

# MNR

# iNFOCUS

*Enriching the innerself*

October 2021

MNR's IN-HOUSE MAGAZINE



**Mr. M.N.Raju**, Chairman, Manthena American School, Sharjah with Her Excellency Chairperson of SPEA (Sharjah Private Education Authority) **Dr. Muhadditha Al Hashimi**. Her Excellency appreciated Mr. M.N.Raju, for constructing one of the best upcoming schools in Sharjah, UAE.

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

MNR Medical Hospital CEO Dr. V V S Murthy Pays tribute to Father of Nation Sri Mahatma Gandhi at MNR Central Library and Research Center on 2nd Oct 21.



MNR Dental College and Hospital Principal Dr. Ravindra Pays tribute to Father of Nation Sri Mahatma Gandhi at MNR Central Library and Research Center on 2nd Oct 21.



National Pharmacovigilance Week Celebrated @ MNR College of Pharmacy

**NATIONAL PHARMACOVIGILANCE WEEK CELEBRATION**  
17<sup>th</sup> - 23<sup>rd</sup> September, 2021  
**Theme**  
**Pharmacovigilance: A Step Towards Patient Safety**

**WINNERS OF THE COLLEGE LEVEL COMPETITION**

 Afska Jabeen Pharm. D 5 <sup>th</sup> year 1 <sup>st</sup> Prize Animation Video	 Aysha Jabeen Pharm. D 5 <sup>th</sup> year 1 <sup>st</sup> Prize E- poster	 Akshita Mallala Pharm. D 2 <sup>nd</sup> year 2 <sup>nd</sup> Prize E- poster	 Saijeja Akhilara Pharm. D 3 <sup>rd</sup> year 3 <sup>rd</sup> Prize E- poster	 Rania Akhmed Pharm. D 3 <sup>rd</sup> year 1 <sup>st</sup> Prize Essay Writing	 Huma Fatima Pharm. D 5 <sup>th</sup> year 2 <sup>nd</sup> Prize Essay Writing	 Bhavana Tundla Pharm. D 2 <sup>nd</sup> year 3 <sup>rd</sup> Prize Essay Writing
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**MNR COLLEGE OF PHARMACY**  
MNR HIGHER EDUCATION & RESEARCH ACADEMY CAMPUS  
SANGAREDDY—502 294

World Pharmacists Day Celebrated @ MNR College of Pharmacy

**WORLD PHARMACISTS DAY**  
**Theme:**  
**Pharmacy: Always Trusted for Your Health**  
25<sup>th</sup> September, 2021

**Chief Guest**  
**Dr. S. Ravi Sankar** M. Pharm., M.B.A., Ph. D.,  
Vice President -  
Clinical Pharmacokinetics & Biopharmaceutics,  
Research & Development Centre,  
Wockhardt Pharma, Aurangabad,  
Maharashtra.

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# Editorial.....



**Dear Readers,**

“The quality of a man’s life is in direct proportion to his commitment to excellence, regardless of his chosen field of endeavor.”

VINCE LOMBARDI Jr.

“We are what we repeatedly do. Excellence, then, is not an act but a habit.”

Our lives are shaped by our thoughts. Our thoughts determine our feelings, which determine our actions. Our actions become our habits, and our habits determine our results.

Developing an attitude of excellence, therefore, is the starting place for developing an excellent life. This requires consistent effort before it becomes a habit, which, in turn, will give us the excellent results we are looking for. This effort will be well worth it!

The starting place is a decision. Make a decision to do the very best you can in all you do. Decide to do more than you’re paid for, more than is expected.

Changing the way we are and what we do changes the way the world reacts to us. Being excellent in all that we do causes the world to react with excellence in return, attracting the good we desire into our lives.

**Editor**

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# INVICTUS

*(Unconquerable)*

Out of the night that covers me,  
Black as the pit from pole to pole,  
I thank whatever Gods may be  
For my unconquerable soul.

In the sell clutch of circumstance  
I have not winced nor cried aloud.  
Under the bludgeonings of chance  
My head is bloody, but unbowed.

