

# MNR

# iNFOCUS

*Enriching the innerself*

July 2024

MNR's IN-HOUSE MAGAZINE



**Sri. M. S. Ravi Varma, Vice-Chairman, MNR Group of Institutions at the MoU Signing Ceremony as **Manthena American School**, Sharjah and Jon Von **Neumann University** forge Partnership through MoU on May 1<sup>st</sup>, 2024 to pioneer and introduce Cutting-Edge Programs in Artificial Intelligence, Automotive Vehicle Engineering and Hydro Project Technologies. This collaboration aims to enhance students' skills and abilities through innovative extracurricular activities.**

# Unending Voyage for Knowledge: Learning

**“The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.” - Alvin Toffler**

In today’s fast-paced world, the ability to learn, adapt, and innovate is crucial. A commitment to learning encourages a growth mindset, helping us to transform challenges into opportunities for personal and societal growth. Modern learning is self-motivated, involving the constant gaining of new skills and the ability to adapt to ever-changing environments.

As we navigate through this evolving landscape, the way we approach learning can significantly impact our professional growth too. Technologies like online courses, educational apps, and virtual simulations have revolutionized our approach to learning, making it more accessible and engaging.

The more knowledge we acquire, the more we understand how much we still have to learn. This realization underlines the humility and curiosity to the learning process.

Learning is an adventure without an end, a quest for knowledge that fuels innovation, cultivates compassion and nurtures flexibility. Mahatma Gandhi rightly noted, **“Live as if you were to die tomorrow. Learn as if you were to live forever.”** This timeless advice summarizes the transformative power of learning, a power that shapes our future and enriches our lives.

As we journey through this ever-changing scenario, let us remain curious and committed to lifelong learning, for it is through learning that we truly discover our potential and make meaningful contributions to ourselves and the place around us.

*It does not matter how slowly you go as long as you do not stop*

## Editorial.....

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**INFOCUS**  
MNR’s In-House Magazine

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

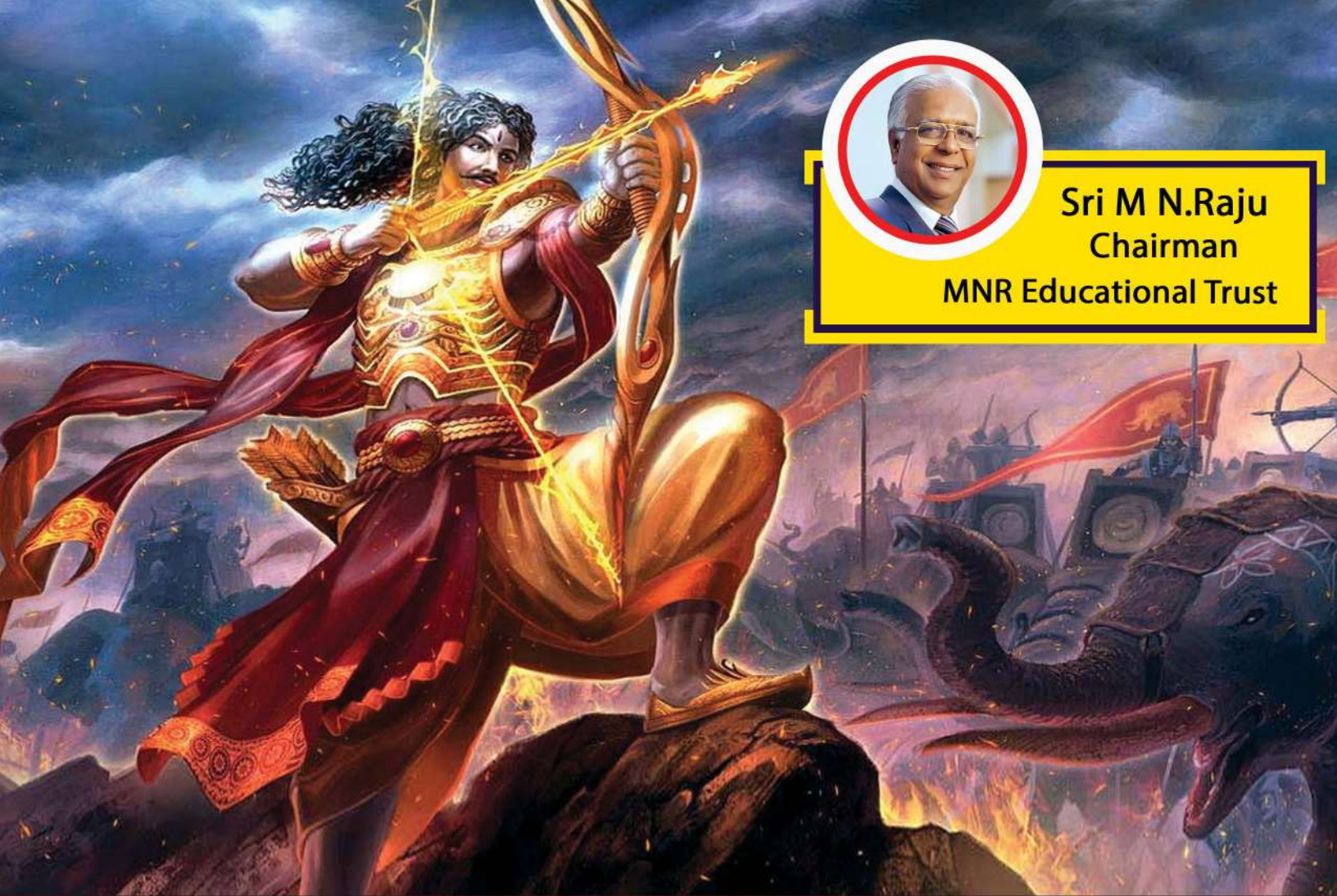
## ACTIVITIES @ MNR MEDICAL COLLEGE & HOSPITAL

