

# MNR

# iNFOCUS

*Enriching the innerself*

May 2024

MNR's IN-HOUSE MAGAZINE



**85<sup>th</sup> Birthday Celebrations** of our beloved **Founder Chairman, Sri. M.N.Raju** and **50<sup>th</sup> Foundation Day Celebrations** of MNR Educational Trust on 25<sup>th</sup> April, 2024 hosted in style by the **MNR Dental College & Hospital**, Sangareddy alongside Family members, Principals and Directors from across the MNR Group of Institutions

# Making Your Mark - My Vote, My Pride



**"The ballot is stronger than the bullet" - Abraham Lincoln**

In an ever-changing world, it is crucial to realize the importance and impact of voting. The power of voting lies in the ability to shape our collective future, regardless of the challenges we face. Let us embrace this opportunity and make our voices heard.

When we cast our vote, we are not just selecting a candidate; we are shaping the destiny of our nation. It's the ultimate expression of our rights and responsibilities as citizens. Our voices matter, and they deserve to be heard. Let's paint our nation's tomorrow with the colours of our collective voices. Your vote is the brushstroke that can make a difference.

Yet, the power of one vote is often underestimated. It's easy to feel insignificant in a sea of millions, but your every vote count- yours included.

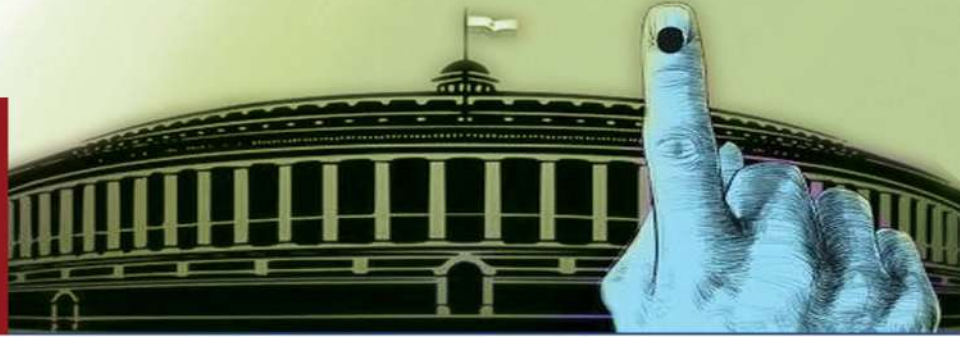
Choose integrity over influence and vote for the candidate who leads with integrity, empathy, and a vision for all.

Let your voice be heard and make the difference. For your quick one minute of action can affect the future of your city, state and nation.

**CAST YOUR VOTE WITH PRIDE, FOR A BRIGHTER INDIA ON THE RISE**

**एक उज्ज्वल भारत के उत्थान के लिए गर्व के साथ अपना वोट डालें  
ప్రకాశవంతంగా అభివృద్ధి చెందుతున్న భారతదేశం కోసం గర్వంగా మీ ఓటు వేయండి.**

## 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](mailto:infocus@mnrindia.org)  
Facebook : [www.facebook.com/infocusinhouse](http://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

Faculty Development on Outcome Based Education & CO-PO Attainment



## ACTIVITIES @ MNR FOUNDATION FOR RESEARCH & CONVENTION

WORKSHOP on "FUNDAMENTALS OF AFFORDABLE POINT-OF-CARE TESTING (POCT)" ON 4<sup>TH</sup> APRIL 2024





**Sri M N. Raju**  
Chairman  
MNR Educational Trust

# JARASANDHA

**(He was a mighty brawn but was not a match for a nimble brain of Krishna)**

Brihadratha was a great hero. He was the ruler of Magadha, who married the twin daughters of the king of Kasi. He was not blessed with a child for a long time. He was worried as he was becoming old and there was no heir to become the king of Magadha. He went into the forest, with his wives and approached sage Kausika, with a sorrowful longing heart for children. The sage was filled with compassion and gifted a mango fruit to the king, while blessing the king and his wives.

The king cut the fruit into two halves and gave one to each wife. In due course, the two queens, gave birth. But instead of happiness, the royal family plunged into greater grief, for they each gave birth to half of a child. The two were indeed two equal and complementary portions of one baby, consisting one eye, one leg, half a face and so on. With grief, they commanded their attendants to cast the two halves outside the palace. A demoness, called Jara chanced to see the two pieces of flesh and gathered them up both at once. Accidentally the halves came together the right way and changed into a whole living perfect child. Jara took on the guise of a woman and going to the king, presented the child to him, saying "This is your child". The child was named as Jarasandha. He grew up into a man of immense physical strength.

