

Voice of SVNMYMC

SVNMYMC

A journey with Naturopathy and Yoga



"Yoga is the journey of the self,
through the self, to the self."

Issue 18

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NEWS LETTER



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A.HASINI

1ST YEAR BNYS(PART-1)

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Events



AS WE AT SVNYMC BELIEVE THAT PARENTS AND TEACHERS MUST BE A TEAM TO ENSURE CHILDREN REACH THEIR FULL POTENTIAL. GLIMPSES OF PARENTS TEACHERS MEETING GRACED BY OUR HONOURABLE CHAIRMAN SIR ON 1.4.25 AT SRINIVASA MAHAL, VEI, SANKAGIRI.





Swamy Vivekanandha Naturopathy and Yoga Medical College, Sankari, on account of the Health Awareness Campaigns, delivered an informative Health talk on the title *" Life Style Modification"* for around 50 Drivers of Vivekanandha Educational Institutions, Sankari on 08/04/2025 with Assistant Professor cum Medical Officer Dr.Gomathi.S as Resource person. Free Consultation with a focus on health awareness and dietary education was also given to the attendees.

Empowering 500+ minds on the importance of Dietary preferences through Anna Raksha - A day of health awareness, yoga, dietary consultations, and health talks at Vivekanandha Medical Care Hospital, Thiruchengode on 08.04.2025 with Dr. Lekshmi Jayaram from Swamy Vivekanandha Naturopathy and Yoga Medical College leading the team.





Empowering 500+ young minds! Day 2 of the successful medical camp by Swamy Vivekanandha Naturopathy & Yoga Medical College, Salem at Vivekanandha Medical Care Hospital, Allied Health Science, Tiruchengode. Highlights: Health talk by Dr. Lekshmi Jayaram on "You Are What You Eat & Think", yoga for stress relief and memory, and personalized consultations. Date: 09.04.2024



Nature's wisdom for a healthier life! Our recent camp at Padaiveedu Panchayath on 9.4.25 educated 35 Government staff members on the principles of Naturopathy and its applications in daily life.



Swamy Vivekanandha Naturopathy and Yoga Medical College and Hospital, Sankagiri, Salem in association with MOTHY MILLS PVT LTD, VEPPADAI organized a health camp on 09/04/2025, benefiting 35 individuals. The camp offered free Health consultations, pulse diagnosis, dietary advice, yoga therapy, stress management counseling, and an informative health talk on awareness on healthy foods



Learning beyond textbooks! Our Naturopathy students had an incredible 3-day trip to Kerala(9th, 10th and 11th of April 2025) exploring the rich history and culture of the region. From the historic Hill Palace Museum to the serene Chottanikkara Temple, and from the thrill of Wonderla to the tranquility of Vypin Beach and Vagamon, this trip was a perfect blend of fun and education.



Glimpses of the First International Conference in Naturopathy and Yoga at the University premises, hoisted by The Tamil Nadu Dr MGR Medical University, Chennai on 16th and 17th April 2025



Swamy Vivekanandha Naturopathy and Yoga Medical College and Hospital Medical Camp Highlights - 20/04/25 A fulfilling day of holistic healing at Allinaickan Palayam, Mandabam, where 65 patients received: Naturopathy-based diet counseling Therapeutic yoga sessions Vitals check-up and health assessments Emphasizing natural healing and preventive care for healthier communities. Grateful to all who contributed!

Swamy Vivekanandha Naturopathy and Yoga Hospital, Sankari, Salem, in association with Lions Club, Namakkal, conducted a Health Awareness Talk on "How to Prevent Lifestyle Disorders" on 23.04.2025 for Lions Club members. The session benefited 60 participants, providing valuable insights into natural healing, healthy lifestyle practices, and preventive healthcare.





SVNYMC congratulates the 1st year part-2 students who participated in "Mastering yoga practices, philosophy & financial success workshop" held at Kongunadu College of Engineering, Trichy on 18th April- 20th April.



The First Cultural Day Vibes! A day full of color, creativity, and talent! From energetic group dances to soulful solo performances, heart-touching songs, thought-provoking mimes, and exciting theme-based competitions-our stage came alive with passion and spirit. Grateful for every performer, organizer, and supporter who made this day unforgettable!





The Second Day (24.04.2025) Cultural Vibes! A day full of color, creativity, and talent! From energetic group dances to soulful solo performances, heart-touching songs, thought-provoking mimes, and exciting theme-based competitions-our stage came alive with passion and spirit. Grateful for every performer, organizer, and supporter who made this day unforgettable!





