

Voice of SVNYMC

# SVNYMC

A journey with Naturopathy and Yoga



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# NEWS LETTER



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# Events



SVNYMC goes for a successful submission and presentation of Paper on 'Fasting - Historic and Scientific aspects " by Dr. Jyoti Nair (Principal), Dr. Sathya Joicy (Associate Professor) and Dr. Rakshitha (Assistant Professor) at ABRSM INTERNATIONAL SEMINAR 2025 on BRIDGING TRADITIONAL WISDOM & MODERN INNOVATION FOR VIKASIT BHARAT on JANUARY 3th-4th, 2025 at RAJIV GANDHI CENTRE FOR BIOTECHNOLOGY THIRUVANANTHAPURAM KERALA. We Wholeheartedly Thank our Honourable Chairman Sir and Vice Chairman Sir for the opportunity, encouragement and support for this.



Swamy Vivekanandha Naturopathy and Yoga Hospital, in association with NIN Pune and Phoenix Vision Charitable Trust Old-age Home, organized a Free Naturopathy Medical Camp for the elderly (Geriatric Care) on 7th January 2025. 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.





**White Coat Ceremony 2025:** The newly admitted 100 students in the BNYS 5th batch of SVNMYMC were blessed to witness the emotionally charged White Coat Ceremony conducted on 9.1.25 with Dr.Kavitha Venkatachalam, Senior Academician, Clinician and Faculty, International Institute of Yoga and Naturopathy, Chengalpattu as the Chief Guest. The Naturopathic medical induction oath, Motivational speech by the Chief guest and our Honourable Chairman Sir along with the blessings from the Proud Parents filled the students with the motivation and zeal to achieve the best in the Naturopathy and Yoga Medical field.



**Pongal celebration at Vivekanandha Educational Institution, Sankagiri, Salem on 11.1.25** with Andal Kalyanam, Pongal preparations in earthen pots, Uri Adithal (breaking a hanging mud pot, blindfolded), Maattu vandi (Bullock cart) rides, Rangoli, Kayiru iluttal (Rope pulling), Silambam (weapon-based Indian martial art from Tamil Nadu.) and Folk dances by the students set the traditional vibes of Rich Tamil Culture. All thanks to our Joint secretary Dr. Sree Raaghanidhi Madam for setting up the vibe and equally diving into the celebrations spreading warmth and encouragement





**The 2nd-year students from SVNPMC recently embarked on a fun-filled 8-day trip to North India (Delhi, Agra, Jaipur) as part of their Batch Day celebrations. They explored many places like Taj Mahal, Red Fort, Jal Mahal, Amber Fort, Lotus Temple, Qutub Minar, Birla Mandir, etc.. It was a wonderful opportunity for them to bond and create memories with their fellow batchmates.**



**SVNPMC students participated in the All India Intercollegiate Intellectual Meet 2025 at National Institute of Naturopathy, Pune on 10th, 11th and 12th January. Congratulations to our second-year student Ezhilkumaaran who won FIRST PRIZE in the Poster Presentation.**





**SVNYMC congratulates BNYS 3rd batch Students Ms.Anisha and Ms.Shagana Varshini who won First prize in STATE LEVEL YOGA COMPETITION conducted by School Yoga Association of Tamilnadu, Karur on January 9th 2025**



**Freshers Day 2025 was celebrated at Vivekanandha Educational Institution, Sankagiri, Salem on 21.1.25 with Ilaya Abdul Kalam Dr. I. Jagan as the Chief Guest. The fresh batch students of all the streams were motivated and guided to have successful career and a meaningful life.**





**76th Republic Day was celebrated with grandeur on 26.1.25 at Vivekanandha Educational Institution, Sankagiri, Salem with our Joint Managing Director Dr. Arthanareeswaran as Chief Guest who Hoisted the Flag, inspired the Students with his motivational Speech and received the Parade salute. The program was made vibrant by Patriotic Dances and Speech by our students. The students received prizes for their achievements.**



**The students of SVNYMC enthusiastically participated in the One day CME on Comprehensive Cardio Pulmonary Health Assessment, held on 25 th January at Nandha Naturopathy and Yoga Medical College, Erode.**





