

MNR

iNFOCUS

Enriching the innerself

February 2022

MNR's IN-HOUSE MAGAZINE



Sheikh Ali Rashid Al Mualla from Um AL Qwain visits our **Manthena American School, Sharjah, UAE in support of education and the youth leading the future.**

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

WORLD PROSTHODONTIST DAY CELEBRATED ON JAN 22ND 2022
MNR DENTAL COLLEGE & HOSPITAL



Awarded Best ENT Specialist of the Year Telangana, Dr GulamGhouse



MNR Educational Trust Sangareddy campus conducted an Awareness program on Drug and Abuse at MNR auditorium



Ms. V. Swathi and Ms. G. Bramarambika of 1 Pharm D students of MNR College of Pharmacy secured 100 out of 100 marks in Pharmaceutical Organic Chemistry



V.Swathi



G.Bramarambika

Theme: "Recent Advances and Global Trends in Pharmaceutical Sciences" on 21st and 22nd January 2022

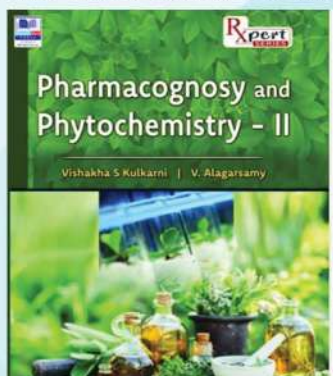


Dr. M.T. Sultana,
Professor, MNR College of Pharmacy.



Mrs. Preethy Ani Jose,
Asst Professor, MNR College of Pharmacy.

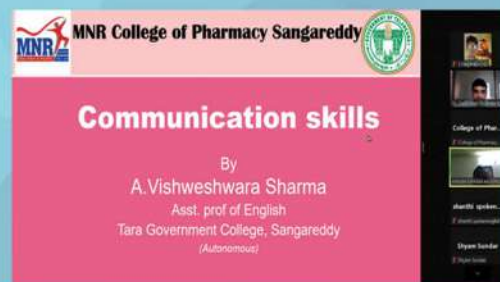
Dr. Vishakha S Kulkarni, Professor and Dr. V. Alagarsamy, Principal of MNR College of Pharmacy authored a book entitled "Pharmacognosy and Phytochemistry II"



MNR College of Pharmacy Organized a webinar titled "Study Abroad- Guidance & Coaching", on 25-01-2022 by Texas Review, Hyderabad.



Organized a webinar titled "Communication Skills and Career guidance", on 29-01-2022 by Mr. A. Vishweshwara Sharma.



Editorial.....



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MNR's In-House
Magazine

FEBRUARY 2022

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Responsibility

Dear Readers,

The opportunity or ability to act independently and take decisions without authorization is responsibility.

The beauty of accepting responsibility for our actions is this: if we don't like our results all we have to do is change our actions.

By accepting full responsibility for our actions we take control of our results, because our actions determine our results. Taking this one step further, when we take control of our results we automatically take control of our futures!

Accepting responsibility is crucial for success because it helps you work through your mistakes without being weighed down by regret, guilt, or shame. It also builds strength of character as a person becomes better at admitting they are not perfect and doing what needs to be done to make up for their mistakes.

People with character accept responsibilities. They make decisions and determine their own destiny in life. Accepting responsibilities involves taking risks and being accountable which is sometimes uncomfortable. Most people would rather stay in their comfort zones and live passive lives without accepting responsibilities. They drift through life waiting for things to happen rather than making them happen.

Responsible people accept and learn from their mistakes. Some people never learn. We can do three things about mistakes:

- Ignore them
- Deny them
- Accept, learn from them and not repeat them.

“Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.”

Editor





“If you think you are beaten, you are
If you think you dare not, you don't,
If you like to win, but you think you can't
It is almost certain you won't.

If you think you'll lose, you're lost
For out of the world we find,
Success begins with a fellow's will
It's all in the state of mind.

If you think you are outclassed, you are
You've got to think high to rise,
You've got to be sure of yourself before
You can ever win a prize.

Life's battles don't always go
To the stronger or faster man,
But soon or late the man who wins
Is the man WHO THINKS HE CAN!”



