

# MNR

# iNFOCUS

*Enriching the innerself*

November 2024

MNR's IN-HOUSE MAGAZINE



**Sri. M.S. Ravi Varma, Vice-Chairman (MNR Educational Trust) and Pro-Chancellor (MNR University), proudly presents a commemorative memento to Ms. Carmen Banks, Head, Cognia Accreditation Team during her visit to Manthena American School, Sharjah, U.A.E.**



*Empowering Dreams*

# WORLD STUDENTS' DAY

*15<sup>th</sup> October*

**“Dream, dream, dream. Dreams transform into thoughts and thoughts result in action”  
- Dr. A.P.J. Abdul Kalam**

World Students' Day, celebrated on October 15<sup>th</sup>, honors the potential of students worldwide. This day marks the birthday of Dr. A.P.J. Abdul Kalam, India's former President and a renowned scientist. Known as the “Missile Man of India,” Dr. Kalam devoted his life to inspiring young people to follow their dreams. He emphasized the importance of hard work, knowledge and service.

World Students' Day recognizes your efforts as students and celebrates the power of education in shaping a brighter future. His words remind students to be fearless in dreaming big and committed to turning those dreams into reality.

Today, students are not just learners but also the future leaders and innovators. You will face big issues like climate change, equality and global peace. By dedicating yourselves to learning, you're building the skills needed to tackle these challenges.

World Students' Day encourages a lifelong love for learning and curiosity. It reminds us to see education not as a burden but as a powerful tool for change. Believe in yourself and know the world believes in you too.

**STUDY TODAY FOR A BRIGHTER TOMORROW.....!!**

*Editorial.....*

Postal Address :

**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, HOMEOPATHY & NURSING COLLEGES

MNR Medical College & Hospital hosted an impactful Neonatal Resuscitation Program (NRP) on October 23, 2024 to enhance knowledge of healthcare professionals in newborn care



A comprehensive health workshop, led by Ms. Pratapa Mercy Jyothsna, was conducted for B.Sc. Nursing 3rd-year students



MNR Homeopathic Medical College & Hospital organized a National Service Scheme (NSS) Unit event, encouraging community service & social responsibility among students



MNR Homeopathic Medical College & Hospital hosted Dynamis 2024, an exhibition showcasing innovation and expertise in the field of Homeopathy





# Ram Sethu

– THE BRIDGE OF RAM



**N**ow a days, we have been reading in the news papers and seeing on TV channels about a bridge, submerged in the sea, which was built by Ram, with the help of thousands of monkeys and other creatures to bring Sita from Lanka. This was confirmed by National Remote Sensing Agency (NERA) that the bridge is existing in the sea waters even now.

The great army of monkeys, bears, vultures and other forest creatures led by Ram, followed Hanuman to march to Lanka and fight Ravana to bring back Sita. They reached the sea-shore and had to cross the sea to reach Lanka. Ram had never seen the sea. The waters seemed to stretch into infinity, blending with the sky in the horizon.

Ram joined his palms and prayed Varuna, the God of the Seas, to part and make way for him and his army to reach Lanka. Varuna did not accept to part and give way and requested Ram not to change the natural way of sea. He further told that Ram could fly as Hanuman did when he visited Lanka to find Sita's whereabouts.

He also advised Rama to build a bridge across the sea. Varuna then saw the animals behind Ram, the great army of beasts. In the presence of Rama, all those creatures were behaving in a disciplined manner. Varuna thought that Ram would be able to build a bridge.

Then Varuna revealed a secret and said, "Amongst the Vanaras, who have followed you, are the brothers Nala and Neela, children of Agni, fire-God. Rocks dropped by them into the sea cannot sink. Use them to build a bridge while other Vanaras have to bring the stones and handover

them to Nala and Neela. I will keep those stones afloat.

Then they started building the bridge. The vultures scouted from the air, the bears made the plan and the monkeys executed the plan. They carried huge boulders and passed them on to the brothers, Nala and Neela, who hurled them into the sea. Then Hanuman started writing the name of Ram on each stone when they were floating on the sea water. Those rocks stuck to each other like a Garland and extended Southward.

