

MNR

iNFOCUS

Enriching the innerself

April 2024

MNR's IN-HOUSE MAGAZINE

Haq Al Laila



Manthana American School, Sharjah, UAE lights up with joy as students and Staff come together to celebrate Haq Al Laila-2024, spreading happiness and traditions with shared smiles and sweets



TACKLING THE THIRST: WAKEUP TO THE LOOMING WATER CRISIS, A GLOBAL CONCERN

Thousands have lived without love, not one without water - W. H. Auden

Water scarcity is a pressing issue in India, causing significant challenges for millions of people. Water is life and without it, we would certainly go on extinction like the plants and animals that have gone on extinction and so there is a crucial need to address this crisis.

The 2018 edition of the United Nations World Water Development Report stated that nearly 6 billion peoples will suffer from clean water scarcity by 2050 if nothing changes. Here's how we can overcome water scarcity:

1. Use water wisely at home, fixing leaks, turning off taps when not in use, and using water-efficient appliances.
2. Install rain barrels or tanks to collect rainwater from rooftops for non-drinking purposes like watering plants or cleaning.
3. Treat and reuse greywater from activities like bathing or laundry for tasks like flushing toilets or watering gardens.
4. Farmers can grow crops that require less water and implement water-saving irrigation techniques like drip irrigation.
5. Prevent pollution and degradation of rivers, lakes, and groundwater sources through proper waste management and conservation efforts.
6. Teach people about the importance of water conservation and simple ways they can save water in their daily lives.
7. Build water-saving infrastructure like dams, reservoirs, and water treatment plants to better manage water resources.
8. Governments can enact laws and regulations to promote water conservation, regulate water usage, and ensure equitable access to clean water for all.
9. Work with neighbouring regions and countries to share water resources and develop cooperative solutions to water scarcity issues.
10. Invest in technologies and practices that improve water efficiency, desalination, and water recycling to address water scarcity challenges effectively.

By adopting these strategies and working collaboratively across sectors and borders, we can effectively address the challenges of global warming and build a sustainable future for current and future generations.

Editorial.....

Postal Address :

INFOCUS
MNR's In-House Magazine

MNR Research Conventions Pvt. Ltd.
2-23B/350, Bhagyanagar- Phase III, HMT Hills Colony,
Opp. JNTU Kukatpally, Hyderabad - 500 085.
Ph : 040-23890835

Email : infocus@mnrindia.org
Facebook : www.facebook.com/infocusinhouse

INFOCUS
MNR's In-House
Magazine

Publisher
&
Editor-in-Chief
Sri M.N. Raju

Editor
Dr. Kodaparthi Ashwitha

Illustrations and
Designing
Nagarjuna Ambati
K Kishore Kumar

Supervision
P. Sharmila

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

ACTIVITIES @ MNR DENTAL COLLEGE & HOSPITAL

Felicitation to Dr. Ravindra SV, Principal of MNR Dental College by the Kuna Ganganna Foundation, Sangareddy for his significant and commendable contributions to the dental community



Inaugural & Lamp Lighting Ceremony at the MNR Dental College's Ekatva Annual Day Celebrations

