

# NEWS LETTER

SEPTEMBER - OCTOBER 2022

సామాజిక సేవాపథంలో ఇరవై ఐదేళ్ళు



## WE WORK THE TALK!

TWENTY FIVE YEARS IN THE SERVICE OF HUMANITY



### HEALTH CARE

#### MEDICAL CAMPS

Medical Camps	24
Beneficiaries	3110

#### BLOOD CENTRE

Blood Donation Camps	55
Beneficiaries	7455

#### NTR MEMORIAL BLOOD CENTRES

Hyderabad - 040 - 48 577 888  
Visakhapatnam - 0891 - 256 58 58  
Tirupati - 0877 2255 668

#### NTR MEMORIAL TRUST

Road No. 2, Banjara Hills, Hyderabad - 500 034  
040 - 48 577 888

To know more about NTR Memorial Trust please log on to [www.ntrtrust.org](http://www.ntrtrust.org)

## HIGHLIGHTS

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NTR Trust Educational Institutions celebrated the occasion of Diwali with full of gleams of auspicious Diyas and the colourful lights. Dr.M.V.Rama Rao, Academic Dean performed "Lakshmi Puja" and offered prayers for the welfare and prosperity of the organisation and the students. He has expressed his extreme delight and annotated that the festival of lights is the celebration of returning of lord Rama to Ayodhya after 14 years of the exile. The splendid campus created positivity and good hope for future prosperity of the students. S J Reddy Principal, Vice Principal M.L. Sharada, AO P.Suresh, Campus incharge Mrs. Umadevi and all the faculty members were also present on the occasion.

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A special assembly was conducted in NTR Degree and Junior college to pay homage to India's Missile man Dr. APJ Abdul Kalam on his birth anniversary. Dr. M.V Rama Rao, Academic Dean paid glowing tributes by garlanding India's 11th president, an aerospace scientist in Defence Research and Development Organisation (DRDO), and Bharat Ratna recipient as people's non-political President. He also recalled the contribution of Dr. Kalam from being the people's president to spearheading the most significant Indian Missiles. Mr. S J Reddy Principal, faculty members D.Chandra Sekhar, Mrs. Aruna, Mrs. Lalitha Sudha, Mrs. Srilakahmi, Ms. Sravya, Mr. Prasanna Kumar also elucidated former President's contribution towards the development of the country in different spheres. The students were quite keen to know about the greatness of Dr. Kalam and were inspired by his achievements.



# BLOOD CENTERS



We appreciate your donation! Your contribution will help us change lives – literally! Someone who would have lost their life was spared because you gave us your SDP (Single Donor Platelets). Someone’s quality of life was improved because you donated your Platelets. We were able to help many because you gave us your SDP. That’s pretty remarkable, and so are you. Thank you! Please contact: #Hyderabad, 040-48577888; #Tirupati, 0877-2255668, #Vizag 0891-2565858

## BLOOD CENTER WISE FREE ISSUES DETAILS

MONTH	BRANCH	FREE ISSUE	GOVT HOSPITALS	THALASSEMIA CHILDREN
Sep 22	HYDERABAD	7	318	71
Sep 22	VIZAG	5	148	25
Sep 22	TIRUPATHI	6	45	4
<b>Total</b>		<b>18</b>	<b>511</b>	<b>100</b>

MONTH	BRANCH	FREE ISSUE	GOVT HOSPITALS	THALASSEMIA CHILDREN
October 22	HYDERABAD	9	54	47
October 22	VIZAG	5	242	25
October 22	TIRUPATHI	4	9	4
<b>Total</b>		<b>18</b>	<b>305</b>	<b>76</b>

# HEALTH CAMPS



Following Health Camps were held during the months of September and October 2022

## SEPTEMBER - 2022

Sl.No.	LOCATION	BENEFICIARIES
01.	Naidupeta	92
02.	Obulanaidupalem	120
03.	Ramavarappadu	71
04.	Adavinekkalam	111
05.	Kamakshinagar	81
06.	Kosuru	52
07.	Srihari Puram	75
08.	Governorpet	70
09.	Annadevarapet	343
10.	Madduru	108
11.	Tiruvuru	417
12.	Bapujinagar,	170
13.	Thurlapadu	242
<b>Total</b>		<b>1952</b>

