

FIRST EDITION ISSUE 6

2024

SVNYMC VOICE

MARCH JOURNEY WITH NATUROPATHY & YOGA



svnyvivekanandhabnys@gmail.com

www.svnymc.ac.in

@svnymc



Contact

8921570212

9600270305

9047705939

@svnymc



News letter



Chief Patron:

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

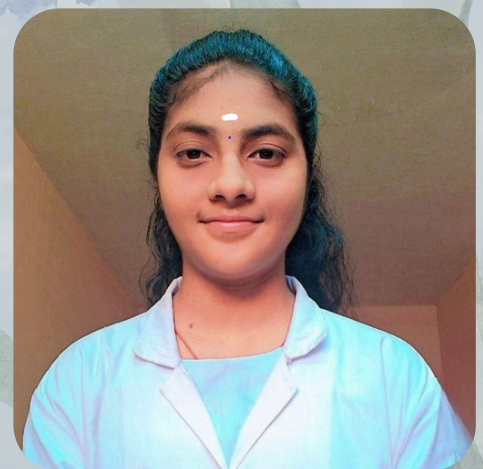


Chief Advisor and Editor:

Prof.Dr.JYOTI NAIR, BNYS.,M.Sc YOGA.,



*Maha Shree.A
1 Year BNYS*



*Kaviya Shree.S
1 Year BNYS*

SVNYMC VOICE



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Events



Svnymc Honoring Women Achievers on Women's Day is always in the tradition of Vivekanandha Educational Institutions under the mentorship of our Honorable Chairman Sir. Glimpses of the felicitation of the women Achievers, followed by our Honourable Chairman Sir's Special women's Day wishes and the wonderful Pattu pattimandram by INNISAI Team, add on to that the Yoga dance by the BNYS students as the Various Women Deities was an add on to the over all Women's day Exhilaration



Swamy Vivekanandha Naturopathy and Yoga Medical College and Hospital, Salem conducted Free Naturopathy and Yoga Medical Camp at Santhosh Steel industries on The Proprietors, staffs and near by General Public were benefitted by the Free Consultations, Yoga Therapies, Dietary modification advices and Treatments.

MEDICAL FEATURES

Dr .Pavithra .P BNYS

Assistant professor cum medical officer

Swamy vivekanandha naturopathy and yoga medical college and hospital,

Sankari, Salem.



MIRACLES OF LAVENDAR

PLANT DESCRIPTION:

- Botanic name:
- Gene Lavandula
- The name of lavender comes from the latin word lavare meaning to wash and was used as a ritual bathing herb in ancient rome.
- It is a summer flowering perennial shrub with flower colors that typically range from deep purple to pale blue.
- There are 39 species of Lavandula.
The lavender is native to the mountainous zones of the mediterranean where it grows in sunny ,stony habitats.
- Lavender is a heavily branched short shrub that grows to a height of roughly 60 centimeters.



COMPOSITION AND PROPERTIES:

- Phytochemical analysis shows that lavender essential oils contain linalool, linalyl acetate, δ -cineole, ocimene, terpinene 4-ol and camphor as the main components.

Table showing recent studies utilizing Lavender essential oils

Sl No.	Author, Year	Effect	Mode of usage
1.	Cai H et al., 2021 ²³	Anxiety reduction	Lavender fragrance
2.	Ahmed, 2020 ²⁵	Antioxidant effect against aphthous ulcer	Lavender oil
3.	Pathan et al., 2020 ²⁴	Topical analgesic	Lavender oil
4.	Karan, 2019 ¹⁸	Anxiety reduction	Lavender fragrance
5.	Kritsidima et al.,	Anxiety reduction	Lavender fragrance

HOW LAVENDER IS USED:

- Lavender is most commonly used in aromatherapy, in which the scent of the essential oils from the flowers is inhaled.
- Dried lavender flowers can be used to make teas or liquid extracts that can be taken by mouth.
- Lavendar oil is often used in other forms of integrative medicine, such as massage, acupuncture.
- Lavendar oil is extracted mainly from the flowers of the lavender plant through the process of distillation.

