

MNR

iNFOCUS

Enriching the innerself

March 2024

MNR's IN-HOUSE MAGAZINE



Marking a Golden Milestone: **The MNR Educational Trust** staff embraces the spirit of togetherness as they gather at Lahari Resorts on 11th Feb, 2024 to celebrate **50 years** of unity and success during their **GOLDEN JUBILEE STAFF GET-TOGETHER**

KINDNESS

A Guiding light in a Chaotic World



In a world which is often overshadowed by chaos, kindness emerges as a guiding light, illuminating our hearts and souls.

It's the simple act of extending a helping hand, a warm smile, or a listening ear that can make all the difference. Being kind isn't just a gesture; it's a way of life, a ripple that spreads positivity far and wide.

In a society where division seems to prevail, kindness serves as a bridging force, linking gaps and promoting empathy. It's the gentle reminder that amongst our differences, we are all human, deserving of compassion and understanding.

Together, let us cultivate a culture of kindness, where every action, no matter how small, contributes to a world filled with love and compassion. Let us teach our children the deep impact of kindness, for they are the architects of tomorrow's society. Through acts of kindness, we not only uplift others but also nourish our own souls, nurturing a sense of interrelation and belonging.

Editorial.....

1. **Recognize Human Worth:** Value the basic dignity and worth of every individual, irrespective of differences
2. **Respond Gracefully:** Approach conflicts and disagreements with patience and empathy, seeking mutual understanding.
3. **Prioritize Others' Well-being:** Put the happiness and welfare of others before your own desires and interests.
4. **Cultivate Thankfulness:** Adopt a mindset of gratitude, recognizing and appreciating the kindness and blessings in your life.
5. **Embrace Forgiveness:** Let go of criticisms and hatred, choosing to forgive and extend compassion.
6. **Lead with Love:** Allow love to shape your actions, words, and intentions towards yourself and others.
7. **Practice Active Listening:** Demonstrate genuine interest and understanding by giving your full attention to others.
8. **Extend Helping Hands:** Seek out opportunities to assist and serve others in times of need or adversity.

"Kindness is a language which the deaf can hear and the blind can see" — Mark Twain

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#TeamSpirit #WorkHardPlayHard



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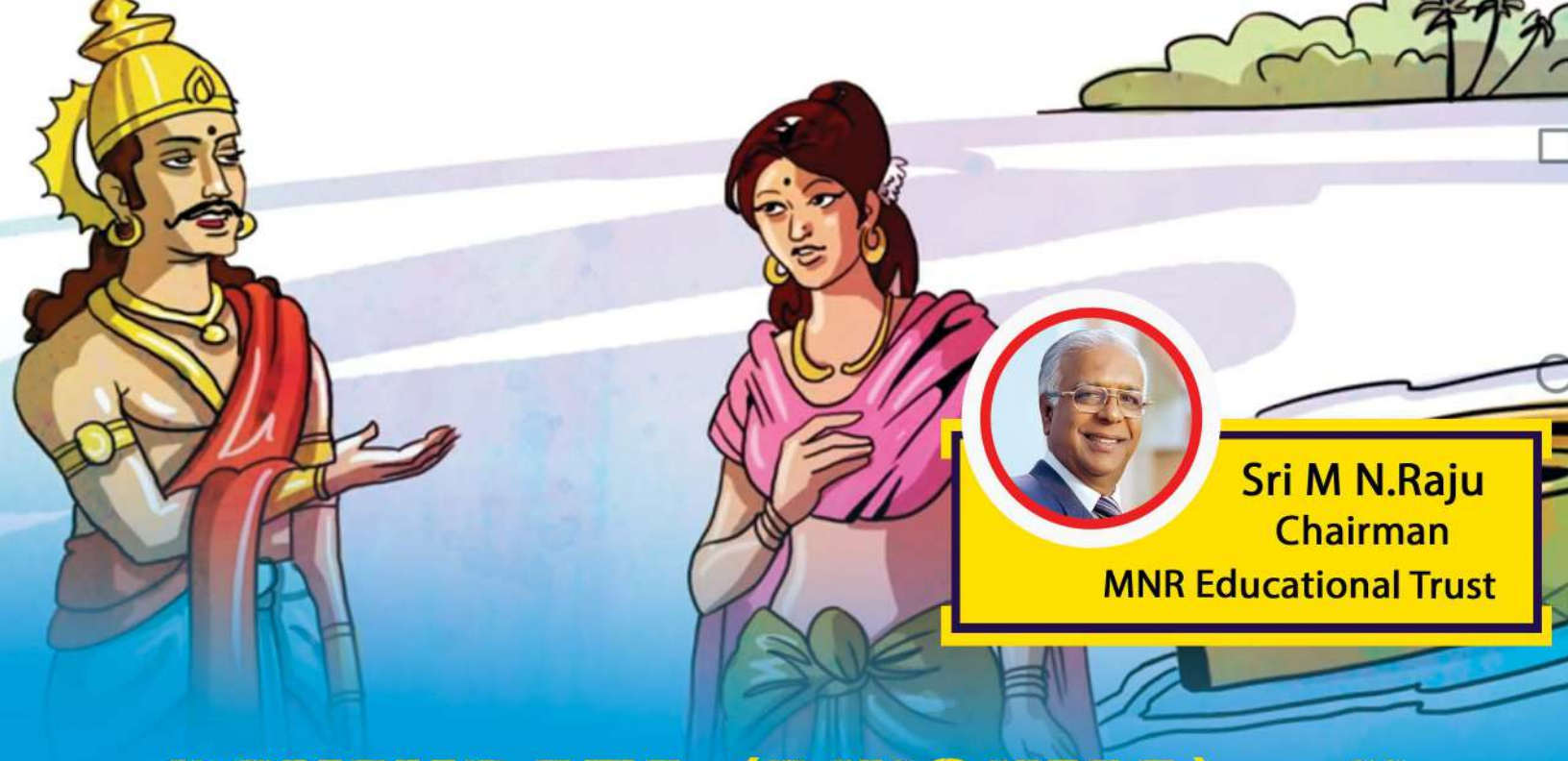
Talent wins games, but **TEAMWORK** and intelligence win **CHAMPIONSHIPS**



