

ISSUE 14

VOLUME 2

NOVEMBER 2024

# SVNYMC

**A JOURNEY WITH NATUROPATHY AND YOGA**

VOICE OF SVNYMC



@SVNYMC

# NEWS LETTER

## SVNYMC VOICE

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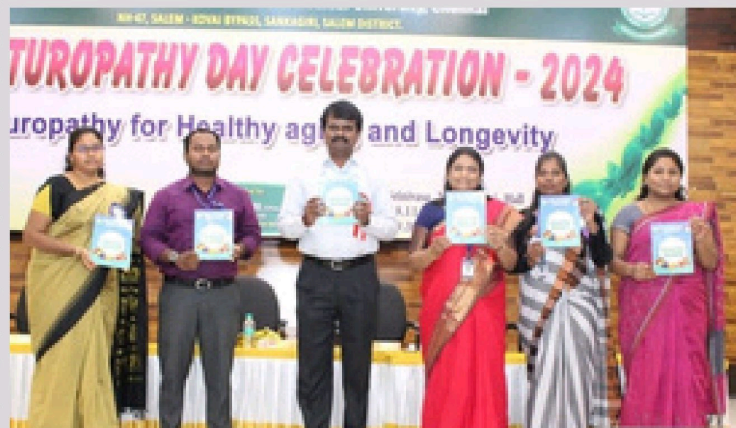
# Events



Empowering health through nature and yoga Swamy Vivekanandha Naturopathy and Yoga Hospital organized a successful camp on 10.11.23 at Kalipatti, Salem, benefiting 40 participants. Highlights included:

1. Personalized Consultation
2. Expert Dietary Advice
3. Therapeutic Yoga Sessions
4. Pulse Diagnosis
5. "Naturopathy Awareness Talk A step towards holistic wellness!"

7th Naturopathy Day Celebration - November 2024 Naturopathy Day was celebrated in advance on 16.11.24 at Swamy Vivekanandha Naturopathy and Yoga Medical College, Salem with around 700 participants (Patients and Students of SVNYMC and VNCW). The 2nd year students enthusiastically took the initiative in organising the event. The Participant students from all the Batches gave Power point presentations on Published Research Papers in the field of Naturopathy, various traditional and latest Naturopathy treatments, and Yoga modules. The Group and Solo Yoga dances by BNYS students amazed the patients and students of other disciplines. A Dietary Guideline book "SWASTHA AHARAM" was released for the ease of Patients. 40 stalls were put up by the BNYS students for Naturopathy and Yoga awareness. Satvik Food with Live Cooking and Natural items like Herbal soap, tooth powder were put up for sales. The highlights of the program were the Hospital Coupons for Naturopathy Treatments at Nominal rates which were enthusiastically received by the Patients. We whole heartedly Thank our Honorable Chairman Sir for his irreplaceable motivation and support.



The students from Swamy Vivekanandha Naturopathy and Yoga Medical college, Salem participated in the National Yogasana Sports Championship held on 16th, 17th November 2024 in Hyderabad. They won prizes in various categories, Among 200 plus Students from all over India.

1. Vishal.P 1st year (part-2)

Traditional Yoga-2nd prize (silver medal) (overall National and Tamilnadu)

Artistic solo-2nd prize silver medal

Artistic Pair-2 nd prize silver medal

Artistic group -2nd prize Silver medal

2. Kamalesh 1st year (part2)

Artistic Pair-2 nd prize silver medal

Artistic group -2nd prize Silver medal

3. Sriram and Abhishek 1st year (part-2)

Artistic Pair-3 rd prize Bronze medal

Artistic group -2nd prize Silver medal.



# Events



Congratulations to the students of Swamy Vivekanandha Naturopathy and Yoga Medical college, Salem who participated in the National Yogasana Sports Championship held on 16th, 17th November 2024 in Hyderabad and won prizes in various categories.

