

MNR

iNFOCUS

Enriching the innerself

December 2021

MNR's IN-HOUSE MAGAZINE



50th UAE National Day Celebrated at Manthana American School, Sharjah.

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

MNR MEDICAL COLLEGE PG STUDENTS RESULTS



Dr. Vanitha
General Medicine
State 5th Rank



Dr. D. Eashwar
General Medicine
State 7th Rank



Dr. E. Suresh
General Medicine
State 7th Rank



Dr. A. Vineesha Yadav
Radiology
State 8th Rank



Dr. Christina
PG-M.S. Orthopaedics
State 13th Rank



Dr. K. Navya Jaya Lakshmi
State 13th Rank



Dr. K. Ushashree
PG in OBGY
University Gold Medal



MNR College of Nursing Conducted a Programme on "Continuing Nursing Education" (STRATEGIES TO OVERCOME THE NURSING EDUCATION CHALLENGES DURING PANDEMIC) on 4th December 2021.



MNR College of Engineering and Technology conducted an "Induction Programme" at MNR Auditorium, Sangareddy.



MNR College of Engineering and Technology organized a Personal Development Skills Program on 8th Dec, 2021.



Editorial.....



SUCCESS

Dear Readers,

If you really want to succeed, form the habit of doing things that failures don't like to do.

Success is the progressive realization of a worthy goal. Progressive means that success is a journey, not a destination. Realization means it is experience worthiness determines the quality of the journey.

Goals are important because they give us a sense of direction. Success does not mean being liked and accepted by everyone. It is a manifestation of good luck that results from inspiration, aspiration, desperation and perspiration.

Success without fulfillment is empty. Success is the matter of choice and not chance. Self-determination being able to make and act on important decisions in your life is a measure of success.

Success provides confidence, security a sense of well-being the ability to contribute at a great level, hope and leadership.

Success is the status of having achieved and accomplished an aim or objective. Being successful means the achievement of desired visions and planned goals.

Happiness is a great way of measuring success.

Editor

INFOCUS
MNR's In-House
Magazine

DECEMBER 2021

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INFOCUS,
MNR's In-House Magazine

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TODAY I WROTE THIS POEM

Today I wrote this poem,
but I'm not sure if it's good.
It doesn't have the things
my teacher says a poem should.

It doesn't share the feelings
I have deep inside of me.
It hasn't any metaphors
and not one simile.

It's missing any narrative.
Alliteration too.
It isn't an acrostic,
diamante, or haiku.

There's nothing that's personified.
It doesn't have a plot.
I'm pretty sure that rhyming
is the only thing it's got.

It sure was fun to write it,
and I think it's long enough.
It's just too bad it's missing
all that great poetic stuff.

I put it on my teacher's desk
and, wow, she made a fuss.
She handed back my poem
with an A++++!



YOU ARE YOUR MIND-XLIX

When we think about God, scores of confusing questions sprout in our minds. The questions may be - Who is God? What is God? Where is God? How is God? Why God is? When do we reach God? What does God give us? What can we offer Him? etc etc.

Why do we get thousands of questions, doubts, do lots of discussions about His availability, dig up so many methods and ways to pray Him and praise Him? It is all the magic of human mind. Mind is something, the greatest creation of God, particularly, human mind his wonderful work.

The human mind is the Master's miracle, Master's magic, Master's music, Master's myth, Master's mouthpiece, Master's monopoly, Master's marshal, Master's magnificence, Master's mood and Master's model.

The human mind is the most complicated, crazy and critical one. Yet it is the most cosy, clear and compassionate one too.

The mind needs a good amount of training and experience for its growth and to bring it into more use. The body does not need training but mind needs training from birth to death-even before birth mind gets training.

The mind not only needs training, it also needs to be tamed in a proper way to keep it under control. If mind is not tamed,



Sri M N. Raju
Chairman

MNR Educational Trust

it turns to be a monkey and destroys all the good channels of life. It will create uncontrolled behaviour in human life. The human becomes an animal and even worse than an animal. So, regular training, creating good experiences and constant taming are the essential factors to keep the mind in a good tune.

How long have you to train your mind? It is till such time, your mind attains maturity. It is till you understand the purpose of your life. It is till you start leading a good life and till you start converting your knowledge into wisdom. It is till your personality changes into character.