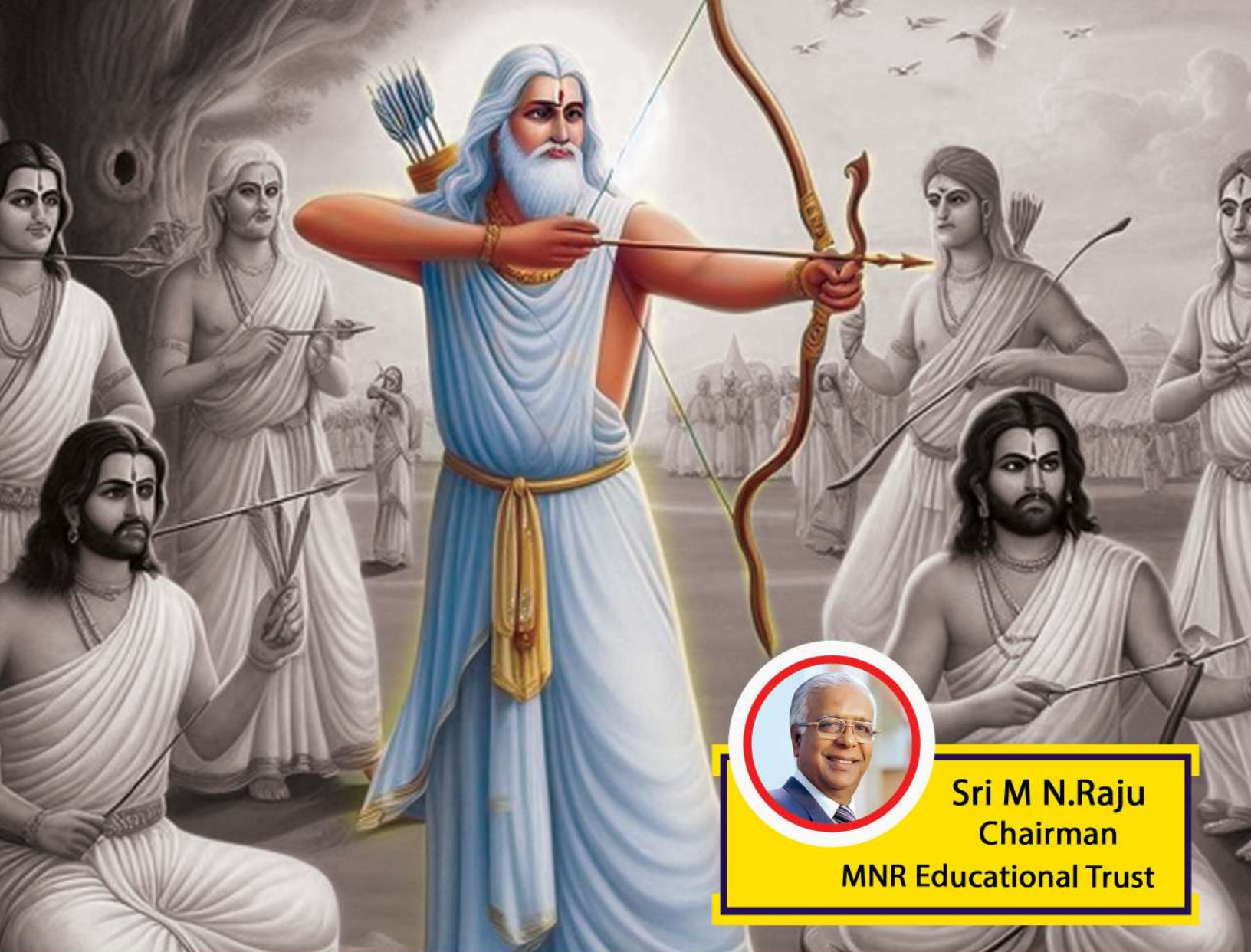


MNR Dental College Immersed in Ekatva-Annual Day and celebrates Traditional Day with vibrant colors, timeless traditions



MNR Dental College celebrates the 13th Undergraduate Graduation Ceremony with Accomplishments and a promising future





Sri M N. Raju
Chairman
MNR Educational Trust

DRONACHARYA

The Teacher of the Pandavas and the Kauravas

Kripacharya and Dronacharya were the two prominent teachers of the Kuru Princes, the Pandavas and the Kauravas. Kripacharya taught them all the sastras useful as rulers and Dronacharya taught them mostly warfare. In the later story of the Mahabharata Battle, Drona played a major role.

Drona was the son of sage Bharadvaja and Ghrutach. He studied the Vedas and the Vedangas under the guidance of his father, including the art of archery. Drupada, the son of the king of Panchala was also the fellow - student of Drona. They were close friends too. Drupada, in his boyish enthusiasm, promised Drona that he would give half of his kingdom when he would become the king.

After completing his studies, Drona married Kripi, the sister of Krupacharya and a son, Ashwatthama was born to them. Drona was passionately attached to his wife and son and for their sake, he desired to acquire wealth. He came to know that Parasurama was distributing his wealth. He went there to get some wealth from him. But by that time, Parasurama distributed all his wealth and was about to retire to the forest. But, anxious to do something for Drona, he offered to teach him the use of weapons to become a supreme master. Drona joyfully agreed and became unrivalled master of the army art.

Meanwhile, Drupada became the king of Panchala, on the death of his father. Keeping in view the childhood promise, Drona went to Panchal to request Drupada, to help him to be rich. But Drupada didn't entertain him, moreover he said that friendship could exist between equals, but not between a beggar and a king. Drona was

sent out of the palace with scorn. He was with a blazing wrath in his heart. He took a vow to punish the arrogant king, Drupada.