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MNR Homoeopathic Medical College & Hospital, Sangareddy



Sri M N. Raju
Chairman
MNR Educational Trust

DEVAVRATA (BHISHMA) – II

Ganga disappeared after handing over Devavrata, to the king Santanu (Story continued from the Last issue February 2024 issue of MNR's Insights).

Santanu, received Devavrata to his heart. His kingdom was resplendent. The youthful prince, Devavrata, was crowned as the 'Yuvaraja', the heir apparent.

Four years went by.

The story of Satyavati

Satyavati was the daughter of a fish and she was adopted by a chief of the fisher folk. She was also known as Matsya – Gandha for she smelt dreadfully fish. Matsya – Gandha ferried people across the river Ganga. One day, she was ferrying a sage by name Parasara. Parasara was unable to bear the fish-smell, emitting from her body. Instantly, Parasara blessed her, not to smell like a 'dreadful fish' and said that her body would give out a fragrance so divinely that would pervade the whole area.

Satyavati was so happy and was so enchanted in that happy mood that she felt if she would be blessed to have a great son. The sage blessed her with a son instantly. Then she realized her foolishness in wishing a son, as she was not a married woman. She could realize that the world would find fault with her and no one would marry her. She fell on the feet of the sage and requested him to save her from the blame, that she would get.

Then sage Parasara agreed to take away the child and to raise him. The sage did so. That boy was named as Krishna Dwaipayana, the dark child. Eventually he was known as Bhagavan Vyasa, who classified the hymns and created four collections as the Rig Veda, the Yajurveda, the Sama Veda and the Atharva Veda. Later he also wrote the world's best epic, the Mahabharata. (Its original name was "Jaya") for which Ganesha was the scribe.

One day, the King Santanu, was on the banks of river, where Satyavati was ferrying people across the river. The air was filled with a fragrance so divinely sweet, that made Santanu to trace the source of fragrance. He happened to see this divinely beautiful maiden. He instantly loved her and offered to marry her. Satyavati told Santanu to take the consent of her father, the chief of the fisher folk, to marry her. Her voice was sweet as her form.

Her father was an astute man. He said to the king “O King, you can marry my daughter, but you have to promise that the child born of this maiden should be the king after you”.

Though almost mad with passion, the king could not make this promise, as his desire was to make Devavrata, the son of Ganga, who was the most wonderful and abled young man to rule his kingdom after him and moreover, Devavrata was already the crowned prince of Hastinapuri.

Santanu, returned to his capital. He was sick with baffled desire, but did not reveal to anyone. When asked by Devavrata, Santanu prevaricated, being ashamed to reveal the story.

But Devavrata came to know about his father’s meeting with Satyavati and her father, after questioning the king’s charioteer. Devavrata went to the fisherman and besought his daughter’s hand for his father. The fisherman respectfully expressed his condition to him of making her child the king after his father. Devavrata, without much thinking, declared that he would renounce his right and would make her child as the right heir apparent.

The chief of the fishermen said “O best of the Bharata race, you are indeed a hero, you keep your word, but will the children born of you renounce their birthright?”