Beyond this place of wrath and tears  
Looms but the Honor of the shade,  
And yet the menace of the years  
Finds and shall find me unafraid.

It matters not how straight the gate,  
How charged with punishments the scroll  
I am the master of my fate,  
I am the captain of my soul.

- By William Ernest Henley – 1875.

# YOU ARE YOUR MIND-XLVII

**N**arendra Modi's quotation, which appeared in our previous article, speaks a great deal of our inner strength. I would like to make it more nearer to express your potentiality. It says:

Fate is not a master to be obeyed  
I am man who relishes a challenge  
I am myself a burning lantern  
My own light is enough for me  
To cut through the vortex of darkness.

One should never sit under a tree counting, the dead leaves which were dropped by the mighty tree, but try to understand and count the fresh leaves, the flowers, the fruits and the seeds that it has been producing for the future. This is the potentiality of the tree. The same tree also grew from a tiny seed into a mighty tree. When it was a seed, it did not think about its survival but its aim was to grow and to do its purpose of life. And when it started growing in the beginning it didn't start to grow up above the soil, but it first started to grow deep into the soil to have its roots deep, to be strong enough for its future strength and to face all its future challenges. If you stop counting dead leaves and start seeing the greatness in seed, you are genius.

Don't believe in your fate or luck but believe in yourself. Keep belief in your hard work



Sri M N. Raju  
Chairman

MNR Educational Trust

and smart work.

Luck is like a lift  
Hard work is like a staircase  
Lift may fail anytime  
But Staircase always takes us to the top.

If you are tough on yourself, life will be easy on you.  
If you are easy on yourself, life will be tough on you.

Everything, that we experience and think, comes from unknown. The seed, animal, even you and me all come from unknown. Even the universe is from unknown. The three components spirit (soul), mind and body and their different aspects, activities, purposes etc., are also from unknown, from the unknown divinity. Such unknown divinity is there in everything that we can imagine, see, unseen, in what not, in everything.

When you experience such divinity, you will be able to understand the potentiality in everything. Then you know the hidden

potentiality of “yourself”. You will try to make use of such potentiality for a better purpose. You will become more dynamic and your potentiality becomes more potential, more and more potential

Your potentiality is unlimited, inexhaustible and it is always available, provided you are ready to use it for a purpose. If you wish to achieve any thing, you get it. Here you have to understand one important issue. If you wish to get wealth, fame, power, etc, it is not wrong as long as you are spiritual to them. Earning money is not wrong; only the thing you have to put a question to yourself, is how fair you are in earning and how spiritual you are in spending.

To make use of your potentiality for success, add these points to your life.

- Risk more, than required.
- Learn more than more.
- Be strong in body, mind and soul.
- Show courage.

- Speak your truth.
- Live your values.
- Adore mastery.
- Release mediocrity.
- Aim for genius.
- Stay humble.
- Be kind than expected.
- Deliver more than needed.
- Exude passion.
- Shatter your limits.
- Transcend your fears.
- Inspire yourself and others.
- Dream big, with a small beginning.
- Act now, don't wait for future.
- Change yourself and change the world.
- Excel, love, lead, laugh and innovate.

**Mohd. Ali Said,**

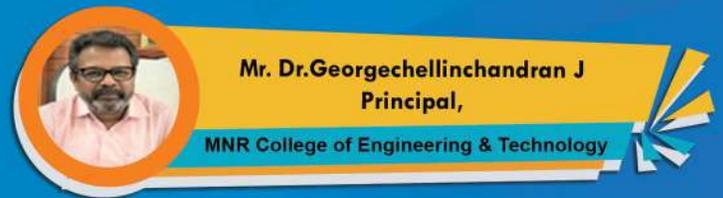
- Loving your work brings happiness.
- Recognition of your work by others is success.
- Dedication of your work to God is your Prayer and Meditation.





