

MNR

iNFOCUS

Enriching the innerself

February 2024

MNR's IN-HOUSE MAGAZINE



Sri. Ravi Varma Mantena, Vice-Chairman, MNR Educational Trust, felicitating His Highness, **Shaikh Faisal bin Obaid Al Maktoum** with memento during his visit to Manthena American School, Sharjah - UAE on 18th January, 2024 signifying a momentous occasion for MNR Group of Institutions

"Power of Positive Affirmations"

"The mind is everything. What you think you become." - Buddha

In a world buzzing with noise, positive affirmations are like gentle whispers of encouragement, turning self-doubt into self-love. These simple statements, repeated daily, have the extraordinary ability to reshape our mindset and fuel our journey toward self-love.

Positive affirmations act as a compass for our thoughts, guiding us towards optimism and resilience. By affirming our capabilities, we unlock the door to a realm of endless possibilities and self-discovery.

In the face of challenges, affirmations become our armours, protecting us from self-doubt and negativity. They are the uplifting mantras that remind us of our strength, worth, and the unique light we bring to the world.

Just as a seed needs nurturing to blossom, our minds thrive on the nurturing words of positive affirmations. They cultivate a garden of self-empowerment, fostering a sense of belief that drives us forward.

Embracing positive affirmations is not just a practice; it's a celebration of self. With each affirmation, we build a foundation of confidence, paving the way for a brighter, more resilient version of ourselves.

In the symphony of life, positive affirmations are the harmonious notes that create a melody of self-love. Let us embrace their simplicity and let their echoes resonate within, shaping a mindset that blossoms with positivity and firm belief.

"Embrace the magic of positive affirmations and watch your world transform with confidence and joy."



Editorial.....

Postal Address :

INFOCUS
MNR's In-House Magazine

MNR Research Conventions Pvt. Ltd.
2-23B/350, Bhagyanagar- Phase III, HMT Hills Colony,
Opp. JNTU Kukatpally, Hyderabad - 500 085.
Ph : 040-23890835

Email : infocus@mnrindia.org
Facebook : www.facebook.com/infocusinhouse

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Publisher
&
Editor-in-Chief
Sri M.N. Raju

Editor
Dr. Kodaparthi Ashwitha

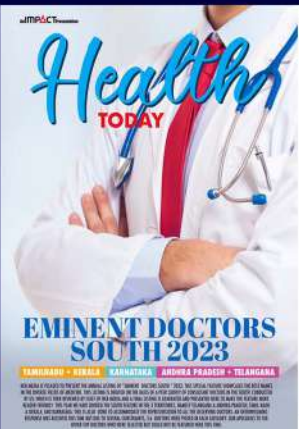
Illustrations and
Designing
Nagarjuna Ambati
K Kishore Kumar

Supervision
P. Sharmila

Special Moments: His Highness, Shaikh Faisal bin Obaid Al Maktoum visits Manthena American School, Sharjah - UAE on 18th January, 2024



Prof. Dr. Vasantha Kumar KR, Principal, MNR Medical College & Hospital has been recognized and celebrated in Coimbatore at the Ganga Hospital's Annual GARC - 2024 event for his outstanding contributions to Anaesthesiology. He's been inducted into the prestigious "Hall of Fame" awards for his dedication to professional advancement and multi-potential approach, and being a true ambassador of the profession



PROF. DR K PAVAN KUMAR

Professor of Pediatrics
MNR Medical College
Chief Pediatrician
Omega Clinics, KPHB, Hyderabad
Cell: 9000249111

- *Fellowship in Allergy & Clinical Immunology, Pediatric Nutrition & Developmental Neurology
- * Bharat Gaurav Puraskar 2023
- * Asia's Best Researcher Award 2023
- * Best Pediatrician Award 2023 from Health Minister MR Harish Rao.
- *National Award Winner of Dr V Balagopala Raju Gold Medal Award 2010

Prof. Dr. K. Pavan Kumar, Pediatrician at MNR Medical College & Hospital, Sangareddy, is proudly listed as one of the Eminent Doctors of South India 2023-24, published in Health Today's **"Special Anniversary Edition"** featured by **India Today**. A well-deserved honor for his exceptional care and commitment to children's health