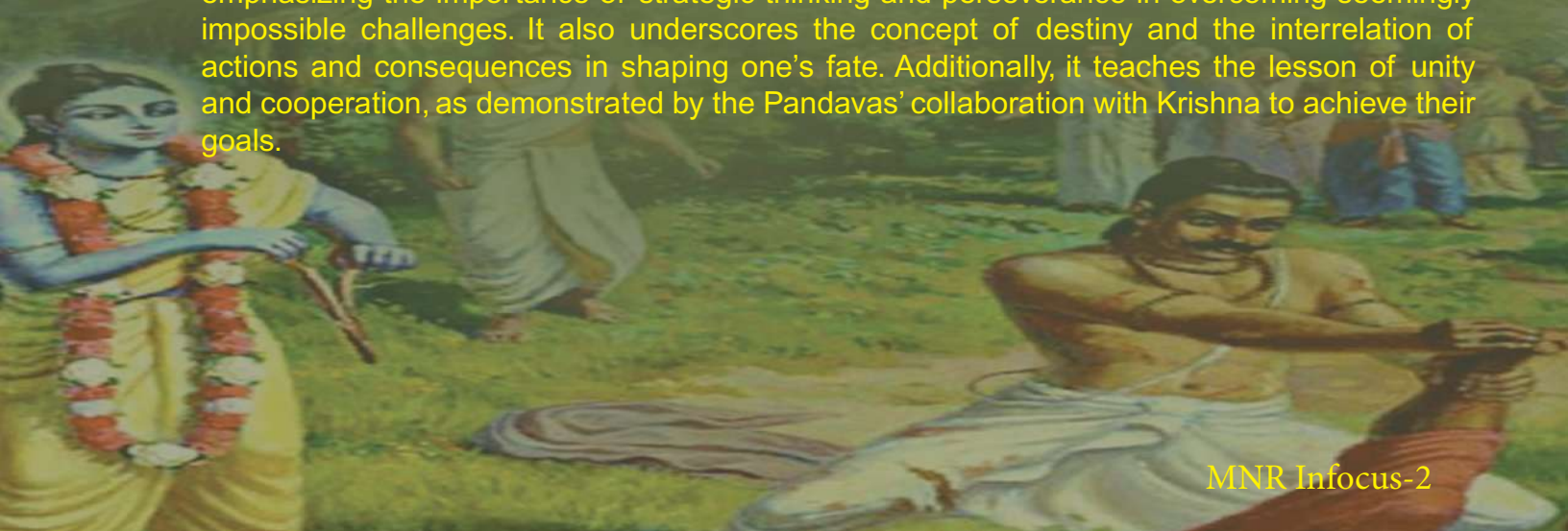
Jarasandha, who inherited the kingdom of Magadha, was ruthless and conquered the strongest rulers, unjustly, put eighty-six of them in prison. His plan was to conquer fourteen more kings and to immolate, the hundred prisoners. He was also the father-in-law of Kamsa, the maternal uncle of Krishna. Jarasandha and Kamsa together planned to kill Krishna and they fought for three years. Finally Krishna was forced to leave Mathura and move to newly built Dwarka. The Pandavas established Indraprastha city, after an area was given by his uncle. Yudhishtira, wanted to perform the Rajasuya Yagna to declare to the world that his Kingdom was autonomous. In those days the Rajasuya Yagna was a system to make all the other rulers not only to accept the kingdom as an autonomous one but also to make all the other rulers to accept Yudhishtira as an Emperor. The Pandavas invited Krishna to be the Chief-Guest for the Rajasuya Yagna.

Krishna said that as long as Jarasandha was alive, it would not be possible to perform Rajasuya and declare Yudhishtira as the emperor. Jarasandha was greatly feared in Bharata Varsha. He further said that if Jarasandha was killed and if the kings who were held by him as prisoners, would be released, they would also be the loyal rulers to Yudhishtira. Krishna had a plan to kill Jarasandha and said "Mighty brawn is no match for a nimble brain". Krishna, Bhima and Arjuna disguised as priests and entered into the fort of Jarasandha, since Priests were always allowed as per the royal order. Jarasandha welcomed the three priests as per the code of hospitality and offered to fulfil any of their wishes. The three priests said "We wish a hand-to-hand combat with you, to the death". Jarasandha immediately realized that they were not priests but Kshatriyas and also recognized that they were Krishna, Arjuna and Bhima. He selected Bhima as an equal person to combat with him.

