

Discipline

Dedication

Devotion



Education is that which enables one, to stand on his own legs- Swami Vivekanand

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“YOGA SE VIYOGA”

DR. VIRAL THAKER
(D.N.Y.S., D.Y. Ed., CFN)
Department of Yoga for Health Promotion

Yoga means the Union or Attachment of the individual soul with the Universal consciousness. Viyoga represents the disconnection or Detachment of the Soul from the material world, false ego and worldly suffering. In Indian Philosophy “Yoga Se Viyoga” is the journey “From Attachment to Detachment”.

Yoga is an Art and Science of healthy living. Now – a –day’s Yoga is becoming a part of healthy lifestyle across the Globe. It is a Spiritual discipline based on an extremely Subtle Science, which focuses on bringing harmony between Mind and Body. The holistic approach of yoga is well established and it brings harmony in all walks of life and thus, known for disease prevention, promotion of health and management of many lifestyle related disorders. Today, yoga is popular across the globe, not just because of its efficacy in the management of some disease, but it also has strength to give relief from mental and emotional distress and provides a feeling of well- being.

In recent Scenario, the level of Stress in everyone’s life is increasing significantly. Stress is a situation that has a negative effect on your physical, mental, and emotional well-being. Stress is not a disease, but a situation that can lead to many diseases. This situation may be caused by Fear, Pressure or an unhealthy, irregular lifestyle.

What happens if this stress overwhelms you? If you are unable to fight this situation, it can seriously affect your physical, mental and emotional health. It breaks your enthusiasm for life, your self-confidence and your courage.

Controlling such situation is called stress management and Yoga is one of the best options for managing stress. Yoga helps in controlling your emotions and sensitivity. Through deep relaxation, it helps remove negativity and recharge the

Positivity, which helps to restore balance. In this way, yoga helps you disconnect/ detach (Viyoga - Mukti) from over – thinking, over- possessiveness, tension, depression, irritation, anger and anxiety.

WHO defines Health as “A state of complete Mental, Physical & Social well being and not merely the absence of disease or infirmity”. Therapeutically, yoga gives the holistic approach in three stages.....physical, mental and Spiritual. Thus Yoga leads to Health

Now let’s briefly look at how the ‘Ashtanga Yoga’ described by Maharishi Patanjali works at these three stages.

- Yama and Niyama:-
Ethical rules and personal disciplines.
- Asana and Pranayama:-
Postures for physical control and breath work.
- Pratyahara and Dharana:-
Withdrawal of the senses and deep concentration.
- Dhyana and Samadhi:-
True Meditation and the Ultimate state of spiritual absorption.

Once the mind is disciplined, you achieve Viyoga. This is not a negative disconnection but rather a spiritual detachment from material attachments, ignorance and the cycle of suffering leading to liberation (Moksha).

Reference:-

1. National Commission for Homeopathy Janakpuri New Delhi - 110058

STUDENT CORNER

HOMOEOPATHIC AND YOGA: THE ART OF HOLISTIC BALANCE

By Miss. Riddhi Trivedi
Intern.

Homoeopathic: A Holistic Healing Art:

- Homoeopathy is an art and holistic method of healing that focuses on the root causes of sickness. It utilizes highly diluted remedies that are energetic and spiritual in Nature.
- These remedies are meticulously tested on healthy individuals, ensuring their Efficacy in providing deep healing at all levels—physical, mental, and emotional.
- Homoeopathic treatment is personalized, with remedies chosen to match the individual's unique internal state.

Key benefits of Homoeopathic:

Natural and Holistic Approach:

- Homoeopathy promotes a natural, holistic way of life, helping to resolve various health challenges without the need for Conventional medications that may have unknown side effects.

Non-Invasive:

- Homoeopathy eliminates the need for painful needles, dangerous Chemicals and extensive tests. It treats the person as a whole, maintaining the Body's internal equilibrium.

Free from Side Effects:

- Unlike conventional treatments, Homoeopathy Stimulates the body's healing response naturally, without adverse side effects.