When Devavrata heard the knotty question, he vowed “I shall never marry and I dedicate myself, to a life of unbroken chastity”. And as he uttered these words of renunciation, the Gods showered flowers and shouted Bhishma, Bhishma. Bhishma means one who undertakes a terrible vow and fulfills it. Henceforth Devavrata was known as Bhishma”.

‘Bhishma’ became the celebrated epithet of Devavrata from that time. Then the son of Ganga led Satyavati to his father.

Two sons were born of Satyavati to Santanu. They were Chitrangada and Vichitravirya.

The king Santanu died within a few years after the two sons were born.

Out of the two sons, Chitrangada died in a combat, when he was a young man.

Vichitravirya became the young king after Santanu’s death.

Bhishma brought the three daughters Amba, Ambika and Ambalika of the king of Kasi after winning them in the Swayamvara, to marry them to Vichitravirya. After reaching Hastinapura, Amba, the eldest of the three sisters, refused to marry Vichitravirya and she said that she would go back to marry, her lover, Salva, the king of Saubala. Bhishma permitted her to go back and sent her with proper escort.

Then the marriage of Ambika and Ambalika with Vichitravirya was solemnized.

Amba was refused by her lover, Salva, to marry. She came back to Bhishma and demanded him to marry her, because she was won by him in the Swayamvara. Bhishma also was not ready to marry her because of his vow. Her life was completely destroyed. She decided to take revenge on Bhishma. With full grief and rage, she did rigorous austerities to get the grace of Shiva. Shiva appeared before her and granted her a boon that in next birth she would kill Bhishma. Amba was so impatient she wanted to get next life immediately, she killed herself in pyre, to get next life. She was born as a daughter of Drupada the king of Panchala. Later she became Sikhandin. Later in the battle of Mahabharata, Sikhandin became the cause of Bhishma’s death.

Vichitravirya died before he could father any child. Satyavati’s dream of becoming mother of kings was shattered.

Satyavati called her first son, Krishna Dwaipayana (Bhagavan Vyasa) and asked him to make her two daughters-in-law, mothers with a boy each. Not wanting to disobey his mother, when Vyasa touched Ambika, she closed her eyes, as she was so disgusted by his looks, so she conceived a blind boy. He was known as Dhritarashtra.

Next, Vyasa touched Ambalika, she grew pale on seeing Vyasa, so, she conceived a pale boy, who was known as Pandu, a pale weakling.

During this time, Vyasa also touched the servant-maid of Ambika by mistake and she conceived a healthy and wise child. He was known as Vidura.

This is the early child-hood story of Devavrata (Bhishma) and his brothers.

(To be continued)

DON'T SUFFER IN SILENCE

- STUDENT'S ANGUISH



Dr. M.T. Sulthana
Professor
MNR College of Pharmacy
MNR HERA Campus, Sangareddy



The advanced world we live in offers us to learn and master any knowledge that we wish for. The technology has added more to human's comfort and everything at ease. But the most basic prospects of life like time management, stress coping and decision-making abilities always begins in the classroom.

Emotional health is an aspect of mental health. Having good emotional health is the foremost and fundamental aspect of self-awareness. Good emotional well-being doesn't necessarily mean that people always remain happy or away from negative emotions. Instead, it's about having the relevant skills and resources to manage different situations in your life with patience and motivation. Especially in today's stressful and highly competitive environment, the emotional needs of students must be taken into consideration. Good emotional health allows children to be in control of their thoughts, emotions and overall behaviour. Every year mental health day is observed on 10th October.

What is meant by mental health?

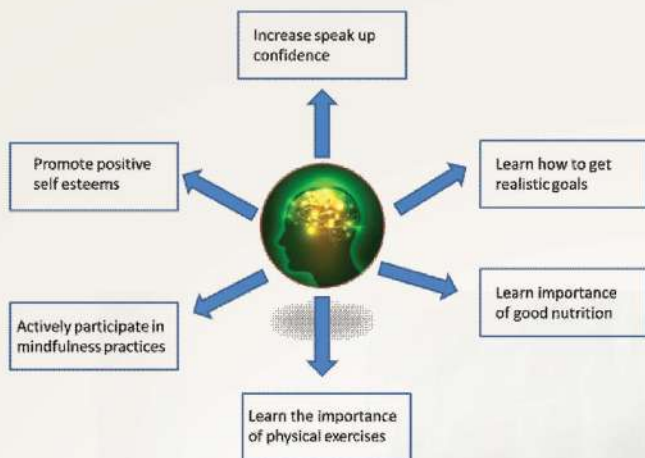
Mental health comprises our psychological, emotional and social well-being that interrupts our feelings, thinking as well as our regular activities. It also supports us how we handle, stress and make choices. Preserving good mental

health is critical for every individual, especially in schoolstudents, it becomes even more imperative. The current challenging academic environment, united with the various challenges of personal growth and social interactions, highlights the need to prioritize mental well-being. From academic performance to overall quality of life, maintaining well and nurturing mental health is an essential one for a student's journey.