Next day Bhima was about to enter the wrestling arena, Krishna picked up a leaf while Bhima was looking, tore it into two, along the spine, and said "The only way to kill Jarasandha is to tear his body into two vertical halves as I do this leaf, because he was born as two halves to two mothers. When the demoness, Jara, protected him, she made him invincible. He cannot be killed by any weapon or power, only if he is split into two, can he die. Be careful Bhima." Bhima realized soon that Jarasandha was indeed an invincible wrestler. They fought like wild elephants for many hours. Finally Bhima pinned Jarasandha to the ground, caught hold of his leg and with all his might tore his body into two halves. A cheer rose from the spectators, but for short time. Magically, the two halves moved close, became one and Jarasandha stood up unhurt.

Krishna, immediately picked up another leaf, split it into two along its spine, threw the left half on the right side and the right half on the left side. Bhima understood the message. The fighting resumed. A terrible fight went for a long time. Bhima once again tore Jarasandha into two halves, but this time Bhima threw the two halves, as Krishna indicated. Thus was Jarasandha killed. No king now remained in Bharata Varsha, who would challenge Yudhishtira's bid to be an emperor. Thus, Indraprastha became a sovereign kingdom of the Pandavas.

**Moral:** The moral of the story of Jarasandha highlights the triumph of intelligence over brute force, emphasizing the importance of strategic thinking and perseverance in overcoming seemingly impossible challenges. It also underscores the concept of destiny and the interrelation of actions and consequences in shaping one's fate. Additionally, it teaches the lesson of unity and cooperation, as demonstrated by the Pandavas' collaboration with Krishna to achieve their goals.





**Dr. VASANTHA KUMAR K R**  
 MBBS, DA, MD, DYNC  
 Principal  
 MNR Medical College & Hospital

# BHAGAVAD GITA FOR MODERN LIVING

**W**e live in the era of VUCA – Volatility, Uncertainty, Complexity & Ambiguity. The world is changing & we are evolving every day for better & for worse. Stupendous advances are being made in science & technology. Economic growth, modernization, & urbanization have enhanced for living standards.

On the flip side, our connect with nature has diminished with time. We want quick results and our values have become topsy-turvy. Today's 24\*7 world has changed our social life, eating habits and sleeping patterns. We try to control the outer world but miserably fail to control our inner world. We have guided missiles but we ourselves are misguided. Stress is eating into our very innards, resulting in life-style diseases, leading to depression.

We desperately need a way out. For every problem there is a solution. The Bhagavad Gita has the answers to almost all our problems.

Bhagavad Gita is India's sacred text derived from the epic Mahabharata, with 700 shlokas in 18 chapters. It reveals reasons for the existence of human beings and deals with the fundamental problems of life and its solutions.

Bhagavad Gita's opening scene is the battlefield at Kurukshetra. Kauravas and Pandavas have assembled there to fight the war. In the midst of both

armies, Arjuna foresees the bloody battle with his near and dear one's relatives, friends, teachers. Overcome with emotion, his mouth goes dry and his entire body trembles, arms and legs shake and the hair on his body stands on end. He throws down his bow and arrows in disgust, totally depressed.

Sri Krishna with his Vishwaroopa Darshana and the Sheer power of his inspiring words raises the level of Arjuna's mind from the state of inertia to the state of righteous action, of Dharma. His words provide courage, Strength, self-confidence, and intense calmness in the midst of intense action.

When Arjuna got over his despondency, Sri Krishna gave him the gospel for action, with faith in the ultimate victory of dharma and truth. Arjuna's delusions are all removed and he is ready to do what is expected of him.

Arjuna represents you and I, with all the doubts, worries and habits, as we face life. Krishna is the "higher self". Pandavas represents the great virtues within us, Kauravas – the opposing forces within us, the Chariot is our physical body & the Horses are our senses that need to be skillfully guided and controlled.