Yoga: Harmonizing Mind and Body

- Yoga is a practice that creates inner harmony by uniting the mind and body through relaxation techniques. It incorporates breathing exercises, postures, and meditation to keep the brain stress-free and the body agile and balanced.

Key Benefits of Yoga:

- Stress and Anxiety Relief: Yoga helps alleviate stress and anxiety, promoting mental clarity and calmness through its comprehensive practices.
- Inner Harmony: Yoga fosters a sense of inner peace and harmony, enhancing both physical health and emotional well-being.
- Synergy of Homeopathy and Yoga When combined, homeopathy and yoga offer a powerful approach to natural healing and wellness
- Holistic Treatment: Both systems treat the person as a whole, ensuring the balance of the body's internal environment and promoting overall health.
- Natural Healing: They stimulate the body's natural healing processes, reducing reliance on conventional treatments and their associated risks.
- Stress Management: While yoga addresses stress and anxiety through physical and mental practices, homeopathy provides remedies that support emotional *balance* and resilience.

Yoga for women health:

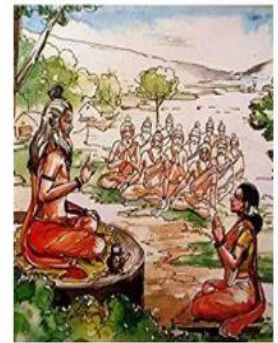
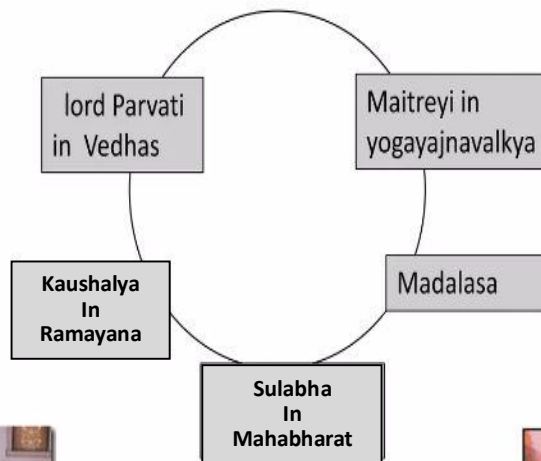
In the Vedic periods women were held in high esteem. They enjoyed equal rights and opportunities.

Manusmriti describe them as a goddess.

Yatra naryasiu piijyante ramante tatra deaoatah

yatretastu na pijjyante sarvastatrabhalab kriyah

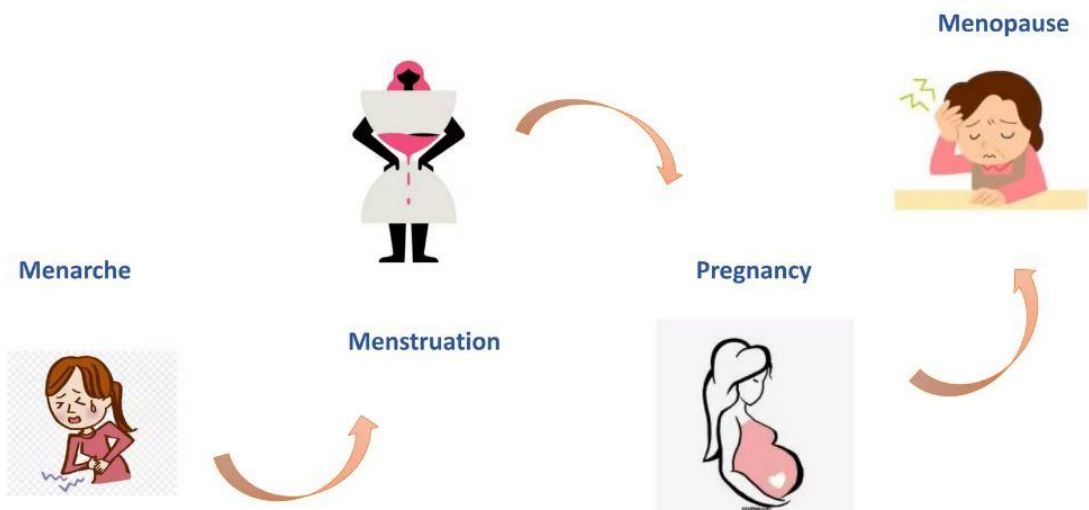
Women during epics



Transformation in women



Milestones in women life



Menarche – start of a woman’s reproductive span : The first occurrence of menstruation

- Menarche is preceded by puberty-induced body changes that occur between ages 9 and 16 years. The age at which menarche occurs is affected by genetic and environmental factors.

