

A country is identified and distinguished by its flag, emblem, anthem, that are unique to it. To India, Pingali Venkayya, a freedom fighter, gave India its unique identity by designing the national flag.

The present-day national flag is inspired by the design of Pingali Venkayya.

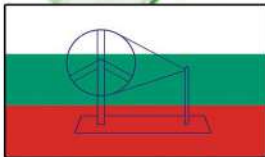
Pingali Venkayya, the designer and architect of the national flag was a freedom fighter, who was born on August 2, 1876. On his 145th birth anniversary, remembering the man who gave India an identity and united the country in its freedom struggle against the Britishers.

- It was in the year 1921 that Venkayya first conceived the idea of coming up with a national flag
- In 1921, Pingali Venkayya presented the design of a flag to Gandhiji
- The flag consisted of two colours -- red and green

Gandhiji modified the flag by adding a white stripe in the centre

Further, Lala Hans Raj Sondhi suggested adding a spinning wheel -- showing the independent Indians who can spin their own clothing from local fibres. The flag was then approved by the Congress in August 1931

The Congress Working Committee (CWC) came up with a new tricolor which was called the Purna Swaraj. The flag replaced the red color with saffron, the white band was shifted in the middle, from over white over green emblazoned with a blue charkha in the centre. It implied that the colors stood for qualities, not communities, the saffron for courage and sacrifice, white for truth and peace, and green for faith and strength. The 24 spokes of the Ashok Chakra show that there is life in movement and death in stagnation.



Our Flag in the year 1921



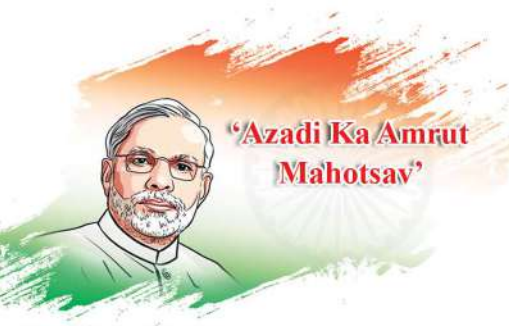
Our Flag in the year 1931



Our Flag in the year 1947 till date

Our Beloved Prime Minister Sri Narendra Modi urged all citizens to take part in the events being held across the nation as part of the 'Azadi Ka Amrut Mahotsav', which is being celebrated to mark the 75th Independence Day of India on August 15th 2021.

75th
INDEPENDENCE
DAY



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

MNR Medical College & Hospital participated in Rashtra Gaan to mark "Azadi Ka Amrit Mahotsav"



MNR Medical College & Hospital Pediatric Department Celebrated "World Breastfeeding Week" (August 1st to 7th, 2021)

Did you know?

Your food flavours your milk

Your diet during pregnancy influences the flavour of your amniotic fluid. Once your baby is born, the food you eat will also affect the taste of your milk. Experiencing lots of flavours through your milk can enhance your baby's enjoyment of different tastes later when you start introducing solids.



Breast milk mystery

Why do children who were breastfed as babies have better sight than those who weren't?

For a long time, scientists thought it was solely because of the DHA long-chain fatty acids found in breast milk,^{1,2} but one major study from centres across the US, UK and Australia found breastfed children had better depth vision than those who were fed formula supplemented with DHA.^{1,2} Yet again, it seems breast milk has additional benefits and properties we don't yet understand.



"WORLD HEAD and NECK CANCER DAY" Patient Awareness Program held at MNR Dental College & Hospital



MOCK INTERVIEW conducted at MNR College of Engineering & Technology to enhance students knowledge for placement purpose



Editorial.....



INFOCUS
MNR's In-House
Magazine

AUGUST 2021

Dear Readers,

Courage doesn't mean that you don't get afraid. Courage means that you don't let fear stop you.

Most people feel that the odds are against them, and the difficulties they face are insurmountable. They give up before trying, thinking it is useless to make further effort to conquer it. The world needs courageous people, who smile at obstacles and laugh at difficulties. These people manifest immense courage when they face difficulties. They won't easily give up but fight and persevere until they conquer it.

Courage is the willingness to respond fearlessly despite the anxiety and worry that might be tugging at you. The habit of being courageous provides a real-life road map for anyone seeking to face and release their fears. It's a powerful invitation that challenges us all to step into radical self-acceptance and emotional freedom."