The Gita deals with day-to-day problems, worries, anxieties and mind management. The battlefield is symbolic of life. There are many moments when we feel overwhelmed, and want to run away and not face situations. This is Krishna's advice: "why do you worry? Whom do you fear? Who can harm you? The soul is neither born, nor does it die".

## Bhagavad Gita has guidelines to bring life back on track.

1. Whatever happened, happened for the good. Whatever is happening, is happening for the good. Whatever will happen, will also happen for the good.
2. Karmanye Vaadhikaaraste; Maa phaleshu kadachana you have the right to work, but never to the fruit of work. Focus on work and not on results.
3. Change is the law of the universe. Change is the only constant. Accept change and you will be free to face any situation in life.
4. Fear and worry are our two enemies. Fear kills, ambition, dreams. A fearless being has nothing to worry about, because he knows it cannot be caged, nor can it be stopped.
5. You came empty handed, you will leave empty handed. No need to get attached to anything. We won't be taking anything with us, not even our mobiles!
6. Krishna provides the names of all the pitfalls on our journey- the 6 gates to self-destruction ( Arishadvargas) of human beings. They are Kama (lust), krodha(anger), lobha (greed), moha (delusion), mada (pride and arrogance), and matsarya(jealously).
7. Man is made by his belief. As he believes, so is he. Your thoughts make and define you.
8. Mind is wavering, stubborn and obstinate. It is like controlling the wind. But with meditation, the mind becomes unwavering. With abhyasa and vairagya, meditation will give you immense peace of mind.
9. There is never happiness for the one who doubts, Doubts create misunderstandings.
10. Dream big. Don't settle for less, strive hard to achieve the bigger goals.
11. You're your own best friend. If you have a problem, only you will have a solution to it. Look within. Believe in yourself.

Modern management concepts like vision, leadership, motivation, excellence in work, achieving goals, meaning of work, attitude towards work, nature of individual decision making, planning etc., are all detailed in the Gita.

Whatever our "life purpose" may be, there's one purpose we all have; to live life fully, to explore all there is to explore, within and without ourselves.

**Essence of Gita:** Life seems like a battlefield, but it's a game; I need to play my part fully. Siddhartha Gautama said- "discover your world with all your heart-give yourself to it". Gita's universal message is not only for Arjuna but for the whole of humanity. Bhagavad Gita is all encompassing- It starts with the chapter-vishada-depression, and ends with moksha-the ultimate truth. Those who meditate on the Gita will derive fresh joy and new meanings from it every day.

"When doubts haunt me, when disappointment stare me in the face, and I see not one ray of hope on the horizon, I turn to the Bhagavad Gita"-Mahatma Gandhi.

## BHAGAVD GITA – MANUAL OF MANUALS

**Bhagwan KRISHNA:**

The GreatPhilosopher,  
Psychiatrist,  
Psychologist,  
Psychotherapist  
&  
Psychoanalyst...  
Environmentalist

The Bhagavad Gita has influenced many thinkers, musicians including Sri Aurobindo, Swami Vivekananda, Mahatma Gandhi, Aldous Huxley, Henry David Thomas, J Robert Oppenheimer, Ralph Waldo Emerson, Carl Jung, Hermann Hesse, George Harrison, Nikola Tesla among others.

"From a clear knowledge of the Bhagavad Gita all the goals of human existence become fulfilled. Bhagavad Gita is the manifest quintessence of all the teachings of the Vedic scriptures".

-Sri Adi Sankaracharya

# When is LABOUR DAY?



**Mrs. A. Sangeetha**

Tutor

**MNR COLLEGE OF NURSING**

**L**abour Day or International Workers' Day is celebrated every year on the first day of May to acknowledge the contributions of the working class. The day is also intended to raise awareness around workers' rights. Labour unions celebrate this day by organizing programs, marches and protests that call for better wages and working conditions.

Labour Day has its origins in the labour union movement in the United States in the late 19th century, specifically the eight-hour workday movement, when workers across the globe began demanding better working conditions, fair wages, and shorter working hours.

In 1889, The Second International, an organization created by socialist and labour parties declared that May 1st would be International Workers' Day. People in the agitation were protesting long hours, bad working conditions, low wages and child labour. Most notably, the movement revolved around eight-hour workdays. Labour unions demanded that the workers should not be made to work for more than eight hours a day. May Day demonstrations were first held on May 1st 1890 across the US and most European countries. The US recognized Labour Day as a federal holiday in 1894. In 1916, the US began to finally recognize eight-hour workdays after years of protests.



