

# MNR

# iNFOCUS

*Enriching the innerself*

October 2024

MNR's IN-HOUSE MAGAZINE



**Celestia - A Stellar Celebration: MNR Medical College Annual Day on 11-09-2024. Felicitation to the Guest, Dr. Chinnababu Sunkavalli, Robotic Surgical Oncologist, Yashoda Hospital. Alongside are Sri. M.S. Ravi Varma, Vice-Chairman (MNR Educational Trust) & Pro-Chancellor (MNR University), Dr. I Anil Kumar, Principal, Dr. P. Nagababu and Dr. Bhavani**

# Secular Living Saint

# R TANTATA

## THE BILLIONAIRE WHO GIVES BACK

When we think of wealthy people, we often picture big houses, fancy cars, and luxury. But Ratan Tata, one of India's most respected businessmen, shows us that true wealth isn't about money, it's about helping others. His name shines not because of the billions amassed, but because of his supreme humility and commitment to humanity, interrelation and belonging.

**His quotes can inspire us to think about our roles in society and encourage us to strive for meaningful impact.**

1. "I don't believe in taking accolades for what I've done. I believe in doing things and moving on." This shows his focus on actions, not fame.
2. "In a crisis, your duty is to step forward and help," he said, showing his commitment to society.
3. "Leadership is about taking responsibility, not making excuse" showing how to own mistakes.
4. "Power and wealth are not two of my main stakes," proving his heart is in helping, not in power.
5. "We make a living by what we get, but we make a life by what we give," showing his deep belief in charity.
6. He focuses on long-term efforts that uplift entire communities, ensuring lasting impact. "The difference between a good and great company is how it gives back," he says.
7. "I have always been very proud to be an Indian," reflecting his dedication to uplifting his country through his actions.

**In a world focused on earning more, Ratan Tata reminds us that the richest person is the one who gives the most.**

*Legends Never Die....*

Editorial.....

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**INFOCUS**  
MNR's In-House Magazine

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**Magazine**

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

## ACTIVITIES @ MNR DENTAL COLLEGE & HOSPITAL

Dr. Shravya, Assistant Professor in the Department of PHD-MNRDC, was awarded 2nd Best Paper Presentation at the 1st International Conference of India



Memorandum of Understanding signed between MNR Dental College and Simpladent, Switzerland



Naseemoun Shaik, Reader, has been awarded Best Mentor for her outstanding contribution to student success



Dr. Ravindra SV, Principal, has been recognized for Excellence in Leadership and Professional Development





Sri M N. Raju  
Chairman

MNR Educational Trust

# KUNTI

**S**urasena was the father of Vasudeva and Grandfather of Krishna. He was the Chief of the Yadava Council and ruled the prosperous city of Mathura and he was a worthy scion of the Yadava race. He had a daughter called Pritha noted for her beauty and virtue.

Surasena had a cousin, known as Kuntibhoja, who was childless. Surasena gave his daughter, Pritha, to Kuntibhoja, in adoption. After her adoption, she was known as Kunti.

When Kunti was very young, the sage Durvasa visited her father's palace and stayed almost one year there as their guest. During that time Kunti served the sage with all care, patience and devotion. The sage was so pleased with her Bhakti (devotion). Out of curiosity he had foreseen Kunti's future. He could see that she wouldn't be able to get children through her husband, though she would be the queen of a great kingdom and would be the wife of a great king. So the sage decided to help her.

He taught her a divine mantra and said "If you call upon any God, repeating the mantra, he will manifest himself to you and bless you with a son equal to him in glory".

The impatient curiosity of youth made Kunti to test the efficacy of the mantra. She invoked the Sun God by repeating the mantra. By the grace of the Sun, Kunti conceived a son with divine armour and earrings. The boy was bright and handsome like the Sun and he became one of the world's greatest heroes.

Then she realized her wrong. The world would blame her as an illegitimate mother of a child who was born before marriage. To hide her fault, she placed the child in a box and set it afloat in a river.

