

Voice of SVNMYMC

# SVNMYMC

A journey with Naturopathy and Yoga



Let your mind flow like a water and indulge  
with the spirit

**Issue 17**

**Volume 2**

**MARCH 2025**

# NEWS LETTER



**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.**



**DEPUTY EDITOR**

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



## **STUDENT'S EDITORIAL BOARD**



**ASHWITHA.A**

**1ST YEAR BNYS(PART-1)**



**CATHERINE M.S**

**1ST YEAR BNYS (PART-1)**

# CONTENTS

**1**

Events

**2**

Medical features

**3**

Aspiring scholar

**4**

Satvik Kitchen

**5**

Academic Excellence of the  
Month

**6**

Future Goal

**7**

Gallery



# Events



GLIMPSE OF SVNMYC NEW BUILDING POOJA ON 3/3/25 .  
HEARTFELT THANKS TO HONOURABLE CHAIRMAN SIR AND MD  
MADAM CHAIRMAN FOR ENVISIONING THE FUTURE OF THE  
NATUROPATHY AND YOGA SYSTEM OF MEDICINE







SVNYMC CONGRATULATES THE PRINCIPAL, FACULTIES AND STUDENTS FOR THE SUCCESSFUL SUBMISSION AND SELECTION OF 2 RESEARCH STUDIES IN THE POSTER PRESENTATION CATEGORY

AT THE CENTRE FOR INTEGRATIVE MEDICINE AND RESEARCH (CIMR), AT AIIMS NEW DELHI, IN "1ST INTERNATIONAL CONFERENCE ON ADVANCES IN INTEGRATIVE MEDICINE (AIM) 2025: ANCIENT INSPIRATION, MODERN EVIDENCE" ON 7TH AND 8TH MARCH 2025.

THE TITLE OF THE STUDY:

1. EFFECT OF AUM KARA MEDITATION FOR DISTURBED SLEEP ON MEDICAL STUDENTS: A PRE-POST STUDY. BY DR. JYOTI NAIR, PRINCIPAL AND 3RD YEAR STUDENT MS. THENMOZHI.

2."EFFECT OF PRANIC ENERGIZATION TECHNIQUE (PET) ON STRESS, ANXIETY, AND PSYCHOLOGICAL WELL-BEING IN MEDICAL STUDENTS " BY DR.JYOTI NAIR, PRINCIPAL AND ASSTT. PROFESSORS DR. RAKSHITHA AND DR. ARTHI.

WE WHOLEHEARTEDLY THANK OUR EVER INSPIRING HONOURABLE CHAIRMAN SIR FOR THE OPPORTUNITY, ENCOURAGEMENT AND SUPPORT.



CONGRATULATIONS TO THE PRINCIPAL DR. JYOTI NAIR FOR BEING AN INVITED EXPERT PANELIST FOR THE FIRST INTERNATIONAL CONFERENCE ON ADVANCES IN INTEGRATIVE MEDICINE (AIM) 2025: ANCIENT INSPIRATION, MODERN EVIDENCE". AT THE CENTRE FOR INTEGRATIVE MEDICINE AND RESEARCH (CIMR), ALL INDIA INSTITUTE OF MEDICAL SCIENCES, NEW DELHI ON 7 TH AND 8TH MARCH 2025







"ON 08TH MARCH 2025, AT SANKAGIRI WEST ROTARY CLUB, SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL COLLEGE AND HOSPITAL, SANKAGIRI, SALEM. IN COLLABORATION WITH SANKAGIRI WEST ROTARY CLUB, ORGANIZED A WELLNESS CAMP WITH 40 PLUS BENEFICIARIES. THE CAMP OFFERED A RANGE OF SERVICES INCLUDING FREE CONSULTATIONS, INDIVIDUALIZED YOGA THERAPY, DIET ADVICE, FREE NATUROPATHY TREATMENTS, AND PULSE DIAGNOSIS, PROMOTING HEALTH AND WELL-BEING FOR ALL ATTENDEES





# Medical features

## GREEN GRAM

BY

DR.NISSY R B.N.Y.S

ASSISTANT PROFESSOR CUM

MEDICAL OFFICER



### ◆ INTRODUCTION:

"Green gram" is also known as mung bean or moong is a leguminous plant species belonging to the Fabaceae family with scientific name "Vigna radiata".

