

# **Dr. Pothireddy Surendranath Reddy medical you tube videos 21-30**

## **Author Meta Data – Dr. Pothireddy Surendranath Reddy**

**Author Name:** Dr. Pothireddy Surendranath Reddy

**Profession:** Orthopaedic Surgeon, Joint Replacement Surgeon, General Physician

**Clinical Interests:** Musculoskeletal health, preventive medicine, patient education

**Location:** Hyderabad, Telangana, India

**Other Interests:** Public health awareness, healthcare systems, governance, and active interest in politics

### **Author Bio:**

Dr. Pothireddy Surendranath Reddy is a senior Orthopaedic and Joint Replacement Surgeon with a strong commitment to public education. Through his videos, he explains medical, scientific, and social topics in a simple and compassionate manner. Beyond clinical practice, he follows political and governance issues related to healthcare, believing that ethical leadership and informed policy play a vital role in improving public well-being.

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## **2 1 Beautiful Clouds | Soothing Music & Relaxing Nature View**

This calming video by **Dr. Pothireddy Surendranath Reddy** showcases beautiful cloud formations accompanied by soothing music. Such natural visuals help reduce stress, calm the mind, and improve emotional balance. Watching nature scenes has been shown to support mental health, improve focus, and promote relaxation. This video is ideal for meditation, stress relief, or peaceful background viewing after a busy day.

### **Watch Video:**

**Dr. Pothireddy Surendranath Reddy on Beautiful Clouds | Soothing Music & Relaxing Nature View click [here](#)**

[https://youtu.be/4yi56IHH\\_Os](https://youtu.be/4yi56IHH_Os)

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## **2 2 Beautiful, Innocent Animal Feelings and Human Compassion**

In this thoughtful video, **Dr. Pothireddy Surendranath Reddy** highlights the emotional bond between humans and animals. The video reflects innocence, empathy, and compassion,

reminding viewers of the importance of kindness toward all living beings. Such content encourages emotional well-being and moral reflection, especially in today's fast-paced world.

**Watch Video:**

**Dr. Pothireddy Surendranath Reddy on Beautiful, Innocent Animal Feelings and Human Compassion;** [video](#)

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<https://youtu.be/VCqbQM7ccAg>

## **2 3 Nature's Beauty with Smooth, Relaxing Background Music**

This video presents stunning visuals of nature paired with smooth, relaxing background music. **Dr. Pothireddy Surendranath Reddy** shares this content to promote mental peace and emotional relaxation. Nature-based relaxation videos are beneficial for stress reduction, mindfulness, and improving overall mood.

**Watch Video:**

**Dr. Pothireddy Surendranath Reddy on Nature's Beauty with Smooth, Relaxing Background Music;** [click here](#)

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<https://youtu.be/0FiV15L0PsU>

## **2 4 Full Moon Science, Effects, and Cultural Significance Explained**

In this educational video, **Dr. Pothireddy Surendranath Reddy** explains the science behind the full moon, its gravitational effects, and its influence on nature. He also discusses cultural beliefs and traditions associated with the full moon across societies. The video balances scientific facts with cultural understanding, making it informative and engaging.

**Watch Video:**

**Dr. Pothireddy Surendranath Reddy Explains Full Moon Science, Effects, and Cultural Significance;** [full moon](#)

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[https://youtu.be/9ROURve2B\\_4](https://youtu.be/9ROURve2B_4)

## **2 5 Effective Doctor–Patient Communication & Care Explained**

Good doctor–patient communication is essential for quality healthcare. In this video, **Dr. Pothireddy Surendranath Reddy** explains how clear communication builds trust, improves diagnosis, and enhances treatment outcomes. He emphasizes empathy, listening skills, and ethical medical practice. This video is valuable for doctors, healthcare workers, and patients alike.

**Watch Video:**

**Dr. Pothireddy Surendranath Reddy Explains Effective Doctor–Patient Communication & Care;** [video](#)

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<https://youtu.be/8rIj5zrsCV0>

## 2 6 Step-by-Step Guide to Taking a Chest X-Ray Safely

This instructional video by **Dr. Pothireddy Surendranath Reddy** explains the correct and safe method of taking a chest X-ray. He discusses patient positioning, radiation safety, and common mistakes to avoid. The video is useful for healthcare students, technicians, and clinicians involved in diagnostic imaging.

**Watch Video:**

**Dr. Pothireddy Surendranath Reddy Explains Step-by-Step How to Take a Chest X-Ray Safely**

[Watch video](#)

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<https://youtu.be/pNFGQ5afjrE>

## 2 7 Proper Use of Face Mask Without Risk

In this practical video, **Dr. Pothireddy Surendranath Reddy** explains how to wear a face mask correctly to ensure maximum protection. He discusses proper positioning, handling, and common errors that reduce effectiveness. This video supports infection control and public health awareness.

**Watch Video:**

**Dr. Pothireddy Surendranath Reddy Explains How to Use a Mask in the Proper Position Without Risk;** [mask](#)

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<https://youtu.be/ppP7bMTy9-4>

## 2 8 How to Shake the Blood Collection Tube Properly

Correct handling of blood samples is crucial for accurate test results. In this video, **Dr. Pothireddy Surendranath Reddy** explains the correct method of mixing blood collection tubes after sampling. He highlights laboratory best practices and common mistakes that can affect reports.

**Watch Video:**

**Dr. Pothireddy Surendranath Reddy Explains How to Shake the Blood Collection Tube Properly**

[Watch video](#)

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<https://youtu.be/vM8K7jYyEgs>

## 2 9 Eye Sight Examination and Prescription of Opticals

This video explains how eyesight examinations are performed in hospitals before prescribing spectacles. **Dr. Pothireddy Surendranath Reddy** describes vision testing, refractive errors, and the importance of proper eye assessment. The video is useful for patients and healthcare learners.

**Watch Video:**

**Dr. Pothireddy Surendranath Reddy Explains Eye Sight Examination in Hospital to Prescribe Opticals**

[Optic examination](#)

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[https://youtu.be/X0OVjfj2W\\_A](https://youtu.be/X0OVjfj2W_A)

## 3 0 Ambu Bag Explained | Emergency Ventilation Guide

An Ambu bag is a life-saving device used in emergencies. In this video, **Dr. Pothireddy Surendranath Reddy** explains what an Ambu bag is, when it is used, and how to operate it correctly. The video is valuable for healthcare professionals, students, and emergency responders.

**Watch Video:**

**Dr. Pothireddy Surendranath Reddy Explains Ambu Bag | How to Use Ambu Bag for Emergency Ventilation; [ambu bag](#)**

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[https://youtu.be/X0OVjfj2W\\_A](https://youtu.be/X0OVjfj2W_A)