"SIMPLE TIPS for HEALTHY LIVING" (Distress to De Stress) organized on 28<sup>th</sup> May 2024 @ APITORIA Pharma Unit - III, Sangareddy.



Together, we can build a Smoke-Free World: "WORLD NO TOBACCO DAY", organized by the Department of Pulmonary Medicine and Community Medicine of MNR Medical College and Hospital, on 31/05/2024 to bring awareness among the public and doctors about the harmful effects of Tobacco.





# KARNA

## (The Great Hero in a Wrong Team)

When Kunti was very young she gave birth to Karna, by invoking the Sun God with the help of the divine Mantra of sage Durvasa. It was all happened due to her innocence before her marriage. To hide her fault she placed the child in a box and set it afloat in a river.

Adiratha, the Chief of the royal stables, who was childless, picked-up the box from the river and took home the most wonderful boy with an armour and earrings. He and his wife, Radha, brought him as a great warrior.

The five Pandavas and the hundred Kauravas learnt the practice of arms first from Kripacharya and later from Drona.

One day, Drona organized the graduation ceremony and before that a test and exhibition was conducted to showcase the proficiency of his students. The arena was full with royal families and the people.

The star pupil was Arjuna, who could use the bow to shoot multiple arrows and he never missed the target. Everyone cheered for Arjuna's skill and Kunti was filled with great pride. But the Kauravas were envious.

Suddenly, there entered the arena an archer with his chest dazzling with a bright armour and radiant earrings, identifying himself as Karna. He declared, "I can do all that Arjuna can and more".

Drona allowed Karna to prove himself. Karna performed all of Arjuna's feats and surpassed him in each one of them. Every one in the arena clapped in appreciation of Karna's performance. He challenged Arjuna.

Great was Duryodhana's exultation. He said that it was his fortune to meet a great man like Karna. Suddenly Adiratha ran into the arena and hugged Karna, and he was so happy about the great skill of his son. Then everyone in the arena, came to know that Karna was the son of the charioteer.