AVAILABLE FORMS:

- Aroma oils
- Bath gels
- Extracts
- Infusions
- Lotions
- Soaps
- Teas
- Tinctures
- Whole or dried flowers.



ANTIMICROBIAL PROPERTY

- Linalool as the main component for antimicrobial efficacy.
- Bactericidal properties of essential oils were first tested by de la croix.
- *Lavandula coronopifolia* essential oil has been found to possess high antimicrobial activity against the gram negative bacteria.
- Lavendar essential oil has been found to be effective against microorganism like *staphylococcus aureus*, *Escherichia coli*, *candidalbicans*, *aspergillus nidulans* and *trichophyton mentagrophytes*.
- The main mechanism of action against bacteria has been stated to be to the cell wall of the organism, leading to leakage of cytoplasmic content.

- *Nervous system* : It is endowed with a refreshing aroma that removes nervous exhaustion and restlessness and increases mental activity.
 - It is helpful for treating emotional stress , nervous tension , depression , anxiety, headaches, migraine.
 - It has a very calming soothing effect that makes it an excellent tonic for nerves.
 - *Sleep* : it induces sleep and hence it is often recommended for insomnia
 - *Pain relief* : lavender oil is also an excellent remedy for different kinds of pain caused by lumbago ,backache ,sprains ,rheumatism ,muscular ache tense muscles and sore muscles . Regular massage with lavender oil can provide immediate relief from pain in joints
-
- *Urine flow* : lavender oil is a perfect remedy for urinary disorders as it stimulates urine production and helps in restoring hormonal balance .
 - It reduces cystitis or inflammation of the urinary bladder and also helps in reduction of associated cramps
 - *Respiratory disorder* : lavender oil is much effective in treating tonsillitis , laryngitis, whooping cough , bronchitis, sinus congestion, asthma, cold, cough, flu , infection.
 - Apart from this it can also be used for treating digestive problem, hair care skin care , enhance blood circulation.

MEDICAL FEATURES

Dr.Poongodi.M .B.N.Y.S.,

Assistant professor cum medical officer,

Swamy vivekanandha naturopathy and yoga
medical college,

Sankari, salem.



SUPER BRAIN YOGA

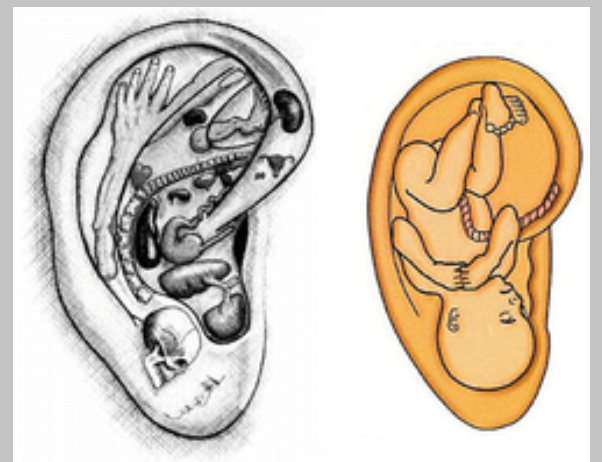
INTRODUCTION:

- Our brain is amazing -even so more advanced than any existing super computer that gives people herculean potency.
- The new born brain contains about more than 100 billion brain cells and a composite network of wiring or synapses and near about 300 million of neurons associates the brain's left and right lobes.

