

MNR

i NFOCUS



Enriching the innerself

February 2021

MNR's IN-HOUSE MAGAZINE

*“ The Spirit of winning
is only our goal ”*



SALUTE TO INDIAN ARMY

I Promise Myself

- To be so strong that nothing can disturb my peace of mind.*
To talk health, happiness, and prosperity to every person I meet.
To make all my friends feel that there is something worthwhile in them.
To look at the sunny side of everything and make my optimism come true.
To think only of the best, to work only for the best.
and to expect only the best
To be just as enthusiastic about the success of
others as I am about my own.
To forget the mistakes of the past and press on to the
greater achievements of the future.
To wear a cheerful expression at all times and give a smile
to every living creature I meet.
To give so much time to improving myself that I
have no time to criticize others.
To be too large for worry, too noble for anger, too strong for fear,
and too happy to permit the presence of trouble.
To think well of myself and to proclaim this fact to the world,
not in loud words, but in great deeds.
To live in the faith that the whole world is on my side,
so long as I am true to the best that is in me.

- Christian D. Larson



Editorial.....



INFOCUS
MNR's In-House
Magazine

FEBRUARY 2021

Dear Readers,

“Discipline” means not to be silent, not to be inactive; it is to learn more and to improve our day-to-day behaviour and thinking habits.

Self-Discipline means one should imbibe all the aspects like What to think, What to do, How to do, How to think, behave and act. When we follow all these aspects willingly without deviation it is called as Self Discipline.

Earlier to develop these aspects of self-governance or self-discipline religious education and moral education was into use. Self-discipline promotes positive relations with others, fosters academic achievement enhances self perceptions of self-worth and self-reliance. Self-discipline commonly known as character education includes empathy, responsibility, conflict resolution, anger management and social problem solving. It develops social and emotional skills and prevents behavioural problems.

Self-discipline is an essential aspect of every individual's life, throughout the journey from school to college to work. Self-discipline requires minimum external control.

Self-Discipline is not to live a controlled or restrictive life style. But it is to have control over oneself. It helps an individual to make the right decisions and achieve goals. It makes a person to remain consistent in their work and helps them achieve success. It should never be ignored. Self-discipline helps us grow stronger.

Let us make ourselves self disciplined and self reliant.

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YOU ARE YOUR MIND-XLI

An ant told a man “People block my path. I spontaneously find an alternative path and keep marching. They push me off the wall, I with resilience, climb once again”. It further said, “I carry on with the belief ‘I can’. Till I die, I try, I fight, I strive, and live with a strong belief ‘I can’, I lose this sense of ‘I can’ only at the death”.

The ant asks again, “Hey, man! if I can do this as a small ant, how about you? How much is possible by you? It is possible only to you, if you only believe ‘I can’.

A Man’s heart said to the man

“O man! I began beating when you were in the womb.

And I will keep on beating till you reach the tomb.

I know ‘I can’ right till the end.

After all if I cannot, then that will be your end

I am only one organ in your body. O man!, you being the master of your complete body can do much more ... only if you believe that ‘you can’.”

My dear reader friend, I think you are able to understand, what an ant is saying and what your own heart has been telling during your journey from womb to tomb. Yes, really it is correct. Make yourself more successful. Make your mind (both conscious and sub-conscious minds) more dynamic and bring more beauty to your life.



Sri M N. Raju
Chairman

MNR Educational Trust

There is a saying:

A wise old owl lived in an oak.

The more he saw, the less he spoke.

The less he spoke, the more he heard.

That means, one has to see more and speak less. When you speak less, your observation and understanding levels get increased. When your observation is deep and you talk less, your mental energy is saved and your insight about the worldly issues and their solutions becomes clear and it leads towards spirituality.

Self-confidence is the key for success. There are no limits to what you can accomplish, except the limit you place on your own thinking. Human mind has no limits. It is the most wonderful creation of God. Its power is unlimited, yet it needs training, step by step, bit by bit. To give this training confidence is required. The people who do not have confidence in their own self, limit themselves to the comfort zone, without expanding their thinking power.