Events @ MNR Higher Education and Research Academy

(MNR-HERA) Campus, Sangareddy, Telangana

Cervical Health Awareness Organized by
MNR College of Nursing



Dr.Tham Venkata Ratnam, final year Post Graduate in the Dept. of General Surgery has been felicitated for receiving best paper award in 83rd Annual National Conference ASICON 2023, Visakhapatnam



Republic Day Celebrations
@ MNR Campus, Sangareddy



New Year Celebrations
@ MNR Campus, Sangareddy



Sankranti Celebrations
@ MNR College of Engineering & Technology



Restoring Smiles: World Prosthodontists Day
Celebrations @ MNR Dental College and Hospital





Sri M N. Raju
Chairman
MNR Educational Trust



DEVARATA (BHISHMA)

THE MOST POWERFUL PERSON, WITH NO POWERS TO ACT

Devarata was the eighth child of Ganga and Santanu, the great-grand-father of the Pandavas and the Kauravas.

Ganga, the river-nymph, was cursed by Indra, the king of the Devas, to be born as a woman. Eight Gods, known as Vasus, were also cursed to be born as the children of Ganga, since they stole the cow of Vasishtha, the great Rishi. So, Ganga became the mother of the eight Vasus.

The Goddess Ganga became the most beautiful woman and was gliding on a dolphin in the river Ganga. Santanu, the son of Pratipa, was the king of Hastinapura. He happened to see Ganga and got intoxicated by her superhuman loveliness. He earnestly offered his love, his kingdom, his wealth, his all and his very life to her and asked her to marry him.

“I will” said Ganga, “provided you promise to never question my actions”. Driven by lust, Santanu agreed. They married.

Later Ganga gave birth to her first son. But there was no cheer in the family of Santanu.

Ganga took the new born child and threw into the river Ganga. Though horrified by her action, Santanu said nothing. He did not want to lose his beautiful wife. Ganga did drown the other six new born boys, one after another, as soon as they were born.

Santanu was filled with horror and anguish at such fiendish conduct each time when she was killing seven children.

But when Ganga was about to drown the eighth child, Santanu cried “Stop, you pitiless woman. Let him live”.

Ganga stopped and said “O King, you have broken your word. So, it is time for me to leave you and go back to Swarga. I killed seven new born boys with a reason. They were Devas, called, Vasus, who were cursed by Vasishtha for stealing a cow. I killed them to help them go back to Swarga immediately after their birth as humans”.

She further said ‘The eighth Vasu will live as I am unable to send him back to Swarga because you failed to keep up your promise that you gave me at the time of our marriage”.

Ganga also said, “The eighth Vasu will live with you as your son. But he will neither marry

nor inherit your kingdom. He will live as a householder but without his own family and children. And finally, he will die a death of shame at the hands of a man who will actually a woman, though he will be a great hero and a man of great principles”.

The goddess Ganga said “I shall take your son and raise him as a perfect warrior. He shall be trained by the martial sage Parashurama. Then I shall send him to you”. She left Santanu and disappeared with the eighth child.

After few years, when Santanu was wandering along the banks of the Ganga, he happened to see a young boy, who was endowed with beauty and was shining like the sun. He was playing with the mighty river, Ganga as a child with an indulgent mother. Then the goddess Ganga also appeared in front of Santanu. She said ‘O King, this is eighth child I bore you. I have brought him up till now. His name is Devavrata’. She blessed the boy and handed him over to his father and disappeared.

(Note: The story of Devarata will be continued in our next issue)





VEGETABLES THAT WILL HELP BOOST YOUR IMMUNITY THIS WINTER



Dr. Velicharla Ravi Teja
Assistant Professor
Department of Pharmacy Practice
MNR College of Pharmacy, Sangareddy

Why is Immunity important in winters?

The cold weather tends to weaken our body's defences, making us more susceptible to illnesses. A robust immune system can help fend off those seasonal colds and keep you feeling best.

Do Vegetables help in immunity?

Vegetables are a fantastic source of essential nutrients, vitamins, and antioxidants that can give your immune system a much-needed boost. Here are the 5 superstar vegetables that can help you stay healthy this winter.