The elders of the Kuru family became furious. They said that how the son of a charioteer could challenge Arjuna. They blamed Karna saying that he was not eligible to challenge a Kshatriya. Then Duryodhana came to Karna's rescue. He said "Merit matters, more than birth. Karna is Kshatriya by merit".

Even then Karna was not able to say that he was not the son of the charioteer, but brought up by the charioteer. He could not say, the people would immediately ask him who was his father. Karna had deep love and respect towards his foster-father and he was happy to live as the son of a charioteer but bent down his head, swallowed his pride and kept quiet.

Duryodhana placed his hands around Karna and said "This man is a great archer. I will not let him be insulted. I take him as my friend". Further he asked his father to declare Karna as the king of Anga. As Dritarastra would never deny, any thing asked by his son, declared Karna as the king of Anga.

So far no one had ever come to Karna's defence, except Duryodhana. Karna was eternally obliged to Duryodhana. He swore that he would be a friend of the Kauravas till the day he died.

The Pandavas and a majority of people, who were present in the arena protested saying that it was against dharma. The Kauravas also argued. They realized that with Karna on their side, they were as powerful as the Pandavas.

Bhishma could realize that the family feud was becoming a public issue, as the Kauravas and the Pandavas were getting ready to come to blows. Kunti fainted in the royal pavilions of the arena. Bhishma declared that the tournament be closed and ordered the princes to return to palace. Abruptly, Duryodhana left the arena on his chariot, taking Karna along with him.

As the years passed, Karna's desire to become a great warrior had also grown stronger. He even requested Drona to teach him, but Drona refused. Then he approached Parasuram the teacher of Drona, disguised as a Brahman, because Parasuram was ever willing to teach only the Brahmans, to stand-up against the Kshatriyas. Parasuram accepted to teach Karna.

One day, Parasuram was taking a nap, resting his head on Karna's lap. Then a worm started eating flesh from the bottom of Karna's cap. It was painful, even then Karna didn't like to disturb his Guru's sleep. When Parasuram woke up, he was soaking in blood. Parasuram could understand that Karna might have undergone the agony of unbearable pain. He realized that Karna was not a Brahman, but a Kshatriya because a Kshatriya could only bear that pain. On knowing the truth he cursed Karna that he would forget whatever was taught to him when he needed it most.

Indra the king of the Devas foresaw that a great battle would take place in future between the Pandavas and the Kauravas. Arjuna, who was born to Kunti with Indra's blessings, would face Karna, in that battle. It would be impossible to Arjuna, to defeat Karna, because he was born with divinely powerful armour and earrings. He decided to take away the armour and the earrings from him.

Karna was famous for his charity and known as 'Dana' Karna. Indra appeared in the guise of a Brahman in front of Karna and begged him to donate his armour and earrings. Karna knew that he was not a Brahman, but Indra. Even then he cut the armour and earrings from his body and gave them to Indra, as it was a principle for Karna to give away in charity and not to refuse any thing that he was having.

To be continued in the next issue.



**Chandramouli Lalitha**

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# 5<sup>th</sup> June WORLD ENVIRONMENT DAY

2024 Theme: Land Restoration, Desertification & Drought Resilience.

**“No Land, No Life!”**

“One of the first condition of happiness is that the link between man and nature shall not be broken - Leo Tolstoy”

“Earth provides enough to satisfy every mans need but not every mans deed - Mahatma Gandhi”

**S**tarting from 1973, United Nations designated 5th June as world environment day. The term environment in the literal sense could simply mean surroundings. The theme of world environment day of 2024 is ecosystem restoration. Our ecosystem – forests, wetlands, oceans are more vital to life. Yet they face enormous pressure from human activities. It involves reviving the natural process and relationships that sustain life. The climate crisis demands urgent action as highlighted in the latest IPCC report which warns of raising temperatures and bio-diversity loss.

## **What is land Degradation?**

Land degradation refers to the deterioration of land quality, typically caused by human activities such as deforestation, overall grazing, improper agricultural practices, and urbanisation. This causes soil erosion, loss of bio-diversity, wild life and natural habitat loss, desertification finally effecting quality and quantity of water, climate change, imbalance in ecosystem, world economy.