Sports Day Highlights!(25.4.25) A day of strength, spirit, and sportsmanship! From the disciplined March Past to graceful Yoga, powerful Karate moves to energetic Silambam, and thrilling athletics to intense team sports-every moment was packed with excitement. Cheers to all the participants and congratulations to the winning teams who took home the glory!





Annual Day 2025 - was celebrated on 26.4.25 with the inspiring words from our motivational guest speaker Mrs. Jayantha Sree Balakrishnan, lighting a spark in every heart, along with the gracious presence of our Joint Secretary Dr. Sree Raaghanidhi who inspired our students in achieving their best. Prizes were awarded to our academic toppers, activity champions, and standout performers. We wrapped up the day with a spectacular cultural show that brought joy, rhythm, and unity to the stage. Proud moments, shining talents, and memories to last a lifetime!



Medical features

ELECTROMAGNETIC FREQUENCY AND ITS IMPACT ON HUMAN HEALTH

BY

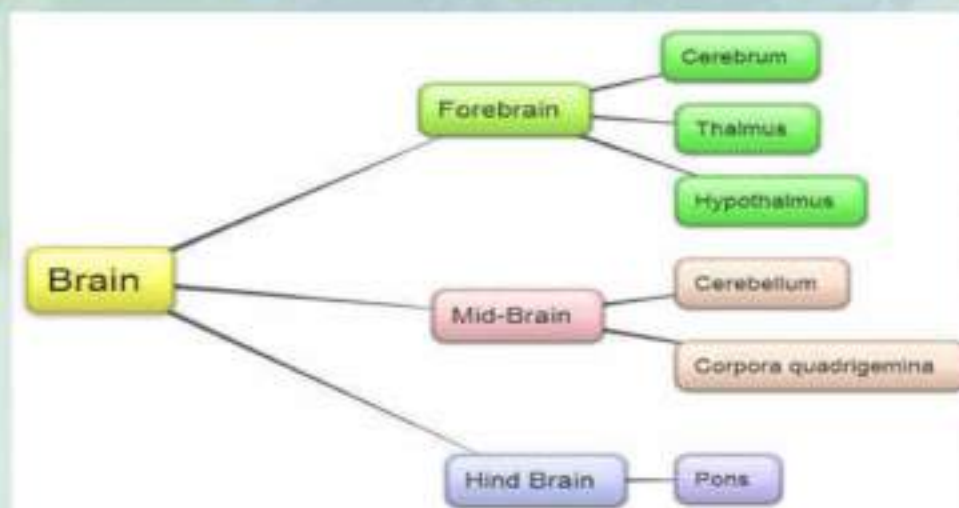
DR. S. LOGESHWARAN, B.N.Y.S
ASSISTANT PROFESSOR CUM
MEDICAL OFFICER



WHAT IS FREQUENCY?

- Frequency refers to the number of oscillations or cycles of a wave per second, measured in Hertz (Hz). In physics, frequency is a fundamental property of waves, including sound waves, light waves, and electromagnetic waves.
- The human body is exposed to various frequencies, both naturally occurring and artificially generated, which can have profound biological effects.