YOU ARE YOUR MIND-LI

The following Verse was written by one young girl, by name, Tracy to her father, expressing her "Love" of eternal value. (when you read the verse, you try to be Tracy and imagine that you may be a son / a daughter / a father / a mother / a wife / a husband / a friend and writing to your beloved one). Then you too will enjoy the value of 'Love'. You will cross all barriers of anger, ego, hatred and doubt etc. and you are led to joy, which is the ultimate goal of life.

- Knowing your smile greets
Me at the door.
And your kind words leave
Me with no worries.
- Every time I slip a step
You help me to my feet
And when you and I laugh
Together, I only feel complete.
- Your love for us shines through
On every cloudy day.
To think you'd ever abandon us
Isn't possible in my way.



Sri M N. Raju
Chairman

MNR Educational Trust

- Even if the sun stops shining
Even if the sky is never blue
it won't matter.
Because I'll always love you.

Tracy said, at the end "I'll always love you". That means you first wish to do some thing to others, what others are expected to do to you.

That means:

- If you want 'respect' from others, first you learn to respect others.
- If you want 'Love' from others, first you learn to love others.
- If you want a 'friend', first be friendly.
- If you wish 'Love' of your husband, first learn to love him.
- If you wish 'Love' of your wife, first learn to love her.
- Anything you want from others, first learn to give the same to others.

The above formula is to be followed to make yourself a happy and successful man. If this formula is followed, it will become a formula of

$$1 + 1 = 3$$



If you want to be creative and increase your potentiality of mind, then create alliance with the mind of other person whose mind is creative and intelligent. Follow that mind in detail. The power of your mind gets multiplied. Napolian Hill said, 'No two minds ever come together, without thereby creating a third, invisible, intangible force which may be like the need to a third mind.'

Unless you open your book (Mind), all the books of all libraries of the world stand waste for you to open your book. Let noble thoughts come from all sides. Convert the mirrors of your mind as windows. Mirrors make you to see your own images, while windows make you to see the world.

- Then you will:
- Learn the spirit of life
- Learn the meaning of life
- Learn the grace of life.
- Learn the love of life
- Learn the journey of life
- Learn the purpose of life
- Learn the life of life
- Learn the law of life
- Learn the joy of life
- Learn the divinity of life.
- Learn to be the roots of life.

- Learn to be the leaves of life.
- Learn to be the flowers of life.
- Learn to be the fruits of life.
- Learn to be the seed of life.

Love makes your mind positive. There is a real story to tell the effectiveness of love.

One daughter-in-law had been feeling her life 'a hell' with her mother-in-law. She was very frustrated and it had become a day-wise problem. She had come to a conclusion that the mother-in-law should not be alive. She, so carefully planned a method to end her. There was a doctor, who was her schoolmate and a close friend. She consulted her and told her the problem. The doctor could listen quietly and gave a bottle of some white powder and asked her to mix a spoonful of powder in a glass of milk and to give it to her mother-in-law. The doctor also advised "You give this milk to her for almost a month. But while giving milk, you give with lot of respect and love and with kind words, so that no one will suspect you, that you are going to kill her."

The daughter-in-law did exactly as it was told by the doctor. Few days have passed. There is a great change. The kind words and the love that is being shown has brought a great change in daughter-in-law and as well as in her mother-in-law. She started loving her daughter-in-law more than her own daughter. The mother-in-law also has become "the mother" to her.

The powder which was given by the doctor was not any poison. The doctor's intention was to tell a truth that "If one wishes to be loved by others, first that person has to learn how to love others". The daughter-out-law has become the true daughter-in-law.





**Mrs Dr. Srujana
3rd year PG**

Dept of Conservative Dentistry and Endodontics

WHAT'S NEW IN ESTHETIC DENTISTRY??

Did you know that a warm smile has a positive influence on the people you interact with? If you work in the service industry, a smile portrays you as a likeable and friendly person, hence, improving the overall customer experience. In addition to other factors, displaying an authentic smile makes you look competent.

What Is Esthetic Dentistry??

Maybe you've been hearing about it but are not sure what esthetic dentistry is. Well, it's a dentistry procedure that gives you a smile makeover by restoring chipped, worn, discolored, misaligned, broken, and stained teeth. During the procedure, a cosmetic dentist will work with you to find the most suitable treatment plan.

