

# MNR

# iNFOCUS

*Enriching the innerself*

April 2021

MNR's IN-HOUSE MAGAZINE



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78 Institutions  
& Hospitals

49,000  
Students

2300 Doctors &  
Faculty Members

*Enriching lives through  
Education & Health.....*

# Editorial.....



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

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## Dear Readers,

Time and Tide wait for none.

Every minute and each single second of our life is of great worth and must be handled with responsibility and care. Every moment brings with it thousands of golden opportunities.

Never allow time to pass away without using it. Utilise it to the fullest to achieve the desired goals. The most remarkable feature of time is it is precious and it has inestimable power.

A second can make a difference between life and death. We need to realise the worth of time that it can never be gained back. Plan each second of your life and make it worthfull . We need to set up a proper schedule to use time wisely.

So time is to be spent purposefully and meaningfully."If you waste time, time will waste you."

Time management is the most essential thing to set the ultimate goal of life and reach success. Prioritise the tasks and follow time management effectively.

It will make everybody prosper, succeed and stay happy."Don't count every hour in the day, make every hour in the day count."

क्षणशः कणश्चैव विद्याम अर्थ च  
साधयेत क्षणे नष्टे कुतो विद्या,  
कणे नष्टे कुतो धनम

**In Every moment one should learn, from every bit one should earn. If you waste a second, you can't get knowledge and if you waste a bit, you can't get money.**

Let us utilise time wisely.

**Editor**

# THINK ABOUT LIFE

Think about Life and all it means.  
It's about faith and following your dreams.  
Happiness comes in every moment  
Of life and love.

Giving us something to think of.  
Remember those days when you were a child.  
The world was a better place and never changes.  
There was love in every smile,  
And plans were never rearranged.  
So you are a kid and one day you are an adult.  
That doesn't mean that there is nothing beautiful left to see.  
The facts of life aren't your fault.  
Life can be anything you want it to be.  
In the circle of life there are some hard choices.  
Just remember your dreams,  
And remember loving voices.  
May be then you will see life isn't always what it seems.  
It is not the torture of sorrow.  
That comes with every day.  
It is the joy of a new tomorrow  
And the happiness that will come to stay.  
Think about life and all it means.  
It is about faith and following your dreams.

- Anonymous

# YOU ARE YOUR MIND-XLIII

## Your Mind and Meditation

George Eliot said:

- When things go wrong.
- When road seems all uphill
- When the funds are low
- When the debts are high
- When you cannot smile
- When you are pressed down
- When your success is failing
- When the future is doubt
- Even then you must not quit your strength.

Have belief in yourself. You don't need any support. Express your divinity, which is within you.

Swamy Vivekananda said that the WILL is stronger than any thing else. Everything must go down before the will. Will power and perseverance are the two most powerful ingredients for happiness. Power of body is not the ultimate, but mental power is. The mind is the strongest thing, God has given man. Using it in the right way can make all the difference.



Sri M N. Raju  
Chairman

MNR Educational Trust

**Your soul is God,** The Bhagavadgeetha says. A few minutes of silence and meditation bring great solace to your soul. There is peace and tranquility in meditation.

Blaise Pascal said, "All man's miseries derive from not being able to sit quietly in a room alone". We start and end our day with noise, confusion, uncertainty, tension, what not many more issues. Without the ability to concentrate, a full and complete life is not possible. Without deep concentration, your mind will be your master rather than your servant. Mind should never behave like master and it has to work under full control.

Meditation is not only something reserved for monks sitting on top of the mountains, but it is for you and me alike. Meditation is an age-old technique that was developed by some of the world's wisest people, to gain full control of the mind, to manifest its full potential and for worthy pursuits.

Meditation trains the mind to function the way it was designed to function. The peace and tranquility you will feel after twenty minutes of daily meditation will infuse every remaining minute of your day. It makes you a far better parent, life partner, business person and friend. It was in India, some thousands of years back, it is the great art of joy and for better life achievement. It makes you enjoy life and death equally.

