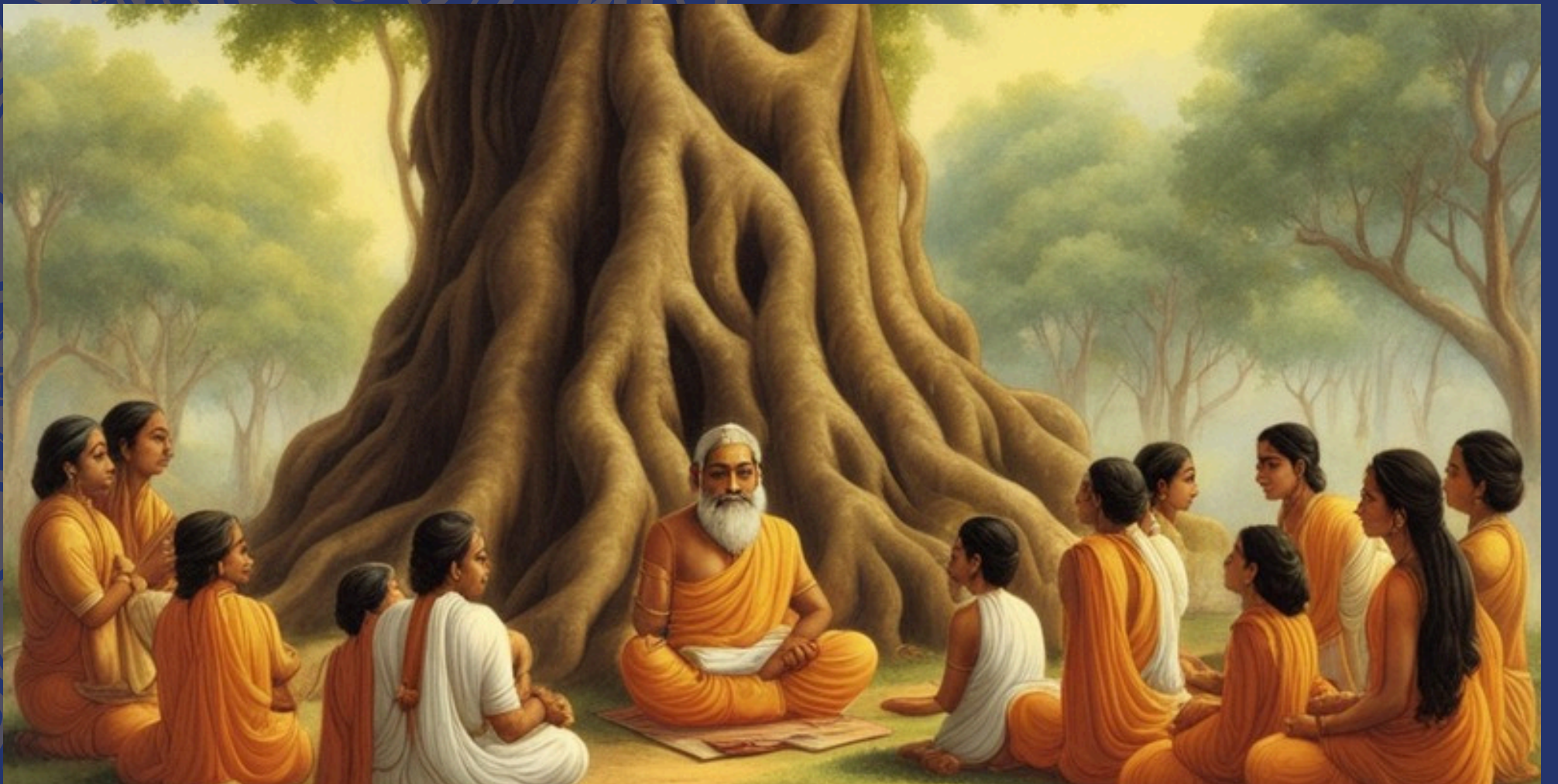


Nandha Ayurveda

Medical college & Hospital



Prayaan
The Journey

About the college



Nandha Ayurveda Medical College and Hospital was established in 2019 by Nandha Group of Institutions. The college has been approved by National Commission for Indian System of Medicine, New Delhi & Ministry of AYUSH Govt. of India and affiliated to the Tamilnadu Dr.M.G.R Medical University, Chennai.

The sprawling campus accommodates administrative and academic blocks, hospital, herbal garden, hostels for the students, and facilitates a spacious ground for sports and games.

We are dedicated to provide superior quality of Education in Ayurveda, with state of art infrastructure to enhance the research and learning experience and facilitate the training of skilled physicians to meet the current and future needs of Ayurvedic field of medical science.

From the Editorial Desk

It is with immense pleasure and joy that we release “Prayaan (The Journey) 2024”, the very first souvenir of our college, on our first Annual day. Nandha has always aimed to set its standards high, and we are indeed proud of our achievements, developments and of course, the challenging paths we have unitedly chosen, and crossed, amidst all hurdles.

This first Annual day “SAMANVAYA -2024”, is a giant leap for us, and together we stand to witness the challenges faced, success achieved, and moments of celebration, of the 5-year journey; and we have strived to showcase a gist of visual representation, in our budding little souvenir.

At this moment, we are thankful to our beloved Principal Dr. Krithiga M, for her sincere and consistent efforts, in standing as the main pillar, in every facet of this annual day celebration. We are pleased, and immensely grateful, to our respectful dignitaries, each and every one of them, who obliged to write a few words about Nandha.

We also extend our heartfelt gratitude to the entire teaching fraternity, non-teaching staffs, Resident Medical Officers, house-surgeons, and our dear students, in making this event, and our cherishable souvenir, a proud reality!

We hope that the souvenir would revive the memories of teachers and students, by highlighting the glorious achievements in academics, clinics, sports and extra-curricular activities.

We confidently look forward for the greater heights and even greater achievements, our Nandha Ayurveda family will achieve, every year, and make it a replenishing and recurrent proud memory, in the forthcoming issues of our Souvenir!

With heartfelt gratitude and appreciation, we release “Prayaan (The Journey) 2024”!

With Regards,

Dr Nancy Jeyaseeli A

Dr Anjali Nandakumar

Tejasree Poruthiyil - House Surgeon

Jyothi Prashanth H - Daksha

Sujeeth Shreeram J - Sreshta

Mission & Vision

Mission

To uphold the authentic principles of Ayurveda in order to propagate the wellbeing worldwide

Vision

To create a healthy community by proliferating Ayurvedic system of Medicine.

Aim

“ स्वस्थस्य स्वास्थ्य रक्षणं
आतुरस्य विकार प्रशमनं। ”

Our Aim is maintaining the health of a healthy person and curing the disease of a diseased person.

A man who became great, by loving and inspiring many simple souls.
(Established Ayurveda College Coimbatore, in 1978)



Padmashri Dr P R Krishna Kumar.
23.9.1951- 16.9.2020

आयुर्वेदसुधा विदे
अखिल भुवन निरामय विचारमते
आरोग्य केदारकृते सुकृते
नितरां आयुर्वेदहितालोचनमते
लोकबन्धो वन्दे भवत्पथं
अस्माकं पथि पूरयितु भवत्प्रभा

**The man who understood the oceanic vastness of
Ayurveda,
The man who worked towards the wellbeing of the
whole universe,**



Ma. SUBRAMANIAN, B.A., LLB.,
MINISTER FOR MEDICAL AND
FAMILY WELFARE



SECRETARIAT
CHENNAI - 600 009.

Date.....

முன்னுரை

நந்தா ஆயுர்வேத மருத்துவக் கல்லூரி மற்றும்
மருத்துவமனை, ஈரோடு, தனது முதலாம் ஆண்டு
விழாவான சமன்வயா 2024(SAMANVAYA 2024) வை 28/ 12/
2024 அன்று கொண்டாடுவதை அறிந்து மிக்க மகிழ்ச்சி
அடைகிறேன். விழா சிறப்பாக நடப்பதற்கு வாழ்த்துக்கள்.
ஆயுர்வேத மருத்துவ கல்வியிலும், ஆயுர்வேத
மருத்துவத்துறையிலும், நந்தாவின் பணிகள் மேலும்
சிறப்புற நடந்து, மாபெரும் வெற்றி பெற மனமார
வாழ்த்துகிறேன்

இப்படிக்கு

மா. சுப்பிரமணியன்



डॉ. रघुराम भट्ट यू.
अध्यक्ष
Dr. Raghurama Bhatta U.
President



भा. चि. प. चिकित्सा आकलन और रेटिंग बोर्ड
भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग
भारत सरकार
Medical Assessment and Rating Board for ISM
National Commission For Indian System of Medicine
Government of India

DATE: 23/12/2024

D.O. No. JK/ISM/RMARB/2024/21



Message

Greetings to the Management, Staff, and Students of **Nandha Ayurveda Medical College and Hospital, Erode, Tamil Nadu!**

It is learnt that Nandha Ayurveda Medical College is celebrating its **first Annual Day, SAMANVAYA 2024**, on 28th December. I wholeheartedly extend my warmest wishes for the grand success of this momentous occasion.

Every educational institution, shaped by its unique geographical setting and the level of support it receives, faces its own set of challenges. However, Nandha Ayurveda College has already emerged as a shining beacon of progress, demonstrating remarkable commitment, vision, and a clear direction toward excellence.

I am confident that with continued dedication and hard work, Nandha Ayurveda College will carve a path of success and become a prominent name in the field of Ayurveda education.

Wishing **Nandha Ayurveda Medical College** a bright, flourishing future and many more milestones to celebrate!

रघुराम भट्ट यू.

Dr. Raghurama Bhatta U.

डॉ. रघुराम भट्ट यू.

Dr. Raghurama Bhatta U.

अध्यक्ष, भा.चि.प. चिकित्सा आकलन और रेटिंग बोर्ड

President, Medical Assessment and Rating Board for ISM

भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग

National Commission for Indian System of Medicine

पंजाबी बाग (पश्चिम), नई दिल्ली-110028

Punjabi Bagh (West), New Delhi-110028

சு. நாகரத்தினம் சுப்பிரமணியம்
மேயர்,
ஈரோடு மாநகராட்சி.



அலுவலகம் : 0424 - 2251616
0424 - 2251617
சைம் : 94890 - 93201
98427 - 39097

நாள் : 26/12/2024

பெறுதல்

கல்லூரி முதல்வர் அவர்கள்,
நந்தா ஆயுர்வேத மருத்துவக் கல்லூரி மற்றும் மருத்துவமனை,
ஈரோடு 638 052

அன்புடையீர் வணக்கம்,

நந்தா ஆயுர்வேத மருத்துவக் கல்லூரி மற்றும் மருத்துவமனை, ஈரோடு,
தனது முதலாம் ஆண்டு விழாவான சமன்வயா 2024 (SAMANVAYA 2024) வை
28-12-2024 அன்று கொண்டாடுவதை அறிந்து மிக்க மகிழ்ச்சி அடைகிறேன். விழா
சிறப்பாக நடப்பதற்கு வாழ்த்துக்கள். ஆயுர்வேத மருத்துவ கல்விமீலும், ஆயுர்வேத
மருத்துவத்துறையிலும், நந்தாவின் பணிகள் மேலும் சிறப்புற நடந்து, மாபெரும்
வெற்றி பெற மாணவ, மாணவிகளை மனமார வாழ்த்துகிறேன்.



இப்படிக்கு,

சு. நாகரத்தினம்
மேயர்,
ஈரோடு மாநகராட்சி.

Chairman's Message



Happy to know that Nandha Ayurveda Medical College and Hospital, Erode is celebrating its first annual day SAMANVAYA 2024, and also releasing a Souvenir PRAYAAN, the journey.

Wishing the function a grand success.

Nandha Ayurveda College has achieved appreciable milestones within a short duration. The college hospital is giving genuine Ayurvedic treatment in a hygienic condition, without extracting profit from the poor people.

I wish the staff and students, greater success in the coming years.

With best wishes.

Shri. V. Shanmugan,
Chairman
Sri Nandha Educational Trust, Erode.

Trustee's Message



நந்தா ஆயுர்வேத மருத்துவ கல்லூரி தனது முதலாம் ஆண்டு விழா SAMANVAYA ' 24 ஐ கொண்டாடுவதை அறிந்து மிக்க மகிழ்ச்சி அடைகிறேன்.

இத்துடன் வெளியிடப்படும் ஆண்டு மலர் PRAYAAN, The journey, கல்லூரியின் பல சாதனைகளை உள்ளடக்கி இருக்கும் என்று நம்புகிறேன்.

ஈன்ற பொழுதின் பெரிதுவக்கும் தன்மகனைச்

சான்றோன் எனக்கேட்ட தாய் .

என்பது குறள்.

கல்வி மூலம் மனித குல மேம்பாடு ஒன்றை மட்டும் லட்சியம் ஆக்கி துவக்கப்பட்ட நந்தா கல்வி குழுமத்தின் ஒவ்வொரு கல்லூரியிலும் வெளியில் சொல்லப்படாத பல இன்னல்களும், தியாகங்களும் உள்ளன. பல சவால்களையும் பல கரடு முரடான பாதைகளில் நடந்து முன்னேறுவது நந்தா குடும்பத்தாருக்கும், ஆசிரியர்களுக்கும், மாணவர்களுக்கும், பெற்றோர்களுக்கும் ஒரு சுகமான கூட்டு முயற்சி.

அறிவு, அறம், ஆரோக்கியம், தெய்வீகம், சுயமரியாதை, பெண்ணுரிமை போன்ற பல பண்புகளை போற்றி பாதுகாப்பதால் நந்தா ஆயுர்வேத மருத்துவக் கல்லூரி என் மனதில் தனி இடத்தை பெற்றுள்ளது என்பதை இத்தருணத்தில் தெரிவித்துக் கொள்கிறேன்.

வாழ்த்துக்கள்.

திருமதி . பானுமதி சண்முகன், அறங்காவலர்,
ஸ்ரீ நந்தா கல்வி அறக்கட்டளை ஈரோடு.

Secretary's Message



Every institution has a unique mix of purpose, people and providential blessing. Nandha Ayurveda Medical college was envisaged with Dharma (righteousness), Shastra (Ayurveda), Acharya, Sishya and Anukampa (Compassion for the suffering poor).

An honest collective effort was put in, from day 1, to reach where we are today.

I am thoroughly impressed by the collective commitment of the staff and students to elevate Nandha to the zenith of glory.

Our aim is to put Nandha in the global map of Ayurveda , through affordable authentic Ayurvedic treatments for the thick population; and academic excellence for the knowledge seekers.

We are certainly aware of the effort that needs to be put in.

SAMANVAYA 2024, actually started as a humble farewell function but got transformed, as usual, by the collective Zeal of the staff and students ; and has been coupled with a well deserving Souvenir, rightly named as PRAYAAN, which encapsulate the journey of this institution.

I am duty bound to mention that our staff and students make everyday a celebration , at Nandha Ayurveda College, through their initiation, enthusiasm, innovation and energy.

We are celebrating, please do join us.

With regards,

**Secretary,
Sri Nandha Educational Trust,
Erode.**

Secretary's Message



Nandha Ayurveda Medical College is a well known gem in the crown of Nandha.

A lot can be said regarding the time and energy spent in building an institution of this stature.

Within a short span of time , parents who understand the Ayurvedic scenario prefer Nandha Ayurveda College as their first choice.

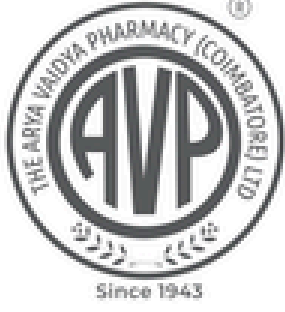
Such an esteemed institution is celebrating SAMANVAYA 2024, and I wish the function a grand success.

PRAYAAN 2024, the souvenir to be released, I hope, certainly contains the stupendous success, this glorious institution has achieved in various domain.

With best wishes,



Sri..S.Thirumoorthi,
Secretary,
Nandha Educational Institutions,
Erode.



FOREWORD

26th Dec, 2024

Dear Seekers,

To promote Ayurveda into mainstream, we need excellent physicians who can treat and communicate effectively and to have excellent physicians we need to have excellent students. To focus on the strengths of Ayurveda and its unique treatment principles, you need to have grantha parichaya (knowledge of the text) and vaidya parichaya (knowledge of the practice)

To reduce burden of disease and related morbidity and mortality by utilising the potentials of Ayurveda, you need to have good clinical exposure and a conviction of the healing potentials of Ayurveda. To make contributions to National health policies and programs, you need to be aware always of what happens in the Ayurveda sector with government and non-government participation and take a proactive role, every vaidya has a responsibility to do this.

To create Ayurveda awareness in the society you should be ready to go beyond the comfort zone of a clinic or a hospital and be available for them at the time and in the place where your knowledge and experience are needed. To make all of the above possible, and to make Ayurveda available every day in every home you need to study well. Your institution and your teachers will help you in the process.

On this momentous occasion of the FIRST ANNUAL DAY of the NANDHA AYURVEDA MEDICAL COLLEGE AND HOSPITAL, all appreciation to the Management, Teachers, Students and Staff for taking this spiritual journey towards making AYURVEDA the foremost Health Science.

Prayers & Regards,
In The Service Of Ayurveda,

C Devidas Varier
Managing Director

The Arya Vaidya Pharmacy (Coimbatore) Limited

Registered Office : #42, Perumal koil street, Ramanathapuram P.O, Coimbatore - 641045, Tamil Nadu, India, Phone : +91 422 4322999 | 2315412 | 2316006
Email : avpcare@avpayurveda.com | Web : www.avpayurveda.com | CIN: U24233T21948PLC000009 | Talk to Vaidya (Toll Free) : +1800 425 1522

Healing through Ayurveda®

Foreword



Namaskaram!

Let us be reminded of the remarkable journey embarked upon by Nandha Ayurveda College, as we flip through this Souvenir rightly named “PRAYAAN”, on this milestone occasion of the annual day SAMANVAYA 2024!

PRAYAAN is Journey, & SAMANVAYA is Harmony, & we have witnessed the journey of Nandha Ayurveda College in its pursuit of a balanced excellence in Ayurveda education, as well as commitment to nurturing young minds with pure Ayurveda.

Hearty Congratulations to Nandha Ayurveda family, as I wish you to continue to be a beacon of Ayurveda wisdom to shape a better future!

**Dr Ramkumar,
Managing Trustee,
Punarnava Ayurveda Trust.**

www.vaidyagrama.com

www.saranyaayurveda.com

Foreword



It is with immense pleasure and pride that I pen this foreword for the esteemed magazine you are publishing in connection with SAMANVAYA 2024, the annual day celebration of Nanda Ayurveda College, Erode.

As a Senior Physician and Managing Director of an Ayurvedic medicines manufacturing and marketing company and AVN Arogya Ayurvedic hospital, I have had the privilege of witnessing Ayurveda evolve as a science, a way of life, and a beacon of hope for countless individuals seeking holistic health and wellness.

Ayurveda, with its time-tested principles and profound understanding of human health, offers solutions that transcend mere treatment, aiming instead at complete harmony of body, mind, and spirit. Institutions like Nanda Ayurveda College play a pivotal role in nurturing the next generation of Ayurvedic practitioners who carry forward this legacy with dedication and innovation.

