

MNR

iNFOCUS



Enriching the innerself

NOVEMBER 2021

MNR's IN-HOUSE MAGAZINE



**COME TO ENRICH YOURSELF
GO TO ENRICH NATIONSELF...**

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

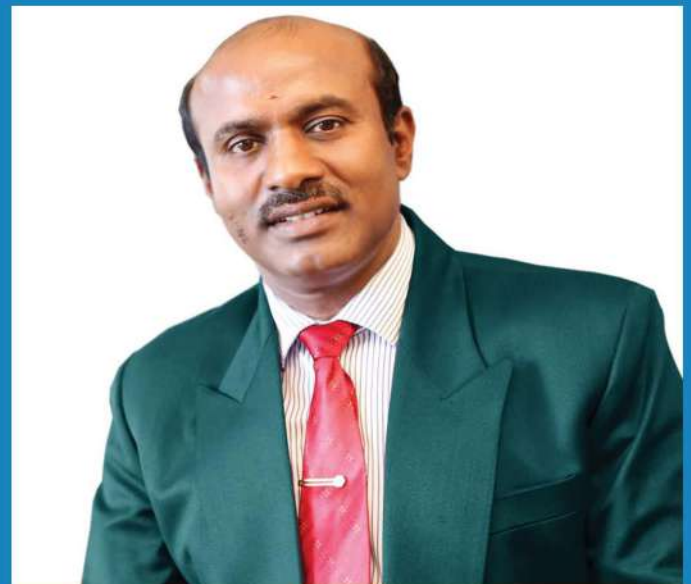
We, at MNR group of institutions heartily congratulate Dr. Sowmithri M.L. MD., assistant professor of Community Medicines of MNR Medical College and Hospital for receiving the Dr. A.P.J Abdul Kalam Health and Medical Excellence Awards, October 2021! We wish her all the very best on her future endeavors and all success in the coming years.



On the occasion of world food day, MNR Dental College and Hospital has organized a "Healthy Flavours 2021 - Flameless Cooking Competition" on 26th October 2021 in the Examination Hall.



For the second consecutive year, Prof.V. Alagarsamy is named in the world's top 2% of Scientists List. This recognition places MNR College of Pharmacy in the global map of excellence in Pharma research and brings great pride to the institute.



Editorial.....



WISDOM

Dear Readers,

“There is more profit in it than there is in silver; it is worth more to you than gold. Wisdom offers you long life, as well as wealth and honour.”

Wisdom is an elusive concept. It entails a combination of knowledge, experience, discretion and maturity, a sense of what is best worth knowing and doing

Without wisdom we probably won't make the effort or have the ability to benefit from doing so. “Knowledge is power”, but without the wisdom to use it wisely, what is the point?

Knowledge is only one part of wisdom. In addition to knowledge we need experience more than any other single thing that allows us to use the knowledge “critically or practically”.

In addition to knowledge and experience, wisdom encompasses a few more characteristics. Things like integrity, kindness, tolerance, patience, generosity, and humility spring to mind. The ultimate goal of wisdom should be to live a happy, meaningful life, making a positive difference in the world and leaving all those we come into contact with better off than before they met us. It's doing and being as well as knowing.

Seek wisdom as if your life depended on it!

Editor

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LIFE IS FOR LIVING

Life is a gift we're given each and every day.

Dream about tomorrow.

But live for today.

To live a little, you've got to love a whole lot.

Love turns ordinary into the extraordinary.

Life's a journey always worth taking.

Take time to smell the roses.

And tulips.. and daffodils.

And lilacs... and sunflowers.

Count blessings like children count stars.

The secret of a happy life

Isn't buried in a treasure chest..

It lies within your heart.

It's the little moments that make life big.

Don't wait. Make memories today.

Celebrate your life!

YOU ARE YOUR MIND-XLVIII



Sri M N. Raju
Chairman

MNR Educational Trust

What do we think about God?

- We think that God is a cosmic father.
- We think that God is benevolent.
- We think He is harsh.
- We think He is always judging us.
- We think He is always evaluating us.
- We think He is separate entity from us.
- We think He always controls us.
- We think He draws his wrath on us.
- We think we never displease him.
- We think He is pleased by our sacrifices.
- We think we have to appease him.
- We think He is pleased by our rituals.
- We think He is happy with our praising words.
- We think we can bribe him.
- We think He needs good Prasadam.
- We think He needs our support.
- We think we have to fight with other religions to protect him.
- We think we are sinners.
- We think God is our redeemer.
- We think our prayers are excuses from wrongs.
- We think we can manipulate God by prayers.
- We think we can get his attention by our sacrifices.

