

MNR

iNFOCUS

Enriching the innerself

August 2023

MNR's IN-HOUSE MAGAZINE



Capturing the Triumph

A GLIMPSE OF

GOLD & SILVER



Mayuresh Ram Gharat, Student of **MNR International School**, Palaspe, Navi Mumbai - Winner of **Gold Medal** in Taekwondo & **Silver Medal** in Poomsae (Martial Arts) for India in 16th World Taekwondo Culture Expo hosted by South Korea (First from the left)

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

MNR COLLEGE OF PHARMACY ACTIVITIES

On Occasion of National patent festival as a part of Azadi ka Amrit Mahotsav, Dr. Chitrapu Kamaraju delivered a guest lecture on "Indian Pharmacy and IPR Challenges" in one day workshop on IPR and Patenting @ MNR College of Pharmacy



MNR HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL ACTIVITIES

Inaugural of Yuvamanthan G20 Model by J.Hanumantha Rao Garu, Senior Civil Judge cum Secretary, District Legal Services Authority, Sangareddy

Enactment by Students on "Health & Well-being" as President, Prime Minister and Minister of Foreign Affairs representing 20 different countries at Yuvamanthan G20



MNR COLLEGE OF NURSING ACTIVITIES

Participation of Students in Cultural Events organized by Student Nurses' Association of India (SNAI) BIENNIAL State Conference 2023 at Rail Kalarang, Bhoiguda, Secunderabad



The Stellar Triumph :

Human Willpower's Role in Chandrayaan-3's Success

In the heart of every soul, a fire burns bright, A spark of willpower, a radiant light.

It's this human spirit that takes the flight, to achieve the impossible, reach greater height.

Chandrayaan's success, evidence so clear, to what can be achieved when humans steer,

Their dreams to the stars, with unwavering might, they conquer the darkness; they make things right.

With dedication and grit, we reached for the moon, A mission so grand, it made our hearts swoon.

Human willpower, an unbreakable bond, With Chandrayaan's victory, we all respond.

So, remember, dear friends, when times seem tough, your willpower is the rocket that'll make you enough.

In Chandrayaan's success, let's all take a cue, to reach for our dreams, for they can come true.

With pride in our nation's scientific achievements and a gaze fixed upon the stars



Editorial.....

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MNR's In-House Magazine

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YOU ARE YOUR MIND - LXIII

One need not be an extraordinary person to have extraordinary ideas and to do extraordinary deals. When you are ordinary, develop extraordinary attitudes and passion to become an extraordinary person. Then the extraordinary attitudes makes you an extraordinary person.

Mohandas Karamchand Gandhi became Mahatma Gandhi.

A tea-boy became the Prime Minister of India.

A newspaper boy became the President of India.

A shoe-maker's son became the President of the USA.

A petrol-bunk boy became the biggest business boss.

A primary school teacher became the mother of millions.

(And many more)

They were all ordinary, but developed extraordinary qualities to become extraordinary persons.

They were the persons of:

Self-confidence

Mental – toughness

MNR Infocus-1

Conceptual thinking

Ambition to achieve.

They got the best out of their time and they got the best out of their lives.

Life leadership is time leadership

They also knew that

Vision without action is a daydream.

Action without vision is a nightmare.

Vision + Action = Extraordinary.

A person of great values does not complicate his life. He keeps it simple. He always aligns his life with some great principles. Those principles are the goals of such person. The principles become 'standards' of his life. He lives and breathes them unto his last breath. He is the legend.

There is no big idea. There is no small idea. But execution makes it big or small.

An idea should be spick and span.

To become an extraordinary person:

- Risk more than required.
- Learn more than normal.
- Be mentally strong.
- Show courage.
- Speak your truth.

- Live your values.
- Adore mastery.
- Reject mediocrity.
- Aim to be genius.
- Stay humble.
- Be kinder than expected.
- Deliver more than what is needed
- Exude passion.
- Shatter your limitations..
- Transcend your fears.
- Inspire others by your greatness.
- Dream big but start small.
- Act now, don't stop.
- Change yourself first.
- Change the world.
- Excel, love and lead others
- Be innovative.
- Be simple.

