RICKETS

VITAMIN D DISORDERS

**Nutritional Vitamin D
deficiency**

**Congenital Vitamin D
deficiency**

**Secondary Vitamin D
deficiency**

Malabsorption

Increased degradation

Decreased Liver 25-hydroxylase

Vitamin D dependent ricket

Type 1

Vitamin D dependent ricket

Type 2

Chronic Renal Failure

CALCIUM DEFICIENCY

Low intake

Diet

Premature Infant

Malabsorption

Primary Disease

**Dietary inhibitors of calcium
absorption**

PHOSPHORUS DEFICIENCY

Inadequate intake

Premature infants

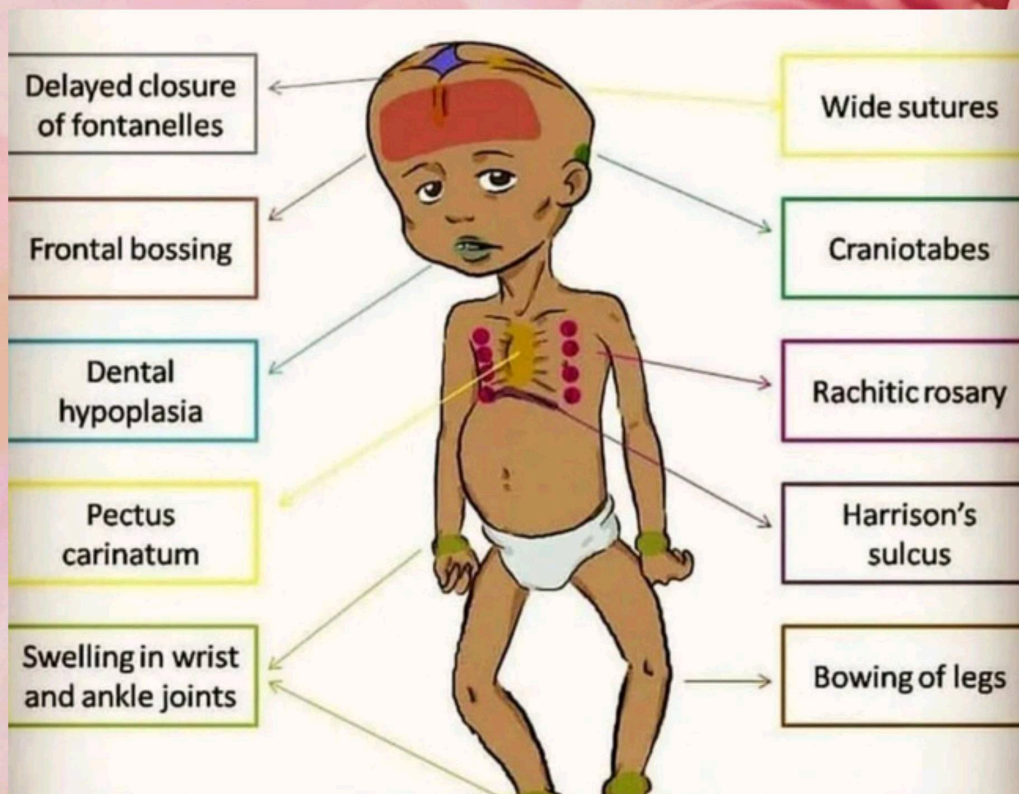
Aluminium containing antacids

PREVENTION

Rickets can easily be prevented by eating a diet that includes vitamin D and calcium, spending some time in sunlight, and if necessary, taking vitamin D supplements.

