

MNR iNFOCUS

Enriching the innerself

July 2023

MNR's IN-HOUSE MAGAZINE



Manthana American School, Sharjah has conducted
GRADUATION DAY 2023 KG-2 to Grade 8

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

MNR COLLEGE OF PHARMACY ACTIVITIES

International yoga day was celebrated on 21-06-2023



Staff and students attended a workshop on Career Guidance "Packing Prodigies: Empowering the future of creative education & Career" on 22-06-2023@JNTUH, Hyderabad



Conducted Awareness on drug abuse among students on the occasion of International day against Drug abuse and illicit trafficking on 26-06-2023



Awareness on Yoga in School Children on the occasion of International yoga day@Hanuman Nagar



Fortune Favours the Brave

Bravery is one of the most elusive and misunderstood human attributes. In the most difficult of circumstances, it is our unwavering spirit that makes us indestructible and gives us the ability to hope and change the world.

Fear is the most constraining aspect of all. If there is one thing that keeps us from fulfilling our ambitions, achieving our objectives, and pursuing our passions throughout our lives, it is fear. Fear of being hurt, fear of failing, and fear of social ostracism cause us to capitulate, yield, and give up.

Success, on the contrary hand, comes to those who overcome their fear and continue against all difficulties, who are not afraid to venture into unfamiliar territory and accept change. Humans must take risks since success does not come to those who sit on their hands. People attain success because they are courageous enough to overcome challenges and go above and beyond. We must never accept failure. Instead, we must have the fortitude to face our failures and persevere in our efforts to improve ourselves with fire and excitement.

People who have remained unafraid in the face of adversity have achieved some of the most significant world-changing achievements. What does not kill them makes them stronger. So, they persevere, and their success is linked to the well-being of millions of others.

Stories of our veterans, patriots, soldiers, and martyrs who opted not to hide behind the veil of silence and live a contented life, but instead devoted themselves wholeheartedly to the ultimate sacrifice inspire and enthrall others. People who made significant discoveries and innovations felt the same way. They all threw aside the security of their familiar surroundings and headed into the unknown. Their bravery and fortitude propelled them further in the voyage and finally assured their triumph.

I am extremely pleased to share this information of one such brave and determined personality struck by his steadfast drive and courage, for whom social ostracism and a lack of opulence were no deterrents. He applied himself for the greater good, and his dream is ultimately responsible for transforming the lives of millions.

The 15th of August 1974 not only commemorated the 27th anniversary of India's independence but also marked the beginning of a new chapter in India's educational history in the state of Telangana. MNR Educational Trust was established on this day by Sri M. N. Raju, Chairman of MNR Educational Group. MNR Educational Trust was established with the goal to improve people's lives by means of a great education.

To provide high-quality education and academic growth. Sri M. N. Raju, with the rock-solid support of Sri Ravi Varma Mantena, surmounted many hurdles and guided the Trust to success by creating several institutions in diverse sectors while maintaining high standards of education. The Trust's legacy is based on a student-centered strategy that includes sharpening intrinsic skills as well as addressing psychological and spiritual needs.

In the modern world, when everything is so competitive, making bold and difficult decisions with a clear understanding of the circumstance at hand is considered brave. The more the danger, the more gratifying the circumstance. It is important to remember, however, that bravery does not imply recklessness. To assure victory, one must be pragmatic, assess the benefits and cons, and adjust one's course and strategy as needed.

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YOU ARE YOUR MIND - LXII



Sri M N. Raju
Chairman

MNR Educational Trust

How do our five senses, Sight, Hearing, Touch, Taste and Smell help us in our day to day life? Among these five senses which is the most important? “Sight” (Eyes) is the most important sense. However the other four senses are also important, but sight has got its own importance. Through sight we get almost 90% of information knowledge, wisdom, awareness, both good and bad, ugly and beautiful.

Eye is not only an important sensory organ, but also the most complicated. In our earlier article we had studied about the eye in brief and some more wonders about your eyes are given below, of course, in brief.

The doctors can find the indication of some physical diseases while examining the patients eyes. By examining the concave interior of the eye, the doctor can know about the blood circulation system. By examining anterior and veins, the risk of heart attack can be estimated. The shape and size of the pupils of the eye can even tell about blood pressure. Jaundice (all varieties) can be estimated by studying the eyes.

You might have come across a statement saying ‘Face is the Index of the Mind’ of a person. It means that we can understand a person’s character / feelings / happiness/ unhappiness / joy / ego / mind / flow of thought etc by seeing the face. In the face, the pair of eyes are not only for “sight”, but for many other purposes. They add words which are not spoken. They express your feelings in their own language it means, the eyes express

most of your character and body language. They are the main social life projectors to put your image on others mind when you wish to impress others by expressions through your eyes, When others are friendly to you, you feel happy and you are blessed with “bliss”.

Bliss can be found blissfully

Bliss begets bliss

Bliss can be your own

Bliss cannot be given

Bliss cannot be taught

Bliss is simple and by simple life

Bliss is the bridge between you and He (God).

Bliss is God and He is in you.

Bliss makes you know He is close.

Hence your eyes make all the magic and make you a successful person. Keep your eyes healthy and make them speak your unspoken feelings.

However, at the same time you should be careful not to over act with your eyes. They may cause irritation in others and they may become negative.

Know your eyes:-

They are spherical curved cameras.

They have fluid filled interior.

They have photosensitive retina.

They are protected by bony socket.

Six muscles hold the eyeball.

The muscles of both eyeballs move uniformly, so both eyes are parallel.

The optic nerves run from back of the ball to connect it to brain.

The eyelids protect the eye

Blinking of eyelids clean the eye balls with tears on cornea.

The eyes are always moist, so dust is drained out

The eyelashes also protect the eye

The eyeball is not perfect globe

The light from the object falls on the retina as an upside down image

Such image passes through optic nerve to the brain

Such image brought to the brain, is translated into right-side-up image.