There is a lot of difference in thinking process.

The average people have only wishes and hopes, but great people have goals and plans. The average people are happy or contented with wishes but not actions. They do not dare to risk, whereas the great people dare to dream, add action and invite risk because they have confidence in themselves. They have boldness. It makes them genius. They become powerful and they create magic. They know that fear is enemy of success and fear makes them off success.

Successful people do not compare themselves with others.

They compare themselves with their previous actions.

To be successful you need not be different from what you are, but only need to be more than what you were.

Your self-confidence is not from outside but from inside. No one can create confidence in you, but you can, only you can. So use more of your mind power and if you use your mind more, it shines as the most used key shines more brightly. Then only you are confident and you believe in yourself and then the world will start in believing you.

You also think that:

- There is no problem you cannot solve.
- There is no obstacle you cannot win.
- There is no goal you cannot achieve.
- Provided you have the will power.
- You develop confidence in acting confidently.
- You develop courage in acting courageously.

Who kills your self-confidence?


Fear kills your confidence.

- The fear of rejection.
- The fear of failure.
- The fear of losing job.
- The fear of implementing the idea.
- The fear of doing wrong.
- The fear of ridicule.
- The fear of getting backlashes.
- The fear of change.

Note: Since fear is the greatest enemy of our self-confidence and progress, one should be free from fear.

How to improve self-confidence?

- Dream big, as to dream small is crime.
- Begin your day early and with a pleasant note.
- Dress well and feel smart.
- Have always a smiling face.
- Express your words in good language and with good body language too.
- Reach your School / College / Office early.
- Have clarity about lessons / work, since clarity is power.
- If you face any problem, try to find solution, since every problem has a solution.
- Create your own favorable environment.
- Plan your work.
- Keep cool and have no tension.
- Take responsibility and don't try to become others.



The Brave Heart of Galwan Valley

“Indian Army” when we utter these two words your heads get down with respect and gratitude to their sacrifice and nobility.

India’s second highest gallantry award, The Mahaveer Chakra was awarded to 37 year old Col.Bikkumala Santhosh Babu, posthumously for the acts of conspicuous gallantry in the presence of the enemy whether on land, at sea or in the air.

The resident of Suryapet in Telangana, who wanted to be with the Indian Army since he was a boy, was born on 13th February 1983 and died on 15th June 2020. He was among the first Indian soldiers to have been killed in action against the Chinese People’s Liberation Army.

Babu was the only son of Bikkumalla Upender and Manjula. He was a brilliant boy right from his school days. Babu then was accepted to a Sainik school in Korukonda where he completed class 12th. Babu has love towards the nation since his childhood. He never had turned back from his dream of becoming an Army Officer. He joined the National Defence Academy on 27th November in 2020. He was commissioned a Lieutenant in 16 Bihar on 10th December 2004, one of 105 successful cadets. He was promoted to Captain 2006. During his service he was attached to the Rashtriya Rifles in Jammu and Kashmir.

He was empathetic and at the same time bold. He got married to Santhoshi in 2009 and was blessed with a daughter Abigna and a son Anirudh.

He was then again promoted as lieutenant Colonel on 10th December 2017. He was again posted to Jammu and Kashmir in 2019. When he was promoted full colonel in February 2020 and expected to be posted to Hyderabad, he was martyred in action during the 2020 China India Skirmishes.

On 14th June a group of Peoples Liberation Army troops erected tents and an observation posts on LAC (Line of Actual Control) – a National Demarcation line that separates Indian Controlled territory from Chinese – Controlled territory in the Sino-Indian Border dispute. Babu personally led a delegation to the Chinese in the night of 15th June, observing that the soldiers from Babu's troops differed from whom they have seen, Babu asked them about why they had erected the observation post. For which a PLA (Chinese People's Liberation Army) Soldier reportedly cursed the colonel in Chinese causing the Indian soldiers to fist fight for 30 minutes.