This souvenir serves as a platform to showcase not just the academic excellence of the institution but also the creativity, passion, and diverse talents of its students and faculty. It is a testament to the vibrant community that thrives within the college, united by a common goal of advancing the wisdom of Ayurveda.

As you turn the pages of this souvenir, may you be inspired by the reflections, achievements, and aspirations it encapsulates. I encourage the students to dream big, think critically, and stay rooted in the profound teachings of Ayurveda. To the faculty, I extend my deepest respect for their unwavering commitment to guiding these young minds towards becoming compassionate and skilled healers.

Let us all continue to work together to ensure that Ayurveda shines even brighter on the global stage, offering its unique approach to health and well-being to a world in need.

Wishing the PRAYAAN (The Journey) team great success in their endeavours.

Warm regards,

Dr. Ramesh R Varier
Senior Physician & Managing Director
AVN Ayurveda Group. Madurai

Principal's Message



The management, staff and students, collectively give a distinct identity to any institution.

Within a short span of time, Nandha Ayurveda Medical College and Hospital, Erode has established itself a serious player in Ayurvedic education and health care.

Personally, I believe in character, discipline, courage, dedication, hard work; and sharing success with the team members.

For the sake of suffering masses, there should be a meaningful interaction between Ayurveda and Allopathy, and limited integration; without cross- prescriptions.

Our honorable Prime Minister Shri Narendra Damodar Das Modi ji, has included Ayurveda in a big way, in the National Health Care ; and Bharath's soft power diplomacy.

Ayurveda has a stellar role to play, in minimizing cost of health care, and global, Gross Disease Burden (GDB).

The most important question is, if all the students in a class, are becoming employable graduates.

With regards,

Dr. M. Krithiga,

Principal.

23/12/2024



अयुर्वेद

Our Highlights

- Serene lush green and clean environment.
- Quality education from experienced faculty.
- Well stocked library, with digital library.
- Well equipped laboratories, and Anatomy dissection hall.
- Modern hostel facilities for boys and girls, with tasty hygienic food; and 24 × 7 security and power.
- Herbal garden with rare species of plants; playground ; and Yoga hall ; with all amenities.
- Indian Bank ATM facility within the campus.



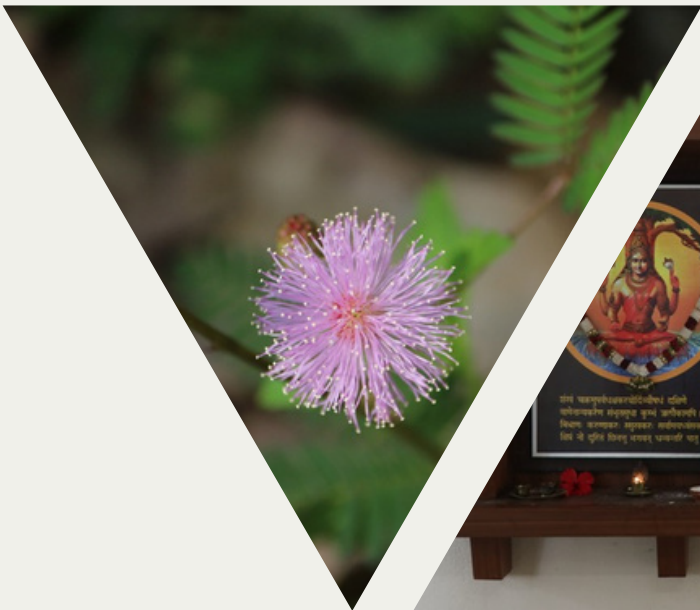
Our Specialities

- Well equipped , and, well staffed modern Ayurveda hospital.
- Treatment given by experienced doctors, in a pleasing ambience , in hygienic conditions.
- PANCHAKARMA treatment done under direct supervision of doctors.
- Full-fledged Outpatient departments.
- General ward; single / double occupancy AC and non AC (A/c. and non A/c) rooms to suit various budget needs of the patients.
- Understanding the philanthropic attitude of the management, our doctors give treatment trying to make it as inexpensive as possible.
- Respecting the declared intention of the management to make Nandha Ayurveda college and hospital a serious player in the domain of Ayurveda, our doctors make extensive use of classical medicines indicated in Vedas; and keep the use of patent drugs to the minimum.
- This compels / compels our students to make diligent observations, and become responsible physicians in the future.
- Food for patients is prepared in a separate diet kitchen, using coconut oil, under constant monitoring by doctors.





DEPARTMENTS



Ayurveda siddantha

This is the first and the most important Department of Ayurveda, Also known as Basic principles. This department is concerned with basic principles of Ayurveda which are described in classical texts i.e. Ayurveda samhitas. Samhitas are in Sanskrit language which is a divine language, hence to understand the samhita in their true meanings Sanskrit is also taught by this department along with samhitas (classical texts) in detail.



Rachana Shareera is a segment of Ayurveda which exclusively deals with the study of human body through dissection.

It forms a strong foundation for further medical education. Knowledge of Rachana Shareera helps scholars for making preliminary diagnosis, as well for better understanding of the principles of treatment.

Rachana Shareera

Kriya Shareera

Shareera kriya is the specialty of Ayurveda which deals with study of normal functioning of body and mind. Shareera is composed of many basic elements. Kriya means which has motion or which can perform actions and shareera perform its kriya only when these basic elements maintain their equilibrium state.



Dravyaguna Vijnana

Dravyaguna Vijnana (Ayurvedic Pharmacology) is one of the important branches of Ayurveda. Dravya is one among the chikitsa chatushpadas explained in Ayurveda. Therefore the knowledge about Dravya is very essential.

The Department deals with medicinal plants of Ayurvedic Classics, their identification, properties and therapeutic uses. The department also deals with the collection and preservation of various raw materials of plant origin.



Roga Nidana Evum Vikruti Vijnana



Roga Nidan evam Vikriti Vigyan deals with the factors which are essential to understand disease process as well as the diagnosis of disease. It also deals with aetiopathological and clinico pathological studies of the disease. The normal state of mind and body is called prakriti and the abnormal state of the mind and body is termed as Vikriti. Nidan Panchak is the base of diagnosis of disease. This department looks after the clinical laboratory of the hospital as well, providing facilities for investigations of Blood, Urine, Stool, samples of the needy patients.

Rasashastra & Bhaishajya Kalpana

The Department is well equipped, having a spacious laboratory, standardization and quality control section, museum with abundant samples and tutorial room. We provide training to students for preparing ayurvedic medicines. Different types of formulations like kwatha, gutika, arishta and asavas, tailam, choornas, bhasmas, avalehas etc., are prepared in this department. Quality control section assess qualities of medicines like Ph, moisture percentage, disintegration, hardness, rancidity of oils etc., under the guidance of well experienced and qualified staffs.



Swasthavritta



Dinacharya (daily regimen), rutucharya (seasonal regimen), Sadvrutta and achararasayana (moral codes of conduct) advocated in Ayurveda are the four pillars of health. Department of Swasthavritta in Nandha Ayurveda College is formed in the year of 2021. The Department handling subjects including Dinacharya, Ritucharya, Ayurveda nutrition, Yoga and Nisargopachara, Impacts of air-water-soil pollution, Disposal of waste, Disaster management, Epidemiology, Family welfare programme, Preventive geriatrics, National health programmes etc which are included in third year undergraduate BAMS syllabus

Prasuti Tantra Evum Stri Roga



The Prasuti Section of the department provides Ayurvedic medical care and treatment for various conditions of pregnant women like Garbhini Parikshana (Antenatal care), Garbhini Paricharya, Prasava Karma, Sutika Paricharya. The department also performs various Ayurvedic procedures like Uttara Basti, Kshara Karma, Yoni Prakshalan, Pichu, Anuvasana Basti etc., to female patients as a part of treatment.

Agada Tantra Evum Vidhi Vaidyak

Agada tantra is one among the 8 branches of Ayurveda which handles subjects including visha chikitsa, Forensic Science, Jurisprudence, Acts & rules related to medical field Professional Ethical aspects, Zoonotic and vector borne diseases, Impacts of air-water-soil pollutions, Medical records. Management, Forensic psychiatry etc., which is included in third year undergraduate B.A.M.S. syllabus.



Kaumarabhrithya



Kaumarabhritya refers to the branch of Ayurveda which deals with nourishment, support, maintenance and treating the diseases of infancy, childhood and adolescence and their treatment.

It also mentions the quality of wet nurse, causes of vitiation of breast milk and their treatment. Kumara is the term described for infants and children. Therefore Kaumarabhritya, which is also a synonym of Bala chikitsa, means the treatment of children.

Kayachikitsa

Kayachikitsa is the first branch of Ashtanga Ayurveda, which deals with both Shareerika and Manasika vyadhis and mainly deals with the correction of Agni which is the baseline of treatment. It deals with fundamentals of treatment of diseases with clinical skills for diagnosis and treatment modalities as per Ayurveda.

Vision



Panchakarma

Panchakarma consists of five therapeutic actions or therapies to safely and effectively remove Ama (toxins) from different areas of the body without damaging or weakening the system. Panchakarma is unique in that it is tailored to meet each individual's needs according to their constitution and Doshic imbalances.



Shalya Tantra



The department of Shalya Tantra imparts quality patient care, teaching and training students concerning surgery and para surgical procedures.

Specialized treatment is provided for Arsha and Bhagandara with Kshara Karma and Kshara Sutra therapy, Gridhrasi, Sandhivata, Kadara, Vatakantaka, Charmakeela, Avabahuka, Tennis Elbow etc. by Agnikarma, Raktamokshana, Marma Chikitsa therapies.

Shalaky Tantra

A special branch of the Ashtanga Ayurveda, the eight branches of Ayurveda, Shalaky Tantra deals with the causes, diagnosis and curative procedures and prevention of the diseases pertaining to organs of the Head, above the shoulder - Eyes, Ears, Lips, Nose, Throat and Teeth. The word Shalaky in Sanskrit means a probe. Therefore, by Shalaky tantra, it is meant that the treatment would be done using appropriate tools for ingesting medication to the affected parts of the body. The branch is also described as Urdhwangchikitsa.





Our Faculties





PRINCIPAL
Dr. M. KRITHIGA
Principal & Medical Superintendent
Professor & HOD
Rasashastra & Bhaishajya Kalpana



Dr. INDUBALA
Deputy Medical Superintendent



Dr. VIVEK UNNI K. K.
Professor & HOD
Department of Rachana Shareera



Dr. BUVANESWARI A.
Associate Professor & HOD
Department of Samhita Siddhanta & Sanskrit



Dr. VYSHAK M.
Associate Professor & HOD
Department of Kriya Shareera



Dr. ANOOP P. A.
Associate Professor & HOD
Department of Roga Nidana Evum Vikriti Vijnana



Dr. SREEPARVATHY M.S.
Professor & HOD
Department of Dravyaguna Vijnana



Dr. NIRMAL NARAYANAN
Professor & HOD
Department of Agada Tantra Evum
Vidhi Vaidyaka



Dr. KURISIL MUTHU P.
Associate Professor & HOD
Department of Swasthavritta



Dr. BEJOY S RAJ
Professor & HOD
Department of Kaumarabhritya



Dr. VISHNU PRASAD V.
Associate Professor & HOD
Department of Panchakarma



Dr. DEEPAK C. NAIR
Professor & HOD
Department of Shalaky Tantra



Dr. SREEJITH K. P.
Professor & HOD
Department of Shalya Tantra



Dr. T. VIJAYARAGHAVA THANVANTHIRI
Professor & HOD
Department of kayachikitsa



Dr. ANUSHA U.
Associate Professor & HOD
Department of Prasuti Tantra Evum Striroga



Dr. LEKSHMY G.S.
Assistant Professor
Department of Samhita Siddhanta & Sanskrit



Mr. SABARIDHARAN
Assistant Professor
Department of Samhita Siddhanta & Sanskrit



Dr. ANU JOS
Assistant Professor
Department of Kriya Shareera



Dr. SAILAKSHMI V. J.
Assistant Professor
Department of Dravyaguna Vijnana



Dr. ANU SREEDEVI
Assistant Professor
Department of Dravyaguna Vijnana



Dr. SANDEEP VISWANATH
Pharmacy Superintendent cum Associate Professor
Department of Rasashastra & Bhaishajya Kalpana



Dr. SREEDEVI V. P.
Assistant Professor
Department of Rasashastra &
Bhaishajya Kalpana



Dr. GAYATHRI ASHOK
Assistant Professor
Department of Kaumarabhritya



Dr. LAKSHMI DEVI R.
Assistant Professor
Department of Prasuti Evum Striroga



Dr. PREETHA S.
Assistant Professor
Department of Prasuti Tantra & Stree Roga



Dr. SHEETHU SANTHOSH
Assistant Professor
Department of Swathavritta



Dr. ANJALI NANDHAKUMAR
Assistant Professor
Department of Agada Tantra Evum
Vidhi Vaidyaka



Dr. ARCHANA A.V.
Assistant Professor
Department of Kayachikitsa



Dr. ANJALI K.V.
Assistant Professor
Department of Kayachikitsa



Dr. RESHMA RAGHUNATH
Assistant Professor
Department of Kayachikitsa



Dr. DEVI KRISHNA G.
Associate Professor
Department of Panchakarma



Dr. VISHNU RAJ M.
Assistant Professor
Department of Shalya Tantra



Dr. NANCY JEYASEELI A.
Assistant Professor
Department of Shalakya Tantra

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With best compliments...

For the effective management of chronic venous insufficiency **CVI**

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FAGUS SYLVATICA 4%, RUBIA CORDIFOLIA 4%, VITEX INDICA RESIN 4%,
HEMIDESMUS INDIENS 4%, HONEY BEE WAX 4%, SESAME OIL 4%,
SALVIA MILTIORRHIZA 3%, CENTELLA ASIATICA 3%, HORSE CHESTNUT 2%,
WITCH HAZEL 1%, MAGNESIUM CHLORIDE 1%, PEPPERMINT 1%

30GM GEL

For the effective management of chronic venous insufficiency **CVI**

VERICOLYTE[®]

DIOSMIN 300 MG, HORSE CHESTNUT 147 MG, BUTCHER'S
BROOM 33 MG, HESPERIDIN 33 MG

CAPSULES

For the effective management of chronic venous ulcers

VERICOLYTE[®] FORTE

DIOSMIN 900 MG, HORSE CHESTNUT EXTRACT 220 MG,
HESPERIDIN 100 MG, BUTCHER'S BROOM EXTRACT 50 MG

TABLETS

Accelerates fracture healing & increases bone strength

CISPLUS[®] MAX

CISSUS QUADRANGULARIS EXTRACT 500 MG, ALGAE CALCIUM 500 MG,
DALBERGIA SISOO EXTRACT 200 MG, MORINGA OLEIFERA EXTRACT 100 MG

VITAMIN K2-7 45 MCG AND VITAMIN D3 15 MCG
TABLETS

The all-round approach against arthritis

JOINTUP[™] 2

UNDENATURED COLLAGEN TYPE II 40 MG, VITAMIN D
10 MCG, CHONDROITIN SULFATE 200 MG, SODIUM
HYALURONATE 40 MG, VITAMIN C 80 MG, BOSWELLIA
SERRATA EXTRACT 300 MG, NANO CURCUMIN
EXTRACT 200 MG, ASTAXANTHIN (10%) 4MG

TABLETS

The gold standard in Naturally active living

MACGD3[™] GOLD

MAGNESIUM 250 MG, SILYMARIN 150 MG, BOSWELLIA
SERRATA 90 MG, SESAME SEED 90 MG, WITHANIA
SOMNIFERA 90 MG, VITAMIN D3 1000 IU

TABLETS

For The Mangement Of UTI

UTIBIO[™]

D-MANNOSE 400 MG, CRANBERRY 300 MG

TABLETS

The winning combination for the treatment of spinal disorders

BOSVIN[®]

BOSWELLIA SERRATA 350 MG &
VITEX NEGUNDO 250 MG

TABLETS

Getting into the roots, for a thicker healthy hair

EXTRANZ[®]

VITAMINS, MINERALS, BIOTIN, AMINO ACID,
BETA-SITOSTEROL WITH SOY ISOFLAVONES &
ESSENTIAL EXTRACTS

TABLETS

Win over the hemorrhoids & fissures

HEMOROWIN[™]

EUPHORBIA PROSTRATA 1.750, JATYADI OIL 1.50, KASIGADI OIL 1.50,
WITCH HAZEL 10, CALENDULA 10, SANGUISORBA OFFICINALIS 0.10,
MIMOSA PUDICA 0.30, BORNEDOLUM SYNTHETICUM 0.40,
BUTCHER'S BROOM 0.20, ALOE VERA GEL 0.20,
CORTEX PHELLODENDRI 0.10, FRACTUS CNIDI 0.10,
RADIX SOPHORAE FLAVESCENS 0.10, ZINC OXIDE 0.10,
BORAX 0.10, PEPPERMINT 0.050, HORSE CHEST NUT 10

300 CREAM



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BATCH 2024-2030



NANDHA AYURVEDA MEDICAL COLLEGE & HOSPITAL, ERODE - 638052



BATCH 2023-2029 [Varishtha]



NANDHA AYURVEDA MEDICAL COLLEGE & HOSPITAL, ERODE - 638052



BATCH 2022-2028 [Prajna]



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BATCH 2021-2027 [Sreshta]



NANDHA AYURVEDA MEDICAL COLLEGE & HOSPITAL, ERODE - 638052



BATCH 2020-2026 [Daksha]



NANDHA AYURVEDA MEDICAL COLLEGE & HOSPITAL, ERODE - 638052



BATCH 2019-2025 [Agraja]

Our Valuable Guests of Honour (2019-2024)



Late Shri. P. R. Krishnakumar Ji,
The head of The Arya Vaidya Pharmacy (Coimbatore) Ltd.
Occasion : On 23/07/2020, Blessed the Inauguration of
AYUR NANDAN National Webinar Series



Dr Ramkumar,
Managing Director,
Vaidyagrama, Coimbatore.
Occasion : Inauguration ceremony of batch 2022 - 6/4/2022

Our Valuable Guests of Honour (2019-2024)



Shri. C. Devidas Varier,
Managing Director,
The Arya Vaidya Pharmacy (Coimbatore) Ltd.
Occasion : Charaka Jayanthi Utsav by
Vishwa Ayurveda Parishad on 12/8/2023



Late. Dr. L. Mahadevan,
Founder of Sri Sarada Ayurvedic Hospital, Kanyakumari
Occasion : General seminar on 29/9/2023

Our Valuable Guests of Honour (2019-2024)



Dr Jayakrishnan KT,
Chief Medical Officer,
AVP, Shanta Ayurveda Hospital, Chennai - 17
Occasion : 5th NAD - 13/11/2020



Dr. Indulal,
Dean,
Swiss Ayurveda Medical Academy (SAMA),
Geneva, Switzerland
Occasion : Transitional curriculum - 25/4/2022

Our Valuable Guests of Honour (2019-2024)



Dr. Maheshwari KS,
Consultant Obstetrician,
Annai hospital, Coimbatore.

