

# **YENEPOYA NATUROPATHY AND YOGIC SCIENCE COLLEGE AND HOSPITAL**



## YENEPOYA NATUROPATHY AND YOGIC SCIENCE COLLEGE AND HOSPITAL.



**Dr. Naveen G H**  
Dean

Naturopathy and Yoga are part of a Complementary and Alternative system of Medicine (CAM)/Indian system of Medicine that mainly emphasize on the concept of holistic health, which includes the physical, mental and social aspects of well-being, and not merely an absence of disease as envisioned by World Health Organization (WHO). With the ideal Naturopathy and Yoga techniques, we could establish a harmonious balance between body, mind and spirit, thus bringing a fundamental change in the organism, with an improved quality of life, slowing down of the ageing process, preventing and managing the illnesses.

BNYS (Bachelors in Naturopathy & Yogic Sciences) is one of the 5 Medical Courses come under AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha & Homeopathy). The subjects taught are a perfect blend of Naturopathy & Yoga subjects and modern medical subjects. Interestingly, most of the Naturopathy & Yoga subjects taught are evidence-based subjects such as Nutrition & Dietetics, Botanical Medicine, Acupuncture, Fasting therapy, Yoga therapy, Physical Medicine and Rehabilitation, Mud therapy, Hydrotherapy, and Manipulative Therapies. Scientific research across the globe has validated the potential benefits of these therapies on stress, obesity, diabetes mellitus, anxiety, depression, hypertension, coronary heart disease, osteo arthritis, bronchial asthma, tension headache/migraine, chronic back pain, insomnia, dyslipidaemia and other lifestyle/chronic medical conditions.

By looking at the current global challenge to tackle mainly Non-Communicable diseases, Naturopathy and Yoga play a significant role in this direction. It is the need of the hour to train young minds as Medical practitioners in Naturopathy and Yoga to meet this global challenge. Thinking in this direction, our management Yenepoya (Deemed to be University) with a visionary leadership of our Chancellor "Mr. Abdulla Kunhi" started a BNYS (Bachelor of Naturopathy and Yogic Sciences) Medical College in 2020 to provide a holistic health care education to the students and the clinical services with an attached teaching Hospital to the people suffering from various medical conditions.

As all of us aware, in the year 2014 a separate AYUSH Ministry has been established. After this more

importance has been given to uplift the AYUSH systems including Yoga and Naturopathy at the national and international level. Furthermore, there is a wider career prospectus for our students to work in government and private institutions as academicians, clinical practitioners, scientists, wellness practitioners and health spa managers in 5 star & 7 star hotels & health resorts.

I am very much delighted to welcome you for the admission at YNYMCH assuring best education in teaching, clinical, research fields & outreach activities. In addition, through this course students will enhance their self-health, moral values, & holistic self growth. This in turn enables them to have a dazzling and healthier future.

"The doctor of the future will give no medicine, but will interest patients in the maintenance of the human frame, in diet, and in the prevention of disease"-Thomas Edison

Dr. Naveen G.H.  
BNYS, M.Sc., Ph.D (Yoga and Psychiatry, NIMHANS)  
Ex-Chair (Yoga) – Leibniz University, Hannover, Germany  
THE DEAN

## INTRODUCTION

"Yenepoya (Deemed to be University) brings you a world-class educational experience in the pristine surroundings of a tranquil south Indian town. Nature is the closest companion on the campus offering the best in education. Come, explore Yenepoya and evolve into a technology-enabled future." The Islamic Academy of Education since its inception in 1991, dreamt of providing quality higher education, and towards this goal hired the best in their profession. In a healthy campus with natural surroundings, the trust raised buildings designed to bring out the best learning environs, in the distant suburbs of Mangalore. In its quest towards excellence in professional education, the academy decided to sponsor the formation of a new trust with the sole purpose of creating a Deemed-to-be University (2007). Recognizing the yeoman service provided over the years by these institutions, the Ministry of Human Resource Development, Union of India, on the recommendation of the University Grants Commission, granted recognition to Yenepoya University Trust, a Deemed-to-be University status under section 3A of the UGC Act 1956 in 2008. This opened a new chapter in the history of Yenepoya Institutions.