Spinach

Spinach is loaded with vitamin C, which can help your body to fight with infections. It's also rich in iron, which supports the production of red and white blood cells, vital for a healthy immune system. An easy recipe made out of spinach is Palak Paneer.

Here is the easy recipe: Heat oil or ghee in a pan, add cumin seeds, and let them splutter, Add chopped onions and saute until they turn translucent, Stir in ginger and garlic, and cook for a minute, Add tomato puree, turmeric, red chilli powder, and salt, Add chopped spinach and cook nicely, Add Paneer cubes and garam masala, Simmer for a few minutes. The dish is ready.

Broccoli

Broccoli is a nutritional powerhouse. It's packed with vitamins A, C, and E, as well as a variety of antioxidants. These nutrients work together to enhance your immune response and keep those winter germs at bay. Many people don't like the taste of broccoli.

Here is a delicious recipe for you: Broccoli Masala (Heat oil in a pan, add cumin seeds, and let them splutter, Add chopped onions and saute until they turn golden brown, Add in ginger-garlic

paste, and cook for a couple of minutes, Add chopped tomatoes, turmeric, coriander powder, red chilli powder, and salt, cook until the tomatoes turn soft, add broccoli and a little water, cover and cook until the broccoli is tender. You can garnish with fresh coriander leaves.

Carrots

Carrots are not just excellent for eyes; they are also fantastic for immune system. They are rich in beta-carotene, which body converts into vitamin A, an essential nutrient for maintaining healthy skin and mucous membranes - body's first line of defence against invading pathogens. Most people wait for the winter season just so they can eat the all-time winter dessert, Gajar Ka Halwa.

Here is the recipe: Heat ghee in a heavy-bottomed pan and add grated carrots, Saute for a few minutes. Add milk and simmer on low heat until the carrots are cooked and the milk reduces, stir in sugar or any other alternative and chopped nuts, cook until the mixture thickens. You can serve this delicious dessert hot or cold.

White Radish

White radishes are known for their spicy kick, and they are also a great source of vitamin C. This vitamin is known for its immune-boosting properties, helping your body build a robust

defence system against infections. White Radish is best known to us as Mooli ka Paratha.

Here is the recipe for it: Combine grated radish, salt, and red chilli powder in a bowl, Let it sit for 15 minutes, then squeeze out excess water. In another bowl, mix whole wheat flour, cumin seeds, and a pinch of salt, add water and knead the dough, divide the dough into small balls and roll them out to place a portion of the radish mixture in the centre and make a paratha out of it, cook the paratha on a hot tawa with ghee or oil until it's golden brown on both sides.

Beetroot

Beetroot is a vibrant and nutritious vegetable that can give immune system a real boost. Packed with vitamin C and antioxidants, it helps your body produce antibodies and white blood cells, the soldiers of your immune system. This vegetable might not come in your favourites list.

Here is a recipe to consume it: Beetroot Juice (Making beetroot juice is a breeze! Start by washing, chopping, and blending two medium-sized fresh beetroots with 1-2 apples (for sweetness), a small piece of ginger, and the juice from half a lemon. No need to peel the beetroots or apples (although you can), the skin is full of goodness. Blend until smooth and, if desired, strain for a smoother texture. Pour homemade beetroot juice into a glass and take a sip of this tangy, slightly sweet, and nutrient-packed glass of juice.



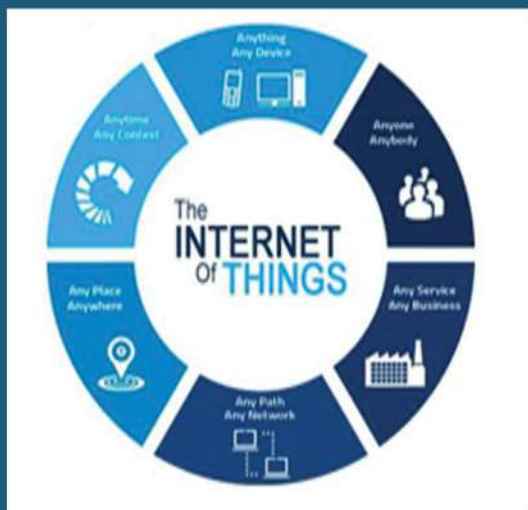


IMPACT OF INTERNET ON MODERN SOCIETY



Today, the Internet connects people from all over the world allows for a global conversation. It has altered society in many ways, from cultural exchange to social and economic development. Internet has enabled many new ways of thinking and connecting. It has enabled us to access an almost infinite source of information, from news sites to local news sources. Now, we can access any news source from anywhere.