Kabir said,

“Planting acacia
How can you reap mangoes?”

It means, we cannot get good mangoes from a wild shrub. A wild mind does not get sweet thoughts and good actions.

**Be ensured of a good mind
Be assured of a good life.**

Taming of Mind

- Perseverance keeps mind under control. By thinking repeatedly of positive thoughts and to do them with care and comfort very often, your mind gets used to such thoughts and actions.
- Strong resolutions are needed. When something helps you to achieve your goals and your action brings joy to you and to others on such things, you will have to create strong resolutions and do them repeatedly.
- While praying God, leave rituals and know what is God and pray.
- Talk less and think more in silence and your silence makes you more wise.
- Don't ask God anything but simply pray.
- No mediator is needed between you and God.

- Balancing your mind, body and soul is essential to lead a wonderful life. None of them is to be neglected.
- Be free from fear and ego. They are the greatest enemies of your life.

The great sage, Pathanjali had given us “The Eight Fold Path” to follow.

The eight folds are:

1. Yama (Restraint of passion)
2. Niyama (Regulation of passion)
3. Aasana (Various Aasanas)
4. Pranayama (Restraining breathing)
5. Prathyahara (Counter flow of energy)
6. Dhara (Continuous flow of energy)
7. Dhyana (Contemplation of both the minds - conscious and subconscious - body and soul)
8. Samadhi (Trance)

Note:

- The first 6 steps are useful to control the mind and body.
- The 7th step is useful after the body and the mind are controlled.
- The 8th step is the final stage of Yoga and it is the Divinity.



PARANEOPLASTIC SYNDROMES AND PALLIATION



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ABSTRACT:

Paraneoplastic syndromes are rare disorders that are triggered by an altered immune system response to a neoplasm. They are defined as clinical syndromes involving nonmetastatic systemic effects that accompany malignant disease. In a broad sense, these syndromes are collections of symptoms that result from substances produced by the tumour, and they occur remotely from the tumour itself.

The treatment of malignant disorders is incomplete if we are not taking into consideration the manifestation of paraneoplastic syndrome. We may be able to achieve the best palliation, when we are able to incorporate the above symptoms into the totality. This is an effort to focus on the different types of paraneoplastic syndromes and the indicated homoeopathic medicines.

KEYWORDS: Paraneoplastic syndromes, cancer, homoeopathy, similimum, palliation.

INTRODUCTION:

In incurable cases, we must not ruminate that we are having limitations in the probability of the similimum. If the symptomatology of the disease and pathology is obliterated with the selected similimum, it ameliorates the suffering of the patient. Paraneoplastic syndromes are a set of signs and symptoms consequently from

substances [such as hormones or cytokines] produced by the tumour, and they ensue at a distant site from a tumour or its metastasis. Sometimes, the symptoms of paraneoplastic syndrome are perceived, when the tumour-immune response breaks immune tolerance and commences to attack the normal tissue expressing it.

The most common causes accompanying with paraneoplastic syndromes include:

- Lung carcinoma (common)
- Hepatocellular carcinoma
- Renal carcinoma
- Leukaemia
- Lymphomas
- Breast tumours
- Ovarian tumours
- Gastric cancers
- Pancreatic cancers
- Neural cancers

GENERAL NEOPLASTIC SYMPTOMS:

ANOREXIA AND CACHEXIA seen due to reduced food consumption or local obstruction

by tumours in the alimentary canal. Control of appetite can be altered by tumour factors such as serotonin. FEVER may be due to drugs, infection or any reaction to blood products.

Hydrastis canadensis - Has action on all the mucous membranes. It stimulates the digestive process and increases assimilation of food.

Cachexia cancer, stomach cancer, breast cancer, malnutrition

Arsenicum album-It is a very deep acting remedy which affects every tissue and organ. Loss of weight due to impaired nutrition.

