

Bimonthly Newsletter - 2020

November - December



WE WORK THE TALK!

TWENTY THREE YEARS IN THE SERVICE OF HUMANITY

NTR MEMORIAL TRUST

Road No-2, Banjara Hills,
Hyderabad – 500032.
Ph: 040 – 48576888 / 48577888.
E-Mail: info@ntrtrust.org

Blood banks:

Hyderabad:
040 - 48577888
Visakhapatnam:
0891 - 2565858
Tirupathi:
0877 - 2255668

Education:

Model School:
9912341941, 8885553475
College:
7660002627/28

Support us:

❖ Donate through NEFT :

Account Name -NTR Memorial Trust
Account Number - 50100034051074
Account Type - Current
Bank Name – HDFC Bank
Branch – Lakdikapul
IFSC Code –HDFC0000021.

❖ Donate by Cheque / Demand Draft
in favor of "NTR Memorial Trust"

❖ Donate Online:
[http://ntrtrust://ntrtrust.org/donate
-now/](http://ntrtrust://ntrtrust.org/donate-now/)

- ❖ Donations to NTR Memorial Trust are eligible for exemption under Sec 80(G) of IT Act.
- ❖ For more details please call on 040-30145800 / 9100433499 or write to donations@ntrtrust.org



WE WORK THE TALK!



HIGHLIGHTS



Excel Civils Academy has achieved one more milestone in conducting the 2nd Merit Scholarship Test. The main objective is to facilitate and groom more candidates who intend to be a part of Civil Services.

We have conducted Merit Scholarship Test under the Mentorship & guidance of Shri K. Rajendra Kumar IPS (Retd) - Director of EXCEL CIVILS ACADEMY, NTR Memorial Trust, Mr. Y. Mohan Rao - COO, Education - NTR Memorial Trust and N. Sharath Yadav - Centre Head, EXCEL CIVILS ACADEMY.

They interacted with the Civil Services aspirants and extended their best wishes. They also shared their personal experiences and the importance of Civil Servants in the context of being part of the Country's progress.

AREAS WE SERVE



HEALTH CARE



EDUCATION



EMPOWERMENT &
LIVELIHOODS



DISASTER RESPOSE
& RELIEF



KEY HIGHLIGHTS

BLOOD CENTERS

Our Blood Center Partners:

- ❖ Sathivanipalem youth



Our Blood Donors:

- ❖ Sh Harikrishna garu
- ❖ Sh Seshagiri garu
- ❖ Sh Paruchuri Srinivas garu
- ❖ Sh Chandan Verma garu





HEALTH CARE

We thank all the public spirited volunteers who walked into NTR Memorial Trust Blood Centre's and helped needy patients by donating blood. A big salute to all such donors.
NTR Memorial Trust Blood Centers adhere to strict protocols and takes all necessary measures to ensure safety of the donors by maintaining highest standards of hygiene.

Our SDP Donors:

- ❖ Sh Shravan Kumar garu
- ❖ Sh Venkatesh garu

- ❖ Sh Mohammed Rafeeq garu



BLOOD BANKS



32 | Blood donation Camps

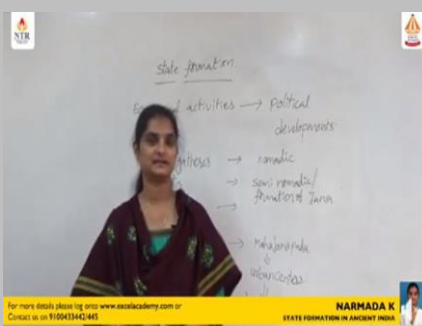
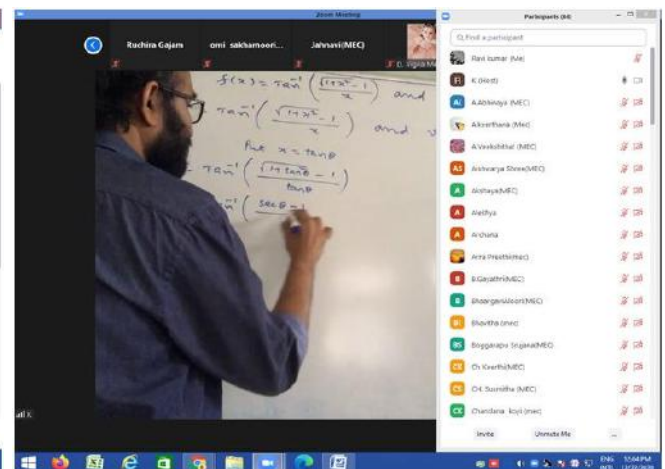
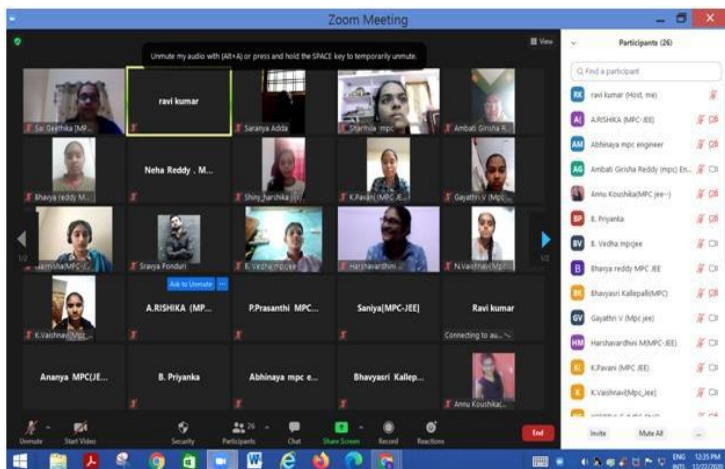
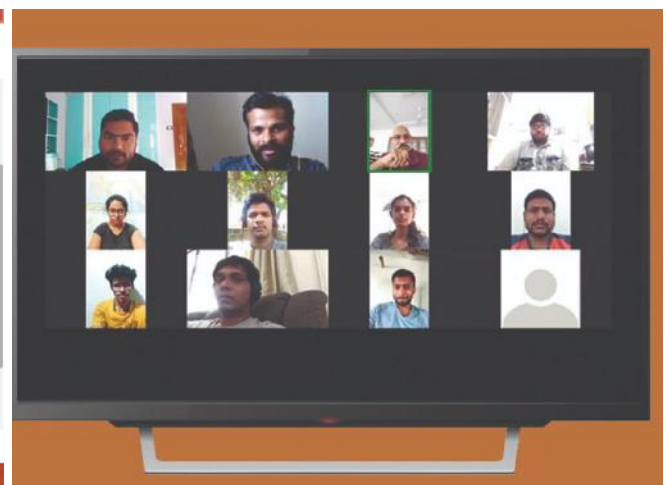
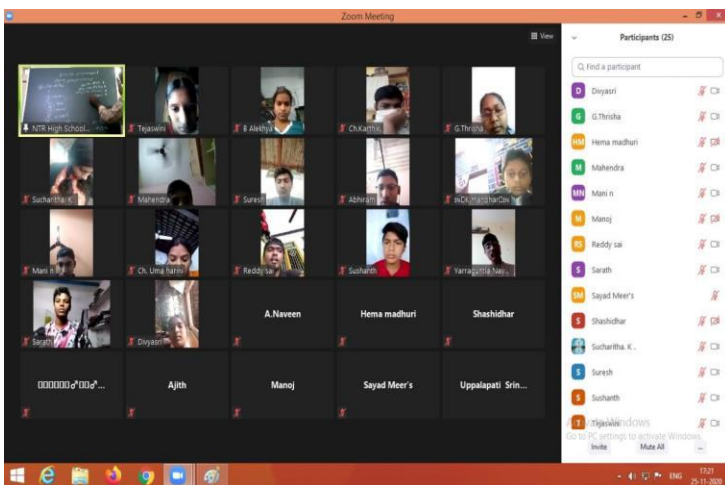
5,945 | Beneficiaries



KEY HIGHLIGHTS

We at NTR Memorial Educational Institutions are providing online classes to our students so that they can continue their learning and not let their studies get affected due to the COVID pandemic. Our Principals and the entire Staff are working relentlessly to ensure the smooth running of Classes every single day.

In these times of distress, we believe in working together as a team to provide full support to our students and their parents.





మీ మంచి ఆహారాన్ని తెలుసుకోండి

దాదామిన "ఎ" కటగిన్ ఆహారాలు

							
బానాన్	ఆపిల్	ఆరేపి	గ్రేప్	మేపి	కస్తూరి	చీర	పాపాయి
							
గ్వావ్	ఆపిల్	ఆరేపి	గ్రేప్	మేపి	కస్తూరి	చీర	పాపాయి

ఆరోగ్య ప్రయోజనాలు :

1. రక్తాన్ని ఆరోగ్యంగా ఉంచుతుంది

2. శరీర ఆరోగ్యానికి మంచిది

3. రక్తపోటు నివారించుతుంది

4. మెదల్లోని తీర్మానాలు

5. గుండెలోని తీర్మానాలు

6. గుండె పనితీరును మెరుగుపరుస్తుంది

7. రక్తంలో షుగర్‌ను నిర్మూలన చేస్తుంది

8. మెదల్లోని శక్తిని మెరుగుపరుస్తుంది

[illegible]

