

MNR

iNFOCUS

Enriching the innerself

February 2025

MNR's IN-HOUSE MAGAZINE



Capturing the unforgettable moments from the **ANNUAL DAY CELEBRATIONS** at **MNR School of Excellence & MNR High School, BHEL** and **MNR I-Exceed School, Kukatpally** where students dazzled with their creativity, energy and talent, making it a night to remember!

Editorial...



Girls and Women in Science: The Future Needs You

“When girls step into science, they light up the world with ideas no one has imagined yet.”

Imagine a world where half of the brightest minds are held back.... That’s what happens when girls and women miss out on science. But things are changing. From coding apps to discovering cures, girls in science are proving they can solve some of the biggest challenges on Earth.

Breaking barriers starts early by letting girls ask big questions, explore, and dream without limits. Schools can light the spark by teaching science in fun, exciting ways. Families can cheer on their daughters to experiment and create. When girls step into labs, space stations, and research centers, they bring fresh ideas that no one else can.

The future is like a giant puzzle and every girl in science adds a piece. Together, they’re not just changing the world, they’re building it. GIRLS, THE FUTURE NEEDS YOU.

“The future of discovery grows brighter when we let every girl’s curiosity shine.”

NATIONAL SCIENCE DAY (FEBRUARY 28TH) “SCIENCE FOR SUSTAINABLE FUTURE”



Postal Address :

INFOCUS

MNR’s In-House Magazine

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INFOCUS

MNR’s In-House Magazine

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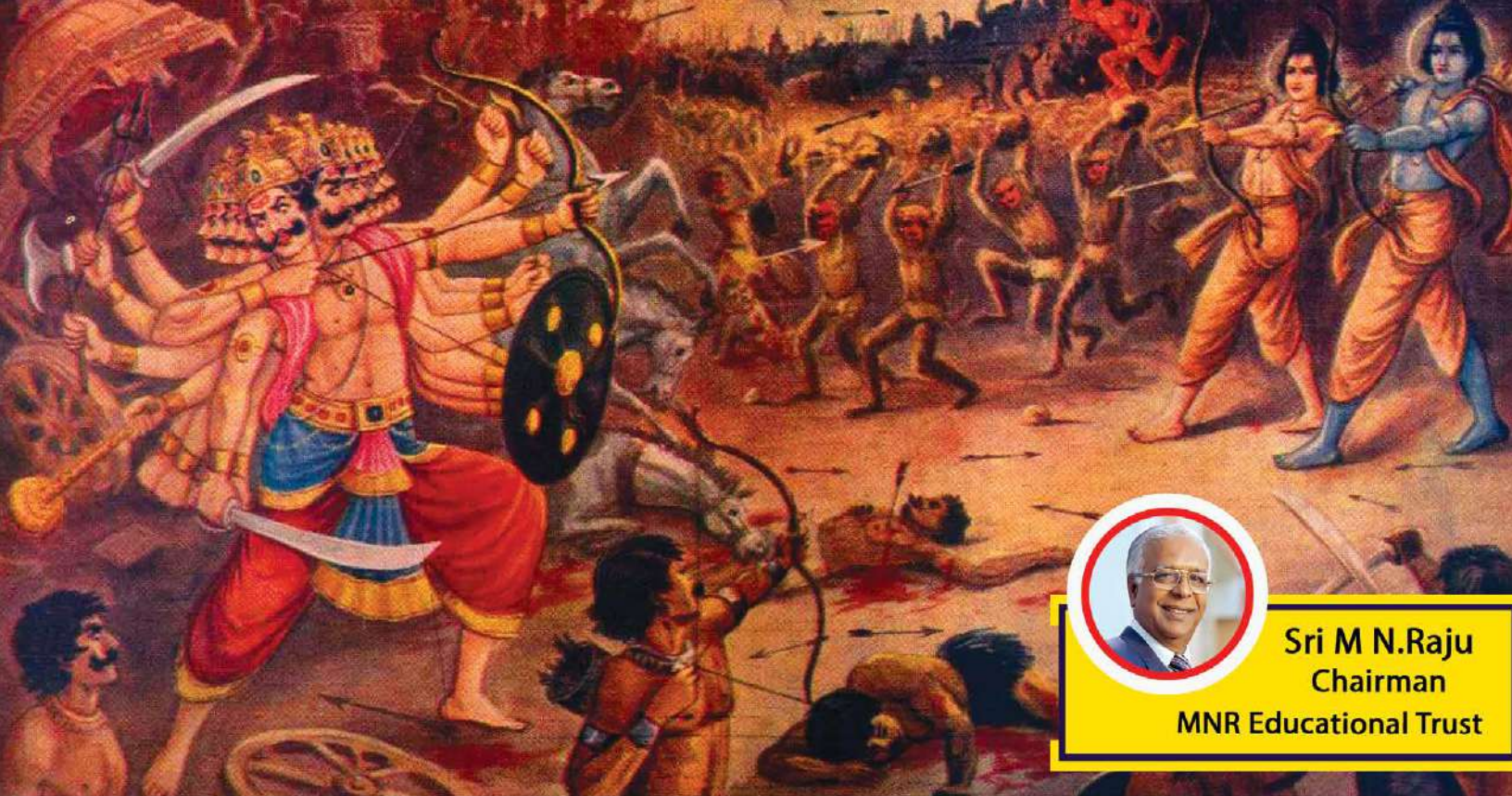
ACTIVITIES @ MNR Dental College & Hospital

