

MNR

iNFOCUS

Enriching the innerself

September 2021

MNR's IN-HOUSE MAGAZINE



Entrance Lobby of

MANTHENA AMERICAN SCHOOL, Sharjah, Dubai.

MANTHENA AMERICAN SCHOOL DUBAI, SHARJAH



Editorial.....



Dear Readers,

It is our own mental attitude which makes the world what it is for us. Our thoughts make things beautiful, our thoughts make things ugly. The whole world is in our own minds. Learn to see things in the proper light.”

- **Swami Vivekananda**

Our attitude makes a great difference in whatever you do in our life. A good attitude leads you to be more enthusiastic and willing to do things easily while bad attitude causes you to do things without a true desire to do so. It would results in negative every time. Good attitude produce good results. You may a not see sometimes but in time, it'll show. Your attitude may control you thus be careful what you think.

When You are able to have a positive mindset , you will be able to break free of your limitations that are holding you back. A positive attitude also goes a long way in ensuring you come out victorious from whatever limitations that were holding you back before. It transforms not just your mental state, but your physical and emotional well being. It is the key to lasting total transformation.

“A lot of times when we fail, we tend to brush things under the carpet, you can blame someone or always look to find an excuse. There's always something that was wrong that caused you to fail.

“But such attitude costs you an opportunity to fail well and understand what your weaknesses are. It robs you the chance to understand at that stage what the skills that you have are and what's lacking.

For Example 2021 Tokyo Paralympics -The Paralympics is an opportunity for us to see beyond the physical disabilities, to see the truly “superabled” individuals.

Avani Lakhera, Shooting (Gold and Bronze) Winner

Avani Lekhara had become the first woman from India to win a gold medal at Paralympics. She entered the record books after finishing first in the R-2 women's 10m Air Rifle Standing SH1 event in Tokyo.

The 19-year-old shooter from Jaipur, Rajasthan had also finished with a world record equalling total of 249.6. It is also a new Paralympic record.

On Friday (3 September), she added one more medal in her bag, a bronze in 50m Rifle 3 Position SH1 event. Avani, who sustained spinal cord injuries in a car accident in 2012, started shooting after reading Olympic gold medallist shooter Abhinav Bindra's autobiography A shot at history. After father encouraged her to take up sport, she tried her hand in different sports including archery but the inclination towards shooting happened thanks to Bindra's book whom she considers her idol.

Pramod Bhagat has won the hearts of the entire nation. He is a Champion, whose success will motivate millions. He showed remarkable resilience and determination. He is an Indian professional Para-badminton player from Attabira, Bargarh District, Odisha. He is currently ranked world number one in para-badminton men's singles SL3,[6] and won a gold medal at the 2020 Summer Paralympics in Men's singles SL3. When he was five years old, he developed a defect on his left leg. At the age of 13, he went to watch a badminton match and was fascinated with the game.

According to many successful people, having a positive attitude is not just a result of being successful-it's one of the root causes of success.

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The Song Of The Free

The wounded snake its hood unfurls,
The flame stirred up doth blaze,
The desert air resounds the calls
Of heart-struck lion's rage.

The cloud puts forth its deluge strength
When lightning cleaves its breast,
When the soul is stirred to its inmost depth
Great ones unfold their best.

Let eyes grow dim and heart grow faint,
And friendship fail and love betray,
Let Fate its hundred horrors send,
And clotted darkness block the way.

All nature wear one angry frown,
To crush you out - still know, my soul,
You are Divine. March on and on,
Nor right nor left but to the goal.

Nor angel I, nor man, nor brute,
Nor body, mind, nor he nor she,
The books do stop in wonder mute
To tell my nature; I am He.

Before the sun, the moon, the earth,
Before the stars or comets free,
Before even time has had its birth,
I was, I am, and I will be.

The beautiful earth, the glorious sun,
The calm sweet moon, the spangled sky,
Causation's law do make them run;
They live in bonds, in bonds they die.

And mind its mantle dreamy net
Cast o'er them all and holds them fast.
In warp and woof of thought are set,
Earth, hells, and heavens, or worst or best.

Know these are but the outer crust -
All space and time, all effect, cause.
I am beyond all sense, all thoughts,
The witness of the universe.

Not two nor many, 'tis but one,
And thus in me all me's I have;
I cannot hate, I cannot shun
Myself from me, I can but love.