Why students do affect from poor mental health?

There are several reasons that the students suffer with poor mental health such as mistreatment, peer pressure, lacunae in self-confidence, family pressure, and toxic relationships, lack of sleep, poor diet and lack of physical exercises. Well, in most cases students are usually overburdened with academics and assignments. The amount of stress this causes will definitely have a negative impact on their mental health. More than this, certain students are very competitive and want to outshine everyone else. Some students are exposed to more pressure to achieve good grades in academics even at the expense of their friend's circles. This type of students frequently affected by depression due to amplified stress levels. Finally, the students feel themselves as worthlessness once they lose a competition or fail in exams. All of these reasons make the students depression and most of the school students, teenagers may go through this phase at least one time or several

How to improve mental health?



1. Promote Positive Self Esteems: Realize your unique qualities and encourage liking yourself.
2. Increase speaks up confidence: Try to decrease the negative thinking and try to increase your confidence level to share your thoughts to others.
3. Self-learning about to set the realistic goals: Learn about hard work, dedication and perseverance.
4. Learn the importance of good nutrition: Learn about the relationship between healthy food and wealth health.
5. Do Regular Exercise: Do regular exercise and increase your mind power.
6. Active Participation in mindfulness programmes: Actively participate and involves mindfulness programmes and enrich your mind and thoughts.

Role of Parents in the mental well-being of students

Parents are the first teacher for their kids; hence the parents have to improve their children's mental health. Some of the ways are:

1. Being actively involved in their lives
2. Encouraging healthy coping mechanisms such as exercise and journaling
3. Modeling healthy behavior

4. Fostering open communication
5. Helping them find purpose and meaning through extracurricular activities
6. Monitoring their media consumption
7. Teaching them about managing stress and anxiety
8. Parents should reveal their real time life experiences with their wards





Role of Educational Institutions and Teachers in the mental well-being of students

Educational Institutions have significant role in supporting the emotional health of their students. They stand in a unique position as they can encourage attending various programs and ways of inculcating values among students that help them to cope with life challenges easily and make their students to understand their real potentials. The active pace of students' lives can have a profound effect on their innate joy not for the better. When a student learns techniques for self-health, relaxation, and inner fulfilment, they can navigate life's challenges with a little more ease. Holistic education is one of the good methods that focuses on the development of a student's intellectual, emotional, social, and physical well-being. It goes beyond traditional academic learning and aims to nurture students into well-rounded individuals capable of navigating the complexities of the modern world.

1. Develop collaborative and healthy relationships between the school/college, student and parents.
2. Provide proper education and awareness should be provided to students as well as parents about mental and emotional health.

3. Assimilate complete support to students with due diligence throughout the session.
4. Mental health clubs should be added as a part of the curriculum and provide positive and safe environment to the students.
5. Making a child to understand the need of mental health by conducting the seminars, Emotional Health training programs and Yoga etc.,
6. Provide optimal environment learning

Finally, our emotional wellbeing deals with our negative emotions with positive ones. Our social wellbeing deals with daily interactions and relations with others and creating beautiful, long-lasting relationships. Our psychological wellbeing deals with our purpose and meaning of life. Hence, the bottom line is to simply take time for your happiness, relaxation, and excitement, be thankful for what you have it.



**Accept Your Past Without Regret
Handle Your Present With Confidence
Face Your Future Without Fear**

-Dr. A.P.J Abdul Kalam



WOMEN EMPOWERMENT

MAKING THE WORLD A BETTER PLACE



Ms. K. Laxmi

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Gender equality is, first and foremost, a human right. A woman is entitled to live in dignity and freedom. Empowering women is also an indispensable tool for advancing development and reducing poverty. Empowered women contribute to the health and productivity of whole families and communities and improved prospects for the next generation.

The importance of gender equality is underscored by its inclusion as one of the eight Millennium Development Goals. Gender equality is acknowledged as being a key to achieving the other seven goals. Yet discrimination against women – including gender-based violence, economic discrimination, reproductive health inequities, and harmful traditional practices – remains the most pervasive and persistent form of inequality.

Since the beginning of civilization, there has been bulk evidence of women being considered inferior

to men. This has eventually nudged women to retrospect their status in society and has even led women from all over the world to be rebellious to reach the status they have today. Since then, women have been vocal about gender equality and have continuously made efforts to empower themselves to achieve that equality.