In fact, one of the best ways to be courageous is to understand what you're afraid of and to reject it and not to allow that fear to paralyze you. If you allow fear to take hold of you, it has the power to stop you from moving forward. It will not allow you to take risks and make use of the opportunities to conquer and become mature.

However, if you are courageous you will take chances, pursue your dreams, and get what you want out of your life. Thus we are left absolutely without excuse when we are tempted to let down the bars to worry, to be gloomy, and be discouraged. Instead, take courage! Do not let fear put you down. Shake it off, make your weak heart stronger. Surely, your work shall be rewarded. Keep up the bars! Don't let the enemies of peace and progress overpower you. And always, "Like the star, that shines afar, without haste, And without rest, let each man wheel, with steady sway round the tasks that rule the day, and do his/her best."

A courageous mindset is the product of faith, self-confidence and positive thinking.

Tough times create courageous men.

Courageous men create easy times.

Easy times create lazy men.

Lazy men create tough times.

And tough times create courageous men. it's an endless cycle of life

So always be Courageous, face life's difficulties and challenges without fear and overcome them.

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Editor



Where the Mind is Without fear

Where the mind is without fear
and the head is held high
Where knowledge is free
Where the world has not been broken
up into fragments by narrow domestic walls;
Where words come out from the
depths of truth;
Where tireless striving
stretches its arms towards perfection;
Where the clear stream of reason
has not lost its way into the
dreary desert sand of dead habit;
Where the mind is led forward
by thee into ever widening
thought and action into that heaven of freedom,
my father,
let my country awake.

- Rabindranath Tagore

YOU ARE YOUR MIND-XLV



Sri M N. Raju
Chairman

MNR Educational Trust

Norman Cousins said, “The tragedy of life is not death, but what we let die inside of us while we live”.

Another great thinker said, “Many people die at the age of 20, but buried at age of 60”.

Each life is certainly a gift of God. So, one has to respect the gift. If one fails to respect the gift, he fails to respect the giver of the gift. It is not the question “how long one lives, but how great one lives.” The best way to respect the gift is “To Live until one Dies and to make the life, a life of purpose”.

Therefore, you have to “Believe in yourself” and to “Be your own person”.

When you believe in yourself others believe you.

When you be your own person and respect your own life, others respect you and God leads you to a better place.

If you don't believe in yourself, you are bound to believe in others. When you believe

in others you are dependent on others, making and keeping yourself at the disposal of their ideas, which may not be suitable to you. They are not you, entirely different in their way of thinking. If at all there shall be a need to obtain the advice from others, it is not wrong to get advice, but filter it, making it suitable to your need, if not reject it.

Be your own person. Feel that you are your own person, you are only your own person. You are enough to lead and plan your life. At the same time, you are one among many. You need others and they need you. In society, you are one but having your own mind. You stand and take the society for the betterment and the betterment of the creation of God.

Be not afraid to risk. Be not with fear in mind. Be not the negative. Be not afraid to be alone on your right path. Be not hesitate to be on the right word. Be loving. Be caring. Be smiling. Be pure. Be dependent on the right people. Be independent in selecting the path. Be interdependent for a social cause. Be showing the path to the needy. Be expressing yourself. Be with fewer words and more actions. Be a lotus, though from mud.

To be yourself and to believe in yourself are the two tasks one has to cultivate while living a normal life. Among many issues, problems, life struggles, one has to select the path leading to a higher level. Great men and

women walked on this earth planet to reach their goals while living normal lives. They had innumerable tasks and they encountered them, finally reached their goal, because they were themselves and they believed in themselves. You too can.

Don't give up till you reach your goal. But reaching one goal is not an end, there shall be one more goal, there shall be one more....., one more..., and one more. This is the way followed by great men and women and they observe everything around them, they study their outer voice and understand inner voice, then they achieve goal after goal.

- They learn to cherish their success.
- They don't lament their failures.
- They always find an ally with the people.
- They never find an enemy in the people.
- They recognize long-term goals in their short-term problems.
- They don't imagine negative things.
- They invent and invest in positive things.
- They don't give up.
- They go more ups.

Yes, they are something special in their thinking and in implementing their thoughts. They always keep their spirits alive, they are always on the focus.