From dreams awake, from bonds be free,
Be not afraid. This mystery,
My shadow, cannot frighten me,
Know once for all that I am He.

Swami Vivekananda

YOU ARE YOUR MIND-XLVI

**Believe in yourself.
Be your own person.
Be a Lotus.**

Then you become powerful. That power makes you climb the ladder of success, rung by rung. In this process be calm, be cool, be connected, be compassionate, be charming, be creative, be comical, be curious, be confident and be a central point. Keep open yourself for realities of life. Act on life and see that such action makes things happen.

**Things do not happen.
Things are made to happen.**

If you do not act on life, life will act on you. Then you will not be the captain of “your life-ship” but a passenger.

To be the captain or the passenger of your ship, it all depends on your mental strength. The mental strength is the key to achieve something remarkable. This enormous power of mind is to be kindled very often, as far as possible and under that light you kindle the minds of others. The profound process of kindling your own mind and the minds of others is possible only with positive words and attitude. Such words can be in the form



Sri M N. Raju
Chairman
MNR Educational Trust

of encouragement to others and they can also act as mantras for your self motivation.

The words that enlighten are the Real Mantras. Kind and positive words create love account. Every day make a few deposits in this account. Those tiny, daily deposits give great happiness.

Emerson said, “without the rich heart, wealth is an ugly beggar”.

Betty king said these beautiful words, in the following poem, to achieve greatness in life.

I have come a long way, struggling
Finding my way, through the darkness
Each step labored, under attack.

I have progressed, if not in body
Then in the stretch of the mind
With a smile on my face ignoring the pain.

Look past what I show you;
To what I have become
There is more, my friend, than this shell.
There is the essence of who I am.

For you, who did not know me before,
You are lucky.
For then, I was part, and
Now, I am whole.

He is the “whole” now, from a “Part”. This is the meaning and purpose of life.

**Life is a melody.
Life is not a malady.**

Here is a true story of a boy who could prove that life was not a malady but a melody.

Rene Godefray was a boy who landed in the USA by a cargo ship from a village of Haiti. He was eleven years old. He didn't know English and he was having only three dollars, two shirts and a pair of pants.

He tried for many days for a job but couldn't. He slept on the pavements and ate what was given by the passers by. He became an assistant to a carpenter, he washed cars, mopped floors. He started learning English wrote, two sentences, every day, on his hand, to commit them to his mind. He went on extra miles in his endeavour with great resilience, persistence and hard work.

He became a doorman in a hotel and read

whatever book or a news paper came in his way. Soon he became a manger in another hotel. But he didn't give up the idea of mastering his language skills and started to climb rung by rung of the ladder of success. He hired a small area in a big business location and started a small eatery and from there his journey went on to the top by establishing a chain of huge star hotels.

He also became one of the best American speakers, motivators and a guiding forces. Besides his business success, was also ranked as the best speaker on par with Don Burrell and Jeffrey Gitnor. He became not only the owner of great chain of hotels but a great speaker too.

He became rich, famous and loved one.

Narendra Modi said these words that speak about the greatness of human strength, in one of his poems, titled “Strength”.

- Fate is not a master to be obeyed
- I am a 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.

Dear reader, you are enough to design your own life and to design everything around you. Be on your feet.



As a Philosopher , according to Columbia Electronic Encyclopedia, Radhakrishnan espoused a modern form of Hinduism that attempted to reconcile the world's religions.

H.N Spalding – A renowned Philanthropist and professor once listened to Dr.Sarvepalli Radhakrishnan's lecture in London. He was so fascinated by his content and personality that he found a chair at Oxford for Eastern Religious and Ethics.

Awards and honours

“1931: Appointed a Knight Bachelor in 1931, although he ceased to use the title “Sir” after India attained independence.

1938: Elected Fellow of the British Academy.

1954: The Bharat Ratna, the highest civilian award in India.

1954: German “Order pour le Merite for Arts and Science”

1961: The Peace Prize of the German Book Trade.

1962: Institution of Teacher's Day in India, yearly celebrated at 5th September, Radhakrishnan's birthday, in honour of Radhakrishnan's believe that “teachers should be the best minds in the country”.

1963: The British Order of Merit.

1968: Sahitya Akademi fellowship, The highest honour conferred by the Sahitya Akademi on a writer(he is the first person to get this award)

1975: The Templeton Prize in 1975, a few months before his death, for advocating non-aggression and conveying “universal reality of God that embraced love and wisdom for all people”. He donated the entire amount of the Templeton Prize to Oxford University.