-This small, oval-shaped green bean is widely used in Indian cuisines and no meal is complete without the addition of dals, be it with rice or roti's it makes the meal wholesome.



-Green gram dal is touted as superfoods as it is one of the richest sources of plant-based protein in the world.

-It is available as a whole, split and de-husked (yellow) and used in making both sweet and savoury dishes.

-Green gram dal is cultivated since ancient times and India is the largest producer of this legume.



-It is also widely grown in Southeast Asia, Indian subcontinent and East Asia.

-Green gram dal is one of the widely used dal for its indispensable medicinal and culinary purposes

### ◆ TYPES OF GREEN GRAM

1) Pacchai Payaru

2) Cherupayar

3) Green gram

4) Moong dal

5) Pesara parupu

6) Hesaru Kaalu



### ◆ NUTRITIONAL VALUE PER SERVING

1. Calories-212

2. Fat-0.8 grams

3. Protein-14.2 grams

4. Carbs-38.7 grams

5. Fibre-15.4 grams

6. Folate (B9)-80% of the Reference Daily Intake (RDI)

7. Manganese - 30% of the RDI

8. Magnesium-24% of the RDI

9. Vitamin B1-22% of the RDI

10. Phosphorus-20% of the RDI

11. Iron-16% of the RDI

12. Copper-16% of the RDI

13. Potassium-15% of the RDI

14. Zinc-11% of the RDI





**-It is imbued with essential amino acids including phenylalanine, leucine, isoleucine, valine, lysine and arginine.**

**-Green gram dal hep you meet daily protein needs without increasing fat intake.**

**-As per the Journal of Food Science and Nutrition, this legume abounds iron, folate, carotenoids and other bioactive compounds that enhance optimal health.**

**-It also contains profuse amounts of essential nutrients like manganese, magnesium, potassium, copper, phosphorus, zinc and vitamins B1, B2, B3, B5 and B6.**

### **◆ GENERAL BENEFITS OF GREEN GRAM**

● **low in glycemic index, it is suitable for people with Type 2 Diabetes.**

**- It is iron-rich so it is an excellent dietary supplement for infants and children.**

**- Moong beans provide 80% of the recommended dietary intake for folate in one cooked cup, which is essential for the growth of the fetus and so is a very good supplement for pregnant women.**

● **less flatulence as compared to other legumes.**







● **High in bioactive compounds, Moong beans help in detoxification and have potential health benefits like:**

- 1. Helps in increasing immunity**
- 2. Aids in lowering total cholesterol, protects the liver, and the efficacy is considerably increased after germination**
- 3. Moong bean soup has been proven to reduce heat stress**
- 4. Moong bean sprouts help fight allergies**
- 5. Moong bean powdered and applied as face pack helps in brightening the skin, treat acne, eczema and relieving itchiness**

#### ◆ **BENEFITS OF GREEN GRAM ON GUT HEALTH**

- Lowers Risk Of Inflammation (Antioxidants)**
- Bolsters The Immune System (Nutrients)**
- Reduces Constipation (Fiber)**
- Improves Digestion (Easy to digest)**







## ◆ **INDICATIONS**

- Digestive issues
- Cardiac health
- Diabetes management
- Promotes weight loss
- Improves hair and skin health

## ◆ **CONTRA-INDICATIONS**

- Allergies
- Kidney stones (small proportions doesn't cause any harm)
- Thyroid issues

## ◆ **PRECAUTIONS**

1. **Start with small amounts:** If you're new to greengram, Start with small amounts to test your tolerance.
  2. **Cooking:** Greengram should be cooked thoroughly to reduce the risk of gastrointestinal upset
  3. **Combination with other foods:** Greengram can be combined with other foods to reduce the risk of gastrointestinal upset.
- It's always a good idea to consult with a healthcare professional before making any significant changes to your diet.
- 





# Medical features

## TAMARINDUS INDICA



BY

**DR.ATCHAYA.J, B.N.Y.S**  
**ASSISTANT PROFESSOR CUM**  
**MEDICAL OFFICER**

### ◆ **INTRODUCTION :**

- 1)T. indica belongs to the Fabaceae family and the Caesalpinioideae subfamily.**
- 2) Tamarind is a tropical tree.**
- 3) It is not only a staple in many cuisines, but it's also packed with nutrients, vitamins and minerals that can boost your overall health.**
- 4) Leaves are unipinnate compound, 15 cm long, with an alternate arrangement.**
- 5) Young leaves are light green and become darker while maturing.**