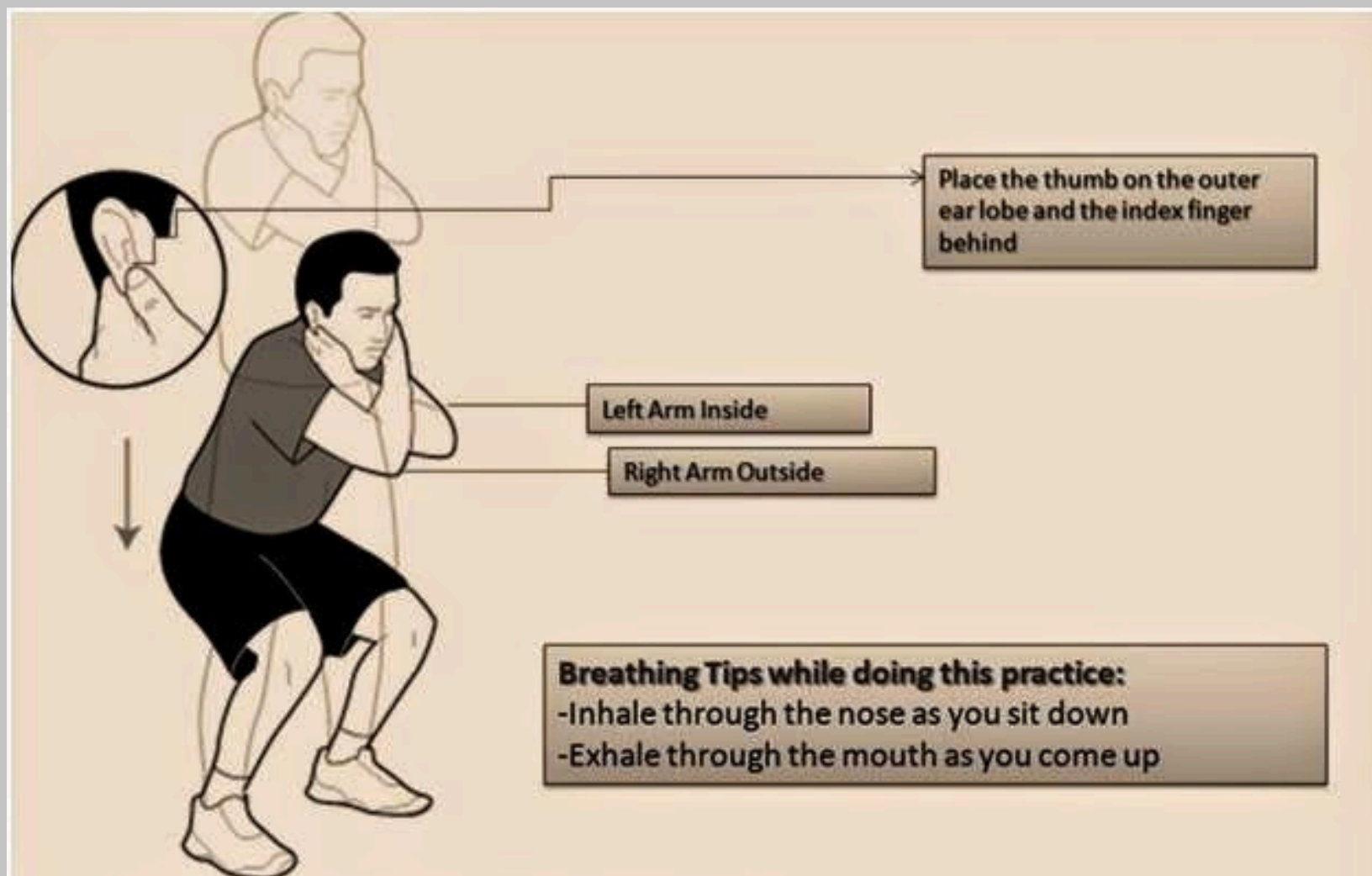


Thoppukaranam & tradition:

- In the Indian tradition, the elephant-headed deity Ganapati, is worshipped as the remover of obstacles, bestower of knowledge and success.
- Thoppukaranam(close variant of superbrain yoga),a physical act of worshipping the deity ,are practiced throughout India (especially in the South). This is done 18 or 108 or 1008 times, in general belief Thoppukaranam will bestow success in all endeavors.
- Chinese acupuncture and Indian Ayurveda subscribe to the view that the earlobes possess life energy corresponding to the head. Auriculotherapy holds that the entire ear corresponds to the shape of an inverted fetus and that the earlobe specifically corresponds to the head region.