1989: Institution of the Radhakrishnan Scholarships by Oxford University in the memory of Radhakrishnan. The scholarships were later renamed the “Radhakrishnan Chevening Scholarships”.



Literary works by Sarvepalli Radha Krishnan

- The first book authored by Radha Krishnan was a philosophy of Rabindranath Tagore in the year 1918.

- His second book was published in 1923 named Indian Philosophy.

- The Hindu View of Life published in 1926 was Radha Krishnan's third book which was related to Hindu philosophy and beliefs.

- An Idealist View of Life was published in 1929.

- Kalki or the Future of Civilization was published in 1929.

- He published his sixth book named Eastern Religions and Western Thought in the year 1939.

- Religion and Society were published as the seventh book in 1947.

- In 1948 The Bhagavadgita: with an introductory essay, Sanskrit text, English translation and notes were published.

- In 1950 his book The Dhammapada was

published.

- His tenth book The Principal Upanishads was published in 1953.
- Recovery of Faith was published in 1956.
- The twelfth book was A Source Book in Indian Philosophy published in 1957.
- The Brahma Sutra: The Philosophy of Spiritual Life was published in 1959.]
- His last book named Religion, Science & Culture was published in 1968.

One of the interesting fact about Dr. Sarvepalli Radhakrishnan-

It was year 1921, students of Maharaja college, Mysore were decorating a horse cart with flowers. The cart was being decorated for their teacher, Dr.Sarvepalli Radhakrishnan. When he came out after farewell ceremony, his students requested him to board a decorated horse cart. Interestingly, the horses were absent from their positions. Though curious, his students took the places of the horses and pulled the wagon all the way to the Mysore railway station to drop their beloved teacher.

This shows the deepest respect and affection of the students towards their teacher Dr. Sarvepalli Radhakrishnan.

Sarvepalli Radhakrishnan was an academic, philosopher, and statesman who was one of the most well-known and prominent Indian thinkers in academic circles during the twentieth century. Radhakrishnan spent his life and career as a writer attempting to describe, defend, and propagate his faith, which he referred to variously as Hinduism, Vedanta, and the religion of the Spirit. Rather than being known as Radhakrishnan president, he was famous for his academic skills and as a teacher.



MNR Infocus-6



Content-Based Image Retrieval (CBIR)

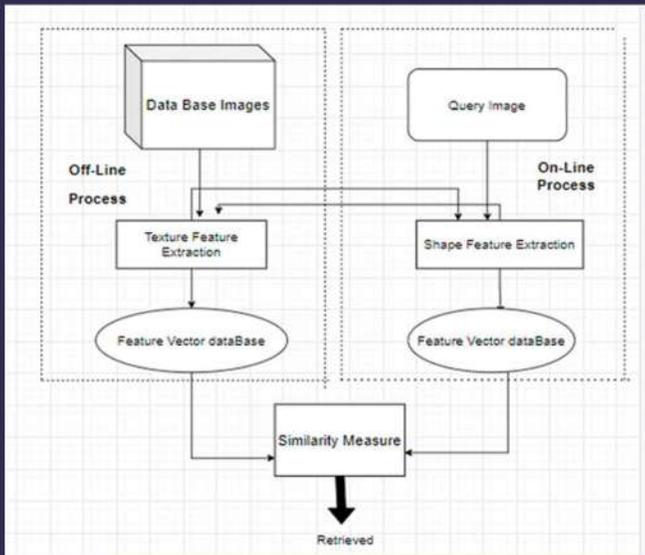


Systems feature can be extracted using image content (color, texture, shape, etc.) in CBMIR for diagnostic greyscale images will be used on this concept texture & shape feature are extracted. Now medical images are mainly grey images. The texture is a fundamental important visual feature in image description that refers to the innate surface properties of an object and its relationship to the surrounding. Texture describes the structural arrangement of a region and the relationship of the surrounding regions. A wide variety of texture analysis methods have been developed, Wavelet is quite appropriate for texture description but can't distinguish the texture patterns with similar spatial directional properties.