Mechanism External factors :

Examples: day length, temperature, pheromones ↓ Hypothalamus

→ Gonadotrophin releasing hormone ↓ Anterior pituitary gland → Positive feedback: Follicle stimulating hormone (FSH) Luteinising hormone (LH) ↓ Ovary Follicle → Oestrogen Corpus luteum → Progesterone Negative feedback

(shown on both sides of the diagram, regulating the cycle)

Factors affecting menarche:

Poor nutrition, High levels of exercise (athletes or dancers) Several medical conditions, such as diabetes mellitus, congenital heart disease, and ulcerative colitis → Delayed Menarche. Obesity Hypothyroidism CNS tumors Head trauma → Early Menarche

Adipokines:

A gear shift in puberty Leptin ↓ → Puberty onset (Leptin plays a role in triggering the onset of puberty.)

Caption above: "Chubby or healthy ????"

Yoga in menarche

Stimulation of dermal and/or subdermal pressure receptors

(innervated by vagal efferent fibers)



Limbic system and hypothalamic areas of cortisol secretion



Enhanced vagal activity & reduced cortisol

→ Reduction in leptin → Lowers prematurity rate



Lowers anxiety/depression Note: The reduction in cortisol, in turn, may contribute to reduction in leptin.

Yoga in Menarche:

- Yogic practice at this age gives courage to approach womanhood without any mental disturbances.
- It helps control and check impulses and emotions.
- It gives balance of mind.
- She conquers fear and nervousness and learns to face her changing life and surroundings with confidence.
- The foundation of moral conduct can be laid properly and firmly at this age through Yogic practice which builds her character into a fully matured personality.
- Her beauty blossoms and she becomes a strong woman of high moral principles.
- Pubertal changes have been relatively smoother in yoga practitioners than their counterparts who don't practice yoga.

Yoga during pregnancy Benefits:

- Relieve conditions (e.g., muscle tightening) that create and sustain pain
- Decrease one's perception of pain patterns
- Explanation:
These actions assist in relieving physical body tension and emotional tension felt in anticipation of labor and delivery.

Yoga in Menopause:

- Menopausal women find it difficult to overcome the symptom of reduced self-esteem and self-image.
- Yoga can be used as a form of exercise to overcome this issue.
- Although no significant direct improvement was found in global or physical self-esteem, Yoga practices may provide a source of distraction from daily life and enhancement of self-esteem, helping women to focus on the simplicity of movement and forget about work responsibility and demands, and thus reduce anxiety and depression. The integrated approach of Yoga therapy can improve hot flushes and night sweats.
- It can also improve cognitive functions such as remote memory, mental balance, attention and concentration, delayed and immediate verbal retention and recognition test.
- Even eight weeks of an integrated approach to yoga therapy resulted in better outcome as compared to physical activity in reducing climacteric symptoms, perceived stress and neuroticism in premenopausal women.
- The risk of CVD rises sharply with menopause likely due to the co-incident increase in insulin resistance and related atherogenic changes that together comprise the metabolic or insulin resistance syndrome, a cluster of metabolic and hemodynamic abnormalities strongly implicated in the pathogenesis and progression of CVD.
- There is increasing evidence suggesting that even the short-term practice of Yoga can decrease both psychological and physiological risk factors for CVD and may reduce signs, complications and improve the prognosis of those with clinical or underlying disease.
- Meditation increases plasma melatonin levels and it seems that melatonin effectively improves sleep quality. Studies have demonstrated the effectiveness of Yoga in improving sleeping patterns suggesting its effective use in a clinical setting to combat symptoms of insomnia and other sleep disorders in post-menopausal women.
- Thus from all these studies we can conclude that our age-old therapy, Yoga, a free-of-cost noninvasive method, is fairly effective and is strongly recommended to all women of menopausal age. Yoga does have the potential to provide physical, mental and emotional health benefits to those who practice it with proper guidance.