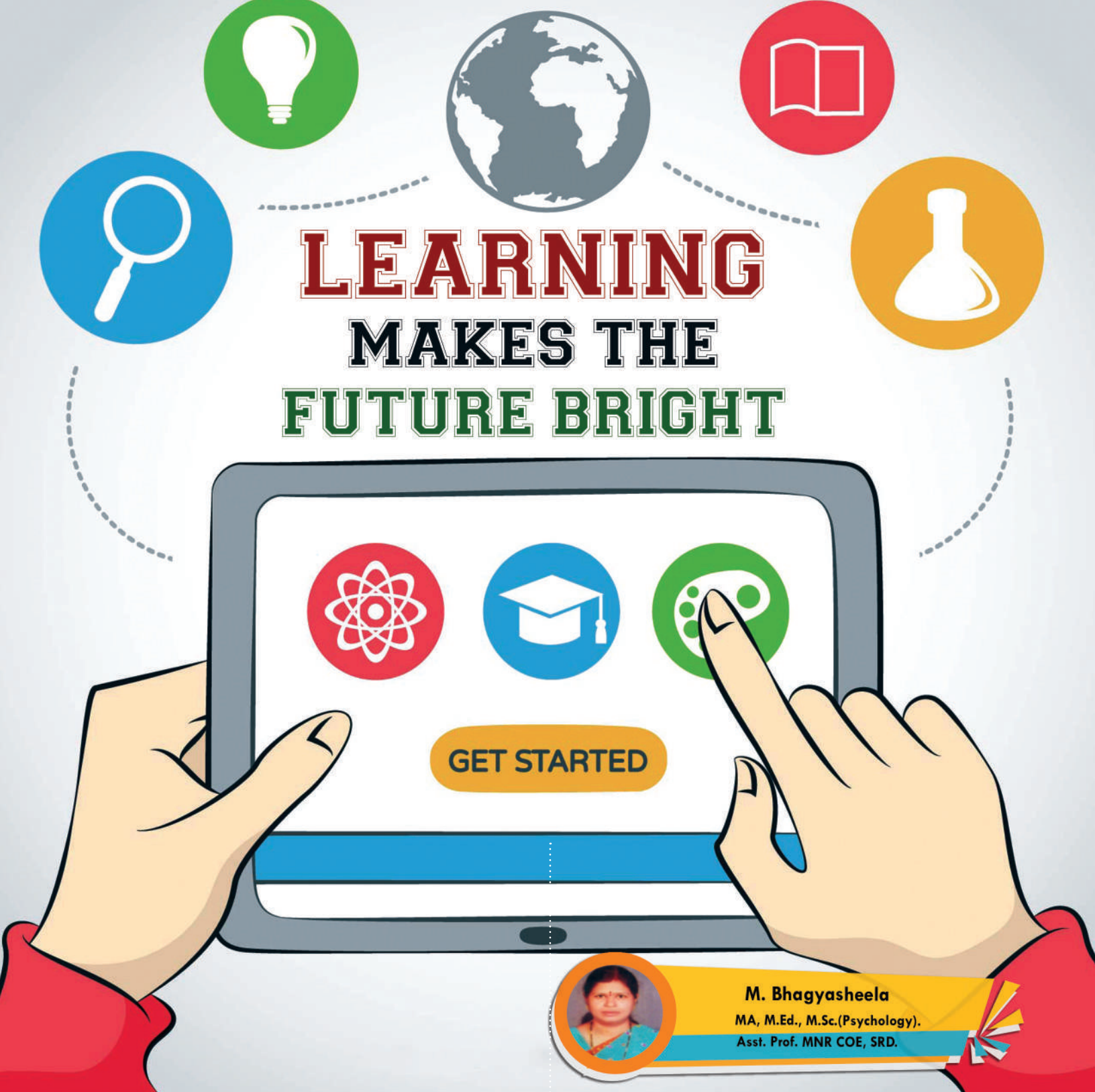
The main parts of eye are conjunctive iris, pupil, lens, cornea, retina and optic nerve etc.

Now a picture is formed on the brain and it is added in the album of your life.

Love your body and mind, don't be
hard, care them, be soft

Forgive them again and again,
again and again, seven times,
seven hundred times, seven
thousand times.

Then you will flower.



LEARNING MAKES THE FUTURE BRIGHT

GET STARTED

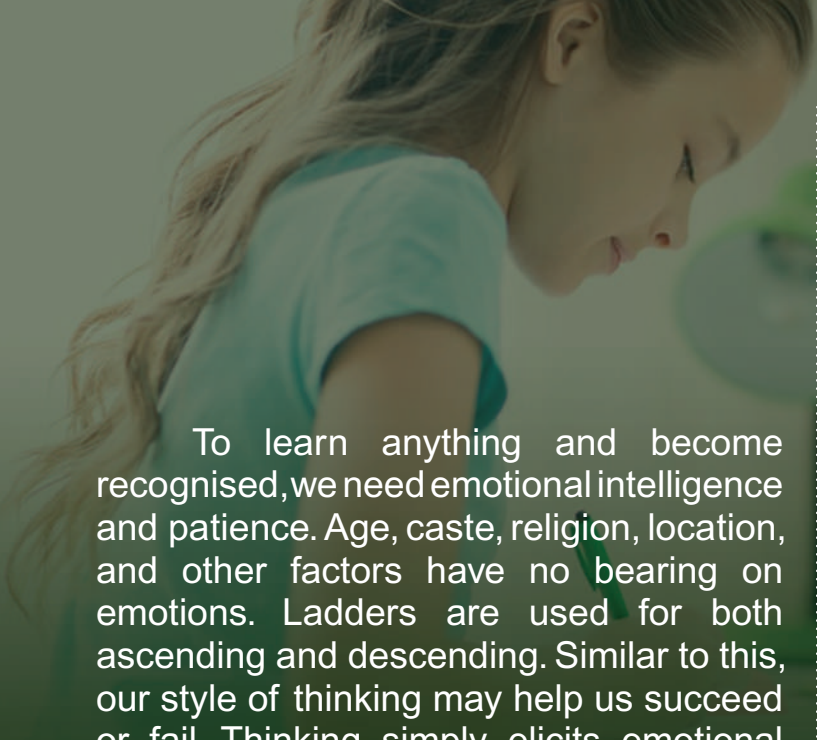


M. Bhagyasheela

MA, M.Ed., M.Sc.(Psychology).

Asst. Prof. MNR COE, SRD.

In general, men believe that learning only occurs during the student stage of life. After then, he believes it is unrelated to him. But he continues to learn at every stage of his life. The man advances in positions thanks to ongoing education. However, learning should be prioritised. Therefore, tell us how to encourage children's interest in achieving the highest positions and achieving great success.



To learn anything and become recognised, we need emotional intelligence and patience. Age, caste, religion, location, and other factors have no bearing on emotions. Ladders are used for both ascending and descending. Similar to this, our style of thinking may help us succeed or fail. Thinking simply elicits emotional reactions. People assert that before beginning a difficult task, interest in the thought process should be generated. And at least one feeling is all that we require for interest.

Human beings are inspired and propelled to pursue their higher goals by feelings including passion, curiosity, need, worry, and self-respect. If this motivation materialises into fuel, it transforms into willpower and establishes the firmest groundwork for learning to accomplish anything. Despite the fact that we lack resources, these motivations only help us advance.