## OCTOBER - 2022

Sl.No.	LOCATION	BENEFICIARIES
01.	Adavinekkalam	111
02.	Gudivada	50
03.	Adavi Thakkallapadu	213
04.	Kosuru	80
05.	Ankempalem	134
06.	Siripuram	62
07.	Peddabarada	77
08.	Governorpet	73
09.	Garikapadu	131
10.	Pamidimukkala	121
11.	Phanidrem	106
<b>Total</b>		<b>1158</b>

A free Health check-up camp at Veeravalli, Adavinekkalam, Patamata, Kosuru, Gudivada and Governorpet was arranged by NTR Memorial Trust

Specialist doctors from Eye, ENT, Dentists, General Physicians, General Medicine and various other specialists examined the patients. Free medicines and refreshments were also distributed to the patients who visited the Free health camp.

3110 needy patients of all ages attended the medical camps and availed the services of specialist doctors free of cost.

The following objectives were achieved during the camp:

Measurement of the pulse, blood sugar monitoring to screen diabetes, cardiac health, blood pressure, general checkup, height, weight and BMI.

“Awareness is the key to staying healthy. We want people to understand the importance of good health. Organising such camps gives us so much satisfaction. Residents from various societies were also enthusiastic about this initiative and supported it wholeheartedly,” said Shri. K. Rajendra Kumar IPS (Retd.), CEO, NTR Memorial Trust.

## EDUCATION

A Seminar was conducted in NTR Degree College on "Swadeshi, Swavalamban and Atmanirbhar Bharat" and also about the related contemporary issues. Guest speaker Mr. P.R. Devi Prasad garu Ex IES, an eminent orator, Advisor to Executive Director at the International Monetary Fund explained very clearly about self-reliance and also about Good Governance. The other speaker Mr. Soumithri Lakshmanachary garu explained about nationality and Indianness and also various career prospects for Commerce Undergraduates. Dr. M.V. Rama Rao, Academic Dean felicitated the guests with mementos and thanked them. Principal and faculty members were also present in the gathering.

Yoga classes were conducted for Inter and Degree Students of NTR Educational institutions, Gandipet, and free hand exercises were demonstrated to students. This helps students relax and enjoy themselves both mentally and physically. It improves performance and reduces the prevalence of injuries and increases coordination. It also increases heart rate and blood circulation gradually. It increases body temperature and permits freer movement of the joints. It helps them de-stress, improves coordination, and most important that it makes them happy.



Telangana National Integration day 2022 has been celebrated in NTR Educational Institutions in Gandipet. Grade 6 to 10, Intermediate and Degree students have participated with great enthusiasm. Dr. M.V. RamaRao, Academic Dean hoisted the tricolour and addressed the Students. He elucidated the series of events that took place and the struggles faced by the people during Razakar movement followed by the merger of Hyderabad State to Indian Union after Indian Independence. He also underlined the extreme struggle undergone by leaders like Sardar Vallabhbai Patel in merging the Princely State of Hyderabad with the Indian Union. Sri N.S.Prasad, Director of the Institution, Principal Sri S.J.Reddy and all Faculty members were present in the event.



A Seminar on Career prospects for commerce and BBA undergraduates was organised by NTR Degree college on 23<sup>rd</sup> September in order to provide guidance in choosing their further education or career prospects. Guest speaker Dr. Gunda Srinivas M.Com, M.B.A, LLB, Ph.D guided the students to the maximum extent. Dr M.V. Rama Rao felicitated the guest speaker with a memento. The guest presented a book on International Finance. Mrs.Shravya, Dr. A. Srinivas were also present. Vice principal Mrs. Sharada presented Vote of thanks .



A Stress relieving, Self awakening session was organised by the volunteers of a world wide organisation 'Maitri both parivar' in NTR Jr & Degree College. Initially Mrs. Anupama, a volunteer made an attempt to explain about the alleviation of suffering by Self Reliance and interconnection of true soul. The workshop was absolutely helpful to the students to get rid of fear, anxiety, confusion and stress both physical and mental. Participants meditated for half an hour followed by chanting of 'OM'. College Management felicitated the guests of honour Mr & Mrs Muneesh. Jr and Degree college staff also participated in the work shop.