The full participation and partnership of both women and men is required in productive and reproductive life, including shared responsibilities for the care and nurturing of children and maintenance of the household. In all parts of the world, women are facing threats to their lives, health and well-being as a result of being overburdened with work and of their lack of power and influence.

Education is one of the most important means of empowering women with the knowledge, skills and self-confidence necessary to participate fully in the development process. More than 40 years

ago, the Universal Declaration of Human Rights asserted that “everyone has the right to education”. But despite notable efforts by countries around the globe that have appreciably expanded access to basic education, there are approximately 960 million illiterate adults in the world, of who two-thirds are women.

Government and organizations should try eliminating all practices that discriminate against women; assisting women to establish and realize their rights, including those that relate to reproductive and sexual health. Adopting appropriate measures to improve women’s ability to earn income beyond traditional occupations, achieve economic self-reliance, and ensure women’s equal access to the labor market and social security systems.

We see how women’s empowerment is the need of the hour. We need to empower these women to speak up for themselves and never be a victim of injustice.

There have been several organizations and institutions advocating for women, promoting legal and policy reforms and gender-sensitive data collection, and supporting projects that improve women’s health and expand their choices in life.

Today there are different denotations of the term “Women Empowerment” which have led to different sects of belief. Empowerment holds different meanings to different psyches and this divergence, this comprehension of facts against fiction, this way of interpretation that people of various sects, associations and understanding is making the basic understanding of “women empowerment” more complex. However, it is important for every woman to remember that they must acquire empowerment themselves rather than have it given to them by an external party and women should believe in having the capability to make important decisions in their lives while also

being able to act on them.

Empowerment and disempowerment are relative; therefore, empowerment is a process, not a product. There has been immense progress to uplift women financially, politically and socially, but it is still an open-ended process. In the light of many ongoing, a clear vision emerges, a vision of the empowerment of each deserving one.

Means of Women Empowerment

Education: Without proper and adequate education, women cannot become empowered individuals. They need to be encouraged to go for higher studies so that they can contribute significantly in the creation of a knowledge society

Communication Skills: Without developing skills for effective communication, women cannot make their voices heard. It is essential for them to communicate effectively to become successful. As leaders, they need to put across their points to the people so that a family, team or company can be effectively managed.

Disposable Income: Women need to earn well to have their say in important financial decisions governing their lives. Being financially independent gives women power over lives and also contributes to the growth of businesses.

Power of Internet: Access to the internet has opened the floodgates of knowledge and awareness and increased social interaction reach and influence of women. The liberalizing influence of the World Wide Web has broken all taboos, myths and misconceptions regarding women.

In conclusion, Women Empowerment helps to make the society and world a better place to live in and march forward on way to inclusive participation. It means increase happiness for the family and the organizations where women make a difference.

The Success of every woman should be the inspiration to another. We should raise each other up.