The Indian soldiers got succeeded in beating and destroying the Chinese observation post. Though severely injured Babu not looking for himself called for reinforcements. PLA troops took an advantage of this situation and attacked the Indian troops who were left in three to one. They attacked the Indian troop with sticks, stones and clubs wrapped in barbed wire. Not taking a step back, the Indian soldiers of 16 Bihar charged with bayonets and attacked then with their own iron rods and clubs. This fight went furiously in which the Indian soldiers got wounded terribly. PLA reinforcements then started throwing stones

at Indian soldiers, where apparently one struck Babu on the head at around 9 PM causing him to fall into the Galwan river.

Babu's body was flown by military aircraft to the military airport at Hakimpet in Telangana. His funeral was attended by thousands of mournes.

For his greatest act of courage and sacrifice he was posthumously decorated with Mahavir Chakra (MVC) the second-highest Indian war time Gallantry award.

He was the true spirit of service with aggressive action by an overwhelming strength to fight enemies. He was deployed in Galwan valley (Eastern Ladakh) in operation snow Leopard. He fought, despite being grievously injured, hand in hand until his last breath.

We salute to such great soldiers who stood high and strong.

They say: "We fight to win and win with a knock out, because there are no runners up in the war'.

One flag does not fly because the wind moves it. It flies with the sacrifices and the life given by the brave soldier pride and honour for they are the greatest assets of the Nation.



**WE SALUTE YOU
SOLDIERS**

SETTING AND ACHIEVING YOUR GOALS



Mrs. G. Padma
Principal,

MNR High School - Bhel

Knowledge helps you to reach your destination provided you know what the destination is. Unless we focus, we cannot achieve our goal. It is hard to focus and concentrate but it is a skill that can be learned. Goal setting involves the development of an action plan designed to motivate and guide a person or group towards a goal.

When a student is able to set goals, it helps them to be accountable for every action or step they take. Having goals makes the learners aware of their actions, efforts, and even their time management skills. Goal setting is fundamental to the long term success of any student. It is a process that starts with careful consideration of what you want to achieve, and ends with a lot of hard work to actually do it.

People confuse goals with dreams and wishes. Dreams and wishes are nothing more than desires. Desires are weak. Desires become strong when they are supported by

- Direction
- Dedication
- Determination
- Discipline
- Deadlines

That is what differentiates a desire from a goal. Goals are dreams with a deadline and an action plan. Goals can be worthy or unworthy.

Goals without action are empty dreams. Action turn dreams into goals. Even if a person misses his goal, it does not make him a failure. Delay does not mean defeat. It only means we have to revise our plan to reach our target. Just like a camera needs focus to take a good picture, we need goals to make a productive life.



There are many reasons why people don't set goals, including..

1. A pessimistic attitude- Always seeing the pitfalls rather than the possibilities.
2. Fear of failure-thinking. "What if I don't make it?" People feel subconsciously that if they don't set goals they can't fail. But they are failures nevertheless for having no goals is the sign of a failure.
3. Fear of success-low self-image or fear of having to live up to their success causes some people to fear success.
4. A lack of ambition- a result of our value system and lack of desire to live a fulfilled life. Our limited thinking prevents us from progress.
5. A fear of rejection- Worrying that, "if I don't make it, what other people say?"
6. Procrastination- thinking "someday, I will set my goals." This ties in with a lack of ambition.
7. Low self-esteem- because a person is not internally driven and has no inspiration.
8. Ignorance of the importance of goals- nobody taught them and they never learned the importance of goal setting.
9. A lack of knowledge about goal setting- people don't know the mechanics of setting goals. They need step-by-step guide so that they can follow a system.

Goal setting is a series of steps. Goals must be SMART. **S**pecific, **M**ust be **M**easurable, **A**chievable, **R**ealistic, **T**ime bound.

Here is a simple and effective five-step strategy that you can use to help you set goals:

1. Decide exactly what it is that you want. You can do this for each area of your life-mental, spiritual, financial, health & relationships.
2. Write out a clear description of what you want. Write this in detail, specifying exactly what you want, by when and what you intend to do to achieve it. Remember there is no such thing as something for nothing.





