



Voice of SVNYMC

SVNYMC

A journey with Naturopathy and Yoga



Issue 15

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December 2024

NEWS LETTER



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Satvik Kitchen



**Academic Excellence of the
Month**



future Goal



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EVENTS



Swamy Vivekanandha Naturopathy and Yoga Medical college, Salem participated in the State level Yoga Competition held on 08 th December 2024 at Arachalur, Erode and won prizes in various categories among 900 plus Students from all over Tamil Nadu and received Certificates, Medals and Shields. Doctors - Dr.Gomathi and Dr.Krishnapriya were awarded Yoga Acharya Awards. The Institution was bestowed with the Honour award for maximum winners. The Achiever students are applauded for their outstanding performances.





Wisdom Voyage 3 - A two day long Research/Scientific session by the Two Efficient, dedicated and Self driven Experts Dr. V. Venugopal and Dr. Bhavit Bansal captivating around 750 students and Doctors from 13 different Colleges in Tamil Nadu motivating the Young minds to learn and grow their skills and dive deeper into the field of Self discovery as a Naturopathy and Yoga Physician and Researcher, was conducted by Swamy Vivekanandha Naturopathy and Yoga Medical College, Salem on 16th and 17th December 24. A big Thanks to our Honourable Chairman Sir for the unwavering support and encouragement. Thank you to all the Principals of 12 different BNYS Colleges for the great support.



SVNYMC Students wishing a Happy Meditation Day to all, performing OMKARA Meditation in Aum formation under the supervision of Faculties and lead by Trozeins our 2nd batch on 21.12.24



Congratulates student Ms. Parkkavi of BNYS 3rd year for achieving Contributory Award for her Social media support through her YOUTUBE CHANNEL to the Edification Tamil Nadu AYUSH conference organised by Yal foundation at Pondicherry, bringing Laurels to the Mother Institution.



Swamy Vivekanandha Naturopathy and Yoga Medical College in association with National Institute of Naturopathy, Pune conducted Free Health Camp on 30/12/2024 at Sontham Arakattalai Old Age Home for 45 Home inmates.



Swamy Vivekanandha Naturopathy and Yoga Hospital, in association with Alathur Panchayat, Sankari, Salem, organized a Free Naturopathy Medical Camp for the elderly (Geriatric Care) on 31st December 2024. Chairperson Mr. Palanisamy and VAO Officer Mr. Rajalingam participated in the event.

Number of beneficiaries: 40

Camp Highlights:

- Free positive consultations
- Pulse diagnosis
- Dietary advice for seniors
- Yoga therapy promotion for elderly wellness
- Iris diagnosis
- Pranayama session for relaxation and health

A holistic approach to enhance the well-being of our senior citizens.



New year 2025 and Christmas celebrations at SVNYMC with the 2nd batch Trozeins taking the lead.

MEDICAL FEATURES

Walking



DR.SATHYA JOICY, BNYS.,
ASSISTANT PROFESSOR CUM MEDICAL
OFFICER, SVNYMC.



Benefits of walking

- Reduce your risk of heart disease and stroke
- Manage weight, blood pressure and blood cholesterol
- Prevent and control diabetes
- Reduce your risk of developing some cancers
- Maintain your bone density, reducing your risk of osteoporosis and fractures
- Improve balance and coordination, reducing your risk of falls and other injuries
- Improve our daily mood which cumulatively leads to better mental health



Tips to follow

- Find your 30 Minutes
- All adults aged 18-64 years should aim for 150 minutes of moderate physical activity each week. That's 30 minutes on five days of the week. It's considered 'moderate' if it takes some effort, but you're still able to talk comfortably.
- Or start with 10
- ♦ If you can't find time for a 30-minute walk, try breaking your 30 minutes of walking into three 10-minute sessions on each of 5 days, is just as beneficial as doing the 30 minutes in one go

General walking tips

Seek appropriate medical advice:

- **If a person have a medical condition and or or significantly increasing your level of activity, you must ask your health professional whether it for you to participate.**