Occasion : Inauguration ceremony of 2023 batch - 24/11/2023



Dr. Vanitha Muralikumar,
Director & Chief Consultant,

Dhanwanthralaya, Ayurveda speciality hospital, Chennai - Occasion :
Transitional curriculum - 23/4/2022

Our Valuable Guests of Honour (2019-2024)



**Dr. Ramesh R Varier,
MD & Senior physician,
AVN, madurai .**

Occasion : Inauguration Ceremony of 2024 batch - 14/11/2024



**Smt. Sangita Varier,
Director, The Arya Vaidya Pharmacy,
Cbe(Ltd).**

Samiddha 2024 - 17/11/2024



**Dr. Sreevaths NV,
Svaasthyam Ayurvedic Health care center,
Nallepilly.**

Samiddha 2024 - 17/11/2024

Ayurveda First



Thyrocalm Tablet

Ayurvedic remedy for hypothyroidism

Enriched with Hamsapathyadi Kashayam

Ingredients: Aswagandha, Brahmi, Makandi, Guggulu, Punarnava, Madhuka, Vasa, Pippali, Guduchi, Hamsapadi, Nimba

Indication: Hypothyroidism

Dosage: 1-2 tablets twice daily before food or as directed by the physician



Vaidyaratnam Oushadhasala, 1866 A, Trichy Road, Ramanathapuram, Coimbatore - 641045,
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College Achievements



Ayur Nandan National Webinar Series

- 01.Topic : Ritucharya - Principles to Practice
Speaker : Dr. Parthasarathy R
- 02.Topic : Introduction to Tongue Diagnosis
Speaker : Dr. P R Krishnaprasad
- 03.Topic : Ayurvedic perspective on Drug discovery against infectious diseases
Speaker : Dr. Ajayan S
- 04.Topic : Role of Yoga in Covid 19 Pandemic
Speaker : Dr. S M Diana Shalin
- 05.Topic : A Bird's eye view on Shakha Marma
Speaker : Dr. Vijaynath V
- 06.Topic : Practical approach on Ashta Samskara of Parada
Speaker : Dr. Sandeep N Mannopantar
- 07.Topic : Common Respiratory Disorders in Children & their Management
Speaker : Dr. Reena Kulkarni
- 08.Topic : A Bird's eye view on Charaka Samhitha
Speaker : Dr. Shinitha PV
- 09.Topic : Diagnosis & Management of Psoriasis
Speaker : Dr. Mukundan Thampi
- 10.Topic : Awareness on Breast Cancer
Speaker : Dr. R Suresh Kumar



SATELLITE SEMINAR - 2022

On 18.08.2022, as a part of 9th World Ayurveda Congress (WAC) , a satellite seminar was conducted on the theme “Health and Environment” at Nandha Ayurveda Medical College and Hospital, Erode.





Nandhaavin vijnaani - 2023

Nandhaavin vijnaani - 2023 was conducted in order to bring forward the innovation of students at the Nandha college campus. Two teams from Nandha Ayurveda Medical College and hospital had participated in the competition. Out of 750 innovations, our 1st year team of students (K.S Dhanushree, R. Priyadharshini, K. Thejashwini, M. Leka, S. Vaishnavi Baradwaj)won the first prize. Our students presented a project on "Hydrological future".



CHARAKA JAYANTI UTSAV - 2023

**It was celebrated successfully
with immense pride on
12.08.2023 by Vishwa Ayurved
Parishad (Tamil Nadu State Unit)
at Nandha Ayurveda Medical
College and Hospital.**



VISHWA AYURVED PARISHAD
Tamil Nadu State
in association with
NANDHA AYURVEDA MEDICAL COLLEGE & HOSPITAL
proudly invites you for

CHARAKA JAYANTI UTSAV - 2023

On Saturday August 12, 2023 at Nandha Ayurveda Medical College and Hospital - Erode

SPONSOR

AYURVEDA MEDICAL COLLEGE & HOSPITAL





On 22-5-24, “Netram”, a National Seminar on Ayurvedic ophthalmology was conducted which was the first ayurvedic ophthalmology seminar in tamilnadu , in association with AVP Research Foundation, Coimbatore , and The Eye Foundation , Erode .

Nandha Ayurveda College strives to raise the bar, in every sphere of its activity.





SATELLITE SEMINAR 2024

Nandha Ayurveda Medical College and Hospital, as part of the 10th World Ayurveda Congress and Ayurveda Expo, organized a Satellite Seminar on Artificial Intelligence in Ayurveda on 7th November 2024 at our campus.





SAMIDDHA 2024

**National Seminar
Samiddha - 'A Path Towards
Enlightenment'**

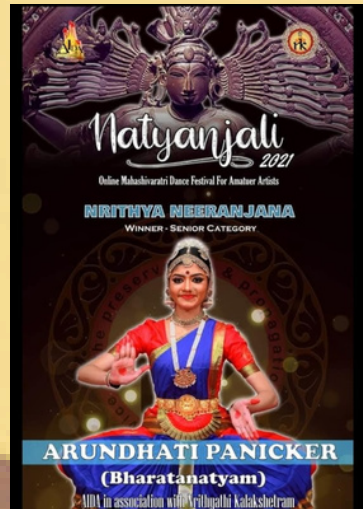
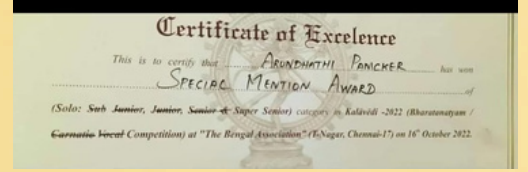
**Nandha Ayurveda Medical College and
Hospital, in association with Jignasa North
Tamilnadu, successfully organized the
National Seminar titled "Samiddha - A Path
Towards Enlightenment".**



Student Achievements



Arundhathi - Sreshta



Lohitha Thilak - Sreshta



Nithya - Daksha

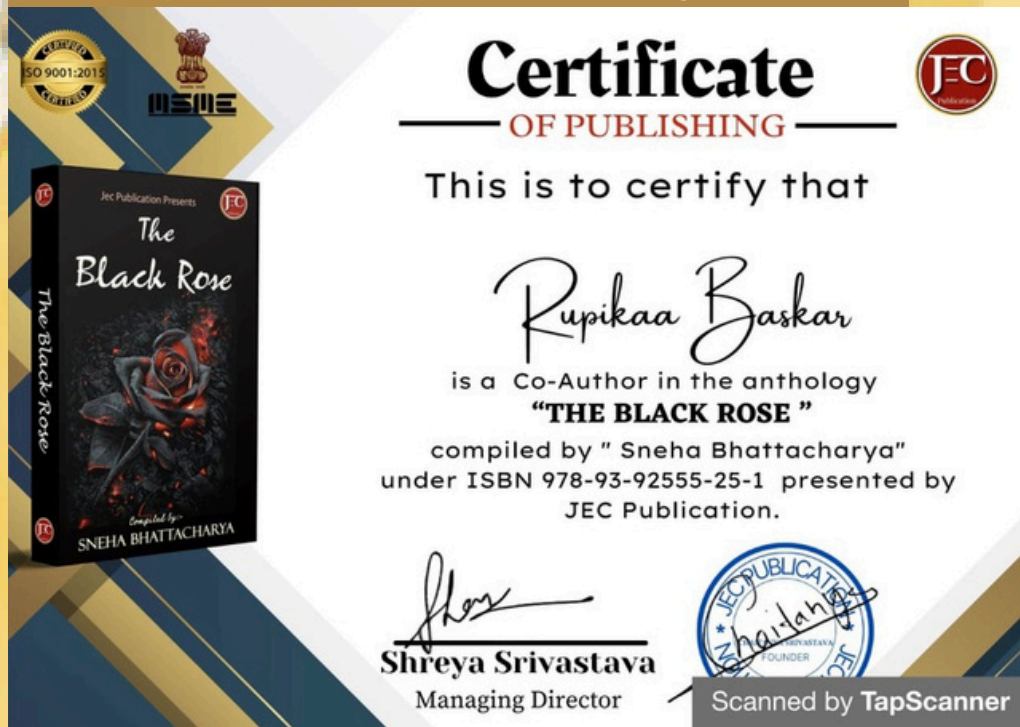


Dhanabalan - Sreshta



Pooja - Varishta
 Varshini - Sreshta
 Pushparaj - Sreshta
 Dhanabalan - Sreshta
 (At CM trophy 2024)

Rupikaa Baskar - Agraja



Jotheeswari - Agraja



Raha Swetha
 Agraja





Srinivasa Bharathi
Agraja



Vaikkaalmedu, Tamil Nadu, India
7jpc+826, Vaikkaalmedu, Thottani, Tamil Nadu 63805
Lat 11.285757° Long 77.620185°
17/11/24 06:38 PM GMT +05:30

Swathika
Daksha



Akshaya Prabha
Agraja



Ariharan
Daksha

Nana Vignesh
Agraja

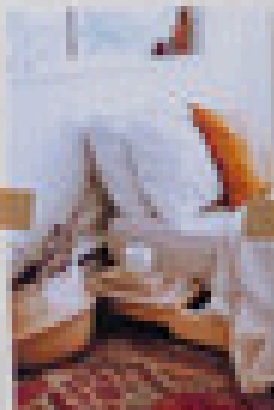
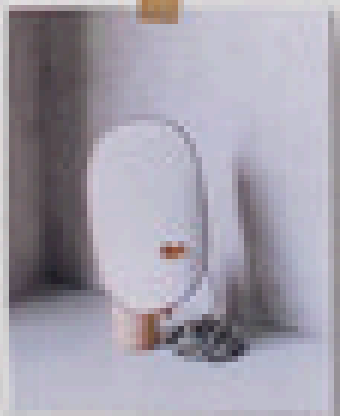
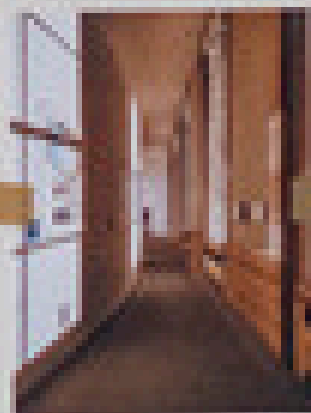
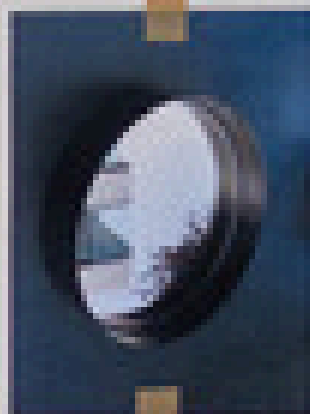
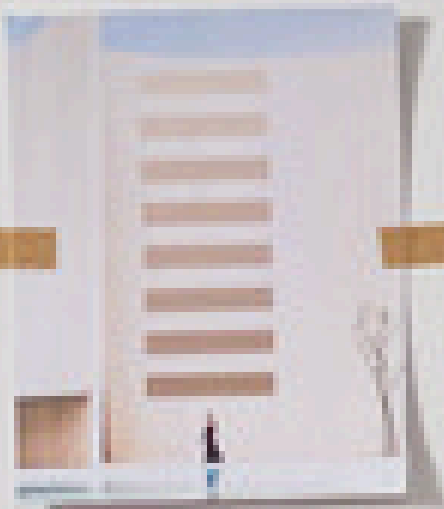
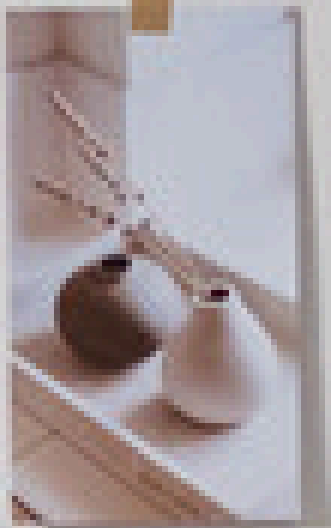
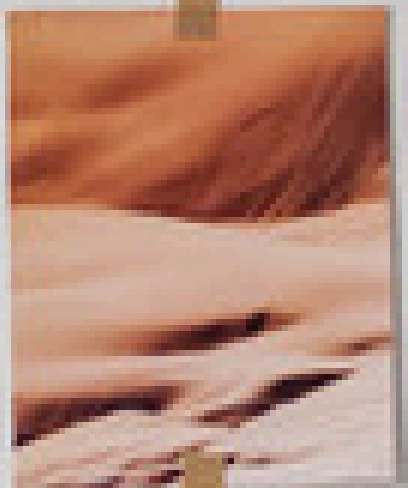
Sanjit Adhithya
Daksha



1. Jayasree - Agraja
2. Sowndharya - Agraja



Gallery



Women's Day Celebration



Water Day Celebration



Teachers Day Celebration



Pongal Celebration







"Happiness is not a destination, it's a journey"



*Happiness is in the air...
& it's contagious!*



Onam Celebration



Onam Celebration



Saraswathi Pooja



Vinayagar Chaturthi



Navaratri



Holi Celebration



Christmas Celebration



Medical Camps



Samanvaya - Arts, Sports & Cultural



Arts



Sports



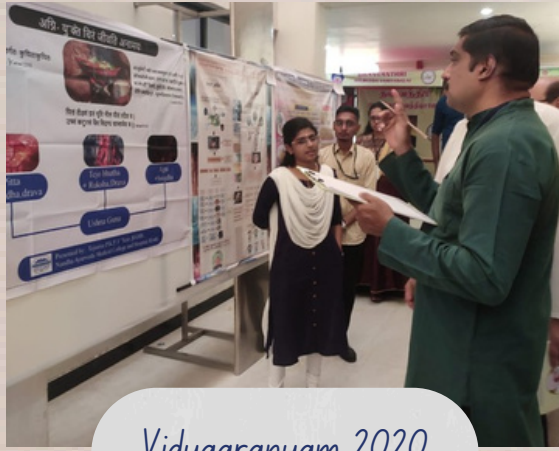
Culturals



Seminar



Ashtangam - Daksha 2020



Vidyaaranyam 2020



Aranyakam 2021



Tatwaprakashini



Sanskrit Seminar at Bangalore



Sattelite Seminar 2022



Training program at shastra university



9th World Ayurveda Congress Goa



National Ayurveda Day 2024



**With
Late. Dr. L. Mahadevan**



**With
Dr. Ramesh R Varier**





Good Old Days



Awarness Programs



Cancer Day



Yoga Day



Blood Donor Day



Water Day



Workshop on Basic Life Support



Environment Day



Ayu-Expo



Meditation Day



Anti-Suicidal Day Awareness

Postings

Obstetrics & Gynaecology postings at IRT, Perundurai



Forensic Medicine postings at IRT, Perundurai



Court Postings



Water Plant



Erode District Court



Sanskrita Bharathi



Ayurgrama



Medicine Preparations



Club Activities



Sanskrit Club



Green Club





Nandha Ayurveda Medical College and Hospital, Erode-52

NSS Club



Red Ribbon Club



Visit Us at

10th WORLD
AYURVEDA
CONGRESS &
AROGYA EXPO

DIGITAL HEALTH AN AYURVEDA PERSPECTIVE

12th - 15th December 2024
Parade Ground, Dehradun, Uttarakhand




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In Advanced Glucose Sensing
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Oral blood glucose-lowering **GLP-1** drug
ADDYZOA

In PMS related Anemia, Irritability
HYPONIDD
TABLETS

In Endometriosis
ENDOTONE
CAPSULES

In General Health, Constipation, Bloating & Fatigue
MANOLL
DRUP / CAPSULE

In BAPLD & Hepatitis
LIVOMYN
TABLETS / DRUP / DROPS

In Anemia
ZZOWIN
ULTRA TABLETS

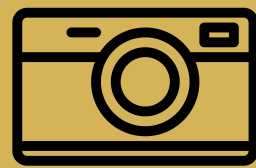
For Effective Re-Pigmentation in Vitiligo
PIGMENTO
TABLETS / OINTMENT

TALENTS OF NANDHA

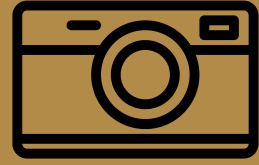




Photography

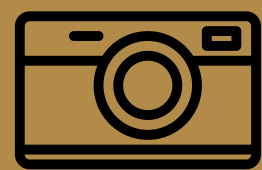
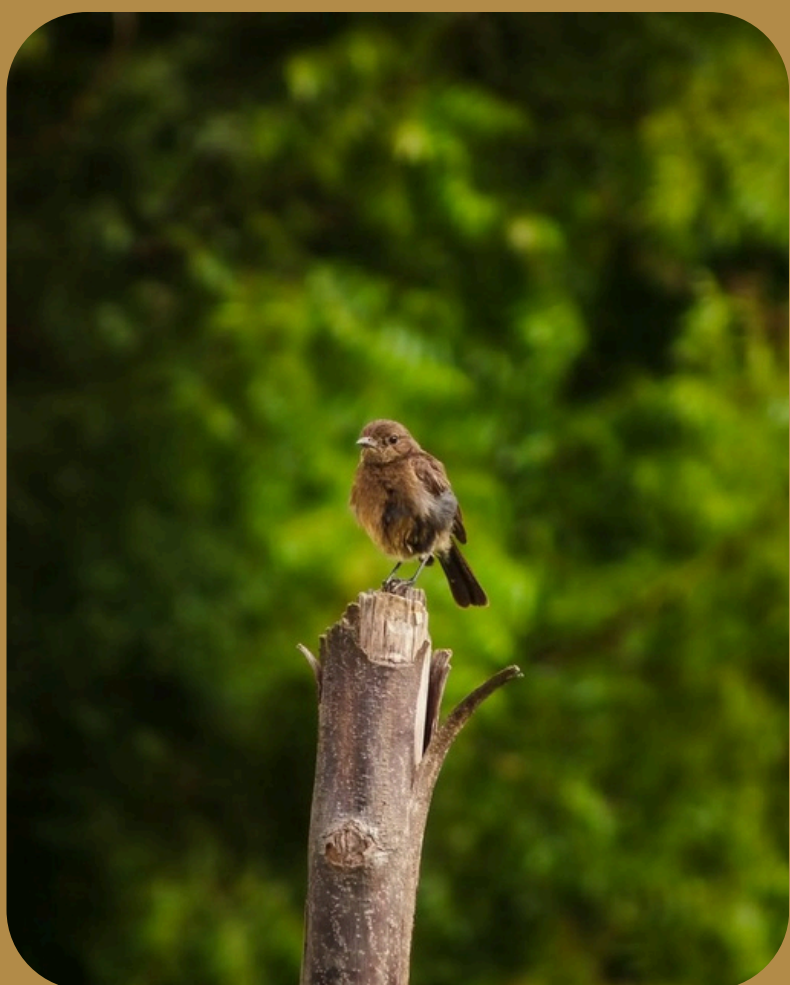
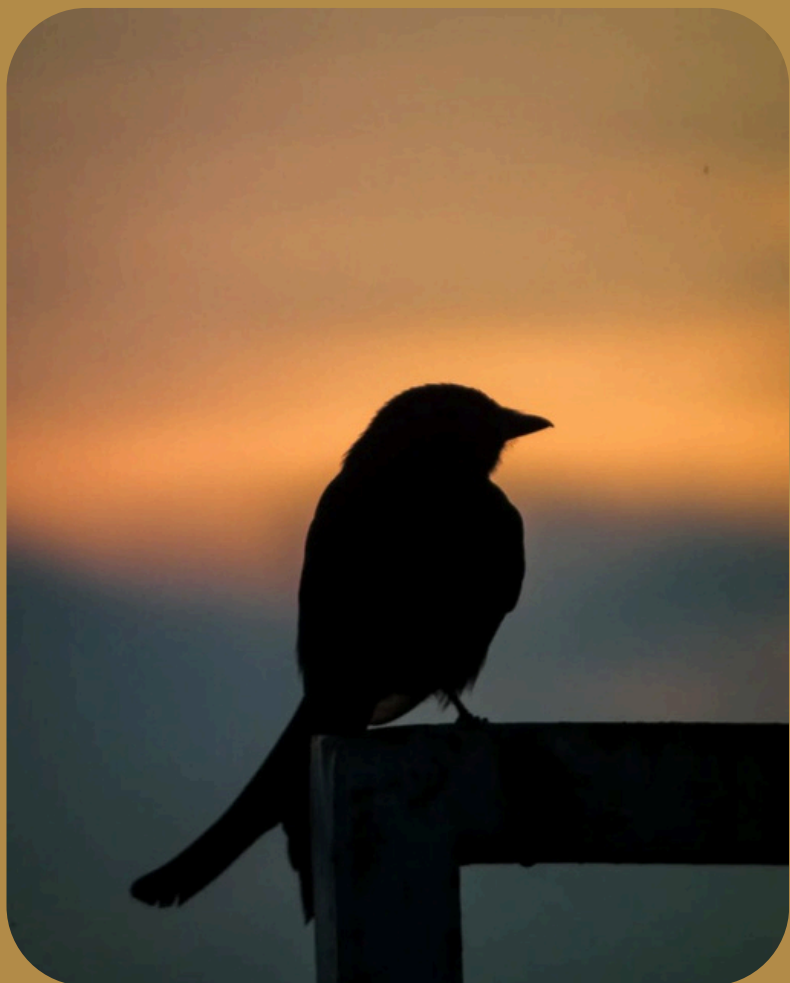