OXYGEN CYCLE



R. Haripriya

Assistant Professor

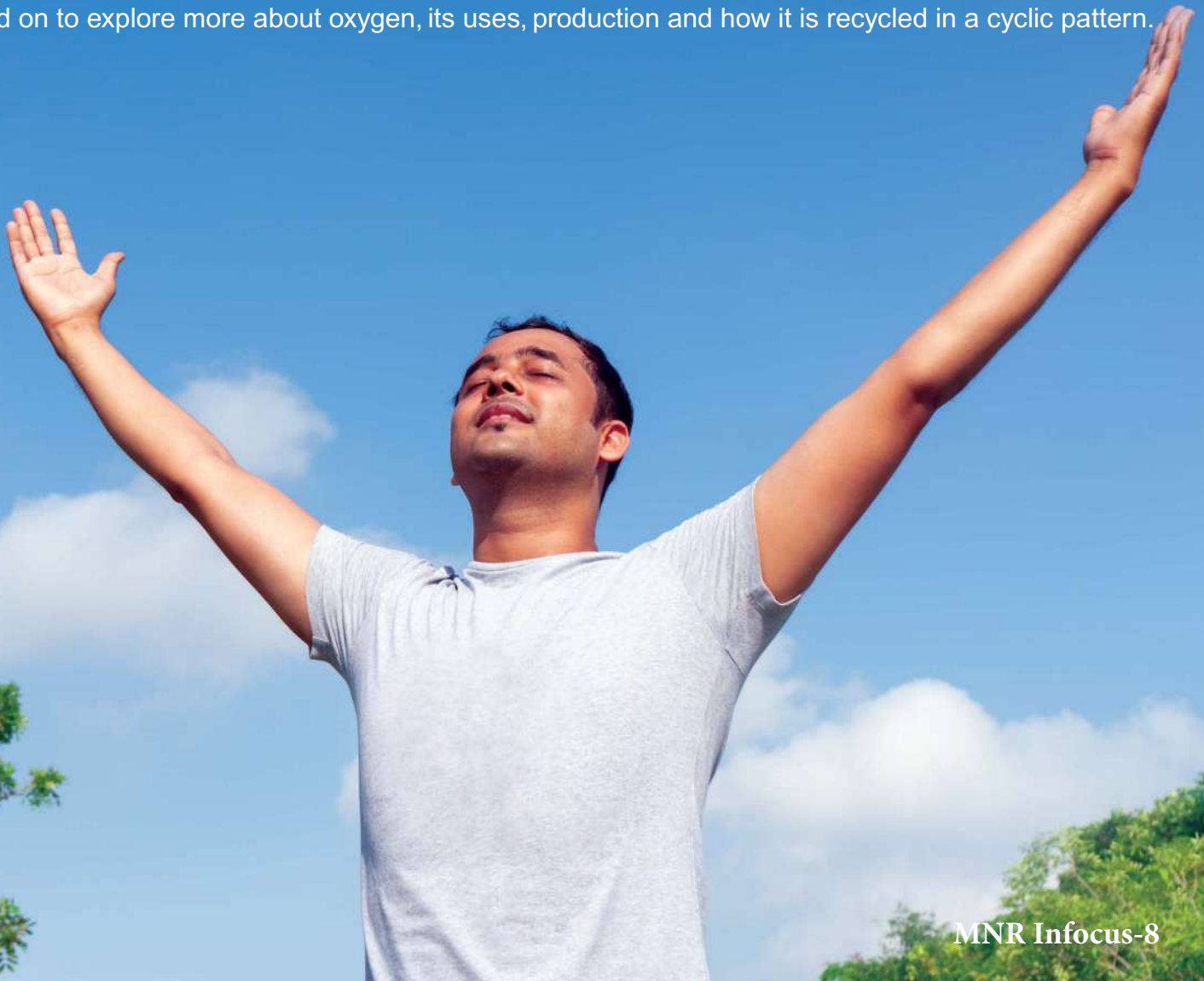
Department Of Humanities & Sciences

MNR College of Engineering & Tech.

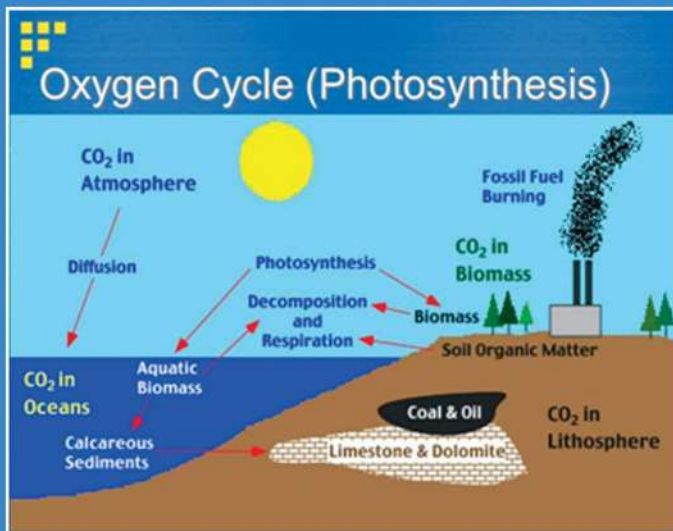
As we all know, the air is a mixture of gases. The air in the atmosphere is composed of different gases, namely nitrogen (78%), oxygen (21%), argon and other trace gases (1%). According to the earth's history, oxygen gas was first introduced by Cyanobacteria through the process of photosynthesis. Earlier, around 4.6 billion years ago, there was no life on planet earth because the atmosphere was devoid of oxygen. Later, there was a gradual increase in the oxygen levels and by the Carboniferous Period- 299 million years ago, oxygen reached the levels that were similar to today's estimates.

Today, oxygen is freely available in the air and also dissolved in water. It is the second most abundant gas present in the atmosphere and also the most common element of the human body. It plays an essential role in most life forms on earth and also serves as an essential element in biomolecules like proteins and nucleic acids.

Read on to explore more about oxygen, its uses, production and how it is recycled in a cyclic pattern.



What is Oxygen Cycle?



Diagrammatic Representation of the Oxygen Cycle

Oxygen cycle, along with the carbon cycle and Nitrogen cycle plays an essential role in the existence of life on the earth. The oxygen cycle is a biological process which helps in maintaining the oxygen level by moving through three main spheres of the earth which are:

- Atmosphere
- Lithosphere
- Biosphere

This biogeochemical cycle explains the movement of oxygen gas within the atmosphere, the ecosystem, biosphere and the lithosphere. The oxygen cycle is interconnected with the carbon cycle. The atmosphere is the layer of gases presents above the earth's surface. The sum of Earth's ecosystems makes a biosphere. Lithosphere is the solid outer section along with the earth's crust and it is the largest reservoir of oxygen.