Anorexia, cachexia, cancer

Carcinosin (cancer nosode)- Acts on all cases with a family history of cancer or previous history of cancer and even if symptoms are still existing

Cancerous affections, breast cancer, cancerous cachexia, emaciation

CUTANEOUS PARANEO PLASTIC SYNDROMES:

PRURITIS-most common in leukaemia, lymphomas and CNS tumours due to hyper eosinophilia. PIGMENTED SKIN LESIONS- Acanthosis nigricans (GI cancer), Bowens disease (lung, GI, GU cancer). PARANEOPLASTIC PEMPHIGUS – erosions of oral mucosa, lips and conjunctiva (lymphoma, Kaposi sarcoma) and generalised dermic melanosis.

Radium bromatum- Effective in skin affections and ulcers due to radiation burns

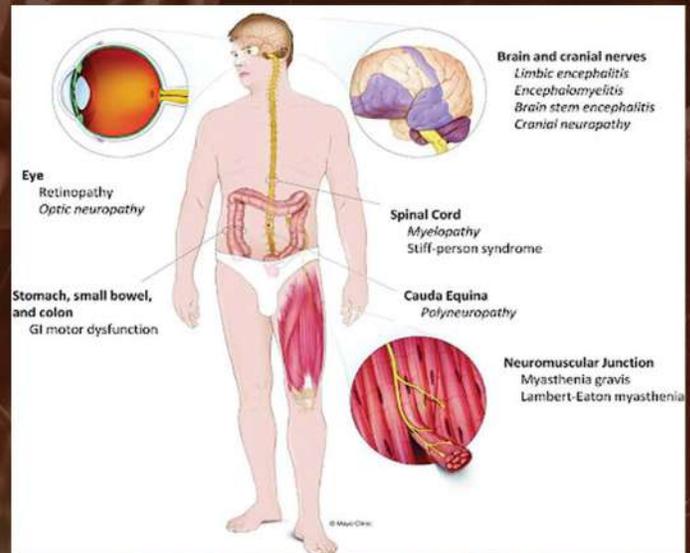
Erythema, dermatitis, itching

Muriaticum acidum- It acts on the mucous membrane of the mouth.

Aphthae, mouth ulcers, dry cracked lips

X-ray- repeated exposure to x-rays produce skin lesions followed by cancer

Radiation dermatitis



HEMATOLOGICAL PARANEOPLASTIC SYNDROMES:

ANAEMIA- seen in bone marrow involvement with cancer, blood loss after chemotherapy and radiotherapy, nutrition deficit where the erythropoietin levels are low. **DISSEMINATED INTRAVASCULAR COAGULATION**-the mechanism involved is chronic thrombotic phenomena seen in AML, adenocarcinomas. **THROMBO PHELEBITIS**-due to hypercoagulability in pancreatic, GI and lung cancers.

Vanadium metallicum- It acts as an oxygen carrier and a catalyser, increases haemoglobin
Anaemia, cachexia, emaciation

Trinitrotoluenum- It marked action in anaemic condition due to destruction of red blood corpuscles

Anaemia, haemorrhages, cyanosis

X-ray - Has a property of stimulating cellular metabolism. Arouses vitality mentally and physically

Anaemia, chronic fatigue, leukaemia, haemophilia, haemorrhage

GASTRO INTESTINAL PARANEOPLASTIC SYNDROME:

WATERY DIARRHOEA with subsequent dehydration and electrolyte imbalance maybe

an outcome from tumour related secretion of prostaglandins or vaso active intestinal peptides. MALABSORPTION- in lymphoma of small bowel due to hypalbuminaemia.

Phosphorous- Has powerful action on gastro intestinal tract.

Diarrhoea, glossitis, petechial spots

Arsenicum album- A complementary to Phosphorous, its main centre of action is gastro intestinal mucosal membrane

Cancer, Dropsy, diarrhoea, gastritis, gastroenteritis, pains

RENAL PARANEOPLASTIC SYNDROMES:

MEMBRANOUS GLOMERULONEPHRITIS -in colon, ovarian cancers and lymphoma because of circulating immune complexes. NEPHROTIC SYNDROME -in advanced cancers due to renal vein thrombosis and systemic amyloidosis.