How to do it ?



Scientific evidence:

- It leads to the development of the frontal lobes of the adolescent brain are an area of great potential when developed properly. It is an area responsible for cognitive processing. The capability to analyze, apply, Mental Health evaluate is a function that allows the brain to work more competently.
- the activation of dedicated neural pathways with enhanced formation and release of neurotransmitters. The increased sensitivity of the postsynaptic membrane and the effective inhibition of the distracting signals also could be responsible for the improved cognitive performance.
- coordinated exercise increases one's attention. The component of holding the earlobes seen only in the practice of super brain yoga may account for the significant improvement in alpha wave scores. Overall, the reduction in hyperactivity and increased present moment awareness may be cited as a possible mechanism for the improved performance. Further, the role of stimulating acupuncture points on earlobes may enhance attention performance.

ASPIRING SCHOLAR

M. Affraamaryam

BNYS-PART-I

SVNYMC

INTRODUCTION:

In this modern days, everyone being stressed and feeling depressed, Laughing is an excellent way to reduce stress in our day to day life and It can help you to being calm and survive a stress free life style. In this modern days, everyone being stressed and feeling depressed, Laughing is an excellent way to reduce stress in our day to day life and It can help you to being calm and survive a stress free life style.



METHODS OF LAUGHING THERAPY:

- Clapping in rhythm to ho-ho-ha-ha.
- Breathing and stretching.
- Child like play.
- Laughter exercises.



BENIFTS:

- Reduce anger, anxiety, depression and stress.
- Reduce tension (psychological and cardiovascular).
- Reduce risk of heart attack.
- Improve lung function in patient with chronic obstructive pulmonary disease (COPD).
- Reduce blood sugar levels in people, with Diabetes
- It triggers the release of endorphin (natural pain killer) which also contribute better mental health.



RISK OF LAUGHTER THERAPY:

- "But laughter can cause harm" that are IMMEDIATE and related to the DOSE
- A quick intake of breath during Laughing can causes foreign bodies to be inhale
- Trigger for asthma attac
- Incontinenc
- Headache
- Hernia
- Migraines.s.s.e.k.d.

CONCLUSION:

- Laughter is a human asset and can be effectively used to minimize short-term and long-term Stress.
- It improves the quality of life.
- Therapeutic Laughter is a non invasive and cost effective remedial measure.

SATVIK KITCHEN

FIVE STAR CHEFS OF THE MONTH



BANANA ALMOND ICE CREAM

SWATHI SH, SRIJA, PARIPOORANA

I-BNYS (PART) I

INGREDIENTS :

Banana-20 no

Almond-20 no

Coconut -1

Cardamom-3

Dates-5

Peanut-10gms

Brown sugar if required

BENIFITS:

Banana controls/lowers blood pressure as it is rich in potassium and low in sodium

- It has dietary fiber such as pectin which helps to relieve constipation

Bananas are high in vitamin B6, which helps in synthesis of collagen, which is needed for healthy skin.

- Resistant starch and pectins act as probiotic nutrients supporting the growth of beneficial gut bacteria.

PROCEDURE TO MAKE PEANUT CANDY:

Add jaggery to pan along with water heat untill it becomes thick in consistency. Now add chopped peanut to a pan and mix it well

PREPARATION:

1. Peel the bananas, cut them in 2 to 3 inch chunks and place them in a freezer for atleast 6hours.
2. Soak the almond for about 10 minutes.
3. Blend all the ingredients mentioned
4. Now add the coconut milk to the smooth paste and freeze it for 2 hours.
5. Make a toppings with chopped peanut candy

NUTRITION FACTS:

Calories:150.