Some people only cease learning at young ages. However, some people continue to learn even as they age. Some people succeed in their goals despite obstacles including lack of resources, physical restrictions, and other hindrances. Only the power of “Interest in Learning” becomes a catalyst for human success.

We are quite familiar with Stephen Hawkins, former central minister Jaipal Reddy, and top civil service performers like Burra Venkatesham, Mutyala Raju,

Ronanki Gopala Krishna, etc., who have made outstanding contributions to society. Not only these, but also Ira Singhal, who has a 62% disability, Software Company Owner Jyothi Reddy, Bollot Industries Owner Srikanth Bolla, Blind Krishna Gopal Tiwari IAS, M.A. Gold Medalist Dhulipala Raghavarao, Blind by Birth Hellen Keller, US 32nd President Franklin Ruse Weld, who ruled by sitting on a wheelchair, etc. have all succeeded greatly through their passion for learning and dedication to their jobs..

Now, let's examine the mentality of those who are uninterested in learning and who are unable to learn simple tasks. Let's be conscious of these people's traits :

- No goals or objectives
- Prepared to tolerate falls' prestige.
- No self-reflection
- Ignoring advice from others.
- Declaring that I will only act in this manner.
- Stubborn attitude and neglect.
- Not correcting errors.
- The no-pain, no-pleasure rule.
- No sense of self.
- Ineffective use of time
- Weaknesses include things such, “I don't know anything and I don't do anything,” etc.

Learning therefore involves more than just acquiring knowledge and a vocation; the desire to learn motivates the development of multiple skills and the performance of innumerable miracles. However, some will assert that they lack knowledge of computer operation, driving, bicycling, language, cooking, etc

Many graduates, P.G. holders, and diploma holders are reportedly begging in the streets of Bangalore, according to one survey report. This kind of thinking is highly bad and hazardous.

Strategies to pique interest:

- We must first be aware of the outcomes of learning in order to cultivate enthusiasm in learning.
- The outcome ought to bring you satisfaction and emotional joy.
- Then, and only then, can you alter your way of thinking.
- To this, we contribute our hard work and effort.
- Begin with want, and make desire your need.
- Only need can move us ahead; desire alone cannot.
- "If you believe that making 20,000 is sufficient, then you will remain unchanged. If you believe that I should be recognised for my abilities, diligence, and eligibility, then a lot has changed.
- For instance, if someone is sinking, he has to be alive. He exerts effort to exit the sea due to this necessity.
- The adage "Necessity is the mother of invention" is well recognised.
- The word "need" refers to a feeling, such as "water to a thirsty person, food to a hungry person is need, necessity."
- Emotions like curiosity, insult, elation, eagerness, hunger, etc. encourage someone to exercise.

- Thus, "Aim or Goal" should be changed to "Need."
- if you encounter roadblocks or impediments on the route to achieving your goal, you must alter your course but not your objective.
- In order to attain a goal, a strong desire and determination are necessary.
- To do this, time management is required.
- Exercise extreme caution when engaging in non-learning activities.
- Your focus should be solely on the objective and you should be love-hungry.
- You must always be motivated.
- You should be aware of your mistakes, make them right, and avoid repeating them.
- You stop being kind to and feeling sorry for yourself.
- Simply remove pain from the "pain/gain" paradigm.
- Work hard while enjoying it.
- Failures will always teach you lessons that will make you much stronger.
- Everyone should have the mentality that "this is my life, and I should lead a happy life."
- In order to succeed, you must move forward in this manner and work extra hard.

I'd want to conclude by saying that no one is born happy; instead, they are born with power and aptitude. Physically demanding people are now also making miracles. However, the lack of interest in learning is the main factor in failure.

If we do not demonstrate our intellectual prowess and aptitude, life loses its flavor and power. Why wait, let's get started.

SICKLE CELL DISEASE (SCD)



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Sickle Cell Disease (SCD) is an inherited blood disorder that affects red blood cells. Normal red blood cells are round and flexible, which lets them travel through small blood vessels to deliver oxygen to all parts of the body. SCD causes red blood cells to form into a crescent shape, like a sickle. The sickle-shaped red blood cells break apart easily, clump together, and stick to the walls of blood vessels, blocking the flow of blood, which can cause a range of serious health issues.

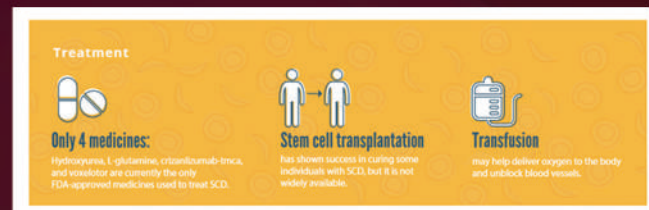
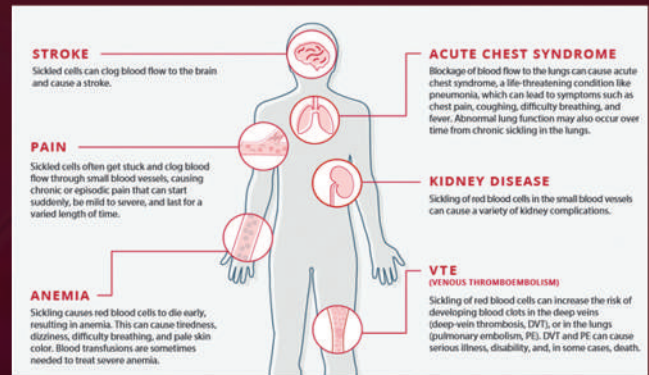
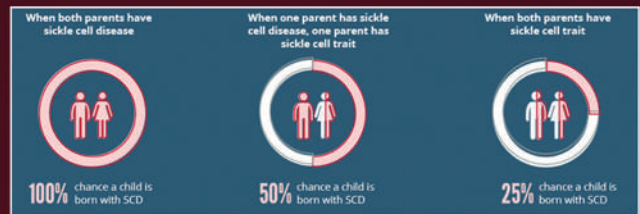


CAUSES: SCD is a genetic condition that is present at birth. It is inherited when a child receives two sickle cell genes—one from each parent. If only one sickle cell gene is inherited, the result is sickle cell trait (SCT). People with SCT can pass on the disease when they have a child.

PREVALNCE: It is more common in the tribal population of India, but occurs in non tribals too. Every 1 in 86 births among Schedules tribes have SCD. In Telangana studies have shown that higher prevalence are in Adilabad, Asifabad, Warangal, Jayashankar Bhupalpally, Khammam, Bhadradi Kothagudem, Nalgonda and Mahabubnagar districts.