# Medical features

**Dr.A.KRISHNA PRIYA ,BNYS**

**ASSISTANT PROFESSOR CUM MEDICAL OFFICER**

**SWAMY VIVEKANANDHA NATUROPATHY AND YOGA**

**MEDICAL COLLEGE, SANKARI, SALEM.**

**CABBAGE LEAF WRAP(CLW)**

**What does Cabbage wrap do?**

**Cabbage leaves, known as "the poor man's poultice" in European folk medicine, have been used to help reduce painful swelling.**

**One of the most common chronic diseases among older adults is osteoarthritis of the knee.**

**A Randomized controlled trial was done on the efficacy of Cabbage Leaf Wraps in the Treatment of Symptomatic Osteoarthritis of the Knee**

**Indications :**

**Swollen feet: Cabbage leaves can help relieve discomfort and draw out excess fluid.**

**Joint pain: Cabbage leaves can help relieve pain and swelling in joints like the knee.**

**Mastitis: Cabbage leaves can help relieve mastitis, which is a condition that can affect breastfeeding women, non-breastfeeding women, and men.**

**Breast engorgement: Cabbage leaves can help relieve breast engorgement.**

**Cabbage Treatment for Breast Engorgement**

**1.Wash 2 inner cabbage leaves**

**2. Remove excess water**

**3.Apply to breasts between feedings and leave nipple exposed**

**♦Leave the cabbage wraps over breasts for at least 1 hour**

**♦Remove the wrap & wash with warm water**

**♦Cabbage leaf wraps are advised to be used twice daily in between the feeding time**

**♦A recent study suggests, the effectiveness of cabbage leaf application (treatment) on pain and tenderness in breast engorgement and its effect on the duration of breastfeeding.**

**♦Overall results showed that cabbage leaf treatment used on women with breast engorgement did reduce pain and the hardness of the engorged breasts and increased the duration of breast feeding**



**How to make a cabbage leaf wrap :**

**Remove the stem from a few raw cabbage leaves**

**Wrap the leaves around the swollen / painful joint**

**Secure the leaves with a bandage**

**Leave the wrap over the joint for at least 1 - 2 hours**

**Remove the wrap and wash the joint with warm water.**

### **CABBAGE LEAF WRAP (CLW)**

**A cabbage leaf wrap is a natural remedy that involves applying bruised cabbage leaves to any joints to reduce inflammation and pain.**

➤ **Since cabbage leaves are "safe and may be used in the longer term," they may be worth trying to relieve pain and swelling caused by osteoarthritis of the knee or incase of rheumatoid arthritis**

**Eating cabbage may also be beneficial, as cruciferous vegetables have proven anti-inflammatory effects.**

**Sulforaphane, a potent chemical in crucifers, has been shown in vitro to protect cartilage from destruction.**

### **References:**

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**Wong BB, Chan YH, Leow MQH, Lu Y, Chong YS, Koh SSL, He HG. Application of cabbage leaves compared to gel packs for mothers with breast engorgement: Randomised controlled trial. Int J Nurs Stud. 2017 Nov;76:92-99. doi: 10.1016/j.ijnurstu. 2017.08.014. Epub 2017 Aug 31. PMID: 28941842.**



# Aspiring scholar

## CHROMOTHERAPY

Hemapriya.R

I-BNYS(PART II)



### Introduction.

**Color therapy, also known as chromotherapy, is a form of therapy that uses color and light to treat certain mental and physical health conditions. We can trace this form of therapy back to the ancient Egyptians. They made use of sun-filled rooms with colored glasses for therapeutic purposes**

### Types

**In color therapy, it is believed that different colors are able to impact the body differently.**

**RED: Red is used to energize or invigorate a person who might be feeling tired or down**

**BLUE: Chromatherapists use blue colour to influence the depression and pain. Darker shades of blue are also have sedative properties and it is used for people who experience insomnia or other sleeping disorder.**

**GREEN: Green is the color of nature and it can help to relieve stress and relax a person.**

**YELLOW: Yellow can be used to improve your mood and make you more happy and optimistic.**

**ORANGE: Orange can be used to elicit happy emotions from people. The bright warm color is also able to stimulate appetite and mental activity.**