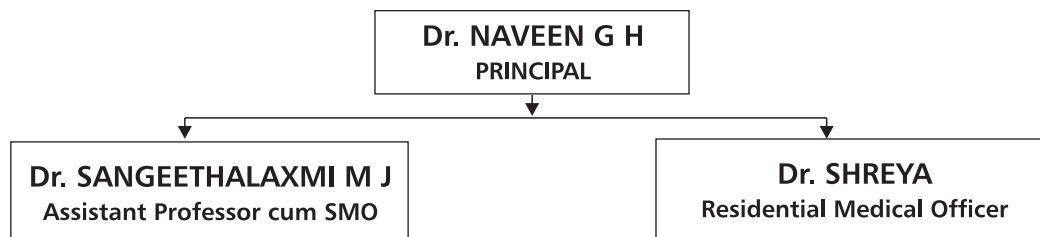
Today, Yenepoya (Deemed to be University) has on its rolls nearly 3000 students. The University campus located at Deralakatte is accorded with all modern infrastructure facilities that include fully furnished classrooms, well-maintained science laboratories, residential quarters for staff and separate lodging facilities for boys and girls. The saga of Yenepoya (Deemed to be University) is yet to unfold and greater achievements are around the corner. To prove that quality has been the signature of the institutions and more than just lip service, we have been accredited by NAAC with "A" grade and CGPA points of 3.14 during November 2015. The Deemed to be University has been ranked the Third Best University among best Young Universities in Karnataka by K-SURF, Government of Karnataka 2016 and ranked in top 100 (95th) in range in NIRF of MHRD, Govt. of Indian Universities category in the country.

Yenepoya Naturopathy and Yogic Science College and Hospital (YNYSCH) was established in 2020. The Department of Health & Family Welfare (Indian System of Medicine), Govt. of Karnataka, granted the permission to admit 60 students in BNYS Course from 2020-21 onwards and 34 were admitted to

the course. The college and its associated hospital has developed state of art facilities to facilitate the patient care, academics and research.

Yenepoya Naturopathy and Yogic Science College and Hospital is proud to claim to be the first Naturopathy and Yoga Medical institution brought up by a Southern Indian State Deemed-to-be University which has integrated conventional medical facilities. The campus is located amidst the greens, away from pollution and surrounded with natural breeze situated in the picturesque landscape of Naringana village, Deralakatte. The institution provides immense opportunity for integrated learning of holistic treatments at a serene campus. The college offers 5 ½ years BNYS (Bachelor of Naturopathy & Yogic Sciences) Medical Degree Course and the Teaching Hospital provides clinical education and intense training. This is a constituent unit of Yenepoya (Deemed to be University) and recognized by Central Council of Research in Yoga and Naturopathy (CCRYN) under the Ministry of AYUSH, Govt. of India & National Institute of Naturopathy (NIN), Govt. of India.

## ADMINISTRATION - ORGANIZATION CHART



### VISION MISSION AND OBJECTIVES

#### VISION :

To emerge as a centre for excellence in Naturopathic Medicine and Yoga medical education, clinical services and research

#### MISSION:

- To impart Quality medical education to the students and assist them in their career.
- To provide safe, comfortable and professional working environment for the faculty to excel in their field.
- To improve evidence based medical education and clinical services through high quality research.
- To deliver naturopathic medicine and yoga health care services to the community.

### Executive Summary

#### Faculty Profile:

Sl.No.	Name	Qualification	Designation
1	Dr. Naveen GH	BNYS, Msc, PhD	Dean
2	Dr. Sangeethalaxmi M J	BNYS, (PhD)	Assistant professor cum Senior Medical Officer
3	Dr. Shreya	BNYS	Residential Medical officer

#### UG STUDENTS :

Total Batches -1

Total students- 34

## DEPARTMENT OF NATUROPATHY AND YOGA

### Introduction:

Yenepoya Naturopathy and Yoga therapies are administered in a hassle free natural environment giving a calming and tranquilized experience to the natural health seekers. The process of healing is based on the Panchamahabhuta concept which focuses to bring complete holistic health in every individual. Treatment facilities include Diet and Nutrition Therapy, Fasting Therapy, Hydro Therapy, Acupuncture, Mud Therapy, Physiotherapy, Botanical Medicine, Massage Therapy, Acupressure, Reflexology, Magneto therapy, Chromo therapy, Heliotherapy, Energy Medicine and Yoga Therapy. Naturopathy and Yoga not only helps in attaining freedom by removing the root cause of disease but also helps in acquiring positive health. Naturopathy believes in the “Principle of self healing”. The natural methods of treatment boost the vitality and immunity of the individual thereby speeding up the recovery process. Most of the illness in today's world is dominated by non-communicable diseases which are treated scientifically at Yenepoya Naturopathy and Yoga Hospital. Health seekers must note that the treatment modalities administered here are majorly backed by scientific evidence.