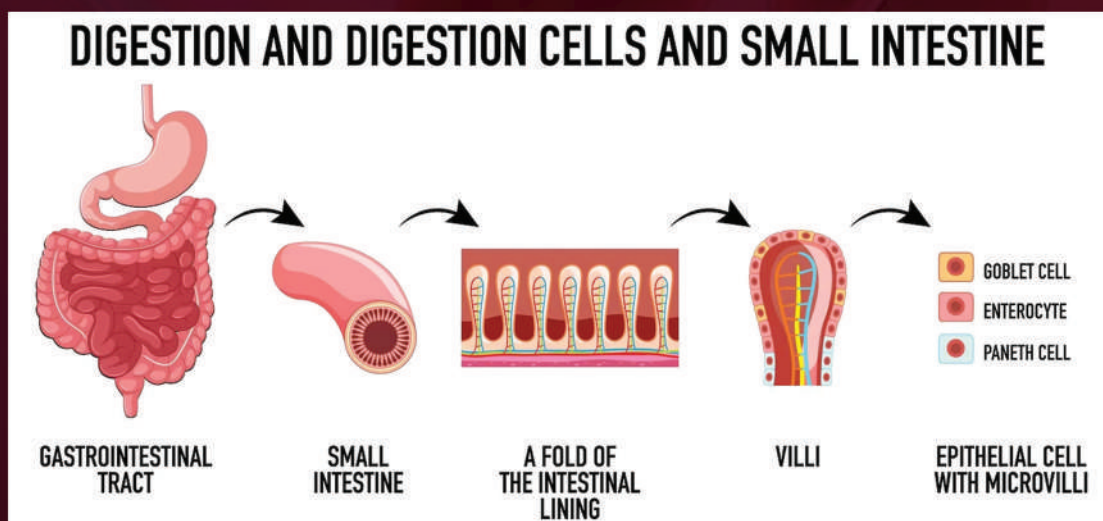
COMMON COMPLICATIONS OF SCD

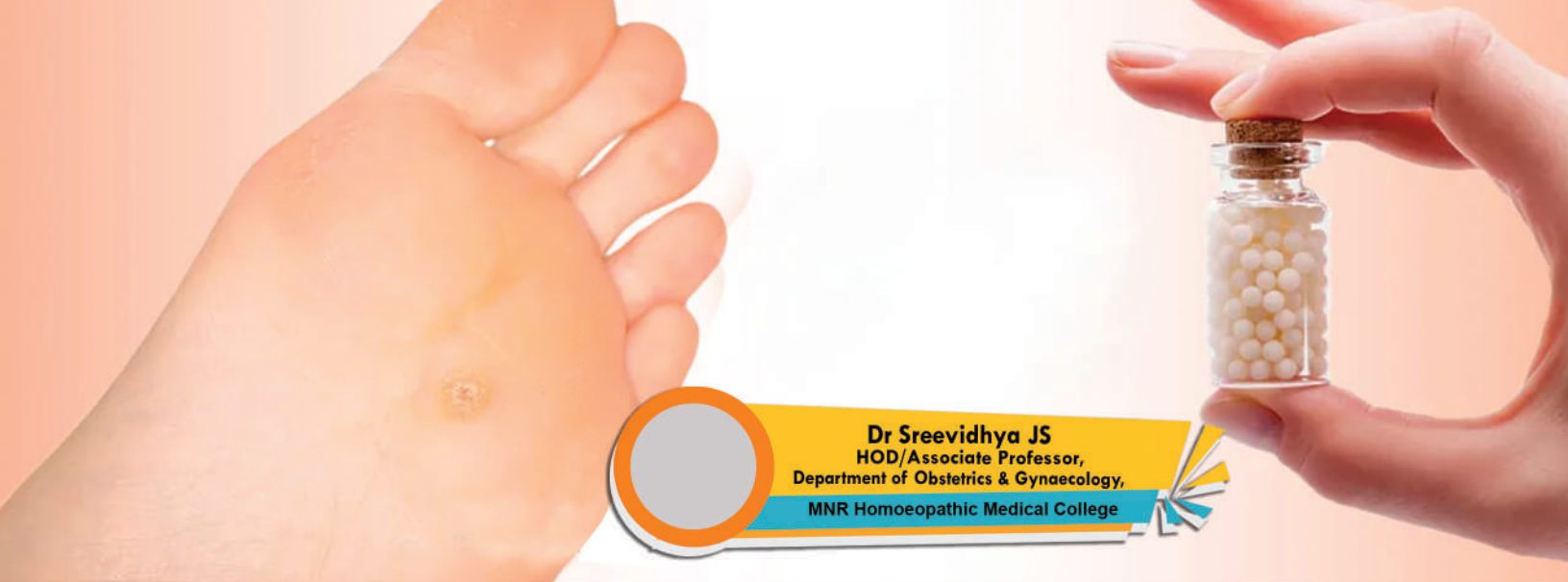
Individuals living with SCD face many challenges and complications, ranging from mild to severe, throughout their life. Common complications include:



World Sickle Cell Day is observed on 19th June every year to spread awareness about sickle cell disease.

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HOMOEOPATHIC APPROACH IN CORNS

ABSTRACT

Corns are the thickened, raised skin lesions that are frequently found on the soles of the palms and feet. Excessive pressure, rubbing, or friction on the epidermis can cause corns to develop. They are excruciatingly painful. A hard center and inflamed skin encircle a corn. Homeopathic remedies for corn decrease the severity of symptoms, the likelihood of recurrence, and the need for surgical intervention, thereby increasing patients' quality of life.

KEYWORDS: Corns, Dead Skin, Pressure, Pain, Homoeopathy

INTRODUCTION

Areas of thickened skin that develop in pressure points are called corns. In actuality, they are the body's typical and organic means of defense. When there are high pressure areas on the foot, the skin will become thicker to defend itself. The issue arises when the pressure is maintained and the epidermis thickens. The body ultimately starts to perceive it as foreign and becomes painful. A corn, also known as a clavus, is a cone-shaped,

inwardly-directed callus of dead skin that develops at pressure points close to bones or on body parts that carry weight. The visible part of the corn is typically more-or-less round, but corns are distinguished by having a hard, inward-facing, tapering root that, when squeezed, forces the root deeply into the flesh. However, corns brought on by an acute injury (like a thorn) may develop on the thicker skin of the palms or soles of the feet. Pressure corns typically develop on thin or glabrous (hairless and smooth) skin surfaces, particularly on the dorsal surface of toes or fingertips. The danger of complications from corns increases if the patient has diabetes or has poor blood flow. Surgical treatment is the treatment of choice in modern medicine. After surgical removal, recurrence is very prevalent. Many people attempt to chop or trim corns off using a sharp object, like a knife. This could make the situation worse and cause unneeded harm.