On many occasions, aesthetic dental problems are obvious, such as stained or grossly misaligned teeth. However, how many times have you thought that something isn't quite right, but you just can't quite put your finger on it? Are you considering esthetic dental solutions to fix your smile?

Today, there're various esthetic dental solutions with dentists using a wide array of tools to enhance your smile. Below, we look at different cosmetic dental solutions, their benefits, and what to expect during each procedure

Composite restorations

Composite restorations refer to the repair of decayed, damaged, or discolored teeth using material that resembles tooth enamel color. Your dentist drills out the tooth decay then applies the composite onto the tooth's surface, and then "sculpts" it into the right shape before curing it with a high-intensity light. Also referred to as "bonding," this procedure effectively covers the tooth's damage and gives the appearance of a healthy tooth in its place. Bonding is one of the least expensive cosmetic dentistry procedures available to patients with tooth decay, chipped or cracked teeth, and worn-down edges.

Teeth Whitening

Teeth whitening is a common aesthetic

procedure which uses products that make your teeth look whiter and brighter. If you plan to carry out a teeth whitening procedure, you can choose to use home whitening products or have it done by a dentist. However, the procedure is not without risks and side effects such as gum irritation and tooth sensitivity.

Dental Veneers

Typically manufactured from medical-grade ceramic, dental veneers are custom-made caps that go over your natural teeth. They look exceptionally realistic and can resolve numerous cosmetic problems, ranging from crooked teeth to cracked or damaged enamel to noticeable gaps between two teeth. The dentist applies the veneer to the front of each tooth using a dental adhesive. Dental veneers are often the cosmetic treatment of choice for celebrities, because significant results can be achieved quickly.

Clear aligners

Clear aligners, which are an alternative to traditional braces, manufactured from strong plastic materials and are designed to perfectly fit into a person's mouth helps in guiding the teeth into their proper position., but without any metal wires or brackets.

Dental Implants

Unlike earlier days where teeth loss was only treatable using dentures and bridges, today, missing teeth are treated using dental implants. So what are dental implants? Implants are root substitutes that form a base for permanent or removable artificial teeth and can be used in place of bridges and dentures, or as a support for a dental plate, and they look and feel like your own teeth.

Cosmetic Laser Dentistry

The idea of laser devices is already being put to effective use by cosmetic dentists, particularly in the sculpting of gums, which typically entails the trimming, reshaping and resealing of the soft tissue. Certain procedures using soft tissue dental lasers may not require anesthesia or sutures, and bleeding is minimized because the high-energy light beam helps in the clotting of exposed blood vessels.

Facial Esthetics in Dentistry

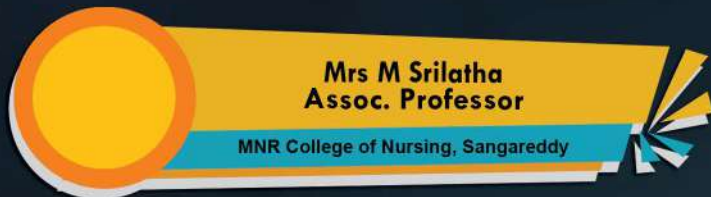
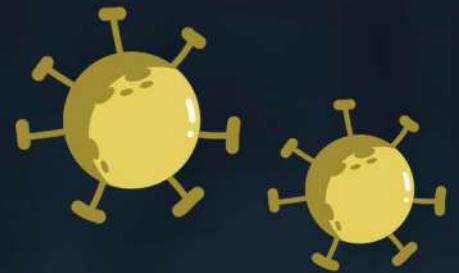
Facial esthetics in dentistry refers to a range of non-surgical additional procedures like Botox and dermal fillers and other skincare products used to achieve a more natural-looking smile as a result of a dental makeover. While fixing your dental concerns, esthetic dentistry techniques improve the appearance of your smile and the functionality of your teeth. The esthetic dentistry techniques are minimally invasive and can be performed with minimum downtime and significant comfort.