### Techniques of colour therapy

**There are two major techniques of color therapy.**

**by looking at a particular color that elicits the desired response in your body.**

**by directly reflecting certain colors on parts of the body.**



## **Benefits of colour therapy**

**In color therapy, it is believed that different colors are able to impact the body differently.**

**WARM COLOURS are used for stimulating effect.**

**COOL COLOURS are used for calming effect.**

**To Boost Your Energy: Colours such as Red and yellow are used to boost your energy.**

**Stress relief: Colours like blue and green are have the soothing effect.**

**Boost your Appetite: Warm colours like yellow and orange are used to stimulate the appetite.**

## **Conclusion**

**Colour therapy holds promise in managing mental health disorders and improving your mental health. Different colours can stimulate varied responses in people how different colors, influencing their health, mood and emotions.**

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# Satvik Kitchen

5 Star Chefs of the Month

## Veg shawarma

### Ingredients

- . Carrot-250 g
- . Beans - 250 g
- . Besan flour 1kg
- . Tomato-1/2kg
- . Onion-200g
- . Garlic-15 g
- . Cashew-200g
- . Mushroom-600g
- . Cabbage-200g
- . Pepper-required amount
- . Cumin - 2 tbs
- . Salt- as required

### Nutritional value per serving (100gm)

- . Calories-210 cal
- . CHO-35g
- . Protein-7g
- . Fat-4g
- . Fibre - 6g



kavi.S

Krishna Priya.T.S

3rd Year BNYS

### Procedure

1. Besan Wrap: Mix besan, salt, cumin, and pepper with water. Cook on a pan until golden brown.
2. Veggie Filling: Sauté onions, add mushrooms, then carrots, beans, cabbage, and tomato. Cook for 5-7 mins with seasoning.
3. Sauces: Blend cashews, garlic, and salt for mayo. Blend and cook boiled tomatoes with spices for sauce.
4. Assemble: Spread sauces on the wrap, add filling, roll tightly, and serve.

### Benefits

1. Mushroom. Tomato, Cabbage. Basen flour are rich in anti oxidant which reduces inflammation and reduces the risk of chronic disease
2. It is rich in fibre which helps to promote gut bacteria
3. It is the best alternative for unhealthy junk foods
4. This veg shawarma helps to manage blood sugar and reduces the risk of diabetes
5. Mushroom contains psilocybin, which helps to treat depression, OCD and behavioral disorders
6. It helps in weight management by reducing cholesterol level





# Satvik Kitchen

4 Star Chefs of the Month

## COCONUT THERATTIPAL

### Ingredients

- Moong dal \_ 50g
- Coconut 2 cup
- Jaggery 1cup
- Water 1/2 cup
- Cardamom powder-a pinch
- Pinch of salt

### Nutritional value per serving (100gm)

- ♦ carbohydrates: 50.2g
- ♦ fat: 50.7g
- ♦ protein: 100.4g
- ♦ calorie: 203.6 cal



**T.JANANI J.JULIE**  
**ANGEL**  
**3rd YEAR BNYS**

### Procedure

- 1) In a mixer Jar add roasted moong dal freshly grated coconut two cups and one cup Jaggery, one pinch of cardamom powder and half cup of water.
- 2) Make them into a fine mixture.
- 3) Now In a pan add few drops of ghee and add cashew, raisins and fresh coconut pieces. saute It
- 4) In the same pan add the grinded paste mixture and cook it for 10 mins
- 5) Now coconut therattipal is ready to serve.

### Benefits

#### BENEFITS OF COCONUT:

- ♦ Contains Pottaslum, Magnesium and Iron
- ♦ It has high antioxidant property

#### BENEFITS OF MOONGDAL:

- ♦ Contain protein, which helps in muscle development
- ♦ Contain zinc, which develops the body Immune system

#### BENEFITS OF CARDAMON:

- ♦ Aids digestion by relieving bloating and acidity
- ♦ Contains antioxidant, Improving respiratory and heart function

#### BENEFITS OF JAGGERY:

- ♦ Natural sweetener that provides Instant energy
- ♦ Detoxifies the body by flushing out toxins





# Satvik Kitchen

3 Star Chefs of the Month

## BLACK URAD DAL PAYASAM

### Ingredients

- Black urad dal - 250g
- Jaggery - 150g
- Cashew nuts -10g
- Badam -10g
- Coconut milk - 150 ml

### Nutritional value per serving (100gm)

- Calories: 76.5 cal
- Carbohydrates :58.99g
- Protein: 25.21g
- Fat: 1.64g



**S.Dharane Priya**

**P.Boomika**

**3rd Year BNYS**

### Procedure

- Dry roast the black gram in a pan until it becomes aromatic.
- Wash it thoroughly and pressure cook it with 2 cups of water until soft (3-4 whistles).
- In a separate pan, melt the grated jaggery with a little water.
- Strain the jaggery syrup to remove impurities.
- Add the cooked black gram to the jaggery syrup.
- Mix well and cook on low flame for 5-7 minute \*Add coconut milk
- Add cashew for flavour.