Dr Sandeep Viswanath
Dept of Rasashastra &
Bhaishajya Kalpana

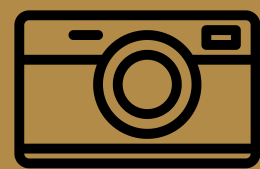


Dr Sai Lakshmi VJ
Dept of Dravyaguna Vijnana

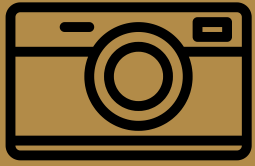




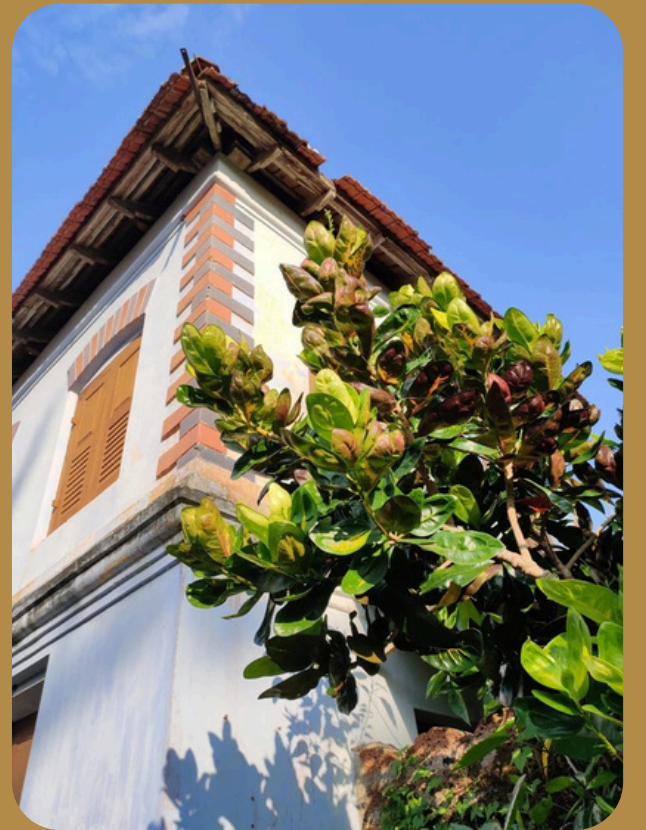
Sujeeth Shriraam
Sreshta



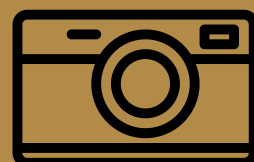
Tejasree Poruthiyil
Agraja



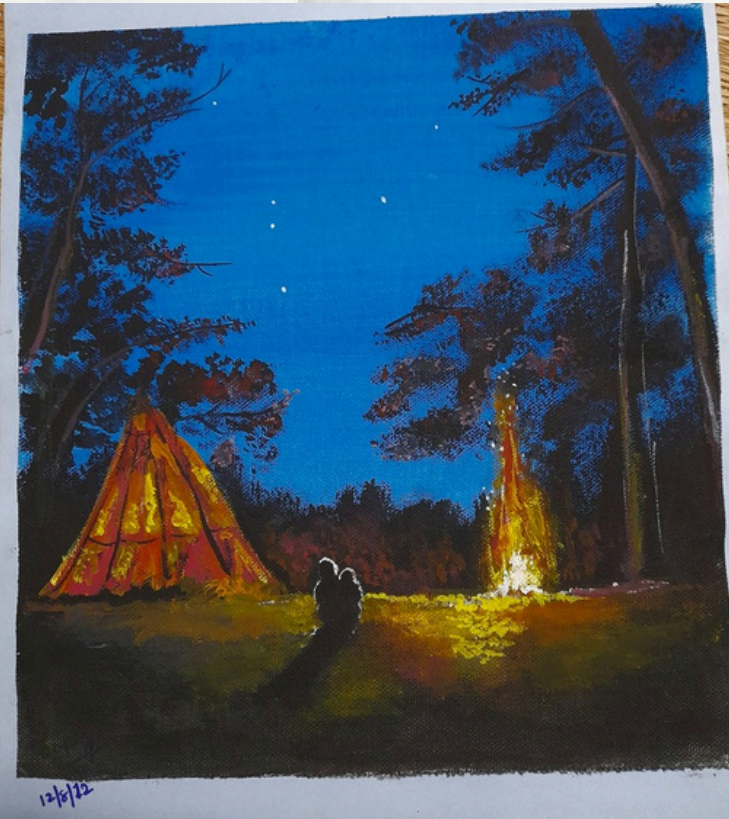
Rupikaa Baskar
Agraja



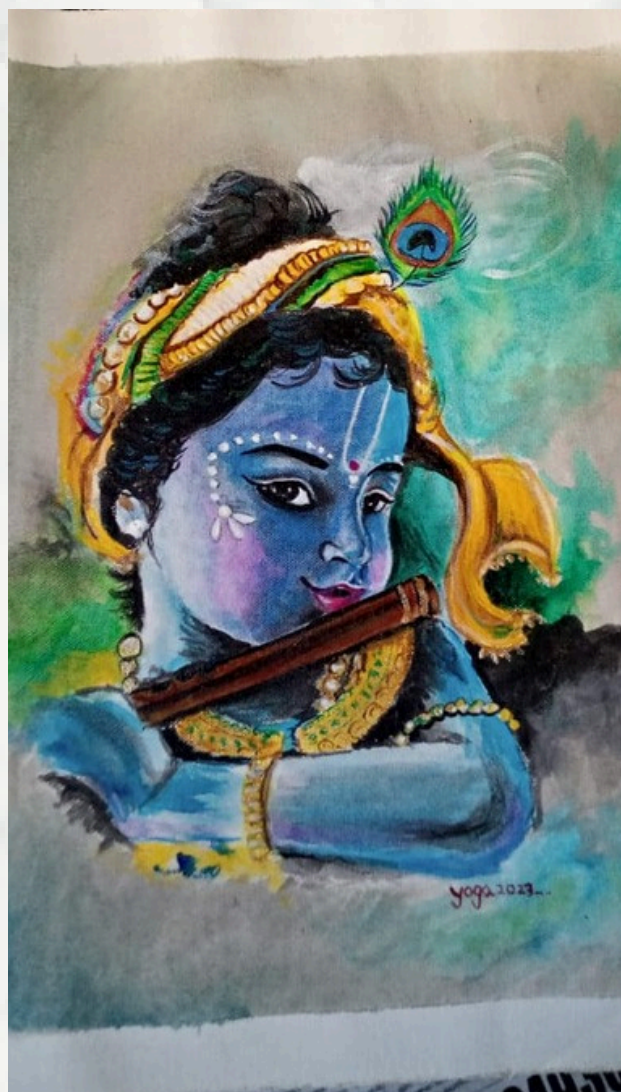
Astrophotography

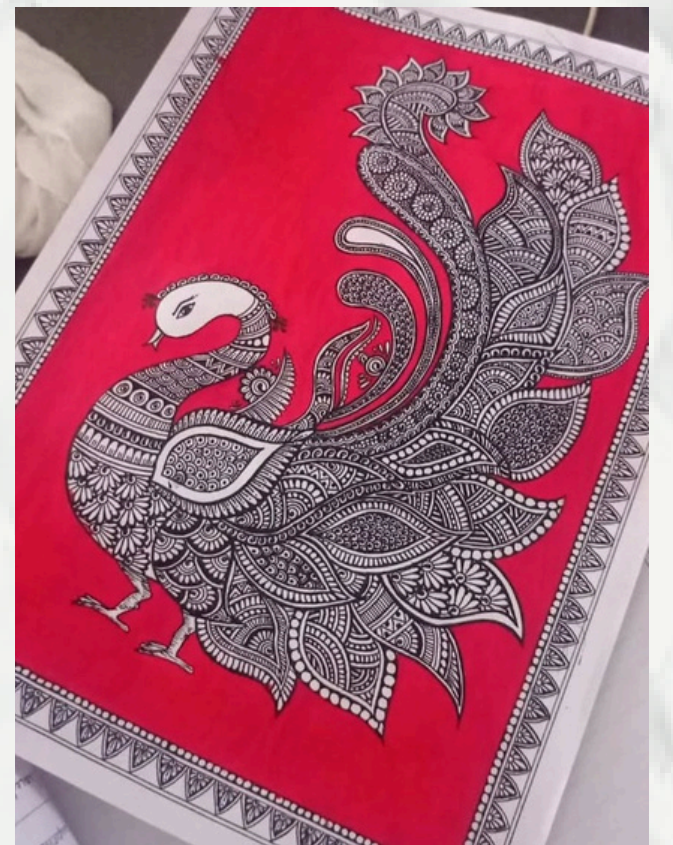
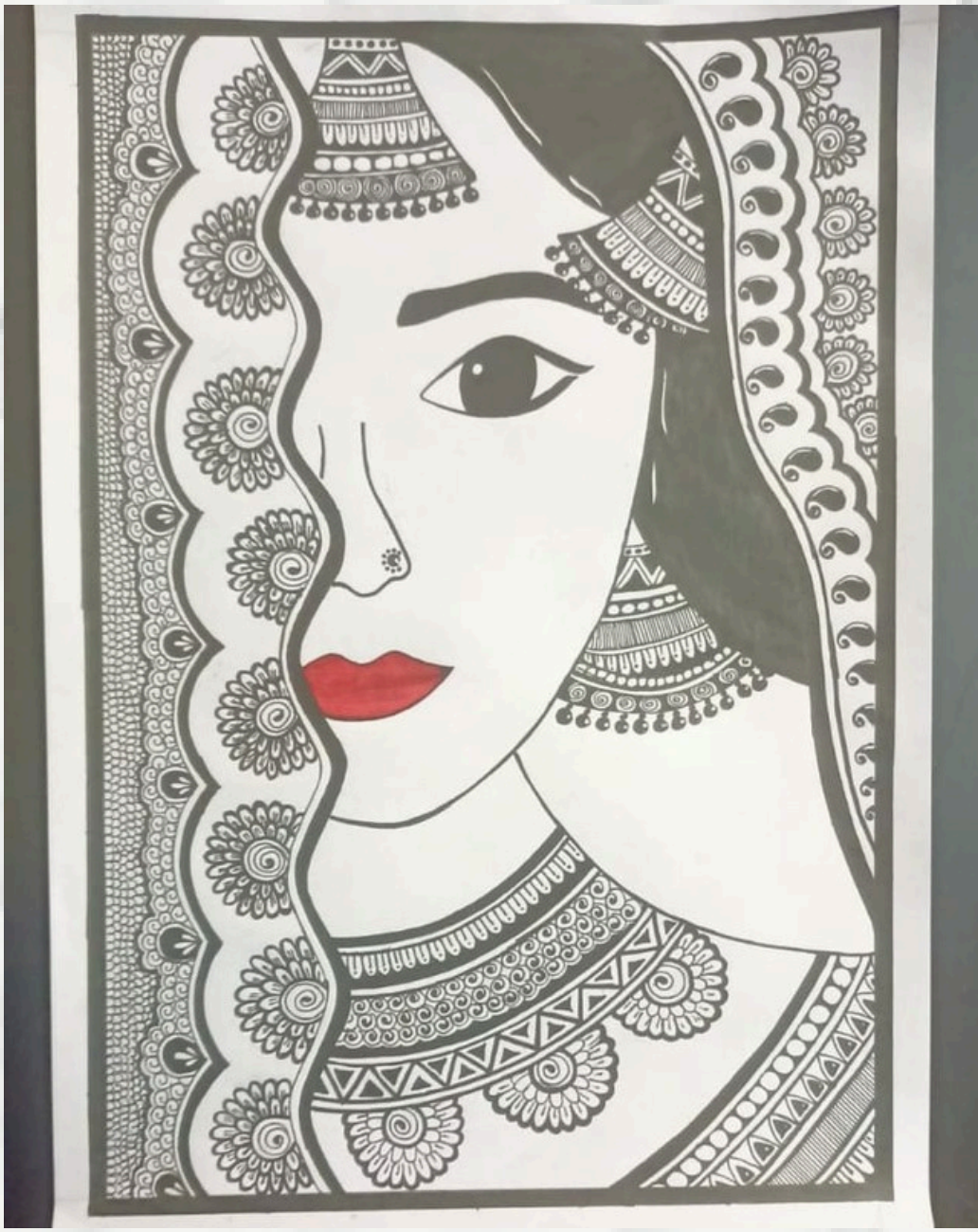