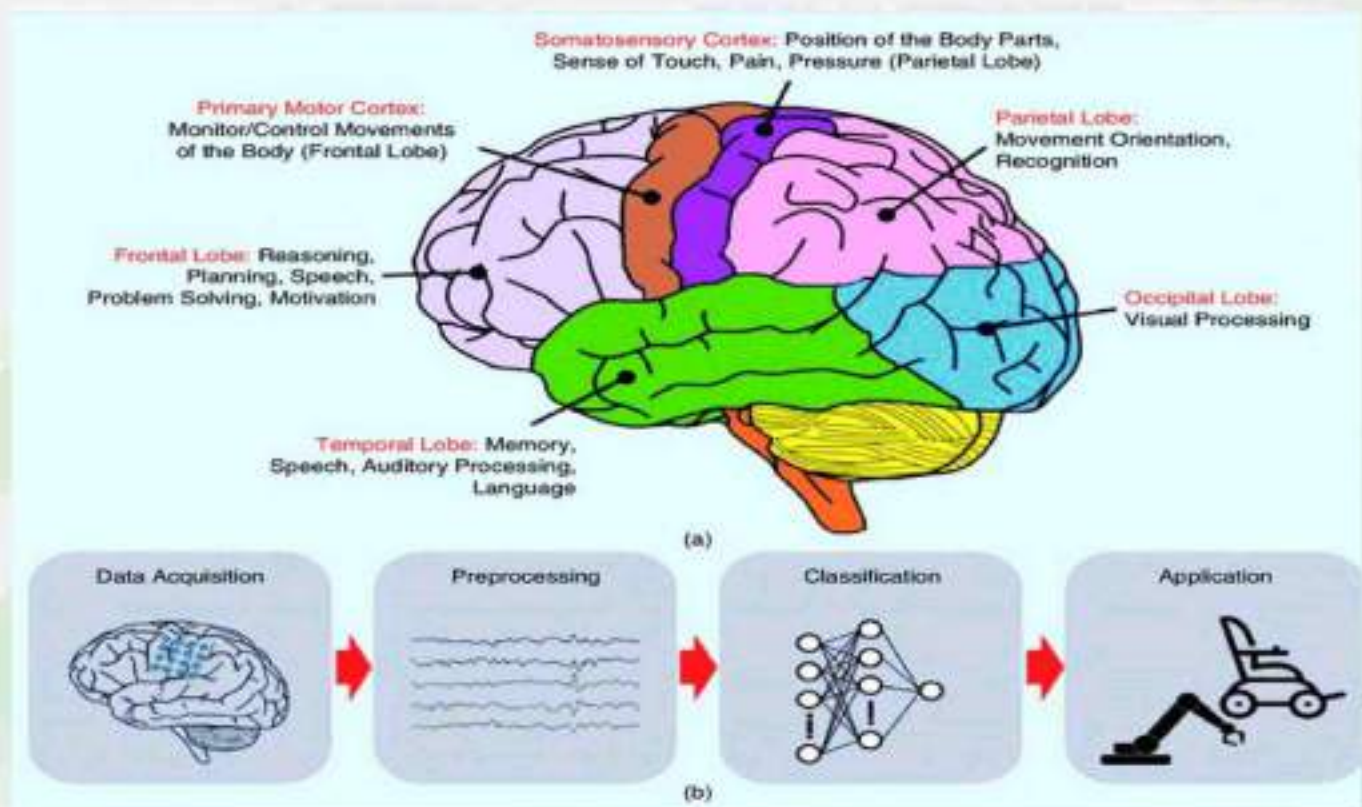
BRAIN FLOW CHART



WHAT IS ELECTROMAGNETIC FREQUENCY (EMF)?

Electromagnetic frequency (EMF) refers to the radiation emitted by electric and magnetic fields. These fields are produced by charged particles in motion and exist in different forms, ranging from extremely low-frequency (ELF) waves to high-frequency gamma rays. Common sources of EMF include power lines, mobile phones, Wi-Fi, and medical imaging technologies.

PARTS OF BRAIN THAT IS CORRESPOND TO VARIOUS NEURAL COMPOUND



WHAT IS ELECTROMAGNETIC FREQUENCY (EMF)?

EMF is classified into:

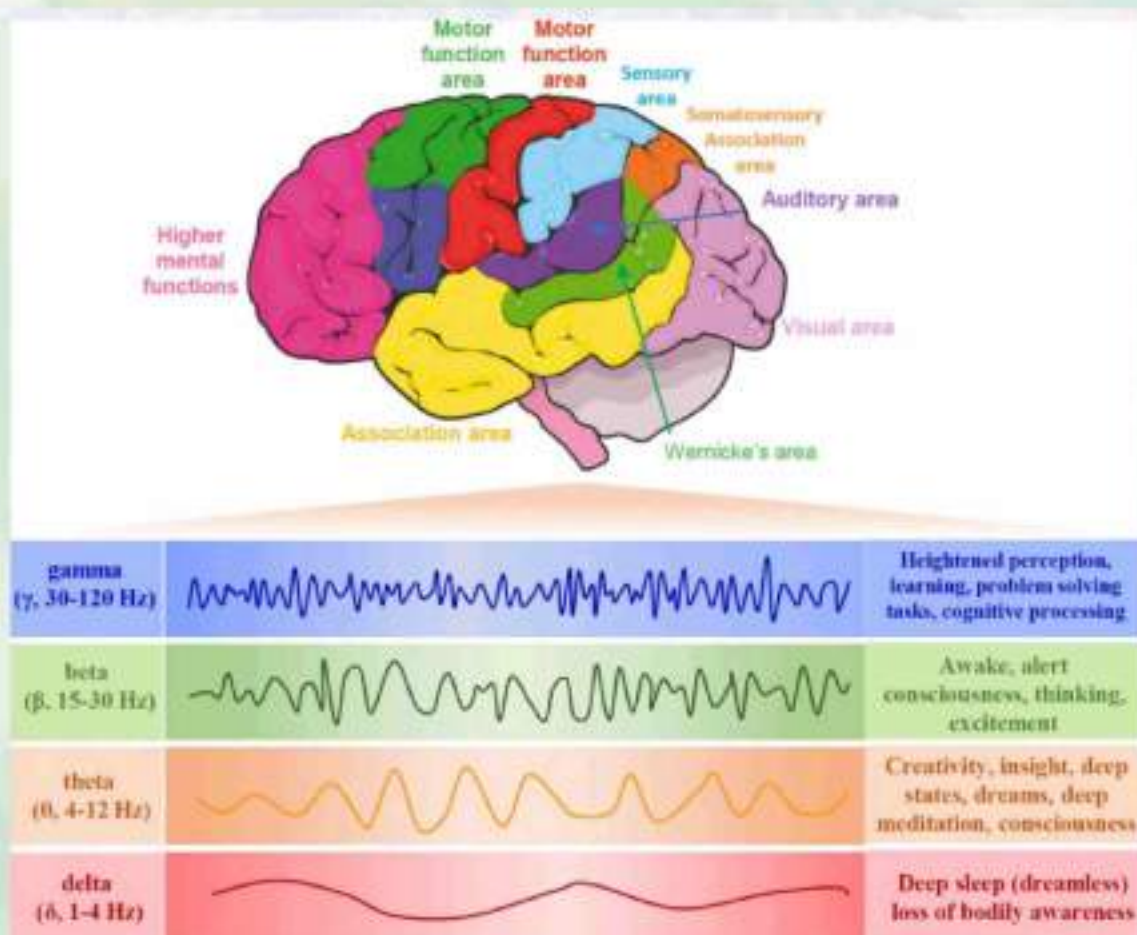
- 1. Non-ionizing radiation (low-frequency EMF):** Includes radio waves, microwaves, infrared, and visible light.
- 2. Ionizing radiation (high-frequency EMF):** Includes ultraviolet rays, X-rays, and gamma rays, which have enough energy to remove electrons from atoms, potentially causing cellular damage.

HOW EMF ACTS ON THE HUMAN BODY

The human body interacts with EMFs in various ways, depending on the frequency and intensity of exposure:

- 1. Cellular Communication:** The human body relies on bioelectrical signals for nerve impulses and cellular communication. EMF exposure can disrupt these signals, leading to potential health effects.
- 2. Thermal Effects:** High-intensity EMFs can cause tissue heating, affecting biological functions.
- 3. Non-Thermal Effects:** Even at low intensities, EMF exposure may influence cellular processes, including DNA synthesis, oxidative stress, and hormone regulation.
- 4. Neurological Effects:** Prolonged exposure to EMF can impact sleep, cognition, and mood by altering melatonin levels and brainwave activity.

FREQUENCY IN HUMAN BRAIN



10 HEALING FREQUENCIES AND THEIR ROLE IN HORMONAL REGULATION

1. **968 Hz:** Activates the pineal gland
2. **0.5-3 Hz (Delta Waves):** Stimulates the release of human growth hormone (HGH), essential for cellular repair and regeneration.
3. **7.83 Hz (Schumann Resonance):** Enhances melatonin production, improving sleep and immune function.
4. **10 Hz:** Supports serotonin production, reducing depression and anxiety.
5. **40 Hz:** Improves cognitive function and reduces symptoms of Alzheimer's disease.
6. **136.1 Hz (OM Frequency):** Harmonizes body energy, aids in stress reduction, and balances hormones.
7. **174 Hz:** Provides pain relief and accelerates healing.
8. **285 Hz:** Stimulates tissue regeneration and enhances immune function.
9. **396 Hz:** Reduces cortisol levels, relieving stress and fear.
10. **432 Hz:** Promotes heart coherence, improving cardiovascular and emotional health.
11. **528 Hz (Love Frequency):** Aids in DNA repair and enhances overall well-being by balancing hormonal functions

NATURALLY OCCURRING FREQUENCIES IN THE HUMAN BODY

Brainwave Frequencies:

1. Delta waves (0.5-4 Hz) - Deep sleep and healing
2. Theta waves (4-8 Hz) - Meditation and creativity
3. Alpha waves (8-12 Hz) - Relaxation and mental clarity
4. Beta waves (12-30 Hz) - Active thinking and problem-solving
5. Gamma waves (30-100 Hz) - High-level cognitive function
6. Schumann Resonance (7.83 Hz): The Earth's natural electromagnetic frequency, which aligns with human brainwave activity.
7. Heart Rhythms (0.1 Hz): The heart emits an electromagnetic field that interacts with the nervous system and overall well-being.