There are several examples to reveal that an ordinary person can become an extraordinary hero during these modern days and during those ancient days.

The Pandavas were forced to spend many years in the forest, in two spells, by the Kauravas. By the time they returned from the forest, they were not strong enough financially, politically. They had no army, not even a place to live. Though several pleas were made, the Kauravas were not in a mood to consider. The war was only the alternative to force the Kauravas to part with the share of kingdom to the Pandavas.

What did help the Pandavas to win the war and kill all the Kauravas, though they were not stronger in many ways? The Pandavas had harnessed their energies for perfection. They never remained imperfect and they

felt that their effort would keep them ready for the future battle.

More particularly, Arjuna decided to use the time of the first and second spells of Aranyavasa to prepare for the fight with the Kauravas, instead of spending the time cursing fate.

Arjuna was always ready to compete with his previous life rather than with others.

He never compared himself either with Duryodhana or with Karna, but he was always trying to become stronger than his previous life. He was never thinking about the incident that had happened in the past and he never worried about the future results, but he was always acting in the present. He knew very well that his future would be the out-come of his actions in the present. In both the spells of Aranyavasa, he was in full swing of actions, adding life to his life, instead adding age to his life. When his brothers and wife were spending their time in the forest, cursing their fate he traveled North into the Himalayas. There he meditated withholding his senses and breath focusing on Lord Shiva.

Lord Shiva and Ma Parvathi appeared before Arjuna and the divine couple blessed him with the Pasupata, the greatest missile. Arjuna, not only got the Pasupata, but also became a hundred fold stronger and more brilliant than before because of the divine touch.

Arjuna also helped Indra, the king of the Devas by killing Kalakeya, an Asura. Indra also gifted many weapons, which Arjuna could use them in the Mahabharata battle.

That was the reason, Arjuna became powerful and successful.

Use your time, every day, every minute for a purpose, and start as an ordinary man and grow into an extraordinary person.



Divine Descent : Exploring the Enigma of Vishnu's Dashavatara - Ten Sacred Avatars Unveiled



Chandrashekar

Bachelor of Physiotherapy 1st Year

MNR College of Physiotherapy

The Dashavatara are the ten primary avatars of Vishnu, a principal Hindu god. Vishnu is said to descend in the form of an avatar to restore cosmic order. The word Dashavatara derives from da a, meaning “ten”, and avatra, roughly equivalent to “incarnation”.

According to Swami Parmeshwaranand, although the avatars of Vishnu are countless in number and include hermits, Manus, sons of Manus, and other Devas (gods), due to the curse of Rishi called Bhrigu most are only incomplete incarnations. The Dashavatara is a list of the ten complete (i.e., full) incarnations.

Lists

Various versions of the list of Vishnu's avatars exist, varying per region and tradition. Some lists mention Krishna as the eighth avatar and the Buddha as the ninth avatar, while others – such as the Yatindramatadipika, give Balarama as the eighth avatar and Krishna as the ninth. The latter version is followed by some Vaishnavas who do not accept the Buddha as an incarnation of Vishnu. Though no list can be uncontroversially presented as standard, the most accepted list found in Puranas and other texts include both Krishna, Buddha.