Such a person doesn't say excuses like:

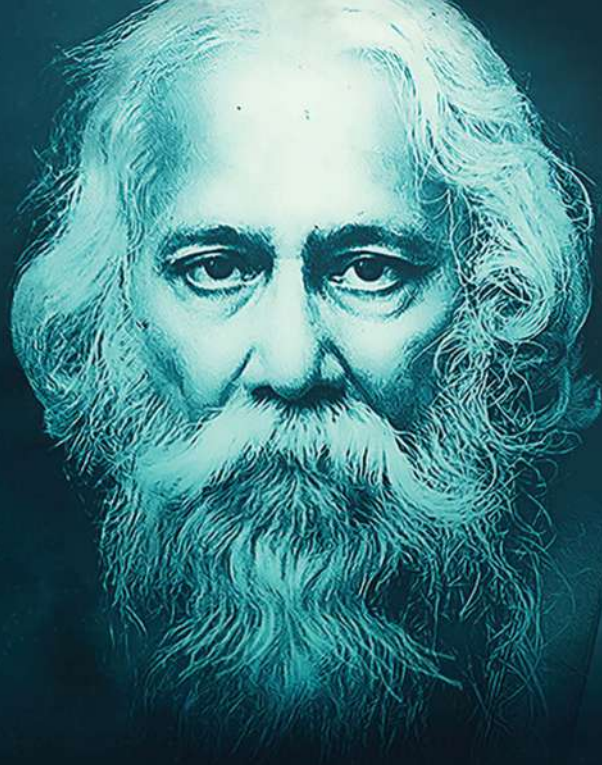
- It is difficult.
- It is risky.
- I don't deserve it.
- It is not my nature.
- I cannot afford it.
- I don't get help.
- I am not strong.
- I am not smart.

- I am old.
- I am weak.
- I am busy.
- I am scared etc.

But he always says:

- I can overcome.
- I am ready for risk, since if no risk no gain.
- Creation made me strong. I deserve.
- I am bound to have 'change'. I change my nature.
- I am powerful. I can afford it.
- I don't need help. I am powered by my will.
- Every cell in me is an atom making me strong.
- I adapt to the nature of work enabling me to be smart.
- My body may be old, but my mind is young, there is no age for the mind.
- My passion makes me strong.
- I have time, only lazy people have no time.
- I can tame my task and domesticate it. I am not scared.

The person, who wants to keep his spirits alive till he dies, has a habit of deep contemplation. As per Aristotle, 'Contemplation' is the highest form of activity. It is the continual use of your thought process and it makes you more professional.



"THE BARD OF BENGAL"

7th MAY 1861 – 7th AUGUST 1941

1. Tagore as an Educationist

Gurudev, as Tagore was called, is profoundly grounded in the reality of life and never in the negation of life.

Tagore drew spiritual inspiration by spending time with Nature, observing it, a ritual rooted since his childhood.

Tagore found the presence of God in the Nature around him. He addressed God by admiring the beauty of Nature which was the reflection of the presence of God himself.

Tagore stood for the development of a free mind, free knowledge, and a free nation.

There are four fundamental principles in Tagore's educational philosophy,

Naturalism, Humanism, Internationalism, and Idealism. Shantinikethan's Visva Bharathi is based on these very principles.

2. Tagore as a Humanist

Tagore as a great humanist expresses the 'universal humanism' in all his literary works.

Tagore gives importance to the holistic development of children, women, and poor people.

Tagore declares that Man is the architect of his destiny and believes in the intellectuality and morality of human beings.

Tagore does not accept the existence of God as absolute truth. He believes that this universe is not created by God, it is considered as the universe of human beings.

As a great ambassador of humanity, he sent out to the West, the simplicity of our soil-bound life and its philosophy which is sober, composed, and simple life-oriented.

3. Rabindranath Tagore as a Painter.

Besides being the first non-European recipient of the Nobel Prize, he was a great painter too. He painted over 2300 paintings.

He first created the "Indian Society of Oriental" and later established the Bengal school of art aiming to counter the English Influence on Indian artists.

His paintings are exceptional in resourcefulness and variety. No two paintings of his are alike.

Rabindra Nath Tagore's paintings and drawings tell us that his work cannot be pigeonholed into any particular style or school and did not owe anything to any artistic convention.

According to Tagore, "art is the expression of universal through individual".

4) Rabindranath Tagore as a Patriot

On our National Day celebrations, most educational institutions will Hoist the national flag and, hopefully, deliberate on what it means to be free and independent. On such occasions, it is easy to get confused between 'nationalism' and 'patriotism' and thereby give convoluted messages to students.