SUDHA NAIR

Principal,
MNR International School
Panvel, Navi Mumbai.

A SALUTE TO CORONA COMMANDOS

The year 2020 has been a redefining year in our lives. The corona virus took the whole world by storm. Each one of us were affected in one way or the other. Several nations witnessed a huge toll in terms of number of patients, number of deaths and even the collapse of their health care systems.

It slowly has sunk into our senses that it's going to be a long march, a tough walk and a difficult phase. The battle was declared against corona virus and battle against our own fears too.

On the frontline of India's battle, against covid-19 stood our warriors, the health care professionals, the Local Police force, Central Armed Police forces, the Sanitation workers and Security Personnel. These warriors first won the battle in their minds and hearts and launched themselves with a burning desire to beat and overpower the enemy and halt the march of covid-19. In the

wake of this unprecedented calamity the medical community including the doctors, nurses and the representatives of medical staff took up the charge by becoming brave medical army. Armed with stethoscopes, thermometers, injections and ventilators they came to relieve us from the havoc caused by covid-19. But little did we know that these warriors themselves were vulnerable to this dreadful disease. Yet they fought tooth and nail by giving everything to uphold their job responsibilities even at the cost of being away from their families.

One cannot forget the other warriors who battled out in the open to control the situation. The image of the men in khaki - our police force in December 2019 came under severe criticism for being heavy handed to silence the voices of the dissent over Anti-Citizenship Act. From March the whole scenario changed. Their roles were reversed, from stern lathi wielding cops to selfless corona warriors who went beyond their call of duty. They selflessly risked their lives while their families

remained in the state of fear and doubts.

They stepped out to ensure that everyone was safe, they co-ordinated the supply of food and essential services, accompanied health workers into the slums. They stood guard at Containment Zones hospitals. One could witness the sights of social welfare initiatives by providing food to the needy, helping senior citizens and feeding even stray dogs.

After the medical professionals, the police force were the most vulnerable working in adverse conditions. The police force used creative and innovative methods to reach out to people and stress upon the message of Social Distancing. They wore helmets with messages and conducted special drives, stopped pedestrians at various

checkpoints and bus –stops. They were seen singing and dancing. We saw a new avatar of the police.

The battle is on. But thanks to the efforts of these frontline warriors, our nation is slowly emerging from what could have been a devastating situation. We all are indebted to these warriors for their selfless service and the sacrifices made by them.

A Big Thank You Dil Se.....



Celebrating Army Day

MN.R International School, Palaspe on the occasion of the Army Day paid tribute to the bravehearts and thanked them for their selfless service by conducting a special online programme for their students. The school also paid tribute to all the frontline warriors of the Coronavirus who fought the most severe global health emergency in history.

M.N.R. International School paid respect to the medical community and the police force who gave everything to uphold their responsibilities even at the cost of their own lives and being away from their families. The Joint Director of MNRIS, Seema Gensou; the principal, Sudha Nair; teachers and non-teaching staff visited the Hande Hospital at Old Panvel to thank the medical staff for their valuable services. They even visited Palaspe Police Station for showing their gratitude to the men and women of law enforce-



ment. The medical team and the police staff were given a 'Thank You Card' and a sapling as a token of respect and appreciation. MNRIS salutes all these frontline warriors.

WHAT IS HEEL PAIN?



MIRZA SHAMA FATHIMA

Any physical discomfort on the back or the underside of the heel that may make walking uncomfortable.

Few examples which cause heel pain?

They include poorly fitting shoes, wearing high heeled shoes, prolonged period on feet, overuse such as long walks or marathons, sprains, strains or trauma.

Common causes of heel pain include obesity, ill-fitting shoes, running and jumping on hard surfaces, abnormal walking style, injuries and certain diseases. Plantar fasciitis inflammation of the ligament that runs the length of the foot, commonly caused by over stretching.

It is most often caused by plantar fasciitis, a condition that is sometimes also called heel spur syndrome when a spur is present. Heel pain may also be due to other causes, such as a stress fracture, tendonitis, arthritis, nerve irritation or, rarely, a cyst.