He was reaching Hastinapur, where his brother-in-law Kripacharya, was a teacher to the princes of the Kuru family, the Pandavas and the Kauravas. Just at that time, the Pandavas and the Kauravas were playing in a garden. Their ball and a ring of Yudhisthira fell into a well. They could not retrieve it, though tried hard.

They saw the Brahman, of dark complexion, stood nearby and watching them. He came forward, took a blade of grass and sent it forth into the well after reciting certain words of power. It stuck to the ball like an arrow and he sent some more blades of grass one after another, like a chain and retrieved the ball. Then he took a bow and arrow from one of the princes and released the arrow. On its rebounding the arrow brought the ring out.

Seeing these feats, the Princess were astonished and they explained Drona's greatness to Bishma. Bishma appointed Drona as a teacher of warfare to the Princess.

The Pandavas and the Kauravas acquired mastery in the art of using arms and they became perfect warriors. However, there were skills that Drona was reluctant to teach the Kuru princes those were reserved for his son, Ashwatthama. Arjuna noticed this. So, he followed father and son like a shadow. Never allowed Drona to teach lessons exclusively to his son. Moreover, one day, Arjuna saved Drona from an attack of a crocodile. So, Drona was pleased and taught all the skills to Arjuna, along with his son.

In due course, the Pandavas and the Kauravas were well versed in the art of warfare. Then Drona asked his students to pay his "Guru Dhakshina" by defeating Drupada and bring him after binding his hands and legs.

While the Kauravas were fighting with the army of Panchala, Arjuna, with his four brothers, raced through the ranks of army on a war chariot, caught hold of Drupada and his minister, tied their hands and legs and brought them to Drona.

Drupada was humiliated by Drona and demanded half of the kingdom of Drupada. Drupada had no choice, hence accepted the demand of Drona. Later, in the battle of Mahabharata, Drupada's son, Dhrishtadyumna, who was the commander-in-chief of the Pandavas army, Killed Drona and his son, Ashwatthama, to revenge his father's insult.

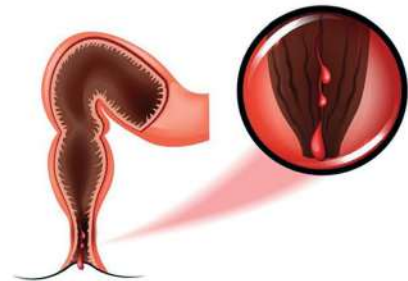
Drona's Character

- He was a teacher, son of a Rishi and a Brahmin. He should not believe in acquiring wealth as per the epic-age principles and he had to renounce it. But Drona was always after wealth. He took half of the kingdom of Drupada.
- He traded with his students on their tuition fees.
- He demanded Ekalavya to cut the right-hand thumb and give it as the instruction fees, though he did not teach archery to him. Ekalavya cut his right thumb and placed it at his feet.
- He didn't teach all secrets of archery to all the Pandavas and the Kauravas equally. He kept the secrets to himself to teach them only to his son and Arjuna. That kind of attitude was not expected of a good teacher.



ANAL FISSURES

AND HOMOEOPATHIC MANAGEMENT



Dr. A. Sriharitha, M.D. (Hom).(HMM)

Associate Professor
Dept of Homoeopathic Materia Medica
MNR Homoeopathic Medical College

In this modern era, life style diseases are commonly encountered in daily clinical practice. Sedentary life styles, lack of proper exercise, low intake of dietary fibre and water, stress and emotional factors, all these causes make a person prone to different varieties of gastro intestinal disorders. Constipation, haemorrhoids, Fissures, bleeding per rectum are most common lower GIT disorders that are seen in our daily OPDS. This article reviews the most common anorectal disorder, anal fissure. Even though anal fissure is not a major life threatening disease, the unbearable pain in anus, because of which patient presents himself to the doctor for consultation, advice and treatment. Homoeopathy offers the safe, rigour, effective and permanent treatment, for such cases, and prevents recurrence. The patient explains different types of pain sensations which are to be given high importance in homoeopathy for selection of simillimum.