The students of 1st, 2nd, and 3rd year participated in the 2 days Naturopathy Conference organised by Central Council for Research in Yoga and Naturopathy (Ministry of AYUSH) at Central Research Institute for Yoga and Naturopathy, Nagaamangala, Mandya, Karnataka. on 18 and 19th November 2024. The brainstorming sessions and the Cultural participation were an excellent opportunity for the students to learn and develop their skills and knowledge.



Congratulations to the students who won prizes in the Fireless Cooking Competition held as a part of 7th Naturopathy Day Celebrations.

First prize

1. Esha gopika 2nd year
2. Kirupashree 2nd year
3. Mouleeshwaran 1st year (part- 1)

Second prize

1. Saravana Priya 1st year (part-1)
2. Catherine 1st year (part-1)
3. Jennitha & Dharanya 2nd year
4. Sujitha & Shalini 1st year (part-1)

Third prize

1. M.Harini 1st year (part-2)
2. Bhalavignesh & saran Kumar 1st year (part-1)
3. Pandiyan 4th year
4. Kavisree & Aashika 1st year (part-1)



# MEDICAL FEATURES

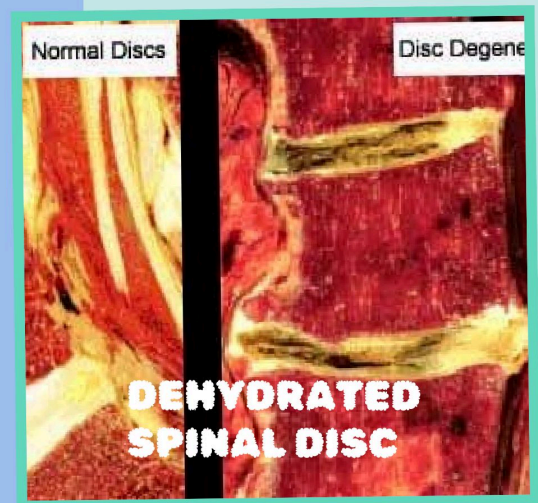
## Cervical spondylosis

DR. RAKSHITHA, BNYS.,  
ASSISTANT PROFESSOR CUM MEDICAL  
OFFICER, SVNYMC.



### Definition

- Cervical spondylosis is a term that encompasses a wide range of progressive degenerative changes that affect all the components of the cervical spine (i.e., intervertebral discs, facet joints, joints of Luschka, ligamenta flava, and laminae).
- It is a natural process of aging and presents in the majority of people after the fifth decade of life.



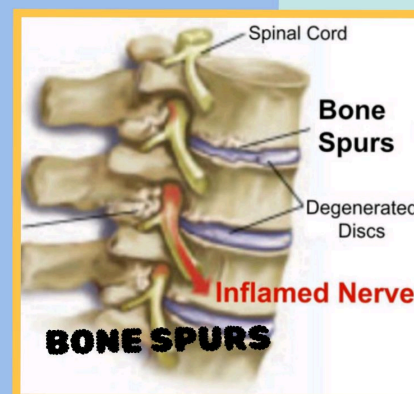
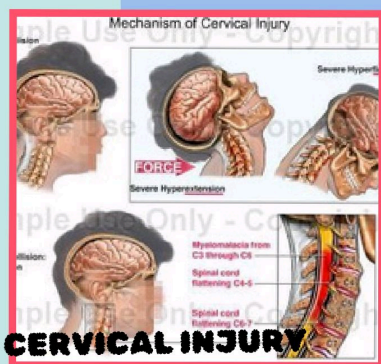
### Symptoms

- Neck pain.
- Stiff neck.
- A bump or knot in your neck.
- Muscle spasms.
- A clicking, popping or grinding sound when you move neck.
- Dizziness.
- Headache.



## Causes

- Age related wear and tear
- Degenerative disk disease.
- Herniated disk.
- Osteoarthritis.
- Bone spurs (osteophytes).
- Spinal stenosis.