MUSICAL THERAPY IN MENTAL RETARDATION

Music therapy has been widely used to improve cognitive and emotional functions in individuals with mental retardation (intellectual disabilities). This therapy involves structured musical interventions tailored to the individual's needs and abilities.

EFFECTS OF MUSIC THERAPY ON MENTAL RETARDATION:

1. Enhances Neuro plasticity: Music stimulates neural connections, improving memory, speech, and learning abilities.
- 2.Regulates Emotions: Helps manage anxiety, aggression, and mood disorders.
- 3.Improves Motor Skills: Rhythmic exercises enhance coordination and physical function.
4. Boosts Social Interaction: Encourages communication and group participation.
- 5.Stimulates Dopamine Release: Enhances motivation, pleasure, and emotional well-being.
6. Music therapy is commonly used in conjunction with speech therapy, occupational therapy, and behavioral interventions to improve the quality of life for individuals with intellectual disabilities.

CONCLUSION

Electromagnetic frequencies play a crucial role in Human physiology, influencing everything from brain function to hormonal balance. While excessive exposure to artificial EMFs may pose health risks, controlled frequencies are being increasingly used in medical therapies for healing and mental well-being. Music therapy, in particular, has shown significant benefits in enhancing cognitive and emotional development in individuals with intellectual disabilities. Continued research in these fields will help optimize therapeutic applications for improving human health.

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 - Wound healing treatment by high frequency ultrasound, microcurrent, and combined therapy modifies the immune response in rats. <https://doi.org/10.1590/bjpt-rbf.2014.0141> * Effect of music at 432 Hz and 440 Hz on dental anxiety and salivary cortisol levels in patients undergoing tooth extraction: a randomized clinical trial. <https://doi.org/10.1590/1678-7757-2019-0601>
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Medical features **FERMENTED RICE**

"A NATURAL REMEDY
FOR STOMACH ULCER"

BY
DR. LEKSHMI JAYARAM, BNYS
ASSISTANT PROFESSOR CUM
MEDICAL OFFICER



ABSTRACT:

Stomach ulcers, or peptic ulcers, are painful sores that develop in the lining of the stomach due to factors such as *Helicobacter pylori* infection, excessive acid secretion, or prolonged use of NSAIDs. Fermented rice, a traditional probiotic food, has been used in various cultures for its digestive benefits. This article explores the potential of fermented rice in the management of stomach ulcers, with an emphasis on research-based evidence supporting its efficacy.



**LIFE IS A COMBINATION OF
DIET
GIVES MAGIC**

INTRODUCTION:

Peptic ulcers are a common gastrointestinal disorder that can lead to severe complications if untreated. Conventional treatments include proton pump inhibitors (PPIs), antacids, and antibiotics. However, the rising concerns over antibiotic resistance and drug dependency have driven interest in natural remedies. Fermented rice, rich in probiotics, short-chain fatty acids (SCFAs), and bioactive compounds, has gained attention for its potential role in ulcer healing and gastric mucosal protection.

NUTRITIONAL AND FUNCTIONAL COMPONENTS OF FERMENTED RICE:

Fermented rice, prepared by soaking cooked rice in water overnight or longer, undergoes microbial fermentation, leading to the production of beneficial lactic acid bacteria (LAB), organic acids, and bioactive peptides.

These components contribute to its therapeutic effects, including..

PROBIOTICS:

Fermented rice is a natural source of LAB such as *Lactobacillus* and *Bifidobacterium*, which help restore gut microbiota balance and inhibit *H. pylori* growth.

SHORT CHAIN FATTY ACIDS (SCFAS):

These acids promote gut health by reducing inflammation and enhancing mucosal integrity.