कानितिसत्सर्वचोमम ५३ एतत्तेसर्वमाख्यातमयात्रैवोर्ध्वदेहिके पुरुतासर्वपापेभ्योमु
 अनेनावसंशयः ५४ अत्तामाहात्म्यमत्तुलगुरुडोहर्षमागतः मानुषाणो हिताधीयपुनः
 प्रमदकेशवं ५५ इतिश्रीगुरुडपुराणे प्रेतकजे उर्ध्वदेहिको नाम चतुर्थः ४ गुरुडवा
 च भगवन्ब्रह्मिसेसर्वयमलोकस्पर्णार्थं जेतोः प्रयाणमारुह्य भ्रमाहात्म्यवृत्तनिर्णयं
 १ भगवानुवाच श्रुत्वात्तत्प्रवक्ष्यामियममार्गस्पर्णार्थं प्रयाणकानिसर्वोणिभुवना
 निवधीडश १ यदशीतिसहस्राणियोजनानाप्रमाणतः यमलोकस्पचाध्वानमंतरमात्र
 यस्य ३ सुहृते दुहृते वापि भुक्त्वा लोकेषु राजितं कर्मयोगाघराकश्चिदाधिरूप्य
 जेतव्यं ४ निमित्तमात्रः सर्वेषां कृतकर्मोत्सारातः यस्योविहितो मृत्युः ससंभवमवाप्नु
 यात् ५ कर्मयोगाघरादेही सुवत्पन्ननिजवपुः तदाभूमिगतं कुर्याद्भूमयेनोपलिप्य च
 तिलान्दर्भात्किरीयायमुखे स्वरां विनिक्षिपेत् तुलसीसंनिधौ कृत्वा सालश्यामशिला

The Agni, Padma, Garuda, Linga, Narada, Skanda and Varaha Puranas mention the common (Krishna, Buddha) Dashavatara list.

The Garuda Purana has two lists, one longer list with Krishna and Buddha, and a list with Balarama and Buddha, which substitutes Vamana for Rama.

DESCRIPTION OF THE AVATARS:

Matsya Avatar : The Primal Swim of Creation and Salvation

The fish avatar. King Vaivasvata Manu finds a little fish in the palm of his hands when performing the tarpana (water-offering). The fish asks Manu if his riches and power was enough to give the fish a nice home. Manu keeps the fish to give it a home, but the fish keeps expanding, which breaks Manu's pride about his wealth. Eventually, he releases it into the ocean, realizing it is Vishnu himself. Vishnu informs Manu of the coming destruction of the world, by means of fires and floods, and directs Manu to collect "all creatures of the world" and keep them safe on a boat built by the gods. When the deluge (Pralaya) occurs, Vishnu appears as a great fish with a horn, to which Manu ties the boat, which leads them into safety.

Kurma Avatar: The Cosmic Tortoise's Tale of Balance and Benevolence

The tortoise/turtle avatar. In the legend of the Samudra Manthana, the devas and asuras were churning the Ocean of Milk in order to obtain amrita, the nectar of immortality. They used the mountain Mandara as the churning shaft, which started to sink. Vishnu took the form of a tortoise to bear the weight of the mountain to allow them to complete their task.

Varaha Avatar: Rescuing the Cosmos - Vishnu's Boar Incarnation Unveiled

The boar avatar. The gatekeepers of Vaikuntha, the abode of Vishnu, Jaya and Vijaya, are cursed by the Four Kumaras when they stop them from seeing Vishnu. They choose to be reborn three times as asuras as adversaries of Vishnu. In their first birth, they are born as the brothers Hiranyaksha and Hiranyakashipu. Varaha appeared to defeat Hiranyaksha, who had abducted the earth, and by extension the earth goddess, Bhumi, and carried it to the bottom of the cosmic ocean. The battle between Varaha and Hiranyaksha is believed to have lasted for a thousand years, which the former finally won. Varaha carried the earth out of the ocean between his tusks and restored it to its place in the universe

Narasimha Avatar: Roaring Forth the Triumph of Divine Justice and Courage

The half-man/half-lion avatar. Hiranyakashipu persecuted everyone for their religious beliefs including his son, Prahlada, who was a devotee of Vishnu. The boy was protected by the god and could not be killed, thus being saved by the several attempts of getting harmed. Vishnu descended as an anthropomorphic incarnation, with the body of a man and head and claws of a lion. He disembowelled Hiranyakashipu, and brought an end to the persecution of human beings, including his devotee Prahlada

Vamana Avatar: The Divine Dwarf Incarnation

The dwarf avatar. The grandson of Prahlada, Bali, with devotion and penance was able to defeat Indra, the king of heaven. This humbled the other deities and extended his authority over the three worlds.