Per 100 gms

Protein:1.3g.

Dietary fiber:3.1g.

Fat:o. 4g.

Carbs:27g

FOUR STAR CHEFS OF THE MONTH



SPROUTED RAGI MILKSHAKE *Kowsalya, S.B.Bharanidharan III-BNYS*

INGREDIENTS

- *Sprouted ragi-2cups*
- *Water-1 cup*
- *Coconut milk-1cup*
- *Brown sugar/honey-as required*
- *Dry fruits-3 no*

BENEFITS

- *Ragi is organically gluten free, is recommended for celiac diseases*
- *Ragi contains vitamin c and vitamin E which boosts immune, skin and hair health*
- *Sprouting increases the iron content 10 times than normal ragi*
- *Sprouting increases the vitamin B12 and helps body to easily absorb the nutrients*

PROCEDURE

- *Take 2cups of sprouted ragi and coconut milk, blend it well*
- Add water and Cook ragi mixture on low flame, keep stirring without lumps*
- *Add jaggery/honey and dry fruits*
 - *Refrigerate for 20minutes.*
- Sprouted ragi milkshake is ready to serve*

NUTRITIONAL FACTS

- *Calories-336*
- *Fat-1. 5g*
- *Carbs-73g*
- *Protein-8g*
- *Dietary fiber-4g*

THREE STAR CHEFS OF THE MONTH



BLACK RICE PUDDING

Georajlin, Harini
IIIBnys

INGREDIENTS

1. Black rice-250mg
2. Coconut milk-2cup
3. Jaggery-required
4. Cardamom- a pinch
5. Dried ginger powder-1/2 teaspoon
6. Toasted Coconut pieces
7. Roasted goundnut (optional)

BENEFITS

*Black rice contains antioxidants called anthocyanin an antioxidant which helps to reduce cardiovascular disease.

*Aids weight loss by providing satiety.

*It is rich in fibre which improve digestion and relieves constipation.

PROCEDURE

*Rinse the rice and soak them in a large bowl with enough water to cover and leave it for 1hr.

*Cook the rice with Coconut milk until it become smooth and velvety.

*Add jaggery, cardamom and dried ginger powder to the rice mixture.

*Cook over low flame until the jaggery dissolves.

*Garnish it with roasted goundnut and toasted Coconut pieces.

*Serve the rice pudding warmly.

NUTRITIONAL FACTS

Carbohydrate -49g

Fat-7.8g

Protein 3.5g

Calories-275

Sugar 23g

Fiber 4.7g

*Academic Excellence for the
month of MARCH 2024*

*Ms Janani .G | BNYS part I
SVNYMC, Sankari, Salem.*



*Heartly congratulations to you Janani
from SVNYMC Faculties and Students ,
May you achieve greater heights.*

SVNYMCH

Patient's Testimony

8 Kgs Weight loss with Normal cholesterol levels

20 days of Naturopathy and Yoga Intervention



Patient Mr. Murali Krishnan of age 54, came with complaints of Obesity, Hypothyroidism, Ulcer, Hypertension and Breathing difficulty stayed for 20 days and took Naturopathy and Yoga treatment in our Hospital.

On the day of discharge, patient showed a total weight loss of about 8 Kgs and the associated symptoms of Obesity like Breathing difficulty, Heaviness, and Difficulty in walking reduced.