Rabindranath Tagore, who authored the national anthems of two countries --India and Bangladesh -- and gave the score for the national anthem of Sri Lanka and the national song, 'Vande Mataram, has a record that is not easy to break.

Today, when we sing the national anthem that he wrote, we must remember that Tagore disapproved of the idea of "national history".

He said "There is only one history -- the history of man. All national histories are merely chapters in the larger one. And we are content in India to suffer for such a cause."

He said that patriotism could not be our final spiritual shelter. He declared that he would not buy glass at the price of diamonds and he would never allow patriotism to triumph over humanity

as long as he lived.

Tagore says that Freedom of mind is needed for the reception of truth, terror hopelessly kills it.

Tagore's perception of nationalism has mainly relied on ancient Indian Philosophy, where the world was accepted as a single nest.

Throughout his life, Tagore remained deeply critical of Nationalism, a position that pitted him against Mahatma Gandhi.

"Patriotism can't be our final spiritual shelter. I will not buy glass for the price of diamonds and I will never allow patriotism to triumph over humanity as long as I live."

He claims that India has never had a sense of nationalism and that nationalism has for years been at the bottom of India's troubles.

India should fight against education which teaches them that a country is greater than the ideals of humanity.

He said, "When you borrow things that do not belong to your life then they only serve to crush your life".

5) Rabindranath Tagore as a Poet

Rabindranath Tagore, one of the greatest poets of all times.

Gitanjali&Manasi are the most popular works. Gitanjali is a collection of 103 poems.

Tagore modernized Bengali art by spurning rigid classical forms. His novels, stories, songs, dance dramas, and essays spoke to topics political and personal.

Tagore wrote his first verse when he was only eight years old. Like a poet born to compose, verses subsequently poured naturally from his pen.

In 1881 at the age of twenty, Tagore wrote his first dramatic piece "Valmiki Pratibha" (The Genius of Valmiki), which was shown at Tagore's mansion in Calcutta.

Tagore's poetic songs were viewed as spiritual and mercurial; however, his "elegant prose and magical poetry" remain largely unknown

outside Bengal. He is sometimes referred to as “the Bard of Bengal”.

“Sweet is this world, I wish ne’er to depart,
I yearn for a dwelling-place in humanity’s heart.”

6) Rabindranath Tagore as a Novelist & Dramatist

Rabindranath Tagore’s novels deeply dwell on Human psychology and are concerned with unraveling the complexities of the Human heart and fathoming the mystery of the human soul.

His novels like - Gora, The Wreck, Ghare-Bahare are considered the greatest novels in Bengali Literature.

Bisarjan(Sacrifice), Dak Ghar, Chandalika are his famous dramas even today.

‘Kabuliwalla’ is the most widely read the short story.

Tagore’s novels are remarkable from every point of view.

7) Less known Facts about Rabindranath Tagore

First Non-European to Win a Nobel Literature Prize

Rabindranath Tagore wasn’t just the first Asian to win a Nobel prize, but also the first Non-European to mark his prominence in literature.

Tagore Inspired 3 National Anthems

Many people are aware that Tagore wrote 2 national anthems. “Jana Gana Mana” for India and “Amar Sonar Bangla” for Bangladesh. People don’t know is that he also inspired the Sri Lankan national anthem “Sri Lanka Matha”. Some even hold a view that Tagore composed the anthem in its entirety.

He is the founder of - Viswa Bharati School

Rabindranath Tagore invested his Nobel Prize money in constructing the “Viswa-Bharati” school in Shantiniketan. The school ran on the Shantiniketan Education System and gave the nation many distinguished personalities, Amartya Sen, Satyajit Ray, and Indira Gandhi

to name a few out of many others.

The preface of Gitanjali is Written by W.B. Yeats

The preface of Tagore’s most acclaimed work, Gitanjali, was written by another greatest Irish poet of the 20th century, W.B. Yeats.

Tagore was Colour Blind

At the age of sixty, Tagore took up drawing and painting and many of his works were successfully exhibited throughout Europe. His strange color schemes and off-beat aesthetics made people realize that he was red-green color blind.

8) Tagore as a Renaissance Polymath

Rabindranath Tagore embodies the quintessence of Indian culture. He was a renowned scholar, poet, lyricist, playwright, and painter.