MNR Dental College & Hospital come together to honor the spirit of India with joy and pride on the 76th Republic Day



Celebrating World Prosthodontist Day 2025 at MNR Dental College & Hospital with a heartfelt gesture: free distribution of denture cleansers and toothpaste to elderly patients





Sri M N. Raju
Chairman

MNR Educational Trust

THE FINAL BATTLE BETWEEN RAMA AND RAVANA

Ravana's sons were dead, his brothers were dead, his friends were dead and his soldiers were dead or dying. The towers were burning, the walls were crumbling and the streets were filled with corpses. The women and children were crying for their dead people. Once Lanka was a beautiful city with gardens, buildings of golden towers, but it had become a city of ghosts and widows.

Ravana worshipped Shiva and Kali for victory. He made offerings and sacrifices to them. But his offerings were with fear to get blessing for his wrong doings and to gain things through Adharma.

Rama also worshipped Shiva and Kali with 108 blue lotus flowers. His offerings were for Dharma to get back his wife, Sita, who was abducted by Ravana.

Ravana finally decided to face the enemy. Just at that time, Mandodari, wife of Ravana, entered the Pooja room and begged Ravana, "Just give back Sita to Rama".

"No", said Ravana, stubborn as ever.

Ravana's march to the battle field was grand, with chariots, flanked by elephants and soldiers. But there was no enthusiasm on the faces of the soldiers. They were gloomy. Ravana was holding bows and arrows in his twenty hands and eyes of his ten heads were blazing with anger.

Rama was ready to face his enemy. But his army was only simple monkeys. There were no chariots, horses and elephants. Rama and Lakshman were with simple arrows and bows. They were riding on the shoulders of monkeys.

In Kailash, Shakti asked Shiva, “Rama and Ravana, both invoked you. Who do you really support? Who will win the war”.

Shiva answered Shakti, “Both. Of course, Rama will win because, he shall make Ravana realize and open his eyes to know Dharma. Ravana will also win by understanding Dharma and opens his eyes.”

Rama had been shooting his arrows at Ravana, each time one of his heads was severed and as a surprise it was replaced immediately.

Vibhishana, brother of Ravana, whispered to Rama and Lakshman that a pot of nectar, gifted by Brahma was hidden in Ravana’s navel and it kept him alive. He told them to shoot at the navel to break it. Ravana watched Vibhishana whisper and he roared in rage.

Rama was hesitant to shoot at the navel of Ravana, as it was not acceptable as per war principles. But Lakshman and Rama were ready with their arrows and suddenly shot arrows simultaneously, without knowing each of them were aiming at Ravana. Lakshmana’s arrow struck at Ravana’s navel, breaking the pot and making Ravana vulnerable and Rama sitting on Hanuman’s shoulders, shot his Brahmastra, that ripped through Ravana’s heart. For everyone’s surprise Ravana fell on the ground, chanting ‘Ram’.

Rama sat at the feet of dying Ravana and did ‘Namaskara’. Then Ravana said “I know all the Vedas, Sastras, all the hymns and rituals. I know you are Vishnu, and you receive by simply giving. I am happy to die in your hands.”