sources they want to use and what information they want to receive. The Internet is helping young people voice their opinions and express their political freedoms. This is encouraging, as it shows the positive impact of the Internet on political freedom. Increasing access to faster, cheaper internet connections may help to bring down powerful leader. It's been postulated that about 95% of all information available has been digitized and made accessible via the Internet. This processing system has also led to a complete transformation in communication, availability of knowledge as well as social interaction. However, as with all major technological changes, there are positive and negative effects of the internet on the society too.



WHAT PERCENT OF THE WORLD HAS ACCESS TO THE INTERNET?

65.6 percent of the entire world's population has internet access. There are 4.28 billion unique mobile internet users world wide, which makes up 54.6 percent of the global population. Today, there are over 1.8 billion websites on the world wide web and counting. Since the internet was made publicly available in 1991 – 30 years ago now. Nine years later at the turn of the millennium, 361

The speed of access varies by location, cost, and bandwidth availability. However, internet use has improved the quality of life for everyone. Those who want to read the news can choose the

million people around the world had access to the internet. (24.4 percent) of the world's internet users are located in East Asia. The internet, through its social networking software, aggregates people who might otherwise be excluded from a creative life. The Internet values real time, space, and human expression. But this is an unintended consequence of the Internet. We need a more diverse Internet, which values diversity, and reflects our global society.

While the Internet is benefiting the world economically, its impact is not equally distributed. Digital divides are increasing and could spread across nations. This will negatively impact jobs, as well as the economic performance of countries. As a result, the impact of the Internet on modern society cannot be ignored.

THE INTERNET'S POSITIVE EFFECT

1. The Internet provides effective communication using emailing and instant messaging services, no matter where you are.
2. It saves time, which improves business relationships and transactions.
3. Shopping and banking online has made everyday life less complex.
4. You can get global news without relying on television or newspapers.
5. The availability of millions of books and journals online has provided a huge boost to education. Students can now take online courses using the internet. Research has become easier as a result.
6. Modern job applications have become simpler, as most jobs are posted online and applications are now the norm.
7. Professionals can now enhance their research by exchanging information and materials online.



THE NEGATIVE IMPACT OF THE INTERNET ON SOCIETY

1. Availability of illegal or inappropriate materials online that isn't age-suitable is easy to access.
2. Long periods of screen time can negatively affect our health and communication skills by causing insomnia, eye strain, and anxiety and depression.
3. A person's personal and professional life can be disrupted by an addiction to social networking.
4. Some criminals use the Internet to hack people's accounts for nefarious purposes, such as stealing data or financial information.

CONCLUSION

As the Internet grows, so does its impact on society. Consumers are now in control of marketing and distribution. They review products and influence retail trade and the economy. The Internet is an integral part of the global economy, and it can help foster growth in macroeconomic frame works by enhancing productivity and competitiveness. The Internet has changed the way we interact with one another. It is now more likely to interact with others than it is to communicate with physical entities.



MANAGEMENT OF CHRONIC SINUSITIS THROUGH INDIVIDUALISED HOMOEOPATHY



Dr. Manilal
Director
MNR Homoeopathic Medical College,
Sangareddy, Telangana

Chronic sinusitis is a prevalent condition affecting a significant population worldwide, it is usually suffering from sinus discomfort, also referred to as facial pain and pressure on their nose, eyes, and cheeks¹. This leads to millions of visits, where they are frequently diagnosed with sinusitis. The routine approach of treating this condition usually involves antibiotics, corticosteroids, and surgical intervention providing the temporary relief and may have side effects, where it indirectly affects the quality of life of the patients.

Homoeopathy being the system in which the diseases are not treated locally but with the internal dynamic homeopathic medicines, has a useful role to play in this type of disease².