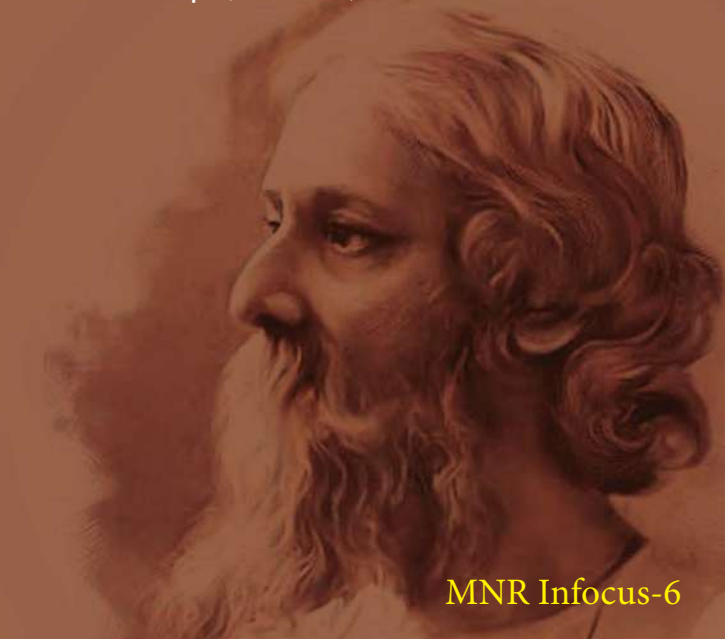
He was a creative genius who has been responsible for reshaping India’s literature and music scene.

His collection of songs, ‘Rabindra sangeet’, has carved itself as a unique genre of music.

He was the author of the “profoundly sensitive, fresh and beautiful verse” of Gitanjali.

In 1913 Rabindranath Tagore was awarded the “Nobel Prize” in literature for Gitanjali, his most acclaimed work.

Tagore began painting relatively late in his career when he was in his sixties. Nevertheless, he was the first Indian artist to exhibit his work across Europe, Russia, & the US in 1930.





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WHY ARE MY GUMS RECEDING

INTRODUCTION :

Gum recession is the process in which the margin of the gum tissue that surrounds the teeth wears away, or pulls back, exposing more of the tooth, or the tooth's root. When gum recession occurs, "pockets," or gaps, form between the teeth and gum line, making it easy for disease-causing bacteria to build up. If left untreated, the supporting tissue and bone structures of the teeth can be severely damaged, and may ultimately result in tooth loss.

Gum recession is a common dental problem. Most people don't know they have gum

recession because it occurs gradually. The first sign of gum recession is usually tooth sensitivity, or the tooth looks longer than normal. Typically, a notch can be felt near the gum line.

Gum recession

VARIOUS REASONS FOR GUMS TO RECEDE :

Several factors can cause your gums to recede, including:

Periodontal disease: These are bacterial gum infections that destroy gum tissue and supporting bone that hold your teeth in place. Gum disease is the main cause of gum recession.

High Frenal Attachment: This may impede plaque removal by causing pull on the marginal gingival thus leading to recession.

Aggressive tooth brushing: Brushing teeth too hard or the wrong way, can cause the enamel on the teeth to wear away which leads to gum recession.

Insufficient dental care: Inadequate brushing, flossing, and rinsing with antibacterial mouthwash makes it easy for plaque to turn into calculus - a hard substance that builds on and between your teeth and can only be removed by a professional dental cleaning. It can lead to gum recession.

Hormonal Changes: Fluctuations in female hormone levels during a woman's lifetime, such as in puberty, pregnancy, and menopause, can make gums more sensitive and more vulnerable to gum recession.

Tobacco products: Tobacco users are more likely to have sticky plaque on their teeth that is difficult to remove and can cause gum recession.

Grinding and clenching teeth: Clenching or grinding teeth can put too much force on the teeth, causing gums to recede.

Mal-aligned teeth: When teeth do not come together evenly, too much force can be placed on the gums and bone, allowing gums to recede.

CLINICAL CONSEQUENCES :

Aesthetics: The appearance of the tooth becomes unattractive.

Gingival Bleeding and Plaque Retention: The recession may be a site clinically which offers more plaque retention leading to

inflammation and bleeding of gums.

Hypersensitivity: The recession will uncover the cervical dentine causing tooth sensitivity. Hypersensitivity is usually of a sharp and short duration often associated with the cold stimulus.

Caries: There may be a risk of the development of root caries as root surfaces are exposed to the oral environment and aid in the withholding of plaque.