Sudharsan
Daksha



Yoga C - Daksha





Sasmita - Prajna



Pranava C - Varishta

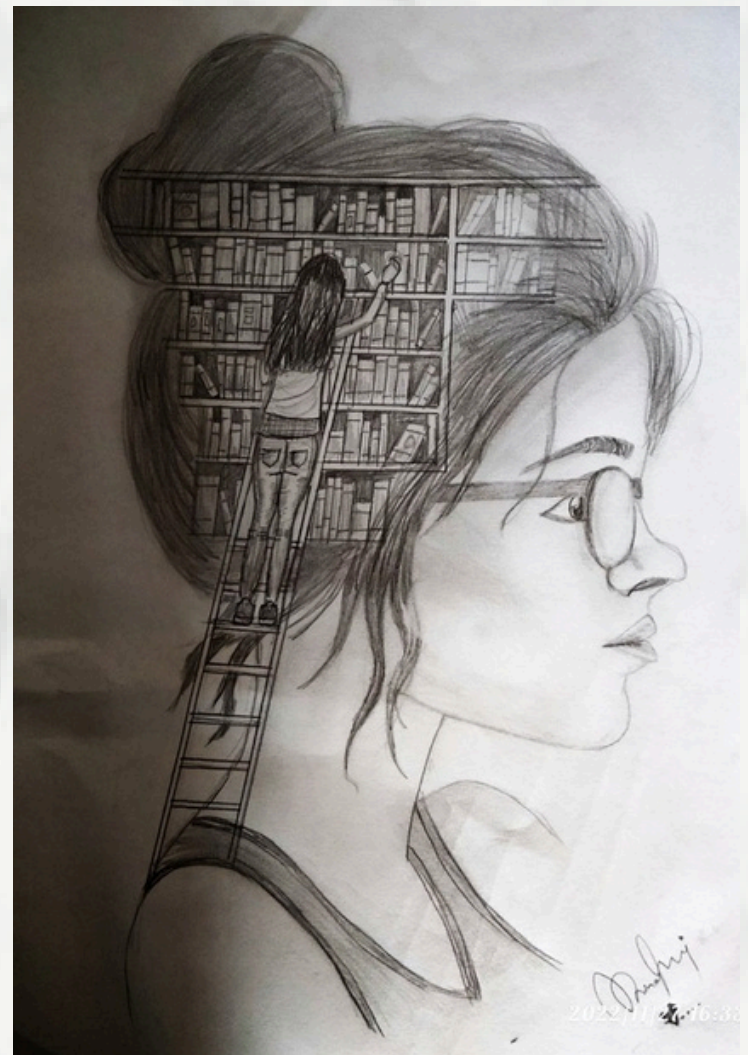




Aartheeswari C - Daksha



Vikasini - Daksha



B. Abinayasri - Sreshta

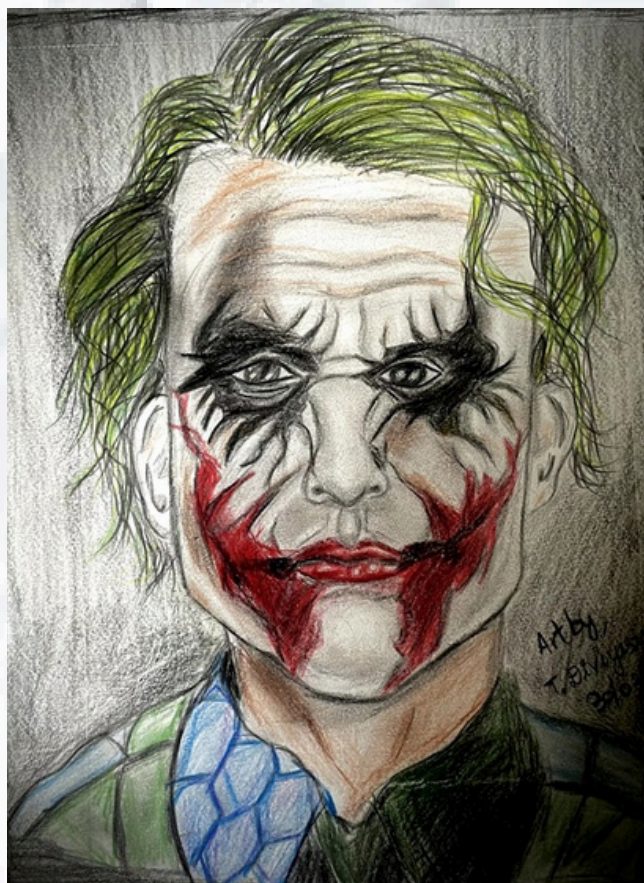
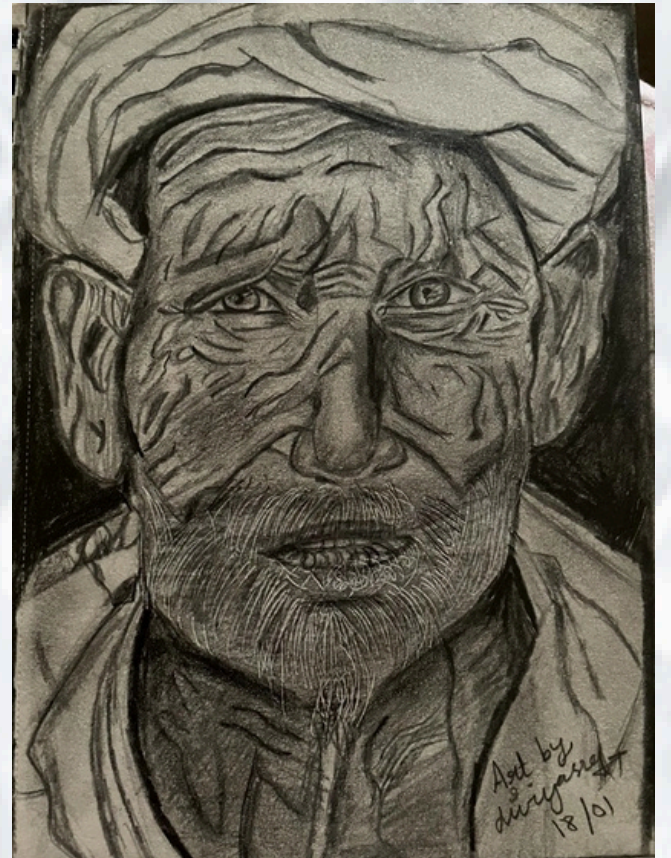
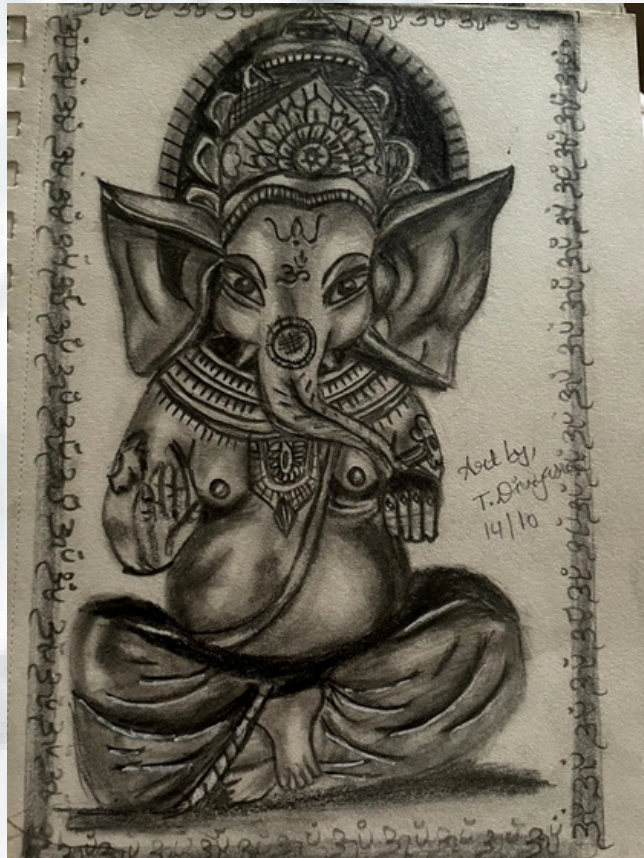
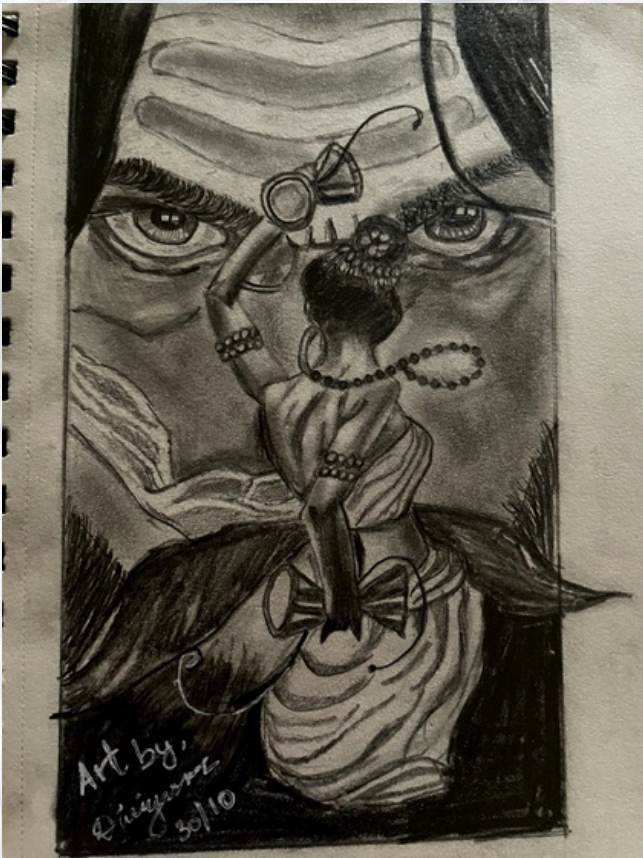


J Reshma - Varishta



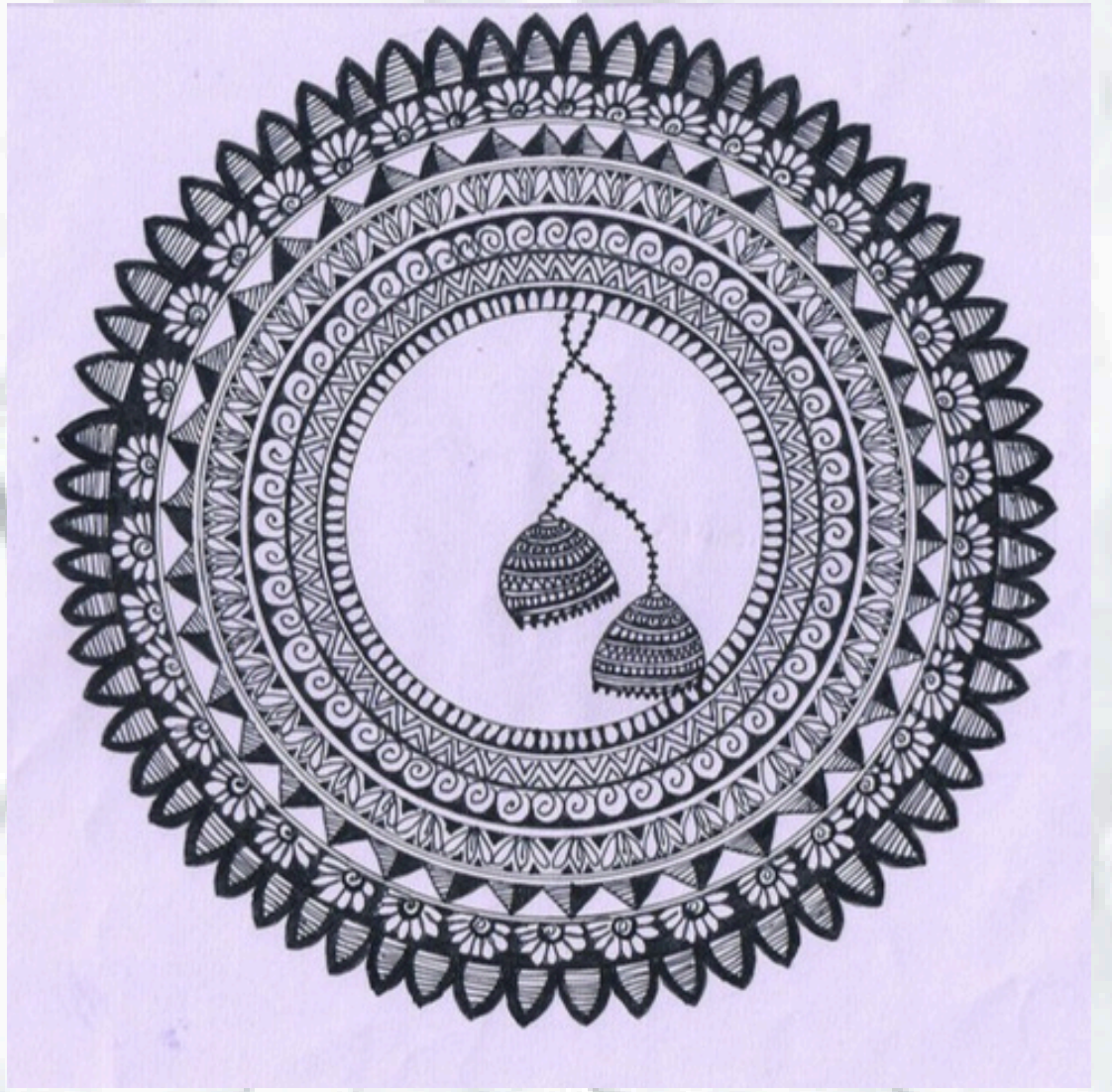
Raha Swetha J - Agraja

Diviyasree - Sreshta





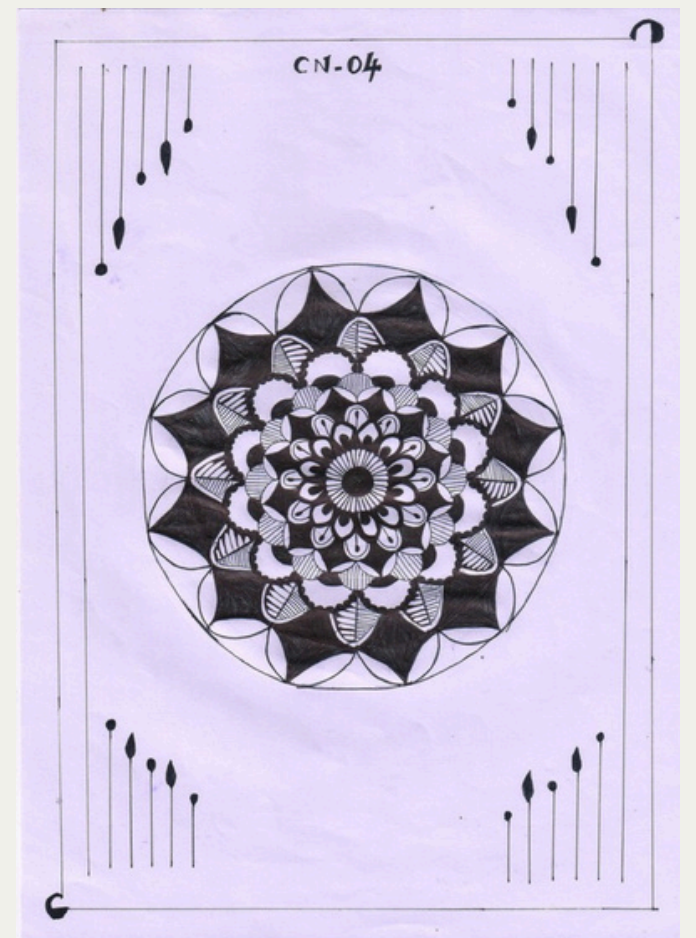
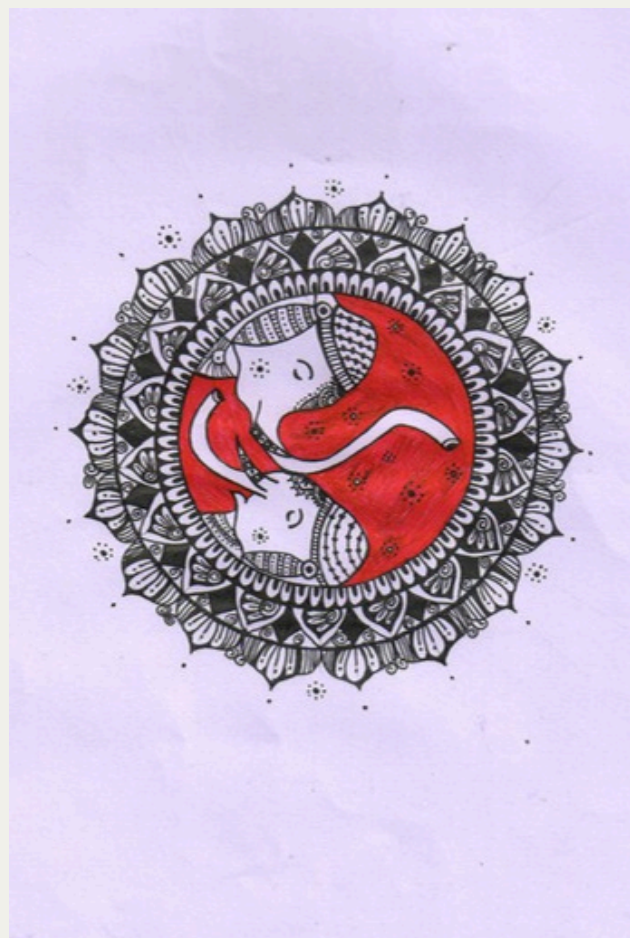
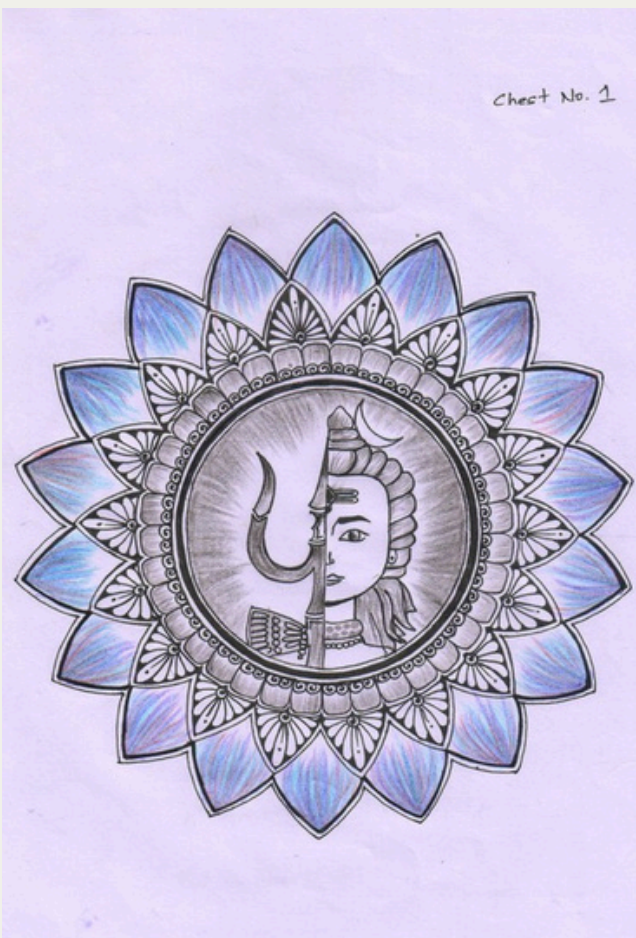
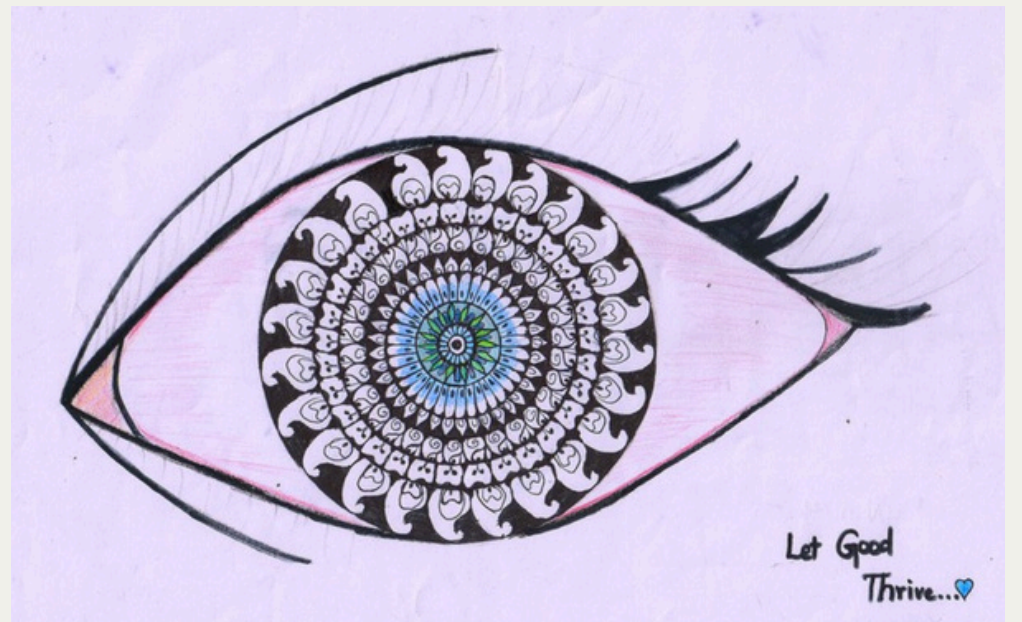
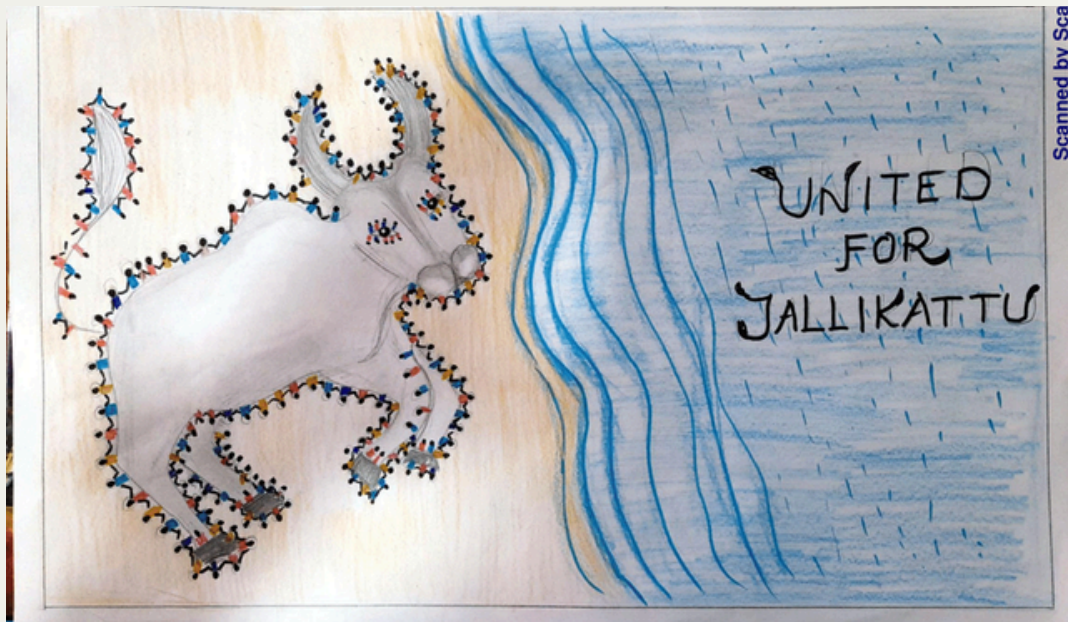
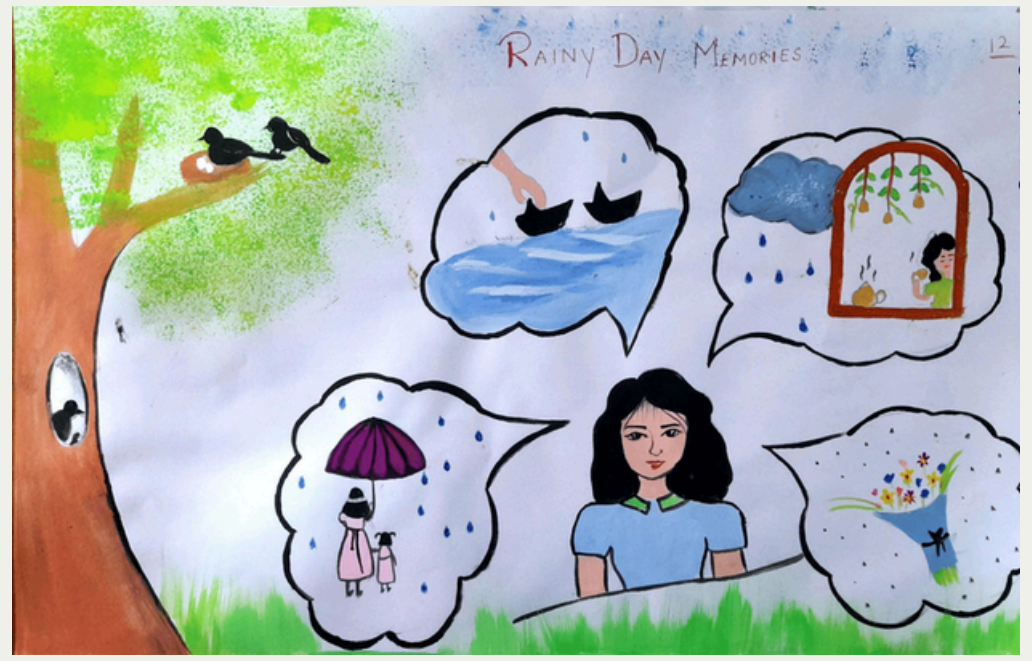
Krishnaveni - Prajna



Haripriya - Daksha

Life After Death Short Film Competition (1st Prize)





Calligraphy

no matter

what anybody tells you

Words & Ideas

Can Change the

World

The Hardest Choices

Require the

Strongest Wills

Smooth seas

do not make

Skillful sailor

The only thing

Stronger

than fear is

Hope

With Great Power

comes

Great Responsibility

It is our Choices,
that show
what we truly are,
far more than
our abilities

Happiness
can be found
even in
darkest of times,
if only one
remembers to
turn on
the Light

after all this time?