The war lasted for nine days and Ravana was killed on the ninth night or Navaratri culminating with Vijaya Dasami, the victorious tenth day (Dussehra).



NANO TECHNOLOGY

- THE NEXT BIG CHANGE



Mrs. DURGALLA SOWMYA SRI
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Nanotechnology is the branch of science and engineering which is used for designing, producing, using structures, devices and systems by moulding atoms and molecules at nano scale which has one or dimensions at the order of 100 nano-meter (100millionth of a millimeter) or less.

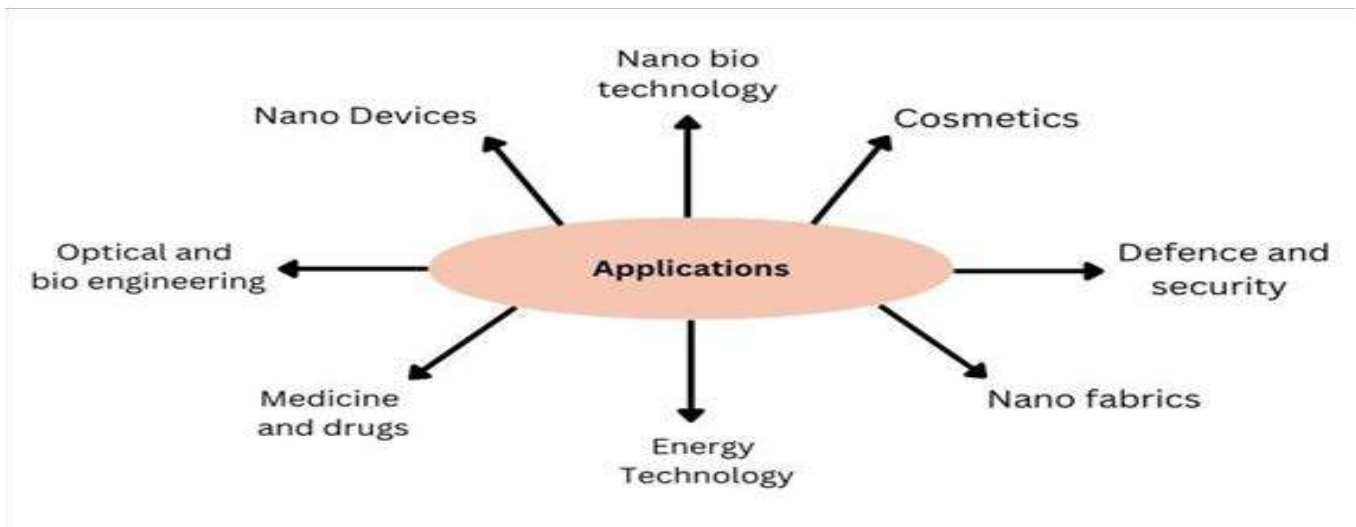
It has many different resources and new effects comparing to the similar materials made up of large size. That is because it has very high surface to volume ratio of nanoparticles which differentiates to the large particles and the properties that appear at the small scale but are not observed at large scale.

Nano technology is very useful and makes an important affect in society. This is been already been taken-up by the industrial sectors which includes communication sector, food technology, energy technology, medical products and medicines. These all provide new opportunities in the minimizing environmental pollution.

History

For the first time the concept was introduced in 1959 by the famous professor of physics D r. Richard P. Feynman

- The invention of scanning tunnelling microscope was in 1981 and the discovery of fullerene (C60) was in 1985 lead to the exposure of nano technology.
- The term “Nano technology” was coined by Norio Taniguchi in 1974.
- In the past 2000’s also there began the commercialized applications of nano technology, in spite of the fact that there were less number to bulk applications of nano materials.



Nano Technology in field of Microbiology

Nano technology is very successfully united with microbiology in regions such as medicine, pharmaceutical, industrial, agricultural and environmental applications and is the rapidly emerging field which uses atomic force microscopy (AFM) to study cell membranes and live cells. AFM permits researches to visualize cell and membrane surfaces at sub nano-meter resolution.

Nano technology and microbiology are inter-related streams which can help to create innovative and sustainable solutions to human health and environmental affairs.