- We think God is pleased by rich ornaments.
- We think He is somewhere above.
- We think Pooja room is only his place.

The humans think about God in many ways and also pray God in many ways. Some of the ways we follow to pray God are even very strange. However all the 'ways' are because 'human mind' is itself a 'strange one'.

- Some follow all rituals,
- do fasting,
- wake up all night,
- chant and write God's name,
- walk on fire,
- pierce their body,
- roll on the ground,
- walk many days with barefoot,
- climb mountains,
- give away all wealth,

- travel to all holy places,
- seek a guru,
- read book after book,
- do Bhajans,
- talk about all religions,
- attend discourses,
- perform Yagnas,
- do Yoga,
- serve food,
- sing songs,
- some cry,
- write book after book,
- some loose themselves,
- some surrender to their belief,
- some meditate,
- some live in consciousness,
- some serve others.

But some believe that God is everywhere and in everything. Those who know God, they say ‘where is God not?’ They realize their mind, read it, rein it, rank it and reap it, by believing God.

The reality is:-

- We are not separate from God.
- We are small units of God.
- We are part of wholeness of God.
- We are not mortals.
- We are eternal spiritual beings.
- We are not only mind and body.
- We are our souls.
- We are temporarily related to our body.
- We have inherited all powers of God.
- We are liberated when we can understand “wisdom of Truth”.

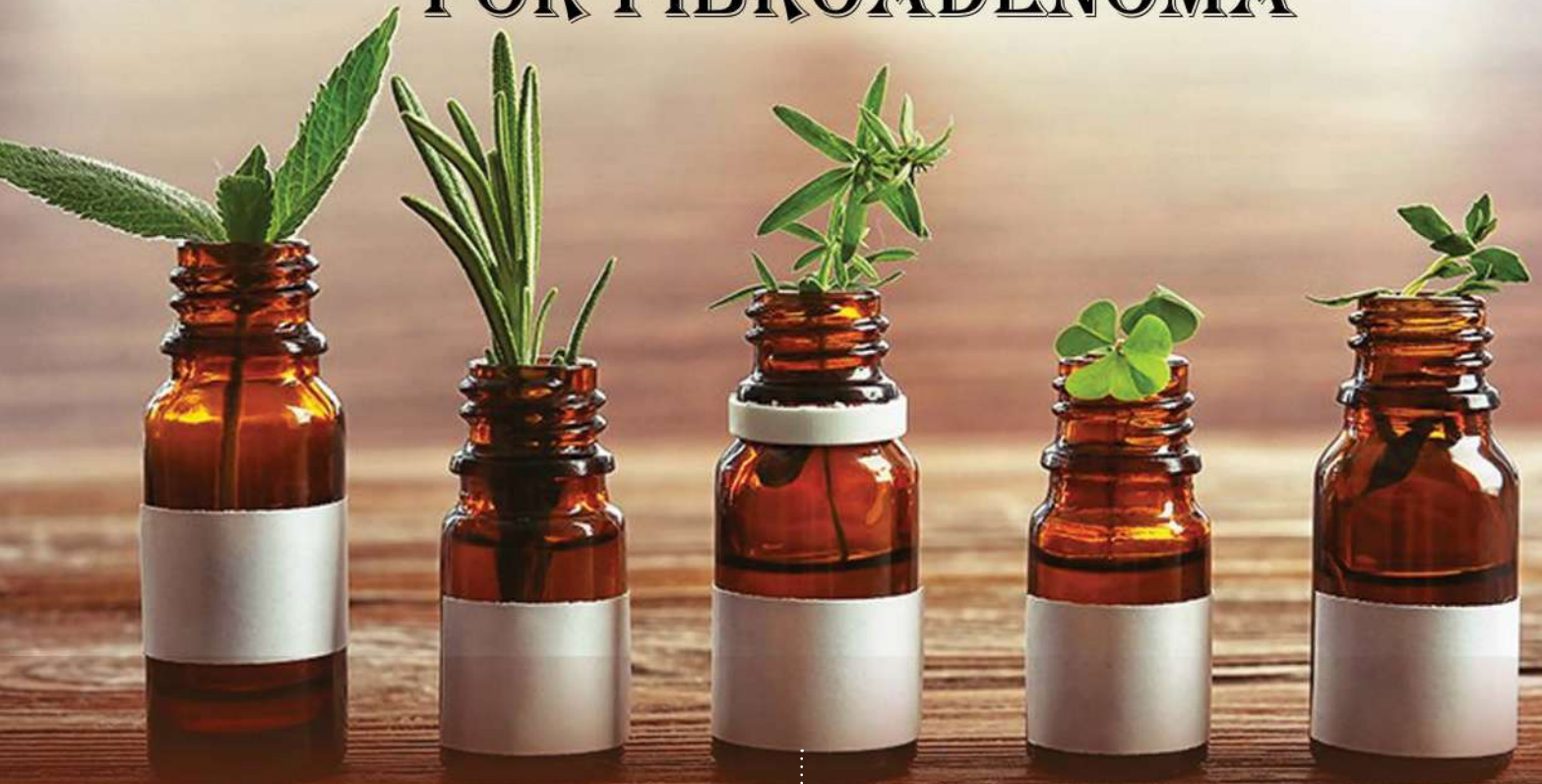
Who is God?