## Now the question arises - Is it reversible?

Ways through which land restoration can be done:

- Practising sustainable agriculture i.e. crop rotation, appreciation for variety of crops, using and integrated pest control approach (IPM), counter farming, terrace farming, strip cropping.
- Practising re-forestation techniques can restore forest economy.
- Re-seeding can provide vegetation cover, prevention erosion and desertification.
- Conservation tillage can restore poor soils.
- Well planned restoration can recover the natural hydrology and lagoons.

**Main purpose of Land restoration:** To stop egradation, increase bio-diversity, restore ecosystem, increase food production for increasing population.

### Facts of Land restoration:

- Approx 3.2bn people which is half of world's population is affected by land degradation. This includes deforestation, desertification, and soil erosion.
- This is estimated that by 2040, food production will decrease by 12% and the cost of food and beverages will increase by 30%.
- Degraded land releases high amount of CO<sub>2</sub> into atmosphere responsible for green house affect and global warming.

**Desertification:** This is the process by which fertile land becomes desert, typically due to a combination of factors such as climate change, deforestation, unsustainable agricultural practises, and soil erosion.

**Reasons for Desertification:** Climate change, Unsustainable farming, Deforestation, Soil erosion.

**Causes:** Loss of ecosystem, Loss of bio-diversity, Loss of fertile land, Migration, Increase in natural calamities.

### Facts of Desertification:

- Every year 24bn tons fertile land loss due to erosion. Right now, 10-20% dry land becomes infertile which covers worlds 40% of land.
- United Nations estimates approx. 50mn people will migrate because of desertification in next 10 years.

- To bring public awareness UN celebrates every year world day to combat desertification and drought on 17th June.
- In 1994 UN CCD convention is formed to combat desertification in which 122 member countries participated and committed for land restoration.
- UN CCD launches great green wall through which more than 20 countries in Africa aim to restore 10mn hectares of land by 2030.

### Prevention:

- Government, NGO communities and internal organisations come together to stop desertification by sustainable land management.
- Afforestation and reforestation.
- Water conservation&Community engagements.
- Policies and Governance.

**Drought Resilience:** It is the ability of individual, community, ecosystem, and system withstand and adapt to and recover from the impacts of drought. Drought affects water scarcity, food production, economy, ecosystem, and livelihood.