Nanotechnology in Drugs (Cancer)

It gives new options for drug delivery and drug therapies. It allows drug to deliver in a particular place or at the right location in the body and release drug doses at a fixed schedule for the right treatment attach the drug to a nano sized carrier. Nano bots will help to clear the blockage in arteries.

Nanotechnology in Fabrics

Currently some of the clothing manufacturers are making water and stain repellent fabrics using nano sized whiskers. That helps the fabric to bead up water on the surface, in the bullet proof jacket manufacturing, making spill and dirt resistant, anti-bacterial fabrics.

Nanotechnology in Electronics

Electrodes are made up of nano wires which are flat panel displays. These are flexible as well as thinner than that of current flat panel displays. The transistors are made up of nano wires, which are localized on glass or thin films of flexible plastic. E-papers, displace on sun glasses and map on car wind shields.

Mobiles

Morph, is a nano technology concept device that is developed by Nokia Research Center (NRC) and the University of Cambridge (UK)

The morph is a super hydrophobic so that is making it extremely dirt repellent. It has an ability to charge itself from the available light source using photovoltaic nanowiregrass covering its surface.

Computers

In our computers the transistors are made up of silicon, and that are now may be replaced by the carbon nanotube transistors. A carbon nano tube is a molecule which is in the form of a hallow cylinder consisting diameter of around a nano meter which has pure carbon.

Nanorods is the future technology in the display's techniques because of less consumption of electricity and less heat emission. The size of the microprocessors are very much reduced.

Table: Advantages & Disadvantages of Nanotechnology

S.No.	Advantages	Disadvantages
1	Enhanced Energy Efficiency	Health Concerns.
2	Device Miniaturisation.	Practical challenges.
3	Manufacturing Benefits	Decline of certain markets
4	Advanced Energy Production	Safety issues
5	Medical innovations and Potential cures	High costs
6	Innovations in computing and Electronics	Regulatory challenges
7	Nanoparticles coatings and superior material properties	Poorly understood long term effects
8	Improved accessibility to diagnostics tools	Negative Environmental impact

Possibilities for the future

- Nano technology may be the possible way for the manufacture of lighter, stronger and programable materials.
- It requires less energy to produce than conventional material.
- Greater fuel regulation in land transportation, ships aircrafts and space vehicles.
- Use of nano robotics which have the potential on human tasks as well as the tasks that human could never complete.
- Rebuilding of depleting ozone layer.
- Nano surgical field that helps to cure everything from natural aging to diabetes to bone spurs.

Latest research and reviews

- Engineered hypoxia-responsive albumin nanoparticles mediating mitophagy regulation for cancer therapy (11th Jan 2025).
- Aptamer-conjugated gold nanoparticles delivery into muscle stem cells to promote regeneration of dystrophic muscles (10th Jan 2025).
- Biological and environmental degradation of two-dimensional materials (10th Jan 2025).
- Optical tuning of polymer functionalized zinc oxide quantum dots as a selective probe for the detection of antibiotics (10th Jan 2025).



Universal Health Coverage 2024: A Global Imperative for Health Equity

MNR MEDICAL College and Hospital

Department of Community Medicine

Universal Health Coverage (UHC) is a cornerstone of global health policy, yet it remains an elusive goal for millions of people around the world. As we look ahead to 2024, UHC's importance is more pressing than ever. It is a fundamental human right that promises everyone, everywhere, access to the health services they need without suffering financial hardship. The question is no longer whether we should strive for UHC, but how we can achieve it, and how soon.

What is Universal Health Coverage?

At its core, Universal Health Coverage (UHC) ensures that all individuals and communities can access the health services they need—ranging from prevention and treatment to rehabilitation and palliative care—without facing financial hardship. It's about making health care equitable, affordable, and of good quality. UHC doesn't just focus on providing services; it emphasizes financial protection, meaning that individuals shouldn't have to sacrifice their financial security or be driven into poverty just to access essential health services.

The health needs of populations are vast and varied, but UHC aims to meet them all. From maternal and child care to the treatment of chronic diseases, mental health support, and emergency services, UHC covers the full spectrum of health care. Achieving UHC also means addressing disparities by ensuring that vulnerable groups—including women, children, the elderly, and those living in poverty—have equal access to care.