ANTIOXIDANTS AND ENZYMES:

They help neutralize free radicals, reducing oxidative stress in the gastric lining. 5/12

5/12 VITAMINS AND MINERALS:

Fermentation enhances the bioavailability of B vitamins, magnesium, and other essential nutrients that support gut healing.

Mechanisms of Action in Stomach Ulcer Healing Several studies have highlighted the potential mechanisms through which fermented rice aids in ulcer healing:

1. **Anti-Helicobacter pylori Activity:** LAB in fermented rice produces bacteriocins and organic acids that inhibit *H. pylori* colonization, a major cause of ulcers.
2. **Mucosal Protection and Regeneration:** SCFAs and bioactive peptides enhance gastric mucus secretion, reducing acid-induced damage.
3. **Anti-inflammatory Effects:** Fermented rice modulates inflammatory pathways, lowering pro-inflammatory cytokines involved in ulcer pathology.
4. **pH Regulation:** Organic acids from fermentation help maintain optimal gastric pH, preventing excessive acid secretion.

RESEARCH EVIDENCE:

1. Clinical and Animal Studies:

A study published in the *Journal of Functional Foods* (2020) found that LAB from fermented rice inhibited *H. pylori* growth and reduced gastric inflammation in animal models. A randomized controlled trial in *Gut Microbes* (2021) demonstrated that daily consumption of fermented rice improved gut microbiota diversity and reduced ulcer symptoms in human participants.

2. Traditional and Ethnobotanical Insights:

Traditional Ayurvedic and folk medicine practices in South Asia have long recommended fermented rice for digestive disorders, including ulcers.

PREPARATION AND CONSUMPTION GUIDELINES TO INCORPORATE FERMENTED RICE INTO A NATURAL ULCER-MANAGEMENT REGIMEN:

1. Cook rice and allow it to cool.
2. Add water and let it ferment at room temperature for 12-24 hours.
3. Consume it on an empty stomach in the morning, optionally with buttermilk or rock salt for enhanced benefits.
4. Avoid excessive spicy or acidic additions to prevent irritation.

CONTRAINDICATIONS AND CONSIDERATIONS WHILE GENERALLY SAFE, FERMENTED RICE MAY NOT BE SUITABLE FOR INDIVIDUALS WITH:

1. Severe acid reflux, as fermentation can sometimes increase gastric acidity.
2. Histamine intolerance, as fermented foods can trigger symptoms.
3. Compromised immune systems, where excessive probiotic intake may pose risks.

CONCLUSION:

Fermented rice is a promising natural remedy for stomach ulcers, offering probiotic, anti-inflammatory, and mucosal-protective benefits. While preliminary studies support its efficacy, further clinical trials are required to establish standardized recommendations.

As a complementary therapy, fermented rice can be an effective and accessible option for individuals seeking natural digestive health solutions.

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[1] Journal of Functional Foods (2020). Effects of Fermented Rice on *H. pylori* Inhibition and Gastric Mucosal Protection.

[2] Gut Microbes (2021). Probiotic Effects of Fermented Rice on Human Gut Health and Ulcer Management

Aspiring Scholar

YOGA AND TAI CHI

FIND YOUR BALANCE



R.JENITHA
2ND YEAR BNYS
SVNVMC

INTRODUCTION:

Tai chi is an ancient Chinese martial art, physical exercise, and meditative practice that combines slow, flowing movements, deep breathing, and mental focus to promote relaxation, balance, and inner peace. It is often practiced for its health benefits, including improved balance, flexibility, and cardiovascular health, as well as reduced stress and anxiety. Tai chi emphasizes the flow of "qi" (life energy) through the body and is rooted in traditional Chinese medicine and martial arts principles. It is suitable for people of all ages and fitness levels, making it a popular practice for enhancing physical and mental well-being.

SIMILARITIES:

- **Mind-Body Connection:** Both emphasize harmonizing the mind and body through focused movement and breath.
- **Breathing Techniques:** Controlled, deep breathing is central in both practices to enhance relaxation and energy flow.
- **Slow, Deliberate Movements:** Movements are performed with intention and mindfulness, promoting body awareness and balance.
- **Stress Reduction:** Both are widely used to reduce stress, anxiety, and improve emotional well-being.
- **Flexibility and Strength:** They improve physical flexibility, muscle tone, and joint health, albeit in slightly different ways.
- **Energy Flow:** Yoga speaks of prana (life force), while Tai Chi focuses on qi (chi)-both aim to enhance the flow of energy within the body.
- **Spiritual Roots:** Each has philosophical or spiritual foundations-yoga in Hindu and Buddhist traditions, Tai Chi in Taoist philosophy.
- **Holistic Health:** Both support overall wellness, including physical, mental, and spiritual health.