Aloneness and loneliness are the two words, generally mistaken, as having the same meaning. But they are not same and entirely convey two different meanings. Aloneness is a state of meditative mind. It is a privilege, not a punishment. Loneliness is just opposite state of mind which is non-meditative and it is a punishment, not a privilege. So try to be alone even when you are in a crowd and let not your mind lose its meditative stage. It means, if you wish, you can meditate while working, while talking and in any state of confusion, by diverting your mind into aloneness. Aloneness is a part of meditation.

- All the good work, that you do, comes when you are alone.
- All your dreams are alone.
- Your best ideas are conceived in aloneness.
- Along with your dreams, the better world you would like to create and the contribution you wish to make also come when you are alone.

- Your creations and inventions, your solutions to the problems that most trouble you, all come to you in aloneness.
- When you are by yourself, you can be receptive to your inner voice, when you are alone.
- The aloneness is the place from which your originality had taken place.
- In your aloneness you can hear the music of your heart most clearly.
- When you are alone you can receive all the gifts of the nature.
- When you are alone God speaks to you and you can become a God too.
- Therefore learn to love, being alone with yourself and it is the highest gift that you can give to life.
- You find relief being alone.



# Our National Flag

The Pride of India.



A flag is a symbolic representation of a Nation and its principles. It is considered a symbol of pride and is unanimously associated with the nation's spirit and ethos.

The National flag of India in its current form was first adopted during the Constituent Assembly held on July 22, 1947. This was a few days before when India's independence from the British was declared. But how did the tricolour reach this present form? Were there other flags before it? If yes, how did they look and who designed them?

The history of Tiranga- The National Flag is very old. The current tricoloured Indian National flag was designed by Pingali Venkayya of Machilipatnam in 1916. While the flag has gone through many changes, Pingali Venkayya is

credited for its rudimentary design. But before the 'Tiranga' came into existence there were other versions of our national flag. The evolution of our Tricolour is enmeshed with the evolution of our nation's history and the Indian National Movement.

In the year 1906 in the conference conducted by All India Indian National Movement was organised. "The Grand Old Man" Dadabhai Nauroji was the presidency of the conference. It was when Dadabhai has to salute the British flag that made Pingalli Venkayya immensely disturbed about the gesture . Then he made his mind to make our National Flag .He had also released a book on 'A National Flag for India' in the year 1916.He was then elected as congress member in advising committee.

Mahatma Gandhi first spoke about the need for an Indian Flag and proposed the flag with the Charkha or spinning wheel at the centre in 1921. He said, "A flag is a necessity for all nations". Millions have died for it. "It will be necessary for us Indians to whom India is their home-to recognize a common flag to live and to die for."

The National flag of India now is a horizontal tricolor of deep saffron (kesari) at the top, white in the middle and dark green at the bottom in equal proportion. The ratio of width of the flag to its length is two to three. In the centre of the white band is a navy blue wheel which represents the chakra. Its design is that of the wheel which appears on the abacus of the Sarnath Lion, Capital of Ashoka . The wheel has 24 spokes. This Dharma Chakra depicted the "wheel of the law" in the Sarnath Lion made by the 3rd-century BC Mauryan Emperor Ashoka. The chakra intends to show that there is life in movement and death in stagnation.

The top band Saffron colour, indicates the strength and courage of the country. The white middle band indicates peace and truth with Dharma Chakra. The last band is green in colour shows the fertility, growth and auspiciousness of the land.

There are some rules and regulations upon how to fly the flag, based on the 26 January 2002 legislation. These include the following:

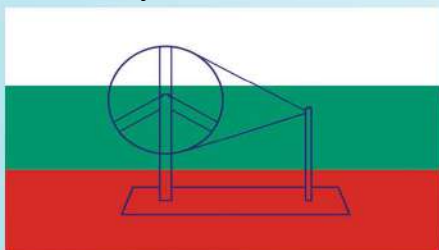
#### **The Do's:**

- The National Flag may be hoisted in educational institutions (schools, colleges, sports camps, scout camps, etc.) to inspire respect for the Flag. An oath of allegiance has been included in the flag hoisting in schools.
- A member of public, a private organization or an educational institution may hoist/display the National Flag on all the days and occasions, ceremonial or otherwise consistent with the dignity and honour of the National Flag.
- Section 2 of the new code accepts the right of all private citizens to fly the flag on their premises.