Teribinthinae oleum- Important sphere of action lies in the region of kidneys, in the urinary mucous membrane

Albuminuria, dropsy, kidney disorders, nephritis

Apocynum cannabinum- Action on the mucous membrane along with the vascular system of the kidneys. It produces copious diuresis

Anasarca, renal dropsy, scanty urine

RHEUMATOLOGIC PARANEOPLASTIC SYNDROMES:

ARTHROPATHIES-predominately seen in haematologic cancers or cancers of colon, pancreas or prostate. HYPERTROPHIC OSTEO ARTHROPATHY- manifests with swelling of joints with effusion and fingertips in lung cancers. DERMATOMYOSITIS - A pathological muscle inflammation and necrosis is noticeable which progress to proximal muscle weakness. A dusky, erythematous butterfly rash on cheeks with

periorbital oedema may advance.

Kali hydriodicum – A strongly marked action upon fibrous tissue and joints. Its produces thickening of the periosteum

Arthritis, cancer, joint disorders, lumbago, rheumatism

Asafoetida- A syphilitic remedy indicated in decay of bones with extreme sensitiveness

Bone diseases, darting pain in bones, hypersensitiveness.

ENDOCRINE PARANEOPLASTIC SYNDROMES:

Because of production of peptide hormones by cancers, also stated as ectopic hormones.

CUSHING SYNDROME- may result from ectopic production of ACTH or ACTH -like molecules, most often with small cell cancer of lung. HYPOGLYCEMIA-Results from production of insulin like growth factors or insulin production by pancreatic islet cell tumours. HYPERCALCEMIA- Increased osteoclastic stimulation resulting in bone resorption most frequently in lung, breast and renal cell cancers, multiple myeloma and T-lymphoma. ECTOPIC ACTH SYNDROME (lung, pancreas and thymus cancers) -where there are elevated levels of ACTH and clinically manifests as polyuria, polydipsia, wasting, fatigue, hypertension, hyperkalaemia. SIADH (small cell lung cancer, GUT, ovary, GI)- due abnormal production of ADH/ADH-like substance by chemotherapy agents.

Iodium: Acts on overall glandular system. The most prominent feature of the action of Iodium is its power of causing absorption

Breast affections of, cancer, cachexia, profound debility, great emaciation, metabolic disorders, weight loss

Adrenalinum: Employed when there is increased glandular activity. It stimulates the activity of sympathetic nerve endings. Has a vasoconstriction action -most powerful and

prompt astringent and haemostatic

Cancer patients with adrenal disturbances, debility, glycosuria, palpitations, rapid pulse, rapid emaciation, wasting

NEUROLOGIC PARANEOPLASTIC SYNDROME:

PERIPHERAL NEUROPATHY-a distal sensorimotor polyneuropathy that causes mild motor weakness, sensory loss and absent distal reflexes. **SUB-ACUTE SENSORY NEUROPATHY**- there is a degeneration of dorsal root ganglia and progressive sensory loss with ataxia, but little motor weakness develops. **EATON -LAMBERT SYNDROME** -is an immune mediated syndrome with weakness affecting limbs and pelvic girdle sparing ocular and bulbar muscles. Diagnosed by Electro myelogram. **OPSOCLONUS**-Involuntary chaotic eye movements associated with cerebellar ataxia and myoclonus of trunk and extremities. **ENCEPHALITIS**-global encephalitis seen in small cell lung cancer. Limbic encephalitis-anxiety, depression leading to memory loss, behavioural abnormalities, hallucinations and confusion. **SUB -ACUTE CEREBELLAR DEGENERATION** -Especially in women with breast and ovarian cancer. causes bilateral leg and arm ataxia, dysarthria and sometimes vertigo and diplopia. Along with these signs observed here are dementia, ophthalmoplegia, nystagmus.

Zincum metallicum- Has powerful tonic action upon the peripheral extremities of the motor and sentient nerves

Cerebral exhaustion, meningitis, neuralgia, neurasthenia, paralysis

Lachesis mutus - Has a special centre of action on cerebro-spinal system especially nerve centres

Cancer, chorea, epilepsy, locomotor ataxia, neuralgia, paralysis

Gelsimium sempervirens- A grand centre of

action is upon the motor portion of the spinal cord

Convulsions, brain disorders, Diplopia, locomotor ataxia, tremors

OTHER REMEDIES:

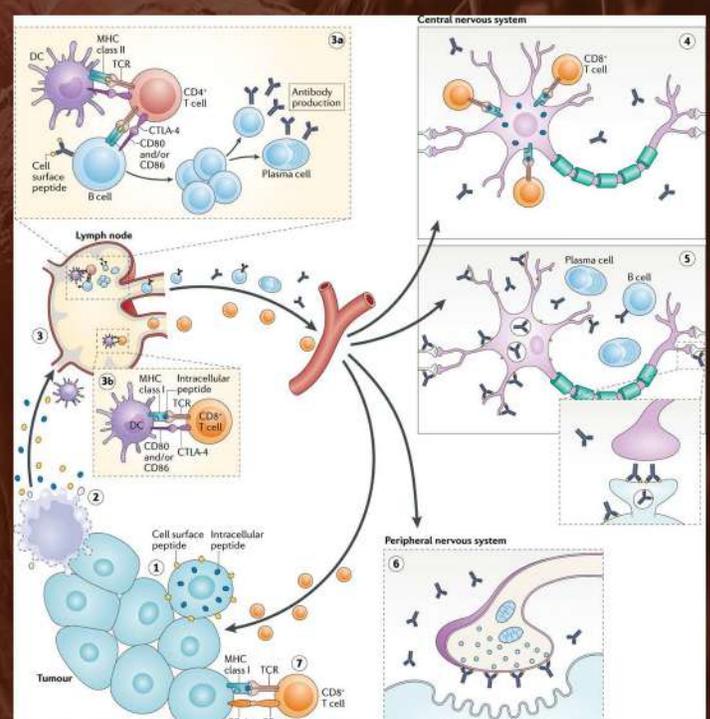
Malandrinum- efficacious in clearing the remnants of cancer deposits

Echinacea angustifolia-A blood and immune tonic, especially in the last stage of cancer

Calendula officinalis- in cancer it acts an intercurrent remedy

CONCLUSION:

Homoeopathic remedies stimulate the immune system, to confront the underlying manifestations of cancer when selected, based on fundamental principles of homoeopathy. We as physicians must take into consideration the pathophysiological action of our remedies along with the complete symptoms of the disease which will pave the way to the similimum and eventually will palliate the sufferings promptly.



POST COVID PHYSIOTHERAPY EXERCISES



Mrs. Kannekanti Divya
MPT(Orthopedics),

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Covid 19 is highly contagious respiratory disease caused by the SARSCoV-2 virus. Physiotherapy is essential component for post covid patients in facilitating maximum functional recovery.

- Post covid symptoms include:

- Shortness of breath, Tiredness or fatigue, Dizziness on standing, Fast beating (palpitations), Cough, Joint or muscle pain, Depression or anxiety, Concentration and sleep problems, Muscle weakness

POST COVID PHYSIOTHERAPY TREATMENT:

NOTE: Exercise after 1-2 hours of a meal

PRECAUTIONS: Stop exercise immediately if you feel sick,

breathless, dizzy, sweaty, chest tightness, increased pain.

POSITIONS TO EASE BREATHLESSNESS:

High side lying, Forward lean sitting, Forward lean standing, Standing with back support.

EXERCISE REPETITION: 2-4 Times each exercise

BREATHING TECHNIQUES:

Try to let go of tension in your body with each breath out and try

closing your eyes to help you to focus on your breathing.

- **Controlled breathing:** Keep one hand on chest, other on abdomen. Breath in and out gently through your nose.
- **Deep breathing exercise:** Take a long, slow, deep in through your nose and hold the breath for about 2-3 seconds, breathout gently through nose.
- **Pursed lip breathing:** Breath in slowly through your nose and breath out through your mouth, purse your lips like you are blowing out a candle.

THORACIC EXPANSION EXERCISES:

1. Breath in through nose as you raise hands, breath out through

mouth as you bring hands down.

2. Slide arms in front of your head, breath in through nose as you move elbows away and breath out through mouth as you bring arms together

EXERCISES:

LYING:

- **Bridging:** Lie flat on your back with legs bent. Lift your back off the bed.
- **Straight leg raise:** Lie flat on your back. Lift one leg straight off the bed and slowly come back. Repeat on both sides.
- **Sideways leg lift:** Lie down onto any one side on bed. Lift your top leg up and slowly lower the leg down. Repeat on both sides.