Is heel pain a sign of diabetes?

While the danger of numbness and loss of sensation from peripheral neuropathy is the biggest threat to diabetes sufferers, feet with sensation (that can feel pain!) are no picnic either. Diabetes can contribute to painful feet, especially heel pain from plantar fasciitis.



Is it ok to walk with plantar fasciitis?

If the plantar fascia is strained by the way you walk or by repeated stress, it can become weak, swollen, and irritated (inflamed), and it can hurt when you stand or walk. Conditions or activities that may lead to plantar fasciitis include: Things that affect how the feet work

Why does my heel hurt when I get up from sitting

Plantar fasciitis typically causes a stabbing pain in the bottom of your foot near the heel. The pain is usually the worst with the first few steps after awakening, although it can also be triggered by long periods of standing or when you get up after sitting. The pain is usually worse after exercise, not during it.

RISK FACTORS OF HEEL PAIN.

1. Athletic activity.
2. injury to heel
3. Over weight.
4. Improper foot wear.

How can you prevent heel pain?

1. Wear shoes that fit properly and support the foot.
2. Wear the right shoes for physical activity.

3. Stretch your muscles before exercising.
4. Pace yourself during physical activity.
5. Maintain a healthy diet.
6. Rest when you feel tired or when your muscles ache.
7. Maintain a healthy weight

How do I stop my heels from hurting my shoes?

“The best way to reduce heel pain is to give your injured soft tissue some rest — and some support... Grab the back of the shoe in the heel area with one hand then grab the ball of the shoe with the other and twist. A good shoe will resist this twisting motion. Never buy a shoe that you can easily twist.



Heel pads provide extra support

If plantar fasciitis is the cause of your heel pain, a treatment plan can help speed up your recovery.

- Physical Therapy
- Supportive Shoes
- Exercises and Stretches
- Calf Stretch
- Heel Raises
- Rolling Pin
- Toe Stretch
- Towel Curl



How can heel pain be treated?

- Rest as much as possible.

- Apply ice to the heel for 10 to 15 minutes twice a day.
- Take over-the-counter pain medications.
- Wear shoes that fit properly.
- Wear a night splint, a special device that stretches the foot while you sleep.
- Use heel lifts or shoe inserts to reduce pain.

Heel pads provide extra support

- Stretch your calves
- Stand an arm's length from a wall
- Place your right foot behind your left
- Slowly and gently bend your left leg forward
- Keep your right knee straight and your right heel on the ground
- Hold the stretch for 15 to 30 seconds and release
- Reverse the position of your legs, and repeat

Simple Exercises for Heel Spurs



Selected Article written by the students in the Article Writing Contest.

Are you inspired by any moral story or real story?
How? Explain about it.

True Friend

Horror gripped the heart of the world war I soldier as he saw his lifelong friend fall in the battle. Caught in a trench with continuous gunfire whizzing over his head. The soldier asked his lieutenant if he might go out into the “no man’s land” between the trenches to bring his fallen comrade back.

‘You can go’ said the Lieutenant. “but I don’t think it will be worth it. Your friend is probably dead and you may throw your life away. The lieutenant’s advice didn’t matter, and the soldier went anyway. Miraculously he managed to reach his friend, hoist him onto his shoulder and bring him back to their company’s trench. As two of them tumbled in together to the bottom of the trench, the officer checked the wounded soldier,

and then looked kindly at his friend. “I told you that it wouldn’t be worth it. He said. “Your friend is dead and you are mortally wounded.” It was worth it, though, sir,” said the soldier, “What do you mean; worth it?” responded the Lieutenant. “Your friend is dead.”

“Yes sir the private answered.” But it was worth it because when I got to him, he was still alive and I had the satisfaction of hearing him saying, “Jim, “I know you’d come.”

Many times in life, whether a thing is worth doing or not, really depends on how u looks at it. Take up all your courage and do something your heart tells you to do so that you may not regret not doing it later in your life. May each and every one of you be blessed with the company of TRUE friends.