Manage medical conditions carefully

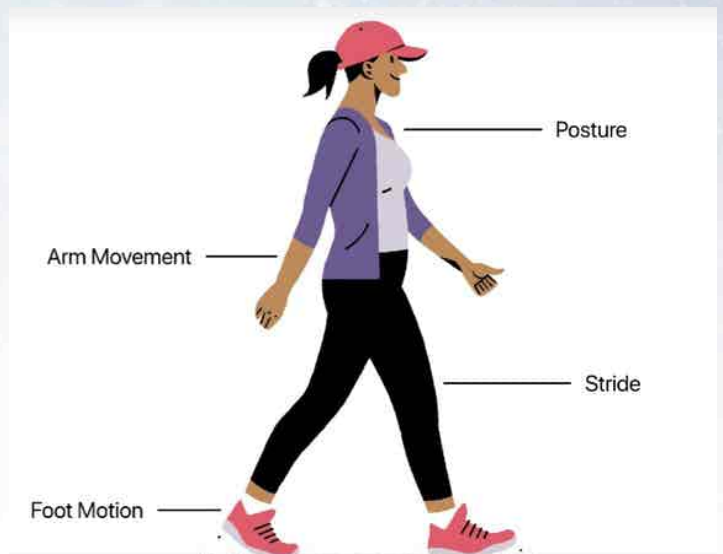
- **If a person have a medical condition that could be affected by activity (like heart disease, angina, high blood pressure, diabetes or asthma), you must carefully monitor any symptoms (e.g. breathlessness, low blood sugar or pain) that may be ma made worse, If you are on medicati tion cation for your condition, ensure you have taken your medication corfectly before undertaking activity and/or c carry as appropriate (discuss this with your doctor), and walk at your own pace, being careful not to overdo it.**

warm up and stretch

- **A gentle warm-up and some simple stretching is a good way to improve flexibility, prepare muscles for being active and prevent injuries. You might like to consider including a warm-up and stretch at the start. of every walk and, when possible, at the end.**

Build activity slowly

- If you rarely do any physical activity e.g. walk the dog once a week, or play an occasional game of golf, start by walking for 10 or 15 minutes, three or four times a week at a comfortable level. After a few weeks, you should find that you can walk a little further and faster, and may want to gradually increase the frequency to five, six or seven times a week.



Use the correct technique

- ♦ Walk at a steady pace, swing your arms freely and stand as straight as you can. Your feet should step in a rolling action from the heel to the toe.

Listen your body

- A good way to judge how fast to walk is to rate how you feel on a scale of 0 to 10 (where 0 is resting and 10 is working very, very hard). To get a health benefit without pushing yourself too hard, your walking should be somewhere between three (moderate) and six (somewhat hard). Stop if you need to.

Prepare for the weather

- **Wear suitable warm, light clothing in the winter and cool, comfortable clothes in the summer**
- **Remember to wear suitable sun protection, including a hat, sunscreen and sunglasses. Check the UV index and consider walking in shady areas or undercover to reduce exposure to UV radiation.**



Stay hydrated

- **Drink water before and after your walk. Take water with you on your walk, especially in warm weather.**

Cool down

- **Make sure you cool down after a long fast walk. Do a few stretching exercises.**



Oil swishing



**Dr R SOWNTHARYA., BNYS
ASSISTANT PROFESSOR CUM MEDICAL OFFICER
SWAMY VIVEKANANDHA NATUROPATHY AND YOGA
MEDICAL COLLEGE**

INTRODUCTION

- **Maintaining good health and hygiene is crucial for protecting ourselves from diseases and presenting ourselves confidently in society.**
- **One essential aspect of overall health is oral hygiene.**
- **Just like bathing, nail cutting, and brushing, maintaining good oral health is an essential part of our daily hygiene routine.**



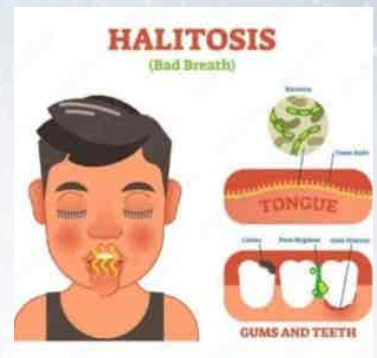
OIL SWISHING

- **Oil swishing, also known as oil pulling, is an ancient practice that removes bacteria from the mouth and promotes oral health.**
- **By incorporating oil swishing into our daily routine, we can significantly improve our oral hygiene and overall well-being.**