#### **The Don'ts:**

- The flag cannot be used for communal gains, drapery, or clothes. As far as possible, it should be flown from sunrise to sunset, irrespective of the weather.
- The flag cannot be intentionally allowed to touch the ground or the floor or trail in water. It cannot be draped over the hood, top, and sides or back of vehicles, trains, boats or aircraft.
- No other flag or bunting can be placed higher than the flag. Also, no object, including flowers or garlands or emblems can be placed on or above the flag. The tricolour cannot be used as a festoon, rosette or bunting.

Thus ,every Indian should be committed and dutiful towards the nation and fellow beings.



**Our Flag  
in the year 1921**



**Our Flag  
in the year 1931**



**Our Flag  
in the year 1947 till date**

# MOTIVATING YOURSELF AND OTHERS EVERY DAY



**Mrs. G. Padma**  
Principal,  
MNR High School - Bhel

**M**otivation is the process that initiates, guides, and maintains goal-oriented behaviors. Motivation involves the biological, emotional, social, and cognitive forces that activate behavior.

The greatest motivation comes from a within our belief system. To move into action, we need to believe in what we do and accept responsibility for our life. When we accept responsibility for our behavior and actions, our attitude toward life becomes positive. We become more productive, both personally and professionally. Our relationships improve both at home and at work. Life becomes more meaningful and fulfilled.

Motivation is powerful. It can persuade, convince and propel you into action. In other words, motivation can be defined as Motive for action it is a force that can literally change your life.

Motivation is the driving force in our lives. It comes from a desire to succeed. With our success there is little pride in life; no enjoyment or excitement at work and at home.

Once you understand that what causes motivation, you can motivate yourself and achieve your goal—and you can motivate others too.

Motivation needs to be identified and constantly strengthened to succeed. Write down your goals. Keep them in front of you and read them morning and evening. The two most important motivators are recognition and responsibility. Recognition

means being appreciated; being treated with respect and dignity; and feeling a sense of belonging. Responsibility gives a person a feeling of belonging and ownership. Lack of responsibility is demotivating.

**Why do people move from initially motivated stage to demotivated?**

**Some of demotivating factors are:**

- Negative criticism
- Public humiliation
- Rewarding the non-performer which can be demotivating for the performer.
- Failure of fear of failure
- Lack of direction
- Lack of measurable objectives



- Low self-esteem
- Negative self-talk
- Poor standards
- Frequent change
- Responsibility without authority

A satisfied person is not necessarily a motivated person. Some people are satisfied with very little. Motivation comes from excitement and excitement does not come unless there is full commitment.

New methods of motivation will not work till the demotivating factors are removed. Many times just removing the demotivating factors can spark motivation.

### **Few steps to motivate others:**

- Give recognition
- Give respect
- Make work interesting
- Be a good listener
- Encourage goal setting
- Provide goal opportunities for growth
- Provide training
- Throw a challenge
- Help, but don't do for others what they should do for themselves.

The greatest motivator is belief. We have to influence to inculcate in ourselves the belief that we are responsible for our actions and behavior. When people accept responsibility, everything improves: quality, productivity, relationship and teamwork.

# NUTRITION

Nutrition role in prevention of many diseases.

## What is Nutrition?

Giving what body needs for optimal function for human body.

Every individual should be aware of prevalence and risks associated with malnutrition as it can have a significant impact on a patient improvement.



## Higher Quality of diet includes

- Vegetables and leafy greens
- Fruits
- Whole grains, nuts, seeds
- Unprocessed, unrefined fats
- Good amount of unprocessed protein
- Hormone free meat and eggs
- Vitamins and minerals

## Low consumption of

Refined grains  
Sugar  
Processed meat

## 1. Lung related Problems

- This can also be positively impacted by diet



Mrs. DR. KEERTHISREE KOLLIPARA  
Assistant Professor

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- It had been found that nutritional support for patient's can improve
  - Quality of life
  - Exercise Capacity
  - Grip Strength

## 2. Brain related Conditions

There is evidence to suggest that a healthier optimal diet can result in decreased disability in paralysis patients, Parkinson's and Multiple sclerosis.