Always

Poems...

The Unspoken Cruises

This Present world is undefined and Everybody in this play are moving towards something which is not Destined.
We move towards the setup build with unknown standpoint. We Nourish the Upcoming generation without questioning the necessities which may be scripted unethically. We tend to cherish & let grow the sweetest lies of all time and fail to interpret it correctly.
We demand Perfection where Authenticity is actually to be demanded.
'What if it is questioned a day?
What if... The Fairy tale Ladies were busy minding their own Progress instead of making stories?
What if... We let Girls be natural rather than being judged?
What if... We really Respect women by understanding what 'Respect really is? What if... We feed the Little girls to choose passion over fear?
What if... We love the Authenticity of every women so that 'Perfection itself is a question?
What if... Every mother had their Dreams done on their very own way? What If... Women wandered with the feel of Independency in every bone of her?
What if... Reality is accepted as it is meant to be?
What if... We accept the truth that the Powerful thrones are queened? And What if... I say you
that change the perspective towards you and never let the society determine your life phases?

-Rupikaa Baskar
Agraja

Little begining

She closed her eyes and felt the Presence. Her Thoughts wandered on that Beautiful smile yet to
be seen. There was something so delicate that the actual world failed to capture. Something she
wished to keep close to her. Something to which she promised that she will nurture & let it
grow.
Somewhere between the sand and the Fairy dust, through every Universe and Creation.. there
is a
little heart beat that echoes to her.
As All the Good things are worth waiting!.. Finally there comes a day, An exact day in her life
that everything she wanted is right there in her arms, where her finger is wrapped with a tiny
hand
of tenderness
A face she had not seen, with a voice she had never heard, but... she had felt it down in her
very
core
His bawl made her realise that she will never be the same and stepping into a new role as
"Aunt".
She winked at him and whispered 'I love you
Is it weird to love a human you have never met?

-Rupikaa Baskar
Agraja

Rain

The Announcement of her caught my attention, I beamed with my brew mug
Wondering... what would I scrawl this time about? I closed my eyes
Grasping her Misty gentle whispers all around me her willowy nudge over everything,
makes the sward to play a ring.
Her slivery wand amend,
Binding the life to come. For the God-The greatest musician of all time enlightens his
existence anew
Leaning forward a little more
where my smile since a kid had never gone! She is the rain whom I always hold up to

-Rupikaa Baskar
Agraja

The stars

She wore an alluring smile,
Gleaming far away the realm
In the every dark onset she come alive,
Enduring to be concealed at morn
Appearing in dusk she streams,
There she summons me approaching with her touch
We enjoy sharing our secrets,
A company with her makes you Refresh
She lifts me up like a heavenly figure,
While we hit above the sky bunch
She is both rough and smooth,
The rough tears my emotions
Whole the smooth comforts my notion
There she glides softly away,
Owing her word to stay another day.

-Rupikaa Baskar
Agraja

Man of Tomorrow

Each day, each year, a thread unwinds, I keep disappointing hearts, betraying minds. Once a
child, dreams to be a hero as bold, Now I fall, no wings to hold.
Only six months everything lasts, and then all was lost, Dreams forgotten, at what cost? My
body moves, dragging my soul behind, Dragging along what's long since dead.
I was the universe, vast and grand, Born from a spark in a void.
Expanding out with endless grace, Now collapsing and losing face.
I let the stars and planets be destroyed, Galaxies to crumble in the void.
The light ahead is now out of sight, A black hole in my heart that pulls and consumes the
light.
Yet from this darkness, I must rise. For even black holes birth new skies.
The ultimate supernova's brilliant flame, From cosmic dust, I'll build my name.
Once again the universe within me expands, With every end, new life begins. Through the
void, I'll find my way.
Towards the dawn of a brighter day.
I'm all unique I'm extraordinary.
I'm not just a man I'm more than a man.
A man free from sorrow, the man of tomorrow .

-Sudharsan
Daksha

FIAT JUSTITIA RUAT CAELUM

Moonlight bathed the sky;
Beasts' breath surround.
Suffocated and still;
She couldn't move around.
No guardian, no angel;
could ever lend their hands.
She slowly closed her eyes
And would never rest in peace again.

Sun wiped the sky;
World knew the sin.
There the guardian, the angel;
Bathed with the blood of their kin.
Nowhere to go, none to punish
They brushed their lips;
With their eyes stood down

- Pranav
Sreshta

Poems...

PEACE (Read: She)

Amid the ocean of duality,
Peace represents a state of Equanimity,
She can be found by giving,
And she disappears by clinging.

Getting lost into the material pleasures,
Men have greatly misunderstood her.
She is not in this world's play,
But residing deep within one's heart.

Searching her outside,
Men forgot to look what's inside,
Looking at the past and anticipating for the future,
Men's material eyes lost what's 'present'

A random act of kindness,
And the virtue of truthfulness,
are the doorways to her majestic palace.

She lies 'here and now'
but the worldly men thinks 'how'

She can be found moment by moment,
But just like gold blinds the looker within seconds,
this world have made her complicated.

She is not found in some esoteric divinity,
But in the beauty of 'simplicity'

The goal is not to 'rest in her'
But to 'live in her'

Don't be too optimistic or highly unrealistic,
Waiting for her to come
Rather just like a wise seize the moment
And take a stroll with her
Because she has already arrived.

- Gokulesh T G
Prajna

DAD

The way you look
The way you speak,
The Way you Scold us,
The way you Care us,
The way you cry for us

You are the one whom we admire
You are the one whom we think as a god
You are one who make Us feel comfortable
You are the one who is there for us Always

- K.Thejaswini
Prajna

SILENCE
CROWD AROUND
PEOPLE AROUND
NOISE AROUND
WHERE GOSSIPS ARISE
WHERE BACKSTABBING ARISE
THE LOUDNESS MAKES ONE'S MIND ALOUD
WHERE WILL THE PEACE BE?
WHERE I FEEL HAPPY?
WHERE CAN I ENJOY ?
WHERE CAN I LAUGH ?
WHERE I CAN CONTROL MY ANGER?
THESE HAPPENS
WHEN OUR INNER THOUGHT IS
CONCENTRATED TO ONE!!
SILENCE.....
WHERE THE SILENCE ,SILENCE NOT A STATE OF QUITE
WHEN OUR THOUGHTS ARE QUITE
WHEN THERE IS NO LONGING
WHEN THERE IS NO EXPECTATION
WHEN THERE IS NO EGO
WHEN THERE IS NO NEGATIVITY
STOP THE MIND FROM VIOLENCE
TO KEEP OUR MIND SILENCE !!!

-K. Thejaswini
Prajna

In a universe where legends come alive,
A gathering of heroes, together they strive.

The Icon in armor, with wit and with flair,
Crafting inventions, he's always aware.

A Star-spangled Pioneer with his shield held high,
Stood for the weak, never afraid to try.

Two brothers of might, one storms with the skies,
While the other schemes with charm and mischief in his eyes.

A Friendly neighbourhood hero,
swings through the city with grace,
Spinning webs of hope in a fast-paced race.

A Daring Buccaneer, legend of the sea,
Spirit unconfined, roaming wild and carefree

With claws that can cut through the darkest of night,
A Ferocious Fighter fights, embodying might.

A Symbol of Hope, soaring through skies,
With strength unmatched, he defies

A fierce warrior's heart, with a bond that's profound,
And a dragon companion, together they're bound.

In a world full of magic, where wonders unfold,
A boy with a wand shows that courage is bold.

Machines of the future, transforming with might,
Fighting for justice, they join in the fight.

For in every heart, there's a hero that glows,
In the stories of courage, their legacy grows.

In a universe where legends come alive,
A gathering of heroes, together they strive.

_ Ayesha Sithilkka
Agraja

Poems...

സുഹൃത്ത്

സ്നേഹതീരത്തിനവിടുന്നു നമ്മളിനോർമ്മതൻ
ചെപ്പു തുറന്നു.
മനസിൻ മധുരമാം സ്മരണമേകി നീ...
മണ്ണിൽ നനവുതുവുമീ മഴത്തുള്ളിയാം
എന്നിൽ പൊഴിയുമീ സൗഹൃദം നീയേ....
രക്തവാത്സല്യതീരത്തിനിറവിൽ
സ്നേഹദീപമായി ഇരുളിൻ വെളിച്ചമേ...

- Shilpa
Daksha

നേരം!

കരം കൊண்டு പിടിക്ക ഇയലാ ഓன்று!
കண்മുൻ കരേന്തും കാണ ഇയലാ ഓன்று!
കാഴ് കൊடுத்து വാങ്ക ഇയലാ ഓன்று!
വല്ലവനും വെല്ല ഇയലാ ഓன்று!
വിனை ചെയ്യിനും ചെയ്യാവിടിലും വിരേന്തും ഓടും ഓன்று!
വീരടിപ്പ് പിടിക്ക മുയന്തും പിടിപാ ഓன்று!
വിടയില്ലാ വിനാக்கும் വിടൈ சொல்லും ഓன்று!
വിടയില്ലാ സെടിക്കും വിടൈ சொல்லും ഓன்று!
ഇടൈ ഉതിർന്തും തുളിർന്തുമേ ഇതു കടപ്പതൈ ഉണർന്തും ഓன்று!
കലൈയற்ற ഓന്തൈ സെഴിപ്പാക്കിയേ ഇതൻ സെയലൈ ഉണർന്തും ഓன்று!
കാലത്തിൻ കണ്ണു ! അവ்வൊണ്ണു ! നേരം!
നേരം നിർപതിൽലൈ !
നമ് നിലൈ നിലൈ ഇൽലൈ!
നിമിടത്തിൽ മാറും അതുവേ ഇக்கാലത്തിൻ കലൈ!
നിമിർന്തു നിൽ! നിമ്മതി കൊள்!
നിശ്ചയം വെற்றി നമതേ!

ഇப்படிக்கு ഉங்கள் നാൻ
വിനോ പാരതി.രാ



നண்பர்களுக்கോ നടുക്കു തെരിയാതു !
അപ്പടി നടുത്താൽ ,അതു ന്ഡ്പേ കിടയാതു!
ന്ഡ്പു என்பതു ഉறവല്ല അതുവേ ഓവ்வൊരു നண்பനിൻ ഉയിരാനും!
ഉലകേ ഉறைന്താലും ഉണ്ണമ് ഉരൈக்கும் നண்பൻ പ്പെറൈ !
സിലൈയേ സിരിത്താലും സിന്തനൈ സിതറും സിനേകിതൻ വരവിൽ!
നകൈക്കുവൈക്കു നண்பர்கள் പോതും !
തോഴുമൈക്കു തോഴர்கள் പോതും!
ന്ഡ്പിറു കുണ്ണ പ്പെണ്ണ എണ്ണ പാലിനമ് തെരിയാതു!
പാകുപാടിന്റി പ്പുകത്താൻ തെരിയുമ്!
ന്ഡ്പിറു സാതി മതമ് ഇനമ് എണ്ണമ് ഇടൈയുറുകൾ കിടയാതു ഇന്പമായ് ഇടൈയത്താൻ തെരിയുമ്!
പെന്റോർ പ്പേടിനാലും !
മന്റോർ ഴടിനാലും!
നண்பനിൻ നലമ് പാരാട്ടു തുടിക്കും മനമ്!
ഇതുവേ ന്ഡ്പിൻ കുണ്ണമ്!
ടിന്ന ടിന്ന ടിന്നടൈകളേ സിറുപായ് മാന്ററും ഇന്ത സിനേകിതത്തൈ!
നെന്റുസമ് കലൈത്തുപ് പോനാൽ കൊന്റുസമ് പ്പേഴ് ഉണ്ണ നண்பനിഡ്മ്!
അവൻ നകൈക്കുവൈയാലേ നനൈയ വൈപ്പാൻ!
നന്മൈകൾ சொல்லി നെകിഴു വൈപ്പാൻ!
മണ്ണും മലൈയുമ് മന്റന്താൽ കുട മാണിഡ്മ് മനമോ മന്റകാതു ഇന്ത മകத்துവമാൻ ന്ഡ്പൈ താൻ!
തോന്നമൈ എല്ലാമ് തൊലൈന്താലും തോഴനിൻ തോളുകൾ നാടിവേണ്!
നിലൈമൈ എവ்வൈയാനാലും നിലൈ മാന്റാത ഓന്റേ ഓന്റു ന്ഡ്പേ എണ്ണ കുന്റിവേണ്!

ഇப்படிக்கு ഉங்கள் നാൻ
വിനോ പാരതി.രാ

Articles...

Cosmic Pulse

Every galaxy at its centre has a supermassive blackhole, which would be a billion times larger than our sun. So what I think it does is that the black hole at the centre of our galaxy is the generator or supplier of consciousness for the entire galaxy. So there is a supermassive blackhole at the centre of the galaxy that is more like a hub or more like the heart of the galaxy. If that's the case, then everything in the galaxy is connected to the black hole through space and time, like how our hearts are connected with every organ in our body through arteries and veins, and here I take the heart as the generator of our consciousness because, in our Indian philosophy, the heart gives the sentient nature to the living beings. And through the heart, the consciousness of the universe is supplied. And the pulse of the body is carried through arteries and veins.

Imagine that we have a pulse, right? Pulse is the subtle manifestation of the universal consciousness that is pulsating through a person. This pulse generator is the black hole in our galaxy, which is nothing but the consciousness generator or distributor. From the heart, blood carries nutrients to each part of the body, and the black hole does the same for the entire galaxy. There is a continuous flow of communication between our cells, and in the same way, there is a continuous flow of consciousness from the black hole to us, which is nothing but intelligence.

In Sanskrit, there are five synonyms for pulse.

1. Nadi - means a river of life, so here the blackhole is the river of life, which provides life to the galaxy the same way the heart does to us.
2. Snaayu - which means underlying tissue in the body, and pulse resides inside the tissue, so consciousness resides inside the blackhole, which underlies the pulse of our galaxy.
3. Tantu - which means the string of a musical instrument; the black hole is the string of the ultimate instrument of the universe's consciousness, which makes music, which is nothing but the pulse inside us and the pulse of the universe, which in turn is nothing but the consciousness or flow of consciousness.
4. Hamsi - which means so-hum; when we inhale, it denotes the note 'so', and when we exhale, it is 'hum'; here, 'so' is shiva, which means higher consciousness, and 'hum' is shakthi, which means going out, which is ego. And there is a theory that at the opposite side of every blackhole there will be a white hole that expels everything out of it, which is opposite to that of the blackhole because it sucks everything. So the blackhole in our galaxy inhales everything and produces 'so' and it denotes shiva, and it exhales through a white hole at its opposite side, and so it exhales ego, so our blackhole destroys ego (shiva) and releases out through a white hole (shakthi). Together, it makes the super consciousness. So Shiva and Shakthi are the symbols of consciousness, which is residing in our body and pulsating throughout our body and the universe.
5. Dhaarani - which means to hold or support, so a blackhole, due to its immense gravitational force, holds together the entire galaxy as one like our heart does to the body.

And finally, every black hole in the universe might be connected to each other through space and time, like how humans are connected to one another through love and compassion. So do we live inside a human-like universe?

Sudharsan S

Daksha

Articles...

Marma and Blackholes

In Ayurveda, Marma refers to vital points in the human body where life force, or energy, is concentrated. These points are considered intersections of muscles, veins, ligaments, bones, and joints, and are thought to be powerful centers of life energy, known as prana.

There are 107 marma points in the body, each associated with specific organs and physiological functions. In Marma Chikitsa (Marma therapy), practitioners stimulate these points to release blocked energy, improve blood circulation, and restore balance within the body. This technique can involve gentle massage, pressure, and other Ayurvedic treatments.

Primordial black holes (PBHs) are theoretical black holes thought to have formed shortly after the Big Bang, long before stars and galaxies. Unlike typical black holes that result from massive stars collapsing, PBHs could have formed from regions of exceptionally high density in the very early universe, potentially as early as a second after the Big Bang. This density, combined with extreme gravitational forces, might have compressed certain regions into black holes of various sizes, from tiny ones weighing less than a gram to more massive ones.

So, can we think of the Milky Way galaxy as a human body and these primordial black holes as marma points, with normal black holes as concentrated points of these vital energies? What if primordial black holes condense or concentrate in a region of space-time to form a normal stellar black hole?

Let's explore this idea:

Since primordial black holes formed right after the Big Bang, I believe marma points in our body could form in two possible ways:

First possibility: Marma points might form during the fusion of sperm and ovum, creating a single "primordial marma," which then divides into further points as the zygote grows into a fetus. Just as black holes are centers of fusion in space-time, this vital force that fuses the sperm and ovum could give rise to the marma points.

Second possibility: Marma points might form during the baby's delivery. Black holes form due to immense pressure, and similarly, while the baby undergoes intense stress and pressure through the birth canal, these forces might lead to the formation of marma points. As the baby's prana initially flows through the mother, this shift to an individual prana source could trigger marma formation as a coping mechanism. This could be why babies cry after birth—to activate their prana flow.

For a cesarean birth, though the baby is brought into the world differently, the immediate environmental change might similarly stimulate marma points as a survival mechanism to draw prana from the outer world.

Thus, marma points act as energy centers in the body through which life force flows, while black holes are centers of energy in the universe, where the "fifth force" of nature flows (refer to my fifth force of nature post). According to the Kardashev scale, there are three types of civilizations:

Type 1: A civilization that uses the full energy of its planet.