OIL SWISHING

- **Begin with an empty stomach after waking up.**
- **Choose the oil. Put one or two tablespoons into the mouth.**
- **Swish the oil around the mouth**
- **Start it for 5 minutes, then gradually can increase the duration upto 20 minutes**
- **After that brush the teeth & rinse the mouth.**



BENEFITS

- **Reduce Halitosis**
- **Halitosis means "Bad breath" Oil pulling cleans the microbes especially bacteria from oral cavity.**
- **It is useful in patients who are having gingivitis (inflammation of gums).**
- **Coconut oil has anti inflammatory & anti**
- **Bacterial effects which reduces the microbial**
- **Growth in the oral cavity.**
- **Oil swishing not only promotes oral hygiene**
- **and reduces inflammation, but it also,**
- **Strengthens the oral muscles, including the cheeks, lips, and tongue, through the gentle wishing movements.**
- **Improves jaw alignment and reduces tension.**
- **Enhances overall oral flexibility and coordination.**

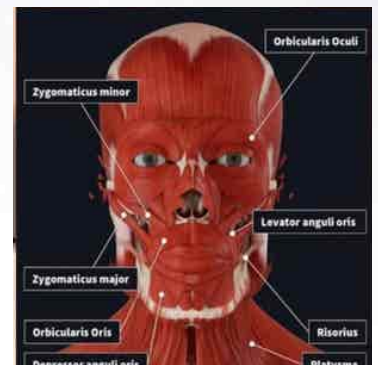
WHAT KIND OF OIL CAN BE USED?

- Any kind of edible oil can be used for oil pulling.
- Most preferable oil are as follows.
- Cold pressed virgin coconut oil
- Sesame oil/Ground nut oilOlive oil
- Because these oil have rich anti oxidants and anti microbial properties.



BENEFITS

- Regular oil swishing can lead to:-
- Reduced inflammation and gum bleeding
- Improved oral hygiene
- Fresh breath
- Whiter teeth



RESEARCH PAPERS (related to oil pulling)

- Mustafa Naseem. Muhammad Faheem Khiyani-
Oil pulling & importance of traditional
medicine in oral health
maintanencePMID:29085271
- Kris Gunnars Oil pulling with coconut oil can
transform your dental health



ASPIRING SCHOLAR



PLACEBO EFFECT OF GEM STONES (SPHATIK MALA)

P. Harini (3rd year)

Introduction:

- For centuries, Sphatik Mala, or clear quartz mala, has been revered for its purported healing properties. Despite the scientific community's skepticism, many individuals report positive effects. This phenomenon can be attributed to the placebo effect, where belief and expectation influence physical and mental health.
- "Understanding the Placebo Effect"
- The placebo effect occurs when a person experiences real improvements after receiving a treatment with no therapeutic effect. This highlights the powerful psychological impact of belief and expectation on well-being.
- "Sphatik Mala and the Placebo Effect"
- Sphatik Mala is believed to work through vibrational energy, aligning with the body's energy fields to promote healing. While scientific evidence is limited, the placebo effect offers a plausible explanation for reported benefits

Mechanisms Behind the Placebo Effect:

1. "Expectation*": Belief in Sphatik Mala's healing properties triggers the brain to release endorphins and other chemicals, fostering well-being.
2. "Conditioning*": Positive experiences with similar treatments condition the brain to respond favorably to Sphatik Mala.
3. "Psychological Comfort": Holding or wearing Sphatik Mala provides comfort, reducing stress and anxiety.

***Benefits Attributed to Sphatik Mala**

***Emotional Balance:** Users report feeling more emotionally balanced.

***Stress Reduction*":** Belief in calming properties leads to reduced stress.

"Enhanced Focus*": Individuals find improved concentration

"Scientific Perspective

While Sphatik Mala lacks intrinsic healing properties, placebo effect highlights the mind-body connection. Belief plays a crucial role in healing.

"Cultural Significance

In Hinduism, Sphatik Mala is used for meditation and spiritual growth. Its cultural significance reinforces its psychological impact.

"Traditional Uses"

Meditation and prayer

Emotional balance and stress relief

- Improved focus and concentration



"Sphatika Bhasma", also known as "Shubhra Bhasma" or "Fitkari Bhasma", is a classical Ayurvedic formulation made from "potash alum" (Sphatika). It is widely used in naturopathy for its "hemostatic, anti-inflammatory, and antiseptic properties".