SITTING:

- **Shoulder shrugs:** Bring your shoulders as high up towards your ears as you can and lower your shoulders back down.
- **Shoulder circles:** Circle your arms forwards and backwards
- Sit upright on a chair. Lift one of your foot in air and straighten your knee.
- Sit upright on a chair. March your legs by lifting one knee up and down alternately.
- Stand up and sit down from a chair.

STANDING:

Stand with your feet together holding onto a firm chair for support.

- Lift your outer leg out to sideways and slowly return back, perform alternately for both legs.
- Perform same exercise by lifting the leg backwards and forwards alternately one leg after another.
- March at one place. Progress without holding onto the chair.
- Side bending in standing.

WALKING:

- Start on flat surface
- Use stick or walker if needed.



Role of Rare Remedies in the treatment of Diarrhea in Children



Abstract: Diarrhea is a very common problem in children younger than age five. In developing or non-industrialized countries, multiple episodes of diarrhea can lead to serious problems such as malnutrition. In India, diarrhea is the third leading cause of childhood mortality. Factors determining the occurrence of diarrhea in children interaction between socioeconomic, environmental, and behavioral variables. In Homoeopathy there are numerous effective remedies for diarrhea in children. In children, sometimes prescribing becomes difficult as children don't speak out. We don't get proper symptoms to prescribe a polychrest remedy. During this time, rare remedies play an important role. They are called rare because they are rarely known and rarely used due to its rare availability. These rare remedies give effective result when prescribed properly.

Keywords: Homoeopathy, Rare remedy, Diarrhea, *Achyranthes Aspera*, *Alstoniascholaris*, *Jalapa*, *Jatropha*, *Elaterium*.

Introduction:

In India, progress is made in reducing deaths in children under 5 years, with total deaths declining from 2.5 million in 2001

to 1.5 million in 2012. Though death rate among children under 5 is reduced, the mortality rate due to diarrheal disease in children is high.

Diarrhea is defined as the passage of three or more loose or liquid stools per day or more frequent passage than is normal for the individual.

Causes of Diarrhea:

1. Infection: Diarrhea can be produced by infection caused by virus, bacteria or parasites. Infection spreads through inadequate sanitation, unhygienic methods. Rotavirus and *Escherichia coli*, are common causative agents for diarrhea in children.

2. Malnutrition: Children who are suffering from diarrhea will mostly be malnourished. Each episode of diarrhea in turn increases their malnourishment.

3. Source: Sources like contaminated food and water are one of the causes for diarrhea in children.

4. Other Diseases: Diseases like Cholera, Typhoid can also cause diarrhea in children

Symptoms of Diarrhea:

Most common symptoms of diarrhea in children are:

Cramping, Abdominal pain, Bloating, Nausea, Fever, Bloody stools, Dehydration, Incontinence.

Complication:

One serious complication of diarrhea in children is Dehydration which can be life threatening if untreated.

Indications of dehydration in children:

1. Not having a wet diaper in three or more hours
2. Dry mouth and tongue
3. Fever above 102 F
4. Crying without tears
5. Drowsiness, unresponsiveness or irritability
6. Sunken appearance to the abdomen, eyes or cheeks

Role of rare remedies:

Rare remedies which are used for diarrhea in children are:

1. *Achyranthes Aspera*:



Common name: Prickly chaff flower, Apamarga

Prover: Dr. S.K. Ghosh

MNR Infocus-11

Natural Order: Amaranthaceae

Parts used: Tincture of leaves and branches

Acute diarrhea and in condition like cholera. The character of stool is watery, yellowish mixed with flakes of mucus, profuse. Dryness of mouth with increased thirst along with pain in abdomen. It is also indicated in skin complaints like boils, carbuncles, ulcers. This medicine was used by Dr. Mahendra Lal Sarkar in treating cases of diarrhea and in cholera epidemic.

2. *Alstoniascholaris*:



Common Name: Dita bark, Blackboard tree, Devil's tree

Family: Apocynaceae

In olden days, the leaves of *Alstonia scholaris* were used for the treatment of diarrhea, dysentery, malaria and snake bites. In one of the in vivo study conducted on mice shows that *Alstonia* possesses antidiarrheal and spasmolytic effect. It is indicated for diarrhea after drinking contaminated water and after malaria. It has violent purging and abdominal cramps. Diarrhea immediately after eating. It a tonic after exhausting fever.