September 5th is the birth anniversary of Dr. Sarvepalli Radhakrishnan, the illustrious Teacher, the first Vice President, and the second President of India. This day has been observed as Teachers' day since the year 1962. This auspicious day is dedicated to all Teachers who had inspired young minds. Indian culture and traditions teach the dictum 'matha, pitha, guru, daivam'. It is Matha who shows you Pitha, and he takes you to Guru. Then, Guru opens up your internal eyes so that you can visualize the world around you and finding the ultimate reality which means DAIVAM. So, GURU is given higher-order prominence because it is Guru who shows you the pathways from the darkness of ignorance to the brightness of wisdom.

Teaching and Learning are symbiotic. A good teacher never stops his or her learning



endeavors and the never-ending saga is to show the ultimate reality to the disciples. Good teachers do not tell, instead, they show how to see the world around them and learn. The process of learning has stages like seeing, generating interest, exploring, and finally finding out the reality. According to Indian philosophy, BRAHMA is the ultimate reality. It says 'PRAJAANAM BRAHMA' which means KNOWLEDGE is BRAHMA - the reality. The process of acquiring knowledge gives you happiness because it involves PRIDE, ENJOYMENT and GROWTH(PEG). Any learning process that does not involve the essential components of PEG is meaningless.

It has been widely accepted that education

leads to socio-economic growth. Technology and innovations are tools for such growth. Entrepreneurship is the road to achieve the goal. Entrepreneurs identify the pressing needs of society and find solutions for them. Sachin Bansal and Binny Bansal - alumni of IIT Delhi, who founded Flipkart, Brian Acton- the founders of WhatsApp, Richard Brandson- chairman of Virgin Group, Steve jobs - Apple, Bill Gates - Microsoft are a few inspiring examples who have fought inequalities with the powerful swords of knowledge. Please remember Byju Raveendran of Byju's App who served shoulder to shoulder globally with edu-tech giants like Coursera, udemy, edX, etc. so that light of wisdom is spread in the world.

These people are different because of their enthusiasm to learn, initiatives to explore, courage to face challenges, and willingness to choose a path away from routine comfort zones. As teachers, we have to inculcate these qualities in students.

Inclusive learning has been a pivotal agenda in the national education policy of India since independence. A learned society can have an overlapping effect beyond all cultural, ethnic, and geographical boundaries. This philosophical vision is promulgated through the concept 'VASUDAIKUDUMBAKAM' which means the world as one family.

In his versatile composition Gitanjali, Ravindranath Tagore unraveled the true objective of education. He says:

'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 depth of truth;

Where tireless striving stretches its arms toward perfection;

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—'

Every Teacher and Learner should endeavor for the same.

Let us join our heads and hands for such a state of the world.



# HOMOEOPATHIC THERAPEUTIC APPROACH TOWARDS BENIGN BREAST FIBROADENOMA

## Abstract

The lump in the breast causes anxiety and fear in the young population in female. Considering modern medicine surgical excision is only choice to way out malignancy and cure the fibroadenoma in previous day. But now a day awareness regarding the investigation and disease condition diagnosis is easy and give clear idea regarding benign nature of fibroadenoma. Now a day's non-surgical management should be applied for fibroadenoma.

**Key words** – Fibroadenoma, Conium maculatum, homoeopathic approach

**Abbreviation:** FNAC (Fine needle Aspiration cytology) ANDI (Aberration of normal development and involution)

## Introduction

It is common benign tumour of the female breast is fibroadenoma. It is a new growth composed of the fibrous and glandular tissue.

## Definition

It is a benign encapsulated tumour occurring commonly in young females of 15-25 years age group. It is considered as the hyperplasia of a single lobule of the breast. It is most

common benign tumour of the breast below 30 years of age in females.(1)

## Aetiology

Excess of oestrogen level and fibroadenoma is acceptable relationship.

## Pathology

The fibroadenoma has mixed epithelial or glandular and mesenchymal elements. Fibroadenoma typically stop growing when they reach 2 to 3 cm in diameter.

The pericanalicular type is hard fibroadenoma, it is firmer smaller with an increase in ducts and fibrous stroma.

The intracanalicular type is soft fibroadenoma, it is relatively less firm, grows larger and the glandular tissue and duct system are very much compressed with great distortion due to proliferated surrounding connective tissue pressing on them.