Pathology

There are four paired sinus cavities: the ethmoid, sphenoid, frontal, and maxillary sinus cavities, these paired cavities allow air to be filtered during inhalation. For the antigens to be filtered and expelled, sinuses need to drain. Acute infection destroys normal ciliated epithelium impairing drainage from the sinus. Pooling and stagnation of secretions in the sinus invites infection. Persistence of infection causes mucosal changes, such as loss of cilia, oedema and polyp formation, thus continuing the vicious cycle^{3,4}.

Chronic sinusitis is multifactorial in nature and can include infectious, inflammatory, environmental, genetic or structural factors. Most important cause is failure of acute infection to resolve. Other ethologies such as allergic rhinitis (dust mites, moulds), (airborne irritants, cigarette smoke or other toxins), structural causes (nasal polyps, deviated nasal septum), ciliary dysfunction, immunodeficiencies, and fungal infections should be considered. Otitis media, asthma, AIDS, and cystic fibrosis, are other medical conditions that can be associated with chronic sinusitis⁴.

People with allergic rhinitis or asthma more likely to suffer from chronic sinusitis as the airways are more likely to become inflamed⁵.

Clinical features

Major Symptoms

- o Purulent anterior nasal discharge
- o Purulent or discoloured posterior nasal discharge
- o Nasal congestion or obstruction
- o Facial congestion or fullness
- o Facial pain or pressure
- o Hyposmia or anosmia

Minor Symptoms

- o Ear pain, pressure, or fullness
- o Headache
- o Halitosis
- o Dental pain
- o Cough
- o Fever (for subacute or chronic sinusitis)
- Most of the cases are diagnosed clinically. Differentiation from sinusitis with migraine, is having nausea associated with post nasal drainage along with persistent with more severe pain or discomfort⁶.
- Investigations include Non-contrast-enhanced CT is the imaging study is a confirming tool of choice to evaluate the paranasal sinuses in the diagnosis of chronic sinusitis, but also more expensive than nasal endoscopy which is also beneficial tool⁷.

Management through homoeopathic system of medicine.

Homoeopathy strength lies in its evident effectiveness as it takes a holistic approach towards the sick individual through promotion of inner balance at mental, emotional, spiritual and physical levels. When Sinusitis concerned there are many effective medicines are available in Homoeopathy, but the selection depends upon the individuality of the patient, considering the mental and physical symptoms. This clinical condition may be treated with different remedies in different patients¹⁰.

The most effective homoeopathic medicines in the management of sinusitis showed more useful medicines for the treatment of sinusitis viz. Pulsatilla, Natrum mur, Kali bichromicum, Silicea, Lachesis, Belladonna, Rhus Toxicodendron and Natrum sulphuricum. It is also observed that different medicines have affinity towards particular type of sinus affected. Pulsatilla was frequently indicated medicine in this condition. It had particular affinity for maxillary, frontal and fronto-maxillary sinusitis; it emerged as useful medicine when the prescribing symptoms consisted of thirstlessness, thick, purulent, greenish yellow catarrh^{11,12}.

- Natrum sulph like Natrum mur, also acted well in chronic fronto maxillary sinusitis but was worse during damp cold or monsoons.
- Lachesis was useful in left sided chronic maxillary sinusitis, with dryness of mouth during sleep, nasal obstruction causing choking at night.
- Kali bichromicum was the next most frequently indicated medicine in frontal sinusitis with pain in supraorbital region, root of nose and scanty, sticky and purulent nasal discharge.
- Natrum mur. was another medicine which was in parallel to Kali bichromicum, indicated in chronic frontomaxillary sinusitis with supraorbital headache and aggravated around 9-10 am.
- Natrum ars was used as specific medicine for sinusitis of chronic origin when there

was obstruction, post nasal catarrh and pharyngeal congestion, aggravated in damp cold weather