The Global State of UHC: Progress and Gaps

Despite significant progress toward UHC, inequalities persist. According to the World Health Organization (WHO), around half of the world's population still lacks access to essential health

services. Low- and middle-income countries are particularly affected, where healthcare systems are often underfunded and overwhelmed by the rising demand for services.

The COVID-19 pandemic has only exacerbated these challenges. While it has highlighted the crucial role of universal health systems, it also exposed the vulnerabilities of countries with inadequate health infrastructures. The pandemic further deepened health inequalities, particularly in underserved communities, where access to vaccines, testing, and treatment remained a struggle.

Yet, despite these setbacks, there has been progress. Many countries are making strides toward UHC by increasing government health spending, expanding insurance schemes, and improving service delivery. In 2024, the momentum continues as governments, non-governmental organizations, and international bodies continue to champion UHC as a key part of the United Nations Sustainable Development Goals (SDGs), specifically SDG 3, which calls for “ensuring healthy lives and promoting well-being for all at all ages.”

Key Challenges to Achieving UHC

Financing is perhaps the greatest barrier to achieving UHC, particularly in low-income countries. Health systems often rely heavily on out-of-pocket payments, which can lead to catastrophic health expenditures, driving families deeper into poverty. Many governments lack the financial resources to adequately fund their health systems, and global health financing mechanisms are often insufficient.

Another major challenge is inequitable access to services. Rural and remote populations, refugees, and marginalized groups often face barriers to healthcare, including a lack of trained healthcare professionals, infrastructure, and transportation. Women and children, in particular, are disproportionately affected, especially when it comes to maternal and reproductive health services.

Furthermore, health workforce shortages are a pressing issue. Many countries struggle to attract and retain skilled healthcare workers, leading to a lack of quality care, especially in rural and underserved areas. Strengthening healthcare training, improving working conditions, and increasing salaries for healthcare workers are essential components of achieving UHC.

The Path Forward: Key Actions for 2024

In 2024, there is renewed focus on making UHC a reality for all. The way forward requires strong health financing models, including progressive taxation, social health insurance schemes, and international funding partnerships. Governments must work toward eliminating out-of-pocket costs that prevent the most vulnerable from accessing care.

There is also a strong emphasis on strengthening health systems to ensure they are resilient and able to handle not only routine healthcare needs but also health crises like pandemics. This includes investments in infrastructure, technology, and human resources to ensure that services are available where and when they are needed.



In addition, digital health innovations play a crucial role. From telemedicine and mobile health apps to artificial intelligence in diagnostics, these technologies can enhance access to care, especially in remote areas. Community health programs that provide basic health services, education, and support are also vital to improving health outcomes and reducing inequalities.

Finally, policy and governance must prioritize health equity. National health policies should target the most marginalized populations, ensuring that no one is left behind. Ensuring the involvement of local communities in health planning and decision-making is key to creating solutions that are tailored to the specific needs of diverse populations.

A Collective Responsibility

The pursuit of Universal Health Coverage is not just the responsibility of governments and healthcare providers; it is a collective responsibility that involves international organizations, private sector partners, civil society, and individuals. Achieving UHC requires collaborative action across sectors—from health and finance to education and social protection.

As we look toward 2024, the urgency to achieve UHC has never been clearer. Universal Health Coverage is not just about providing health services; it is about ensuring equity, dignity, and opportunity for all. The road to UHC is challenging, but it is also a path to a healthier, more just world.

In conclusion, Universal Health Coverage represents an investment in the future of global health, an investment that will pay dividends in terms of healthier populations, reduced poverty, and stronger economies. The time to act is now—2024 is a critical year for advancing the vision of health for all.



PHASE -2 MBBS STUDENTS PARTICIPATED IN THE SEMINAR AND OBSERVED UNIVERSAL HEALTH COVERAGE DAY

The Night of Shiva

Maha Shivaratri is primarily a Hindu celebration held each year in honour of Lord Shiva. The day commemorates Shiva's marriage day. The day occurs at the conclusion of winter (late February or early March) or shortly before the entrance of summer.

A significant occasion for Hindus, prayer is performed to overcome darkness and ignorance in one's life. In 2025, the auspicious occasion will be commemorated on Wednesday, February 26.

About The Maha Shivarathri Festival

Maha Shivaratri is a Hindu Festival that commemorates God Shiva. It is also known as "The Night of Shiva" and is observed in most Indian states. Maha Shivaratri is a cherished Hindu festival with significant spiritual, representing victory over darkness and life's challenges through fasting and medication. The auspicious event brings Lord Shiva and Goddess Shakti's heavenly energies together.