## ◆ **IN TRADITIONAL MEDICINE :**

- **Tamarindus indica** has played fundamental roles in traditional medicine as an anti-inflammatory and analgesic drug.
- Leaves can be beneficial for joint pain like arthritis condition due to their anti inflammatory properties, which can alleviate pain and swelling.
- It treats musculoskeletal pain and inflammation



**TAMARIND LEAVES HAVE ANTI- INFLAMMATORY  
AND BIOCHEMICAL COMPOUNDS**



## ◆ **ANTI-INFLAMMATORY AND BIOCHEMICAL COMPOUNDS OF TAMARIND LEAVES:**

**It contains various phytochemicals like ;**

- **Tannins**
- **Saponins**
- **Steroids**
- **Glycosides**
- **Phenolics**
- **Monosaccharides**
- **Carbohydrates**
- **Polyphenols,**
- **Flavonoids, and alkaloids**

**And also contains**

- **Fatty Acids,**
- **Alkaloids**
- **Vitamin B3**
- **VITAMIN C**

## ◆ APPLICATION METHODS :

- Tamarind leaves can be consumed by boiling them in water as a tea.
- Application as a paste of crushed leaves directly to affected joints.

### △ Tamarind Leaf Paste:



**Step:1** Crush fresh tamarind leaf

**Step:2** And mix with a carrier oil (coconut or olive oil) to create a paste. Apply to the affected joint, cover with a cloth, and leave on for 2-3 hours.

### △ Tamarind Leaf Oil:

**Step:1** Extract oil from tamarind leaves using a carrier oil.

**Step:2** Apply the oil to the affected joint, gently massage, and leave on for 2-3 hours.

### △ Tamarind Leaf Compress:

**Step:1** Soak a cloth in warm water, add crushed tamarind leaves, and apply to the affected joint. Leave on for 15-20 minutes.



## USES OF TAMARIND LEAVES:

- **WOUND HEALING:** REDUCE SWELLING AND REDNESS AROUND WOUNDS.
- **SWOLLEN JOINTS:** IT CAN HELPS TO TREAT SWOLLEN JOINTS, BOILS, AND SPRAINS.
- **RHEUMATISM:** TAMARIND LEAVES CAN HELP TREAT RHEUMATISM.

## Health Benefits Of Tamarind Leaves

ΔTAMARIND LEAVES PROVIDES RELIEF FROM MALARIA

ΔIT CAN CURE JAUNDICE AND DIABETES

ΔIT HELPS CURE SCURVY

ΔIT HEALS WOUNDS FASTER

ΔIT IMPROVES LACTATION



ΔSTOPS GENITAL INFECTIONS

ΔPROVIDES RELIEF FROM MENSTRUAL CRAMPS

ΔIT CONTAINS ANTI-INFLAMMATORY PROPERTIES

ΔIMPROVES ORAL HEALTH AND CURES TOOTH ACHE

## ◆ **REFERENCE :**

1.KOMAKECH R, KIM YG, MATSABISA GM, KANG Y. ANTI-INFLAMMATORY AND ANALGESIC POTENTIAL OF TAMARINDUS INDICA LINN. (FABACEAE): A NARRATIVE REVIEW. INTEGR MED RES. 2019 SEP;8(3):181-186. DOI: 10.1016/J.IMR.2019.07.002. EPUB 2019 JUL 23. PMID: 31453087; PMCID: PMC6704379.

2. SOOKYING S, DUANGJAI A, SAOKAEW S, PHISALPRAPA P. BOTANICAL ASPECTS, PHYTOCHEMICALS, AND TOXICITY OF TAMARINDUS INDICA LEAF AND A SYSTEMATIC REVIEW OF ANTIOXIDANT CAPACITIES OF T. INDICA LEAF EXTRACTS. FRONT NUTR. 2022 SEP 20;9:977015. DOI: 10.3389/FNUT.2022.977015. PMID: 36204366; PMCID: PMC9530316.