Treatment of Gum Recession :

Scaling and root planing: Mild gum recession may be able to be treated by a dentist by deep cleaning the affected area. During the deep cleaning, also called tooth scaling and root planing, plaque and tartar that has built up on the teeth and root surfaces below the gum line is carefully removed and the exposed root area is smoothed to make it more difficult for bacteria to attach itself.

If gum recession cannot be treated with deep cleaning, gum surgery may be required to repair the damage caused by gum recession.

Various types of surgeries used to treat gum recession :

The following surgical procedures are used to treat gum recession :

Frenectomy :

When the recession is caused by frenal pull in those cases, a frenectomy is advised. If appropriate hygiene aids do not enable the patient to maintain the area plaque-free, then frenectomy is advised to give ease to the entrance to the site.

Surgical Root Coverage Techniques :

- (i) Free epithelial gingival graft

- (ii) Subepithelial connective tissue graft
- (iii) Semilunar flap.
- (iv) Coronally advanced flap.
- (v) Guided tissue regeneration [GTR].

There are several types of root coverage procedures, but the most commonly used one is called a connective tissue graft. In this procedure, a flap of skin is cut at the roof of your mouth (palate) and tissue from under the flap, called subepithelial connective tissue, is removed and then stitched to the gum tissue surrounding the exposed root. After the connective tissue -- the graft -- has been removed from under the flap, the flap is stitched back down.

During another type of graft, called a free gingival graft, tissue is taken directly from the roof of the mouth instead of under the skin. Sometimes, if you have enough gum tissue surrounding the affected teeth, the dentist can graft gum from near the tooth and not remove tissue from the palate. This is called a pedicle graft.

In a semilunar flap, the gum is cut exactly above the receded tooth in semilunar shape and pulled down to cover the exposed tooth.

Regeneration:

Regenerative material, such as a membrane, graft tissue, or tissue-stimulating protein, will then be applied to regenerate tissue in that area. After the regenerative material is put in place, the gum tissue is secured over the root of the tooth or teeth.

Before surgical therapy after surgical therapy

Prevention of Gum Recession :

The best way to prevent gum recession is to take good care of your mouth. Brushing and flossing teeth every day and having an appointment with a dentist or periodontist at least twice a year, or as recommended. Always use a soft-bristled toothbrush and follow the proper way to brush your teeth. If mal-aligned teeth or teeth grinding is the cause of gum recession, seek dental advice about how to correct the problem. Other ways to prevent gum recession include:

- Quit smoking if you smoke.
- Eat a well-balanced and healthy diet.
- Monitor changes that may occur in your mouth.

CONCLUSION:

Gingival recession is one of the main aesthetic complaints of patients. This also exposes patients to sensitivity and greater risk for root caries. Mucogingival surgery endeavors' to re-establish the periodontium to a healthy circumstance. Periodontal plastic surgery strives to restore the periodontium to a healthy, efficient, and aesthetic state. For coverage of exposed roots, there is a vast range of mucogingival grafting procedures available in the present epoch. These procedures are quite predictable and produce satisfactory solutions to the problems presented by gingival recessions. Choice of appropriate procedure and surgical technique will recommend successful and exceedingly predictable results in the management of gingival recession.



ROLE OF OBESITY MANAGEMENT IN WOMEN HEALTH



FOOD IS THE MOST ABUSED ANXIETY, DRUG, EXERCISE IS THE MOST UNDERUTILISED ANTIDEPRESSANT

Obesity is when a person is carrying excessive weight, obesity is associated with a greater risk of disability/ premature death due to type 2 DM and CVD such as hypertension stroke, and CHD as well as gall bladder disease.

REASONS FOR OBESITY

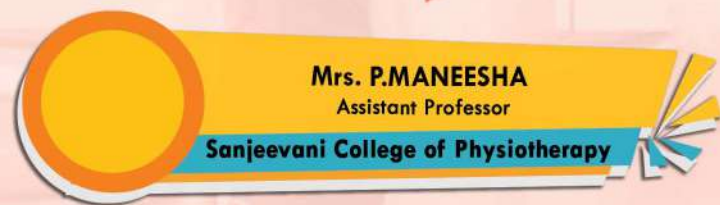
- Eating too much
- Consuming a high amount of energy particularly fat and sugar
- No proper exercises etc

SYMPTOMS

When the body mass index is 30 or higher, to determine your BMI divide your weight in pounds by your height.