BENEFITS:

- 1. Physical benefits:** Improved flexibility, balance, strength, and coordination.
- 2. Mental benefits:** Reduced stress, anxiety, and depression, improved focus and concentration.
- 3. Emotional benefits:** Increased self-awareness, self-acceptance, and emotional regulation.
- 4. Others:** Improved sleep, increased energy, improved immune function and social benefits

APPLICATION:

- 1. Therapeutic applications:** Both practices can be used to manage chronic conditions, such as arthritis, diabetes, and hypertension.
 - 2. Rehabilitation:** Both practices can be used in rehabilitation settings to promote physical and emotional recovery.
 - 3. Wellness:** Both practices can be used as a tool for overall wellness, promoting relaxation, balance, and self-awareness
-

Future Goal



P.SWATHI

BNYS,

1ST YEAR (PART II)

"Planning is Bringing the Future into the Present"

MY UNWAVERING AMBITION:

During my school days, I was blank about my future, Years passed and finally, I Stepped into 12th standard, the biggest dream knocked my mind to become a DOCTOR. So, I joined NEET coaching class. Unfortunately, I scored low marks in NEET Exam. But, I never changed my ambition

TRANSITIONING FROM NEET TO BNYS:

After completing my NEET journey. I was worried about my career. Later, I came to Know that without NEET Exam, I can become a DOCTOR. I was surprised and started to search the details about BNYS.

MY JOURNEY INTO BNYS:

"Even miracles can take much time" Finally, I joined BNYS. The course offers a unique blend of Natural healing methods, lifestyle management and yogic practices like meditation and breathing techniques. It also emphasizes preventive care and empowers students to address health concerns using natural and non-invasive techniques.

OUT STANDING FACILITIES AND SUPPORT

At Present, I am spending my BNYS journey at SVNYMC. My college with extraordinary infrastructure offers benefits like considerable fees structure, supportive doctors, advanced learning facilities, access to comprehensive library, and a well-equipped on-campus hospital for clinical training and practical experience.

PRACTICAL APPROACHES FOR COMPREHENSIVE UNDERSTANDING

- Being a Dayscholar, can potentially improve my studies. My Teachers teaches us a practical manner which improves and standardized our Knowledge.
- Weekly conduction of Exams can improve our knowledge and ease our University exam.
- Early exposure of CADAVER classes provides a tactile understanding of Human organs.
- Early morning yoga classes can enhances flexibility and overall well-being.

CONCLUSION:

To pursue my career as a WELLNESS CONSULTANT", In future, I will be very keen about my patient's health I will heal people by utilising methods like Hydrotherapy, chromo therapy, Massage, Yoga therapy Acupuncture, Dietary modification etc...

Academic Excellence of the Month



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



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

Media Stars Of The Month



Parkkavi



Soundharya



Pooja



Abinaya



K.Sanjay



Siva



Pradeep



Rohit



Nishanth

Satvik Kitchen

5 STAR CHEFS OF THE MONTH

JOWAR MILLET POPCORN

N.JENIFER

KAVIYARASAN

FINAL YEAR BNYS



INGREDIENTS

JOWAR MILLET -1KG
SALT -AS REQUIRED

NUTRITIONAL VALUE PER SERVING

(100g)

- CALORIES: 350 KCAL
- PROTEIN: 10 G
- FAT: 4 G
- CARBOHYDRATES: 78 G

PROCEDURE

- CLEAN & DRY 1 KG WHOLE JOWAR MILLET (SORGHUM).
- HEAT A HEAVY PAN [PREFERABLY IRON] ON MEDIUM-HIGH.
- ADD A THIN LAYER OF JOWAR GRAINS-NO OIL NEEDED.
- COVER & ROAST, SHAKING OCCASIONALLY, UNTIL POPPING SLOWS.
- REMOVE POPPED GRAINS, REPEAT WITH REMAINING.
- COOL & STORE IN AN AIRTIGHT CONTAINER.

BENEFITS

- DIABETES-FRIENDLY: LOW GLYCEMIC INDEX, STABILIZES BLOOD SUGAR.
- GLUTEN-FREE: SUITABLE FOR CELIAC AND GLUTEN-SENSITIVE DIETS.
- HEART-HEALTHY: RICH IN FIBER, SUPPORTS CHOLESTEROL CONTROL.
- WEIGHT MANAGEMENT: HIGH FIBER REGULATES WEIGHT LOSS.