There are multiples legends surrounding Maha Shivaratri, and its significance is discussed in various Puranas, including the Linga Purana. A tremendous and holy depiction of creations and destruction. Devotees shout Shiva chants and recite texts, metaphorically joining in the almighty's cosmic dance and celebrating his omnipresence. Another mythology says that Lord Shiva and Goddess Paravati married on this day.

Maha Shivaratri is steeped in tales, one of the most well-known being the narrative of Goddess Parvati's difficult penance to secure Lord Shiva as her Husband. According to mythology, Lord Shiva and Goddess Parvati married on the fourteenth day of the dark Fortnight in the month of Falgun.

The Maha Shivarathri Puja includes four significant elements, each representing a distinct meaning:

1. The presenting of fruits during worsship symbolizes the fulfilment of desires and longevity.
2. The burning of incense sticks is symbolic of riches
3. Betel leaves represent contentment obtained from worldly wants.
4. The lighting of light represents the attainments of wisdom and knowledge

One of the most important aspects of this celebration is the night-long vigil at Shiva temples, which leads to the organization of Jaagrans by devotees. As a result, on the night of Maha Shivaratri, temples are filled with chanting of 'Om Namah Shivay'. And men and women sing devotional hymns to Lord Shiva.

Main Symbols of Maha Shivarathri Festival

1. Bael leaves represent the purifying of the soul.
2. Food items: Rice and fruits are offered to Lord shiva in exchange for a long life and the fulfilment of desires
3. Betel leaves represent satisfaction.





Sitting: The New Smoking?

A Deep Dive into the Sedentary Epidemic

For decades, smoking has been public health enemy number one. With its well-documented links to heart disease, lung cancer, and countless other ailments, it's no wonder that anti-smoking campaigns have been at the forefront of public health initiatives worldwide. But in recent years, a new lifestyle habit has quietly emerged as a serious contender for the title of "most dangerous behavior": prolonged sitting.

Just like smoking, sitting for extended periods can lead to various health problems, including:

1. Cardiovascular disease
2. Type 2 diabetes
3. Obesity
4. Certain types of cancer
5. Back and neck pain

6. Reduced bone density
7. Decreased life expectancy

The Science Behind the Claim

When we sit for long periods, our bodies essentially go into a state of metabolic inactivity. Here's what happens:

Slowed Calorie Burning: Sitting requires less energy than standing or moving. Over time, this reduced calorie expenditure contributes to weight gain and obesity.

Poor Circulation: Prolonged sitting slows blood flow, particularly to the legs. This can lead to varicose veins, deep vein thrombosis, and increased strain on the heart.

Increased Risk of Chronic Disease: Studies have shown that sitting for more than eight hours a day can significantly raise the risk of type 2 diabetes, heart disease, and even certain types of cancer.

Muscle Deconditioning:When we sit, our muscles—especially those in the core and lower body—are underutilized. Over time, this leads to weakened muscles, poor posture, and back pain.

Mental Health Impacts:There's a growing body of evidence linking sedentary behavior to increased rates of anxiety and depression.

Is Exercise Enough?

You might think that hitting the gym after work can offset a day spent sitting at a desk, but research suggests otherwise. While regular exercise is undeniably beneficial, it cannot fully counteract the harmful effects of prolonged sitting. In fact, one study found that even individuals who exercise for an hour daily are still at risk if they spend the rest of their time sitting.

Small Changes, Big Impact

The good news is that combating the dangers of sitting doesn't require a complete lifestyle overhaul. Incorporating simple changes into your daily routine can make a significant difference:

- **Adopt the 30/30 Rule:** Stand or move for at least 2-3 minutes every 30 minutes of sitting.
- **Use a Standing Desk:** Transitioning to a standing desk allows you to alternate between sitting and standing throughout the day.
- **Walk Meetings:** Whenever possible, opt for walking meetings instead of traditional sit-down ones.
- **Stretch and Move:** Incorporate short stretching or movement breaks during long tasks.
- **Stay Active at Home:** Swap out sedentary screen time for activities like walking, yoga, or even light chores.