## 3. Weakness

- It is associated to aging that is characterized by loss of lean tissue mass
- Adults lose between 3 and 8 percent of mass per decade after the age of 30
- Overtime this loss contributes to downward in overall strength and power, which are important predictors of balance, falls and mortality
- It can be worsened and hastened by physical inactivity and poor nutrition
- This can be rapid that is, 3 days of bed rest can cause more than 1 KG of overall mass in older patients or it can occur in community in individuals who have a sedentary lifestyle and inadequate diet (lack of proteins micronutrients like Vitamin D)

- Healthier nutritious diet with good protein and veggies and fruits helps in reducing generalised weakness.

#### 4. Post-Operative recovery

- After any surgery (joint replacement surgeries, ligament repair, post fractures) a patient's nutrient needs will change.
- There will be an increased need for more calories, protein, Vit.C and amino acids to facilitate collagen synthesis.
- As discussed above, after surgery movement is restricted which he cannot move which leads to associated loss of overall mass, so having proper protein diet is important.

#### 5. Chronic Pain

- Fibromyalgia, Osteo arthritis, rheumatoid arthritis, SLE, Scleroderma, Polymyositis, Ankylosing spondylitis, peri-arthritis shoulder.
- Chronic low-grade inflammation is recognized as an underlying mechanism in a number of age-related chronic conditions
- Various studies have demonstrated that diet can help to modulate the inflammatory process.
- Diets that are high in fruit and vegetable (e.g., Mediterranean diet) are associated with overall lower levels of inflammation
- While diets that are high in refined fats and simple carbs are associated with higher levels of inflammatory markers
- Other nutrients associated with lower levels of inflammation are
  - Vit C, D, E
  - Beta Carotene
  - Omega 3/Polyunsaturated fatty acids
  - Flavonoids

- Fiber to diet

- Research suggests that there is also an association between chronic pain and diets that are highly inflammatory foods (i.e., highly processed foods, low fruits and vegetable intake)

#### 6. Heart Disease

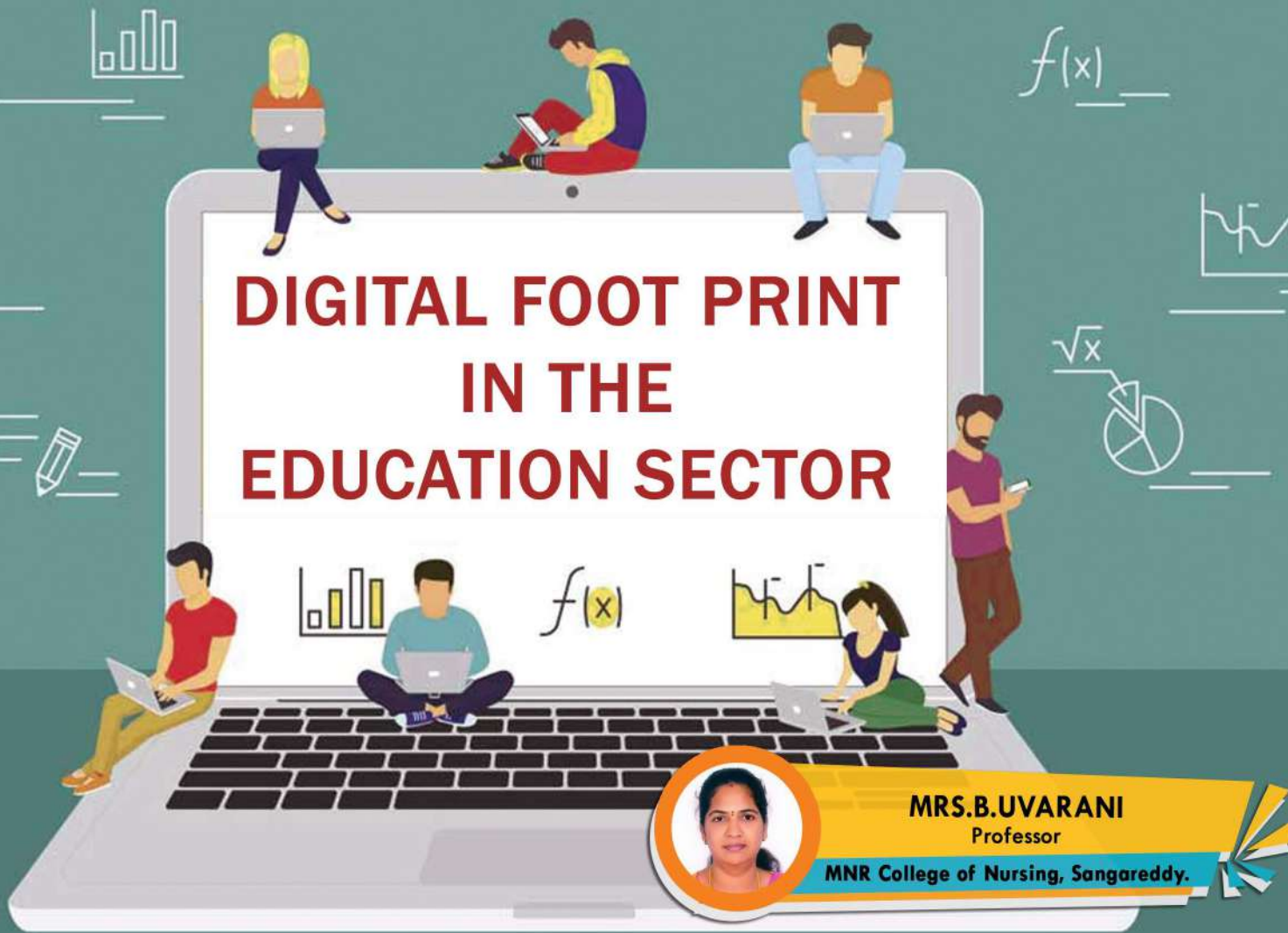
- Various theories have been put forward to explain the relationship between cardiovascular risk and vegetable, fruit and legume consumption.
- The antioxidants and polyphenols in fruits and vegetables (vitamin c, vitamin e, and carotenoids) might prevent fat oxidation in artery walls, lower BP and improve vessel function.
- Dietary fiber reduces insulin response to carbohydrates as well as lowering total cholesterol.