Management::

1. **Holistic approach – Both** yoga and homoeopathy emphasize treating the whole person rather than just the symptoms of a disease. They acknowledged the interconnectedness of physical , mental and emotional aspects of health.
2. **Enhanced vitality:** yoga practices are designed to enhance vitality and improve the body’s natural healing abilities. This can potentially support and accelerate the healing process initiated by homeopathic remedies, which aim to stimulate the body’s innate healing mechanisms.
3. **Stress management:** yoga is renowned for its ability to reduce stress through various techniques such as asanas (postures), Pranayama (breathing exercises), and meditation. Since stress is often a significant factor in many illnesses, including those treated by homoeopathy, yoga can complement homoeopathic treatments by promoting relaxation and overall well- being.
4. **Psychological benefits:** yoga promotes mental clarity, emotional balance and mindfulness, which are essential for overall health and are also beneficial for patients undergoing homeopathic treatment. A calm mind and balanced emotions can aid in the effectiveness of homoeopathic remedies.
5. **Improved Resilience:** Regular practice of yoga can strengthen the immune system and improve resilience against illnesses. This can be particularly beneficial for individuals undergoing homoeopathic treatment, as a strong immune system supports the body’s response to remedies.
6. **Lifestyle Alignment:** Both yoga and homoeopathic advocate for a healthy lifestyle that includes balanced nutrition, adequate sleep, regular exercise, and stress management. When practiced together, they reinforce these principles, enhancing the overall therapeutic effect.
7. **Preventive health:** Yoga’s emphasis on maintaining healthy and preventing illnesses aligns with homoeopathy’s goal of preventing disease progression and promoting long term well- being. Incorporating yoga into one’s routine can thus support the preventive aspect of homoeopathic treatments.

References:

1. Exercise and self-esteem in menopausal women: a randomized controlled trial involving walking and yoga. Elavsky S, McAuley E
2. Exercise to reduce vasomotor and other menopausal symptoms: a review. Daley AJ, Stokes-Lampard HJ, Macarthur C
3. Effect of yoga on cognitive functions in climacteric syndrome: a randomised control study. Chattha R, Nagarathna R, Padmalatha V, Nagendra HR
4. A pilot study of a Hatha yoga treatment for menopausal symptoms. Booth-LaForce C, Thurston RC, Taylor MR
5. Treating the climacteric symptoms in Indian women with an integrated approach to yoga therapy: a randomized control study. Chattha R, Raghuram N, Venkatram P, Hongasandra NR
6. Menopause, the metabolic syndrome and mind-body therapies. Innes KE, Selfe TK, Taylor AG
7. Treatment of chronic insomnia with yoga: a preliminary study with sleep-wake diaries. Khalsa SB

CME ACLS AND BLS

-  | 19-March-2026
-  | 02:30 P.M. Onwards
-  | Seminar Hall, College Campus

-Speaker-

Dr. Sejal Chauhan
M.B.B.S. , M.D. (Physician)



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Training and Mock Drill on Spill Management