Conclusion

Although cosmetic dentistry can play a vital role in the restoration of function, smile rejuvenation has a significant impact on facial beautification. However, accurate treatment planning is crucial for ensuring that therapy achieves health, function and finally aesthetics. Due to the cutting-edge procedures cosmetic dentistry has made enormous strides over recent years, enabling patients to gain a beautiful smile in a relatively short space of time.



WHAT WE KNOW ABOUT THE OMICRON VARIANT



Mrs M Srilatha
Assoc. Professor

MNR College of Nursing, Sangareddy

What is omicron?

What precautions should you take to protect your family?

The highly transmissible omicron variant of COVID 19 is unprecedented surge of infections globally.

WHAT IS OMICRON VARIANT?

The omicron variant of covid19, has been called a variant of concern by WHO based on the evidence that it has several mutations.

There is consistent evidence that omicron is spreading significantly faster than the delta variant in countries with community transmissions.

HOW DID THE OMICRON VARIANT DEVELOP?

When a virus is circulating widely and causing numerous infections the likelihood of the virus mutating increases.

New variants like omicron are a reminder that the COVID 19 pandemic is far from

over. It is therefore essential that people get the vaccine when available to them and continue to follow existing advice on preventing the spread of the virus. Including physical distancing, wearing masks, regular hand washing, keeping indoor areas well ventilated.

IS THE OMICRON VARIANT MORE SEVERE THAN OTHER COVID 19 VARIANTS?

Early findings suggest that there is a reduced risk of hospitalization for omicron compared to delta variant. But WHO warns that it should not be dismissed as mild. Increased transmissions is expected to lead more hospitalizations which causes strain



on frontline workers and health care system, which in turn can result in more deaths.

It's important to remember that all variants of covid19 can cause severe disease or death, including the delta variant that is still dominant worldwide. Preventing the spread of the virus and reducing your risk of exposure to the virus is so important.

IS THE OMICRON VARIANT MORE CONTAGIOUS?

YES, the omicron variant is more contagious than previous variants. However, being vaccinated and taking precautions such as avoiding crowded spaces, keeping your distance from others and wearing a mask are critical in helping to prevent the spread of covid 19 and we know these actions have been effective against other variants.

ARE THE COVID 19 VACCINES EFFECTIVE AGAINST THE OMICRON VARIANT?

Rescuers are looking into any potential impact the omicron variant has on the effectiveness of covid 19 vaccines. Information is still limited. But there is a small reduction in the effectiveness of vaccines against severe illness and death, and preventing mild diseases and infections.

DO CURRENT COVID 19 TESTS DETECT THE OMICRON VARIANT

The widely used RTPCR and antigen based rapid diagnostic tests continue to detect infections of covid19, including

omicron.

HOW CAN I PROTECT MYSELF AND MY FAMILY AGAINST THE OMICRON VARIANT?

The most important thing you can do is reduce your risk of exposure to the virus. To protect yourself and your family and loved ones, make sure:

1. Wear a mask that covers your nose and mouth. Make sure that your hands are clean when you put on and remove your mask.
2. Keep a physical distance of at least 1 meter from others.
3. Avoid poorly ventilated or crowded spaces.
4. Open windows to improve ventilation indoors



DIET AND REGIMEN



A healthy diet is essential for good health and nutrition. It protects you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for healthy diet.

Hahnemann in his Organon Aphorisms 259 to 263.

Aphorism 259

- Proper hygienic and dietetic measure must be taken before administration.
- Considering the minuteness of the dose, during treatment, everything must be removed having medicinal value.
- Suitable nutrition un medicinal food substances.

Acute cases

- Instinctive desire of the body in relation to food and drink should be satisfied.
- These bodily instincts crave chiefly for things that would give palliative relief.
- The slight hindrances that the gratification of this desire, within moderate bounds, could oppose to the radical removal of the disease will be amply counteracted



Mrs. Dr Mookambika Kannan
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and overcome by the power of the homoeopathically suited medicine and the vital force set free by it, as also by the refreshment that follows from taking what has been so ardently longed for.

- Temperature of room and the heat or the coolness of the bed coverings
- –patients wish.
- All overexertion of mind and exciting emotion should be avoided.

Chronic disease

In Chronic diseases, we have to be more careful about diet and regimen because they are usually aggravated by such noxious influences which often pass unnoticed.