To overcome these drawbacks dual-tree complex wavelet transform (DT-TCWT) is introduced. A new Texture feature along with shape features an integration with clustering which provides good retrieval performance. To perform CBMIR, the entire image is

considered as a mosaic of different texture regions, and representation of images at region level is more close to the human perception system. Each textured region of the images in the database can be characterized with clustering segmentation and feature vector were formed describing the texture for retrieval purposes. Shape features have been one of the most important and effective low-level visual features in characterizing many pathologies. Shape feature extraction methods can usually be divided into contour-based and region-based Contour-based shape feature extraction methods extract shape information from the boundary of the entity which contains boundary information.

However, region-based shape features extraction methods that extract the interior shape information from all the pixels within an entity, Commonly used contour-based shape feature extraction method includes Fourier descriptors, wavelet descriptors, curvature scale space descriptors, shape



signatures, movements and function of movements, etc. The Fourier descriptor method is one of the most elementary and widest used methods among these contour-based shape feature extraction methods.

Technical Progress

Initial CBIR systems were developed to search databases based on image color, texture, and shape properties. After these systems were developed, the need for user-friendly interfaces became apparent. Therefore, efforts in the CBIR field started to include human-centered design that tried to meet the needs of the user performing the search. This typically means the inclusion of query methods that may allow descriptive semantics, queries that may involve user feedback, systems that may include machine learning, and systems that may understand user satisfaction levels.

Content comparing using distance measures

The most common method for comparing two images in content-based image retrieval (typically an example image and an image

from the database) is using an image distance measure. An image distance measure compares the similarity of two images in various dimensions such as color, texture, shape, and others. For example, a distance of 0 signifies an exact match with the query, concerning the dimensions that were considered. As one may intuitively gather, a value greater than 0 indicates various degrees of similarities between the images. Search results then can be sorted based on their distance to the queried image. Many measures of image distance (Similarity Models) have been developed.

Color

Computing distance measures based on color similarity is achieved by computing a color histogram for each image that identifies the proportion of pixels within an image holding specific values. Examining images based on the colors they contain is one of the most widely used techniques because it can be completed without regard to image size or orientation. However, research has also attempted to segment color proportion by region and by the spatial relationship among several color regions.

Texture

Texture measures look for visual patterns in images and how they are spatially defined. Textures are represented by texels which are then placed into several sets, depending on how many textures are detected in the image. These sets not only define the texture but also where in the image the texture is located.

The texture is a difficult concept to represent.

The identification of specific textures in an image is achieved primarily by modeling texture as a two-dimensional gray level variation. The relative brightness of pairs of pixels is computed such that degree of contrast, regularity, coarseness, and directionality may be estimated. The problem is in identifying patterns of co-pixel variation and associating them with particular classes of textures such as silky, or rough.

Other methods of classifying textures include:

- Co-occurrence matrix
- Laws texture energy
- Wavelet transform

Shape

The shape does not refer to the shape of an image but to the shape of a particular region that is being sought out. Shapes will often be determined first by applying segmentation or edge detection to an image. Other methods use shape filters to identify given shapes of an image. Shape descriptors may also need to be invariant to translation, rotation, and scale.

Some shape descriptors include:

- Fourier transform

- Moment invariant

Applications

Potential user for CBIR

- Architectural and engineering design
- Art collections
- Crime prevention
- Geographical information and remote sensing systems
- Medical diagnosis
- Military
- Photograph archives