Among the anorectal disorders, Anal fissure is one of the most painful conditions. A common initiating factor is thought to be trauma to the anoderm due to constipation i.e., with the passage of a hard stool. The pain sensation is out of proportion to the trauma. The pathophysiology of anal fissures is not entirely clear, but it is explained as an acute injury leads to local pain and spasm of the internal anal sphincter. This spasm results in high resting anal sphincter pressure leads to reduced blood flow and ischemia and poor healing. Unless this cycle is broken the fissure will not heal. There is immense scope for anal fissures to heal itself naturally with aid of Homoeopathic medicines,

with slight modification in life style and few dietary measures.

Definition and Aetiology

An anal fissure is a tear in the anoderm distal to the dentate line, usually less than 5mm in length. The most common cause for anal fissure is the passage of very hard or watery stools. Crohn's disease, Inflammatory Bowel Disease, Childbirth, Anal intercourse, also causes anal fissures. Less common causes of anal fissures includes anal cancer, HIV, Syphilis, Tuberculosis, Herpes.

Location

Most commonly, anal fissures occur in the posterior midline; however, in up to 25% of women and 8% of men, a fissure can be located in the anterior midline. In patients who have lateral fissures, the clinician should consider an alternative aetiology such as malignancy, Crohn's disease, tuberculosis, or HIV infection.

Types

Acute anal fissure appears similar to a fresh laceration, present less than 2 to 3 months duration which heal with medication, and if anal fissure fails to heal within 6 weeks it is considered as chronic fissure. Chronic fissure, due to scarring and poor blood flow, often require surgical intervention and is frequently associated with skin tags called as sentinel pile, at the distal end of the fissure.



Clinical features

- Pain, sometimes severe, during and after bowel movements that can last up to several hours. Due to the pain, there is anal sphincter spasm, which makes constipation still worse.
- Bright red blood streaks on the stool or toilet paper after a bowel movement.
- Itching or irritation in and around the anus.
- Malodorous discharge may occur due to the discharge of pus from the fissure.
- In chronic fissure a skin tag, or small lump of skin, next to the tear is seen called as sentinal pile is present.

Diagnosis and Examination findings

The diagnosis can typically be confirmed by physical examination and Anoscopy in the orifice if tolerated by the patient. By gentle separation of the buttocks and examination of the anus, a linear separation of the anoderm can be identified at the lower half of the anal canal. On digital examination, chronic fissure feels rough, raised, or fibrotic in the mid-distal anal canal and a skin tag, called sentinal pile also visible.

Management and Treatment

The goal of treatment is to relieve the worsening constipation, to break the cycle of hard bowel movement, associated intense pain. Patient should be on high fibre diet along with sufficient water intake for stools to become softer. Sitz baths with Calendula mother tinctures also advisable for quick healing of fissures.

Prevention

An anal fissure can't always be prevented, but one can reduce risk of getting it by taking the following preventive measures:

- Keeping the anal area dry.
- Cleansing the anal area gently with mild soap and warm water.

- Avoiding constipation by drinking lot of fluids, eating food rich in fibre, and exercising regularly.
- Treating diarrhoea immediately.
- Changing diapers frequently (for infants).

Homoeopathic approach

It is always through the process of Individualisation. It is possible only by discovering the strange rare and peculiar symptoms of the particular individual, to arrive at the best simillimum

Homoeopathic therapeutics

Chamomilla, Graphitis, Muriatic Acid, Nitric Acid, Rathanhia, Sepia, Thuja are 1st grade medicines given and Agnus, Allium Cepa, Ars, Calc Phos, Causticum, Cundurago, Floric Acid, Hydrastis, Ignatia, Lachesis, Mercsol, Natrum Mur, Nux Vomica, Paeonia, Petroleum, Phos, Phytolacca, Plumbum, Podophyllum, Silicea, Sulphur are 2nd grade medicines given as per synthesis repertory.



Conclusion

Though there are many remedies for treatment of anal fissures in homoeopathy, as Hahnemann said in aphorism 153, Characteristic peculiar symptoms are the sole guide for drug selection whatever the name of disease it may be. Vital force shows the symptoms through altered sensations and functions. So peculiar characteristics present in the case helps in differentiation and final drug selection. We may not get them in the first visit but by proper questionnaire we can get the peculiar characteristics which guide us for selection of remedy.