- Mercurius solubilis had favourable action on frontal sinusitis which was worse at night with nasal obstruction. Typically, the patient had moist, thickly coated indented tongue with foul breath.
- Calc.sulph. was indicated in chronic sinusitis with thick yellow discharge associated with burning in palms and soles. The symptoms were better from washing with cold water.
- Hepar sulph. is another medicine which was indicated for acute sinusitis (frontal/ fronto-maxillary) becoming chronic with passage of time and it was associated with allergic rhinitis. These patients were much sensitive to cold.
- Sabadilla" indicated mainly in left sided sinusitis associated acute rhinitis with sneezing, and getting relief from hot fomentation
- Cassia sophera Q- found to be useful when prescribed on the presenting symptoms of blocked nose causing difficult breathing, sneezing in bouts. The medicine was given to patients suffering from chronic sinusitis of fronto-maxillary origin after the acute attack was abated. This corroborates with the findings of drug proving as well as clinical verification of Cassia sophera.
- Various studies further suggested common remedies including Sepia, Pulsatilla, Lycopodium, and Carcinosinum showed immunomodulatory and anti-microbial properties in other studies^{12,13}.

Conclusion

Sinuses are better prevented than treated. When they do develop, they are better treated early. After successful treatment of the condition by homoeopathic medicine, it is the responsibility of the homoeopathic physician to document the achievement in this condition. successful avoidance of surgery would be highly appreciated by the patient and relatives; and also bring great credit to the homoeopathic system of medicine

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ORAL CANCER

Detection and Prevention



“ THE BEST TIME TO QUIT SMOKING WAS THE DAY YOU STARTED,
THE SECOND BEST TIME IS TO QUIT IT TODAY “

Each year on 4th February, World Cancer Day inspires personal and collective efforts to raise awareness and make progress in the prevention, detection and treatment of all forms of cancer. World Cancer Day is led by the Union for International Cancer Control (UICC) and is an opportunity for the global community to join together and act for a cancer-free world.

On World Cancer Day, #ActOnMouthHealth

According to UICC, 9.6 million people die each year from cancer.

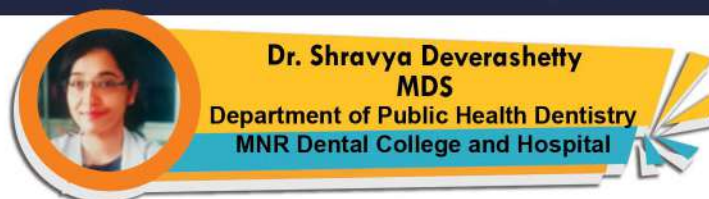
That's more than HIV/AIDS, malaria and tuberculosis combined. By 2030, experts project cancer deaths to rise to 13 million. Oral cancer is one of the 10 most common cancers in the world and in line with this year's World Cancer Day 'CLOSE THE CARE GAP' theme, FDI calls on:

- Individuals to learn about their risk and act to reduce it
- Oral health professionals to use the resources developed specifically for them to aid in their clinical diagnosis

Tobacco and excess alcohol consumption are two of the biggest risk factors of mouth cancer.

Catching Mouth Cancer Early

Keep an eye out for any changes in your mouth. Given the time we spend in front of the bathroom mirror brushing our teeth, this one should be easy.



The most common signs to look out for are:

- Mouth ulcers which do not heal in three weeks.
- Red and white patches in the mouth.
- Unusual lumps or swellings in the mouth or head and neck area.

If you notice any of these warning signs, contact your dentist or doctor immediately.

Mouth cancer can strike in a number of places including the lips, tongue, gums and cheeks. Take action by booking an appointment with your dentist or doctor, if you notice any unusual changes in these areas.

Regular visits to the dentist are crucial, especially if you smoke or drink.

They can see spaces in your mouth easier than you can and may spot a problem before you notice it.

COMMIT TO QUIT !

- When the news came out that, smokers were more likely to develop severe disease with COVID-19 compared to non-smokers, it triggered millions of smokers to want to quit tobacco. But without adequate support, quitting can be incredibly challenging.

- With professional support and cessation services, tobacco users double their chances of quitting successfully.