#### 7. Diabetes type 2

- There is considerable research to show that diet can impact an individual's risk of developing various chronic diseases like type 2 diabetes and obesity.
- Intermittent fasting with lots of fiber from veggies, good amount of protein and omega 3 fats help to reverse diabetes within 3 to 6 months.

**Summary:** Diet in proper reduces inflammation which can heal patients with chronic pain will help in treating patients.





**MRS.B.UVARANI**  
Professor  
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## Abstract

Technology has certainly changed the way we live. Undoubtedly, technology plays an important role in every sphere of life. Technology has revolutionized the field of education. The importance of technology in schools cannot be ignored. Infact, with the on set of computers in education, it has become easier for teachers to impart knowledge and for students to acquire it. The use of technology has made the process of teaching and learning all the more enjoyable. Thanks to the application of technology.

## Introduction

Technology, today, plays a very important role in our life. It is seen as a basis of growth of an economy. An economy which is poor in technology can never grow in today's scenario. This is because technology makes our work much easier and less time consuming. The impact of technology can be felt in every possible field one such field is Education.

## Digital foot print in the education sector.

If we talk about digital and education, then the penetration of digital media with in the education sector has now grown. This penetration has resulted in round the clock connectivity with students and different for ums that are available for different kinds of assignments or help. As the power of digital increases, there are and there will be more applications that will assist students in development and learning. Online degrees with the use of technology Online degrees now have become a very common phenomenon. People wish to take up online courses for their learning and certifications. Top institutions offer amazing online programs with the use of various applications and the internet. This is a concept that will continue to rise a sit gets more support and awareness. The online degree scenario around the world is more famous among students who work and look for flexible studying programs.

## Importance of technology in education:

The role of technology in the field of education is four-fold: it is included as a part of the curriculum, as an instructional delivery system, as a means of aiding instructions and also as a tool to enhance the entire learning process. Thanks to technology; education has gone from passive and reactive to interactive and aggressive.

Education is essential in corporate and academic settings. In the former, education or training is used to help workers do things differently than they did before. In the latter; education is geared towards creating curiosity in the minds of students. In either case, the use of technology can help students understand and retain concepts better.