A childless charioteer happened to see the floating box and he took the beautiful child to his home. He and his wife brought up the child with great care and love. They named him as Karna.

When Kunti was of marriageable age, a Swayamvara was organized by Kuntibhoja. From the princely assembly, Kunti chose Pandu as her husband, the bright representative of the Bharata race. She accompanied her husband to Hastinapur.

Later, Pandu also married Madri, the sister of Salya, the king of Madra.

Pandu ruled the kingdom of Hastinapur, though he was younger to Drutharastra, because Drutharastra was blind.

During that time, the marriage of Drutharastra had also taken place with Gandhari, the sister of Sakuni.

Few years had passed very pleasantly. But neither Drutharastra nor Pandu had children and both of them were so eager to have son first, so that such son would be the future king of Hastinapur as per the law of the land.

One day kind Pandu was out hunting. A sage and his wife were also sporting in the forest in the guise of a deer and a dove and Pandu mistook them for real animals. He killed the deer and the dying deer turned to be a sage. Stricken to death, the sage cursed Pandu "Sinner you will meet the death, the moment you try to taste the pleasure of meeting a woman". The sage's name was Kindama.

Pandu was heartbroken and he felt that a man who cannot father a child was unfit to be the king. He refused to return Hastinapur and decided to live a life of a hermit in the forest of Satasinga along with other rishes. When the news reached the royal family, his wives also decided to live with him in the forest.

In Hastinapur, Druthasastra was made king under the care of Bhishma.

Pandu was so unhappy because he lost everything in his life. He lost the crown, he could never father a child, though he had everything. One day when Pandu was crying, Kunti told him about the mantra told by Durvasa. Pandu was so happy and asked Kunti to invoke a God to get a child. According to Pandu's choice, she invoked Yama, the God of Dharma and got instantly a boy, who was named as Yudhishtira and he was also known as Dharmaraja.

Again, on the desire of Pandu, she invoked Vayu and thus conceived Bhima.

Then she called Indra, the king of the Devas and gave birth to Arjuna.

Pandu also felt that Madri, his second wife also had children. So he asked Kunti to invoke the Ashwini twins, the lords of the morning and the evening stars Kunti did. Madri was blessed with Nakula (the handsomest man in the world) and Sahadeva (the most knowledgeable man in the world).

The five sons of Pandu, had the five qualities of the perfect king – Yudhishtira (honesty), Bhima (strength), Arjuna (skill), Nakula (beauty) and Sahadeva (wisdom).

Pandu lived a happy life in the forest with his two wives and five sons, in the company of many sages, in the forest.

One day, he could not resist the desire of spending time with Madri, as she was very beautiful and he was young. He touched her. No sooner did he do that, than Kindama's curse was realized and he died. The heartbroken Madri leapt into fire and killed herself.

Kunti became the mother and guardian to all five Pandava boys. On the advice, of the Rishies, Kunti moved to Hastinapur, after completing 'all after death ceremonies' of Pandu and Madri.

The five Pandavas and the hundred Kauravas were kept under the care of Bhishma. Bhishma appointed Kripacharya as their teacher. Later, Dronacharya was also appointed as their teacher.

# BHATHUKAMMA FESTIVAL



**Mrs. Kaveri Ittammala,**  
Professor

Dept. of Community Health Nursing



**B**athukamma, a vibrant Telangana festival celebrated by women, honors the goddess Bathukamma, seeking blessings for prosperity. The festival is synonymous with colors, flowers and water, where the goddess is made from flowers symbolizing life and impermanence.

## HISTORY AND SIGNIFICANCE

Bathukamma has ancient origins, dating back to the rule of the Chola Dynasty in the 3rd Century CE. It was traditionally celebrated by women as a prayer for a good harvest and the well-being of their families, over time the festival has evolved into a cultural extravaganza that celebrates the rich traditions and heritage of Telangana.