The gods appealed to Vishnu for protection and he descended as a boy Vamana. During a yajna of the king, Vamana approached him and Bali promised him for whatever he asked. Vamana asked for three paces of land. Bali agreed, and the dwarf then changed his size to that of the giant Trivikrama form. With his first stride he covered the earthly realm, with the second he covered the heavenly realm thereby symbolically covering the abode of all living beings. He then took the third stride for the netherworld. Bali realized that Vamana was Vishnu incarnate. In deference, the king offered his head as the third place for Vamana to place his foot. The avatar did so and thus grant Bali immortality and making him ruler of Pathala, the netherworld. Vishnu also granted Bali a boon whereby he could return to earth every year.

Parashurama Avatar: The Relentless Rouser of Warrior Wisdom

The warrior avatar. He is the son of Jamadagni and Renuka and was granted as a boon, an axe after a penance to Shiva. Once, the king Kartaviryra Arjuna and his hunting party halted at the ashrama of Jamadagni, the father of Parashurama. The sage was able to feed them all with the aid of the divine cow Kamadhenu. The king demanded the cow, but Jamadagni refused. Enraged, the king took it by force and destroyed the ashrama and left along with the cow. Parashurama then killed the king at his palace and destroyed his army. In revenge, the sons of Kartaviryra killed Jamadagni. Parashurama took a vow to travel across the world twenty-one times and kill every kshatriya king on earth filled five lakes with their blood. Ultimately, his grandfather, the rishi Ricika, appeared before him and made him halt. He is a chiranjivi (immortal), and believed to be alive today in penance at Mahendragiri.

Rama Avatar: Epic Journey of Righteousness, Love, and Divine Duty

The King of Ayodhya. He is a commonly worshipped avatar in Hinduism, and is thought of as the ideal man, and the embodiment of righteousness. His story is recounted in one of the most widely read scriptures of Hinduism, the Ramayana. While in exile from his own kingdom with his brother Lakshmana and wife Sita, she was abducted by the rakshasa king of Lanka, Ravana. Rama travelled to Lanka, killed the rakshasa king and saved Sita. Rama and Sita returned home and were crowned. The day of the return of Prince Rama to the kingdom of Ayodhya is celebrated in the festival of Diwali all over India.

Krishna Avatar: Flute-Bearer of Love, Laughter, and Cosmic Harmony

Krishna was the eighth son of Devaki and Vasudeva and the foster-son of Yashoda and Nanda. A frequently worshipped deity in Hinduism, he is born to slay his tyrannical uncle, Kamsa. He is a major protagonist of the Mahabharata, most notably featured in his role as the charioteer of Arjuna in the Kurukshetra War. He embodies several qualities such as love, duty, compassion, and playfulness. Krishna's birthday is celebrated every year by Hindus on Krishna Janmashtami according to the lunisolar Hindu calendar, which falls in late August or early September of the Gregorian calendar. Krishna is usually depicted with a flute in his hand. Krishna is also a central character in Mahabharata, Bhagavata Purana, and the Bhagavad Gita.

Gautama Buddha: Illuminating Pathways to Inner Peace and Enlightenment

The founder of Buddhism, is commonly included as an avatar of Vishnu in Hinduism. Buddha is sometimes depicted in Hindu scriptures as a preacher who deludes and leads asuras and heretics away from the path of the Vedic scriptures, but another view praises him a compassionate teacher who preached the path of ahimsa (non-violence).

Kalki Avatar: The Eclipsing Dawn of Divine Renewal and Cosmic Restoration

Kalki is described as the final incarnation of Vishnu, who appears at the end of each Kali Yuga. He will be atop a white horse and his sword will be drawn, blazing like a comet. He appears when only chaos, evil and persecution prevails, dharma has vanished, and he ends the Kali Yuga to restart Satya Yuga and another cycle of existence.