## Clinical Manifestations

It is painless swelling in one of the quadrants, which is smooth, firm, nontender, well localized and moves freely within the breast tissue

Axillary lymph nodes are not enlarged.

Local Examination

Intracanalicular swelling may be visible

Palpation – 2 to 3 cm in diameter mobility is more in young girls.

## Investigation

1-Ultrasound of Breast is done routinely to confirm the solid nature of tumour.

2-Mammography

3-FNAC done routinely to exclude malignancy.

## Treatment

Excision biopsy is choice of treatment (2)

Fibroadenoma which is small (<3cm /single/ age <30 years) can be left alone with regular follow-up with USG at 6 monthly intervals,

Indication for surgery for those fibroadenoma which is more than >3cm, multiple, giant type, recurrence and complex type (1)

## Homoeopathic Miasmatic approach towards fibroadenoma

The holistic conception is absolutely necessary to understand the living phenomena of any being. The word holistic here is used in a technical sense to mean something which is more than the sum of its parts.

Man is an aggregate of material units of flesh and blood, muscles and nerve and organs. But in addition to being the sum of these constituents, the human being has personality of his own which is more than the arithmetical sum total of the constituent's parts of the body.

The orthodox medical school is in a fix to reconcile its specialist's knowledge with that of general practitioner but Hahnemann has solved this problem by his discovery of a method where by the patient and remedy are both studied as a whole, and by the

discovery of a therapeutics law where by a particular drug is administered to a particular sick individual from this holistic standpoint.

Hahnemann wanted to stem the pendulum from the coldly scientific approach represented by this increased degree of specialization and fragmentation of the doctor -patient relation to an integrated approach to the sick person as being in a state of mental, moral and physiological imbalance with his environments inwards and outward.

## Psora Miasm

Hahnemann says in chronic diseases that even large sarcomatous lesions can develop from psora. Tumors are prone to develop at the age of 40 and prone to tissue of ectodermal origin. It shows unhealthy skin with itching and burning represent psora.

## Sycosis Miasm –

Sycotic tumors are encapsulated and grow out of proportion. There is incoordination in cellular proliferation. Tumors prone to develop at any age prone to tissue of endodermal origin. It shows post-operative scar tumors and abscesses.

## Syphilis Miasm –

Syphilitic tumors break open their capsules causing degeneration, disintegration and cellular necrosis. Tumors prone to develop at the age of 40 and prone to tissue of mesodermal origin. It shows ulcerated skin with pus and blood represent syphilis.



# WHAT DRIVES YOUR LIFE?

Mrs. Nelapativani  
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Speciality: Medical Surgical Nursing

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**M**ost dictionaries define the verb as “to guide, to control, or to direct.” Whether you are driving a car, a nail or a golf ball, you are guiding, controlling and directing it, at that moment. What is the driving force in your life ?

Right now you may be driven by a problem, a pressure or a deadline. You may be driven a painful memory, a haunting fear, or an unconscious belief. There are hundreds of circumstances, values, and emotions that can drive your life.

Here are five of the most common ones:

**1. Many people are driven by guilt.** They spend their entire lives running from regrets and hiding their shame. Guilt-driven people are manipulated by memories. They allow their past to control their future. They often unconsciously punish themselves by destroying their own success. We are products of our past, but we don't have to be prisoners of it.

**2. Many people are driven by resentment and anger.** They hold on to hurts and never get over them. Instead for releasing their pain through forgiveness, they rehearse it over and over in their minds. Some resentment-driven people “calm up” and internalize their anger, while others “blow-up” and explode it onto others. Both responses are unhealthy and unhelpful.

Resentment always hurts you more than it does the person you resent. While your offender has probably forgotten the offense and gone on with life, you continue to stew in your pain through resentment. Your past is past, nothing will change it. you are only hurting yourself with your bitterness. For your own sake, learn from it, and then let it go.

**3. Many people are driven by fear.** Their fears may be a result of a traumatic experience, unrealistic expectations, growing up in a high control home, or even genetic predisposition. Regardless of the cause, fear-driven people often miss

great opportunities because they're afraid to venture out. Instead they play it safe, avoiding risks and trying to maintain the status.