Commercial Systems that have been developed

IBM's QBIC

Virage's VIR Image Engine

Excalibur's Image Retrieval Ware

Visual Seek and Web Seek

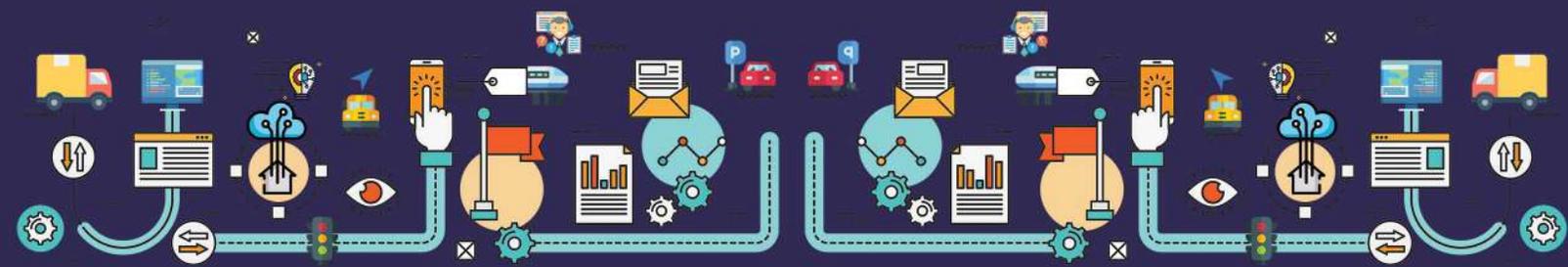
Experimental Systems

MIT's Photo book

Columbia University's WebSEEK

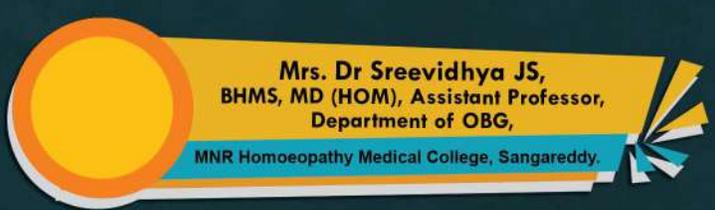
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THE NATURAL NECTOR AND HOMOEOPATHY



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Introduction

Lactation is the process by which milk is synthesized and secreted from the mammary glands of the postpartum female breast in response to an infant sucking at the nipple. Breast milk provides ideal nutrition and passive immunity for the infant encourages mild uterine contractions to return the uterus to its pre-pregnancy size, and induces a substantial metabolic increase in the mother, consuming the fat reserves stored during pregnancy.

Breast milk is the best gift that a mother can give to her baby. The milk of a mother is well suited to fulfil the biological needs of her baby. Breast milk is natural and instinctive and the majority of mothers can able to feed their babies without any difficulties. World Breastfeeding Week is celebrated every year from 1 to 7 August all over the globe to encourage breastfeeding and improve the health of babies around the world.

Agalactia is a condition in which milk is not secreted in the mother's breasts after her child has been delivered. Low milk production can occur due to nutritional deficiencies in the mother or due to infrequent feeding. Stress or anxiety can even cause difficulties with breastfeeding the more you feed your baby, the more breast milk you will produce. Mothers often worry about how

to increase breast milk. Whenever a baby is a crying mother should give breast milk (demand feeding). No proper timings are there to feed their child. Mother should start breastfeeding as soon as the baby is born, as the milk or colostrums that are produced during the first time of breastfeeding, is rich in nutrients. The baby is naturally inclined to suck well in the initial hours of life and hence early feeding has a positive impact. It helps develop a good feeding relationship between the mother and the baby.

Physiology of Lactation

Suckling by the baby stimulates the paraventricular nuclei and supraoptic nucleus in the hypothalamus, which signals to the posterior pituitary gland to produce oxytocin. Oxytocin stimulates the contraction of the myoepithelial cells surrounding the alveoli, which already hold milk. The increased pressure causes milk to flow through the duct system and be released through the nipple. This response can be conditioned e.g. to the cry of the baby. Prolactin is the most important galactopoietic hormone. For the maintenance of effective and continuous lactation. The frequency of sucking is essential

Homoeopathic Management

Homeopathy is proved as the safest and the most effective way to tackle various

problems during the feeding period. Nowadays diminished secretion of the milk is the major problem faced by nursing women. Homoeopathy is having an ample number of medications that act as a galactagogue and thereby naturally increases milk secretion without giving any side effect to the mother or child.

1. PULSATILLA

This is usually the first remedy thought of in the suppression of milk. The breasts are swollen and painful and the flow of milk is absent or scanty. The patient is apt to be depressed and tearful. When no cause is discernible for the non-appearance of milk

2. URTICA URENS

This medicine will increase the secretions of the breast. There will be excessive swelling of the breast with Agalactia. It is also used to arrest the flow of milk after weaning. on the appearance of the breast without any appreciable cause.

3. RICINUS COMMUNIS [RIC]

It is also an excellent remedy given in the lower potencies for the non-appearance of milk or to increase breast milk. It also increases its flow in nursing women.

4. ALFALFA

It increases the quality and quantity of milk in nursing mothers. It favourably influences nutrition and hence it increases nutrition appetite digestion and even acts as a fat producer. It is very good for deficient lactation.

5. AGNUS CASTUS

It is also a remedy for suppression of the milk where the patient is low-spirited. Deficient secretion of milk in nursing women with sadness.

6. FRAGARIA

Lack of mammary secretion, milk scanty,

Agalactia.