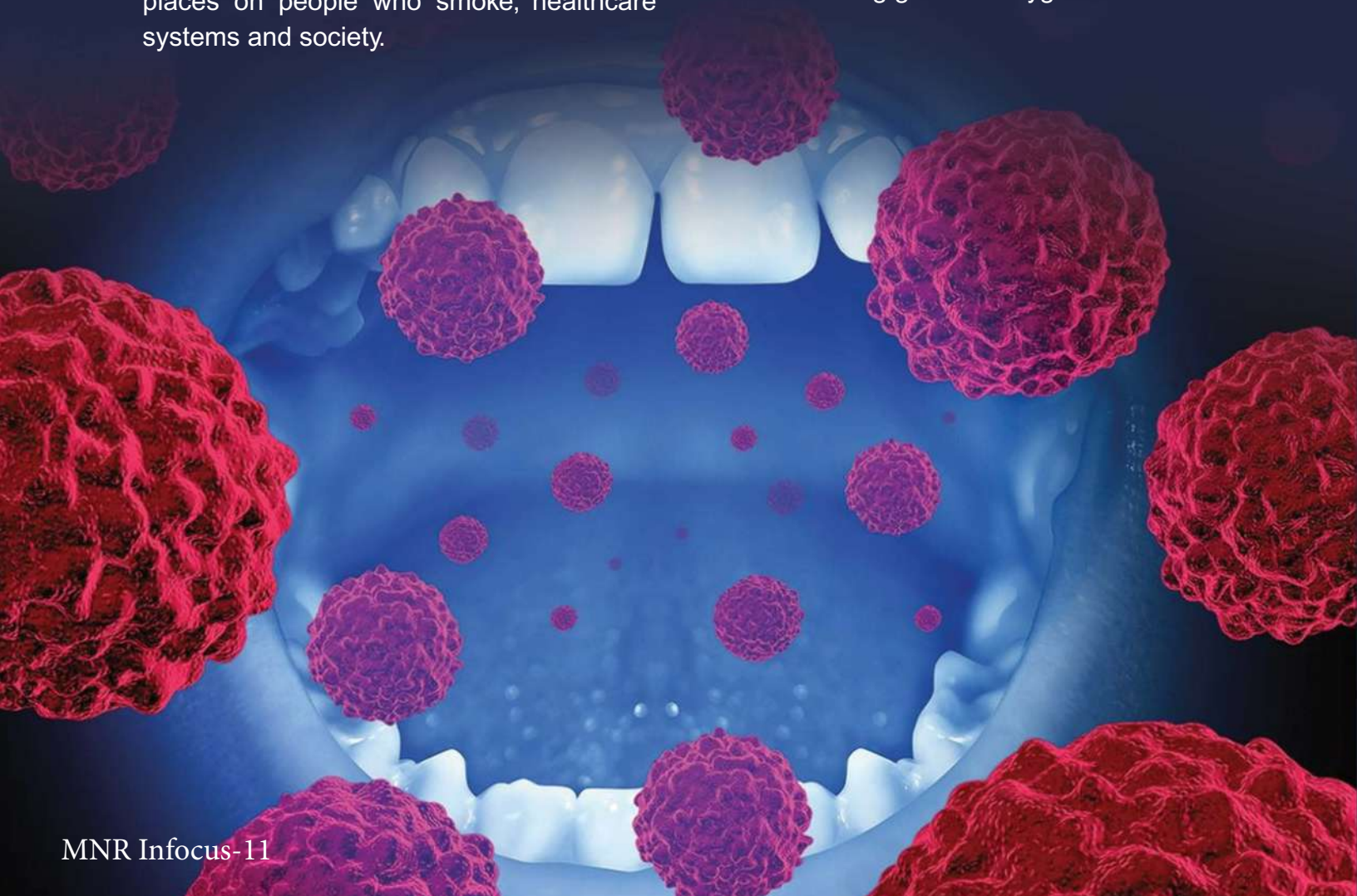
Quitting Smoking

- Improves health status and enhances quality of life.
- Reduces the risk of premature death and can add as much as 10 years to life expectancy.
- Reduces the risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD) and cancer.
- Benefits people already diagnosed with coronary heart disease or COPD.
- Benefits the health of pregnant women and their fetuses and babies.
- Reduces the financial burden that smoking places on people who smoke, healthcare systems and society.

What Preventative Measures Can You Take?