CAUSES

- wearing footwear that is small for your feet.
- wearing shoes with steep heels.

- Deformities that affect the structure, such as hammertoes, congenital defects, and tailor's bunions.
- Shoes that fit too freely cause the foot to slide forward.
- a bony protrusion between the fingertips.
- foot perspiration.
- incorrect gait or excessive weight bearing on the outside or inside of the foot.
- Long stretches of standing, running, or walking.
- putting on sandals and shoes without stockings.
- using manual tools or playing instruments.
- Walking barefoot
- Having less fat tissue in the foot due to old age or any other reason
- Women are more prone to corns or calluses than males.
- Genetics

Clinical features

- The affected epidermis is thick and brittle.
- The skin could be parched and flaky.
- On hands, feet, or other areas hardened, thick skin areas can be seen.
- The affected regions may bleed and be painful.

TYPES

1.Hard Corn: The tops of the toes, the bottoms of the feet, or the outside of the little toe are the areas it typically develops. It is a dense lump with a substantial center.

2.Soft Corn: It appears on the skin as a tiny, inflamed patch with a smooth core.

Between the toes is where it typically occurs.

3.Seed Corn: This kind of corn on the sole or ball of the foot is the least frequent kind.

4.Heloma Neurovasculare: This kind of corn contains nerves or on the blood vessels

5.Subungual Heloma: This type of corns develops under the nail.

DIAGNOSIS

Patients' gait should be watched, and their foot alignment should be checked for poor mechanics. (cavovarus foot, etc). Asking patients about their footwear and prior therapies is appropriate. (such as osteotomies, orthoses, etc). In order to determine which bony prominence is implicated, the location and characteristics of the keratotic lesions should be noted. To pinpoint the precise position of increased plantar pressure and to distinguish between transfer lesions and lesions brought on by direct pressure, pressure studies (pedobarographs) may be useful. It is not always essential to perform a biopsy with microscopic analysis. Bony prominences may be the source of the corn, which can be determined using radiographs of weight-bearing feet.

GENERAL MANAGEMENT

Corns can be managed by taking a few simple measures such as wearing properly fitted shoes with socks, wearing pads to protect heels, and wearing gloves while working if feasible.

HOMOEOPATHIC APPROACH

A secure long-term treatment is provided by homeopathy. The main advantages of homeopathic medications include their simplicity, low cost, and lack of side effects due to their preparation from naturally

occurring substances. The following homeopathy remedies are the most frequently suggested ones

ANTIMONIUM CRUDUM

Inflamed, large horny corns with thickened epidermis on the soles of the feet and near to the toes. Corn on the toes and feet. Inflamed corns with extremely sensitive feet while walking. Corns are aching and hurting. For kids and teenagers who are prone to weight gain; for the peaks of life. Older people with morning diarrhea who abruptly become constipated or alternate between the two have a rapid and hard heartbeat. Susceptible to the cold.

RAN SCLERATUS

Acute corns that hurt. Exudation that is acrid causing soreness.

Corns on the first and second left toes' balls are painful when letting their leg dangle down, sensitive to touch and pressure, smart, and burn. They are also very painful when flexing their toes. Better by lengthening them. Corns can become numb, which makes it painful and burning to rub your toenails against something or your boot against your corns.

SILICEA

Silicea is one of the best treatments for soft corns, which typically develop between the toenails. The corns between the toes may be painful. In these kinds of corns, patients may also experience burning, ripping, or excruciating stitching pain. Additionally, silica works marvels for corns between the toes that frequently suppurate. (discharge pus). On the foot where the corn is, there may be excessive perspiration and an unpleasant smell.

HEPAR SULPH

One of the finest options for treating

corn that tends to suppurate is hepar sulph. (have pus formation). Corns that are inflamed and painful. Pains that burn and sting are extremely sensitive to contact.

RANUNCULUS BULBOSUS

In situations where corns have pronounced smarting or searing pain, Ranunculus Bulbosus is effective. Touching the corns causes extreme sensitivity. The corns have horns and are tough. The corns in this instance are extremely touch-sensitive.

FERRUM-PICRIC

Corn and the near vicinity both have a yellow discoloration. Additionally, it's indicated when overexertion or excessive strolling is the cause of the corns.

NITRIC ACID

Corns on the foot cause stinging discomfort. Corns are dense and toughened on the feet, causing pressing, tearing, aching, and drawing pain.

LYCOPodium

Highly delicate corns that hurt to the point of tears. Skin becomes indurated and dense. On the fingertips, toes, and soles, there were painful callosities. In addition to pressing pain in the affected region, Lycopodium can also cause aching, burning, or drawing pain. The ankle hurts like stepping on a pebble.

SULPHUR

stinging and aching sensations in the corns. When covered, limb pain gets worse. The limbs snooze. Indicated in aching corns along with other sulphur-related character traits like thermal heat, desire sweet with philosophical mind.

NATRUM MUR

Scars and corns. Skin that's greasy. Painful ripping, tearing, and stitching. For anaemic

and cachectic people who are depleted of essential fluids. Walking and standing is more difficult. Great emaciation, losing flesh despite having a healthy lifestyle. Irritability, crying for no apparent reason, awkwardness, haste, dropping items due to nervous weakness. Weeping and crying for no reason.

CALCAREA CARB

Cold damp feet, as if wearing damp stockings, raw soles. At night, feet feel chilly and lifeless. Cal Carb constitutional signs include horny callosities on the sole, as well as thermally chilly, egg cravings, and profuse sour smelling sweat. Slow, fair, flabby individuals who are easily chilled and have enlarged cervical glands.

CONCLUSION

Under the homeopathic method of treatment, which employs a very gentle strategy, corns can be successfully treated. These treatments for corns are highly efficient and target the source of the issue. Corns are only temporarily removed surgically, and they frequently grow back after that. Surgery to remove corns bears the risk of infection as well, whereas homoeopathy offer a long-lasting and completely risk-free treatment for corns.

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SICKLE CELL ANEMIA

(HEREDITARY DISEASE)



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NIn modern era some of the diseases related to the hereditary are increased more in this area one of the diseases associated with blood is sickle cell anemia. In developing countries like India, it is the major challenging problem. For avoiding the prevalence of the sickle cell anemia, the governments also taking the steps towards eradicating sickle cell anemia. Here we are interested discuss some the important points regarding sickle cell anemia including causes and symptoms sickle cell anemia.