7. SECALE COR

Adapted to thin scrawny women with suppression of milk, breast do not fill properly. There will be stinging pain in the breast.

8. ASAFOETIDA

Deficient milk, with over sensitiveness. When the milk flows it will be offensive to the baby. Veins unnaturally distended in the breast.

9. LAC DEFLORATUM

The breast diminishes in size and the secretion of milk nearly stops, Agalactea.

10. GALEGA OFF. Q

Increases the quantity and quality of milk. It corrects anaemia and impaired nutrition of nursing women

Conclusion:

Like mothers love there is no substitute for mother's milk. Sucking by the infant is the best stimulus for the secretion of milk. So every mother should feed their baby on demand. Breast milk is the best thing a mother can give her newborn baby since it ensures the pink of health. By homoeopathic medicines, we can able to increase the production of milk by considering symptomatology by boosting the immunity and higher centres.



HEALTH BENEFITS OF FRUITS AND VEGETABLES

Fruits and vegetables should be an important part of your daily diet. They are naturally good and contain vitamins and minerals that can help to keep you healthy. They can also help protect against some diseases.

You should eat at least five servings of vegetables and two serves of fruit each day.

A serve of vegetables is about one cup of raw salad vegetables or 1/2 cup of cooked.

A serve of fruit is about one medium piece, 2 small pieces of 1 cup canned (no added sugar).

Fruits and vegetables contain many vitamins and minerals that are good for your health.

These include vitamins A (beta-carotene), C and E, magnesium, zinc, phosphorous and folic acid.

Fruits and vegetables are low in fat, salt, and sugar. They are a good source of dietary fiber.

As part of a well-balanced, regular diet and a healthy, active lifestyle, a high intake of fruit and vegetables can help you to:

- Reduce obesity and maintain a healthy weight



Mr. Dr. P. Srikanth Reddy
Professor

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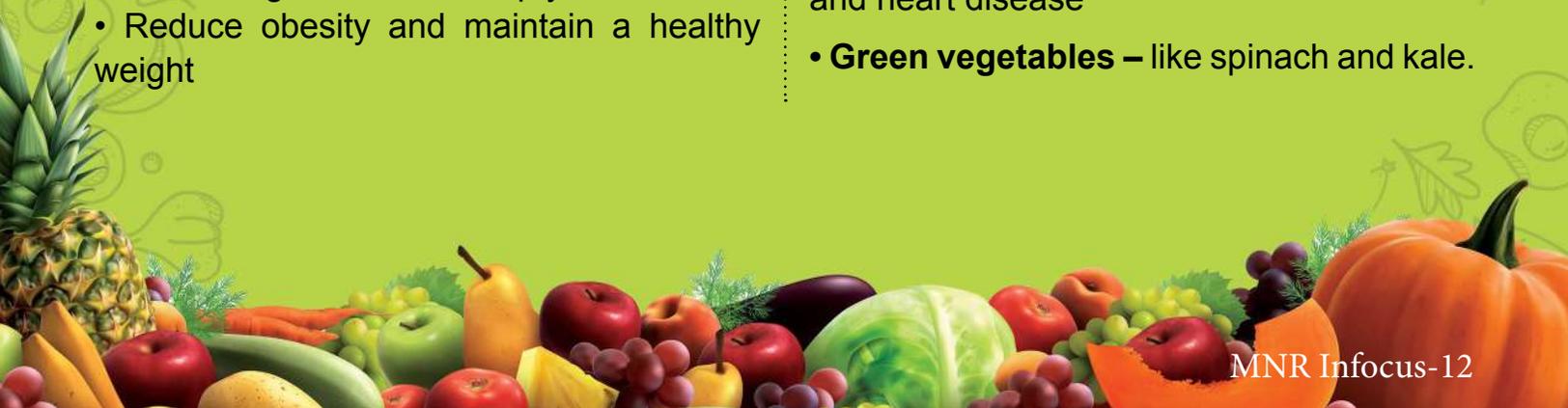
- Lower your cholesterol
- Lower your blood pressure.

Vegetables and fruit contain phytochemicals or plant chemicals. These biologically active substances can help to protect you from some diseases. Scientific research shows that if you regularly eat lots of fruit and vegetables, you have a lower risk of:

- Type 2 diabetes
- Stroke
- Heart (cardiovascular) disease – when fruits and vegetables are eaten as food, not taken as supplements
- Cancer – some forms of cancer, later in life
- High blood pressure (hypertension).