BMI

Below 18.5	-	underweight
18.5-24.9	-	normal
25.6-29.9	-	overweight
30.9 (or) higher	-	obesity



Mrs. P.MANEESHA
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CAUSES :

- Metabolic
- Behavioral
- Hormonal influence

OTHER FACTORS :

- Pregnancy
- Quitting smoking
- Lack of sleep
- Stress
- Previous trails to lose weight

ROLE OF NUTRITION IN OBESITY :

- The balanced food will make the individual healthy.
- Grains (bread, cereals, rice, pasta) at least half should be whole grains such as whole wheat flour, brown, rice, oatmeal.

VEGETABLES :

- One cup of most raw/cooked vegetables, vegetable juice.

- 2 cups of raw, leafy green.

FRUITS :

- Eat a variety of fruit fresh frozen/canned/dried
- One cup equals to - fresh fruit
- One half large apple/one large orange.
- One large banana.
- One-half cup dried fruit.
- One cup of fresh fruit juice.

MILK :

- One cup of milk.

MEATS AND BEANS :

- Fish, beans, low fat/lean meat eggs, peas, nuts, seed.

OILS :

- 3 teaspoons of vegetable oil.
- One-half of a medium avocado.

DIETARY REFERENCE INTAKE :

- 0.36 gms of proteins per pound.
- 56 gms for man.
- 46 gms for women.

TYPES OF DIETS FOR OBESITY :

VEGAN DIET: The vegan diet restrict all animal products for ethical, environmental, or health reasons.

Veganism is also associated with resistance to animal exploitation and cruelty.

A vegan diet seems to be very effective and animal-derived products such as gelatin, honey, albumin, whey, casein, and some forms of vitamin D3.

Vegan diets are consistently linked to lower body weight and body mass index.

LOW CARB DIET: There are several types of the low-carb diet, but all involve limiting carb intake to 20-150 grams per day.

Low-carb diets emphasize unlimited amounts of proteins and fats while severely limiting your carb intake.

The body can use fatty acids and ketones in absence of carbs as its primary energy.

When carb intake is very low, fatty acids are

moved into the blood and transported to your liver, where some of them are turned into ketones.

ULTRA LOW FAT DIET: Restricts your consumption of fat to under 10% of daily calories

Generally, a low-fat diet provides around 30% of its calories as fat.

Proponents of the ultra low-fat diet claim that traditional low-fat diets are not low enough in fat and that fat intake needs to stay under 10% of total calories to produce health benefits and weight loss.

ATKINS DIET: The Atkins diet is split into four phases.

It starts with an induction phase, during which you eat under 20 grams of carbs per day for 2 weeks.

KETO DIET: There are several versions of the ketogenic diets, including :

Standard ketogenic diet-SKD (very low carbs, moderate proteins, and high-fat diet).

A cyclical ketogenic diet (higher carbs).

TargetedKetogenic diet (add carbs around workouts).

High protein ketogenic diet (similar to SKD, but involves more proteins)

BARRIER TO RECOVERY FOR THE PATIENTS :

Social and emotional factors: increased motivation to fit in.

Economic: low increase, child care responsibilities as barriers.

Gender: women reported a lack of time for family duties.

Delayed parental recognition

Behavioral sacrifice

Lack of willpower

Lack of access

Does physiotherapy help in weight loss?

It can also restore flexibility and help you maintain balance and body function. By headlining a strict diet and fitness plan, along with regular physical movement, physiotherapy can prove to help slim down, fighting off excess weight, and be on track with your fitness goals.

PHYSIOTHERAPY MANAGEMENT :

Physiotherapists have a role to play in the prevention and management of obesity.

Weight Management

- anatomical, physiological, and psychosocial mechanisms of health and disease.
- assessment and diagnosis.
- behavior change.
- biomechanics.
- exercise prescription and therapeutic exercise.
- management of long-term conditions.

The 8 Best Exercises for Weight Loss

- Walking. Walking is one of the best exercises for weight loss — and for good reason. ...
- Jogging or running. Jogging and running are great exercises to help you lose weight. ...
- Cycling. Cycling is a popular exercise that improves your fitness and can help you lose weight. ...
- Weight training. ...
- Interval training. ...
- Swimming. ...
- Yoga.

7 Effective and Easy Workouts for Overweight Beginners

Walking. It should come as no surprise that walking is one of the best exercises to focus on if you're looking to improve your fitness and lose weight.

- Modified Push-Ups. ...
- Riding a Stationary Bike. ...
- Side Leg Lifts. ...