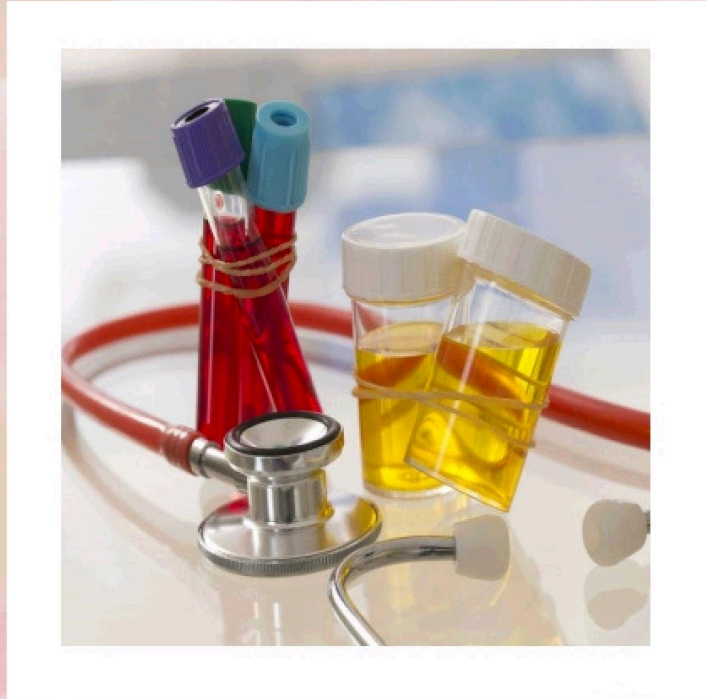


SYMPTOMS



DIAGNOSIS

X-rays of the affected bones can reveal bone deformities. Blood and urine tests can confirm a diagnosis of rickets and also monitor the progress of treatment



TREATMENT

Rickets can be successfully treated by ensuring they eat foods that contain calcium and vitamin D, or by taking vitamin supplements.



SATVIK KITCHEN

FIVE STAR CHEFS OF THE MONTH



**Banana milk shake Thursday Menu
August 1, 2024**

Deepa lakshmi.C.A

Aswin neka.K.V

4th batch



INGREDIENTS:

- Banana - 5 to 7 nos.
- Dates - 100gm
- Coconut milk- 150 ml
- Jaggery - 100gm

PROCEDURE :

- Dice the bananas into small pieces.
- Fill the mixie with the bananas.
- Add the dates and a small amount of jaggery powder
- Add the coconut milk.

blend well and Refrigerate for 1to 2 hrs.

- **Serve chill**

NUTRITION VALUE :

- **Calories 112 cal**
- **Total Fat 3g**
- **Saturated fat 1.9 g**
- **Cholesterol 12 mg**
- **Sodium 95 mg**
- **Potassium 183 mg**
- **Total Carbohydrate 18 g**
- **Sugar 18 g**
- **Protein 3.9 g**
- **Calcium 14%**
- **Vitamin D 12%**
- **Cobalamin 8%**
- Magnesium 3%**

FIVE STAR CHEFS OF THE MONTH

BENEFITS :

Nutrient-rich-essential nutrients like potassium, vitamin C, vitamin B6, and fiber.

Bananas are rich in dietary fiber, which aids in digestion and promotes regular bowel movements, helping to prevent constipation.

Heart health

The potassium in bananas helps regulate blood pressure.

It has nutrients like magnesium and manganese, which are essential for maintaining strong and healthy bones.

It helps in strengthen the immune system protect the body against infections and illnesses.

FOUR STAR CHEFS OF THE MONTH



Moong Dal Payasam

Saturday menu August,10,2024

Gokul Prasanth.K.G Gayathri.V

1 year(part-1)



INGREDIENTS:

200g Moong Dal

100g Jaggery

2 Cardamom pods

soml Coconut Milk

1/4 cup small pieces of
Coconut

Optional: Ghee

PROCEDURE :

Roast Moong Dal until aromatic and golden.

Cook Moong Dal in a pressure cooker until soft (2 whistles, medium flame).

Caramelize Jaggery.

Add Cardamom, smashed Moong Dal, and stir well.

Add Coconut Milk and mix well.

Optional: Add Ghee, Coconut pieces, Cashews.

Serve hot.

NURTITIONAL FACT

(per serving) :

Calories: 335 cal

Carbohydrates: 47.6g (190
calories)

Protein: 4g (16 calories)

Fat: 14-18g (127 calories)

• Vitamin A: 46.8 mcg

• Fiber: 1.3g

FOUR STAR CHEFS OF THE MONTH

B E N E F I T S :

- **Rich in Protein***: Moong Dal is an excellent source of protein, making it an ideal dessert for vegetarians and those looking to increase their protein intake.

Helps Manage Blood Sugar*: Moong Dal has a low glycemic index, which helps regulate blood sugar levels and prevents spikes in insulin levels.

Promotes Digestive Health*: Moong Dal is high in fiber, which aids in digestion, prevents constipation, and supports healthy gut bacteria.