### Benefits

"High in Protein: Black urad dal is an excellent source of protein, making it a great option for vegetarians.

\*Rich in Fiber: Black urad dal is high in dietary fiber, which can help to promote digestive health and support healthy blood sugar levels.

Good Source of iron: Black urad dal is a good source of iron, which is essential for healthy red blood cells.

\*Supports Digestive Health: The high fiber content in black urad dal can help promote digestive health and prevent constipation.

Lower Cholesterol: The soluble fiber in black urad dal can help bind to bile acids and lower cholesterol levels

Supports Bone Health: Black urad dal is a good source of calcium, phosphorus, and magnesium, which are essential for healthy bones.

Manage Blood Sugar: The fiber and antioxidants in black urad dal may help slow down sugar absorption and improve insulin sensitivity.





# Academic Excellence of the Month



**Sruthika**

**2Nd Year BNYS**



**Swathi.P**

**1st Year (Part-2) BNYS**



**Thanuja**

**1st Year (Part-1) BNYS**



# Future Goal

Ranjanakaviya.S

I-BNYS (PART II)



## INTRODUCTION

My "First University Examination Experience" was a huge wake-up call for me. It made me realize that I can no longer rely on my teachers or my mother or my friends anymore and that it was time for me to be independent and handle things on my own. These past one year have included some of the most stressful experiences of my life, but they have made me mature and grow up much quicker than I ever imagined I would have.

## THE GENESIS OF AMBITION

I believe that a doctor can make a meaningful difference in the lives of patients by alleviating their pain and guiding them towards recovery. The opportunity to positively impact the well-being of others is a driving force that propels me forward in my future.

## CULTURAL ADAPTATION

Entering the college I faced many challenges of overcoming and adapting to new cultural surroundings I'm proud to say that I've overcome these challenges with discipline.

## EDUCATIONAL GOAL

My overall goal is to have an education that is both philosophical and practical. The practical education will ensure that the skills and best practices to be of service to the patient and those I can help. The philosophical education will allow me to have a depth of education.



# **LEARNING FROM LIFE**

**Being a student, is being in heaven. For me truly, it is one of the worthwhile life experiences. Life is all long, being a student may be of any subject, any field is a great feeling for me. I actually learn many things, even I have learnt to respect those who don't like studying as a student.**

## **COMMUNITY CONTRIBUTION**

**Service to the public and I am committed to mentoring young students in naturopathy helping them find their path in this rewarding.**

## **PERSONAL MILESTONE**

**One of my future goals and the most important one in my life is to become a doctor. It is my life dream, and the only thing I am seeking for. Doctor is someone capable to save and help others life in ways that are not possible in other careers. Being a doctor for me is not just like any job, it is achieving a dream I have since I was 10 years old. One of the main reasons I picked this major is my family; my family members are almost towards the allopathy side. I have been growing up seeing my family towards the allopathy side which made me to believe that the medicine is the only way to cure disease and I don't even like to become a doctor by curing a disease by using pills. My mom understood my situation then she explained me about the Naturopathy course which is a drug-free system of medicine that believes in a holistic approach. This method is based on patient centric, drug free, safe, cost-effective facts. Naturopathy is not only a system of treatment but also a way of lifed which has given me confident that we can cure diseases without using drugs.**



# **EXTRACURRICULAR ACTIVITIES**

**Participate in the college club activities which gave me more knowledge and allowing me to develop skills like leadership, teamwork, communication, time management, and problem-solving, which can be directly applied to future career and personal life.**

# **CONCLUSION**

**I want to experience the most beautiful adrenaline rush of my life.. A rush while taking Medical Pledge/Doctors Oath.**

# **MOTIVATIONAL MANTRA**

**A doctor's mission should be not simply to prevent death but to improve the quality of life. Doctors are the true heroes of society, working selflessly to heal and comfort the sick. A doctor is not just a healer but a source of hope and comfort for those in pain.**

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# 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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