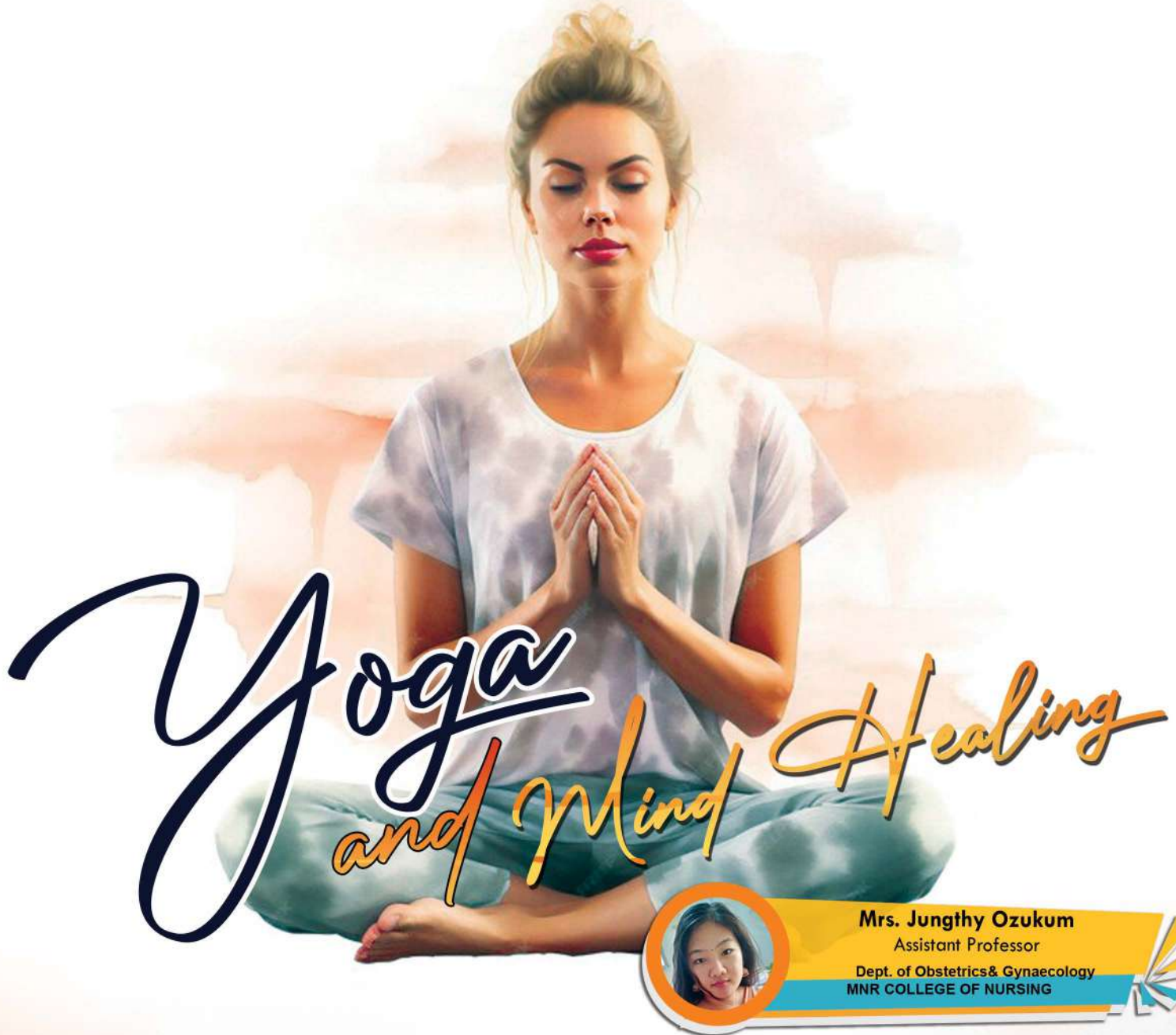
### How to build Drought Resilience?

- Adapting to the nature and practice techniques like ancient water management such as ancient irrigation network, terrace farming, rain water harvesting, tree plantation, sustainable land management practice and awareness programme.
- Use innovative technologies like drip irrigation system, precise agricultural practices (GPS, GIS, Remote Sensor, AI, Data collection & Analysis, Variable rate technology, yield monitors, Auto steer, Drought resistant probe variety, Water efficient appliances, remote sensory tool for water resources).

In urban areas drought resilience can be built by water re-use, re-infrastructure projects, storm water management and look after policies that promoting water conservation and efficiency.

To resolve this global issue every nation must come forward and work together to establish drought resilience community.

*“Our land, Our future!”*



**O**ur ways of life and our activities have evolved to meet the demands that the new lifestyle places on us. There are many methods that we use to deal with stress and pressure – unhealthy eating, snacking and consuming junk food, smoking, excessive alcohol consumption, the use of drugs and addictive substances, unhealthy social activities, and more.

Yoga not only improve the overall quality of life but also makes our life very meaningful. Yoga is a great way to improve our strength, flexibility, balance and mental health. Yoga is a great workout to become fit and mentally strong.

**MNR Infocus-5**

## **BENEFITS OF YOGA**

- 1. Yoga can help to decrease anxiety -** Anxiety runs widespread throughout the world. We are continuously busy in solving problems of our lives mentally. Research showed that, one hour of yoga twice a week led to significant decrease in anxiety disorder. Yoga encourages us to focus on the present and to stay connected with our body.
- 2. Yoga can help to decreases stress -** Stress is all around us. The pressure of everyday life can lead to a chronic stress. During a study, Yogi's cortisol level was found to be lower as compared to non-Yogis. Cortisol is the hormone associated with stress.