Fear is self-imposed prison that will keep you from becoming what intends for you to be. You must move against it.

#### **4. Many people are driven by materialism.**

Their desire to acquire becomes the whole goal of their lives. To always want more is based on the misconceptions that having more will make me more happy, more important, and more secure, but all three ideas are untrue. Possessions only provide temporary happiness. Because things do not change, we eventually become bored with them and then want newer, bigger, better versions. It's also a myth that if I get more, I will be more important.

Self-worth and net worth are not the same. Your value is not determined by your valuables, the most valuable things in life are not things.

#### **5. Many people are driven by the need of approval.**

They allow the expectations of parents or spouses or children or teachers or friends to control their lives. Many adults are still trying to earn the approval of unpleasable parents. Others are driven by pressure, always worried by what others might think. Unfortunately, those who follow the crowd usually get lost in it.

I don't know all the keys to success, but one key to failure is to try to please everyone. Being controlled by the opinions of others is a guaranteed way to failure in your life.

There are other forces that can drive your life but all lead to the same dead end: unused potential, unnecessary stress, and an unfulfilled life.

A young man in his twenties wrote, "I feel like a failure because I'm struggling to become something and I don't even know what it is. All I know how to do is to get by. Someday, if I discover my purpose, I'll feel I'm beginning to live."



# MEDICAL EDUCATION IN COVID-19 LOCKDOWN PERIOD



**Introduction:** Medical Education has become learner centered and includes, gaining of knowledge in the form of information, developing hand skills, sharpening the communication skills and generating good attitude.

Gathering of Information can be done, wherever the learner searches for resources. Hand skills are developed by Demonstrate, Observe, Assist and Perform (DOAP) method. Communication skills will be developed once again by observation and practice. Attitude development needs a lot of motivation from the learner. None of these can be possible in Online education methods.

**Medical Education:** Usually the selection of students into MBBS course is made on Merit basis, who cleared their NEET examination. Students entering into Medicine course will be well motivated and supported by their parents.

The system Medical Education is shifted from Conventional method to Competency Based Medical Education (CBME) for the batches admitted from 2019-20 academic year. The syllabus has little changes from earlier one, with an emphasis made on practical approach to the clinical cases, in the form self-directed learning, early clinical exposure from the day of admission into Medical College. It also made emphasis on DOAP (Demonstrate, Observe, Assist and Perform) model of skills development. Apart from all these, emphasis is made on Attitude, Ethics and Communication skills development (AETCOM). Teacher is taking the role of Facilitator in acquiring all these dimensions of education by the Learner



Mr. Dr. T. Venkat Ramanaiah  
Principal,

MNR Medical College & Hospital

**Constraints:** Teacher's role in the present system has become passive, and the student has to take the lead to complete the task of Learning. Incidentally, in the days of on-line education, any of the above-mentioned parameters were not fulfilled properly, irrespective of the effort put by the teacher as a Facilitator. Proper invigilation was not put on the Examinations conducted online, by the parents. Many students were taking the advantage of the situation and trying to indulge in malpractice.

**Result:** Ultimately, it reflected as very low passing percentage in comparison with earlier years in the University examinations.

**Remedial Measures:** Unfortunately, if one more Lockdown and online mode of education happens in future, we need to find a better method of medical education. Though Learner centered Medical Education is emphasized, Teacher Centered Education will be more effective. Regular online theory classes, tutorials, seminars, virtual case scenarios, online examinations in the form of Theory, Multiple choice questions, Quiz, will be more effective. The teacher should take initiation to ensure that, one of the parents will be sitting beside the student throughout the examination and act as invigilator. However, whenever it is possible there should be contact classes, by following all protocols of Covid-19.

# PHYSIOTHERAPY DURING PREGNANCY



Mrs. V Lakshmi Sravika  
MPT (Neuro),

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## ANTENATAL EXERCISES

Antenatal exercises aim at improving the physical and psychological well-being of an expected mother for labour and preventing pregnancy-induced pathologies by various physical means. It generally includes low impact aerobic exercises and stretching exercises.