A Spectacular glorifying blissful atmosphere spreaded in NTR Educational Institutions on the eve of "First day of Bathukamma celebrations".

The celebrations began with an auspicious puja performed by Academic Dean Dr M.V. Rama Rao. He offered prayers to the Goddess for the welfare of the Students and encouraged the students to participate in the programme with traditional practice of rhythmic dance around the 'colourful floral form of Goddess'. Students were quite cheerful and enthusiastic. Administrative officers Mr. Suresh, Mr. Mattaiah and other staff members also participated in the event.

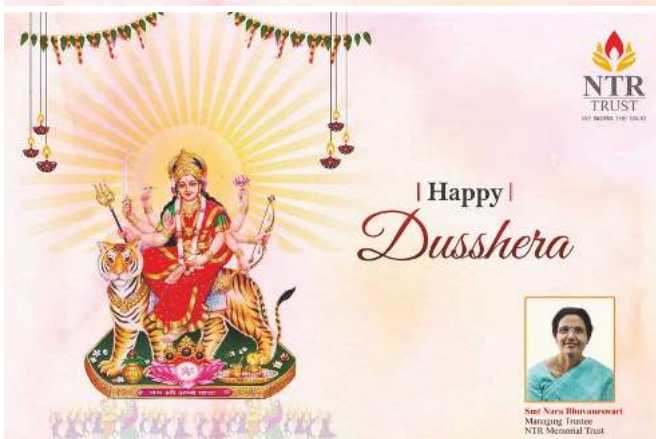


NTR Memorial Trust participated in the Blood Donation camp at MCA Hall, Repalle, organized by Paritala Yuvasena on the occasion of birth anniversary of Late Shri. Paritala Ravindra garu. This camp witnessed an overwhelming response from the local people. We appreciate the amazing spirit of donors who came forward to save lives.

Your blood donation will benefit Thalassemia, Cancer & Neonatal patients.

NTR Memorial Trust Blood Centre is taking due care of all donors and maintains high standards of hygiene.

You can reach out to us to help you organize a Voluntary Blood Donation Drive. Remember you too can make a change.



NTR Memorial Trust Managing Trustee Sri. Nara Bhuvaneshwari garu conveyed the wishes on the occasion of Diwali and Dussehra

## MENTOR THE HERO PROGRAM

Mentor : T. Vasubabu



Name : Karnapu Lakshmi Prasanna  
Class : VII  
Roll No : 1  
Father Name : Karnapu Veeranna Reddy (Late)  
Mother Name : Karnapu Sunitha  
Location : Srikakulam

My name is K Lakshmi Prasanna. I am studying VIII class.  
My father name is K Veeranna Reddy (farmer). He was expired due to heart attack. My mother name is K Sunitha – (Housewife).  
I Have two sisters. I got admission in VIII class in NTR High School (2022), Challapalli. I want to become a software engineer.  
I am thankful to NTR Trust for giving me admission.



## NTR JUNIOR & DEGREE COLLEGE FOR WOMEN

NTR Degree College now welcomes BBA aspirants into its campus. Spread across 12 acres in the abundance of nature abutting Himayat sagar lake, we provide the students with a holistic development, best internship programmes and assured placements.

# BBA

Admissions are in progress

For more details please visit: [www.ntrtrust.org](http://www.ntrtrust.org)  
Call on us: 7660002627/28

Chilukur Balaji Temple Road, Himayat Nagar Village, Moinabad  
Mandal, Gandipet, Hyderabad, R.R. Dist, Telangana 500075



Nutriful is a fitness App that focuses on achieving overall health. Keep track of your progress through any wearable gadget of your choice. Connect it to the App on your phone and work towards getting healthy. Right away, you can track your daily health data with our ingenious workout tracker, sleep tracker, health data, and daily nutrition intake tracker. Access a dietician and nutritionist for a consultation from the App and gain insights on setting goals towards an immune and healthy you.