3. **Yoga can help with depression** - In Clinical language, increased level of Cortisol is linked to Depression. Too much cortisol can interfere with the serotonin uptake, which lead to the depression. Yoga helps to deal with healing of depression.
4. **Helps in insomnia** - Sleeplessness or insomnia is such a health issue that it can wreak havoc on the fitness of even a healthy person. Insomnia or sleeplessness leads to other diseases like problems in acidity, irritable bowels syndrome and heartburn. It has been seen that Yoga helps in a significant increase in sleep patterns.
5. **Improves mental clarity** - Comprehensive breathing exercises and meditation are an integral part of Yoga and regular practice of Yoga tends to improve mental tranquility and intelligibility apart from calming the mind and enhancing concentration.
6. **Improves self-esteem**- Evidence has proved that Yoga is very beneficial for improving self-esteem amongst adolescent persons and young adults. This is more pertinent because this is the age of cut-throat competition, self-centered attitude and selfishness.
7. **Helps in burnout situations** - Regular practice of Yoga improves the interceptive

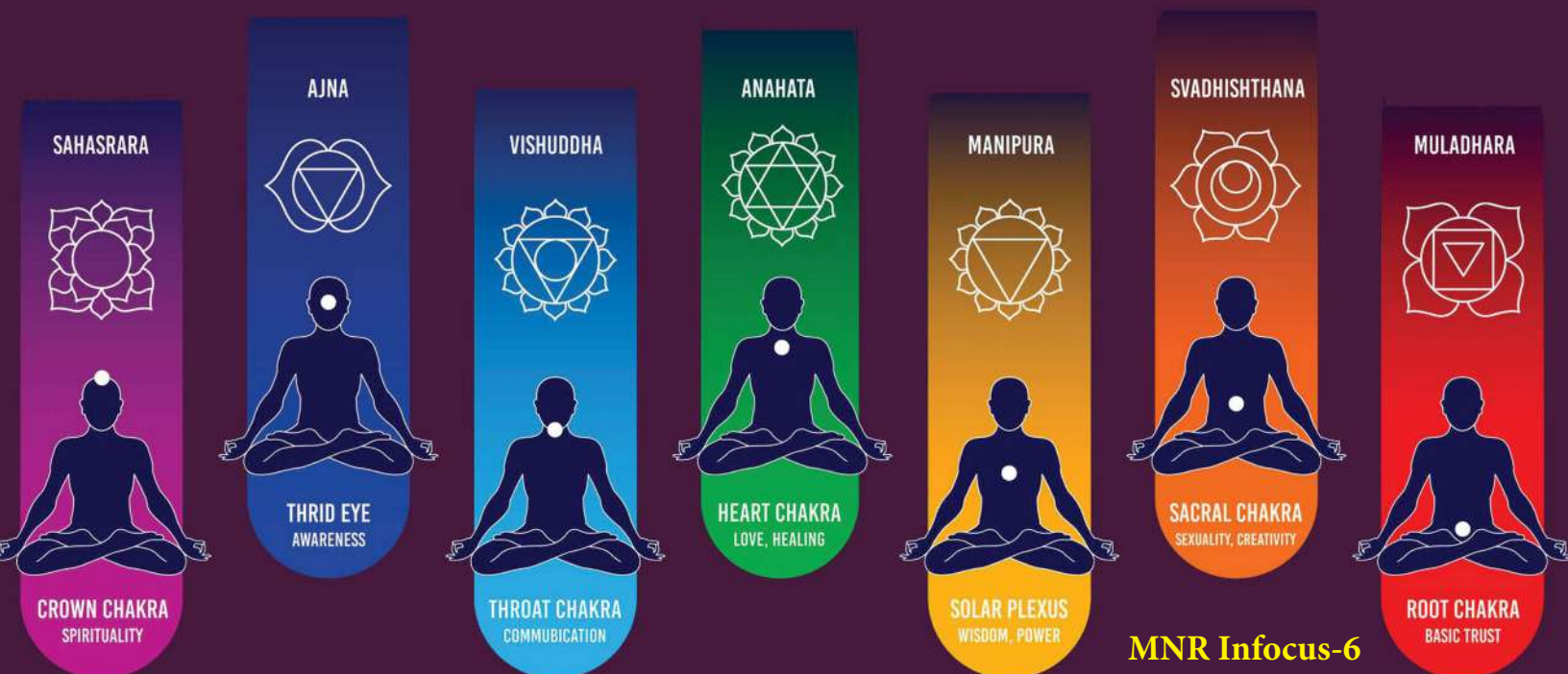
awareness in a man who is into the exercises. The better the interceptive awareness the chance is that you feel less exhausted and the effect and feel of burnout are reduced considerably.