Many helped Ram building the bridge. Among them was one squirrel who would jump into the water and then roll on the sand so that the grains struck to his fur, then run up the bridge and shake off the sand. That way, many small and big animals did their part to complete Ram Sethu, connecting the Island of Rameshwaram to the Island of Mannar in Srilanka.

The bridge was finally completed in just five days. The monkey army marched across it with great joy. Hanuman carried Ram on his shoulders and Lakshman was carried by Angada. It was a spectacular sight. The sky was covered with celestial beings who would not believe their eyes. Ram had done the impossible, raised an army of monkeys and got them to create a bridge of sticks and stones across the sea. Birds showered flowers on the marching armies. Fishes cheered them all along the way. Ram could reach Lanka. He could kill Ravana. Sita was brought back. After fourteen years, Ram, Sita and Lakshman entered Ayodhya and ruled the kingdom with great efficiency.

# TOP 25 MOTIVATIONAL QUOTES

BY GREAT INDIAN LEADERS



Ms. Jungti Ozukum  
Assistant Professor, Dept. of OBG  
MNR College Of Nursing



1. “Never stop fighting until you arrive at your destined place — that is, the unique you. Have an aim in life, continuously acquire knowledge, work hard, and have the perseverance to realize the great life.” – *Dr. A. P. J. Abdul Kalam (Former President of India)*
2. “One individual may die for an idea, but that idea will, after his death, incarnate itself in a thousand lives.” – *Subhash Chandra Bose (Freedom Fighter)*
3. “Time is not measured by the passing of years but by what one does, what one feels, and what one achieves.” – *Jawaharlal Nehru (First PM of India)*
4. “You must be the change you wish to see in the world.” – *Mahatma Gandhi (Freedom Fighter)*
5. “I don’t believe in taking the right decisions. I take the decision and then make them right.” – *Ratan Tata (Tata Group, Chairperson)*
6. “Unless and until you inspire the people, you will not get results. Imposition will never give you the results. Inspiration will always give you the results.” – *Narendra Modi (P.M., India)*
7. “Don’t see others doing better than you, beat your own records every day because success is a fight between you and yourself.” – *Chandrasekhar Azad (Freedom Fighter)*
8. “Take risks in your life, if you win, you can lead! If you lose, you can guide!” – *Swami Vivekanand (Indian Philosopher)*
9. “A clear conscience is the softest pillow in the world.” – *N. R Narayana Murthy (Infosys, Co-Founder)*

10. “You cannot get into the business for the fashion of it.” – *Azim Premji (Wipro, Director)*
11. “For those who dare to dream, there is a whole world to win.” – *Dhirubai Ambani (Reliance Industries, Founder)*
12. “If you fully accept the worst that can ever happen in your journey, fear won’t ever be an obstacle in starting up.” – *Kunal Shah (Freecharge, Founder)*
13. “It is important to remember that the investor is just another vendor.” – *Ashneer Grover (BharatPe, Former Co-Founder)*
14. “A strong community emerges when people feel that they own the product.” – *Rajat Agarwal (SkilloVilla, Co-Founder & CTO)*
15. “A person should not be too honest. Straight trees are cut first and Honest people are screwed first.” – *Chanakya (Ancient Indian Polymath)*
16. “Do not wait for leaders; do it alone, person to person.” – *Mother Teresa (Nun)*
17. “Business is all about risk-taking and managing uncertainties and turbulences.” – *Gautam Adani. (Adani Group, Chairperson)*
18. “Anyone who makes time frames beyond tomorrow probably isn’t pushing himself hard enough.” – *Anand Mahindra (Mahindra & Mahindra, Chairperson)*
19. “Corporate governance should be done more through principles than rules.” – *Adi Godrej (Godrej Group, Chairperson)*
20. “What doesn’t kill you makes you stronger.” – *M.S. Dhoni (Former Indian Cricket Team Captain)*
21. “When people can see which direction the leaders are going in it becomes easier to motivate them.” – *Lakshmi Mittal (ArcelorMittal, Executive Chairperson)*
22. “All times are good times for those who know how to work and have the tools to do so.” – *Mukesh Ambani (Reliance Industries, Chairperson & Managing Director)*
23. “Whenever you take a step forward, you are bound to disturb something.” – *Indira Gandhi (former Prime Minister of India)*
24. “Calmness in preparation but boldness in execution, this should be the watchword during the moments of crisis.” – *Vinayak Savarkar (Freedom Fighter)*
25. “As a leader, your every thought, emotion, and action impact many lives. It’s extremely important to work on how you are within yourself.” – *Sadhguru (Isha Foundation, Founder)*