- Bridges. ...
- Knee Lifts With Ball. ...
- Modified Squats.
- FREQUENCY: 25 days per week of aerobic exercise to maintain caloric expenditure(14).

INTENSITY : moderate to vigorous-intensity aerobic exercise should be encouraged. Individuals choosing to incorporate vigorous-intensity activity into their programme should do this gradually and after an initial 4-12 weeks period of moderate-intensity activity.

TIME: to prevent obesity people may need 45 to 60 mins of moderate-intensity aerobic activity each day unless they also reduce their energy intake.

Patients who are overweight or obese should be prescribed a volume of 45 to 60 mins of moderate-intensity activity a day

TYPE: walking is an excellent form of physical activity for overweight and obese people

Weight-bearing physical activity may be difficult for some individuals with BMI over approx 35kgs/m². Particularly for those with joint problems. for these individuals gradually increasing non weight bearing moderate-intensity physical activities {cycling, swimming, water aerobics } should be encouraged.



Activities @ MNR Golden Kids (Navi Mumbai)



MNR GOLDEN KIDS BONALU FESTIVAL 2021 HYDERABAD



Activities @ MNR Group of Schools



BHEL Hyderabad



BHEL, Hyderabad



Sangareddy, Hyderabad



Navi Mumbai



Sangareddy, Hyderabad



Kukatpally, Hyderabad

Activities @ MNR Group of Schools

Best out of waste



MNR High school BH BHEL, Hyderabad



Chintal, Hyderabad



Kukatpally, Hyderabad



Chintal, Hyderabad



Navi Mumbai



Mehdipatnam, Hyderabad



A PRODIGY'S PRODIGIOUS ACHIEVEMENT

Master Achyut Sarma Kalaga is a student studying in **1st class** in one of our **MNR group schools, MNR iExceed school, Kukatpally, Hyderabad**. He is barely 5 years old but his achievements are mind boggling. He has created ripples in the spiritual circles by learning the Bhagavad Gita 'slokas' by heart and reciting them with ease. By the age of 4 years 6 months, he completed the **Srimad Bhagavad Gita of 700 slokas**. He is now able to recite many Stotras and Slokas including Soundarya Lahari, Arya Satakam in Mooka panchasati, Lalitha and Vishnu sahasranamams, Shatashloki Ramayana, many verses of Sri Adi Sankara and Sri Chandra Sekhara Asthottara Sata naamavali. Our little enthusiast started his journey with Slokas and Songs at the age of 2 years. At the age of 3 years, he self-learned to Read and Write in his mother tongue Telugu. Now holding a couple of **INDIA BOOK OF RECORDS** on his name being the "Youngest to read, write and recite Bhagavad Gita. He learned a few Keerthans of Tyagaraja and Annamacharya, on his own, which set him another India's Book of Record for "Youngest to recite a maximum number of slokas".

"He is a disciplined child and shows love for our culture and tradition." Mr. O. Sudheer , Principal, MNR iExceed school, Hyderabad, said, "My heartfelt congratulations to Achyut Sarma Kalaga for reciting 700 slokas and entering India's Book of Record. This achievement is commendable. It is a matter of great pride to have Achyut Sarma, a star performer, as a part of our school.

Achyut Sarma Kalaga you tube channel link is:

https://www.youtube.com/channel/UCsu20eDc-V4VzjilG6FLTqg/featured?view_as=subscriber

India book of records Page : <https://indiabookofrecords.in/?s=Achyut+Sarma+Kalaga>

Our Motto

EDUCATION *And* HEALTH



Well organized
BUS FACILITY
with regular
SANITIZATION

Your
child
is in
safe
hands



- ◆ Sanitized school premises.
- ◆ **Spacious and well ventilated class rooms.**
- ◆ **Seating arrangements redesigned according to social distancing norms.**
- ◆ **Hygienic toilets.**
- ◆ Trained helpers to sanitize students at the entrance.
- ◆ Thermal screening everyday.
- ◆ **Hand sanitizer Provided**
- ◆ **Face Masks Mandatory for all.**
- ◆ Rescheduled time-table according to government guidelines.
- ◆ Well trained teachers and staff to deal with the pandemic.
- ◆ Awareness programmes for parents and students
- ◆ Frequent sanitization of common areas

MNR GROUP OF SCHOOLS

HYDERABAD | MUMBAI | SHARJAH
(Dubai)

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