## ◆ **NOTES :**

- CONSULT A DOCTOR BEFORE USING THEM AS A PRIMARY TREATMENT
  - MIGHT EXPERIENCE DIGESTIVE DISCOMFORT, IF YOU TAKE IN ORAL
  - THERE IS LIMITATION IN RESEARCH STUDIES THAT EFFECTIVENESS FOR JOINT
-



# Aspiring Scholar

## BRONCHIECTASIS



VALENTINA GRACY.D

1ST YEAR BNYS

(PART-2)

## INTRODUCTION :

- **Bronchiectasis is the chronic lung disease, defined pathologically irreversible Dilation of bronchi.**
- **The Clinical course of disease is chronic and progressive And In most cases causes lung damage.**
- **There is usually a initial event, which causes impairment of Mucociliary clearance of bronchial tree.**

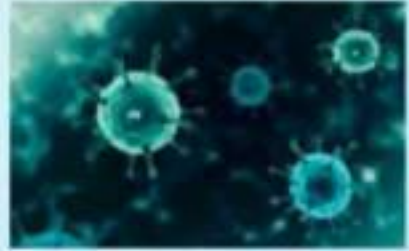
## SIGNS AND SYMPTOMS :

- **Frequent cough with green or yellow coloured sputum lasts for year.**
- **Difficulty breathing**
- **Wheezing**
- **Chest pain**
- **Systemic symptoms including fever, chills, night sweats, fatigue and weight loss may occur.**

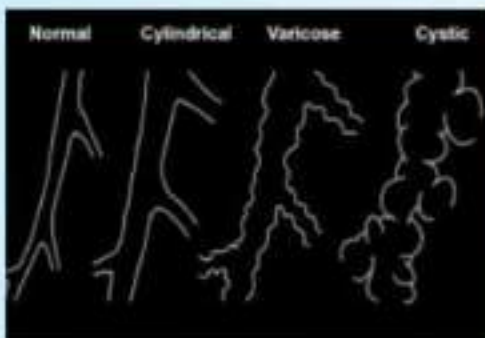


## CAUSES :

- Autoimmune disease
- Congenital disease
- Hypersensitivity
- Inflammatory bowel disease
- Malignancy
- Obstruction



## TYPES OF BRONCHIECTASIS :



- Cylindrical bronchiectasis
- Saccular bronchiectasis
- Varicose bronchiectasis

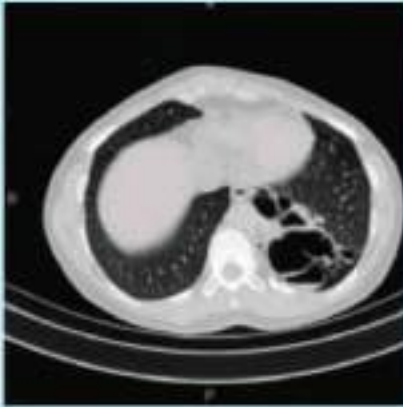
### CYLINDRICAL BRONCHIECTASIS:



The luminal dilation is uniform and the wall thickening is smooth and there is failure of normal tapering of bronchi.



## **SACCULAR BRONCHIECTASIS :**



- **It is the most severe form of bronchiectasis.**
- **The bronchi are severely dilated and The bronchi end blindly In the dilated thick wall cyst.**

## **VARICOSE BRONCHIECTASIS :**



- **The bronchi resembles like varicose vein and Serpentine.**
- **The luminal dilation is characterized by Alternating areas of luminal dilation and constriction, Creating a beaded appearance, and the wall thickening is irregular.**

## **RISKS FACTORS :**

- **People with cystic fibrosis.**
- **Children who develop lung infection With lung tissue destruction Are risk for bronchiectasis To develop later in life.**
- **People who abuse drug and alcohol.**

# DIAGNOSTIC METHODS :

- 1) History Collection
- 2) Physical Examination
- 3) Chest CT scan: provides further information on disease location, presence of mediastinal lesion, and the extent of segmental involvement.
- 4) Chest x-ray: increase in Size and loss of definition of Broncho vascular markings, crowding of bronchi and loss of lung volume.
- 5) Severe Case: honeycombing appearance.