8. **Enhanced quality of life** - WHO has defined and set up a parameter called QOL or Quality of Life. QOL depends on the perception of an individual as to what he feels about his quality of life, his standard of living, his position in his workplace in comparison to the general standards and culture of life in that particular demographic segment. Yoga helps an individual to believe that his QOL is better.

## CONCLUSION

Incorporating yoga and mindfulness into your daily routine can be as simple as practicing deep breathing or taking a few minutes to meditate. Small changes can make a big difference in your overall well-being.

Remember always a healthy body not only means prevention and avoidance from diseases, but your internal systems should also be in perfect sync and harmony and Yoga is there to help you in this regard. Hence, it is clear that yoga has many health benefits which help us to stay fit and calm. Yoga helps us to learn to live in present and enjoy every moment of our life.





# INTERMITTENT FASTING

Intermittent Fasting (IF) has been practiced for centuries with the belief of wellbeing getting restored. The so-called restoration of internal milieu by calorie free periods is believed in many religions. The Muslims practise the night-only-feeds of Ramzan, the Christians in a few selected days of a week and the Hindus fasting every fifteen days on the day of Ekadashi. Ekadashi is a Sanskrit word, which literally means 'the eleventh'. It actually refers to the eleventh day of a fortnight and hence there are two such days in a lunar month.

Intermittent restriction of calories has been described from time immemorial. Fasting on and off has been associated with various advantages and different health benefits. As soon as the fasting begins, there is a metabolic switch which causes the energy extraction from carbohydrates to triglycerides. A ketogenic phase is initiated. This may influence health and ageing. Periodic metabolic switch provides the ketones which are necessary to fuel the cells during the calorie free times. It also invokes systemic and cellular

responses that continue into the fed state which comes later to improve mental and physical performance, as well as resistance to disease. It decreases the markers of oxidative stress and inflammation, thereby improves asthma-related symptoms like wheezing and nocturnal cough. A few fasting regimens impose a diurnal rhythm in food intake. This resulted in better circadian clock gene expression.

This expression can reprogram the molecular mechanisms of energy metabolism and also weight regulation. This is possibly one of the explanations for weight control in persons with calorie restricted intermittent feeds. IF may influence the gut micro biota, which is the scientifically explored complex, diverse microbial community that is present in the intestinal tract. This influence improves both the obesity and the diabetic profile of patients. Caloric restriction/ IF have been shown to better the glucose homeostasis and insulin resistance in human beings. Fasting produces a modulation of lipid droplet protein composition, changes adipokine

profile and confers cardiovascular protection. In a clinical trial, older adults on a short-term regimen of caloric restriction had improved verbal memory. A subtle reduction in the progression of polycystic kidney disease and control of hypertension was also achieved with intermittent fasting. In women, reproductive and mental health better with IF. A lot of studies have proved the beneficial effect of IF in the month of Ramzan. Hence, we can deduce that IF has beneficial effects in all human beings despite their differences by age, gender or chronic illnesses.