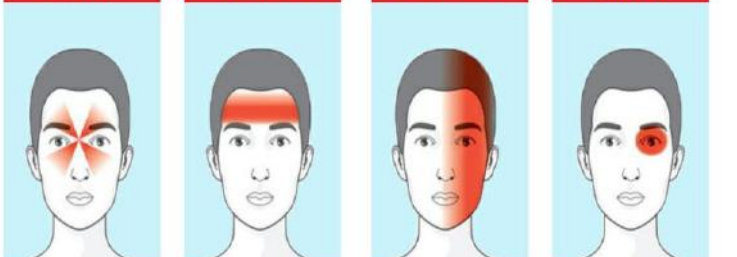
Headache Type

Sinus

Tension

Migraine

Cluster



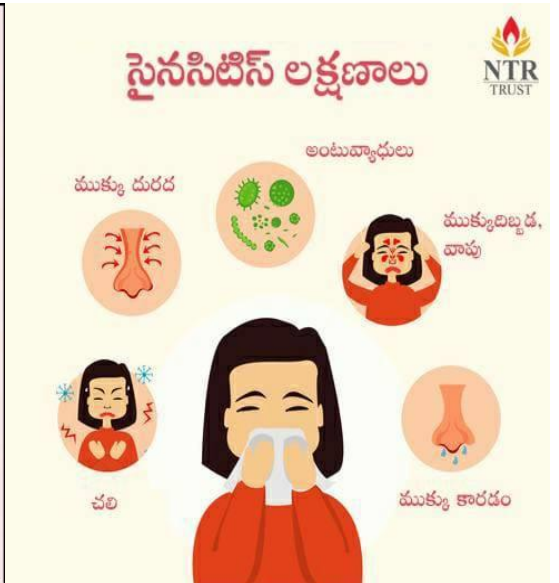
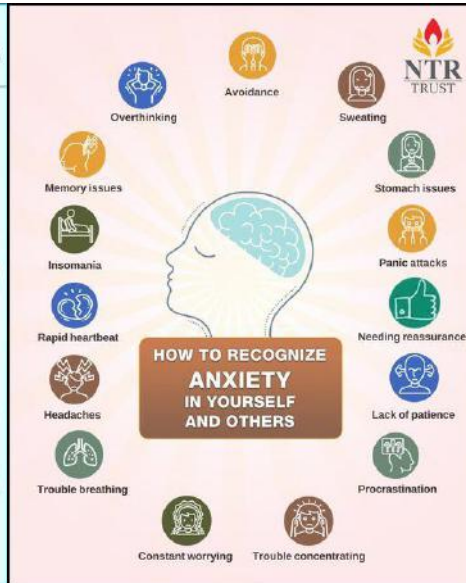
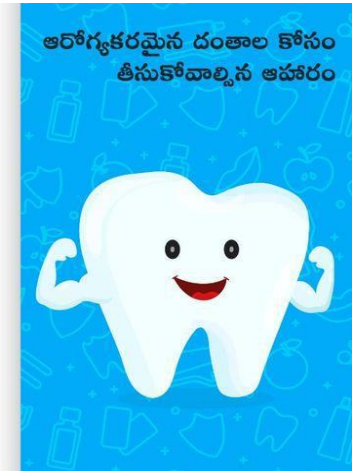
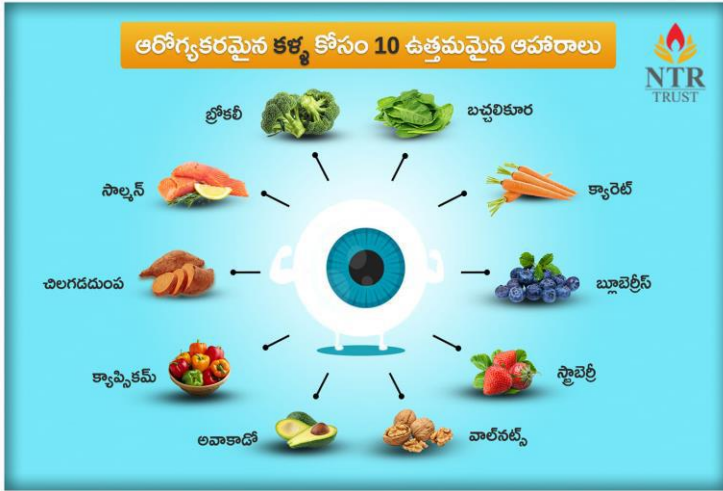
The diagram illustrates four types of headaches, each with a corresponding human face and a red shaded area indicating the pain location:

- Sinus:** Red shading is located on the forehead, bridge of the nose, and around the eyes.
- Tension:** Red shading is located across the forehead and temples.
- Migraine:** Red shading is located on the right side of the face, including the temple and eye.
- Cluster:** Red shading is located on the right side of the face, primarily around the eye and temple.

కంటే వ్యాయామాల వల్ల ప్రయోజనాలు



- దృష్టిని పెరుగుచుండుంది
- కంటి పొడిబారకుండా నిరోధిస్తుంది
- కళ్ళపై ఒత్తిని తగ్గిస్తుంది
- పరిధీయ దృష్టిని పెరుగుచుండుంది
- ఏకాగ్రతను పెంచుతుంది
- కంటి వ్యాధులు వచ్చే ప్రమాదాన్ని తగ్గిస్తుంది



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This is not a statutory News Letter and the information contained herein is based on the data available with NTR Memorial Trust. All the photographs are used for illustrative purposes only.

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