BP was found normal today 118/84 when compared to the previous BP 160/120 as a result the patient stopped Anti- Hypertensive medication and further BP monitored accordingly

Before

TEST NAME	TECHNOLOGY	VALUE	UNITS	REF. RANGE
VITAMINS				
25-OH VITAMIN D (TOTAL)	E.C.L.I.A	18.1 *	ng/mL	30-100
VITAMIN				
VITAMIN B-12	E.C.L.I.A	109 *	pg/mL	197-771
IRON DEFICIENCY				
IRON	PHOTOMETRY	69.52	µg/dL	65 - 175
TOTAL IRON BINDING CAPACITY (TIBC)	PHOTOMETRY	348.1	µg/dL	225-525
% TRANSFERRIN SATURATION	CALCULATED	19.97	%	13 - 45
UNSAT. IRON-BINDING CAPACITY (UIBC)	PHOTOMETRY	278.58	µg/dL	162 - 368
LIPID				
TOTAL CHOLESTEROL	PHOTOMETRY	203 *	mg/dL	< 200
HDL CHOLESTEROL - DIRECT	PHOTOMETRY	42	mg/dL	40-60
LDL CHOLESTEROL - DIRECT	PHOTOMETRY	138 *	mg/dL	< 100
TRIGLYCERIDES	PHOTOMETRY	81	mg/dL	< 150
TC / HDL CHOLESTEROL RATIO	CALCULATED	4.8	Ratio	3 - 5
TRIG / HDL RATIO	CALCULATED	1.91	Ratio	< 3.12
LDL / HDL RATIO	CALCULATED	3.3	Ratio	1.5-3.5
HDL / LDL RATIO	CALCULATED	0.31 *	Ratio	> 0.40
NON-HDL CHOLESTEROL	CALCULATED	161.02 *	mg/dL	< 160
VLDL CHOLESTEROL	CALCULATED	16.22	mg/dL	5 - 40
LIVER				
ALKALINE PHOSPHATASE	PHOTOMETRY	65.62	U/L	45-129
BILIRUBIN - TOTAL	PHOTOMETRY	1	mg/dL	0.3-1.2
BILIRUBIN - DIRECT	PHOTOMETRY	0.2	mg/dL	< 0.3
BILIRUBIN (INDIRECT)	CALCULATED	0.8	mg/dL	0-0.9
GAMMA GLUTAMYL TRANSFERASE (GGT)	PHOTOMETRY	15.8	U/L	< 55
ASPARTATE AMINOTRANSFERASE (SGOT)	PHOTOMETRY	15.71	U/L	< 35
ALANINE TRANSAMINASE (SGPT)	PHOTOMETRY	13.56	U/L	< 45
SGOT / SGPT RATIO	CALCULATED	1.16	Ratio	< 2
PROTEIN - TOTAL	PHOTOMETRY	6.65	gm/dL	5.7-8.2
ALBUMIN - SERUM	PHOTOMETRY	3.87	gm/dL	3.2-4.8
SERUM GLOBULIN	CALCULATED	2.78	gm/dL	2.5-3.4
SERUM ALB/GLOBULIN RATIO	CALCULATED	1.39	Ratio	0.9 - 2
ELECTROLYTES				
SODIUM	I.S.E	141	mmol/L	136 - 145
CHLORIDE	I.S.E	110.1 *	mmol/L	98 - 107
RENAL				
BLOOD UREA NITROGEN (BUN)	PHOTOMETRY	9.15	mg/dL	7.94 - 20.07
EST. GLOMERULAR FILTRATION RATE (eGFR)	CALCULATED	59 *	mL/min/1.73 m ² >= 90	

After

	Before treatment	After 20 days of Naturopathy and Yoga treatment
Total cholesterol	203 mg/dl	186 mg/dl
LDL	138 mg/dl	116.3 mg/dl



**JAYAMURUGAN
MICRO LAB**
Fully Computerized Laboratory

135/1, Sri Velavan Complex, Salem Main Road,
KOMARAPALAYAM - 638 183, Tamilnadu.