## CELEBRATIONS

- Day 1 - Engilipuvvula Bathukamma
- Day 2 - Atkula Bathukamma
- Day 3 - Muddapappu Bathukamma
- Day 4 - Nanabiyam Bathukamma
- Day 5 - Atla Bathukamma
- Day 6 - Aligina Bathukamma
- Day 7 - Vepakayala Bathukamma
- Day 8 - Vennamuddala Bathukamma
- Day 9 - Saddula Bathukamma

## MEDICINAL PROPERTIES AND REMEDIES OF BHATHUKAMMA FLOWERS

Bathukamma flowers have valuable medicinal properties, used for centuries in traditional medicine. They offer remedies for a wide range of ailments, including gastrointestinal disorders, skin infections, eye diseases, and even snakebites.

Here are some examples of Bathukamma flowers and their medicinal uses:

### **Gunugu Silver Cock's Comb (*Celosia argentea*):**

Treats bloody stools, hemorrhoidal bleeding, uterine bleeding, leucorrhoea, diarrhea, and bloodshot eyes.

### **Thangedu Tanners Cassia (*Senna auriculata*):**

Used for fevers, diabetes, urinary system diseases, constipation, and eye infections.

### **Pattukuchhu Cock's Comb (*Celosia argentea*):**

Treats infected sores, wounds, skin eruptions, gastrointestinal disorders and fever.

### **Rudraksha Chandrakantha (*Mirabilis jalapa*):**

Used as a diuretic, purgative, and for wound healing.

### **Gaddi Poolu Sedge (*Rhychosporawightiana*):**

Aromatic stimulant, mild tonic, used for digestion and nervous complaints.

### **Chamanthi Chrysanthemum (*Tarquinianbianco*):**

Used for influenza, acne, sore throats, fever, and circulatory disorders.

### **Gummadi Pumpkin (*Cucurbitapepo*):**

Anti-rheumatic, demulcent, diuretic, nerving, and taenifuge.

### **Mandaram Dasana (*Hibiscus rosa-sinensis*):**

Regulates menstruation, stimulates blood circulation, and treats liver disorders.

### **GaddiPoolu Globe Amaranth (*Gomphrenaglobosa*):**

Treats chronic bronchitis, whooping cough, dysentery, pertussis, and asthma.

### **Katla Skyblue Clustervine (*Jacquemontiapentanthos*):**

Provides food for pollinating birds and moths.

### **Nandivardhanam Butterfly Gardenia (*Tabernaemontanadivaricata*):**

Remedy for eye diseases, wounds, and hypertension.

The diverse uses of Bathukamma flowers demonstrate the deep connection between nature and human wellbeing, offering both cultural richness and practical healing benefits.



# THE MEDICINAL SPICE BOX & ITS MAGICAL EFFECTS



**Mrs. Dr. M. T. Sulthana,**  
Professor  
MNR College of Pharmacy

In our hectic life we are running without time to even eat. However, food is responsible for the production of energy in the body, the growth of cells and the healthy functioning of body organs. We need to be careful in choosing that food. India has a diverse food culture with each dish containing various spices belonging to different regions of the country. A spice is a seed, fruit, root, bark and other plant substances primarily used for flavoring, coloring or preserving foods. Right from the kitchen and medicinal uses in home spices have an important role to play in different places. As India is blessed with a varied climate each of its state produces some spice or the other. We are keeping medicines at home and running to doctors, that too has become an unknown item for the younger generation, about this magical medicinal box..! Earlier, our forefathers had the habit of using this box as a preventive medicine and a first aid kit. When marrying a girl, it must be added in sequence especially in South Indian Marriages. Depend upon the regional languages it is called as Popula Dappa (in Telugu), Anjarai Petti (in Tamil), ataranj etc.

## **Popula Dappa-What is this?**

The traditional masala box takes a unique place in Indian Cooking. In olden days it was made by wood, but currently available in brass, stainless steel and plastic and it is the secret bank of mothers to save some money also in home. Above all, it is no exaggeration to say that it is a medicine cabinet that can decorate the kitchen or a medicine cabinet that is kept to follow a disease-free lifestyle. It contains 5 to 7 boxes inside the round shape or square shape box that contains immune boosting spices. Rather than culinary uses, these spices have many medicated properties including antibacterial, antispasmodic, antioxidant, antiseptic, and carminative. Spices are being used in Indian Ayurveda and folk medicine



to treat many diseases like gynaecological problems, gastric problems, hepatic disorders, infectious diseases, and blood disorders.