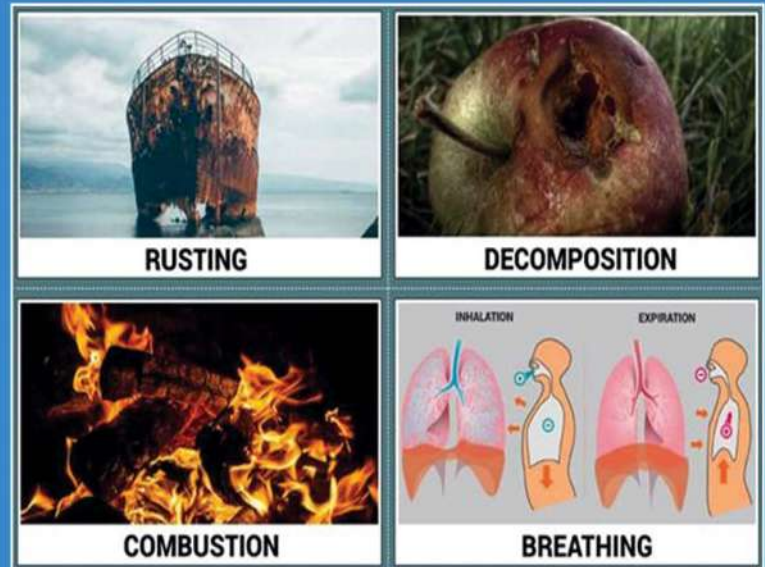
Stages of the Oxygen Cycle

The steps involved in the oxygen cycle are:

- **Stage-1:** All green plants during the process of photosynthesis, release oxygen back into the atmosphere as a by-product.

- **Stage-2:** All aerobic organisms use free oxygen for respiration.
- **Stage-3:** Animals exhale Carbon dioxide back into the atmosphere which is again used by the plants during photosynthesis. Now oxygen is balanced within the atmosphere.

Uses of Oxygen



The four main processes that use atmospheric oxygen are:

Breathing: It is the physical process, through which all living organisms, including plants, animals and humans inhale oxygen from the outside environment into the cells of an organism and exhale carbon dioxide back into the atmosphere.

Decomposition: It is one of the natural and most important processes in the oxygen cycle and occurs when an organism dies. The dead animal or plants decay into the ground, and the organic matter along with the carbon, oxygen, water and other components are returned into the soil and air. This process is carried out by the invertebrates, including fungi, bacteria and some insects which are collectively called as the decomposers. The entire process requires oxygen and releases carbon dioxide.

Combustion: It is also one of the most important processes which occur when any of the organic materials, including fossil fuels, plastics and wood,

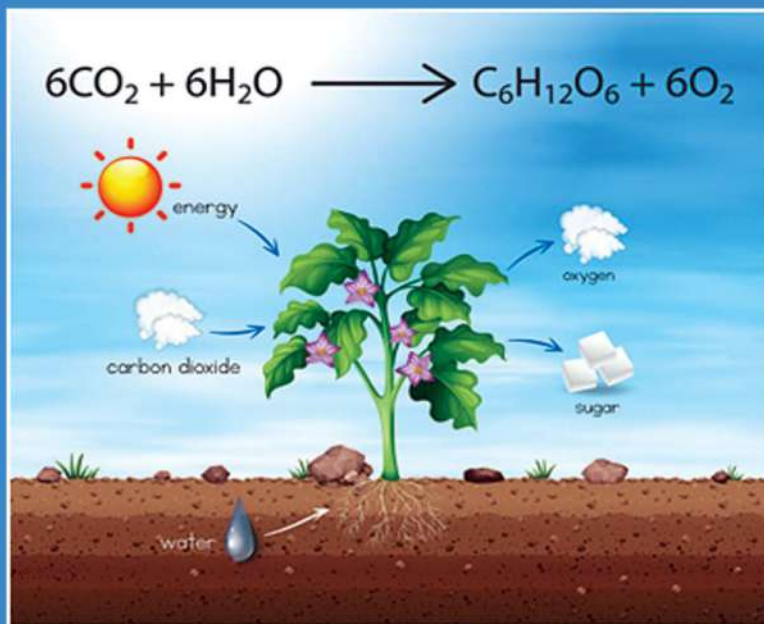
are burned in the presence of oxygen and releases carbon dioxide into the atmosphere.