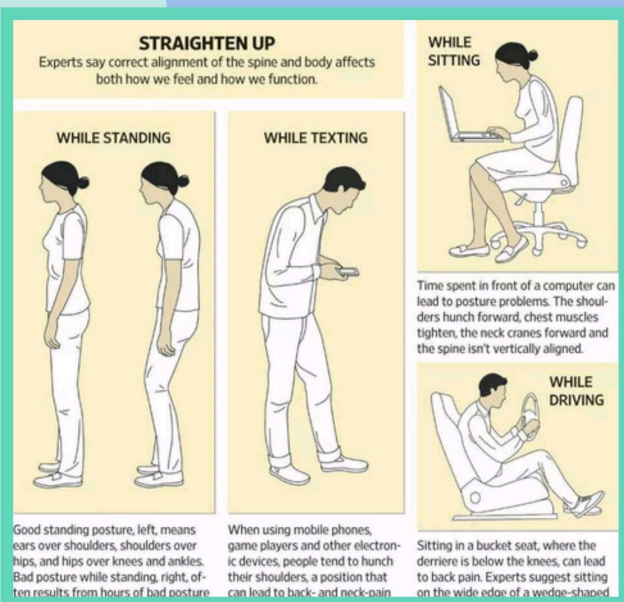


## Management

- **MEDICATION**
  - Muscle relaxant
  - Narcotics - to relieve pain
  - Anti epileptics - Pain due to nerve damage
  - Steroid injection - decreases tissue inflammation
- **SURGERY**
- **PHYSICAL THERAPY**
  - Strengthening of muscles
  - Traction

## Hydrotherapy

- Enema
- Steambath
- Saunabath
- Immersion bath
- Spinal bath
- Spinal spray
- Revulsive compress



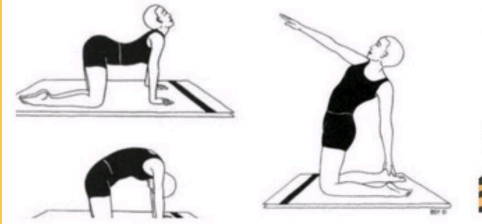
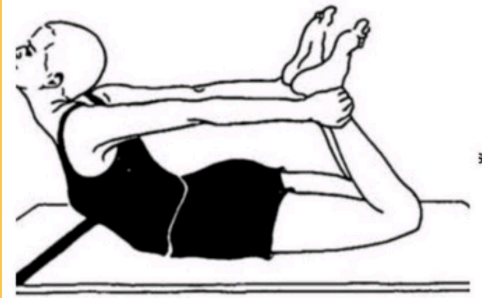
# YOGA THERAPY

## ASANAS:

- Neck exercises
- Hasta uttanasana
- Bhujangasana
- Katichakrasana
- Tiger breathing
- Saral dhanurasana
- Ardha ushtrasana

## PRANAYAMAS

- Nadishuddhi
- Bhramari
- Ujjayi
- Meditation and relaxation techniques



## DIETARY MANAGEMENT

### Foods to be included in diet

- Vitamins A and C helps to reduce inflammation so one must consume lots of fresh fruits and veggies.
- Eat four to six smaller meals, instead of three large meals.
- A diet that's very high in protein can interfere with the absorption of calcium.
- Other nutrients important for reducing inflammation are omega-3 fatty acids and Vitamin E such as oilseeds, nuts and fish.

## FOODS TO BE AVOIDED

- Foods with lots of added sugar, like soda, candy, and juices, can trigger inflammation.
- Foods high in saturated fats, like pizza, cheese and foods high in omega-6 fatty acids like vegetable oils, can cause inflammation
- Foods high in sodium, like most fast foods, can contribute to inflammation
- Foods high in refined starch, like white bread and pastries, can promote inflammation.
- Alcohol can weaken bones and interact with medications, making them ineffective.