“Reading quotes is like carrying wisdom in your pocket—each one a spark, a reminder, or a nudge toward a better version of ourselves.”





# “Human Dignity Day”



Dr. M. Kishore  
Associate Professor  
MNR PG Teacher Education College (M.Ed.)  
Kukatpally, Hyderabad

## Swadhyaya Parivar across the world celebrates 19<sup>th</sup> October as “Human Dignity Day”.

Man is actually a constellation of virtues by birth viz., Truth, Dharma (Dharma is understanding nature, obeying the laws of nature, and being reasonable while protecting nature), Seelam (meaningful behavior with non-violence, righteous dealings), selflessness, love, kindness, compassion, patience, sacrifice, friendship, cooperation, obedient mindset and many other supreme human virtues.

But at present, we see in our experience excessive selfishness, excessive hedonism, excessive violence and the accompanying attitudes, disordered way of life, ideology, and lack of guidance.

Come, as our forefathers said, “Isha vasyamidamsarvam” meaning God is everywhere. “Sarvasyachathamhridisannyvishtah” which means God is in everyone’s heart. Our studies should reveal our hidden virtues and proper culture should be developed. As a human being, one should know that living with values is right and wrong.

We should recognize our infinite divine qualities and infinite potential and live happily, richly and with inner peace and self-respect.

It should also be recognized that the other person has infinite qualities and infinite abilities. We should learn to give respect to every person.

This is how human dignity should be achieved. An ideal society of peace and harmony should be given to the coming generations. We should also lend our hand to make such an effort.

**“A person is a person because he recognizes others as persons” – Desmond Tutu**

# MAGICAL MIND

– AN ASPECT TO MANIFESTATION



Mrs. P. Jaya Madhuri  
Lecturer in Organic Chemistry  
MNR PG COLLEGE

**“When the fight begins within himself,  
A man’s worth something” — Robert Browning**

Manifestation is the ability to create your reality by harnessing the power of your thoughts and beliefs. A powerful tool that can help you achieve your goals, overcome challenges, and live the life you have always dreamt. Heart of Manifestation is by understanding the law of attraction

“Like attracts the like”, which means that the energy we put out in the world, that will attract back to us.

Simply by having positive thoughts and beliefs, attracts positive experiences and opportunities.

We exist in order that we may become something more than we are, not through favorable circumstance or auspicious occurrence, but through an inner search for increased awareness. To be, to become, these are the commandments of evolving life, which is going somewhere, aspires to some unsealed heights, and the awakened soul answers the call, seeks, grows, expands. To do less is to sink into the reactive prison of the ego, with all its pain, suffering, limitation, decay, and death. The man who lives through reaction to the world about him is the victim of every change in his environment, now happy, now sad, now victorious, now defeated, affected but never affecting. He may live many years in this manner, rapt with sensory perception and the ups and downs of his surface self, but one day pain so outweighs pleasure that he suddenly perceives his ego is illusory, a product of outside circumstances only. Then he either sinks into complete animal lethargy or, turning away from the senses, seeks inner awareness and self-mastery. Then he is on the road to really living, truly becoming; then he begins to uncover his real potential; then he discovers the miracle of his own consciousness, the magic in his mind.



To harness the power of this magical mind, it's essential to have a positive mindset, focusing on the wants, and believing to achieve the goals.