Rusting: This process also requires oxygen. It is the formation of oxides which is also called oxidation. In this process, metals like iron or alloy rust when they are exposed to moisture and oxygen for an extended period of time and new compounds of oxides are formed by the combination of oxygen with the metal.

Production of Oxygen

Plants: The leading creators of oxygen are plants by the process of photosynthesis. Photosynthesis is a biological process by which all green plants synthesize their food in the presence of sunlight. During photosynthesis, plants use sunlight, water, carbon dioxide to create energy and oxygen gas is liberated as a by-product of this process.

Sunlight: Sunlight also produces oxygen. Some oxygen gas is produced when the sunlight reacts with water vapour in the atmosphere.



oxygen cycle is mainly involved in maintaining the level of oxygen in the atmosphere. The entire cycle can be summarized as, the oxygen cycle begins with the process of photosynthesis in the presence of sunlight, releases oxygen back into the atmosphere, which humans and animals breathe in oxygen and breathe out carbon dioxide, and again linking back to the plants. This also proves that both the oxygen and carbon cycle occur independently and are interconnected to each other.

Some Interesting Facts about Oxygen

- Phytoplankton is one of the most significant producers of oxygen, followed by terrestrial plants and trees.
- Oxygen is also produced when the sunlight reacts with water vapor present in the atmosphere.
- A large amount of oxygen is stored in the earth's crust in the form of oxides, which cannot be used for the respiration process as it is available in the combined state.

Importance of Oxygen Cycle

As we all know, oxygen is one of the most essential components of the earth's atmosphere. It is mainly required for:

- Breathing
- Combustion
- Supporting aquatic life
- Decomposition of organic waste.

Oxygen is an important element required for life; however, it can be toxic to some anaerobic bacteria (especially obligate anaerobes). The

Activities @ MNR Golden Kids (Navi Mumbai)

Chhatrapati Shivaji Maharaj Jayanti
@ MNR Golden Kids G27, Mumbai



Celebrated 10th year of
MNR Golden Kids G3, Mumbai



Chhatrapati Shivaji Maharaj Jayanti
@ MNR Golden Kids G2, Mumbai



Chhatrapati Shivaji Maharaj Jayanti
@ MNR Golden Kids G21, Mumbai



Activities @ MNR Golden Kids (Hyderabad)

Black & White Colour Day
@ MNR Golden Kids G5, Pragathi Nagar



Animal Parade
MNR Golden Kids G28, Mallampet



Grand Parents' Day
@ MNR Golden Kids G8, Chandanagar



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



Activities @ MNR Group of Schools

Intraschool Spelling BEE Competition Winners @ MNR I-Exceed School, Kukatpally



Visit to Coco-Cola Factory @ MNR High School, BHEL



Grand Parents' Day @ MNR School of Excellence, BHEL



Farm Themed Yoga @ MNR I-Exceed School, Kukatpally



Purple Day @ MNR School of Excellence, BHEL



Activities @ MNR Group of Schools

Grand Parents' Day
@ MNR High School, Chintal



Spelling BEE Competition Winners
@ MNR High School, BHEL



Fancy Dress Competition
@ MNR School of Excellence, Kamothe



Manne Nikhil won Silver Medal in
International Kick Light
@ MNR School of Excellence, Sangareddy



Chatrapathi Shivaji Jayanathi & Science Fest
@MNR International School, Palaspe



Black and White Colour Day
@ MNR School of Excellence, Mehdipatnam



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

MNR DENTAL COLLEGE & HOSPITAL ACTIVITIES

Dr. Naseemoun shaik, Reader, Dept of Pedodontics has won silver award for the scientific paper presentation at Famdent show, Hyderabad Feb 2024



Overseas employment, career counselling and orientation program on Australian dental council Exam by Mr Vadim Sudhakar organised by MNR Dental College



Dr. Sravanthi, Senior Lecturer, Dept of Pedodontics of MNR Dental College has won Bronze award for the scientific paper presentation at Famdent show Hyderabad, Feb 2024



Memorandum of Understanding between MNR Dental college and Hospital, Sangareddy and JNTU, Sultanpur



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



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Date & Time : 17th March, 2024 (Sunday) from 10.00 AM to 12.30 PM.

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MNR SCHOOL OF EXCELLENCE

Affiliated to CBSE : 1130230

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Cell : 84518 00701, 84518 00706



Splendid moment as the Chairman, **Sri. M.N. Raju** and Vice-Chairman, **Sri. Ravi Varma Mantena**, MNR Educational Trust, extend a warm felicitation to the Honourable President of India, **Smt. Droupadi Murmu**, at the illustrious **Golden Jubilee Celebrations** of MNR Educational Trust at Parade Grounds on 20th December, 2023