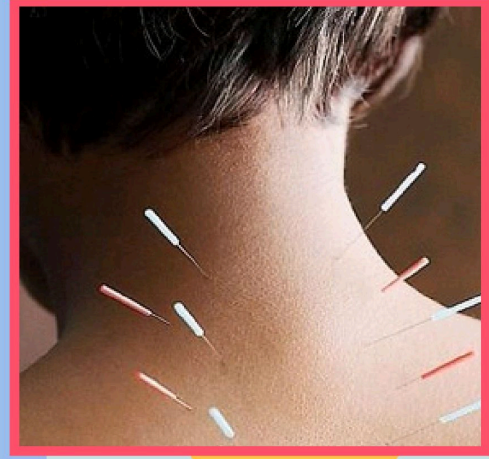
# ACUPUNCTURE

## Main Points

- Fengchi GB20
- Tianzhu UB10
- Dashu UB11
- Dazhui GV14
- Yamen GV15
- Yiming Ex7
- Huoto's Point Ex21
- Ah-shi points

## Supplementary Points

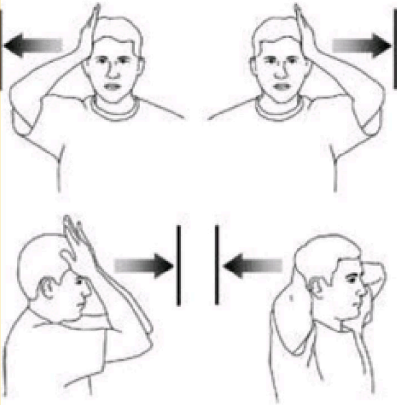
- Baihui GV20
- Lieque L7
- Houxi SI3
- Waiguan TW5
- Hegu LI4
- Yanglingquan GB34
- Xuanzhong GB39
- Neiting St44



## PHYSIOTHERAPY

- IFT
- Traction
- Moist heat
- Wax therapy
- Exercise therapy

### EXERCISE THERAPY



**Isometric Neck Exercises**

### EXERCISE THERAPY

Tuck the chin in towards the neck.



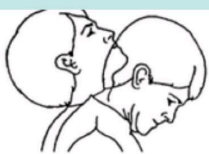
Holding the chin tucked, press the head into the book.



3. Maintain pressure between the head and book, then slowly turn the head to one side.

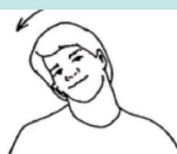


Now turn the head to the opposite side.



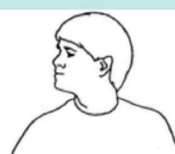
#### FLEXION / EXTENSION

Bring your chin toward your chest; hold. Return to upright, then bring your head back; hold. Hold the back of your neck with your hands if you need more support.



#### SIDEBENDING

Bend your ear toward your right shoulder while looking straight ahead; hold, then alternate.