References

1. Allen H. C., Keynotes and Characteristics of Material Medica with Nosodes, sixth edition reprint 1982, B. Jain publishing company, New Delhi.
2. Boericke William., Pocket Manual of Homeopathic Materia Medica, 9th edition, second reprint, B. Jain Publishers Pvt. Ltd, New Delhi.
3. Boger C. M., A Synoptic Key of the Materia Medica, Edition, 2007, B. Jain Publishers Pvt Ltd, New Delhi.
4. Burt. W. H., Physiological Materia Medica, third edition 1978, Jain publishing company, New Delhi.
5. Clarke J. H., Dictionary of Practical Materia Medica, Reprint edition 2000, B. Jain publishers Pvt Ltd, New Delhi.
6. Das. SA concise text book of surgery 8th edition, published by Dr.S.Das, Kolkata, India
7. Frederik Schroyens Augmented Clinical Synthesis, edition 9.1, B. Jain publishers, India.
8. HARRISON'S Principles of internal medicine, 18th edition, vol 2, Mc Graw Hill Publishers, India.
9. Lippe A. Von., Keynotes and Red line symptoms of Materia Medica, Part 1, Calcutta, Salzer & Co, and Published by N.K Benerjee.
10. Murphy Robin., Homeopathic Remedy Guide, second Edition Jan-2000, IBPP, New Delhi.
11. Phatak S.R., Materia Medica of Homoeopathic Medicines, second edition, B. Jain Publishers Pvt Ltd, New Delhi.
12. Samuel Hahnemann Organon of Medicine, 6th edition, B. Jain publishers, India.
13. Schroyens F., synthesis repertory, version 9.1, published in 2008, B. Jain Publisher Pvt Ltd, New Delhi.
14. Vermeulen F., Concordant Materia Medica, 1997 IBPP, New Delhi.
15. Vermeulen F., Prisma, The Arca of Materia Medica Illuminated- Similar and Parallels between Substance and Remedy, Haarlem (Netherlands): Emrys Bv Publishers (1st edition) 2002.





N. Anjili
4th Pharm-D Student
MNR College of Pharmacy

WATER

HYDRATION & HEALTHY LIFESTYLE

As the body can't store water, we need fresh supply of water every day to make up for losses from the lungs, skin, urine, and faeces. The amount we need depends on our body size, metabolism, the weather, the food we eat and our activity levels.

Drinking water seems like a simple task, which doesn't require much thoughts, but according to some studies and ayurveda how and when we drink water impacts on the body.

Hydration Of Body in A Right Way

Water is something that is constantly needed by the body. So, the recommended amount of water per day is 9-11 cups per day.

According to Disease Control and Prevention Guidelines, drinking water prevents dehydration and conditions like moodswings, overheating of body, constipation and kidney stones. It also helps in weight management of body and reduces calorie intake as water does not have calories.

Water makes up to 60% of our body composition 	Water helps the brain to make hormones and neurotransmitters to transport signals around the body 	It helps our tissues and cell membranes remain moist to function correctly 
Helps produce saliva which aids digestion 	Acts as an internal shock absorber for our bodies 	Helps deliver oxygen around our bodies along with many other functions 

Daily Water Intake Chart

AGE	DAILY ADEQUATE INTAKE
1-3 years	4 Cups
4-8 years	5 Cups
9-13 years	7-8 Cups
14-18 years	8-11 Cups
Men -19 &older	13 Cups
Women -19&older	9 Cups
Pregnant women	10 Cups
Breast feeding women	13 Cups

The Right Way to Drink Water

1. Always have Lukewarm water

- Warm water has the ability to absorb deeper into the tissues.
- Warm water cleanses and detoxifies the body better.

2. Sit down while drinking water

- Drinking water while standing disrupts balance of the body fluids
- Accumulating unwanted excess fluid in body and may lead to arthritis, also affect digestion and absorption.

3. Drink slow

- Drinking in small sips allow the body to process the nutrients and minerals well.
- It makes easier for kidneys to process all the fluids.

4. First thing in the morning

- Drinking in the mornings helps to flush out the toxins accumulated in body overnight.
- Cleanse the digestive tract and increase the metabolism.

5. Before the meal

- Drinking before helps in digestion.
- Drink a glass of water 30 mins before.

6. Not immediately after meals

- It disturbs digestive process, by diluting gastric juices and digestive enzymes.
- Makes us feel hungry faster than expected and may lead to overeating and bloating issues.

7. During the meals

- Drinking little water during meal may help in faster digestion.

8. Before bed

- This will keep body hydrated and indirectly impacts on sleep.
- Helps in getting rid of unwanted toxins.