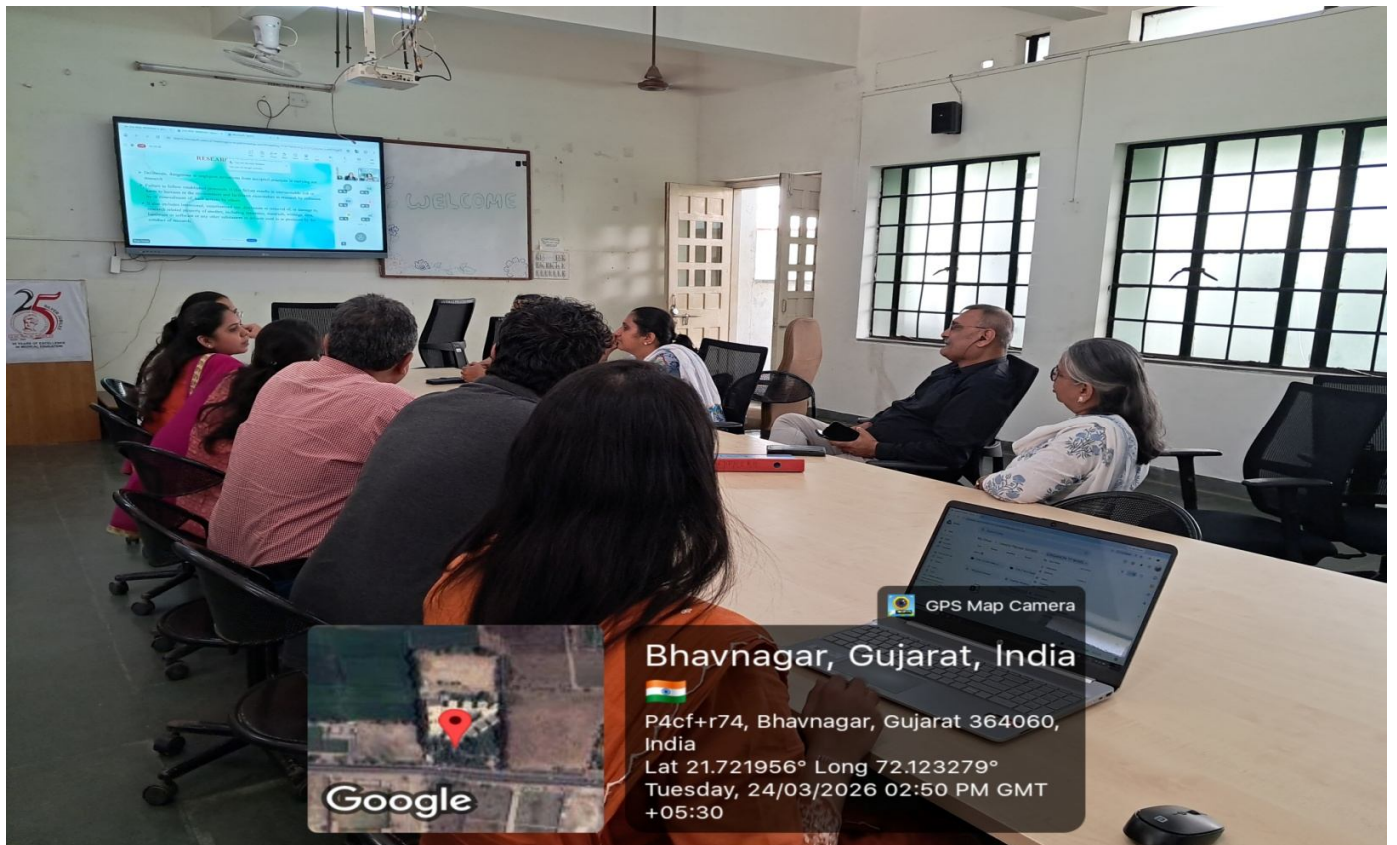


Fire Safety Training for the Hospital Staff and Interns and Students





(RISE)Participated in RESEARCH INTERACTION FOR STUDENTS ENRICHMENT ENHANCEMENT AND ENCOURAGEMENT



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CME

SARCODES IN HOMOEOPATHY: AWARENESS AND SCOPE IN HEALING



04 - April -2026



2:30 P.M. Onwards



Seminar Hall, College Campus

-Speaker-

Dr. Manisha Boricha

M.D.(Homoe), Ph.D.(Homoe)



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CME-Sarcodesin Homoeopathy : Awareness and Scope in Healing by Dr. Manisha Boricha





Swami Vivekanand Homoeopathic Medical College & Hospital, Bhavnagar - Gujarat.