They cause an obstacle to cure, even if the remedy chosen is similimum.

- Allow physical work according to their strength.
- Anything that soothes mind has to be done & that strains & hurts it should be avoided.
- Balance should be maintained between intellectual work like thinking, physical labour & the food we eat.

- Foods that are having medicinal properties should be taken as medicines i.e in minimal dose but should not be used under regular diet menu.

1. Sedentary life taking long sleep-in recumbent posture in bed, sitting up long at night.
2. Uncleanliness unnatural debauchery reading obscene books.
3. Imperfect or suppressed intercourse.
4. Subject of anger grief and vexation overexertion of mind after meal.
5. Dwelling in marshy districts.

According to the Disease

Dietary suggestion also needs to be according to the disease, the patient is suffering with...

For Ex:

In Peptic ulcers

- Avoid excessively sour, salty or spicy foods also excessively hot drink or food.
- Smoking and alcoholic beverages should be avoided.
- Meat intake should be less
- Fat like butter, ghee, cheese and cream are helpful, whereas fats of fried food articles are difficult to digest and may increase the symptoms.
- Milk protein will not irritate gastric mucosa.

According to the remedy

In lectures of Hom. Materia medica, while discussing Bryonia mentioned that when using certain constitutional treatment,

they need caution about certain foods that disagree to their constitutional remedy...

For Eg:

- Bryonia – Sauer kraut, vegetable salad, chicken etc...
- Pulsatilla – fat foods
- Lycopodium – Oysters
- Rhus Tox, calc - bath

Necessity:-

“Remove the cause, effect goes off” is the slogan behind diet & regimen concept.

In acute diseases, exciting cause has to be removed, along with medication.

In chronic diseases, maintaining cause has to be avoided to keep the fundamental cause i.e miasm under control.

Unless this is done successfully, medicines can give us partial benefit even though similimum.

As a general law of Homoeopathy,

- Diet & regimen also should be individualized. and
- Has to be left to the sensibility of the physician than going with iron-clad rule.

Conclusion-

Whatever Hahnemann has mentioned under diet & regimen, pacifies the arousal of chronic miasms. So, it is not only for the sick but for those who don't want to get sick.

This can be evidenced by the life-style of any spiritual pioneer



POST CARDIAC SURGERY STROKE



Mrs. DR SREEHITHA BIMASANI,
Mpt(Cardio),

MNR's Sanjeevani College of Physiotherapy.

WHAT IS POST CARDIAC SURGERY STROKE?

Post cardiac surgery stroke is a condition in which a patient develops stroke after the cardiac surgery, When the sedation has been started to wean off and patient has begin to regain consciousness, it is then when the evaluation can be done. This delay is a major setback. However some patients who have been ruled out as high risk for PCS will be planned for an early extubation.

SYMPTOMS:

1. Weakness or numbness on one side of the face, arms and legs.
2. Loss of vision strength coordination sensation speech or trouble understanding speech.

These symptoms may worsen over time.

3. Decreased airway air entry on affected side.
4. Weak pupillary reflex.
5. Disorientation, irritability, slurred speech.

INVESTIGATIONS:

1. CT/MRI BRAIN: for finding large areas of established infarction.
2. CT ANGIOGRAPHY: to identify thrombus within and intracranial vessel.

PHYSIOTHERAPY TREATMENT FOR PCS:

PRIMARY GOALS:

1. Minimise heart failure
2. Early ambulation and mobilization.
3. To facilitate adequate lung compliance
4. Bed sore prevention

SECONDARY GOALS :

To increase strength and endurance, to increase functional activities.

1. LIMB PHYSIOTHERAPY

Limb physiotherapy comprises of active exercises or active assisted ROMs or passive movements, depending on the power of that particular upper limb or lower

limb. Incorporation of elastic resistance bands and peddlers can be helpful from the cardiovascular standpoint, in reducing the heart failure post cardiac surgery.

2. CHEST PHYSIOTHERAPY

Chest physiotherapy can be done using manual percussion techniques and using the chest vibrator. More aggressive chest physiotherapy may be advised if there is an underlying collapse of the lungs.