Here's how it helps in treating various ailments:

"How Sphatika Bhasma Works":

Blood Purification: Sphatika Bhasma is known for its blood-purifying properties, helping to cleanse the blood of toxins and impurities.

Anti-inflammatory: Its anti-inflammatory properties help reduce inflammation and pain in conditions like arthritis and skin diseases.

- **Antiseptic**: The antiseptic nature of Sphatika Bhasma helps in preventing infections and promoting healing in wounds.

Hemostatic: It helps in stopping bleeding and is used for conditions like menorrhagia (heavy menstrual bleeding) and metrorrhagia (irregular bleeding)

Common Uses in Naturopathy":

- **"Skin Diseases":** Used for treating skin conditions like leucoderma, herpes, and vitiligo.
- **"Respiratory Issues":** Effective in treating chest pain due to pneumonia, bronchitis, and chronic cough.
- "Bleeding Disorders":** Helps in managing conditions like menorrhagia, metrorrhagia, and hematemesis (blood in vomiting).
- "Digestive Issues":** Used for chronic diarrhea and abdominal pain.
- "General Health":** Promotes overall health by detoxifying the body and boost
- "Cleansing and Charging":**
 - **"Cleansing":** It's important to cleanse the Sphatik Mala regularly to maintain its nergy. You can do this by placing it in saltwater, under moonlight, or smudging it with sage.
 - **"Charging":** To enhance its energies, you can charge the mala by placing it under sunlight or moonlight for a few hours.



The Placebo Effect of Natural Stones: A Global Phenomenon*

Background

- **Global market size: \$443 billion (2022)**
- **Synthetic stones entering the market**
- **Placebo effect: recovery due to expectation and psychosocial forces**

Theoretical framework

- **Beecher's "Powerful Placebo" (1955)**
- **Brody's definition: effects beyond specific treatment outcomes**
- **Pavlov's classical conditioning theory: expectation and conditioning**

Research

- Online survey: 415 participants

Results: natural stones positively impact treatment progress due to medicinal properties and hope for recovery

Key findings

1. Expectation contributes to recovery process
2. Placebo effect mediated by learning, anticipation, and social cognition
3. Affects clinical and physiological outcomes

Hypotheses

H1: People use natural stones for therapeutic purposes due to their perceived healing properties.

H2: Hope of cure and conditioning positively affect treatment outcomes.

H3: Interest in natural stones contributes to their therapeutic use.



Methodology

1. Online survey using social media
2. 415 participants selected based on their familiarity with natural stones
3. Questionnaire technique to investigate perception of healing stone

Research goal

To understand the role of perception, hope, interest, and placebo effect in the therapeutic use of natural stones.

Conclusion

The placebo effect of natural stones highlights the significance of expectation and psychosocial forces in treatment outcomes. Further research can translate this understanding into improved patient care.

Satvik Kitchen

5 Star Chefs of the Month

Banana flower cutlet

INGREDIENTS

- Banana flower =2 nos
- Moong dhal powder= 100mg
- Green chillies = 10 g
- Onion = 50 g
- Salt = As required

PROCEDURE

- ♦ Cut the washed banana flower into small pieces.
- ♦ Boil them with a pinch of turmeric
- ♦ Add chopped onion and green chillies into the mixture and grind it smoothly.
- ♦ Add 100g of moong dhal powder into the mixture and make small cutlets out of it.
- ♦ Cook them well and serve it with freshly made pumpkin sauce



Nutritional value

Calories:4gms

Carbohydrates:4

Fat:0.1gms

Protein: 1.5g



Kowsalya.G.M

Kiruthika.N

Final year Bnys

BENEFITS

Anti-inflammatory effects:

- Flavonoids and phenolic acid in banana flowers helps to reduce inflammation.

Muscle growth and repair:

- The protein in banana flowers can help to build and repair muscles.

Anti-oxidant effects:

- presence of saponin in Moong dhal can help to protect against oxidative stress and cell damage.



Satvik Kitchen

4 Star Chefs of the Month

RAVA BUN DOSA



INGREDIENTS

- Rava - 250gms
- 1 cup of Butter milk
- Onion- 25gm
- cumin-2gm
- Pinch of Salt

Nutritional value

- Carbohydrates -100gm
- Protein - 20gm
- Fat- 2.9gm
- Energy- 123.7kilo calorie

HARIHARASUDHAN.RS

HARINI.S

FINAL YEAR BNYS

PROCEDURE

- Soak 250gms of rava in 1 cup of butter milk for about 1 hour.
- Blend the soaked rava to a batter consistency.
- Add tempered mustard, Cumin and finely chopped onion into the batter.
- Make small fluffy dosa out of it.
- Serve it with freshly made onion tomato chutney.