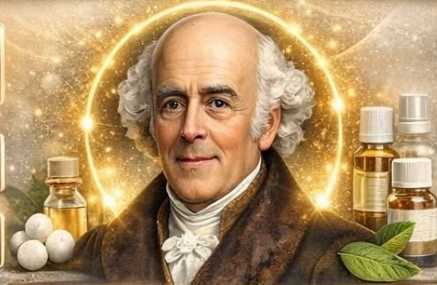
Celebrating WORLD HOMOEOPATHIC DAY

1st April – 7th April 2026

SARV ROG NIDAN &
HEALTH AWARENESS SESSIONS

REEL MAKING COMPETITION

FEMALE HEALTH AWARENESS



Dr. Samuel Hahnemann

MOBILE HAZARDS AWARENESS

HYGIENE AWARENESS

CME ON HOMOEOPATHY



CHARTS & MODEL EXHIBITION



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Celebrated "World Homoeopathic Day" by organizing Rangoli / Potrait Making Competition



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India
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+05:30

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Education Visit by Fourth BHMS Student (2025-2026) at Natraj Cerebral Palsy School and Centre, Kaliyabid





Educational Visit of fourth BHMS (2025-2026) Conducted at PHC Sub-Centre , Khantdi





Educational Visit of fourth BHMS (2025-2026) Conducted at Old Age Home





Educational Visit of fourth BHMS(2025-2026) Conducted at Sumitomo Chemical India Ltd





Educational Visit of Third BHMS (2025-2026) Conducted at Old Age Home





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 Thursday, 23/04/2026 02:22 PM GMT +05:30

CME-"Pearls of pediatrics practice" by Dr. Shital Parikh



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CME ANTENATAL CARE



30-April-2026



02:30 P.M. Onwards



Seminar Hall, College Campus

-Speaker-

Dr.Devlataben Patel
MBBS DGO.



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Educational Visit of Fourth BHMS (2025-2026) Conducted at Hospital for Mental Health and infectious diseases Hospital Vadodara



CME

CLINICAL TIPS IN ENT DISORDER



13-May-2026



03:30 P.M. Onwards



Seminar Hall, College Campus

-Speaker-

Dr. M.B. Malaviya

M.S. (E.N.T.) D.L.O.



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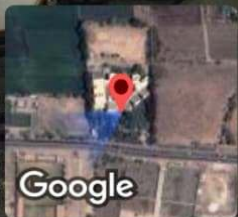
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CME

ON THE OCCASION " TB MukT BHARAT ABHIYAN "

UPDATE ON DIAGNOSIS AND MANAGEMENT OF TUBERCULOSIS



29-May-2026



02:30 P.M. Onwards



Seminar Hall, College Campus

-Speaker-

Dr.Jigna Dave

M.D (T.B & Chest Disease)
Professor,Respiratory Medicine,Govt.Medical College,Bhavnagar



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CME

DIAGNOSIS AND TREATMENT OF POISON



03-June-2026



03:00 P.M. Onwards



Seminar Hall, College Campus

-Speaker-

Dr. M.R. Kanani
M.D. (T.B. & Chest)



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Celebrated World Environment Day by Taking Pledge and Tree Plantation



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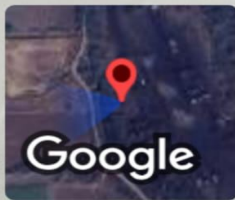


CME-"Health Awareness Program" by Dr. Mayank Gurjar and Dr. Yagnesh Saija





Educational Visit of Third BHMS (2025-2026) Conducted at GHCL Ltd., Khadsaliya



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CME

EXAMINATION OF GASTROINTESTINAL SYSTEM : HANDS ON TRAINING

(TY BHMS 2024-2025)

📅 | 14-June-2026

🕒 | 10:00 A.M. Onwards

📍 | Seminar Hall, College Campus

-Speaker-

Dr. Dipak Munshi
M.D.(General Medicine)
Senior Physician



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Department of Practice of Medicine

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