3. AMBULATION AND MOBILIZATION

Early ambulation and mobilisation is pivotal in the physiotherapy post cardiac surgery. Due to the underlying stroke, ambulation and mobilisation can be challenging. Physiotherapist role is crucial in this stage of treatment. Using walking aids like walkers can be helpful to the patient. If the power is too low to promote ambulation or mobilization, passive mobilization out of bed into a head support wheelchair is highly recommended. Priorly, making the patient to do high sitting on the bed and evaluating for any giddiness or discomfort is necessary.

4. IN BED POSITIONING

Proper in bed positioning is required to facilitate relaxed breathing and as bed sore prophylaxis.

5. COUGHING AND HUFFING

Splinted coughing and huffing has to be done by the patient to expel the sputum, and maintain tracheo bronchial hygiene. If the patient is unable to do, tracheal tickling method can be used to stimulate/initiate a cough.

6. STEAM INHALATION

Steam inhalation using a Nelson inhaler is

useful to loosen the secretions and also to stimulate the tracheobronchial ciliary movements.

7. INCENTIVE SPIROMETRY

Incentive spirometry in an upright relaxed position can help to improve the breathing efforts and optimise BAE by the patient.

8. BREATHING EXERCISES

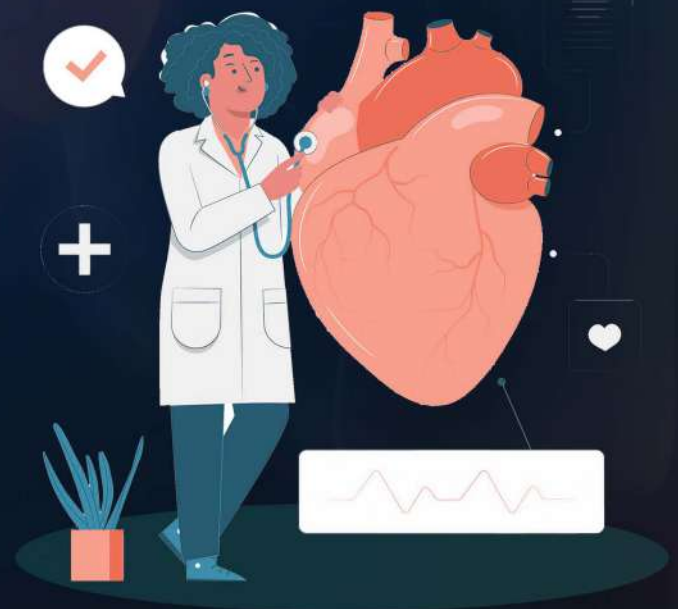
Diaphragmatic breathing exercises, deep breathing exercises, pursed lip breathing exercises, chest expansion exercises are very useful to improve breathing quality and reduce work of breathing.

9. POSTURAL DRAINAGE

In PCS patients, proper postural drainage positioning can help centralise the secretions, which can be easily coughed out or removed by suctioning maneuvers.

10. COUNSELING

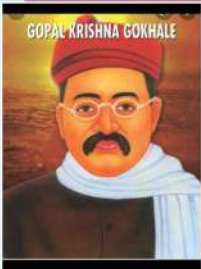
Proper counseling of the patient before, during and after the physiotherapy session is pivotal to make the patient understand is recovery status and provide mental relief. If the patient is not in a state to communicate, the attenders have to be counselled.



Activities @ MNR Golden Kids (Navi Mumbai)



Activities @ MNR Golden Kids (Hyderabad)



G13 PATRIOTIC DAY



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Innovation Hub: By Sai Varma N | Head of Innovation

Innovation skills are skills that separate students who will be able to deal with an increasingly complex society in 21st century, and students who won't be able to do it. These skills include Critical Thinking, Creative Thinking, Collaborating and Communicating. To nurture these skills in our students, we are offering three classes per week to each and every child in a state of art developed lab named "Innovation Hub". Here we impart skills like problem solving & coding, robotics and AI from grade 2 onwards.

The Senior Leadership Team at Manthena American School take all measures to provide a meaningful learning experience to students by using latest instructional technologies.

Allowing them to be immersed in experienced so relevant and forward thinking allow them to come to school with a smile and leave with a smile.





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