BENEFITS

- ♦ Since rava has low glycemic index it is useful in case of diabetes.
- Catechins in rava which neutralize free radicals and inhibit amyloid beta aggregation.
- ♦ Lariciresinol in rava reduce lipid peroxidation.
- Conjugated linoleic acid in buttermilk involves in fat breakdown and reduce fat storage.



Satvik Kitchen

3 Star Chefs of the Month

SWEET POTATO KHEER

INGREDIENTS

- sweet potato-500g
- Coconut milk-500ml
- Ghee, Nuts as required
- Jaggery-100g

PROCEDURE

- Add grated sweet potatoes in pan and saute it for 10 minutes.
- Add 1cup of coconut milk into the sweet potatoes & cook it, until it becomes thick.
- Add 100g of Jaggery into the mixture.
- Add ghee roasted nuts into mixture & serve the kheer.



ABIRAMI.R,AISHWARYA.R

FINAL YEAR-BNYS

Nutritional value

- For sweet potatoes kheer per serving (100gm)
- Carbohydrates-40.1gm
- protein-4.6gm
- Fat-41.3gm
- total calories -325kilocalories
- Glycemic index -22.05 (MODERATE)

BENEFITS

- Sweet potatoes are excellent source of vitamin A, which prevents from macular degeneration.
- It contains antioxidants that help protect against cell damage, inflammation & oxidative stress.
- It has dietary fiber, which regulates the bowel movement.
- It helps to regulate the blood sugar levels & there by improve insulin sensitivity.



ACADEMIC EXCELLENCE OF THE MONTH

Overall University Toppers



Hemapriya.R-72.6%
1st BNYS (Part-1)



Pragati.S-70.4%
1st BNYS (Part-1)



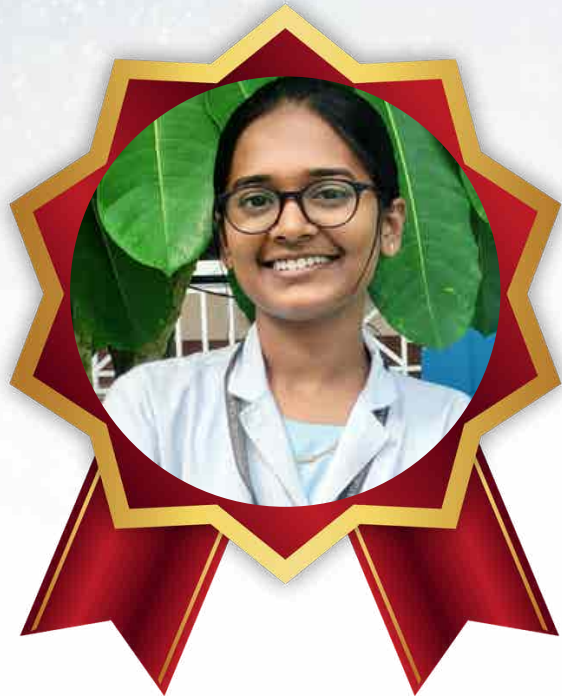
Mercy-72%
1st BNYS (Part-2)



Niyavarshini -71%
1st BNYS (Part-2)