9. Before shower

- Drinking warm water before shower can help in lowering the blood pressure.

10. When we sweat

- This helps fluid replacement, lost when we sweat.



11. After massage

- Drinking water after massage helps in flushing out the toxins, released during massage.

12. Before and after sauna

- This prepares the body for sweat session and replenishes lost minerals and electrolytes after session.

13. Before and after exercise

- This helps, hydrate the body.

For water to reach toxic levels, many liters of water would have to be consumed in a short period of time. The body will retain fluid if there is too little water in the cells. If the body receives enough water on a regular basis, there will be no need for it to hold onto water and this will reduce fluid retention.

To avoid dehydration, drink fluids gradually, throughout the day and also have intake of water rich foods.

Preventing Dehydration

Generally, the healthy body is designed to send thirst signals when the body is depleted of fluids. The desire to drink, it is not driven only by physiological signals but also by behavioral signals.

As the body ages, the body's regulation of fluids intake declines as thirst decreases. As per Research, the both factors are impaired in elderly people.

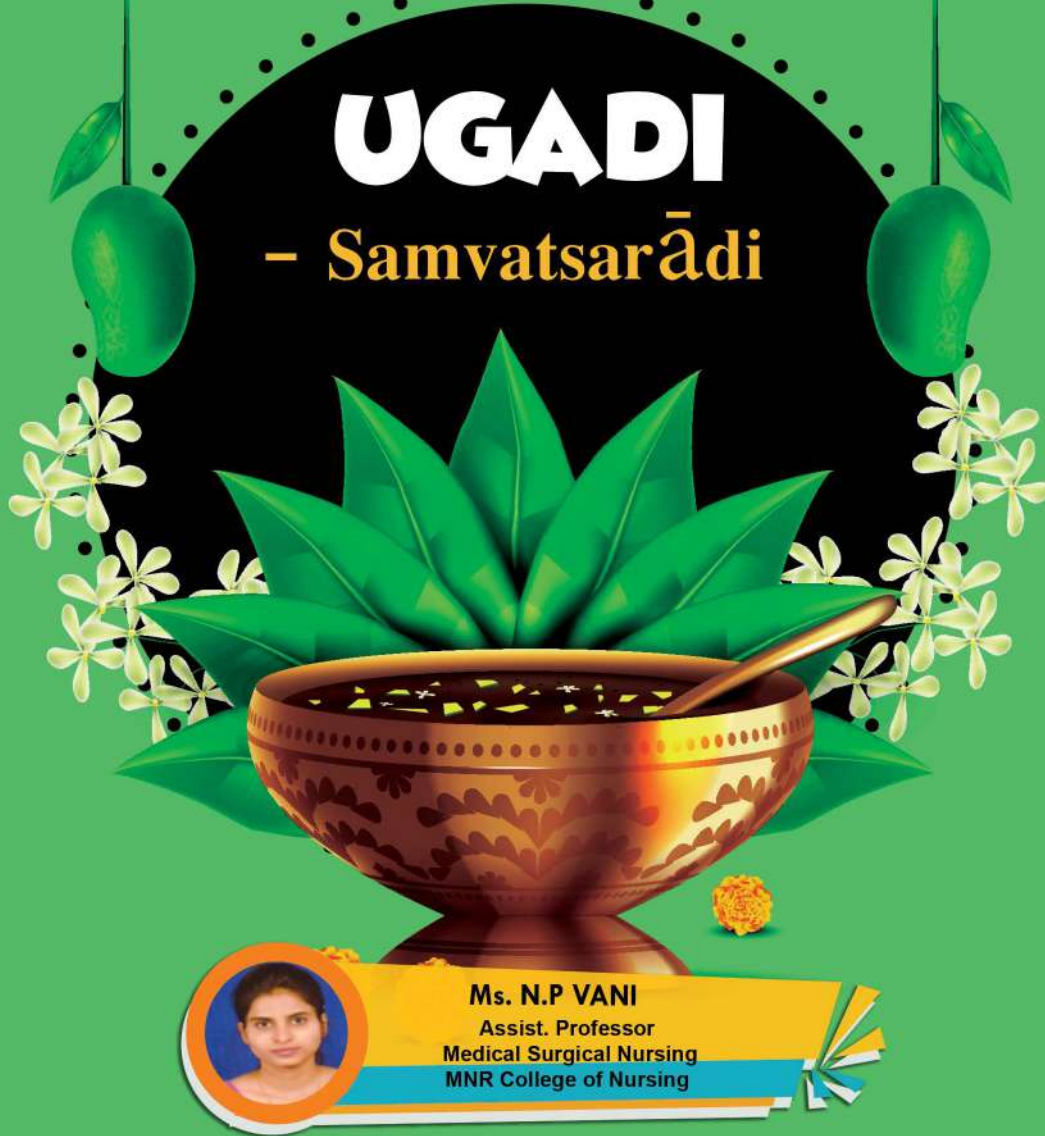
Conditions that impair mental ability and cognition can also impair thirst. Voluntarily limiting the water intake due to incontinence.