In India, May Day was first celebrated on May 1, 1923, by a political party called the Labour Kisan Party of Hindustan which was founded on the same day in Chennai. Communist leader Malayapuram Singaravelu Chettiar asked the government that May 1 should be considered as a national holiday to celebrate the efforts of workers.

The day is known as “Kamgar Din” in Hindi, “Karmikara Dinacharane” in Kannada, “Kamgar Divas” in Marathi, and “Shromik Dibosh” in Bengali.

International Labour Day is celebrated every year on 1 May to commemorate the struggles and sacrifices of the workers’ and labours’ movement. It is also known as May Day.

International Labour Day is celebrated in more than 80 countries, including India, Cuba, and

China. People in different parts of the world hold marches on this day to promote the rights of working-class people.

### Significance

Labour Day is celebrated around the world to raise awareness of the rights of working people and to protect them from exploitation. It also serves as a reminder of the important role played by the working class in our society.

Wishing all workers across the world a Happy Labour Day! May all workers and labours be recognized for their hard work and dedication, and receive fair compensation for their efforts. Wishing for an end to unfair treatment of workers across the world. May all labours enjoy safe and healthy working conditions.





# THE SILENT BATTLE UNVEILING THE PROFOUND IMPACT OF THE **COVID-19** PANDEMIC ON HUMAN LIFE

**Ms. Rania Ahmed**  
**Pharm.D- Intern**  
MNR College of Pharmacy, Sangareddy

In the annals of human history, few events have reported our lives profoundly as the COVID19 pandemic. Beyond its visible toll on economic and societies, the pandemic has quietly waged a relentless battle on human health leaving behind a trail of devastation and transformation. The world needs huge positive energy to fight against the negative forces.

At its core, the pandemic has exacted a heavy toll on physical health. COVID-19 caused by the novel coronavirus SARS CoV-2 has claimed millions of lives globally challenging healthcare systems and exposing vulnerabilities in public health infrastructure. The virus with its swift transmission and unpredictable severity has forced healthcare professionals to grapple with unprecedented challenges often at great personal risk.

This article dwells into the multifaceted repercussions of the pandemic on human health and explore the challenges and opportunities it has presented. Beyond the direct effects of the virus, its profound impact on human health encompasses various dimensions ranging from physical to mental well-being.

## 1. Direct health impact

COVID-19 has caused millions of infections and fatalities worldwide leading

to an overwhelming burden on healthcare systems. The virus has affected individuals of all ages, causing severe respiratory illness and complications, particularly among older adults and those with the underlying health conditions.

## 2. Long term health complications

Survivors of covid 19 often experience long term health complications including respiratory issues, cardiovascular problems, neurological symptoms and persistent fatigue.

- i. Immunodeficiency: COVID-19 can suppress the immune system, making individuals more susceptible to opportunistic infections and impairing their ability to mount an effective immune response to pathogens. Experience ongoing immune-related symptoms such as fatigue, brain fog, muscle weakness, and joint pain. These symptoms may be indicative of persistent immune activation or dysregulation. Immunodeficiency post-COVID-19 may persist for an extended period, leaving individuals vulnerable to recurrent infections.
- ii. Respiratory issues: COVID-19 can cause severe respiratory complications including chronic cough, shortness of breath and

reduced chronic cough, and reduced lung function. Long term damage to lung tissue may result in condition such as pulmonary fibrosis.

- iii. Cardiovascular complications: COVID19 has been linked to cardiovascular problems such as myocarditis, inflammation of heart muscle and increased risk of blood clotting which can lead to long term heart issues
- iv. Neurological symptoms: some individuals experience neurological symptoms during and after COVID19 infection including persistent headaches, cognitive impairment. Long term neurological consequences may include increased risk of cognitive decline.
- v. Functional Impairment: Post-COVID-19 symptoms can significantly impair daily functioning and reduce quality of life. Individuals may struggle to return to work, engage in physical activity, or perform routine tasks due to ongoing fatigue, weakness, and cognitive difficulties.

### 3. Disruption of healthcare services

The pandemic has disrupted routine healthcare services, leading to delays in diagnosis, treatment and management of other medical conditions. Many elective surgeries, screenings and preventive care measures have been postponed or cancelled, exacerbating health disparities

and contributing to poorer health outcomes in certain populations.