## COMPLICATIONS :

- Pneumonia
- lung abscess
- Empyema
- Septicemia



## TREATMENTS :

- Diet foods with lots of protein, fruits, vegetables and fibres
- Yoga
- Pranayama
- Massage
- Physiotherapy
- Hydrotherapy





## HYDROTHERAPY :

- Hydrotherapy treatments such as chest pack, spinal spray, spinal bath can reduce pain, fatigue and breathlessness.
- It can also improve sleep quality and circulation

## DIET :

- Diet with protein helps to build and maintain muscles, including chest muscles. It helps in breathing.
- It also helps in healing and muscle loss
- Low vitamin D level is associated with lower lung function and increased risk of infection

## YOGA & PRANAYAMA :

- Bhujangasana (Cobra pose), Dhanurasana (Bow pose), Ustrasana (Camel pose)- Regular practice of these asana can strengthen the respiratory muscles which reduce the effort required for breathing.
- Pranayama such as nadi shodhana, bhramari can reduce shortness of breath and improve lung health

## CONCLUSION :

- Maintain a healthy diet, Low in sodium, excess sugar, Saturated fats and refined grains.
  - Stay hydrated, Drinking plenty of water can prevent mucous build up.
-

# Satvik Kitchen

5 STAR CHEFS OF THE MONTH

## COCONUT ORANGE ICECREAM

A.THIVETHA

G.VARSHINI

3RD YEAR BNYS



### INGREDIENTS

COCONUT-500G  
ORANGE-500G  
CASHEW NUT-40G  
ALMOND-40G  
JAGGERY-100G

### PROCEDURE

- GRIND THE SOAKED ALMONDS AND CASHEWS
- EXTRACT COCONUT MILK AND ADD IT TO THE ALMOND CASHEW MIXTURE
- ADD ORANGE EXTRACT TO THE MIXTURE AND MIX THEM WELL.
- ADD REQUIRED AMOUNT OF JAGGERY & CARDAMOM POWDER. MIX ALL THE INGREDIENTS WELL
- FREEZE IT FOR 6 TO 8 HRS

### NUTRITIONAL VALUE PER SERVING

(100G)

- CARBOHYDRATES: 21.50G
- PROTEIN: 3.19G
- FAT: 17.43G
- CALORIES: 240.7 KCAL

### BENEFITS

- RICH IN MEDIUM CHAIN TRIGLYCERIDES(MCTs): COCONUT CONTAINS MCTs WHICH ARE EASILY ABSORBED AND CAN PROVIDE A QUICK SOURCE OF ENERGY
- HIGH IN VITAMIN C: ORANGES ARE EXCELLENT SOURCE OF VITAMIN C WHICH IS ESSENTIAL FOR IMMUNE FUNCTION, COLLAGEN PRODUCTION & IRON ABSORPTION
- SUPPORTS HEALTHY GUT BACTERIA: THE FIBER AND MCTs IN COCONUT CAN HELP SUPPORTS THE GROWTH OF HEALTHY GUT BACTERIA





# Satvik Kitchen

4 STAR CHEFS OF THE MONTH

## PUMPKIN KULFI

SUDHA  
SOUNDHARYA  
3RD YEAR BNYS



## INGREDIENTS

PUMPKIN - 900G  
RED BANANA - 100G  
JAGGERY - 300G  
COCONUT - 100G

## PROCEDURE

- COOK THE GRATED PUMPKIN IN A PAN AND ADD JAGGERY TO IT.
- ADD COCONUT MILK TO THE COOKED PUMPKIN & MIX WELL
- COOK THE MIXTURE UNTIL IT THICKENS AND THE JAGGERY DISSOLVES
- ADD CARDAMON POWDER AND MIX WELL GARNISH WITH CHOPPED NUTS
- LET THE MIXTURE COOL DOWN TO ROOM TEMPERATURE
- POUR IT INTO KULFI MOULDS & FREEZE IT FOR 8 TO 9 HRS

## NUTRITIONAL VALUE PER SERVING

(100G)

- CARBOHYDRATE - 27.9G
- PROTEIN - 1.04G
- FAT - 2.5G
- CALORIES - 130.4KCAL

## BENEFITS

- GI ISSUE: IT SOOTHENS DIGESTIVE TRACT AND TREATS ILLNESS LIKE CONSTIPATION, DIARRHOEA, IRRITABLE BOWEL SYNDROME.
- IMMUNE SUPPORT SYSTEM: VITAMIN C AND BETA CAROTENE CAN HELP SUPPORT IMMUNE SYSTEM AND REDUCE THE RISK OF ILLNESS.
- SUPPORTS HEALTHY VISION: VITAMIN A :IT HELPS TO MAINTAIN A HEALTHY VISION.