### Thrust areas:

Diet and Nutrition Therapy, Fasting Therapy, Hydro Therapy, Acupuncture, Mud Therapy, Physiotherapy, Botanical Medicine, Massage Therapy, Acupressure, Reflexology, Magneto therapy, Chromo therapy, Heliotherapy, Energy Medicine and Yoga Therapy

### TEACHING FACULTY :



**Dr. Naveen G H**



**Dr. Sangeethalaxmi M J**



**Dr. Shreya**

### 1. Faculty Profile:

Sl.No.	Name	Qualification
1	Dr. Naveen GH	BNYS, Msc, PhD
2	Dr. Sangeethalaxmi M J	BNYS, (PhD)
3	Dr. Shreya	BNYS

## 2. Programmes conducted: (Conference/Workshop/Guest Lecture etc.)

Sl. No.	Name of the Program	Brief description of the Event	Date
1	Naturopathy Day - National Symposium	Nurturing Vitality through Naturopathy	18th Nov. 2020
2	Naturopathy and Yoga Health awareness Camp	-----	9th & 10th Jan. 2021
3	International Webinar on Naturopathic Medicine and Yoga	-----	8th Feb. 2021
4	Free Mega Naturopathy and Yoga Camp	"SELF RELIANCE THROUGH SELF HEALTH RELIANCE"	25th ,26th,27th and 28th March 2021

## 3. PROGRAMS ATTENDED AS RESOURCE PERSON/PAPER PRESENTATION

Sl. No.	Name of the Faculty	Date	Name of the Program
1	Dr. Naveen GH	18.11.2020 09.01.2021 09.01.2021 and 10.01.2021 08.02.2021 25th ,26th,27th and 28th March	Resource Person at National webinar on National naturopathy Day Resource Person Naturopathy and Yoga Health awareness Camp Organised Naturopathy and Yoga Health awareness Camp Organised International Webinar on Naturopathic Medicine and Yoga Organised Free Mega Naturopathy and Yoga Camp
2	Dr. Sangeethalaxmi M J	18.11.2020 9.01.2021 and 10.01.2021 08.02.2021 19,20,21 Feb 2021 26.02.2021 25th, 26th, 27th and 28th March 2021	Organised Naturopathy Day Organised Naturopathy and Yoga Health awareness Camp Talk on Back pain at Yenepoya Medical College Organised International Webinar on Naturopathic Medicine and Yoga Conducted Yoga sessions at vijnana Sahitya Kammata Mangalore Attended ICT for learning –DMS Training Organised Free Mega Naturopathy and Yoga Camp Talk on Nutrition and Health at Food craft



Sl. No.	Name of the Faculty	Date	Name of the Program
3	Dr. Shreya	20.8.2020 23.08.2020 24.08.2020 23.08.2020 1.09.2020 24.08.2020 23.08.2020 12.11.2020 18.11.2021 9.01.2021 and 10.01.2021 08.02.2021 25th, 26th, 27th and 28th March 2021	<p><b>Completed courses on Coursera:</b></p> <ol style="list-style-type: none"> <li>1. Mind control: Managing your mental Health during COVID-19 by University of Toronto</li> <li>2. Everyday Chinese Medicine by the Chinese University of Hong Kong</li> <li>3. Introduction to Psychology by Yale University</li> <li>4. Curanderismo: Traditional Healing of the Body by University of New Mexico</li> <li>5. Meditation: A way to achieve your goals in your life by Korea Advanced Institute of Science and Technology (KAIST)</li> <li>6. Nutrition and Lifestyle in Pregnancy by Ludwig-Maximilians-Universität München (LMU)</li> <li>7. Positive psychology by the university of North Carolina at Chapel Hill</li> </ol> <p>Attended National Ayurveda Day Organised Naturopathy Day Organised Naturopathy and Yoga Health awareness Camp Talk on Migraine at Yenepoya Medical College Organised International Webinar on Naturopathic Medicine and Yoga Organised Free Mega Naturopathy and Yoga Camp Conducted yoga session for Camp Participants at AYUSH Campus</p>

#### 4. Research Projects - Faculty

Sl. No.	Project title	Principal Investigator	Funding /grant (Rs.)
1	"Long-term effects of Yoga on psycho-neuro-endocrine functions among adolescent healthy volunteers"	Dr. Naveen G H	39,65,371/-