- We cannot define God.
- He is beyond all theories.
- He is not a cosmic person.
- He is not a heavenly father.
- He is not sitting somewhere.
- He is in everything.
- He is with everything.
- He is not separate entity.
- He is absolute.
- He is pure consciousness.
- He is complete in Himself.
- He has no beginning.
- He has no ending.
- He is omnipotent.
- He is omnipresent.
- He is omniscient.

Who is God? What is God? Where is God? How is God? Why God is? When do we reach God? There are questions of terrible confusion. But the answer is simple. God is in you and in everything. Know yourself. Meditate and know your mind. Meditate to control your mind. Meditate to talk to God.



HOMOEOPATHIC THERAPEUTICS FOR FIBROADENOMA



1) Asterias Rubens

It is generally indicated in the cancer of the left breast. It gives radical cure of cancer of mammae even in the ulcerative stage.

It is used in Sycotic diathesis for flabby, lymphatic constitution with a red face.

In mastitis breast swollen and indurated. Neuralgia of the left breast and arm with pain under sternum and in muscle of pericardial region.

The keynote symptom is left breast feels as if pulled inwards and pain extends to the inner arm and tip of little finger.

The axillary glands swollen, hard and knotted. Breast swell and pain worse left side.

Modalities – left side, night, cold damp weather.

2) Bryonia Alba

It is indicated in robust constitution firm fibered, dark complexioned person with a tendency to

leanness and irritability.

General keynote of pain produced is stitching, tearing worse by motion better rest. It is commonly used during pain in breast at menstrual period.

The breast is hot, painful and hard.

It is also indicated in menstrual irregularities with gastric symptoms. Keynote is menses too early, too profuse worse from motion with tearing pains in the legs suppressed with vicarious discharge or splitting headache.

It is also helpful in puerperal fever, particularly when breast is distended with milk. Also helpful in mammary abscess where the induration was quite hard and of a pale red colour

Modalities –

Worse – any motion, morning, eating, hot weather touch

Better – lying on the painful side, pressure, rest cold things.

3) Calcarea Carbonica

It is indicated in scrofulous constitution who take cold easily. Its suits the girls is fat fair flabby. Perspiring and cold damp and sour

The keynote action on gland, skin and bones with swelling of glands scrofulous and rachitic condition generally offer numerous opportunities.

The swelling of breasts, breast tender and swollen before menses

The milk is too abundant, disagreeable to the child

It is also indicated in lymphatic women.

Menses too early to profuse too long with vertigo toothache and cold, damp feet, the least exactment causes their return.

Modalities –

Worse – from exertion, mental or physical, cold in every form moist air

Better – lying on the painful side

4) Calcarea Fluorica

It is indicated in hard stony glands, varicose and enlarged veins and malnutrition of bone. It suits the girls at the age at puberty.

It is used after surgery, tendency to adhesions is reduced. Hard knots in the female breast

Knots, kernels hardened glands in the breast induration of stony hardness

Modalities –

Worse – during rest, changes of weather

Better - heat, warm application.

5) Conium Maculatum

It is indicated in glandular system with enlarged glands engorging and indurating it, altering its structure like scrofulous and cancerous conditions.

It is indicated in mammae lax and shrunken, hard, painful to touch, stitches in the nipples, wants to press the breast hard with the hand.