A series of genetic diseases collectively referred to as sickle cell disease includes sickle cell anemia. It has an impact on the structure of red blood cells, which transport oxygen throughout the body.

Since red blood cells are typically rounded and flexible, they can pass through blood vessels with ease. Some red blood cells with sickle cell anemia have a crescent moon or sickle form. Additionally, the rigidity and stickiness of these sickle cells can delay or obstruct blood flow.

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There is currently no cure for the majority of people with sickle cell anemia. Treatments can lessen pain and help patients avoid the disease's adverse effects.

Causes

Sickle cell anemia is caused by a change in the gene that tells the body to make the iron-rich compound in red blood cells called hemoglobin. Hemoglobin enables red blood cells to carry oxygen from the lungs throughout the body. The hemoglobin associated with sickle cell anemia causes red blood cells to become rigid, sticky and misshapen.

For a child to be affected, both mother and father must carry one copy of the sickle cell gene also known as sickle cell trait and pass both copies of the altered form to the child.

If only one parent passes the sickle cell gene to the child, that child will have the sickle cell trait. With one typical hemoglobin gene and one altered form of the gene, people with the sickle cell trait make both typical hemoglobin and sickle cell hemoglobin. Their blood might contain some sickle cells, but they generally don't have symptoms. They're carriers of the disease, however, which means they can pass the gene to their children.

Symptoms: Signs and symptoms of sickle cell anemia usually appear around 6 months of age. They vary from person to person and may change over time. Signs and symptoms can include the following.

Anemia: Sickle cells break apart easily and die. Red blood cells usually live for about 120 days before they need to be replaced. But sickle cells typically die in 10 to 20 days, leaving a shortage of red blood cells (anemia). Without enough red blood cells, the body can't get enough oxygen and this causes fatigue.

Episodes of pain: Periodic episodes of extreme pain, called pain crises, are a major symptom of sickle cell anemia. Pain develops when sickle-shaped red blood

cells block blood flow through tiny blood vessels to your chest, abdomen and joints.

The pain varies in intensity and can last for a few hours to a few days. Some people have only a few pain crises a year. Others have a dozen or more a year. A severe pain crisis requires a hospital stay.

Some adolescents and adults with sickle cell anemia also have chronic pain, which can result from bone and joint damage, ulcers, and other causes.

Swelling of hands and feet: The swelling is caused by sickle-shaped red blood cells blocking blood circulation in the hands and feet.

Frequent infections: Sickle cells can damage the spleen, increasing vulnerability to infections. Infants and children with sickle cell anemia commonly receive vaccinations and antibiotics to prevent potentially life-threatening infections, such as pneumonia.

Delayed growth or puberty: Red blood cells provide the body with the oxygen and nutrients needed for growth. A shortage of healthy red blood cells can slow growth in infants and children and delay puberty in teenagers.

Vision problems: Tiny blood vessels that supply the eyes can become plugged with sickle cells. This can damage the retina the portion of the eye that processes visual images and lead to vision problems.





MILLETS

Ms. D. Chinmaie
M.Sc. Microbiology II Year

MNR PG College

A minute prebiotic

Millets are small, lighter grains with appreciable health benefits and excellent nutritional value. millets are very useful to cure many of the diseases. small in size but performs giant function in body metabolism of human beings. Geographically there are many types of millets with different names. Today the use of millets in one's diet has been widely seen. Botanically, millets belong from the family Poaceae. It is considered as prebiotic as they stimulate the growth of gut bacteria and act as fertilizers.

HISTORY OF MILLETS

Millets are consumed as a part of human balanced diet dating back to 3000 BC in the period of Indus valley civilization in India. However, they were the first crops to be cultivated. The north eastern part of ancient India were the first to domesticate millets as per history. Today it has been geographically distributed depending upon the soil and humid conditions. Indian Vedas claim about the uses of millets in oldest texts of Yajurveda Veda. However, millets occupy a

space in ayurveda too.

AYURVEDA AND MILLETS

Ayurveda is considered as one of the oldest texts of medicine and followed by everyone. It depicts human diet and cure for imbalances in body metabolism. Millets are considered as tridhanya which means grass like plants. Other names include shudradhanya, kudhanya. as per the earliest texts millets are considered to be sweet, pungent after digestion and coming to metabolism in body it is slightly hot and dry in nature. It is very good in absorbing excess moisture from the moisture. It is known for balancing vata and kapha doshas. However, ayurveda classified major millets

1. Sorghum [jonnalu]
2. Pearl millet [sajjalu]
3. Foxtail millets [korralu]
4. Proso millets [varigelu]
5. Finger millet [raagalu]

SCIENCE OF MILLETS

Millet has a in-depth science with great nutritional values and high health benefits. Generally, millets have a lower starch content. Hypoglycemic property is related to the starch structural characteristics. Starch lipid protein interaction fibers and polyphenols are included. It is a gluten free cereal. It is beneficial for avoiding celiac disease as gluten immunizes small intestine and prevents small intestine to absorb nutrients. It is a high protein content leading to high energy and it helps in weight management and aids blood sugar. Generally, breakdown of millets takes longer time as it contains low carbohydrate and takes time to convert to glucose. Human beings need amino acids and some are obtained in the form of diet and millets provide tryptophan as a result when consumed. Overall millets are highly proteinaceous, highly fibrous and low carbohydrate content. They work lighter on the body but takes time to digest.

HEALTH ASPECTS OF MILLETS

Generally ICMR [Indian council of medical research] recommend to consume 100gms, i.e about 1/3 rd cup of millets for day per individual. For perfect cooking of millets, cooking of millets should be properly performed. Soaking of millets is must. this helps to reduce the phytic acid and this reduction paves for proper absorption of nutrients and millet when cooked expands and increases its size, thus precautions need to be taken when cooking. consumption of millets is numerous and because of these health benefits, the interest towards millet consumption have become tremendous.

ANTI STRESS: consumption of millets at night aids sleep by increasing serotonin levels from tryptophan present in the millets.

ANTI AGING: generally, foods that are great in nucleic acids of high amounts are considered to be anti-ageing. nucleic

acids help in rejuvenating the skin cells. in reference with the book 'THE BEAUTY DIET' written by SHONALI SABHERWAL, millets need to be included in one's diet for at least thrice a week in order to gain anti-aging properties.

Diabetes; generally, the millets contain high magnesium levels which aid in sugar control in blood

OBESITY: obesity is one of the leading problems in youth and middle-aged people all over the world. Recent researches have been proved that consumption of high dietary fibre foods reduces the intensity of obesity. The vitamin B3 of millets proved to reduce cholesterol in the body.