During the first trimester, pregnancy brings certain changes in the body for example: morning sickness, fatigue or low energy levels, nausea and increased secretion of the relaxin hormone. Exercise helps to overcome these changes and improves the mood and energy level of the mother. Healthy pregnant women should exercise for at least 150 min per week or 20-30 min everyday in moderate to vigorous aerobic intensity.

## ADVANTAGES OF ANTENATAL EXERCISES

- Reduces morning sickness.
- Reduces insomnia, anxiety and stress.

- Reduces other pregnancy-related complaints, eg: fatigue, leg cramps, oedema of extremities, etc.
- Prevents excessive weight gain during pregnancy.
- Improves muscle strength.
- Improves core stability.
- Maintains muscle length and flexibility.
- Improves glycemic control.
- Improves posture.
- Enhances relaxation.
- Prepares for physical demands
- Reduces insomnia, anxiety and stress.
- Reduces other pregnancy-related complaints, eg: fatigue, leg cramps, oedema of extremities, etc.

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- Improves muscle strength.
- Improves core stability.
- Maintains muscle length and flexibility.
- Improves glycemic control.
- Improves posture.
- Enhances relaxation.
- Prepares for physical demands of labour.

## CONTRAINDICATIONS

There are absolute contraindications and relative contraindications.

### ABSOLUTE CONTRAINDICATIONS

- Ruptured membranes
- Premature labour
- Unexplained PV bleeding
- Placenta previa after 28 weeks
- Pre-eclampsia
- Incompetent cervix
- Intrauterine growth restriction
- Higher-order multiple pregnancy (e.g., twins, triplets etc.)
- Uncontrolled high blood pressure, type 1 or type 2 diabetes or thyroid disease • Other serious cardiovascular, respiratory or systemic disorders.

### RELATIVE CONTRAINDICATIONS

- Recurrent pregnancy loss
- Gestational hypertension

- A history of spontaneous preterm birth
- Mild/moderate cardiovascular or respiratory disease
- Symptomatic anemia
- Malnutrition
- Eating disorder
- Twin pregnancy after the 28th week
- Other significant medical conditions

## PRECAUTIONS

- Exercises should be performed under supervision.
- Avoid supine lying more than 5 minutes after 3 months of gestation.
- Do not hold your breath(Valsalva's maneuver).
- Do not change positions quickly.
- Stay hydrated at all times (before, during and after workouts).
- Follow proper warm-up and cool-down process.
- Ensure bladder emptying before workouts.
- Avoid exercises which demands higher balancing and different groups of muscles.

## WHEN TO SEEK MEDICAL CARE?

- Excessively shortness of breath
- Chest pain or palpitations
- Dizziness
- Vaginal bleeding
- Abdominal pain
- Reduced fetal movement
- Painful uterine contractions(or prolonged

uterine contractions)

Let's take a glance at the various forms of exercises which can be performed during pregnancy!

Note: The exercises should be done under supervision of a physiotherapist.

## **CARDIOVASCULAR EXERCISE:**

- The intensity of the workout will be decided by an assessment on prepregnancy fitness level.
- It is important to choose any aerobic activity based on one's interests, such as walking, swimming, hiking etc.
- So if walking is the only cardio workout done by an individual, it can be practiced 20-30 minutes 3-4 times a week safely.

## **STRETCHING TECHNIQUES**

- This exercise helps in the opening of the chest and prevents the development of round shoulders.
- Nudge the ball in the corner or near the wall.
- Sit in a comfortable position keeping the back on the ball.
- Keep your hands by the side or clasp them behind your head.
- Rest the head on ball and let the elbows expand and open your chest.
- Repeat 3 to 5 times.

## **PIRIFORMIS STRETCH**

- Piriformis muscle plays an important role in pelvic stabilization and ADL's
- Sit on the chair with neutral pelvis.
- Now keep your foot over the opposite knee and bend forward from the hips keeping your pelvis neutral until you feel the stretch.
- Hold it for 20-30 seconds.