Selected Article written by the students in the Article Writing Contest.

India is now in the process of transformation of Greater prosperity. What kind of role would you like to play in the future, for the growth of India?

As India becomes more of a world power, it must tackle some important human rights issues. Along with gender violence, there are still many barriers to women succeeding in Indian society. Although women are educated, many poor girls are forced into marriage at an early age. The failure to protect women's rights is a major stain on India's reputation.

India has the second largest population in the world with over 1.2 billion people. Although many of its people are educated professionals, about 21% of India's people live below the poverty line. Most Indians rate their Prime Minister Narendra Modi very highly, and about 68% of Indians believe that India plays a more significant role in the world today than it did ten years ago. However, people in U.S and Europe don't see India as quite the power player on the world stage that Indians do.

Future of India:- It is driven by the belief that India can build shared prosperity for its 125 billion citizens by transforming the way the economy creates value. Corporate India has a critical role to play in this, not only by creating value by addressing key social needs, but in supporting a vibrant entrepreneurial sector.

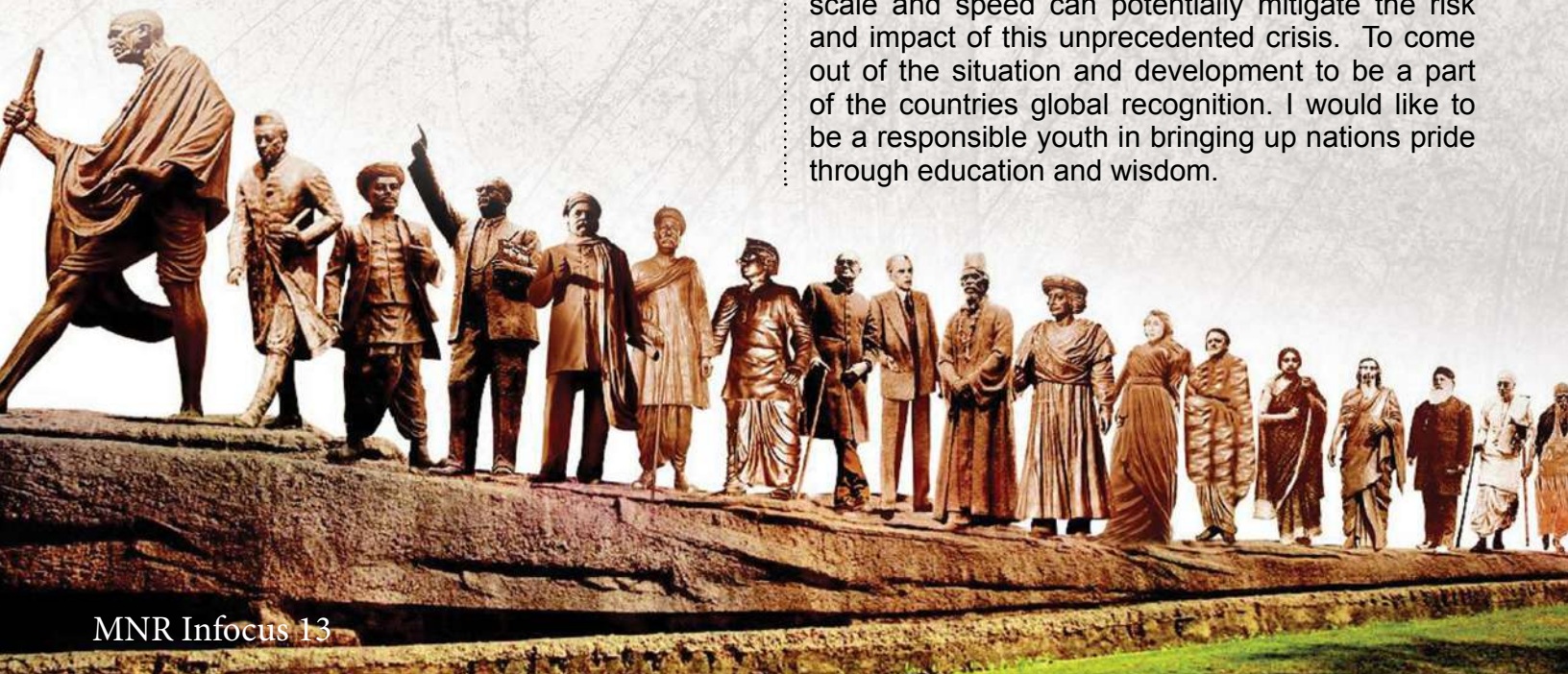
Analysis of key sectors such as education, healthcare, agriculture, financial service power manufacturing, retail, urbanisations, digital and physical connectivity suggests that new solutions are necessary in each sector. We believe India can be an example for other growth markets.