CARDIOVASCULAR DISEASE: generally, most of the cardiac arrests are associated due to the accumulation of cholesterol near the valves of the heart. The magnesium content in the millets helps in lowering of cholesterol and may reduce the risk of heart attack

CELIAC DISEASE: millets can be consumed by even gluten sensitive enteropathy patients as they exhibit sensitivity towards gluten., when consumed gluten foods they suffer from the inflammation of small intestine leading to lesser absorbance of nutrients by the body.

CANCER : millets contain alkalinity which is a scope of reducing and healing cancer. Example of kodo millets or araka is taken where they contain neutralize free radicals in the body and these millets consists of antioxidants.

prevention of gall stones formation; due to high insoluble fibre present in the millets, the reduced risk of gall stone prevention is seen.

GASTRIC ULCERS : millets are generally

alkaline and their unique property of being highly proteinaceous paved a path for reducing the risk of Gastric ulcer formation.

CHILDHOOD ASTHMA : the childhood asthma is decreased enormous to fifty percent by the millet consumption.

Nutritional value of millets per 100 gm

The nutritional values Per 100g are Carbs-60.9 gm, Fat-5.2 gm, Iron-9.3 mg, Phosphorus-220 mg, Iron-9.3 mg, Calcium-17 mg, Calories-329 kcal, and magnesium-114 mg.

Geographical advantage of millets

Apart from human health benefits geographically also growing of millets proved to be advantageous as

1. Millets can be grown in areas with less rainfall and even in dry conditions
2. Care for the millet crop is comparatively less as compared to other crops.
3. They provide resistance to biotic and abiotic stress eg; sorghum.
4. And the distribution of millets are seen all over India, China and even Africa.

MILLET REVOLUTION

since ages millets have been revolutionized and special interest on millets took place and awareness of millets are largely seen. United nations have declared international millet year in 2023. The strategy involved in farming and a gradual comeback of millet production impacted globally. We need to be proud as India takes first place that is 41% of millet production is taken and is largest producer. M.S. Swaminathan, a man behind green revolution also focused on the cultivation and conservation this regarded as father of millet revolution.

As we are celebrating international millets

year ,here are some millets which are termed superlative in health concern

1. Fox tail millet- highest in protein
2. Finger millet- good for bones
3. Buckwheat millet- good for curing joint pains
4. Ragi- good in calcium
5. Proso millet- good for nerve weaknesses
6. Sorghum millet- rich in iron.

Sorghum is considered as king of millets due to high carbohydrate value and regarded as one of the staple foods in semi-arid regions. We'll, including millets in one's diet should be a gradual process and perfect hydration of body is also necessary when millets are consumed. These millets are forgotten ancient staple food of Indian diet offering a great comeback in consumption using modern ideas.



ROLE OF **TEACHERS** IN EMERGING **INDIAN** **SOCIETY**



G Satyananda Reddy
Asst. Prof

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“If a country is to be corruption free and become a nation of beautiful minds, I strongly feel there are three key societal members who can make a difference. They are the father, the mother and the teacher.”- **Abdul Kalam**

INTRODUCTION

The National Policy in Education, 1986 has said about the role of teachers, “The status of the teacher reflects the socio-cultural ethos of a society; it is said that no people can rise above the level of its teachers. The Government and the community should endeavor to create condition which will help motivate and inspire teachers on constructive and creative lines.

Since India became free in 1947, the Indian Society is steadily passing through transformation and modernization. The Indian Society is dichotomously stratified: the ELITE and the FOLK. Both of them have somewhat different religion – moral and socio – cultural norms and values. They are further stratified into sub cultures of castes, occupations, groups, religions and regional communities. As a result of education, caste domination is waning although social stratification on the basis of class and creed still persists.

So, the responsibility comes on the shoulders of teachers, who are called the ‘Builders of the Nation’ to make the society capable of accommodating itself with the coming dangers and becoming strong enough to resist the unwelcome or undesired trends.

As Dr. Radhakrishnan said, “The teacher’s place in the society is of vital importance. He acts as the pivot for the transmission of intellectual traditions and technical skill from generation to generation and helps to keep the lamp of civilization burning”.

JOB OF TEACHING

Schools are one of the first places where kid's behaviour and future educational success is shaped. Teachers are carriers of either positive or negative behaviour towards students. The reason why the first year of school is so critical is because kids learn the base of their educational life. Teachers must love their career in order for them to pass enthusiasm, to assist and to provide a warm environment to the students. Teachers are the second mother for the students because students spend a lot of time with their teachers. At the same time a real teacher becomes through many years of training and experiences in the field. The same way, mothers are not born being great mothers but as their experiences with their kids expand they become experts on the field. We know that mothers look the best for their kids and one of their goals is to raise their kids so they can become professionals and pioneers for the society. As a mother teacher's role toward kids is to give them care, love, respect, lead, instruct and to try to form a safe and pleasant environment at their homes and society.

SIGNIFICANCE OF TEACHING PROFESSION

Educational planning can be successful through the teachers who are active agents to implement the same. Along with the tremendous growth in the opportunities and scope of education, it is necessary to preserve the quality of education. In our country, however, the quality of education could not be maintained mainly due to lack of effective teachers.

In the pyramid of education the teachers is at the apex and controls the objectives of education and his pupils at the same time. Therefore teacher's dynamicity is always at the root of the success or failure of any plan of education proposed or the policy

of education declared by the government. Lately Kothari Commission (1964-66), Education Policy (1968), Five Year Plan reports on education and the recent New National Policy of Education (1986) have recognized the importance of the position of the teacher.

Primary school teaching is the single most important profession in the world. Teachers pass on knowledge and values to children, prepare them for further education and for working life and are main contributors to good education. This most important profession however does not get the recognition it deserves.

Teachers are one of the main pillars of a sound and progressive society. They bear the weight and responsibility of teaching, and, apart from parents, are the main source of knowledge and values of children.

SECURING RIGHT TYPE OF TEACHERS

It is now universally acknowledged that teachers occupy a pivotal importance in the total educative process. All other factors in education-buildings, equipment, instructional material, organization and allied expenditure-can be of little avail unless there are teachers of the right type. It is expected that only the teachers with necessary academic background, professional competence and personal traits of character can translate into action the widely accepted pedagogical principles which constitute the bedrock of a sound and progressive system of education.