Try to eat a rainbow of colorful fruits and vegetables every day to get the full range of health benefits. For example:

- **Red foods** – like tomatoes and watermelon. These contain lycopene, which is thought to be important for fighting prostate cancer and heart disease
- **Green vegetables** – like spinach and kale.



These contain lutein and zeaxanthin, which may help protect against age-related eye disease

- **Blue and purple foods** – like blueberries and eggplant. These contain anthocyanins, which may help protect the body from cancer
- **White foods** – like cauliflower. These contain sulforaphane and may also help protect against some cancers.

Fruits and vegetables can be great sources of the following nutrients.

Calcium: It is essential for healthy bones and teeth. It is also needed for the normal functioning of muscles, nerves, and some glands.

Fiber: Diet rich in fiber has several beneficial effects, including decreased risk of coronary heart disease.

Folate: It helps to produce and maintain new cells, and also helps prevent changes to DNA that may lead to cancer.

Iron: It is needed for healthy blood and the normal functioning of all cells.

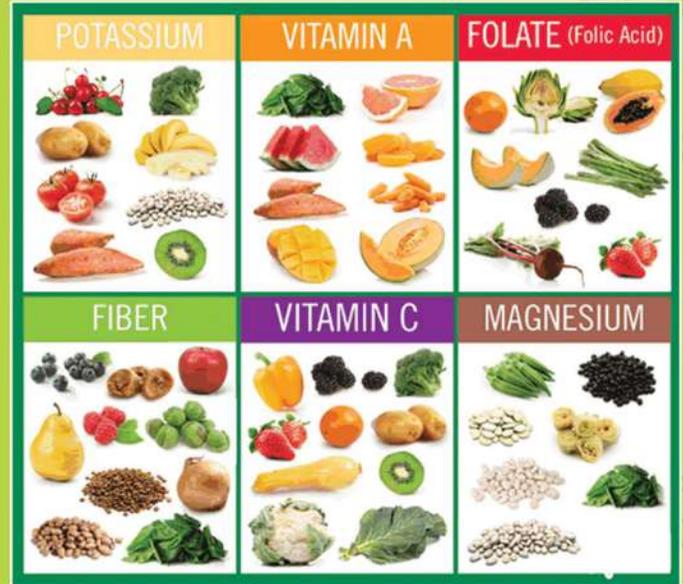
Magnesium: It is useful for healthy bones and is involved in more than 300 enzymes.

Potassium: It helps to maintain healthy blood pressure.

Sodium: It is useful for normal cell function throughout the body.

Vitamin A: It keeps eyes and skin healthy and helps protect against infections.

Vitamin C: It helps heal cuts and wounds and keeps teeth and gums healthy.





TURF TOE

(sprain of the big toe)

Turf toe is a hyperextension injury [sprain of the big toe or great toe joint ligaments] combined with compressive loading to the GREATTOE. It can cause a significant functional disability, especially in sports where the GREAT TOE is put under high loads.

CAUSATIVE FACTOR:

- It is often related to the use of the flexible foot.
- Use of high heels
- Use of tight shoes. Or ill-fitting sports shoes
- Foot stress and arthritis
- Playing sports on artificial grass or surfaces.

SYMPTOMS:

1. Pain in the front of the foot, especially tenderness to the touch.
2. Swelling in the front of the foot.
3. Injury in the front of the foot.
4. Inability to bend big toe down
5. Inability to put weight on the toe.

MECHANISM OF TURF TOE:

1. Basic mechanism of a turf toe injury (sprain of a big toe) is present when there is more extension of the great toe with weakening and destroying of the plantar complex. The majority of turf toe injuries occur as a



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result when the foot comes in contact with the playing surface directly for a prolonged period during various activities (ex; football, soccer, rugby, basketball.)

2. The force causes the great toe into more extension, which leads to weakening of the ligament that supports the joint. Depending on the position of the great toe at the time this results in traumatic hallux valgus (big toe deviates from the normal position and angles inward towards the second toe) and prominence (bunion) deformity (a bony bump that forms on the joint at the base of the big toe) is formed

PHYSIOTHERAPY TREATMENT FOR TURF TOE:

GOALS: To reduce pain and inflammation, promote tissue healing during the acute stage of injury follow "RICE PRINCIPLE."

REST: This means avoiding further overuse.

ICE: Recommended as long as inflammation is present, it decreases the inflammatory process.