### **Ekadashi and Fasting**

The Ekadashi day i.e. eleventh day of a lunar month is believed to be significant to Lord Vishnu and the followers of the Lord observe a full fasting on this day. The fasting on this day is called Ekadashi Vrat. As there are two such days in a month, devotees observe two such fasting days in a month. Ekadashi is when the distance between the Moon and Sun is in the range of 120-132 degrees or in the range of 300-312 depending upon whether the moon's size is on the increase or decrease. The study of the Vedic astronomy has revealed the significance of the moon's position and the influence over the human mind. Ekadashi,

the eleventh day of the lunar fortnight is said to be conducive for the mind to be in its natural state of wisdom. Hence, if we fast and orient the mind its likely to act better. Another explanation for Ekadashi fasting is that compared to any other day of the moon cycle, atmospheric pressure is supposed to be lowest on the coming days. In research on patients with manic depression, noticed the recurrences of clinical psychiatric symptoms during extreme tidal days.

Thus, Ekadashi fasting has multiple effects both on the body and the mind to balance such negative effects. The premier effect is to keep the balance of hormones and other bodily secretions in relation to the glands and cells. If there would be no food and water in the stomach on these days, the so-called linear attraction is unlikely to affect the gut, kidney and the liver. Hence, this is the ideal time to fast and cleanse the bowel system. As such the observations proven that intermittent fasting once in fifteen days is likely to reap health benefits, still we have to be careful in advising all the benefits as such; because IF may have adverse implications in the malnourished, pregnant women and children.



# Activities @ MNR Golden Kids (Navi Mumbai)

**Green Day & Yoga Day Celebrations  
@ MNR Golden Kids G2, Mumbai**



**World Environmental Day & Father's Day  
Celebrations @ MNR Golden Kids G1, Mumbai**



**Green Day & Yoga Day Celebrations  
@ MNR Golden Kids G3, Mumbai**



**Father's Day & Yoga Day Celebrations  
@ MNR Golden Kids G27, Mumbai**



# Activities @ MNR Golden Kids (Hyderabad)

Father's Day Celebrations @ MNR Golden Kids G5, Pragathi Nagar



Doctor's Day Celebrations @ MNR Golden Kids G28, Mallampet



# Activities @ MNR Group of Schools

Blue Color Day Celebrations  
@ MNR I-Exceed School, Kukatpally



Father's Day Celebrations  
@ MNR I-Exceed School, Kukatpally



Father's Day & Blue Color Day Celebrations  
@ MNR School of Excellence, BHEL



International Yoga Day Celebrations  
@ MNR School of Excellence, BHEL



Yoga Day & Father's Day Celebrations  
@ MNR School of Excellence, Kamothé



World Environmental Day & Father's Day Celebrations  
@ MNR International School, Palaspe



# Activities @ MNR Group of Schools

International Yoga Day Celebrations  
@ MNR High School, Chintal



School Cabinet Elections 2024-25  
@ MNR School of Excellence, Mehdipatnam



Father's Day & Blue Color's Day Celebrations  
@ MNR High School, BHEL



Sea Shell Activity  
@ MNR High School, BHEL



Father's Day Celebrations  
@MNR School of Excellence, Sangareddy



School Cabinet Elections 2024-25  
@MNR School of Excellence, Sangareddy



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

## ACTIVITIES @ MNR COLLEGE PHARMACY

MNR College of Pharmacy organized a plantation programme on the occasion of World Environment Day on 5<sup>th</sup> June, 2024 at Govt. Polytechnic College, Sangareddy



MNR College of Pharmacy celebrated International Yoga Day on 21<sup>st</sup> June, 2024 at Govt. Polytechnic College, Sangareddy



B. Pharm 3<sup>rd</sup> year students, Mr. Niranjan Reddy, Mr. S. Pandari, Mr. Sanjay Kumar receiving 1<sup>st</sup> Prize in Quiz competition at JNTUH University College of Pharmaceutical Sciences, Sultanpur



Participation of Faculty and Students in conference a "Pharma verse - Synergizing science and innovation" during 27<sup>th</sup> June - 29<sup>th</sup> June, 2024 at JNTUH University College of Pharmaceutical Sciences, Sultanpur.







# MNR GROUP OF SCHOOLS

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