There are many steps you can take in your life to improve your health and wellbeing and to decrease your risk of getting cancer like:

- Avoiding tobacco products
- Drinking alcohol in moderation
- Limiting processed meats in your diet
- Maintaining a healthy weight
- Protecting yourself from the sun
- Vaccinating yourself against viral infections
- Practicing safe sex
- Not sharing needles
- Performing regular self-examination
- Visiting your doctor and dentist regularly for checkups And
- Practicing good oral hygiene



Activities @ MNR Group of Schools

Science Fest 2024 @ MNR High School, BHEL



Sankranti Celebrations @ MNR PG Teacher Education College (M.Ed.)



Science Exhibition & Republic Day Celebrations @ MNR School of Excellence, BHEL



Golden Jubilee Award Ceremony @ MNR I-Exceed School, Kukatpally



Science Fair @ MNR I-Exceed School, Kukatpally



Activities @ MNR Group of Schools

Sankranti Celebrations
@ MNR High School, Chintal



Neltas Talent Test Award Ceremony
@ MNR I-Exceed School, Kukatpally



Republic Day Celebrations along with
Plastics Recycling Warrior Contest
@ MNR School of Excellence, Kamotho



Science and Craft Fest
@ MNR School of Excellence, Sangareddy



Republic Day & National Youth Day Celebrations
@MNR International School, Palaspe



Field Trip to Vegetable Market Organised by
@ MNR School of Excellence, Mehdiapatnam



MANTHENA AMERICAN SCHOOL, SHARJAH

Math Market Fair



Book Fair with Author, Noor Al Arab



Students of Manthena American School Participation in STEAM Championship in GEMS Al Khaleej International School, Dubai



Events @ MNR Higher Education and Research Academy (MNR-HERA) Campus, Sangareddy, Telangana.

Traditional and Cultural Fest
@ MNR College of Pharmacy



"Career Opportunities in US pharma industries" by
Dr. Karunakar Sukuru, Global Vice President, Catalent
Pharma solutions, USA



Sports Day @ MNR College of Pharmacy



New Year Celebrations @ Head Office, MNR Educational Trust, Kukatpally



On the Occasion of **Golden Jubilee Celebrations**
MNR Group of Schools is conducting



TALENT TEST



FREE
Registration

Trust the Leader to make you a Winner

Avail **ADMISSION Fee Concession** for Qualifying Students

Win Cash Prize	25,000/- (For Grade VII & VIII)	20,000/- (For Grade IV to VI)
	15,000/- (For Grade I to III)	For Toppers who score 95% and above

Eligibility :
UKG to VII Class
Students

Note : It is Not Applicable for MNR Students

Date & Time : 25th Feb, 2024 (Sunday) from 10.00 AM to 12.30 PM.

MNR GROUP OF SCHOOLS - HYDERABAD

MNR *i*-EXCEED SCHOOL

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Opp : JNTU Kukatpally, Hyderabad - 500 085, T.S, India
Cell : +91 98499 88254 , +91 76800 74599.



MNR SCHOOL OF EXCELLENCE

Affiliated to CBSE : 3630072

MNR Medical Campus, Fasalwadi, Sangareddy.
Cell : +91 99630 66366, +91 91210 63737



MNR SCHOOL OF EXCELLENCE

Affiliated to CBSE : 3630138

Near Reddy Colony, Chandanagar, (BHEL) Telangana - 500 050
Cell : +91 98665 33173, +91 99891 33173



MNR HIGH SCHOOL (State Board)

Near Reddy Colony, Chandanagar, (BHEL).

Cell : +91 9849984831, 76800 74899



MNR HIGH SCHOOL (State Board)

Near IDPL Colony, Suryanagar, Chintal, Quthbullapur, Hyderabad.

Ph: 040-23084666, Cell : +91 98499 84815



MNR SCHOOL OF EXCELLENCE

(State Board)

Mahesh Nagar, Gudimalkapur, Mehdipatnam.

Cell : +91 91003 45550



Splendid moment as the Chairman, **Sri. M.N. Raju** and Vice-Chairman, **Sri. Ravi Varma Mantena**, MNR Educational Trust, extend a warm felicitation to the Honourable President of India, **Smt. Droupadi Murmu**, at the illustrious **Golden Jubilee Celebrations** of MNR Educational Trust at Parade Grounds on 20th December, 2023