## Factors affecting technology in education

Jung talks about the enormous challenge teachers are facing in our society due to the rapid expansion of knowledge. The modern technologies are demanding that teachers learn how to use these technologies in their teaching. Hence these new technologies increase the teachers' training needs. They pointed out that teachers do not always have positive attitudes towards computers and their poor attitudes may lead to a failure of the computer-based projects.

### Also the most commonly cited barriers are :

lack of time, lack of access, lack of resources, lack of expertise and, lack of support. Another barrier given by Butler and Sellbom(2002) and



Chizmar & Williams(2001) is reliability. Reliability included hardware failures, in compatible software between home and school, poor or slow internet connectivity and out of date software which are available mostly at school while the students educators are having more up-to-date software at home.

## Positive Impact

### 1. Enhanced Teaching and Learning:

Technological developments like digital cameras, projectors, mind training software, computers, Power point presentations, 3D visualization tools; all these have become great sources for teachers to help students grasp a concept easily.

It has to be understood that visual explanation of concepts makes learning fun and enjoyable for students. They're able to participate more in the classroom and even teachers get a chance to make their classes more interactive and interesting.

### 2. Globalization:

- When school in different parts of the state, students can "meet" their counter parts through video conferencing without leaving the classroom.
- Some sites, such as [www.glovico.com](http://www.glovico.com) are used to help students learn foreign languages online by pairing a group of students with a teacher from another country.

### 3. No Geographical Limitations:

- With the introduction of online degree programs there is hardly any need of being present physically in the classroom. Even several foreign universities have started online degree courses that student can join.

- Distance learning and online education have become very important part of the education system now a day.

## Negative impact

### 1. Declining Writing Skills:

- Due to the excessive usage of online chatting and shortcuts, the writing skills of today's young generation have declined quite tremendously.
- These days, children are relying more and more on digital communication that they have totally forgot about improving their writing skills.
- They don't know the spelling of different words, how to use grammar properly or how to do cursive writing.

### 2. Increasing Incidents of Cheating:

- Technological developments like graphical calculators, hightech watches, mini cameras and similar equipment have become great sources to cheat in exams.
- It is easier for students to write formulas and notes on graphing calculators, with least chances of being caught.

### 3. Lack of Focus:

- SMS or text messaging has become a favorite pastime of many students. Students are seen playing with their cellphone, iPhones day and night or driving and very often even between lectures.
- Being ever-connected to the online world has resulted in lack of focus and concentration in academics and to some extent, even in sports and extra curricular activities.

## Advantages

- It makes students more excited to learn.
- Help students with busy schedules, freedom to work at home on their own time.
- Train students to learn new technologyskills

they can use later in the workplace.

- Decrease paper and photo copying costs, promoting concept of "green revolution".

## Disadvantages

- Many experts and experienced people say that, due to such technology in education, students imagination is affected, their thinking ability is reduced.
- Sometime it's also time-consuming from teacher's point of view.
- It is costly to install such technology.
- There can be health issues too when used overlimit.
- Some students can't afford modern computer technologies.

## Conclusion

Technology has a positive impact on education and at the same time may also pose negative effects. Teachers and students should take advantage of this in the good light and eliminate the drawbacks which are pulling back many of students as well as schools from achieving excellence. It is thus time for every country to introduce a more technologipa Ubk equipped education sector in the future.





# Punica granatum (Pomegranate): A Nutraceutical

**P**unica granatum Linn is one of the potential medicinal plants which find its use in treatment of number of diseases apart from being consumed as fruit. Punica granatum Linn (Punicaceae) commonly known as pomegranate is large deciduous shrub or a small tree up to 5-10 m in height, wild and cultivated throughout India up to an altitude of 2000m in the hills.

Pomegranate is a source of numerous chemical compounds of high biological and nutraceutical value (e.g., phenolic acids, tannins, vitamins, antioxidants, and lipids), that are present in skin, carpellary membranes, arils, and seeds.

In Traditional System of Medicine, plant parts are used for activity and a number of phytoconstituents are isolated from the plant.