- Repeat for the other side as well.
- Do 3 to 5 sets.

## **HAMSTRING STRETCH**

- Shortening of hamstring can cause back pain and pelvic misalignment.
- This stretch can be performed in various positions and bilaterally or unilaterally.
- Sit in long sitting position, bend one knee and try to reach your extended leg as much as you can.
- Hold it for 20-30 seconds and repeat it for 3-5 times on each side.
- During first trimester, supine lying hamstring stretch can also be done.

## **CALF STRETCH**

- The more the available length of Tendo achilles, the more force production during push off phase of walking and greater stability.
- Place rolled towel, mat or foam roller on the floor.
- Place ball of the foot on the towel, mat or roller and heel on the floor. keep the leg straight. hold this position for 20-30 seconds.
- Repeat on the other side and perform 3-5 sets on each side.

## **STRENGTHENING EXERCISES**

### **WALL PUSHUPS**

Place hands shoulder width apart on a wall, Step your feet back so your body is in an inclines plank position.

Slowly lower your chest, making sure your body stays in alignment.

Exhale as you press back to the plank start position. Repeat 5-10 times.

## SEATED ROW BACK

- Sit or lean on a stability ball or bench with the adequate weighted dumbbell.
- Abduct your shoulders and bring your elbows almost your shoulder level.
- Exhale to engage as you push the elbows backwards and squeezing your shoulder blades together.
- Repeat it for 5-10 times.

Safety Considerations - Ensure you are sitting with a neutral pelvis and that the movement is from the arms, not the body. Both of these exercises will prepare the expecting mother for breastfeeding and other baby carrying activities.

## BRIDGING

- This exercise put more emphasis on the **GLUTEUS MAXIMUS** and other larger postural muscles.
- Lie on your back, hands by your side, knee hip-width apart and heel under the knee.
- Keep your pelvis neutral, now squeeze your buttocks and lift the pelvis up.
- Hold it for 10-20 seconds, breath regularly.
- Come back to the starting position slowly

## SQUATS

- Great exercise for all the lower extremities muscle majorly focuses on gluteus maximus.
- Stand feet slightly more than hip width apart.
- Clasp the hands and bring them forward.
- Squat while exhaling and make sure knees won't go beyond the great toes.
- Press down and straighten the legs while going up.
- Ensure the stability.

## LUNGES

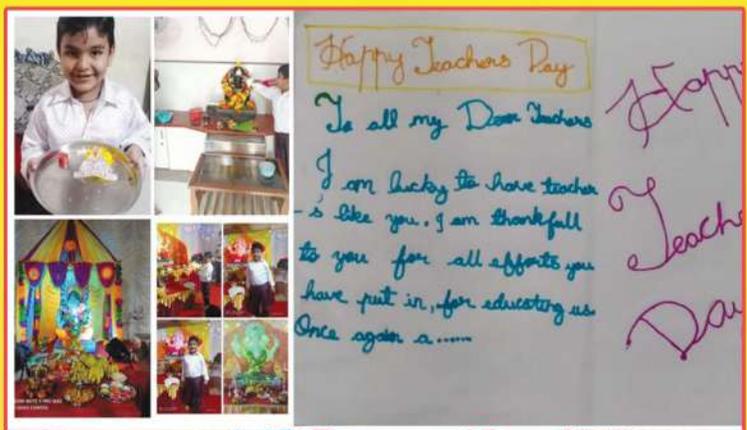
- This exercise put more emphasis on the gluteus, Hamstring and Quadriceps
- Stand straight, take one step forward.
- Now, lower yourself and try to maintain front leg vertical so that gluteus and hamstring will be loaded rather than quads.
- Pressing the leg down straighten yourself.

## Activities of Daily Living

- Staying active is advisable in pregnancy until there is any risk associated.
- Walking, squatting, lifting and lunging activities should be included as far as possible, as it will prepare you for the Bib day!
- Make sure you are hydrated.
- Don't compete.
- Don't hold breath.
- While performing exercises, ensure that you won't exhaust yourself.
- Take enough rest intervals.