The breast enlarges and become painful before and during menses.

It is indicated when menses delayed and scanty, parts sensitive, ill effects of repressed sexual desire or suppressed menses or from excessive indulgence.

Leucorrhoea after micturition. Axillary glands painful with a numb feeling down the arm.

It is used for swelling and induration of glands after contusion and bruises, tumors of various kind especially scirrhus, coming on after injury are also helped by this remedy.

The affected glands are stony hardness and these indurations are quite common in the mammae

Modalities:

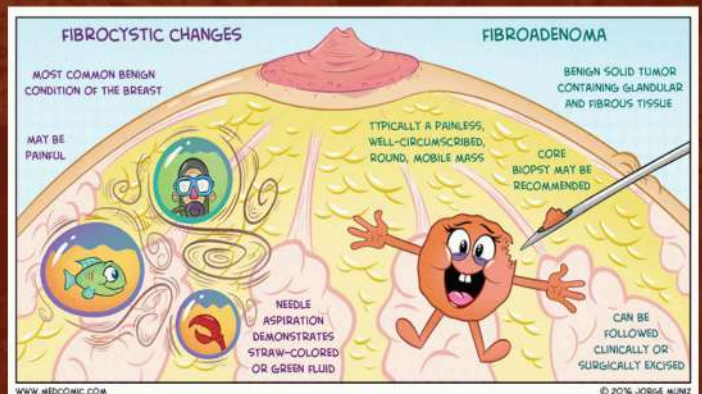
Agg -lying down, turning or raising in bed, before & during menses.

Amel – while fasting, in the dusk, from letting the limbs hang down, motion & pressure.

6) Murex Purpurea

It is indicated in female sexual organs, suited to nervous, lively affectionate women, the patient is weak & run down.

Keynote is –sensation as if something was pressing on a sore spot in the pelvis worse sitting



Pain from the right side of womb to the right or left breast

It is indicated in prolapse, enlargement of uterus with pelvic tenesmus and sharp pain, extending towards breast aggravated by lying down.

Benign tumors of the breasts, pain in the breast during menstrual period.

Worse – least motion.

7) **Hydrastis Canadensis**

It is indicated in especially active in old, easily tired people cachectic individuals with great debility with weak muscular power, poor digestion and obstinate constipation.

In female complaints leucorrhoea worse after menses, acrid and corroding shredding tenacious. Tumour of the breast, nipple retracted.

8) **Scrophularia Nodosa**

It is indicated in enlarged gland, acts on glands and skin

It has affinity for the breast very useful in the dissipation of breast tumors, with scrofulous swellings. Nodosities in the breasts.

Modalities – lying on right side

Can apply locally on cancerous glands.

9) **Silicea Terra**

It is indicated in scrofulous, rachitic children with large conditions, suppurative processes.

Hard lumps in the breast

Profuse menses with paroxysms of icy coldness over the entire body. Nipples very sore ulcerate easily drawn in. fistulous ulcers of breast.

Modalities –

Worse - new moon, in the morning, during

menses, cold.

Better – warmth, wrapping up the head, summer, in wet or humid weather.

10) **Phytolacca Decandra**

It is glandular remedy. Glandular swelling with heat and inflammation.

Mastitis with mammae hard and very sensitive. Tumors of the breasts with enlarged axillary glands.

Indicated in cancer of breast, breast is hard, painful and of a purple hue cracks and small ulcers around nipples. Irritable breast before and during menses.

Menses too copious and frequent.

It is excellent remedy for mastitis caused by excessive accumulation of milk in nursing mothers. The hardness is excessive and every time the child nurse the pain goes from the nipple to other parts of the body. The mammae become hot painful and swollen.

Modalities

Worse – sensitive to electrical changes effect of getting wet, exposure to damp cold weather, night

Better – warmth, dry weather, rest.

Conclusion

Fibroadenomas are the most common type of benign breast tumor. Being Benign breast tumour, the fibroadenomas are the painless but cause varied degree of anxiety and fear in the patients especially in the adolescent population.

Hence Homoeopathic holistic approach towards non-surgical management has a great scope and assess the safety and benefit for the patient suffering from fibroadenoma.

NATIONAL NUTRITION WEEK

Nutrition is the process of providing or obtaining the food necessary for health and growth.

In India, the National Nutrition Week is observed every year from September 1 to September 7 to raise public awareness about nutrition and healthy eating habits. The week is observed to make people understand the importance of nutritional and adaptive eating habits so that they can maintain a healthy lifestyle.