INTERNATIONAL

BREAST-FEEDING

WEEK (AUGUST 1st -7th2023)

International Breastfeeding Week is celebrated every year in the first week of August from 1st to 7th. This year 2023, the World Breastfeeding Week theme is “Let’s make breastfeeding and work, work!”. The theme emphasises necessary actions by policymakers, employers, and colleagues to support continued exclusive breastfeeding in working women to their infants.

History of World Breastfeeding Week (WBW)

World Breastfeeding Week (WBW) is celebrated every year from August 01 to August 07 in remembrance of the Innocenti Declaration from 1990. Since

2016, Sustainable Development Goals (SDGs) have been in sync with WBW. A World Health Assembly resolution in 2018 endorsed WBW as a vital strategy for promoting breastfeeding.

The Innocenti Declaration reflected both the spirit of the support that was being

mobilized for breastfeeding, and also the recognition of the right of the infant to nutritious food enshrined in the Convention on the Rights of the Child.

This year 2023, the World Breastfeeding Week theme is “Let’s make breastfeeding and work, work!”. The theme emphasises necessary actions by policymakers, employers, and colleagues to support continued exclusive breastfeeding in working women to their infants. Many work-related variables, such as full-time maternal employment, rigid work schedules, and lack of paid maternity leave and lactation rooms, created significant barriers to working mothers’ nursing practices.

The aim of World Breastfeeding Week 2023 theme is to promote awareness regarding the importance of optimal breastfeeding in infants and measures to support working women in successfully completing exclusive breastfeeding.

Globally, more than 50 crore working women are still not having access to vital maternity benefits, and many more are not supported once they return to their workplaces. As per WHO, every woman, wherever doing any job, ought to have the following rights:

- Paid maternity leave for at least 126 days (18 weeks) and ideally longer than six months.
- Paid lactation time off to nurse their kids.
- Provision of flexible return-to-work options

Importance of World Breastfeeding Week (WBW)

The World Health Organization (WHO) and United Nations International Children’s Emergency Fund (UNICEF) recommend optimal breastfeeding that includes exclusively breastfeeding (only breastmilk without any additional food or water, exception to oral rehydration solution, drops and syrups) a child during the first six months of life and then continuing to breastfeed until the age of two years, with the addition of suitable and sufficient supplementary foods.

In developing nations, exclusive breastfeeding of infants younger than two years old has the highest potential impact, among other preventive interventions, on child survival, having the ability to save approximately 13% of all deaths in children under the age of five years. In addition, it is also critical to achieve many of the newly announced Sustainable Development Goals by 2030.

Breastfeeding is the best way to feed a baby. It provides all the nutrients that a baby needs for their first six months of life, and it also helps to protect babies from illness. Breastfeeding also has many benefits for mothers, including reducing the risk of postpartum depression and type 2 diabetes.

Despite countless benefits of breastfeeding, many women around the world do not have the opportunity to breastfeed. This is due to several factors, including lack of support from family and friends, lack of access to clean water and sanitation and lack of paid parental leave.

Why should babies be breastfed exclusively?

On its own, breast milk provides all the antibodies, nutrients and fluids that babies need for their first 6 months of healthy growth and development. Exclusively breastfed babies have better resistance and immune protection against common childhood illnesses such as diarrhoea, respiratory infections, and ear infections. In later life, those who were breastfed as infants are less likely to become overweight or obese, or to suffer from noncommunicable diseases, such as diabetes, heart disease and strokes.

Activities at MNR Medical College and Hospital

- Seminars for First-year students
- Intercollege Poster Competition for M.B.B.S students and Sanjeevini College of Physiotherapy
- Rally at Kandi Village by 2nd and 3rd Year students along with faculty of community medicine for raising awareness in rural areas
- Skit was presented at Anganwadi centre at Sanga Reddy
- Awareness was created for Physiotherapy students by M.B.B.S 2nd and 3rd Year students



1. Fostering Breastfeeding Awareness in Kandi Village through Education and Unity by 2nd and 3rd Year students along with faculty of Community Medicine
2. Nurturing Tomorrow: Illuminating Breastfeeding's Vital Role - An Anganwadi Skit in Sangareddy
3. Fusion of Minds: Intercollege Poster Competition Bridging students of M.B.B.S and Sanjeevini College of Physiotherapy



Mrs. B. Uvarani
Professor,
Department of Child Health Nursing
MNR College of Nursing



SUICIDAL TENDENCY IN CHILDREN

Being mentally healthy does not just mean that there is no mental health problem. Good mental health is characterized by a person's ability to fulfill a number of key functions and activities, including, the ability to learn, to feel, express and manage a range of positive and negative emotions, to form and maintain good relationships with others and cope with and manage change and uncertainty.