The World Health Organization (WHO) recommends at least 150 minutes of

moderate-intensity physical activity or 75 minutes of vigorous-intensity physical activity per week.

To reduce the risks, try these simple tips:

1. Take regular breaks to stand up and move around
2. Use a standing desk or adjustable desk
3. Incorporate physical activity into your daily routine
4. Aim for 10,000 steps per day
5. Limit screen time and sedentary activities

Remember, every bit counts! Even small increases in physical activity can have significant health benefits.

Rethinking Work and Play

Organizations can play a pivotal role in addressing this silent epidemic. Employers can invest in ergonomic office furniture, encourage active breaks, and promote a culture of movement. Schools can incorporate standing desks and movement breaks for students, fostering healthy habits early on.

On an individual level, the key is awareness. Recognizing the risks of prolonged sitting and taking proactive steps to reduce sedentary time can lead to a healthier, more vibrant life. Just as society has shifted its perception of smoking over the past few decades, it's time to rethink how we approach sitting.

Activities @ MNR Golden Kids (Navi Mumbai)

Sankranti Celebrations
@ MNR Golden Kids G12, Mumbai



Republic Day Celebrations
@ MNR Golden Kids G3, Mumbai



Republic Day Celebrations
@ MNR Golden Kids G30, Mumbai



Sankranti and Republic Day Celebrations
@ MNR Golden Kids G27, Mumbai



Activities @ MNR Golden Kids (Hyderabad)

Republic Day Celebrations
@ MNR Golden Kids G5, Pragathi Nagar



Sankranti Celebrations
MNR Golden Kids G5, Pragathi Nagar



Activities @ MNR Group of Schools

Republic Day Celebrations
@ MNR School of Excellence, Sangareddy



Sankranti Celebrations
@ MNR High School, Chintal



Republic Day Celebrations
@ MNR School of Excellence, BHEL



Sankranti Celebrations
@ MNR School of Excellence, BHEL



Sciscape Science Exhibition Activity
@ MNR School of Excellence, Kamothe



Republic Day Celebrations
@ MNR High School, Chintal



Activities @ MNR Group of Schools

Republic Day Celebrations
@ MNR I-Exceed School, Kukatpally



Republic Day Celebrations
@ MNR High School, BHEL



Sankranti Celebrations
@ MNR School of Excellence, Mehdiapatnam



Sankranti Celebrations
@ MNR School of Excellence, Sangareddy



Republic Day Celebrations
@ MNR International School, Palaspe



ANNUAL DAY CELEBRATIONS

@ MNR School of Excellence, BHEL



ANNUAL DAY CELEBRATIONS

@ MNR High School, BHEL



ANNUAL DAY CELEBRATIONS

@ MNR I-Exceed School, JNTU



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

ACTIVITIES @ MNR COLLEGE OF PHARMACY

Prof. Jeffrey Hallam from Kent State University, USA delivers an insightful lecture on 'Advancing Your Public Health Care' at MNR College of Pharmacy



Ms. Swetha, Youth Wellbeing Expert, leads an engaging workshop on Personal Effectiveness & Grooming



Prof. Jeffrey Hallam from Kent State University, USA delivers an insightful lecture on 'Advancing Your Public Health Care'



MANTHENA AMERICAN SCHOOL, SHARJAH

Sports Day 2025



On the Occasion of **Golden Jubilee Celebrations**
MNR Group of Schools is conducting



TALENT TEST



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Avail **ADMISSION Fee Concession** for Qualifying Students

Win Cash Prize	25,000/- (For Grade VII & VIII)	20,000/- (For Grade IV to VI)	Eligibility : UKG to VII Class Students
	15,000/- (For Grade I to III)	For Toppers who score 95% and above	

Note : It is Not Applicable for MNR Students

Date & Time : 16th Feb, 2025 (Sunday) from 10.00 AM to 12.30 PM.

MNR GROUP OF SCHOOLS - HYDERABAD

MNR **i**-EXCEED SCHOOL

Affiliated to CBSE : 3630238

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Splendid moment as the Vice-Chairman, **Sri. Ravi Varma Mantena**, MNR Educational Trust, felicitates Honourable President of India, **Smt. Droupadi Murmu**, at the illustrious **Golden Jubilee Celebrations** of MNR Educational Trust at Parade Grounds on 20th December 2023.