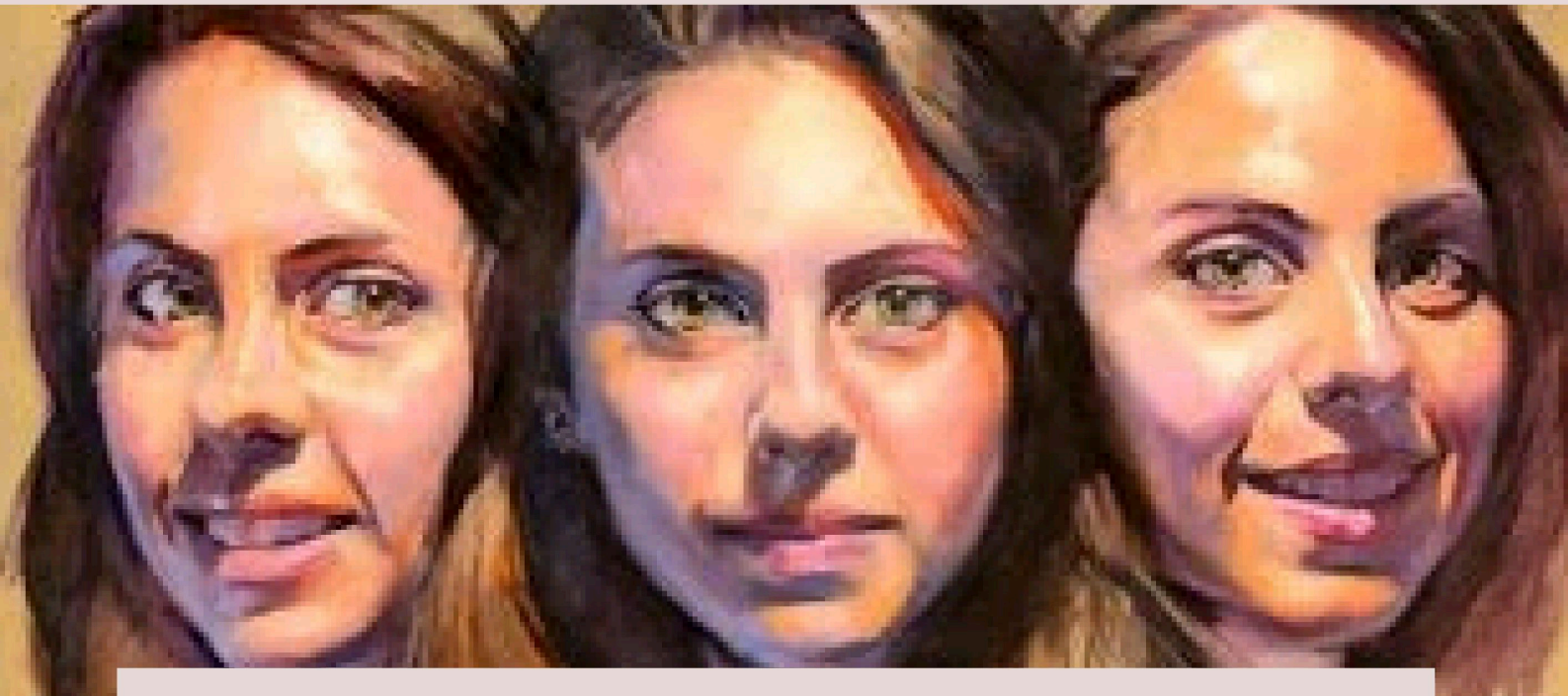


#### ROTATION

Turn to look over your right shoulder; hold, then switch sides. Add gentle hand pressure at the chin as tolerated for more stretch.



# ASPIRING SCHOLAR



## Understanding Microexpressions

◆ MICROEXPRESSIONS ARE THOSE FLEETING FACIAL EXPRESSIONS THAT APPEAR ON OUR FACES FOR A SPLIT SECOND. THEY ARE EXTREMELY TELLING DESPITE THEIR BRIEFNESS. THESE STATEMENTS TRANSCEND CULTURAL BOUNDARIES, CAPTURING GENUINE FEELINGS THAT ARE UNIVERSAL. WE NOW UNDERSTAND THAT EVERYONE EXHIBITS SEVEN FUNDAMENTAL EMOTIONS THROUGH MICROEXPRESSIONS: HAPPY, SORROW, ANGER, FEAR, SURPRISE, DISGUST, AND CONTEMPT, ACCORDING TO PSYCHOLOGISTS PAUL EKMAN AND WALLACE V. FRIESEN



## Importance in Naturopathy

EMOTIONS ARE THE HIDDEN PUPPETEERS OF OUR PHYSICAL HEALTH. CHRONIC STRESS, ANXIETY, AND UNRESOLVED EMOTIONS OFTEN MANIFEST AS PHYSICAL SYMPTOMS, CONTRIBUTING TO VARIOUS HEALTH CONDITIONS. RECOGNIZING THESE EMOTIONAL STATES THROUGH MICROEXPRESSIONS ALLOWS NATUROPATHS TO TARGET THE ROOT CAUSES OF HEALTH ISSUES, NOT JUST THE SYMPTOMS. THIS APPROACH ALIGNS WITH THE NATUROPATHIC PRINCIPLE OF TREATING THE WHOLE PERSON.