**This manifestation can be achieved by techniques as follows:**

**1. Visualization as power of imagination:**

Imagination is the tool by which we may be delivered from our bondage. We can decide what we will think. We can decide to originate thought from some secret wellspring within rather than in response to the stimuli of the outer world. We can resolve that the images in our minds will no longer be products of the conditions we meet, but instead that our visualization will be the result of our inner resources and strength, in conformance with our goals and desires. Thus the quality of our consciousness will be tempered by our true motivations and we are freed at once of the trap of defeating our purposes through giving credence to every obstacle.

**2. Meditation agency of secret self:** The first step of this meditation is to relax your entire body, body part by body part. Focus your attention on the sensation of the breath as it comes in and comes out heart-opening meditation, which helps us feel more calm, open and relaxed, the tone of our vagus nerve actually increases, and we activate the parasympathetic nervous system "stimulates our rest-and-digest response." This helps us be more focused, calmer and boosts our immune system. It's a stark contrast to how our body responds to stress, which decreases the vagus nerve tone and increases our blood pressure and heart rate.

Now we're ready to start manifesting. I suggest starting with one or two goals, but you can also work your way up to more, even as many as ten!

Your goals can be to raise more money for your start-up, to pursue the career you've always dreamed about, to fall in love, to get along better with your team — whatever you'd like!

**3. Journaling to work on :** keep a manifestation journal to track the process, write down goals and reflect on your thoughts and feelings.

Let's begin with your first goal. With your eyes closed and still in meditation, imagine what your life would look like if this goal were already accomplished. If your eyes were open, as you, with this goal having happened, what do you see? What colors? What shapes? Where are you? What are you wearing, what do you smell, who is with you? Stay with this. It may be hard at first. You might only see shapes or shadings of colors. But over time, and over days and weeks and months, the details will start to fill out. See, from your eyes as you, as much as you can about what your life looks like once you've manifested this dream.

**Conclusion:**

Mind Magic delivers an openhearted call to make manifestation part of a deeper contribution to healing the problems we face today.

**Reference :**

Magic mind - The Neuroscience of Manifestation and How It Changes Everything Book by James R. Doty



# Activities @ MNR Golden Kids (Navi Mumbai)

Cleanlines Activity & Diwali Celebrations  
@ MNR Golden Kids G27, Mumbai



Food Activity & Diwali Celebrations  
@ MNR Golden Kids G21, Mumbai



Dussehra, Gandhi Jayanti & Diwali Celebrations  
@ MNR Golden Kids G19, Mumbai



Dussehra & Diwali Celebrations  
@ MNR Golden Kids G2, Mumbai





# Activities @ MNR Golden Kids (Hyderabad)

**Bathukamma Festival Celebrations  
@ MNR Golden Kids G5, Pragathi Nagar**



**Diwali Celebrations  
@ MNR Golden Kids G28, Mallampet**





# Activities @ MNR Group of Schools

**Puppet Show Activity  
@ MNR I-Exceed School, Kukatpally**



**Field Trip to Post Office  
@ MNR High School, Chintal**



**Diwali Celebrations  
@ MNR School of Excellence, BHEL**



**Diwali Celebrations  
@ MNR I-Exceed School, Kukatpally**



**Teacher's Day & Diwali Celebrations  
@ MNR School of Excellence, Kamothe**



**Diwali Celebrations  
@ MNR International School, Palaspe**





# Activities @ MNR Group of Schools

Flowers Day Celebrations  
@ MNR High School, Chintal



Flower's Day Celebrations  
@ MNR High School, BHEL



Vinayaka Chavithi Celebrations  
@ MNR School of Excellence, Mehdipatnam



Diwali Celebrations  
@ MNR School of Excellence, Sangareddy



Diwali Celebrations  
@ MNR High School, BHEL





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

## ACTIVITIES @ MNR COLLEGE OF PHARMACY

MNR College of Pharmacy organized an informative Awareness Program on Breast Cancer on October 14, 2024, to educate on early detection and prevention



MNR College of Pharmacy organized a National Unity Day Rally on October 30, 2024, promoting national integration among students and faculty







[www.mnrindia.org](http://www.mnrindia.org)

# MNR GROUP OF SCHOOLS

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