Type 2: A civilization that harnesses the energy of its sun, potentially by building megastructures around it.

Type 3: A civilization that harnesses energy from a black hole.

In Ayurveda, diseases are cured in three ways:

Type 1: By utilizing the body's own immunity.

Type 2: By using medicines or food, which are absorbed in the body with the aid of agni (digestive fire).

Type 3: By utilizing and stimulating marma points to treat severe diseases.

This analogy suggests that human civilization might one day harness black hole energy to influence or even alter the universe's structure—much like how Ayurvedic practitioners use marma points to promote healing.

Sudharsan S

Daksha

Articles...

Reality is a disease - Shristi Kriyakala

Yea you heard me, let me explain it. This universe was once a singularity which is a state of single point of equilibrium with infinite mass and infinite density which then through infinite expansion called inflation it expanded rapidly and then the universe we see now has come into existence and currently our universe is 13.8 billion years old.

I theorize that the manifestation of the universe is an ultimate result of an extrinsic cause or an intrinsic cause which triggered the universe into existence from sookshma(singularity) to sthoola(bulk), which is nothing but the ayurveda's Shat Kriyakala.

According to ayurveda Shat kriyakala is :

>Shat means 6.

>Kriyakala means the process of disease manifestation over time.

The six stages are :

> Sanchaya - Accumulation of doshas(in this context it is the disease causing factors).

> Prakopa - Accumulated doshas expands.

> Prasara - Overflowing of the doshas from their respective sites to other sites.

> Sthaanasamsraya - The overflowed doshas in the body moves to other organs and tissues and starts developing premonitory symptoms.

> Vyakta avastha - Appearance of clear cut symptoms and signs of the disease,

> Bhedha avastha - Disease gets fully manifested.

I think that similar to a disease the universe starts its manifestation. A disease starts to manifest in the body when the equilibrium of doshas gets distributed (in this context it is the set of qualities present in the nature also present in the body which governs the physiological processes).So the doshas get disturbed just like how the universe manifests when the equilibrium state of singularity gets disturbed by an extrinsic cause or an intrinsic cause or an accumulation of several causes called the sanchaya(which we still don't know). And like ghee in a vessel, when it is heated it starts melting which is a simile used for the second stage of the disease manifestation called prakopa.

Just like how the solid ghee expands, the universe also starts expanding till a point after which it goes through a stage of rapid expansion called the inflation which can be co-related with the prasara stage of the disease where the melted ghee starts frothing and reaches the top of the utensil or comes out. Similarly, the gases formed in the universe in the due course of expansion form stars and galaxies in the universe. Then the third stage of kriyakala is sthaanasamsraya. Here the agitated doshas (disease causing factors) spread to different places and in favorable condition starts producing the disease. Similarly, in the due course of expansion, stars in the galaxies run out of fuel to burn and enter into their final stage.

In the next stage the stars in the universe start to completely exhaust its fuel and undergo shrinking due to gravitational force. Similar to this the body expresses clear cut symptoms of the disease in the 5th stage of the disease manifestation called Vyakta avastha where for example if a person suffers from tuberculosis then he/she will start to emaciate which will be a clear sign of that particular disease. Similarly stars do the same(well that would be another story).

Finally the disease reaches its final stage called Bhedha avastha where it may attain chronicity and become incurable like aging. Similarly, the stars in the universe, at its last stage, burst out and form blackholes some may shrink progressively and explode without forming blackholes. Then the universe goes into the era of blackholes where only blackholes will be left in the universe which is the dark age of the universe where there will be no stars left in the universe to produce light. Similarly in our body at old age, the agni (digestive fire) completely diminishes. Eventually the blackhole will also start evaporating until the very last blackhole evaporates and dies . The universe will then start again.

Here I would like to add an idea of a rapid contraction called deflation like how the universe expands rapidly in the beginning. This is an exact opposite of it, because I think stable state of the universe is its singularity (sookshma) stage and the manifestation is nothing but a disease caused by something(I have a separate story for this which I would share with you later) and my conclusion is that the whole manifestation of the universe is similar to how aging happens to us ultimately leading to death.

I think the universe we see is never meant to exist in the first place itself and we were never meant to be existing. That's why to reach its stable singularity stage the universe is making its journey towards its destruction. Similarly, we live only to die; death is the ultimate reality because reality is nothing but a disease.

Sudharsan S

Daksha

Articles...

MANAGING STRESS: A GUIDE FOR MEDICAL STUDENTS

Humans are social beings, and their lives revolve around other people and events. Their near or distant circumstances affect them and elicit different reactions in them. Environmental, physiological, and psychological variables influence these responses. Stress is our body's reaction to something that throws us off balance, either mentally or physically.

Stress is something we all experience throughout our lives. Psycho-social stress is a challenge to well being of life. It's an omnipresent part of life. A stressful event can trigger the "fight-or-flight" response, causing hormones such as adrenaline and cortisol to surge through the body. A little bit of stress, known as "acute stress," can be exciting—it keeps us active and alert. But long-term, or "chronic stress," can have detrimental effects on health. When stress becomes overwhelming, it can damage one's health, mood, relationships, and quality of life. One may not be able to control the stressors in their life, but they can modify their reaction to them.

World health organization defines stress as a state of worry or mental tension caused by a difficult situation. This tension or threat to the may be real or interpreted. Wayne Weiten a teacher and an author of psychology describes stress as any circumstance that threatens or is perceived to threaten one's well being and thereby taxes one's coping abilities.

Stress is classified under different criteria. Based on its effects stress is broadly divided into two types bad stress (Distress) and good stress (Eustress). The bad stress makes one anxious and irritable. It may effect adversely to mind and body. Good stress stimulates and challenges and helps in growth and development.

Stress has negative health consequences. Its negative influence can be seen in hypertension and subsequent vascular diseases. It also affects in reduced immune function, complicated pregnancies reduced fertility, gastrointestinal diseases and psychiatric conditions.

Stress can be observed in every phase of life. Stress in students and occupational stress can affect significantly their functionality of career. Occupational stress refers to the strain experienced due to demands pressures of challenges in the work place.

Medical profession requires immense energy, commitment and hard work from students. It requires extra reading and revisions so that they can keep up with the course. The life of medical student is challenging as they must also learn to deal with interpersonal communication, illness and ethical issues. Stress in medical students is stress caused by laborious medical programs, which may have physical and psychological effects on the well-being of medical students. A significant percentage of medical students suffer from anxiety disorders because of the long term effects of stress on emotional and behavioral symptomology. This condition has become a focal point of concern, therefore the first line of finding and defense from stress are the students themselves. Students need to be given the outfit to recognize and manage with stress.

Anxiety is a normal response to stress and is closely related to fear. Many experience anxiety before, during, or after stressful events such as writing exams, failure of exams etc. They feel difficulty to concentrate on studies and later can cause physical ailments too. These all will affect their performance and they feel difficulty. A systematic approach is needed to understand their problem and to manage it.

The stress in an individual can be analyzed by Depression Anxiety Stress Scale. This is a psychological assessment tool designed to measure the levels of depression, anxiety, and stress in individuals. It comes in two versions: the DASS-42 (42 items) and the shorter DASS-21 (21 items). A 0-14 score is normal, 15-18 is mild, 19- 25 is moderate, 26-33 is severe and 34+ is extremely severe stress.

The stress should be managed appropriately. By developing various approaches. The first attempt is to change the environment to better circumstances and secondly encourage the individual to adapt to the environment. The individual can focus on control, tolerance and self reliance. Cognitive behavioral therapy can help the individual in stress. The individual has to identify and change negative patterns of thoughts, behavior and emotions. Thus individuals can improve their emotional well being and develop healthier coping mechanisms. Recently institutions have begun installing relaxation techniques and counselling units.

Students can learn to manage time, a healthy life style, relaxation techniques, develop a support system of friends family and professionals limiting the stressors and developing healing power. They have to grow skills to overcome the stress and grow strong.

References:

1. <https://www.who.int/news-room/questions-and-answers/item/stress>.
2. https://course notes.org/psychology/outlines/psychology_themes_and_variations_by_wayne_weite weiten.

Dr. Sreeparvathy M S
Prof and HOD
Department of Dravyaguna Vijnana

SAMANVAYA 2023 WINNERS

COMPETITION - POEM WRITING - ENGLISH				
S.No	Name of the Student	Batch	Place	Team
1	PINKY BAKSHIK	AGRAJA	1	KASHYAPA
2	SUDHARHAN S	DAKSHA	1	SUSRUTHA
3	ATHMAJA	SRESHTA	2	AGNIVESHA
4	GOKULESH	PRAJNA	3	KASHYAPA
COMPETITION - POEM WRITING - TAMIL				
S.No	Name of the Student	Batch	Place	Team
1	AKSHAYA PRABHA KMK	AGRAJA	1	AGNIVESHA
2	SANJIT ADHITHYA	DAKSHA	2	AGNIVESHA
3	SHEIK AHAMED YASIN	AGRAJA	3	SUSRUTHA
COMPETITION - STORY WRITING - ENGLISH				
S.No	Name of the Student	Batch	Place	Team
1	AKSHARA PRASAD	DAKSHA	1	AGNIVESHA
2	NETHRA	SRESHTA	2	SUSRUTHA
3	GOKULESH	PRAJNA	3	KASHAYA
4	SMRITHI	PRAJNA	3	AGNIVESHA
COMPETITION - STORY WRITING - TAMIL				
S.No	Name of the Student	Batch	Place	Team
1	BAVATHARANI	SRESHTA	1	AGNIVESHA
2	JEEVITHARANI	DAKSHA	2	KASHYAPA
3	JYOTHIPRASHANTH	DAKSHA	3	KASHYAPA
COMPETITION - ESSAY WRITING - ENGLISH				
S.No	Name of the Student	Batch	Place	Team
1	DHARMASAMVARDHINI	DAKSHA	1	KASHYAPA
2	VISWAVANI	DAKSHA	2	AGNIVESHA
3	N.D. JANANI	PRAJNA	3	AGNIVESHA
COMPETITION - ESSAY WRITING - TAMIL				
S.No	Name of the Student	Batch	Place	Team
1	BAVATHARANI	SRESHTA	1	AGNIVESHA
2	ARIHARAN	DAKSHA	2	KASHYAPA
3	PRAVEENA	SRESHTA	3	SUSRUTHA

SAMANVAYA 2023

WINNERS

COMPETITION NAME - PENCIL DRAWING				
S.No	Name of the Student	Batch	Place	Team
1	ABHINAYASREE	PRAJNA	1	AGNIVESHA
2	KEERTHIRAJ	SRESHTA	2	SUSRUTHA
3	YOGA.C	DAKSHA	3	SUSRUTHA
COMPETITION NAME - CARTOON DRAWING				
S.No	Name of the Student	Batch	Place	Team
1	RITHIKA	SRESHTA	1	AGNIVESHA
2	MINMUTHRA	SRESHTA	2	KASHYAPA
3	TAMIL ELAKYA	SRESHTA	3	AGNIVESHA
COMPETITION NAME - CALLIGRAPHY				
S.No	Name of the Student	Batch	Place	Team
1	SWATHIKA	DAKSHA	1	KASHYAPA
2	SRUTHIKA	PRAJNA	2	KASHYAPA
3	AYEESHA SITTHIKA	AGRAJA	2	KASHYAPA
4	SREENIVEDA	DAKSHA	3	SUSRUTHA
COMPETITION NAME - PHOTOGRAPHY - SHADES OF LIFE				
S.No	Name of the Student	Batch	Place	Team
1	TEJASRIEE P.K.P	AGRAJA	1	SUSRUTHA
2	JYOTHIPRASHANTH	DAKSHA	2	KASHYAPA
3	DHANUSHREE	PRAJNA	3	AGNIVESHA
COMPETITION NAME - WATER COLOR PAINTING				
S.No	Name of the Student	Batch	Place	Team
1	YOGA.C	DAKSHA	1	SUSRUTHA
2	DEEPTHI SURYA	SRESHTA	2	KASHYAPA
3	SREENIVEDA	DAKSHA	3	SUSRUTHA
COMPETITION NAME - BOTTLE ART				
S.No	Name of the Student	Batch	Place	Team
1	PRIYADHARSHINI	PRAJNA	1	SUSRUTHA
2	AISWARYA.S	DAKSHA	2	KASHYAPA
3	KALAIVANI	SRESHTA	2	KASHYAPA
4	DHARMA SAMVARDHINI	DAKSHA	3	KASHYAPA
5	SHAHADUNA	SRESHTA	3	AGNIVESHA

SAMANVAYA 2023

WINNERS

COMPETITION NAME - COLLAGE				
S.No	Name of the Student	Batch	Place	Team
1	HARITHA AND TEAM	-	1	KASHYAPA
2	VARSHINI AND TEAM	-	2	AGNIVESHA
3	KEERTHI RAJ AND TEAM	-	3	SUSRUTHA
COMPETITION NAME - RANGOLI				
S.No	Name of the Student	Batch	Place	Team
1	RAKSHITHA AND TEAM	-	1	SUSRUTHA
2	RAJESHRI AND TEAM	-	2	KASHYAPA
3	DHANUSREE AND TEAM	--	3	AGNIVESHA
COMPETITION NAME - MANDALA ART				
S.No	Name of the Student	Batch	Place	Team
1	MAHALAKSHMI	PRAJNA	1	AGNIVESHA
2	NANDHINI HREE	DAKSHA	2	KASHYAPA
3	HARSHINI	AGRAJA	3	KASHYAPA
COMPETITION NAME - MEHANDI				
S.No	Name of the Student	Batch	Place	Team
1	SHAHADUNA	SRESHTA	1	AGNIVESHA
2	SUTHI BISWAS	DAKSHA	2	SUSRUTHA
3	AKSHAYAPRABHA KMK	AGRAJA	2	AGNIVESHA
4	AISWARYA	DAKSHA	3	KASHYAPA
5	PRATHYANGARADEVI	PRAJNA	3	SUSRUTHA
COMPETITION NAME - BEST OUT OF WASTE				
S.No	Name of the Student	Batch	Place	Team
1	THAMARAI SELVI AND TEAM	-	1	SUSRUTHA
2	NETHYASREE AND TEAM	-	1	SUSRUTHA
3	SUSHMA AND TEAM	-	2	KASHYAPA
4	PRAVEENA AND TEAM	-	3	SUSRUTHA
5	ANJANATHRI AND TEAM	-	3	AGNIVESHA

SAMANVAYA 2023

WINNERS

COMPETITION NAME - FACE PAINTING				
S.No	Name of the Student	Batch	Place	Team
1	HARSHINI	AGRAJA	1	KASHYAPA
2	ARIHARAN	DAKSHA	2	KASHYAPA
3	HARIHARAN	PRAJNA	3	KASHYAPA
4	AKHIROY	PRAJNA	3	AGNIVESHA
COMPETITION NAME - HAIR DRESSING				
S.No	Name of the Student	Batch	Place	Team
1	RISHIBA	PRAJNA	1	KASHYAPA
2	AKHIROY	PRAJNA	1	AGNIVESHA
3	SHAPNA	DAKSHA	2	KASHYAPA
4	HARIPRIYA	DAKSHA	2	SUSRUTHA
5	DEVISHREE	SRESHTA	3	AGNIVESHA
6	HARINI	DAKSHA	3	KASHYAPA
COMPETITION NAME - AKSHARA SLOKA				
S.No	Name of the Student	Batch	Place	Team
1	RAHASWETHA	AGRAJA	1	AGNIVESHA
2	VARSHINI	SRESHTA	2	AGNIVESHA
3	SWATHIKA	DAKSHA	3	KASHYAPA

SAMANVAYA 2024 WINNERS

COMPETITION - VERSIFICATION - ENGLISH				
S.No	Name of the Student	Batch	Place	Team
1	Gokulesh T G	PRAJNA	1	ARJUNA
2	Minmuthra	SRESHTA	2	EKALAVYA
3	Pranav	SRESHTA	3	ARJUNA
COMPETITION - POEM WRITING - TAMIL				
S.No	Name of the Student	Batch	Place	Team
1	Karpagam	SRESHTA	1	EKALAVYA
2	Ponarasi T	DAKSHA	2	ASHWATHAMA
3	Ariharan	DAKSHA	3	KARNA
COMPETITION - STORY WRITING - ENGLISH				
S.No	Name of the Student	Batch	Place	Team
1	Lohitha Thilak	SRESHTA	1	ASHWATHAMA
2	Akshara Prasad	DAKSHA	2	ARJUNA
3	Gokulesh T G	PRAJNA	3	ARJUNA
COMPETITION - STORY WRITING - TAMIL				
S.No	Name of the Student	Batch	Place	Team
1	Bavatharani	SRESHTA	1	ARJUNA
2	Mythili	PRAJNA	2	ARJUNA
3	Dharshinika	DAKSHA	3	ARJUNA
COMPETITION - ESSAY WRITING - ENGLISH				
S.No	Name of the Student	Batch	Place	Team
1	Janani Sri	DAKSHA	1	ASHWATHAMA
2	Abitha	VARISHTA	2	EKALAVYA
3	Gokulesh T G	PRAJNA	3	ARJUNA
COMPETITION - ESSAY WRITING - TAMIL				
S.No	Name of the Student	Batch	Place	Team
1	Minmuthra	SRESHTA	1	EKALAVYA
2	Ariharan	DAKSHA	2	KARNA
3	Mariya Jeya Mary	DAKSHA	3	ARJUNA

SAMANVAYA 2024 WINNERS

COMPETITION NAME - ELOCUTION				
S.No	Name of the Student	Batch	Place	Team
1	Gopinath	PRAJNA	1	EKALAVYA
2	Pranav	SRESHTA	1	ARJUNA
3	Chandrasekar	SRESHTA	2	ASWATHAMA
4	Atmaja	SRESHTA	2	ARJUNA
5	Minmuthra	SRESHTA	3	EKALAVYA
COMPETITION NAME - POEM RECITATION				
S.No	Name of the Student	Batch	Place	Team
1	Ariharan	DAKSHA	1	KARNA
2	Atmaja	SRESHTA	2	ARJUNA
3	Tamil Elakia	SRESHTA	3	EKALAVYA
COMPETITION NAME - SLOKA RECITATION				
S.No	Name of the Student	Batch	Place	Team
1	Akshara Prasad	DAKSHA	1	ARJUNA
2	Rubini sree	VARISHTA	2	ASHWATHAMA
3	Haripriya	DAKSHA	3	EKALAVYA
COMPETITION NAME - TURN THE COAT				
S.No	Name of the Student	Batch	Place	Team
1	Pranav	SRESHTA	1	ARJUNA
2	Gopinath	PRAJNA	2	EKALAVYA
3	Vino bharathi	SRESHTA	2	ASWATHAMA
4	Chandrasekar	SRESHTA	3	ASHWATHAMA
COMPETITION NAME - CALLIGRAPHY				
S.No	Name of the Student	Batch	Place	Team
1	Shakthi Vaishnavi	DAKSHA	1	KARNA
2	Keerthana M	DAKSHA	2	EKALAVYA
3	Sreeniveda	DAKSHA	3	KARNA
COMPETITION NAME - CARTOON DRAWING				
S.No	Name of the Student	Batch	Place	Team
1	Rithika M	SRESHTA	1	EKALAVYA
2	Keerthana M	DAKSHA	2	EKALAVYA
3	Abinayasri B	SRESHTA	3	EKALAVYA