Fidha Franco  
2Year BNYS

## Enhancing Communication

**MICROEXPRESSIONS HAVE THE ABILITY TO RADICALLY ALTER HOW PROFESSIONALS AND PATIENTS COMMUNICATE. THEY PROVIDE PROMPT FEEDBACK ON INDIVIDUALS' FEELINGS IN RESPONSE TO HEALTH-RELATED INQUIRIES AND DISCUSSIONS. WHEN PRESENTING A TREATMENT PLAN, FOR EXAMPLE, A NATUROPATH MAY OBSERVE A PATIENT'S MICROEXPRESSIONS OF HESITATION OR BEWILDERMENT AND PROVIDE ADDITIONAL CLARITY OR RE-ASSURANCE. THIS QUICK FEEDBACK LOOP FOSTERS A MORE SYMPATHETIC AND SUPPORTIVE THERAPEUTIC ALLIANCE.**



## Techniques for Recognizing Microexpression

**KEEP AN EYE ON YOUR PATIENT'S FACE DURING CONSULTATIONS AND PAY ATTENTION TO ANY QUICK CHANGES IN THEIR EXPRESSIONS. DIVE INTO RESOURCES LIKE BOOKS, ONLINE CLASSES, AND WORKSHOPS TO GET A GRIP ON THE SEVEN KEY MICRO-EXPRESSIONS. WATCH VIDEOS OF PEOPLE SHOWING DIFFERENT EMOTIONS TO SHARPEN YOUR SKILLS IN SPOTTING THESE MICRO-EXPRESSIONS. MAKE IT A POINT TO PRACTICE MINDFULNESS REGULARLY; BEING FULLY PRESENT WITH YOUR PATIENT HELPS YOU PICK UP ON THOSE SUBTLE EMOTIONAL CUES.**

## Application in Patient Assessment

- 1. FIRST MEETINGS: PAYING ATTENTION TO MICROEXPRESSIONS IN THE FIRST MEETINGS CAN GIVE YOU INSIGHT INTO HOW A PATIENT REALLY FEELS ABOUT THEIR HEALTH ISSUES AND WHAT THEY WANT TO ACHIEVE.**
- 2. PLANNING TREATMENTS: LOOK FOR MICROEXPRESSION SIGNALS TO UNDERSTAND HOW PATIENTS FEEL ABOUT THE PROPOSED TREATMENT PLANS, MAKING SURE THEY'RE COMFORTABLE AND ON BOARD.**
- 3. TRACKING PROGRESS: KEEP AN EYE ON MICROEXPRESSIONS DURING FOLLOW-UP APPOINTMENTS TO SEE HOW PATIENTS ARE EMOTIONALLY AND PHYSICALLY REACTING TO THEIR TREATMENTS.**
- 4. ESTABLISHING TRUST: ACKNOWLEDGING AND AFFIRMING PATIENTS' FEELINGS HELPS BUILD TRUST AND A GOOD RELATIONSHIP, WHICH PROMOTES STICKING TO TREATMENT PLANS AND ENCOURAGES OPEN DIALOGUE.**



# Integrating Mentalism

MENTALISM CAN ENHANCE A NATUROPATH'S UNDERSTANDING OF MICROEXPRESSIONS, FOSTERING STRONGER PATIENT RELATIONSHIPS THROUGH TECHNIQUES LIKE COLD READING. HOWEVER, IT'S CRUCIAL TO ETHICALLY RESPECT PATIENT PRIVACY AND USE INSIGHTS TO SUPPORT THEM. ALWAYS COMMUNICATE OPENLY AND INVOLVE PATIENTS IN DISCUSSIONS ABOUT THEIR HEALTH. MICROEXPRESSIONS CAN SIGNIFICANTLY AID IN COMPREHENDING PATIENT'S WELL-BEING.

## THE MAGIC OF FACIAL EXPRESSIONS

### UNDERSTANDING OUR EMOTION

#### HAPPINESS

- SMILE: RAISED MOUTH CORNERS, OFTEN ACCOMPANIED BY A RADIANT GRIN.
- EYES: CRINKLED AT THE CORNERS, CREATING DELIGHTFUL "CROW'S FEET."