Boosts Heart Health*: The potassium content in Moong Dal helps lower blood pressure, reducing the risk of heart disease.

Lowers Cholesterol*: The soluble fiber in Moong Dal helps remove excess cholesterol from the bloodstream, reducing the risk of heart disease.

THREE STAR CHEFS OF THE MONTH



Ash gourd halwa
Monday menu
August 5, 2024
Amritha.s
Dharshini.M
4th batch



ASH GUARD HALWA PER 100 G SERVING :

INGREDIENTS :

1 large ash gourd

1 cup jaggery

Ghee

Almonds for garnish

Cardamom powder for flavor

• Energy: 140-160 cal

• Carbohydrates: 30-35g

Fiber: 2-3g

. Sugars: 20-25g

. Protein: 1-2g

. Fat: 2-3g

. Saturated fat: 0.5-1g

. Vitamin A: 10-15%

. Vitamin C: 20-25%

. Vitamin E: 10-15%

. Vitamin K: 25-30%

Potassium: 10-15%

• Magnesium: 5-10%

• Manganese: 5-10%

• Copper: 5-10%

THREE STAR CHEFS OF THE MONTH

INSTRUCTIONS:

- . Grate the ash gourd: Peel and grate the entire ash gourd, discarding the skin.**

Boil the ash gourd: In a large pan, combine the grated ash gourd and boil over medium heat for 10 minutes, or until the water reduces significantly.

- . Add jaggery: Add 1 cup of jaggery to the pan and mix well.**

Boil again: Continue boiling for an additional 5 minutes, stirring occasionally.

Roast nuts and spices: In a small pan, heat some ghee over low heat. Add sliced almonds and roast until fragrant. Add cardamom powder and roast for another minute.

- . Combine and finish: Add the roasted almond and cardamom mixture to the ash gourd mixture. Boil for a final 5 minutes, stirring constantly.**

THREE STAR CHEFS OF THE MONTH

BENEFITS :

Digestive aid: Ash gourd is rich in fiber, which helps regulate bowel movements, prevent constipation, and support healthy digestion.

Hydration: Ash gourd is comprised of about 96% water, making it an excellent source of hydration, particularly during hot summer months.

Antioxidant properties: Ash gourd contains antioxidants like vitamin C and beta-carotene, which help protect cells from damage, reduce inflammation, and boost immunity.

Anti-inflammatory effects: Ash gourd has anti-inflammatory compounds that may help alleviate conditions like arthritis, gout, and other inflammatory diseases.

Blood sugar regulation: The fiber and antioxidants in ash gourd may help regulate blood sugar levels and manage diabetes.

Supports healthy gut bacteria: Ash gourd prebiotic fiber feeds good gut bacteria, promoting a healthy gut microbiome.

ACADEMIC EXCELLENCE OF THE MONTH



**1st batch
Aishwarya**



**2nd batch
Dharani priya**



**3rd batch
Shivapoornima**



**4th batch
Hemapriya**

MY FUTURE GOALS



FUTURE GOAL

Sargeni.S

BNYS 4th batch

First day of college is really an exciting one, good to know that I got an opportunity to step into medical course for a degree and experience in life.

It gives me enthusiasm to learn new subjects along with new people around me. College is an educational institution where people go to learn and earn an academic degree upon graduation. It was interesting when I visited the college for 1st time. College has the wonderful infrastructure and facilities. It was my dream to become a doctor and now I am working towards achieving my dream.

DOCTOR A HAPPY CAREER :

This profession might be demanding but it is also rewarding. I mean we are literally saving lives here nothing short of super - heroes.

EDUCATIONAL GOALS:

I like to study MD in naturopathy after completing these 5 and half yrs of BNYS. It is a specialised course on Nature cure, identifying and treating the root cause of illness.

MY FUTURE GOALS

FUTURE GOALS:

Providing support and enabling patients to make healthy choices in order to build and maintain health on all levels like mental, physical, social and spiritual.

ETHICS AND PROFESSIONALISM:

Emphasizing ethical considerations, professionalism and legal aspects relevant to the practise of naturopathic medicine within the health care system

CONCLUSION:

"I see myself as a successful professional, a well- rounded Individual, and a person with strong mental and physical health.I also see myself as someone who is open to new experience and who is committed to continued growth and self - improvement."



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

• ★ •

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