DEFINITIONS

- A suicidal child/adolescent is a minor who intends or plans to end his life.
- A suicide attempt is defined as an act, which is not successful, through which a child expresses a wish to harm his or herself, putting him or herself in danger with the intention of bringing about his or her own death.
- Suicide is the act of intentionally causing one's own death

- The Government of India classifies a death as suicide if it meets the following three criteria viz., it is an unnatural death, the intent to die originated within the person, and there is a reason for the person to end his or her life, the reason may have been specified in a suicide note or unspecified.

INCIDENCE

- About 8,00,000 people commit suicide worldwide every year. Of these 1,35,000 (17%) are residents of India, a nation with 17.5% of world population.
- Each year, an average of 35 people per 1,00,000 Indians aged between 15 and 29 kill themselves. This accounts for about a third of all suicides in the country.
- Between the ages of 10 to 24, suicide is the 2nd most common cause of death accounting to 17% of all the causes of deaths.

- Suicide rates differ between boys and girls. The prevalence of suicidal tendency in girls is about twice as often as in boys, and tend to attempt suicide by overdosing on drugs or cutting themselves. Yet boys die by suicide about four times as often girls, perhaps because they tend to use more lethal methods, such as firearms, hanging, or jumping from heights.

CAUSES OF SUICIDAL TENDENCY

The end of childhood and the onset of adolescence are often difficult periods that present numerous challenges, such as hormonal changes, increases in school or professional workloads, turbulent personal relationships, which can lead to negative thinking. Although a significant event, such as the loss of a loved one, parental divorce, moving house, assaults, etc... may push a child to commit suicide, there may be multiple causes, which actually cause the child to contemplate it.

1. PERSONAL FACTORS

- Psychological (depression, anxiety, anti-social personality)
- Behavioural (aggressiveness, drug or alcohol abuse)

2. FAMILY FACTORS

- Neglect
- Treatment
- Loss of Cultural Landmarks (Forced Relocation)
- Lack of Future Prospects
- Isolation

3. OTHER FACTORS

These factors may occur from time to time and sometimes are specific to a particular area

- Cyber Dependence (Addiction to Video Games/Internet)
- Harassment/Bullying at School
- Violence because of Sexual Orientation

or Minority Status

- High Expectancy from parents and significant others
- Academic Issues
- Peer Issues

SIGNS AND SYMPTOMS

- Sleep disturbances (too little or too much)
- Loss of appetite and/or weight
- Isolation
- Loss of interest in favorite activities
- Absenteeism
- Verbal and/or physical aggressiveness
- Drug or alcohol abuse
- Neglecting appearance and hygiene
- Unnecessary risk-taking
- Interest in death
- Sending out worrying messages on the internet
- Poor notes or unusual problems at school
- Difficulty concentrating
- Negative thoughts about his qualities, his successes

POINTERS TO HELP SUICIDAL CHILD

- Spend some time with them. Isolation can increase suicidal thoughts.
- Be yourself. Let them know you care and they are not alone. Concern will be shown in voice and manner.
- Listen. Let them vent their anger. No matter how negative the conversation seems, the fact that it exists is a positive sign.
- Be sympathetic, non-judgmental, patient, calm and accepting.