ACADEMIC EXCELLENCE OF THE MONTH

Overall University Toppers



Dharani-70%
BNYS 2nd YEAR



Priyaharshini-70%
BNYS 2nd YEAR



Dharshini-70%
BNYS 2nd YEAR



Hariharasudhan R.S-72.43%
BNYS 3rd YEAR

ACADEMIC EXCELLENCE OF THE MONTH

Subject Toppers in University Exams



Shabana.M -75%

PPY



Neegasree.N-72%

PPY



Lavanya.K-71%

PPY

ACADEMIC EXCELLENCE OF THE MONTH

Subject Toppers in University Exams



Niyavarshini -76%
PNC



Rumana -75%
Physiology



Dharani-76%
DMN



Sangamithra-71%
DNM

ACADEMIC EXCELLENCE OF THE MONTH

Subject Toppers in University Exams



Priyaharshini-70%
Microbiology



Gopika-70%
Microbiology



Karthiga K V-75%
YPC-1



Claudia-72%
YPC-1

ACADEMIC EXCELLENCE OF THE MONTH

Subject Toppers in University Exams



Dharani-70%
YPC-1



Krishna Priya -70%
YPC-1



Ajilin Blessy-71%
Pharmacology



Swetha-71%
Pharmacology

ACADEMIC EXCELLENCE OF THE MONTH

Subject Toppers in University Exams



Thivetha-71%
Pharmacology



Dharshini-71%
Pathology



Reema Sri -79%
Nutrition and Herbology



Shanthin.M-75%
YPC-2

ACADEMIC EXCELLENCE OF THE MONTH

Subject Toppers in University Exams



Sri Sathya Seshan-76%

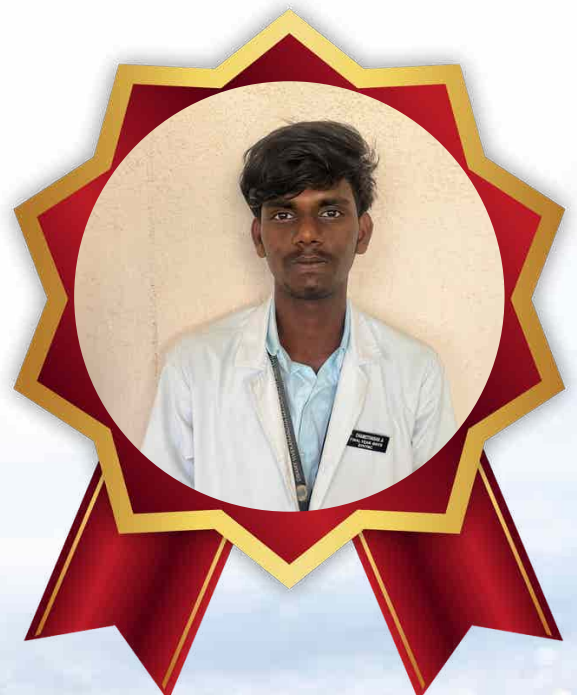
YPC-2



Hemadevi .K-79%
Nutrition &Herbology



Aishwarya.R
Community Medicine-75%
Nutrition And Herbology-81%



Dhamoetharan.A-75%
Psychology

FUTURE GOAL

"A GOAL WITHOUT A PLAN IS ONLY A DREAM"

Kavimetha.A.G

1St Year Bnys (Part-2)



INTRODUCTION

Transitioning to college marks a shift towards independence, offering academic challenges, diverse courses, and opportunities for personal growth. Completing high school with good grades is often the first step towards achieving one's dreams. While some have a clear career path, others remain unsure. Pursuing your dream course is a privilege that adds meaning to one's journey.

MY ASPIRATION TO BECOME A PHYSICIAN

Becoming a doctor has always been my ambition. Doctors lead a noble life, dedicated to serving the suffering and offering hope. Their role inspires trust and respect, fuelling my determination to follow this path.

HOW I CHOSE NATUROPATHY

After excelling in my 12th-grade exams, I attempted the NEET exam but didn't achieve the cutoff. Undeterred, I researched alternative paths and discovered the BNYS course. It captivated me with its focus on treating patients through holistic and drug-free methods.

THE STUDY OF BNYS:

Naturopathy emphasizes the body's natural ability to heal, combining methods like yoga, hydrotherapy, acupuncture, herbal remedies, and lifestyle changes. This integrative approach deeply resonated with me as it aligns science with nature.

MY FUTURE OUTLOOK:

The field of naturopathy is vast, and I aim to master its various therapies. My goal is to address the root causes of ailments, helping people to lead a healthier and more balanced life.

EPILOGUE

A Naturopathic physician means embracing a holistic approach to healthcare. Though demanding, this career is deeply rewarding. I strive to embody the qualities like reliability, hard work, and sincerity in my journey to make a difference in the lives of 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)
- ★ VIVEKANANDHA ARTS AND SCIENCE COLLEGE FOR WOMEN
- ★ RABINDHARANATH TAGORE COLLEGE OF EDUCATION FOR WOMEN
- ★ VISWABHARATHI COLLEGE OF EDUCATION FOR WOMEN

• ★ •

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