3. Jalapa:



Common Name: Jalap

Other Names: Exogonium purga, Ipomoea purga

Prover: Noack and Trinks, and later by Jeanes.

Natural Order: Convolvulaceae.

Parts used: Tincture of roots

From ancient times the root of Jalapa has been used as laxative and purgative. It is indicated for abdominal colic and diarrhea. The character of stool is watery, sour smelling and bloody stool. The child will be alright in the daytime, becomes restless, screams all the night. Severe pain abdomen as if cutting into pieces. Tongue is smooth, glazed and dry.

4. Jatropha:



Common Name: Purging nut

Family: Euphorbiceae

Parts used: Tincture of roots and seeds

As the name 'Purging nut' itself indicates that it is used in diarrhea and dysentery. According to an ethnobotanical survey done in Raigad and Ratnagiri districts recorded the use of Jatropha roots for treating diarrhea. Its action resembles that of Croton tig. The character of stool is sudden, profuse, rice water like stools. Forced expulsion of stool with loud noise in the abdomen, as if coming out of a bung hole.

5. Elaterium:



Common Name: Squirting cucumber

Family: Cucurbitaceae.

Parts used: Tincture of unripe fruit

The plant was used as a medicinal plant for 2000 years. It is a very powerful purgative which helps in evacuation of stool. The character of stool is watery, olive green in colour, frothy coming out in gush like how seeds get scattered from a ripe after opening it. Irresistible desire to go out of the home at night.

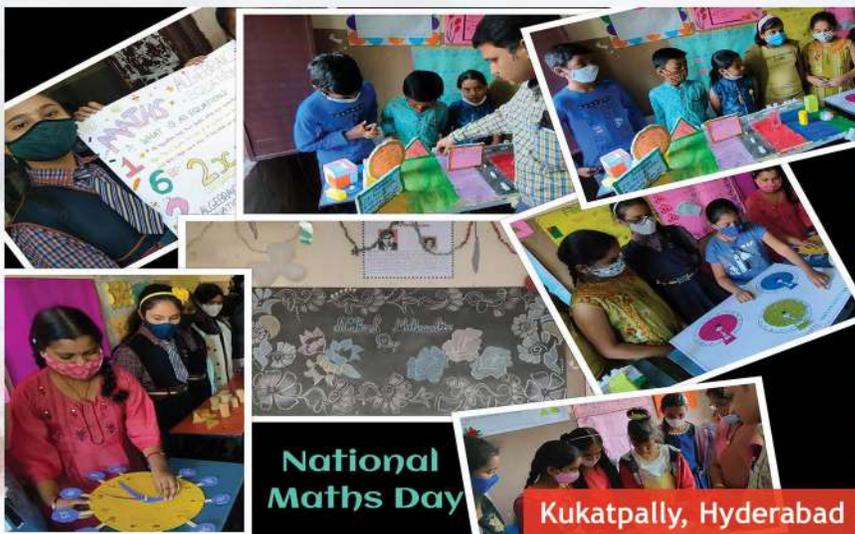
Activities @ MNR Golden Kids (Navi Mumbai)



Activities @ MNR Golden Kids (Hyderabad)



Activities @ MNR Group of Schools



Activities @ MNR Group of Schools



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Chintal, Hyderabad



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Navi Mumbai



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50th UAE National Day Celebrations, Dubai



Mr. Ahmed Alshaiba Visited Manthena American School



Robot Activities at Manthena American School



MNR's SANJEEVANI COLLEGE OF PHYSIOTHERAPY

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College Highlights:-

1. One of the oldest colleges in Telangana and it is attached to MNR Medical College
2. It is located in a lush green campus at Near Sangareddy.
3. The college has got the best teaching faculty.
4. The college has got the state-of-art labs and library.
5. The college has got hostel faculty within the campus for both boys and girls separately.
6. The campus is safe and secure
7. College transport (Buses) are available from various pick-up points from the city.



MNR's SANJEEVANI COLLEGE OF PHYSIOTHERAPY

(Affiliated to KNR University of Health Sciences, Warangal)

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