- Offer hope. Reassure that help is available and that the suicidal feelings are temporary. Let them know that their life is important to you.
- If the person says things like, “I’m so depressed, I can’t go on,” ask the question: “Are you having thoughts of suicide?” You are not putting ideas in their head, you are showing that you are concerned, that you take them seriously, and that it’s OK for them to share their pain with you.
- Talk about the situation as openly as possible.
- Tell them that you do not want them to die or to harm another person.
- Show understanding and compassion.
- Ensure that they do not have access to weapons.
- Call a suicide helpline or encourage them to do so.
- Ask them to commit to not harming themselves, and to calling you or someone else if they feel compelled to self-harm.
- Help them find treatment.
- Do not blame them or minimize their problems.
- Do not argue with the person or make statements like “It’s not as bad as you think,” and don’t challenge the person by saying “You’re not the type to commit suicide.” Arguing with the person may only increase their feelings of being out of control of their life.
- Do not act shocked, lecture on the value of life saying that suicide is wrong.
- Do not promise confidentiality; refuse to be sworn to secrecy.
- Do not offer ways to fix their problems, give advice, or make them feel like they have to justify their suicidal feelings.

Life is never going to be “easy” for anyone, but you can learn from your past, live in the present, and work to better your future. No matter who you are or how suicidal you feel, there is treasure on your inside. You are completely unique and have a gift to offer the world that is completely unique. Leaving the world prematurely by taking your own life will also be taking the gift that you were meant to share with others, and ultimately this world will not be as bright as it was meant to be.

Every suicide is a tragedy that affects families, communities and entire countries and has long-lasting effects on the people left behind. Suicide occurs throughout the lifespan and was the second leading cause of death among 15-29 year-olds globally in 2016.

Suicide does not just occur in only high-income countries, but is a global phenomenon in all regions of the world. In fact, over 79% of global suicides occurred in low- and middle-income countries in 2016. World Suicide Prevention Day is observed on 10th September every year to promote worldwide action to prevent suicide.

“Amidst the challenges of growing up, let’s be the pillars of support that uplift our children’s spirits, for in their resilience lies the promise of a brighter tomorrow.”

Activities @ MNR Golden Kids (Navi Mumbai)



Activities @ MNR Golden Kids (Hyderabad)



Activities @ MNR Group of Schools

**MNR I-EXCEED SCHOOL
KUKATPALLY**



**MNR HIGH SCHOOL
BHEL**



**MNR SCHOOL OF EXCELLENCE
BHEL**



**MNR SCHOOL OF EXCELLENCE
SANGAREDDY**



**MNR SCHOOL OF EXCELLENCE
BHEL**



**MNR HIGH SCHOOL
CHINTAL**



Activities @ MNR Group of Schools

MNR HIGH SCHOOL CHINTAL



MNR I-EXCEED SCHOOL KUKATPALLY



MNR SCHOOL OF EXCELLENCE KAMOTHE



MNR SCHOOL OF EXCELLENCE SANGAREDDY



MNR INTERNATIONAL SCHOOL PALASPE



MNR SCHOOL OF EXCELLENCE MEHDIPATNAM



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

MNR DENTAL COLLEGE & HOSPITAL ACTIVITIES

Memorandum of Understanding (MoU) signed between MNR Dental College and Clinosol-Guidance for career and Placements on 31/07/2023



Dr. Ruparani Bodduru, Prof. & Head, Department of Periodontics and Implantology, MNRDC is felicitated and awarded with VAIDYA RATNA AWARD 2023 on the occasion of National Doctor's Day Celebrated on 30-07-2023 at Ravindra Bharathi, Hyd, organized by Mothers Foundation



MNR Dental College has conducted 12th Graduation Ceremony for UG and 8th Graduation Ceremony for PG Students



National Seminar on
Post Pandemic Scenario : Impending Virus Research
→ **on 11th October, 2023**



Organized by

**Department of Microbiology University College of Science
Osmania University**

in Association with

**St. Pious X Degree & PG College for Women
&
MNR Degree & PG College**

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Venue : PGRRCDE Auditorium

MNR Degree & PG College

Opp : JNTU, Bhagyanagar phase III, Near HMT Hills, Kukatpally, Hyderabad - 500 085, Telangana.

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