Satvik Kitchen

4 STAR CHEFS OF THE MONTH

WATERMELON SANDWICH

KAVIYASELVI M
HARIDHARANI R
FINAL YEAR BNYS



INGREDIENTS

WATERMELON-1KG
TOFU-200 GM
CHILLI POWDER
SALT AND TURMERIC - AS REQUIRED.

PROCEDURE

- **PREPARE WATERMELON SLICES:** CUT WATERMELON INTO THICK, EVEN SLICES.
- **PREPARE TOFU FILLING:** MASH AND SAUTE TOFU WITH CHILLI POWDER, SALT, AND A PINCH OF TURMERIC.
- **ASSEMBLE SANDWICH:** PLACE A SPOONFUL OF TOFU MIXTURE BETWEEN TWO WATERMELON SLICES.
- **SERVE FRESH:** CHILL FOR A FEW MINUTES BEFORE SERVING FOR BETTER TEXTURE AND TASTE.

NUTRITIONAL VALUE PER SERVING (100g)

- **CALORIES:** 40 KCAL
- **CARBOHYDRATES:** 7G
- **PROTEIN:** 3.5G
- **FATS:** 1.5G

BENEFITS

- **HYDRATING:** HIGH WATER CONTENT KEEPS THE BODY HYDRATED.
- **RICH IN ANTIOXIDANTS:** WATERMELON PROVIDES LYCOPENE, WHICH SUPPORTS HEART HEALTH.
- **PHYTOESTROGENS :** TOFU CONTAINS PHYTOESTROGENS WHICH PREVENTS POST AND PRE MENOPAUSAL SYMPTOMS



Satvik Kitchen

3 STAR CHEFS OF THE MONTH

GREEN GRAM FALAFEL WITH PINEAPPLE SAUCE

HARINI.S
DHAMODHARAN.A
FINAL YEAR -BNYS



INGREDIENTS

GREENGRAM 400GM
PINEAPPLE - 200 GM
GREEN CHILLIES - 10 GM
CURRY LEAVES &
CORIANDER LEAVES -5GM
GARLIC - 5 CLOVES
GINGER -5 GM
JAGGERY - 50 GM

PROCEDURE

- SOAK & GRIND - SOAK 1 CUP OF GREEN GRAM FOR 4-6 HOURS.
- DRAIN AND GRIND WITH CHILLIES, GINGER, GARLIC CLOVES, CURRY LEAVES, AND CORIANDER LEAVES INTO A COARSE BATTER.
- SHAPE & COOK - FORM SMALL COOKIES AND BAKE OR TOAST UNTIL GOLDEN BROWN.
- PREPARE SAUCE - BLEND PINEAPPLE WITH JAGGERY INTO A SMOOTH PASTE AND COOK UNTIL CREAMY.
- SERVE ENJOY FALAFELS WITH PINEAPPLE SAUCE.

NUTRITIONAL VALUE PER SERVING

- ENERGY -114 KCAL
- PROTEIN -5.35 G
- FAT - 0.41 G
- CARBS - 22.7 G

BENEFITS

- SUPPORTS HORMONES - PRESENCE OF PHYTOESTROGENS IN GREEN GRAM REDUCES HORMONE RELATED SYMPTOMS ESPECIALLY IN POST MENOPAUSAL WOMEN.
- LOW GLYCEMIC INDEX -(EXCLUDING PINEAPPLE SAUCE) GREEN GRAM FALAFEL AIDS BLOOD SUGAR CONTROL.
- PACKED WITH ANTIOXIDANTS - PRESENCE OF BROMELAIN IN PINEAPPLE HAS POTENT ANTI-INFLAMMATORY PROPERTY



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)
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- ★ KRISHNASHREE COLLEGE OF EDUCATION FOR WOMEN
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- ★ VIVEKANANDHA MEDICAL CARE HOSPITAL (VMCH)
- ★ THIRU BALAJI SCAN CENTER
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- ★ M.K.G. FOODS AND FEEDS
- ★ M.K.G. ENTERPRISES

SANKAGIRI CAMPUS

- ★ SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL COLLEGE (Co-Ed)
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- ★ VISWABHARATHI COLLEGE OF EDUCATION FOR WOMEN

• ★ •

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