## The Magic Masala (Medicine) Box Contains

### 1. Mustard Seeds

Most of the foods are seasoned with mustard because it reduces the various toxins in the body. It increases the blood flow. It protects us from inflammatory diseases. In 100 grams of mustard contains 508 calories (high calorie content). It contains easily digestible fibre and has the power to control bad cholesterol and reduce obesity.

### 2. Coriander Seeds

It is also called as Taniya Pitta. It is very helpful in liver function. It is the best antidote for dizziness, vomiting and fainting. People suffering from diabetes can control by soaking 10 grams of Taniya in water overnight and drinking that water in the morning. It is capable of curing many diseases like gas, cough, migraine headache, haemostasis, diabetes, gallstones etc.

### 3. Cumin Seeds

It is also called as 'Bhojana Gudori' means digesting food. Cumin seeds are full of nutrients like vitamin-B, iron, phosphorus, and zinc. It is majorly used to treat various gastric problems. It helps to prevent intestinal cancer. It also helps to control sugar level. It will help to dissolve the unwanted fats of the body. It is also improve the health of the heart and reduce the body weight effectively.

### 4. Black pepper Corns

It contains nutrients like vitamin-B, E and piperine. It helps to balance the three

elements in our body called Vata, Pitta and Kapha. Pepper overcomes the toxins in the body. It also helps to remove the infections that cause cold, cough, fever and reduces inflammation in the throat.

### 5. Fenugreek seeds

It is rich in iron naturally. So it helps our body to maintain iron content and haemoglobin level. It also helps to purify the blood. Makes better immunity, clears bile in body. It reduces body heat and used as a good dietary supplement for hair growth. It play major role for controlling type 2 diabetes.

### 6. Urad Dal

Urad dal is a rich source of both insoluble and soluble fiber, which helps in improving digestion. It is the best remedy for diarrhoea, constipation, cramps, or even bloating.

### 7. Chana Dal

Great for the Heart, improves muscle strength, Better Body Immunity, Disease Prevention, rich in calcium, aids weight loss, and many more.

### 8. Clove & Cinnamon

Cloves & Cinnamon acts as a Painkiller, lowers skin irritation, tumor, sore throat, pimples & acne. It is widely used in Indian Masalas including Garam masala & Chat Masala.

Apart from adding colour, flavour and taste, consumption of spices provide infinite health profits. You can be more creative in use of spices if you know its uses better. The excessive use of spices in food can cause harm to the health. Try to make specific use of these spices. This will help to make optimal use of the resources provided by nature. Strike the right balance and add some spice to your life.

*A Food Recipe has no Soul,  
You, as a cook must bring Soul To the Recipe*



*- Thomas Killer*



# LOW BACK PAIN (LBP) AND THE ROLE OF PHYSIOTHERAPY IN ITS MANAGEMENT AND PREVENTION



**Dr. P. Harish Kumar (PT),**  
Principal,

MNR's Sanjeevani College of Physiotherapy

The World Confederation of Physical Therapy (WCPT), now known as World Physiotherapy, was originally founded back on September 8, 1951. The organization was established as a means to measure, report, and endorse the impact of the global physiotherapy community. It has since represented approximately 127 organizations and over 600,000 physical therapists worldwide.

In 1996, WCPT officially designated its founding day of September 8 as World Physical Therapy Day. This day is now used to commemorate our global community of physical therapy professionals and raise awareness for the countless positive impacts this profession makes, from improving joint function and mobility to providing safe and effective chronic pain relief treatment.

Each year, World Physiotherapy aims to spotlight World PT Day with a unique theme and specific industry-related focus.