COMPRESS AND ELEVATE: Appropriate to assist venous return and minimize swelling.

GOALS:

To increase strength and endurance, to increase functional activities.

Range of Motion Exercises :

Toe curls:

Place a towel on the ground and put your foot on it. With your foot flat on the ground curls your toes and scrunch towel closer to you. The goal of the exercise is to move the towel towards you completely. Should feel all the muscles in the bottom of your foot and toes working while trying to move the towel.

Short foot doming:

Get set-up seated if performing this for the first time, the goal is to progress to standing. While keeping your foot, heel, and toes flat on the ground as best as you can, think about pulling your big toe back towards your heel without actually bending your toes. Hold this position for a moment, then return to starting position when performed correctly, your arch will rise in height and your foot will shorten in length to form a dome shape. You should feel your foot and arch muscles working with this exercise, you should feel your arch tighten up. You may also feel muscles in your calf working as well.

Big toe abduction:

Move your big toe away from other toes.

Big toe lifts:

Try to move your big toe up.

Muscle-strengthening exercises:

It is common to lose strength in the muscles of your leg, particularly around your foot and ankle after a turf toe injury due to the limited weight-bearing and activity that is required to allow the injury to heal.

Single leg calf raises off-step:

Place a step in front of a wall or an object to use for balance. Using only one leg, step onto the box with the balls of your feet on the edge of the box. While keeping your knee straight, lift your heel in a slow and controlled manner, and then slowly lower your heel back down to the ground. Repeat. Should feel your calf getting a workout, but also glutes and quads working as well to help keep the leg straight.

Toe pick-up exercises:

Toe pick-up exercises build strength, flexibility, and dexterity. Put several marbles and a bowl on the floor by your bare feet. Use your toes to pick up each marble individually and drop it into the bowl, then repeat.



Activities @ MNR Golden Kids (Navi Mumbai)



MNR GOLDEN KIDS

KRISHNASTAMI CELEBRATIONS VIRTUALLY 2021 HYDERABAD



Activities @ MNR Group of Schools



BHEL, Hyderabad



BHEL, Hyderabad



Sangareddy, Hyderabad



Navi Mumbai



Sangareddy, Hyderabad



Kukatpally, Hyderabad

Activities @ MNR Group of Schools



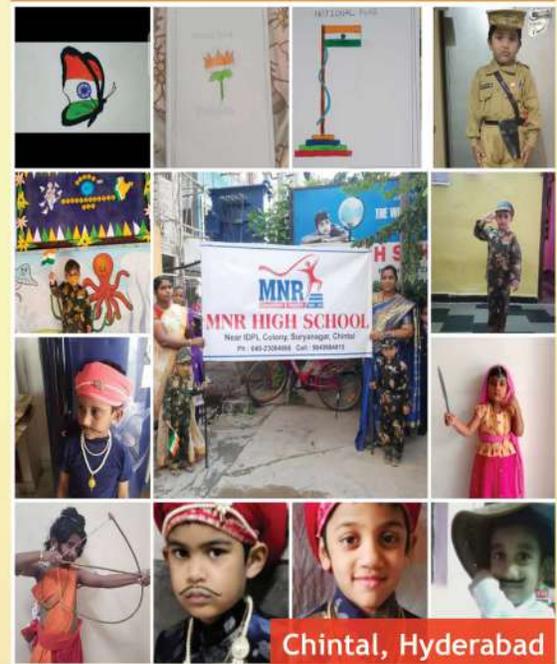
BHEL, Hyderabad



Chintal, Hyderabad



Kukatpally, Hyderabad



Chintal, Hyderabad



Navi Mumbai



Drawi

Mehdipatnam, Hyderabad

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

MNR Medical College and Hospital Under CSR Initiatives of JK Fenner-India Ltd. Conducted "CANCER AWARENESS PROGRAMME" in Pocharam Village, Sangareddy, Telangana State on 31-08-21



MNR Dental College & Hospital Celebrated "Women's Equality Day" @ MNR-HERA Campus, Sangareddy, Telangana State-26-08-21

MNR EDUCATIONAL TRUST CHAIRMAN SRI M N RAJU FALICITATING CHIEF GUEST PROF. SRI RAVIKUMAR PULI-NIT WARANGAL



MNR College of Nursing celebrated Lamp Lighting and Oath taking Ceremony @ MNR_HERA Campus, Sangareddy, Telangana State



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