National Nutrition Week 2021 theme:

The theme for National Nutrition Week 2021 is 'feeding smart right from start'. A program has been launched by the central government to provide accurate information and raise awareness through seminars and workshops.

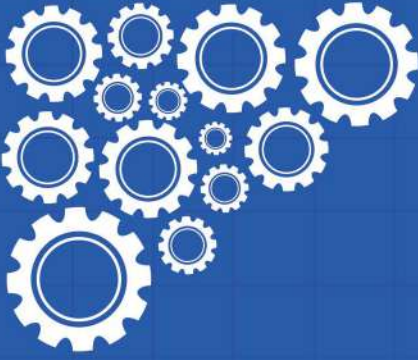
With the help of various campaigns and initiatives, the government aims to impart knowledge about how children and citizens may benefit from a good nutritional diet, right from birth.

AWARNESS IN MBBS STUDENTS

First MBBS Students of MNR Medical College have participated in an activity organized by Department Of Community Medicine And Department Of Biochemistry to understand the importance of nutrition and calorie requirement. Students have prepared

breakfast with products that are locally available, low cost and nutrient rich.





MICRO ELECTRO MECHANICAL SYSTEMS (MEMS)

Any engineering system that performs electrical and mechanical functions with components in micrometers is a Micro Electro Mechanical System (MEMS).

Available MEMS products include:

Micro sensors - biomedical, chemical, pressure, radiation, thermal, etc.

Micro actuators - valves, pumps, grippers, tweezers and tongs, etc

Read/write heads in computer storage systems, Inkjet printer heads.

Micro device components - mini robots and toys, micro surgical, etc.

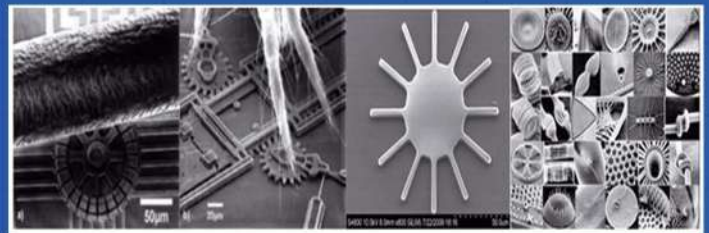
What is MEMS?

- Micro-electromechanical system (MEMS) is a process technology used to create tiny integrated devices or systems that combine mechanical and electrical components.
- They are fabricated using integrated circuit (IC) batch processing techniques and can range in size from a few micrometers to millimetres.
- These devices (or systems) have the ability to sense, control and actuate on the micro scale, and generate effects on the macro scale.
- MEMS consist of mechanical microstructures, micro sensors, micro actuators and microelectronics, all integrated onto the same silicon chip.

MEMS devices are very small; their components are usually microscopic. Levers, gears, pistons, as well as motors and even steam engines have all been fabricated by MEMS.

However, MEMS is not just about the miniaturization of mechanical components or making things out of silicon (in fact, the term MEMS is actually misleading as many micro-machined devices are not mechanical in any sense).

MEMS is a manufacturing technology; a paradigm for designing and creating complex mechanical devices and systems as well as their integrated electronics using batch fabrication techniques



Applications of MEMS in Automobiles

Automotive airbag sensors were one of the first commercial devices using MEMS. They are in widespread use today in the form of a single chip containing a smart sensor, or accelerometer, which measures the rapid deceleration of a vehicle on hitting an object. The deceleration is sensed by a change in voltage. An electronic control unit subsequently sends a signal to trigger and explosively fill the airbag. Initial

air bag technology used conventional mechanical 'ball and tube' type devices which were relatively complex, weighed several pounds and cost several hundred dollars. They were usually mounted in the front of the vehicle with separate electronics near the airbag. MEMS has enabled the same function to be accomplished by integrating an accelerometer and the electronics into a single silicon chip, resulting in a tiny device that can be housed within the steering wheel column and costs only a few dollars.

The BMW 740i has over 70 MEMS devices including anti-lock braking systems, active suspension, appliance and navigation control systems, vibration monitoring, fuel sensors, noise reduction, rollover detection, seatbelt restraint and tensioning etc. Price range of the series is Rs 73 lakh to Rs 1.2 Crore.