Symptoms of Dehydration

- i. Fatigue
- ii. Confusion or short-term memory loss
- iii. Mood changes like increased irritability or depression

Dehydration can increase the risk of medical conditions

- Urinary Tract Infection
- Kidney stones
- Gallstones
- Constipation



 **Ms. N.P VANI**
Assist. Professor
Medical Surgical Nursing
MNR College of Nursing

Ugadi is the New Year's Day for the Hindus of Andhra Pradesh, Karnataka and Telangana state in India, also called as Telugu new year day. The first day of this nine-day festival is celebrated as Ugadi to mark the beginning of the creation of mankind by Lord Brahma.

This festival is known by different names in different states like they call Gudi Padwa in Maharashtra and Ugadi in Andhra Pradesh, Telangana and Karnataka. Ugadi or Yugadi is also known as Samvatsaradi.

In the 12th century, Indian Mathematician, Bhaskaracharya identified Ugadi as the beginning of the new year. The festival marks the onset of spring and the milder weather after the harsh winter. This joyous occasion is celebrated with happiness and togetherness with near and dear ones preparing and sharing a special food called Pachadi, and visiting Hindu temples.

Ugadi Pachadi is one of the most important dishes prepared on the day of Ugadi to offer as neiveidyam to God. The Pachadi is a notable festive food that combines all flavors – sweet, sour, salty, bitter, astringent and piquant. In Telugu and Kannada Hindu traditions, it is a symbolic reminder that one must expect all flavors of experiences in the coming new year and make the most of them.

Ugadi Pachadi is one of the most vital dishes made for Ugadi festival. Ugadi Pachadi is made with 6 ingredients which includes tamarind, raw mango, jaggery, pepper, salt and neem flower which signifies 6 emotions of life.

Significance of Ingredients used in Ugadi Pachadi

Ugadi Pachadi is a mix of 6 ingredients which signifies life with a mix of all 6 emotions. Ugadi Pachadi is a festive food which is a combination of all 6 flavors / emotions of life.

1. Raw mango – Tangy – Surprise
2. Tamarind – Sour – Disgust
3. Neem flower – Bitter – Sadness
4. Jaggery – Sweet – Happiness
5. Pepper – Spicy – Anger
6. Salt – Salty – Fear

Ugadi Pachadi Recipe

Ingredients

- **Raw mango:** Use small peeled/unpeeled cubes raw mango pieces.
- **Tamarind:** Tamarind gives a slight sourness to the Pachadi.
- **Neem flower:** Neem flower is must have in this Pachadi and gives a slight bitter taste to this Pachadi.
- **Jaggery:** Jaggery gives a sweet taste. You can either use powdered jaggery or the cube jaggery, in that case crush and add it.
- **Pepper:** Pepper powder gives a mild spice to this Pachadi. Use freshly ground pepper powder which tastes best.
- **Salt:** Salt is added to taste.

Preparation

- Rinse the mango, trim the edges peel off the skin and chop into small cubes and set aside.
- Take tamarind in a bowl, add 1/2 cup water to it. Squeeze and extract juice from it. Discard the fiber part.
- Add remaining 1/2 cup water to it. Then add powdered jaggery to it.
- Mix well with a spoon. Now add chopped raw mango pieces.
- Add neem flower to it, then required salt.
- Finally add pepper powder and give a quick stir. Ugadi Pachadi ready!