**1. In collaboration with YODA , Nutriful provides Medical checkups at your doorstep**

Yodha's team will provide all health checkups at your doorstep, with Nutriful coordination based on the user's needs and if any user wishes to have a full body checkup, Yodha will also provide full body health checkups.

Some examples of health checkups are given below :

HbA1c, Lipid profile, Vitamin D, Thyroid, Serum Creatinine..

**2. Nutriful hosts live interactions with experienced doctors and nutritionists.**

Joining a live interaction program organized by Nutriful is a great experience. In that program, you will learn how to improve your health and eating habits in real-time from Doctors and Nutritionists.

Given below are examples for the live interaction program organized by Nutriful.

**(1) Interaction with Dr. Dasari Anusha (MBBS, MD) on sleep management**

**(2) Interaction with Mrs. Vinitha Mamila on diabetes management**

**WORKSHOP ON DIABETES MANAGEMENT**

**SATURDAY  
08 OCT 2022  
10.00 AM TO 10:30 AM**



**VINITHA MAMILA**  
(M.Sc Foods and Nutrition,  
Diabetes Educator)



**(3) Interaction with Dr. Anjali Hooda on Weight loss**

**(4) Fitness workshop on weight loss with our expert fitness trainer, Narendar**

Nutriful successfully reached 12000+ registered users by providing personalized diet plans, health tips and exercises with experienced nutritionists and fitness trainers.

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Account Name - NTR Memorial Trust  
Account Number - 50100034051074  
Account Type - Current  
Bank Name - HDFC Bank  
Branch - Lakdikapul  
IFSC Code - HDFC0000021  
Donate through the link [www.ntrtrust.org/donate-now/](http://www.ntrtrust.org/donate-now/)  
Donations to NTR Memorial Trust are eligible for exemption u/s 80(G) of IT Act.  
For more details please call on 040-48577888 / 9100433499 or write an email to [donations@ntrtrust.org](mailto:donations@ntrtrust.org)

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Donations by Foreign Companies/ Bodies Corporate/ Organisations/ Foreign Citizens (other than Indian Citizens)/ Persons of Indian Origin/ Overseas Citizens of India/ Indian Companies having FDI as per the FEMA (FDI Regulations) can be made by way of electronic transfer to the following bank account of the Trust: Name: NTR MEMORIAL TRUST Bank Name: STATE BANK OF INDIA Account No.: 40115731976 IFSC: SBIN0000691 SWIFT: SBININBB104 Branch Code: 00691 Branch Address: FCRA Cell, 4th Floor, SBI, New Delhi Main Branch, 11, Sansad Marg, New Delhi-110001

Donations by Indian Residents/ Non Resident Indians (Indian Citizens holding Indian Passports, residing abroad) in Indian Rupees/ Foreign Currency, can be made by way of electronic transfer to the following bank account of the Trust: Name: NTR MEMORIAL TRUST COVID 19 RELIEF FUND Bank Name: BANK OF BARODA Account No.: 18090200001670 IFSC: BARBOJUBILE '0' read it as Numeric Bank Branch: JUBILEE HILLS, HYDERABAD

For your reference, donations to the Trust are eligible for deduction under section 80G of the Income Tax Act, 1961. Subsequent to your thoughtful donation, you will be issued with the requisite receipt.

Once the electronic transfer made, you are requested to kindly send an email to [donations@ntrtrust.org](mailto:donations@ntrtrust.org), mentioning your Name, Address, Contact Number and Income tax PAN No. in the case of Indian Citizens and in the case of NRI Citizen Copy of your passport details, like the date of remittance, Bank name and etc.

Our mailing address is:  
NTR Memorial Trust, NTR Bhavan, Road No.2  
Banjarahills, Hyderabad- 500034, Telangana, India  
040-48577888; [www.ntrtrust.org](http://www.ntrtrust.org).

NTR Memorial Blood Centers  
Hyderabad - 040 - 48577888  
Visakhapatnam : 0891 - 2565858  
Tirupati : 0877 - 2255668

To know more about NTR Memorial Trust  
Please log on to [www.ntrtrust.org](http://www.ntrtrust.org)

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