SAMANVAYA 2024

WINNERS

COMPETITION NAME - PENCIL DRAWING				
S.No	Name of the Student	Batch	Place	Team
1	Yoga C	DAKSHA	1	ASHWATHAMA
2	Keerthiraj	SRESHTA	2	KARNA
3	Vikasini M	DAKSHA	3	KARNA
COMPETITION NAME - MANDALA ART				
S.No	Name of the Student	Batch	Place	Team
1	Haripriya	DAKSHA	1	EKALAVYA
2	Shakthi Vaishnavi	DAKSHA	2	KARNA
3	Sasmitha	PRAJNA	3	KARNA
COMPETITION NAME - LOGO MAKING				
S.No	Name of the Student	Batch	Place	Team
1	Sanjana E	SRESHTA	1	EKALAVYA
2	Arivumathi S	DAKSHA	2	EKALAVYA
3	Chandrasekar	SRESHTA	2	ASHWATHAMA
4	Jyothi Prashanth H	DAKSHA	3	EKALAVYA
COMPETITION NAME - PHOTOGRAPHY - SHADES OF LIFE				
S.No	Name of the Student	Batch	Place	Team
1	Sujeeth Shriraam	SRESHTA	1	EKALAVYA
2	Arivumathi S	DAKSHA	2	EKALAVYA
3	Sahana	SRESHTA	3	ARJUNA
COMPETITION NAME - WATER COLOR PAINTING				
S.No	Name of the Student	Batch	Place	Team
1	Yoga C	DAKSHA	1	ASHWATHAMA
2	Sanjana E	SRESHTA	2	EKALAVYA
3	Keerthiraj	SRESHTA	3	KARNA
COMPETITION NAME - BOTTLE ART				
S.No	Name of the Student	Batch	Place	Team
1	Harini D	DAKSHA	1	ARJUNA
2	Krishnaveni	PRAJNA	1	KARNA
3	Shahaduna	SRESHTA	2	ARJUNA
4	Shakthi Vinodhini	DAKSHA	2	KARNA
5	Aiswarya S	DAKSHA	3	ASHWATHAMA
6	Thamarai Selvi S	DAKSHA	3	EKALAVYA

SAMANVAYA 2024

WINNERS

COMPETITION NAME - BEST OUT OF WASTE				
S.No	Name of the Student	Batch	Place	Team
1	Thamarai Selvi S	DAKSHA	1	EKALAVYA
2	Jeevitharani	DAKSHA	1	EKALAVYA
3	Shapna S	DAKSHA	1	EKALAVYA
4	Krishnaveni	PRAJNA	2	KARNA
5	Sasmitha	PRAJNA	2	KARNA
6	Anjana	PRAJNA	2	KARNA
7	Divyasree T	SRESHTA	2	ASHWATHAMA
8	Sheeba Banu	SRESHTA	2	ASHWATHAMA
9	Vignesh	SRESHTA	2	ASHWATHAMA
10	Rohitha S	DAKSHA	3	EKALAVYA
11	Pooja Harshini	DAKSHA	3	EKALAVYA
12	Shilpa M	DAKSHA	3	EKALAVYA
13	Sahana	SRESHTA	3	ARJUNA
14	Shahaduna	SRESHTA	3	ARJUNA
15	Jadhav Poonam Sainath	PRAJNA	3	ARJUNA
COMPETITION NAME - FACE PAINTING				
S.No	Name of the Student	Batch	Place	Team
1	Divyasree T	SRESHTA	1	ASHWATHAMA
2	Abinayasri B	SRESHTA	2	EKALAVYA
3	Harini D	DAKSHA	3	ARJUNA
COMPETITION NAME - HAIR DRESSING				
S.No	Name of the Student	Batch	Place	Team
1	Priyadarshini	PRAJNA	1	ASHWATHAMA
2	Haripriya	DAKSHA	2	EKALAVYA
3	Sandhya	VARISHTA	2	ARJUNA
4	Harini D	DAKSHA	3	ARJUNA

SAMANVAYA 2024 WINNERS

COMPETITION NAME - MEHANDI				
S.No	Name of the Student	Batch	Place	Team
1	Shahaduna	SRESHTA	1	ARJUNA
2	Aiswarya S	DAKSHA	2	EKALAVYA
3	Karpagam	SRESHTA	3	ASWATHAMA
COMPETITION NAME - RANGOLI				
S.No	Name of the Student	Batch	Place	Team
1	Ponnarasi	DAKSHA	1	ASHWATHAMA
2	Priyadarshini	PRAJNA	1	ASHWATHAMA
3	Mariyamma	DAKSHA	1	ASHWATHAMA
4	Walke Vaishnavi Vilas	PRAJNA	1	ASHWATHAMA
5	Rakshitha	PRAJNA	2	ARJUNA
6	Mythili	PRAJNA	2	ARJUNA
7	Aiswarya	PRAJNA	2	ARJUNA
8	Kalaivani	SRESHTA	2	ARJUNA
9	Subhasrija	DAKSHA	3	ARJUNA
10	Jadhav Poonam Sainath	PRAJNA	3	ARJUNA
11	Sruthi	DAKSHA	3	ARJUNA
COMPETITION NAME - YOGA DEMONSTRATION				
S.No	Name of the Student	Batch	Place	Team
1	Likhitha	VARISHTA	1	KARNA
2	Vikasini M	DAKSHA	1	KARNA
3	Vignesh	SRESHTA	2	ASHWATHAMA
4	Ariharan	DAKSHA	2	KARNA
5	Sreeniveda	DAKSHA	3	KARNA
6	Kishore	PRAJNA	3	EKALAVYA

SAMANVAYA 2024

WINNERS

COMPETITION NAME - SHORPUT BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Krishna	PRAJNA	1	ASHWATHAMA
2	Pushparaj	SRESHTA	2	KARNA
3	Ariharan	DAKSHA	3	KARNA
COMPETITION NAME - SHORPUT GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Vikasini	DAKSHA	1	KARNA
2	Rajashree	PRAJNA	2	EKALAVYA
3	Haritha	DAKSHA	3	KARNA
COMPETITION NAME - DISCUSS THROW BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Pushparaj	SRESHTA	1	KARNA
2	Ariharan	DAKSHA	2	KARNA
3	Sohaib	VARISHTA	3	KARNA
COMPETITION NAME - DISCUSS THROW GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Archana K	VARISHTA	1	ASHWATHAMA
2	Haritha	DAKSHA	2	KARNA
3	Dhevi sree	SRESHTA	3	KARNA
COMPETITION NAME - JAVELINE BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Sanket	VARISHTA	1	ASHWATHAMA
2	Prjesh	SRESHTA	2	ARJUNA
3	Dinesh Raja	PRAJNA	3	EKALAVYA
COMPETITION NAME - JAVELINE GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Yoga C	DAKSHA	1	ASHWATHAMA
2	Shahira	PRAJNA	2	KARNA
3	Archana K	VARISHTA	3	ASHWATHAMA

SAMANVAYA 2024 WINNERS

COMPETITION NAME - TRACK EVENTS 100M BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Pushparaj	SRESHTA	1	KARNA
2	Vignesh	SRESHTA	2	ASHWATHAMA
3	Sohaib	VARISHTA	3	KARNA
COMPETITION NAME - TRACK EVENTS 100M GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Mythili	PRAJNA	1	ARJUNA
2	Vaishnavi	VARISHTA	2	ASHWATHAMA
3	Archana K	VARISHTA	3	ASHWATHAMA
COMPETITION NAME - TRACK EVENTS 200M BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Pushparaj	SRESHTA	1	KARNA
2	Vignesh	SRESHTA	2	ASHWATHAMA
3	Hariharan	PRAJNA	3	KARNA
COMPETITION NAME - TRACK EVENTS 200M GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Mythili	PRAJNA	1	ARJUNA
2	Subhashini	VARISHTA	2	ASHWATHAMA
3	Priyadharshini	PRAJNA	3	ASHWATHAMA
COMPETITION NAME - TRACK EVENTS 1500M BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Dhanabalan	SRESHTA	1	EKALAVYA
2	Cibi	VARISHTA	2	KARNA
3	Vignesh	SRESHTA	3	ASHWATHAMA
COMPETITION NAME - TRACK EVENTS 800M GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Mythili	PRAJNA	1	ARJUNA
2	Haripriya	DAKSHA	2	EKALAVYA
3	Archana	VARISHTA	3	ASHWATHAMA

SAMANVAYA 2024

WINNERS

COMPETITION NAME - TRACK EVENTS RELAY 4*100M BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Hariharan and Team	-	1	KARNA
2	Vignesh and Team	-	2	ASHWATHAMA
3	Kevin and Team	-	3	ARJUNA
COMPETITION NAME - TRACK EVENTS RELAY 4*100M GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Subhashini and Team	-	1	ASHWATHAMA
2	Dharmasamvarthini and Team	-	2	ARJUNA
3	Kayathri and Team	-	3	EKALAVYA
COMPETITION NAME - BADMINTON SINGLES BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Karun	DAKSHA	1	ASHWATHAMA
2	Vignesh	SRESHTA	2	ASHWATHAMA
3	Pushparaj	SRESHTA	3	KARNA
COMPETITION NAME - BADMINTON SINGLES GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Ann Maria	VARISHTA	1	ARJUNA
2	Yuvasree S	SRESHTA	2	ASHWATHAMA
3	Sreeniveda	DAKSHA	3	KARNA
COMPETITION NAME - BADMINTON DOUBLES BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Karun - Vignesh	-	1	ASHWATHAMA
2	Prasanna - Jayvardhan	-	2	ASHWATHAMA
3	Lokesh - Yuvan Karthikeyan	-	3	ARJUNA
COMPETITION NAME - BADMINTON DOUBLES GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Shakti Vinodhini - Yazhini	-	1	KARNA
2	Sheebabanu - Vysha	-	2	ASHWATHAMA
3	Ponnarasi - Nithyasri	-	3	ASHWATHAMA

SAMANVAYA 2024 WINNERS

COMPETITION NAME - BADMINTON MIXED DOUBLES				
S.No	Name of the Student	Batch	Place	Team
1	Pushparaj - Sasmita	-	1	KARNA
2	Sanjith Aditya - Ann Maria	-	2	ARJUNA
3	Prasanna - Ruth Priyanka	-	3	ASHWATHAMA
COMPETITION NAME - CHESS				
S.No	Name of the Student	Batch	Place	Team
1	Jyothi Prashanth	DAKSHA	1	EKALAVYA
2	Varshini	SRESHTA	2	ASHWATHAMA
3	Yogalakshmi	DAKSHA	3	ASHWATHAMA
COMPETITION NAME - CARROM SINGLES BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Ariharan	DAKSHA	1	KARNA
2	Prasanna	DAKSHA	2	ASHWATHAMA
3	Vishal Kakade	SRESHTA	3	ASHWATHAMA
COMPETITION NAME - CARROM SINGLES GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Pooja	VARISHTA	1	EKALAVYA
2	Varshini	SRESHTA	2	ASHWATHAMA
3	Ponnarasi	DAKSHA	3	ASHWATHAMA
COMPETITION NAME - CARROM DOUBLES BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Dhanabalan - Abijith	-	1	EKALAVYA
2	Sanjith Adithya - Lokesh	-	2	ARJUNA
3	Prasanna - Vishal Kakade	-	3	ASHWATHAMA
COMPETITION NAME - CARROM DOUBLES GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Ponnrasi - Yogalakshmi	-	1	ASHWATHAMA
2	Nivethasree - Bavatharani	-	2	ARJUNA
3	Varshini - Kavinaya	-	3	ASHWATHAMA

SAMANVAYA 2024 WINNERS

COMPETITION NAME - CLASSICAL MUSIC SOLO				
S.No	Name of the Student	Batch	Place	Team
1	Athmaja	SRESHTA	1	ARJUNA
2	Lohitha	SRESHTA	2	ASHWATHAMA
3	Thejaswini	PRAJNA	3	EKALAVYA
COMPETITION NAME - WESTERN MUSIC SOLO GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Lohitha	SRESHTA	1	ASHWATHAMA
2	Sakthi Vinodhini	DAKSHA	2	KARNA
3	Shobika	DAKSHA	3	KARNA
COMPETITION NAME - WESTERN MUSIC SOLO BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Chandrasekar	SRESHTA	1	ASHWATHAMA
2	Kevin	VARISHTA	2	ARJUNA
3	Pushparaj	SRESHTA	3	KARNA
COMPETITION NAME - CINEMATIC MUSIC SOLO GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Sakthi Vinothini	DAKSHA	1	KARNA
2	Reshma	VARISHTA	2	KARNA
3	Thejaswini	PRAJNA	3	EKALAVYA
COMPETITION NAME - CINEMATIC MUSIC SOLO BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Prajesh Hari	SRESHTA	1	ARJUNA
2	Pushparaj	SRESHTA	2	KARNA
3	Gokulesh	PRAJNA	2	ARJUNA
4	Siva Mugundan	PRAJNA	3	ASHWATHAMA
COMPETITION NAME - WESTERN MUSIC MIXED				
S.No	Name of the Student	Batch	Place	Team
1	Chandrasekar and group	-	1	ASHWATHAMA
2	Kevin and group	-	2	ARJUNA
3	Wincy and Team	-	3	KARNA
4	Silvester and Team	-	3	EKALAVYA

SAMANVAYA 2024

WINNERS

COMPETITION NAME - CINEMATIC MUSIC DUET				
S.No	Name of the Student	Batch	Place	Team
1	Seetha - Pushparaj	-	1	KARNA
2	Sakthi Vinodhini - Reshma	-	2	KARNA
3	Aiswarya - Gokulesh	-	3	ARJUNA
COMPETITION NAME - WESTERN MUSIC SOLO GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Lohitha	SRESHTA	1	ASHWATHAMA
2	Sakthi Vinodhini	DAKSHA	2	KARNA
3	Shobika	DAKSHA	3	KARNA
COMPETITION NAME - NOSTALGIA DANCE BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Dhanabalan and Team	-	1	EKALAVYA
2	Kevin and Team	-	2	ARJUNA
COMPETITION NAME - NOSTALGIA DANCE GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Thamarai and Team	-	1	EKALAVYA
2	Sruthi and Team	-	2	ARJUNA
3	Ponnarasi and Team	-	3	ASHWATHAMA
4	Sasmitha and Team	-	3	KARNA
COMPETITION NAME - MONOACT				
S.No	Name of the Student	Batch	Place	Team
1	Gopinath	SRESHTA	1	EKALAVYA
2	Chandrasekar	SRESHTA	2	ASHWATHAMA
COMPETITION NAME - TABLEAU				
S.No	Name of the Student	Batch	Place	Team
1	Silvester and Team	-	1	EKALAVYA
2	Sruthi and Team	-	2	ARJUNA
3	Prasanna and Team	-	3	ASHWATHAMA

SAMANVAYA 2024

WINNERS

COMPETITION NAME - FANCY DRESS BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Pranav	SRESHTA	1	ARJUNA
2	Chandrasekar	SRESHTA	2	ASHWATHAMA
3	Krishna	PRAJNA	3	ASHWATHAMA
4	Hanifa	DAKSHA	3	ARJUNA
COMPETITION NAME - FANCY DRESS GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Adithya	DAKSHA	1	ARJUNA
2	Vinobharathi	SRESHTA	2	ASHWATHAMA
3	Swathika	DAKSHA	3	EKALAVYA
COMPETITION NAME - CLASSICAL DANCE				
S.No	Name of the Student	Batch	Place	Team
1	Arundhati	SRESHTA	1	EKALAVYA
2	Swathika	DAKSHA	1	EKALAVYA
3	Aiswarya	PRAJNA	2	ARJUNA
4	Akshara Prasad	DAKSHA	3	ARJUNA
COMPETITION NAME - MIME BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Dhanabalan and Team	-	1	EKALAVYA
2	Hanifa and Team	-	2	ARJUNA
3	Prasanna and Team	-	3	ASHWATHAMA
COMPETITION NAME - MIME GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Haripriya and Team	-	1	EKALAVYA
2	Sakthi Vinothini and Team	-	2	KARNA
3	Sruthi and Team	-	3	ARJUNA
COMPETITION NAME - SYNCHRO BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Dhanabalan - Gopinath	-	1	EKALAVYA
2	Sudarsan - Pushparaj	-	2	KARNA

SAMANVAYA 2024

WINNERS

COMPETITION NAME - SYNCHRO GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Swathika - Thamarai Selvi	-	1	EKALAVYA
2	Seetha - Lithika	-	2	KARNA
3	Ruthpriyanka - Vysa	-	3	ASHWATHAMA
COMPETITION NAME - CINEMATIC GROUP DANCE BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Dhanabalan and Team	-	1	ARJUNA
2	Prasanna and Team	-	2	ASHWATHAMA
3	Kevin and Team	-	3	ARJUNA
COMPETITION NAME - CINEMATIC DANCE GROUP GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Shruti and Team	-	1	EKALAVYA
2	Vikasini and Team	-	1	KARNA
3	Ann Maria and Team	-	2	ARJUNA
COMPETITION NAME - CINEMATIC DANCE SOLO BOYS				
S.No	Name of the Student	Batch	Place	Team
1	Sivamugundan	PRAJNA	1	ASHWATHAMA
2	Dhanabalan	SRESHTA	2	EKALAVYA
COMPETITION NAME - CINEMATIC DANCE SOLO GIRLS				
S.No	Name of the Student	Batch	Place	Team
1	Thamarai selvi	DAKSHA	1	EKALAVYA
2	Vysha	SRESHTA	1	ASHWATHAMA
3	Aartheeswari	DAKSHA	2	EKALAVYA
4	Ruth Priyanka	DAKSHA	3	ASHWATHAMA
COMPETITION NAME - SEMICLASSICAL DANCE GROUP				
S.No	Name of the Student	Batch	Place	Team
1	Arundhathi and Team	-	1	EKALAVYA
2	Seethalakshmi and Team	-	2	KARNA
3	Ruth Priyanka and Team	-	3	ASHWATHAMA



तत्रोपायाननुव्याख्यास्यामः-

अध्ययनम्, अध्यापनं, तद्विद्यसम्भाषा चेत्युपायाः॥६॥

(Ca.Vi.8th)

The means for enhancing depth of knowledge are-

- (1) Studying,
- (2) Teaching,
- (3) Discussing, with appropriate persons.

About Us

Ayurveda, the ancient diagnostic and treatment method of India is becoming more popular in the world. Nandha Ayurveda medical college and Hospital, a flagship brand of NANDHA EDUCATIONAL TRUST.

Our other institutions

Tech Campus :

- Engineering College (Autonomous)
- College of Technology
- Polytechnic College

Indian Medicine Campus :

- Ayurveda Medical College & Hospital
- Naturopathy & Yoga Medical College & Hospital
- Siddha Medical College & Hospital

School Campus :

- Central School (CBSE)
- City Central School (CBSE)
- Matric. Hr. Sec. School

Science Campus :

- College of Pharmacy
- College of Physiotherapy
- College of Nursing
- School of Nursing
- College of Allied Health Sciences
- Academy of Allied Health Science
- Arts & Science College
- College of Education
- Teacher Training Institute
- Institute of Health Science

Medical Campus :

- Medical College & Hospital
- Dental College & Hospital



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