But over the past 20 years, India has really emerged as a dynamic, influential country. It's been one of the world's fastest growing major economies, and its playing an increasingly important role in the world affairs, including as a member of the G20 and the BRICS group of newly industrialized nations.

The current situation on India is quite hopeful. The universities are improving. India can contribute to how we solve problems globally. But to our misfortune.

The dramatic spread of COVID 19 has disrupted lives, livelihoods, communities and business, must urgently come together to minimize its impact on public health and limit its potential for further disruption to lives and economics around the world.

However the sum of many individual actions had added up to a sufficient response. Only coordinated action by business combined with exceptional scale and speed can potentially mitigate the risk and impact of this unprecedented crisis. To come out of the situation and development to be a part of the countries global recognition. I would like to be a responsible youth in bringing up nations pride through education and wisdom.



Students who won I & II places in the contest of Article Writing school wise.

IV

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MNR School of Excellence - Navi Mumbai



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A. Kanika Reddy



S. Hima Bindu



Sri Sai Sowrya



G. Satish Abinay



Saanvi Silakala

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Abdul Wasey



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G. Sreehitha



K. Sreevidhya



Deekshitha



Asma



Yashaswi



Sindhuja

MNR High School - Chintal



P. Sriram



K. Manoj



P. Akshay



V. Karthikeya



L. Varnika



G. Vinaykanth

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MNR School of Excellence - Navi Mumbai



Purva Bhusare



Rebeca Jacob



Parth Tupe



Sanvi Pachave



Shalmali Rane



Saumya Pawar

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Prachi Upadyay



Sonakshi Nidhi



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S.Laxmi Priya



G. Jenith



Parveen Sulthana



P. Gracy



Maryam



Raviteja

Activities @ MNR Golden Kids (Navi Mumbai)



Activities @ MNR Golden Kids (Hyderabad)



Activities @ MNR Group of Schools



Kukatpally, Hyderabad



Chintal, Hyderabad



Navi Mumbai



Bhel, Hyderabad



Navi Mumbai

Decorating pongal pot.



Mehdipatnam, Hyderabad

Activities @ MNR Group of Schools



Navi Mumbai



Chintal, Hyderabad



Bhel, Hyderabad



Mehdipatnam, Hyderabad



Kukatpally, Hyderabad



Sangareddy, Hyderabad

Our Motto

EDUCATION *And* HEALTH



Well organized
BUS FACILITY
with regular
SANITIZATION

Your
child
is in
safe
hands



- ◆ Sanitized school premises.
- ◆ **Spacious and well ventilated class rooms.**
- ◆ **Seating arrangements redesigned according to social distancing norms.**
- ◆ **Hygienic toilets.**
- ◆ Trained helpers to sanitize students at the entrance.
- ◆ Thermal screening everyday.
- ◆ **Hand sanitizer Provided**
- ◆ **Face Masks Mandatory for all.**
- ◆ Rescheduled time-table according to government guidelines.
- ◆ Well trained teachers and staff to deal with the pandemic.
- ◆ Awareness programmes for parents and students
- ◆ Frequent sanitization of common areas

MNR GROUP OF SCHOOLS

HYDERABAD | MUMBAI | SHARJAH
(Dubai)

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