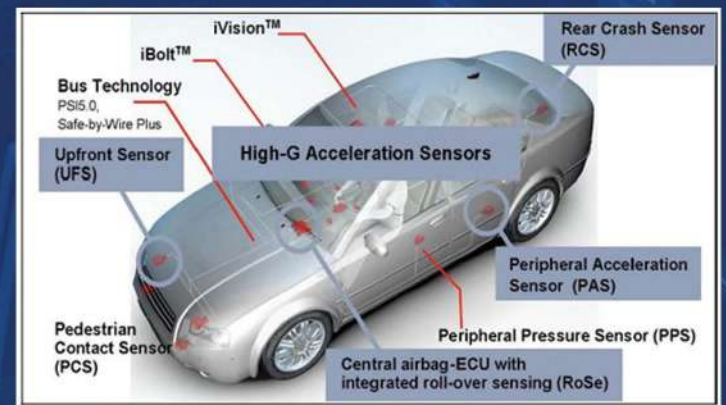
- If your vehicle has ESP® (Electronic Stability Program) on board, it provides you with two other active safety systems: the Antilock Braking System ABS and the Traction Control System TCS.
- ABS prevents the wheels from locking during braking; TCS prevents the wheels from spinning when starting off and accelerating.
- HVAC (heating, ventilating, and air conditioning; also heating, ventilation, and air conditioning) is the technology of indoor and vehicular environmental comfort. Its goal is to provide thermal comfort and acceptable indoor air quality.
- A tire-pressure monitoring system (TPMS)

is an electronic system designed to monitor the air pressure inside the pneumatic tires on various types of vehicles.

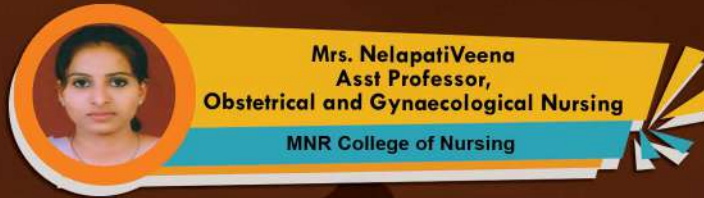
- TPMS report real-time tire-pressure information to the driver of the vehicle, either via a gauge, a pictogram display, or a simple low-pressure warning light.

Modern airbag with rollover detection also rely on MEMS inertial sensors (gyroscopes and low-g accelerometers)

Concepts for applications of automotive sensors and accelerometers. MEMS could be used to activate suspension systems, control engines and emissions, control vibration, and cancel noise.



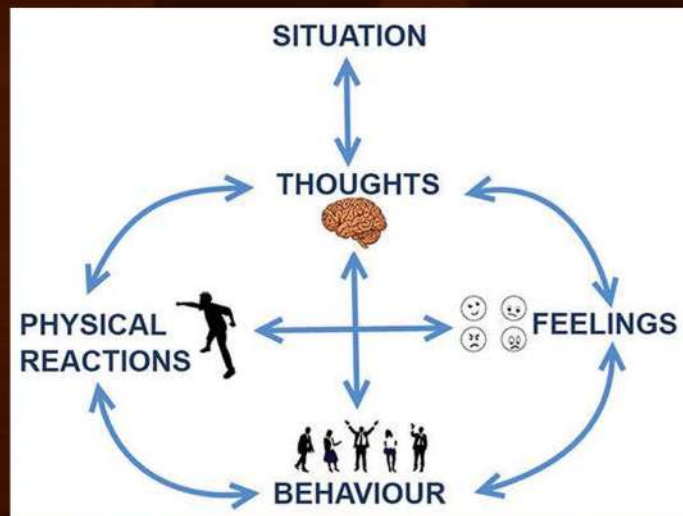
FAMILY PLANNING COUNSELLING



What is Counselling?

- It's an interaction between the health care provider and client (verbal and non-verbal)
- To facilitate or confirm decision taken by the client (informed choice and voluntary decision)
- To address the problems or concerns of the client

How does Counselling help the Provider?