- Root and stem bark are used as astringent, cooling, anthelmintic, for strengthening gums and diarrhoea.
- Flowers are used for styptic to gums, ophthalmic pain, haematuria, intrinsic haemorrhage, haemorrhoids, diarrhoea, dysentery, ulcer, pharyngitis and epistaxis.
- Fruits are sweet, sour, astringent, cooling, tonic, aphrodisiac, laxative, diuretic, anaemia, hyperdipsia, dyspepsia, pharyngitis, ophthalmic pain, pectoral



Mrs. PREETHY ANI JOSE  
Assistant Professor

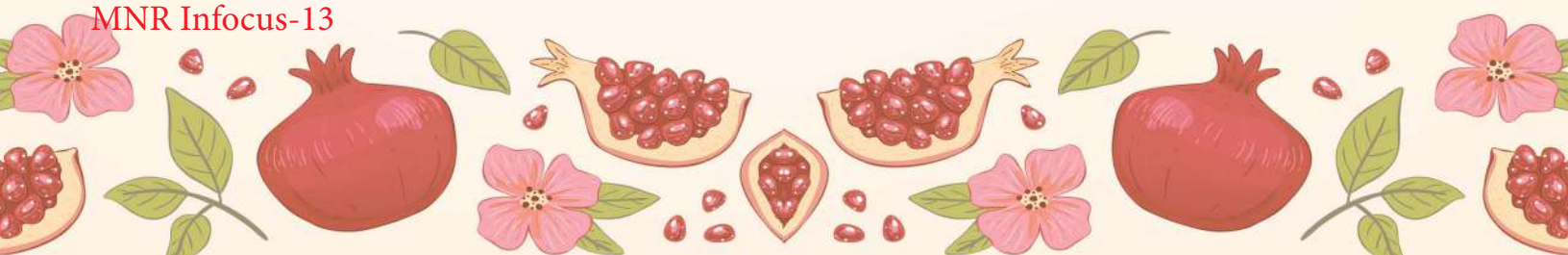
MNR College of Pharmacy,

disease, splenic disorder, bronchitis, earache and diarrhoea.

- Fruit rind is used for dysentery, gastric disorder, bleeding piles, freckles and gonorrhoea.
- Seeds are used as astringent, stomachic, diuretic, cardio tonic, vomiting, excessive thirst, hepatic and splenic disorder.

The pharmacological activities reported so far are antioxidant, anticarcinogenic, anti-inflammatory, anthelmintic, antifertility, gastro protective, antifungal, analgesic, for cardiovascular diseases, diabetes, dental conditions, hypoglycemic activity and atherosclerosis.

**Antioxidant activity:** Anthocyanins, phenols, and vitamins as A, C, and E confer the high antioxidant power to pomegranate. Studies have reported that the antioxidant effect possessed by pomegranate juice is 3 times higher than that of red wine or green tea and 2, 6, and 8 times superior than that found in red berries, grapefruit, and orange juice,





respectively.

**Anticancer properties:** Based on investigation for the effectiveness of pomegranate and its derivatives as anti-proliferative, anti-invasive, and pro-apoptotic agents on different cell lines and animal models, it was found that the simultaneous use of skin, seed, and pomegranate juice extracts has a synergistic action in inhibiting cell proliferation in several in-vitro models. Pomegranate extracts and juice components have a more potent action than the individual isolated polyphenols, suggesting that it is a synergistic and additive effect of many phytochemical compounds, like proanthocyanidins, anthocyanins, flavonoids, and ellagitannins.

A number of applications of pomegranate in pharmaceuticals have been patented from many scientists across the world which reflects the scope of the pomegranate in the pharmaceutical industries. A few of the patents are listed here:

- Methods for treating hypertension in a subject using pomegranate extracts
- Method of using pomegranate extracts for treating diabetes related atherosclerotic complications in humans.
- Methods of using pomegranate extracts for causing regression in lesions due to arteriosclerosis in humans.
- Pomegranate fruit extract compositions for treating dermatological disorders
- Processes for extracting phytochemicals from pomegranate solids and compositions

and methods of use thereof

- Purifications of pomegranate ellagitannins and their uses thereof
- Phytoestrogen supplements prepared from pomegranate material including pomegranate seeds
- Antiviral or antifungal composition comprising an extract of pomegranate rind or other plants and method of use.
- Physiologically synergistic mixtures of pomegranate extracts and methods of use thereof

The present researchers are focussing on natural sources with a range of medicinal properties with selective targets and minimal side effects. Pomegranate has been found to be one of the excellent sources with diverse biological activities.