Nutrition Facts

Ugadi Pachadi

Amount Per Serving (150 ml)

Calories 21 Calories from Fat 1

% Daily Value*

Fat 0.1g	0%
Saturated Fat 0.01g	0%
Polyunsaturated Fat 0.01g	
Monounsaturated Fat 0.01g	
Sodium 22mg	1%
Potassium 10mg	0%
Carbohydrates 5g	2%
Fiber 0.1g	0%
Sugar 4g	4%
Protein 0.3g	1%
Vitamin A 92IU	2%
Vitamin C 1mg	1%
Calcium 22mg	2%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.



Activities @ MNR Golden Kids (Navi Mumbai)

Graduation Ceremony
@ MNR Golden Kids G1, Mumbai



Graduation Ceremony
@ MNR Golden Kids G6, Mumbai



Graduation Ceremony
@ MNR Golden Kids G3, Mumbai



Colouring Competition
@ MNR Golden Kids G27, Mumbai



Activities @ MNR Golden Kids (Hyderabad)

Graduation Ceremony
@ MNR Golden Kids G5, Pragathi Nagar



Graduation Ceremony
MNR Golden Kids G28, Mallampet



Graduation Ceremony
@ MNR Golden Kids G14, BHEL



Black & White Colour Day
@ MNR Golden Kids G24, Ameenpur



Activities @ MNR Group of Schools

**Black & White Color Day Celebrations
@ MNR I-Exceed School, Kukatpally**



**"CBSE Parent Training" for parents
@ MNR I-Exceed School, Kukatpally**



**Graduation Ceremony
@ MNR High School, BHEL**



**Black & White Color Day Celebrations
@ MNR School of Excellence, BHEL**



**Graduation Ceremony
@ MNR I-Exceed School, Kukatpally**



**Graduation Ceremony
@ MNR School of Excellence, Sangareddy**



Activities @ MNR Group of Schools

Graduation Ceremony
@ MNR High School, Chintal



Black & White Color Day
@ MNR High School, BHEL



Students of MNR School of Excellence, Kamothe participate in "Paritoshik Vitharan Samarambh"



Field Trip of Students & Staff of MNR School of Excellence, Sangareddy to Manjeera Dam, Sangareddy



Graduation Ceremony
@MNR International School, Palaspe



Graduation Ceremony
@ MNR School of Excellence, Mehdipatnam



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

Students from MNR College of Pharmacy lead an impactful awareness program on Cancer and Filariasis shedding light on prevention, early detection and support



Students & Faculty of MNR College of Pharmacy during their visit to MAKSON Laboratories, immersing themselves in the world of Pharmaceutical Innovation and Research

Inaugural & Lamp Lighting Ceremony at the MNR College of Pharmacy's Annual Day Celebrations



MNR College of Pharmacy hosts an enlightening career guidance session on "Opportunities for Pharmacy students in Australia and New Zealand"

Lamp Lighting Ceremony at MNR School & College of Nursing





MNR GROUP OF SCHOOLS

Telangana | Maharashtra

**A perfect academic environment
that INSPIRES your child**

- ✓ **DIGITAL CLASSROOMS** and **TECHNOLOGY** for enhanced Quality of Education
- ✓ Innovative and experimental approach
- ✓ Student-centered teaching
- ✓ Competent and dedicated faculty
- ✓ Well-connected transport system
- ✓ **50 years** of MNR legacy in Education



**ADMISSIONS
OPEN**



MNR i-EXCEED SCHOOL
CBSE : 3630238 | Opp : JNTU Kukatpally, Hyd.
Contact : 98499 88254



MNR SCHOOL OF EXCELLENCE
CBSE : 3630138 | Chandanagar, (BHEL) Hyderabad.
Contact : 99630 66266



MNR SCHOOL OF EXCELLENCE
CBSE : 3630072 | MNR Medical Campus, Sangareddy
Contact : 99630 66366



MNR SCHOOL OF EXCELLENCE
State Board | Gudimalkapur, Mehdipatnam, Hyd.
Contact : 91003 45550



MNR HIGH SCHOOL
State Board | Chandanagar, (BHEL) Hyderabad.
Contact : 98499 84831



MNR HIGH SCHOOL
State Board | Surya Nagar, Chintal
Contact : 98499 84815



MNR INTERNATIONAL SCHOOL
CBSE : 1130822 | Palaspe, Panvel, Navi Mumbai
Contact : 84518 94777



MNR SCHOOL OF EXCELLENCE
CBSE : 1130230 | Sector 6, Kamothe, Navi Mumbai
Contact : 84518 00701

*Enriching Lives
Through
Education & Health....*