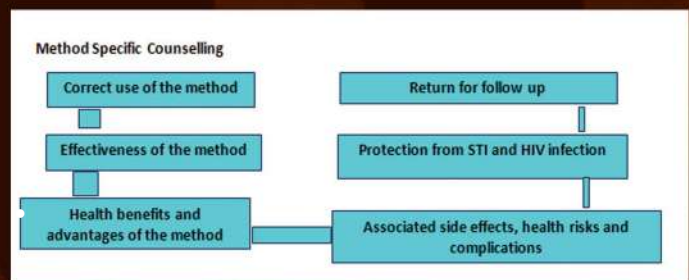


counselling helps the service provider to understand client's

- Perception- Attitude
- Values
- Beliefs
- Decision making ability

Gather Approach for General Counselling

- GREET woman in a friendly, helpful, respectful manner
- ASK woman about FP needs, concerns, previous use
- TELL woman about different contraceptive options and methods
- HELP woman to make decision about choice of method she prefers
- EXPLAIN to woman details of the method, including how to use it correctly
- RETURN Schedule, carry out return visit and follow-up of woman or refer



Benefits of FP Counselling

- Increases acceptance
- Enhances continuation of methods
- Dispels myths thus corrects misunderstandings

Key Counselling Messages

COCs: Key Messages

- Safe and very effective method for women
- One pill is to be taken every day, irrespective of intercourse

MPA: Key Messages

- Safe and very effective method, 3-monthly injection, which needs to be repeated after every three months and best to take on scheduled date but can be taken 2 weeks earlier or up to 4 weeks after scheduled date

Cent chroman: Key Messages

- Safe and effective pill for women, non-hormonal
- For 1st three months, 1 pill to be taken twice a week, after that one pill/week
- Does not protect from HIV/STIs- Condoms need to be used for protection

IUCD: Key Messages

- Safe, long acting, reversible and very effective method for women and Available as IUCD 380A and IUCD 375, effective for 10 years and 5 years, respectively

ECP: Key Messages

- Used only in case of emergency and Best effective when taken within 72 hours of unprotected intercourse

Sterilization: Key Messages

- Permanent surgical procedure for preventing future pregnancies, done in either male or female partner
- Possibility of complications including failures, requiring further management



WORLD HEALTH ORGANISATION PHARMACOVIGILANCE: PROGRAMME FOR GLOBAL MONITORING

“The farther back you look the farther forward you can see” –Winston Churchill

The word ‘Pharmacovigilance’ is derived from the Greek word Pharmakon meaning drug and the Latin word Vigilare meaning to keep awake or alert, to keep watch. The word was initially used in France in 1960s and later was perceived as the new name for the old terminology post marketing surveillance (PMS). The Pharmacovigilance term is now used internationally. The World Health Organization introduced the term in 2002 and has been adopted by International Conference on Harmonization of Technical Requirements for Registration of pharmaceuticals for Human use (ICH).

Pharmacovigilance is the science of collecting, monitoring, researching, assessing and evaluating information from healthcare providers and patients on the adverse effects of medicines, biological products, herbals and traditional medicines with a view to identify new information about hazards and preventing harm to patients.

Adverse Drug Reaction (ADR) A response which is noxious and unintended, and which occurs at doses normally used in humans for the prophylaxis, diagnosis, or therapy of disease, or for the modification of physiological function.

Adverse Event (AE) or Adverse Experience Any untoward medical occurrence that may present during treatment with a pharmaceutical product but which does not necessarily have a causal relationship with treatment.

Pharmacovigilance programme aims to:

- Improve patient care through ensuring safety of medicines;
- Improve public health through ensuring safe use of medicines;



Mr. DR. VELICHARLA RAVITEJA
ASSISTANT PROFESSOR

MNR COLLEGE OF PHARMACY

- Help in assessment of benefit, harm, effectiveness and risk of medicines;
- Promote understanding, education, and training on pharmacovigilance to ensure safe use of medicines (Reducing or minimizing medicine use related harm).

Thalidomide was a widely used drug in the late 1950s and early 1960s for the treatment of nausea in pregnant women. It became apparent in the 1960s that thalidomide treatment resulted in severe birth defects in thousands of children. Though the use of thalidomide was banned in most countries at that time, thalidomide proved to be a useful treatment for leprosy and later, multiple myeloma.

Dr. Frances Kathleen Oldham Kelsey, a pharmacologist in USFDA, prevented the entry of thalidomide into USA market by not approving it. She insisted the need of further studies despite of its approval in UK and other countries. She received commendable



appreciation for preventing thalidomide disaster in USA which would have otherwise caused the birth of thousands of armless and legless children. In 1962, she was awarded with president's award for Distinguished Federal Civilian Service from president John F. Kennedy. In 2010 the FDA honored Kelsey by naming one of their annual awards after her and she was the first recipient.