### 4. Mental health challenges

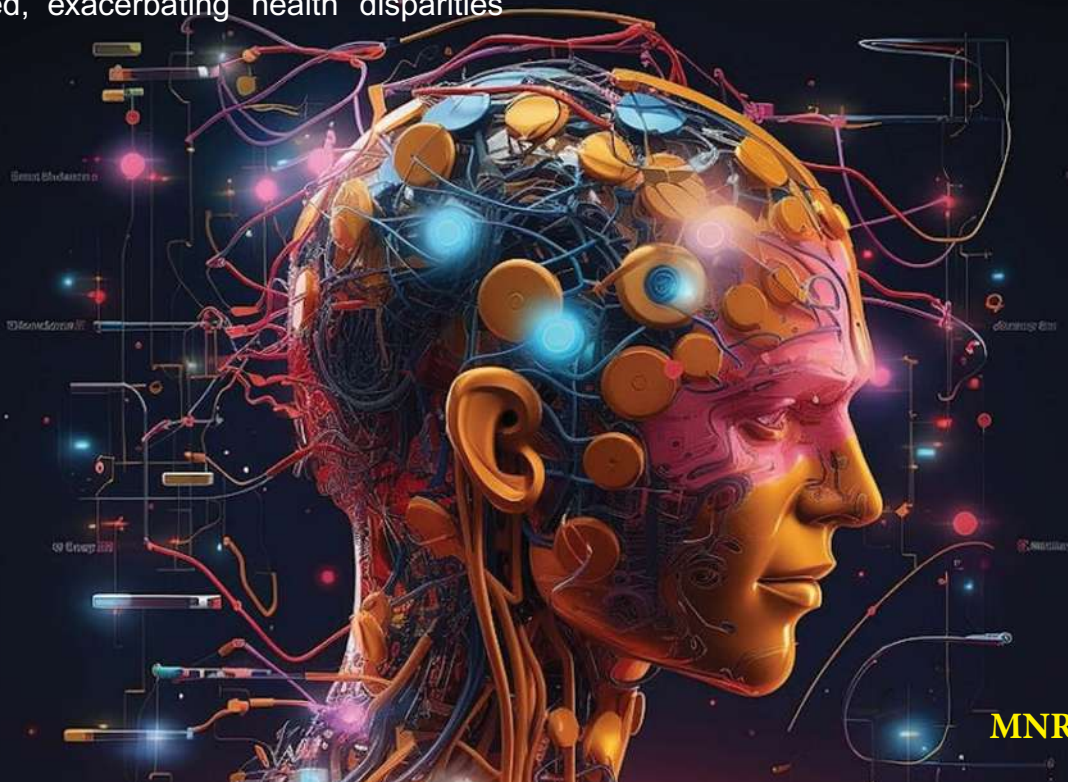
The pandemic has taken a toll on mental health caused increasing levels of stress, anxiety, depression and other psychological disorders. Social isolation, economic uncertainty, fear of illness and grief over loss of loved ones has contributed to the deterioration of mental well-being among individuals worldwide.

### 5. Health Behaviour changes

The pandemic has prompted significant changes in health behaviour and lifestyle choices including increased hand hygiene, mask wearing, physical distancing. These adaptations had both positive and negative effects on overall health and well-being.

### 6. Healthcare Technology

COVID-19 spurred innovations in healthcare technology, including the development of rapid diagnostic tests, digital contact tracing apps, telehealth platforms, and remote patient monitoring systems. These technologies helped healthcare providers manage the influx of patients, mitigate the spread of the virus, and deliver care while minimizing exposure risks.





## 7. Socioeconomic Disparities

The pandemic has laid bare and exacerbated existing health inequities and socioeconomic disparities. Marginalized communities, including racial and ethnic minorities, low-income populations, and individuals with limited access to healthcare, bear a disproportionate burden of COVID-19 morbidity and mortality. Structural inequalities in healthcare access, housing, education, and employment create barriers to pandemic mitigation efforts and exacerbate health disparities. Moreover, the economic fallout from the pandemic, including job losses, business closures, and financial instability, further entrenches socioeconomic divides and undermines population health.