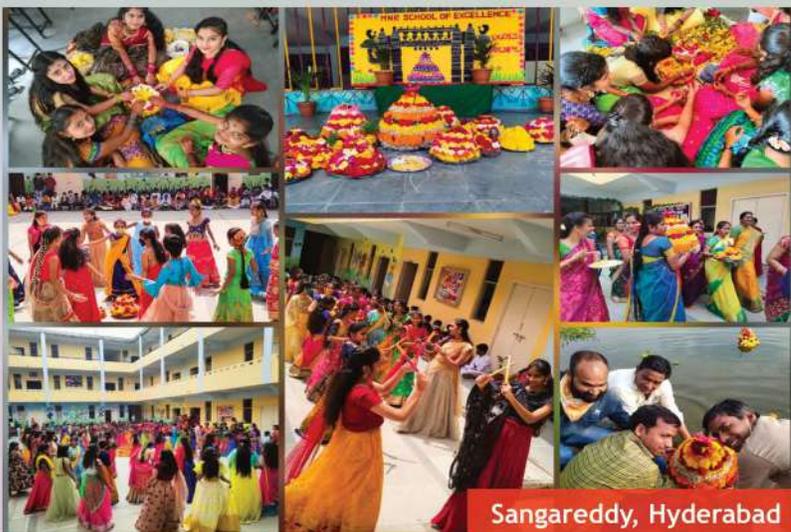
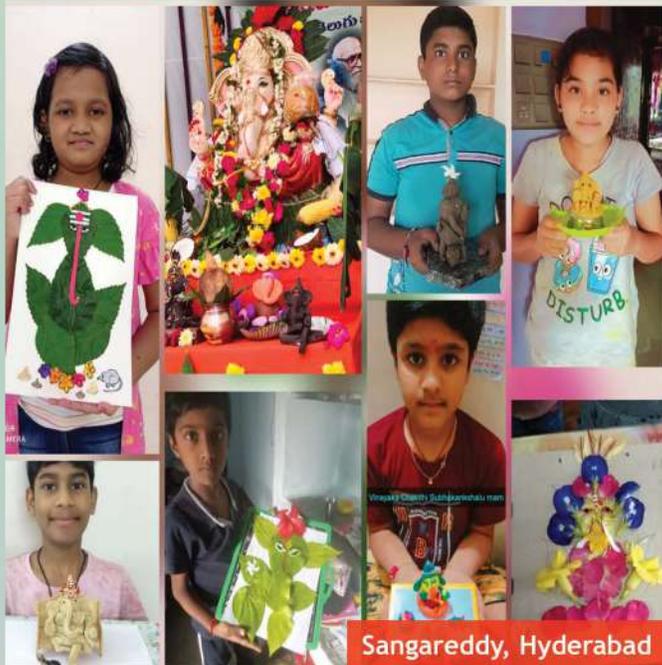
# Activities @ MNR Golden Kids (Navi Mumbai)



# Activities @ MNR Golden Kids (Hyderabad)



# Activities @ MNR Group of Schools



# Activities @ MNR Group of Schools



Bhel, Hyderabad



Chintal, Hyderabad



Best out of Waste



Kukatpally, Hyderabad



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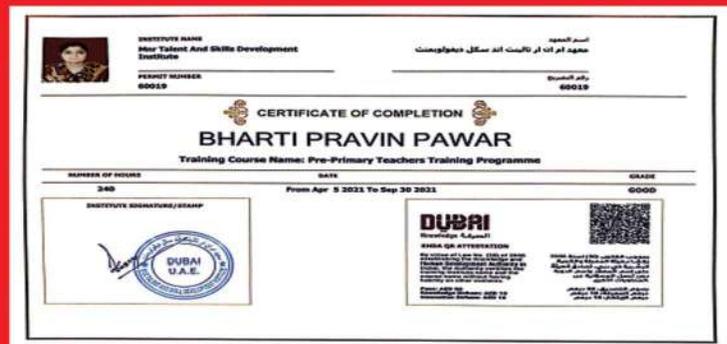
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