#### SADNESS

- MOUTH: DOWNTURNED CORNERS, AS IF CARRYING THE WEIGHT OF THE WORLD.
- EYES: DROOPING UPPER EYELIDS, TEARS MIGHT APPEAR LIKE TINY CRYSTALS.

#### ÄNGER

- MOUTH: TIGHTLY CLOSED OR OPEN IN A FIERCE YELL.
- EYEBROWS: FURROWED TOGETHER, FORMING DRAMATIC VERTICAL LINES.

#### FEAR

- MOUTH: SLIGHTLY OPEN, ALMOST GASPING.
- EYES: WIDE OPEN, WITH UPPER EYELIDS RAISED IN SHOCK.

#### SURPRISE

- MOUTH: OPEN, JAW DROPPED IN UTTER ASTONISHMENT.
- EYES: WIDE OPEN WITH EYEBROWS ARCHING HIGH.

#### DISGUST

- MOUTH: UPPER LIP RAISED, NOSE WRINKLED AS IF ENCOUNTERING SOMETHING FOUL.
- EYES: NARROWED, CONVEYING UTTER REPULSION.

#### CONTEMPT

- MOUTH: ONE CORNER OF THE MOUTH RAISED IN A HALF-SMIRK.
- EYES: SLIGHTLY NARROWED, DRIPPING WITH DISDAIN.

#### INTEREST

- MOUTH: SLIGHT SMILE OR NEUTRAL, SUBTLY ENGAGED.
- EYES: FOCUSED AND SLIGHTLY WIDENED, SOAKING IN EVERY DETAIL.

#### BOREDOM

- MOUTH: SLIGHT DOWNWARD TURN, EXUDING A LACK OF ENTHUSIASM.
- EYES: DROOPING EYELIDS, STRUGGLING TO STAY OPEN.

#### CONFUSION

- MOUTH: SLIGHTLY OPEN, LIPS PRESSED TOGETHER, PONDERING DEEPLY.

- EYEBROWS: FURROWED OR RAISED ASYMMETRICALLY, TRYING TO MAKE SENSE OF IT ALL.

#### EMBARRASSMENT

- MOUTH: SMILING WITH LIPS PRESSED TOGETHER, A BASHFUL GRIN.
- EYES: AVERTED OR LOOKING DOWN, HIDING THE BLUSH



# Satvik Kitchen

5 Star Chefs of the Month

## Ragi cake



### Ingredients

- Jaggery - 1/2 cup
- Water 1/2 cup
- Banana -5
- Grated coconut -1/2 cup
- Ragi flour - 1/2 cup

### BENEFITS

- High in Antioxidant.
- Easy to Digest
- Good for Bone Health
- High in Fiber
- Promotes better digestion.
- Regulates blood sugar levels.
- Produces feeling of fullness

Aparna

Arthi Gomathi

2nd year BNYS

### Procedure

1. Melt the jaggery in a pan .Add mashed bananas, water ,grated coconut & Ragi flour
2. Let it cook for 10 minutes.
3. Cool it and shape it into small cubes

### NUTRITIONAL VALUE

- Protein-5-8%
- Carbohydrates-65-75%
- Dietary fiber-15-20%
- Minerals-2.5-3.5%



# Satvik Kitchen

4 Star Chefs of the Month

## Banana pancake



### Ingredients

- Wheat flour -2cup
- jaggery-1cup
- Banana-6
- Coconut-cup
- Cardamon-4
- pinch of Salt

### Nutritional value

- Calories - 250cal
- Protein - 15 g
- Fibers - 4 to 5 g
- Sodium - 200 mg
- Vitamin C - 10.2 mg
- Vitamin B6 - 0.5 mg

Sangamithra  
Saghana Varshini  
2year BNYS

### Procedure

- In a large bowl, add wheat flour, add blended banana and Mix it well
- Add jaggery powder and grated coconuts
- Finally add pinch of salt and cardamon.
- Mix it well. Wait for 10 minute until the Batter is set
- Heat the pan and pour the batter
- Cook on both sides until golden on low flame.
- Our tasty banana pancake is ready to serve