For 2024, the theme is Lower Back Pain (LBP). This year's focus shines a spotlight on one of the most common yet debilitating conditions affecting millions of people worldwide. It's a day to not only celebrate the physiotherapy profession but also to raise awareness about the critical role

physiotherapists play in managing and preventing lower back pain.

- LBP is the leading cause of disability globally. 619 million people experienced LBP in 2020, i.e., 1 in 13 people.
- LBP can be experienced at any age, and almost everyone will experience it at some time in their lives. However, it only becomes chronic (lasting more than 3 months) for a minority.
- 90% of LBP is non-specific, this means there is no one specific structure (eg. joint, muscle, ligament and disc) that can be found to cause it, and it is not due to a serious or specific underlying disease.
- Among health conditions that may benefit from rehabilitation, LBP is the condition that the greatest number of people could benefit from.
- Physiotherapists provide expert advice, guidance and treatment for LBP. They will help to improve your overall health and wellbeing, while reducing your chances of future episodes.
- In all types and at all stages of LBP, rehabilitation is essential to reassure people and help you make sense of your pain, help support recovery, return to activities you enjoy and maintain independence in daily living.

- Non-surgical interventions are recommended to help people experiencing LBP. Physiotherapists are specialists in the care of LBP, and can offer tailored treatment, including:
  1. Education programs that support knowledge and self-care strategies
  2. Physiotherapist-supervised exercise programs
  3. Physiotherapy interventions such as manual therapy
  4. Ergonomic advice
- Exercise has been shown to be the most helpful treatment for LBP. One type of exercise doesn't appear to be better than any other – remaining active and doing it regularly is the most important. Your physiotherapist will help you find an exercise that's right for you.

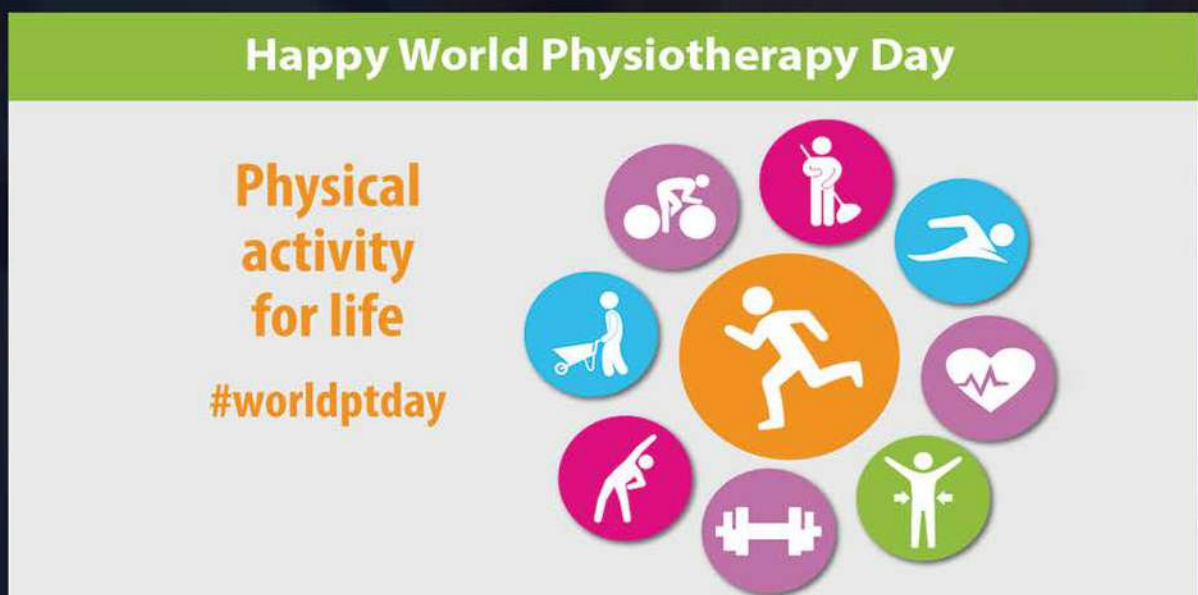
## Global Impact and Accessibility

The impact of physical therapy extends across borders, influencing health outcomes in diverse populations. Despite its proven benefits, access to physical therapy services remains limited in many parts of the world. World Physical Therapy Day 2024 highlights the need for equitable access to physical therapy services globally, advocating for policy changes, increased funding, and education to bridge gaps in care.