# Activities @ MNR Golden Kids (Navi Mumbai)



# Activities @ MNR Golden Kids (Hyderabad)



# Activities @ MNR Group of Schools



Bhel, Hyderabad



Navi Mumbai



Navi Mumbai



Bhel, Hyderabad



Sangareddy, Hyderabad



Bhel, Hyderabad

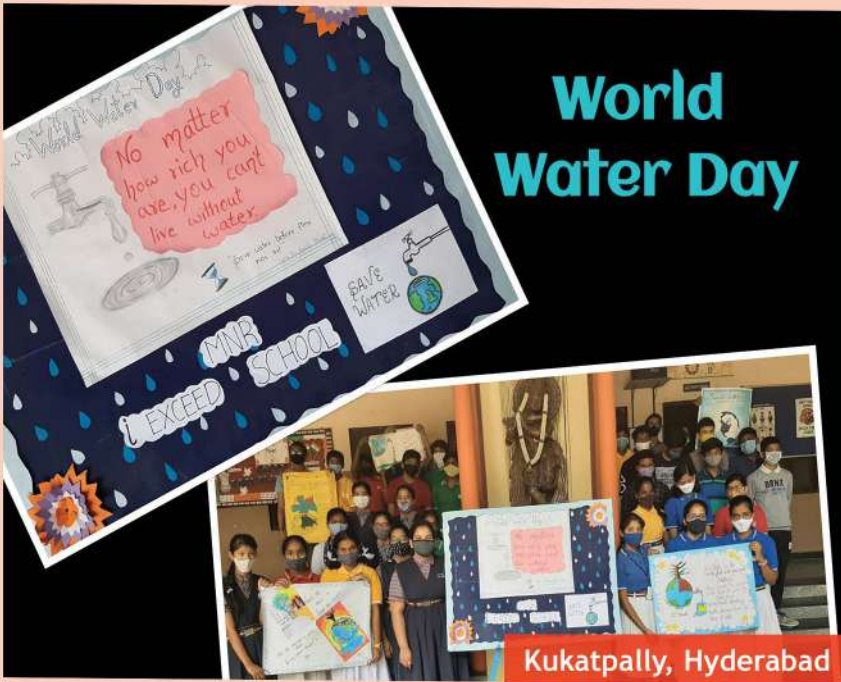
# Activities @ MNR Group of Schools



Bhel, Hyderabad

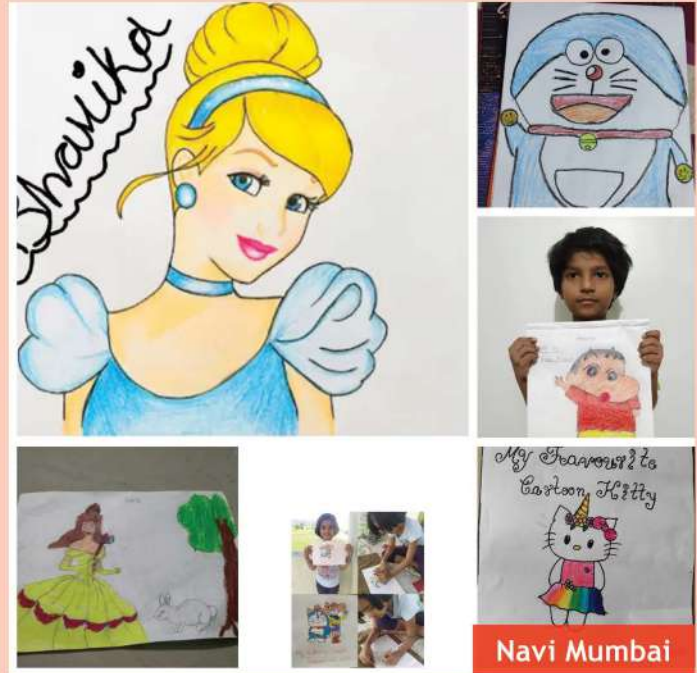


Chintal, Hyderabad



## World Water Day

Kukatpally, Hyderabad



Navi Mumbai



Navi Mumbai



Mehdiapatnam, 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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