### Benefits

- Supports healthy skin and hair
- Relieves menstrual cramps and PMS symptoms
- Helps to manage blood sugar level
- Promotes healthy gut
- Improves sleep duration and relieves constipation and diarrhoea



# Satvik Kitchen

3 Star Chefs of the Month

## Lauki kolukatta



### Ingredients

- 2 cups of chopped bottle gourd
- 1 cup of rice flour
- 1 cup of powdered beaten rice
- ½cup chopped onion
- 2 chopped chillies
- Salt and pepper to taste

### Benefits

- Contains potassium, which helps to regulate blood pressure and maintains cardiac health.
- Good for diabetes.
- Contains vitamin C, B, and K, as well as minerals like calcium, magnesium, iron, and zinc.
- Promotes bowel movements.
- Prevents constipation.

Savitha Sree

Sajithra

2year BNYS

### PROCEDURE

- Take a bottle gourd and chop into cubes after removing seeds
- Then grind it
- Take 1 cup of rice flour and Beaten rice, mix it with the grinded bottlegourd paste.
- Add chopped green chillis, onion, salt powdered pepper( as per taste)
- Mix it Make balls using the batter and steam it

### Nutritional value

- Calories:15cal
- Sodium :2 mg
- Potassium :170 mg
- Total Carbohydrate: 3.7 g
- Dietary fiber :1.2 g
- Protein:0.6 g
- Vitamin C:14%
- Calcium: 12%
- Iron: 1%
- Magnesium:2%



# ACADEMIC EXCELLENCE OF THE MONTH



**Physiology**



**Philosophy of  
nature cure**



**Anatomy**



# Future Goal



Affreen Banu.B  
1st year(part-2)

## FORTHCOMING AMBITION

### Carrier choice:

After passing my 12th board examination, I was interested to study the medical course. So I went to the neet coaching class for around 1 year. But the result was not so satisfying. During that time, I heard about the course BNYS. I decided to step into this course. **COLLEGE IS THE BEST PLACE TO EXPLORE OUR KNOWLEDGE**

### Education:

Knowledge is not about the marks, it is about the Practical experience we gain through our education. In **SVNYMC** i am gaining practical exposure in all the field.

### My future goal:

After completing my **BNYS** course, I wish to work in the clinical side and I also wish to do masters in my field

### Impact of this course:

Every morning I wake up at **5:00 A.M.** At that time I feel fresh in doing the yoga and mantra chanting. I love my routine of practicing yoga It also gives a positive impact on me.

### Self-Treatment experience:

I will be very keen about my patients health.

I will give them advice to improve their physical and mental health.

### Treatment on myself:

The naturopathy & yoga treatments have given me abundant changes in my body and mind.It gives me a confidence that I can treat many patient ailments through our naturopathy system

### Conclusion:

"Nature itself is the best physician."

"Natural medicine is not an alternative it is the original medicine."

# SVNYMCH

## Naturopathy & Yoga in a Cerebral Palsy case

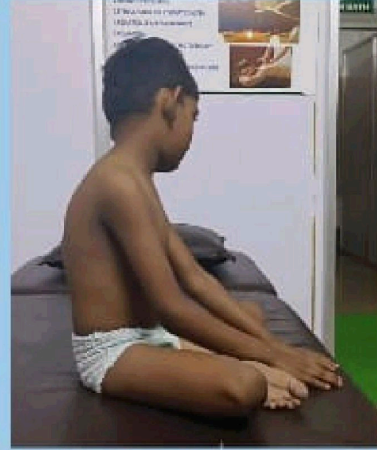
**Before**



**Postural Imbalance**



**After**



**Improved Posture**



**Stiffness of limbs**



**Decreased stiffness of limbs**

- A Known case of Cerebral palsy, of age 5 years came to our hospital and underwent Naturopathy and Yoga treatments for 2 months
- Before the treatment there was stiffness of limbs, difficulty in walking, was irritated and not attentive to the verbal commands, but After the treatment there was Reduction in the body stiffness, change in his posture, gait, and decrease in his irritation levels and he became attentive.

# 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
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• ★ •

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