These activities aim to increase public awareness about the importance of movement and the availability of physical therapy services. Many countries also use this day to advocate for better healthcare policies and support for the profession.

## Conclusion

World Physical Therapy Day 2024 is more than a celebration. It is a call to action for better health through movement. As we observe this important day, let us acknowledge the dedicated efforts of physical therapists and commit to a future where everyone has access to the benefits of physical therapy. Embrace the theme "Movement for Health" by integrating more movement into your life and advocating for the transformative power of physical therapy. Together, we can create healthier communities and foster a world where everyone has the opportunity to thrive.



# Activities @ MNR Golden Kids (Navi Mumbai)

Puppet Show & Ganesh Chaturthi  
@ MNR Golden Kids G2, Mumbai



Nutrition Week & Teacher's Day  
@ MNR Golden Kids G6, Mumbai



Celebrated Ganesh Chaturthi  
@ MNR Golden Kids G21, Mumbai



# Activities @ MNR Golden Kids (Hyderabad)

Fruits Day Activity  
@ MNR Golden Kids G5, Pragathi Nagar



Celebrated Bathukamma  
MNR Golden Kids G28, Mallampet



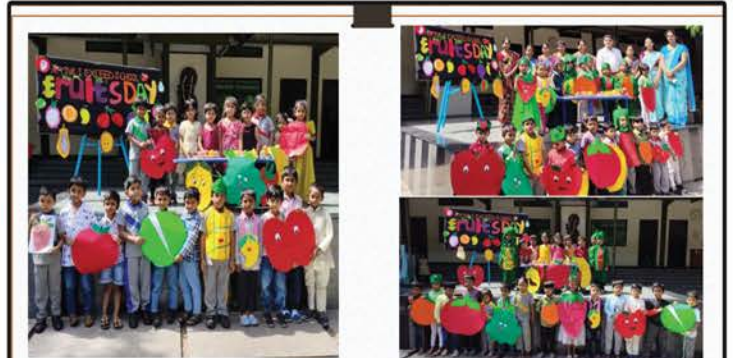
# Activities @ MNR Group of Schools

**Telugu Bhasha Dinotsavam Celebrations  
@ MNR I-Exceed School, Kukatpally**



**Telugu Bhasha Dinotsavam  
9th Sep 2024**

**Fruits Day Celebrations  
@ MNR I-Exceed School, Kukatpally**



**Fruits Day  
14th Sep 2024**

**Ganesh Chaturthi Celebrations  
@ MNR School of Excellence, BHEL**



**Peace Day Celebrations  
@ MNR School of Excellence, Kamothe**



**Fruits Day Celebrations  
@ MNR School of Excellence, BHEL**



**Teacher's Day Celebrations  
@ MNR International School, Palaspe**



# Activities @ MNR Group of Schools

**Flowers Day Celebrations  
@ MNR High School, Chintal**



**Ganesh Chaturthi Celebrations  
@ MNR High School, BHEL**



**Teacher's Day Celebrations  
@ MNR High School, BHEL**



**Hindi Diwas Celebrations  
@ MNR School of Excellence, Mehdipatnam**



**Field Trip To Rashtrapathi Bhavan  
@ MNR School of Excellence, Sangareddy**



**District Level Drawing Competition  
@MNR School of Excellence, Sangareddy**



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

## ACTIVITIES @ MNR COLLEGE OF PHARMACY

MNR College of Pharmacy proudly celebrated Graduation Day on 1st October, 2024, honoring the achievements of its graduates and marking a significant milestone in their academic journey



## ACTIVITIES @ MNR MEDICAL COLLEGE & HOSPITAL

MNR Medical College & Hospital hosted its Annual Day, Celestia, on September 11, 2024







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

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