Mobile : 80123 44112


PATIENT NAME : MR.MURALIKRISHNAN **SID NO: 2029703**

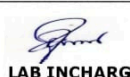
AGE/SEX : 56 / Male **COLLECTED DATE: 06/04**

REF.DOCTOR : VIVEKANANDHA NATUROPATHY HOSPITAL **REPORTED DATE: 06/04**

SPECIMAN	TESTNAME	RESULT	UNIT	NORMAL RANGE
LIPID PROFILE				
Serum	Total Cholesterol	186.0	mg/dl	200 - 239
Serum	Triglycerides	136.5	mg/dl	150 - 200
Serum	HDL	42.4	mg/dl	35 - 55
Serum	LDL	116.3	mg/dl	100 - 160
Serum	VLDL	27.3	mg/dl	30 - 40
Serum	LDL/HDL Ratio	2.7	mg/dl	LESS THAN 3.0
Serum	T.Cholestrol/HDL Ratio	4.4	mg/dl	LESS THAN 4.5
Serum	Phospholipids	233.5	mg/dl	160 - 250

End of Report




LAB INCHARGE

My Future Goals: A Tapestry of ambition

Fidha Franco



2Year BNYS

The Sophomore Chronicles: Balancing Dreams and Realities'

- Entering the second year of college, I find myself caught between the fresh memories of being a newcomer and the looming responsibilities. It's a period of self-discovery, where I'm starting to shape my identity both within and beyond the campus walls.
- I've grown more confident in my academic abilities, but doubts occasionally creep in. Am I choosing the right major? Am I capable of excelling in these course? The belief that I can succeed is sometimes shaken by the increasing complexity of my studies. My name, Fidha Franco, resonates with the essence of 'redemption,' a testament to my journey from the verdant landscapes of Kerala to the scholarly halls of SVNYMC. It is here that I pursue a degree in BNYS, driven by a fervent desire to heal and serve.
- The Genesis of Ambition: From a tender age, the noble calling of a doctor beckoned. It was a promise made to my grandmother, a vow that became the compass of my life. As one of the eldest in my family, the mantle of role model was bestowed upon me, shaping my aspirations with the weight of expectation.
- Cultural Adaptation: Upon entering college, I faced the challenge of overcoming language barriers and adapting to new cultural surroundings. I'm proud to say that I've embraced these changes with discipline and openness.
- Career Objectives: My vision is clear—to establish a naturopathy hospital focusing more on palliative care, that breathes the serenity of nature. A sanctuary where healing is not just a practice but an experience.

- *Educational Goals:* I aim to enhance my medical skills by studying hospital management. This goal is essential to me; it's not just about learning—it's a key part of my dream.
- *Learning from Life :* Every person I meet teaches me something important. The book 'The Alchemist' and the belief in a higher power that guides us have both given me inspiration. I find something special in everyone that helps me learn and grow.
- *Long-Term Vision:* Looking ahead, I envision myself as a renowned doctor, leading a team at my own hospital and contributing significantly to healthcare. I also aspire to create a non-profit organization dedicated to health education for the public.
- *Community Contribution:* Service to the public & I am committed to mentoring young students in naturopathy, helping them find their path in this rewarding field.
- *Personal Milestones:* I'm equally passionate about personal growth. I plan to travel to at least three new countries, These experiences, I believe, will enrich my life and broaden my perspective.
- *Extracurricular Activities:* Participation in college clubs has been a source of joy and learning, teaching me the importance of communication and creative thinking.
- *Conclusion:* My goals are like stars guiding me, but I know life can be unpredictable. I'm ready to change and grow, understanding that my dreams might shift as I learn more. Life is an adventure, and I'm excited for the journey, ready for whatever comes my way. Here's to the future, a story still being written, with every experience a new chapter.
- "When I dare to listen to my heart, the universe not only listens but conspires; for every step I take in pursuit of my dreams, the cosmos itself paves the way, turning stardust into stepping stones. So I move forward, with faith that my path is supported by the very fabric of existence."
- *Motivation Mantra:* To keep myself motivated, I often turn to the belief of Coelho "all the universe conspires in helping us to achieve it"

When brain helps heart dreams come true

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