With the rapid expansion of school education and the phenomenal rise in pupil enrolments, the demand of trained teachers has greatly increased. Accordingly, more and more educated persons are now being attracted towards teaching profession. Taking advantage of this situation a large number of teacher education institutions with meagre facilities and indifferent personnel

have sprung up. As a consequence, the standards of teacher education have gone down.

RESPONSIBILITY OF A TEACHER

The world is always in a state of flux, with changes taking place all around. Thus it is imperative for the teachers to modify the methods to obtain the maximum outcome of her efforts. The role of the teacher is primarily two folds. The role of a person, helping to construct knowledge and the role of a person transforming personality.

Today, the Effective teacher is one who sometimes sees himself in his students. Therefore a teacher is just like an actor who plays many roles such as;

A modern teacher is a helping teacher. It is the teacher who through the class room imbibes the feeling of 'Share and tell', 'Give and Take', 'Think and Do' in the students which is later on generated in the society.

A modern teacher is always Flexible in his Approach. The modern teacher encourages new trends in the field of education. He is ready to make experiments to make the teaching process effective by keeping in view the new trends, new waves in the modern society.

Vidya is a treasure which never to give decreases by giving, rather increases more and more. And the Teacher is the architect of our future. They are the one -who shows us the right path as someone has rightly said "Teacher is just like a lamp, who burns itself to light others".

ROLE OF TEACHERS IN STUDENT'S LIFE

Nowadays many people don't realize their own potentials. Because of that many are so disappointed. Winston Churchill said so about this "Man's power has boomed in every field, but not on himself." A teacher has to

bring out the best in every child with utmost care and dedication. A friend once told Aurl Das, Principal of Serambur Theological College, "The students you get to teach are asses who are dropouts of other schools". For this his replay was "Yes. We take the asses and make them into horses." When teachers pin point one child and say he/she is never going to change. Then, as a teacher, we have failed in our duty to bring out him/her into light. Be able to change the 'script' about that particular child. Robert R. Shuller says "the success of a teacher is motivating students to believe that they are smart not stupid ; and developing a self image that will take them to heights of success they never ever dreamt ". As teachers, encourage children to dream high and help them work hard to make their dream a reality.

A modern teacher is Good counselor. Teacher's field is not limited up to covering the academic side but he also performs the role of a counselor for the students and the society. He is considered to be the specialists and highly knowledgeable person. People look up to him as a person who can really give a good piece of advice. The norm for teachers must be nurturing and validating posture via-a-via young people, where every student is treated with dignity and respect, where students are listened to attentively and treated as valuable and capable of learning

ROLE OF TEACHER IN SOCIAL TRANSFORMATION

The role of teacher in society is both significant and valuable. It has far-reaching influence on the society he lives in, and no other personality can have an influence more profound than that of a teacher – Shiben Raina (2007). Studies reveal that a hard working teacher is often admired by students and members of the general society. Aside of the academics, students also try to learn their teacher's mannerisms,

modes of dressing, etiquettes, style of conversation and others. For a student to grow up as a responsible citizen, the teacher is needed. After teaching students simple Geometry and Arithmetic, for instance, virtues such as punctuality, truth, hard work, honesty, simplicity, hygiene, patriotism, love and sincerity, obedience, tolerance, etc, must also be propagated. Society needs these values to develop. It makes no sense for one to be intelligent but corrupt. Any education churned out must be holistic and development- oriented. The teacher must be well-resourced to be able to satisfy fully the needs of students and society. There are sectors within the society where the services of the teacher are needed. In the areas of agriculture, commerce, sanitation and health, culture, social welfare, governance, tourism and hospitality, the teacher is important. Teachers have to help the people in need and also sympathize with them. In the present era everyone is so selfish, the plea of the needy is a knell to our eras. Instead of loving friend or colleague, we look at him enemy who is competing with you in the race to success.

EMERGING INDIAN SOCIETY

Emerging Indian society should be a learning society. We have to be literate, educated and learners since the very outset of creation man has been finding ways and means to make the life easier and comfortable. In selective functions, the education system tends to select students from particular socio-economic strata. The selective character of formal education operates through families according to environment and cultural resources, and through the schools, according to the environment appropriate to the one that obtains in the family of the child. It is widely recognized that formal education plays a vital role in social mobility both horizontal and vertical.

TEACHER'S ROLE IN ECONOMICAL

DEVELOPMENT

All great economists have called for big expenditure on education and spotted at those who would deny the funds required for financing vast programmes of education. They emphasize the role of skills in increasing production and identified education not only as a target but also as an economic development. To ensure economic development it is important that the population as a whole should have a minimum standard of education, which not only means literacy but also education. Literacy by itself has no meaning, unless it is used, and used rightly. We have 100 million literates in this country but their utilization of literacy is poor. The population as a whole should have a minimum level of education, which must involve some understanding of science and technology and the relevance of logic.

CONCLUSION

Teaching is the profession where one can make real contribution to lives of people. No other profession provides such deep personal satisfaction. Teacher is the chief agent in a democratic community's efforts to improve itself. They are the kingpins who affect the students and in turn the whole society. It is all within their capacity to make a good citizens or people considered to be stigmas on the society, from the unmolded heap of brains. One of the Behaviourist Psychologist Watson has said, "Give me a dozen healthy infants, well-formed, and my own specified world to bring them up in, and I, guarantee to take anyone at random and train him to become any type of specialist". But at present in India the devoted teachers are not in plenty. Therefore the standards of education are being lowered. Curriculum and the system of education are also to be blamed for this state of affairs.

Activities @ MNR Golden Kids (Navi Mumbai)



Activities @ MNR Golden Kids (Hyderabad)



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

MNR DENTAL COLLEGE & HOSPITAL ACTIVITIES

MNR DENTAL COLLEGE AND HOSPITAL ORGANISED WORKSHOP ON LASER DENTISTRY IN COLLABORATION WITH THE MAHSA UNIVERSITY ON 03/07/2023



MNR DENTAL COLLEGE AND HOSPITAL CELEBRATED WORLD DOCTOR'S DAY ON 01/07/2023



MEMORANDUM OF UNDERSTANDING BETWEEN MNR DENTAL COLLEGE AND CLEAR ALIGNERS



MNRDC DEPARTMENT OF PEDODONTICS ORGANISED CDE PROGRAMME ON PULP REVASCULARIZATION ON 20/07/2023 BY DR MAHESH, READER, DEPT OF PEDODONTICS CARE DENTAL COLLEGE, GUNTUR



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

MNR HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL ACTIVITIES

Blood Donation Day



World Population Day 11/07/2023 Mug Painting Competition



World Population Day 11/07/2023



Dept of Community Medicine and NSS Unit. Blood Donation Day Pledge





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