# Satvik Kitchen

3 STAR CHEFS OF THE MONTH

## MORINGA MILLET POPS

DEVAKI.E

GEORAJLIN.D

4TH YEAR BNYS



## INGREDIENTS

FOXTAIL RICE-250 G

DRUMSTICK LEAVES-50 G

ONIONS-20 G

SESAME OIL,2-TBS SALT,PEPPERS

TURMERIC AS REQUIRED

## NUTRITIONAL VALUE PER SERVING

(100g)

- ENERGY - 300 K CAL
- PROTEIN - 6 G
- CARBS - 50 G
- FAT - 5 G

## PROCEDURE

1. PRESSURE COOK FOXTAIL RICE AND MORINGA LEAVES.
2. ADD SAUTED ONIONS AND MASH THE COOKED MIXTURE WELL
3. MAKE SMALL BALLS OUT OF IT
4. STEAM OR SHALLOW FRY UNTIL COOKED.
5. SERVE IT WITH TOMATO SAUCE.

## BENEFITS

- RICH IN IRON AND CALCIUM - SUPPORTS BONE HEALTH AND IMMUNITY.
- HIGH IN FIBER - AIDS DIGESTION AND CONTROLS BLOOD SUGAR.
- GOOD PROTEIN SOURCE- HELPS IN MUSCLE REPAIR AND ENERGY.
- PACKED WITH ANTIOXIDANTS - PROTECTS AGAINST CELL DAMAGE.





# Academic Excellence of the Month



**AISHWARYA**  
**4TH YEAR BNYS**



**DHARANE PRIYA**  
**3RD YEAR BNYS**



**SHAMILI.C**  
**2ND YEAR BNYS**



**HEMAPRIYA**  
**1ST YEAR BNYS**  
**(PART-2)**



**MARIYA JENITTA.L**  
**1ST YEAR BNYS (PART-1)**



# Future Goal



A.KAMALESH

BNYS, 1ST YEAR

(PART-2)

## ◆ MY FIRST STEP TOWARDS NATUROPATHY & YOGA SYSTEM :

•When I was studying 11th standard, My father asked me , will you join Naturopathy. I was unaware of that word. Slowly, I completed my 12th standard with minimum percentage. Again my father gave me a hope, he motivated me to join BNYS.

## ◆ CAREER OBJECTIVES :

•In recent decades, Acupuncture has been increasingly embraced in Western medicine, and I know the basic ideas about Acupuncture. Major reason to choose Naturopathy is, I am much interested in Acupuncture, and I am ready to shine in my field.

## ◆ MY COLLEGE ALTI BIE NC :

•My college really cares about its students. It is a place of civility, friendship and good cheers. I took my own interest to join VIVEKANANDHA NATUROPATHY COLLEGE. Because my college gives us Dayscholar facility, it was really comfortable to me.

## ◆ FROM STRUGGLES TO SUPPORT :

•From beginning, I was struggling in my studies. Later, my hope was strong. I approached my lecturers they helped me in all the ways. Whenever, I feel difficulties in my studies, I approach my seniors and friends they also helped me in all possible ways.

## ◆ MY INTEREST TOWARDS YOGA :

•During my early days, I was much interested in YOGASANAS, Now, I am practice advance asanas. Due to my flexibility, I participated in NATIONAL COMPETITION. I won 2 nd and 3rd place in the Competition in differgo which was held at HYDERABAD on (Nov 17, 2024). That was my life time ac am really thankful to my college for this opportunity.

## ◆ CONCLUSION :

•To explore my interests towards the future, In the quests for holistic health and wellness, the com of ACUPUNCTURE and YOGA presents a synergistic approach that harmonizes the mind, body" Spirit.

**IN FUTURE:** I will heal people by utilizing methods like dietary modifications, lifestyle changes, herbal reme natural therapies.

---



# 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](http://www.vivekanandha.ac.in) email : [vivekaadmission@gmail.com](mailto:vivekaadmission@gmail.com)