## 8. Health Monitoring and Surveillance

Post-COVID-19, there is a heightened emphasis on health monitoring and surveillance to prevent future outbreaks and monitor potential variants of concern. Digital health technologies, including wearable devices, smartphone apps, and health tracking platforms, enable individuals to monitor their health status, track symptoms, and receive alerts about potential exposure risks. Public health agencies leverage data analytics and digital surveillance systems to monitor disease trends, conduct contact tracing, and implement targeted interventions.

## 9. Digital Vaccine Passports and Health Credentials

Digital vaccine passports and health credentials have emerged as tools to facilitate safe travel, access to public venues, and participation in events post-COVID-19. These digital credentials, often stored in smartphone apps or secure digital wallets, provide proof of vaccination, negative test results, or immunity status.

## Conclusion

The covid 19 pandemic has had far reaching consequences for human health spanning physical, mental social and economic dimensions, addressing the multifaceted challenges posed by the pandemic requires coordinated efforts across healthcare systems, public health agencies, government and communities to mitigate its impact and promote resilience. Overall, the post-COVID-19 landscape continues to be shaped by technological advancements, digital innovations, and evolving socio-economic dynamics. Embracing technology-driven solutions and adapting to the changing digital landscape are essential for individuals, organizations, and societies to thrive in the new normal.

**“Together we fight”**

# Activities @ MNR Golden Kids (Navi Mumbai)

**Cooking Competition  
@ MNR Golden Kids G21, Mumbai**



**Maharashtra Day  
@ MNR Golden Kids G12, Mumbai**



**Maharashtra Divas  
@ MNR Golden Kids G3, Mumbai**



**Maharashtra Divas  
@ MNR Golden Kids G27, Mumbai**



# Activities @ MNR Group of Schools

CBSE Financial Literacy Training Program  
@ MNR I-Exceed School, Kukatpally



Puberty Education Campaign on Body Awareness  
and Physical changes - by Nivea Nair  
@ MNR I-Exceed School, Kukatpally



CPD Programme Innovative Practices in Teaching 21<sup>st</sup> Century Techniques  
@ MNR Group of Schools, BHEL



Vote for India @ MNR School of Excellence, Kamothe



# Activities @ MNR Group of Schools

Field trip to Dr B R Ambedkar Telangana State Secretariat @ MNR High School, Chintal



Ugadi Festival Celebrations  
@ MNR High School, BHEL



MNR I-Exceed School, Kukatpally participation  
in Chairman Sir Birthday Celebrations



WORLD EARTH DAY  
@MNR International School, Palaspe



Graduation Day  
@ MNR School of Excellence, Mehdipatnam



# 85<sup>th</sup> Birthday Celebrations of our beloved Founder Chairman, Sri. M.N.Raju and 50<sup>th</sup> Foundation Day Celebrations



Staff @ Head Office, Kukatpally



Staff @ Admin Office, Sangareddy





# 85<sup>th</sup> Birthday Celebrations of our beloved Founder Chairman, Sri. M.N.Raju and 50<sup>th</sup> Foundation Day Celebrations



Staff of MNR School of Excellence - BHEL received 1<sup>st</sup> Prize for their mesmerizing dance performance on “TRIBAL” theme



Staff of MNR School of Excellence - Sangareddy received 2<sup>nd</sup> Prize for their engrossing dance performance on “TRIBAL” theme



# 85<sup>th</sup> Birthday Celebrations of our beloved Founder Chairman, Sri. M.N.Raju and 50<sup>th</sup> Foundation Day Celebrations



Principals of MNR-HERA Campus, Sangareddy



Staff @ MNR Colleges of Education, Sangareddy



Talent and Teamwork - MNR-HERA Campus wins prize in Games Competition



# 85<sup>th</sup> Birthday Celebrations of our beloved Founder Chairman, Sri. M.N.Raju and 50<sup>th</sup> Foundation Day Celebrations



Principals of MNR Group of Schools, Hyderabad



Staff @ MNR PG College, Kukatpally



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

## World Homeopathy Day - 2024 Organized by MNR Homeopathic Medical College and Hospital



## WORKSHOP on "FUNDAMENTALS OF AFFORDABLE POINT-OF-CARE TESTING (POCT)" conducted by MNR Medical College & Hospital



## "Transforming Healthcare: MNR Nursing College's Redevelopment Journey Begins!"





# 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....*