TYPES OF ADVERSE DRUG REACTIONS

- Type A - Augmented (Predictable) Occurs consequent but in excess of drug primary pharmacological effect of quantitative nature.
- Type B - Bizarre (Unpredictable) Occurs different i.e. Heterogeneous/idiosyncratic to known drug pharmacological effect usually due to patients genetic defects or immunological response of qualitative nature.
- Type C – Continuous Occurs during chronic drug administration.
- Type D – Delayed effects Occurs after long period of time even after drug stoppage.
- Type E – End of Use affects Occurs upon sudden stoppage of chronic drug use due to existing adaptive changes present.

Dr. Surinder Singh, Former Drugs Controller General (India), was responsible for re-launching the National Pharmacovigilance Programme in India in 2010 with its own budgetary support. He is also responsible for initiating National Haemovigilance Programme in 2012. Currently Dr. Singh is the Director of National Institute of Biologicals, Government of India.

Who can report?

Any healthcare professionals (Clinical Pharmacists, Doctors including Dentists and Nurses) may report suspected adverse drug events.

What can report?

The National Pharmacovigilance Programme (NPP) shall encourage reporting of all suspected drug related adverse events,

including those suspected to have been caused by herbal, traditional or alternative remedies. The reporting of seemingly insignificant or common adverse reactions would be important, since it may highlight a widespread prescribing problem.

The programme particularly solicits reports of:

- All adverse events suspected to have been caused by new drugs and 'Drugs of current interest' (List to be published by CDSCO from time to time)
- All suspected drug interactions
- Reactions to any other drugs which are suspected of significantly affecting a patient's management, including reactions suspected of causing:
 - Death
 - Life threatening (real risk of dying)
 - Hospitalization (Initial or prolonged)
 - Disability (Significant, Persistent or Permanent)
 - Congenital anomaly
 - Required intervention to prevent permanent impairment or damage

The prescribed 'Adverse Drug Event Reporting Form' shall be used for the purpose of National Pharmacovigilance Programme.

Where to Report?

After completion, the form shall be returned/forwarded to the same pharmacovigilance center from where it was received.

Reporting can be done to anyone of the country-wide Pharmacovigilance centers nearest to the reporter. (Complete list of Pharmacovigilance centers is available at www.cdsco.nic.in).

In case of doubt, the form may sent to the National Pharmacovigilance Center at: Central Drugs Standard Control Organization, Directorate General of Health Services, Ministry of Health and Family Welfare, Nirman Bhawan, New Delhi 110 011.

Activities @ MNR Golden Kids (Navi Mumbai)



Activities @ MNR Golden Kids (Hyderabad)



Activities @ MNR Group of Schools



Bhel, Hyderabad



On Eve of Khel Utsav conducted by Telangana Information Technology Association on 14/11/21

G.Nikhil Varma of MNR School of Excellence of grade 5 participated in Badminton under 9, under 11 and won gold and gold medal.

Running race- under 10, 100meters Under 12 ,200 meters won Gold and Bronze medals.

Bhel, Hyderabad



Bhel, Hyderabad



MNR International School



Sangareddy, Hyderabad



Sangareddy, Hyderabad

Activities @ MNR Group of Schools



Navi Mumbai



Chintal, Hyderabad



Kukatpally, Hyderabad



Chintal, Hyderabad



Navi Mumbai



Mehdipatnam, Hyderabad

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

MNR Medical College & Hospital and MNR Dental College & Hospital
have organized a Blood Donation Camp in MNR Campus
Sangareddy on 29th Oct 2021.



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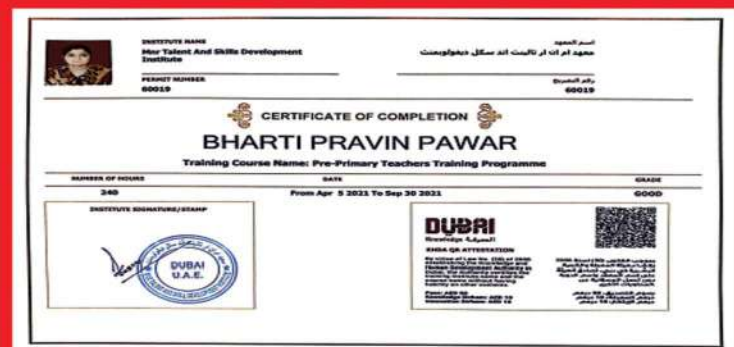
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