

MNR

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Enriching the innerself

December 2025

MNR's IN-HOUSE MAGAZINE



Annual Day Celebrations at **MNR SCHOOL OF EXCELLENCE**, Kamothe, Navi Mumbai, graced by **Shri. M. N. Raju**, Chairman (MNR ET) & President (MNRU), **Hon'ble Shri. Prashant Thakur**, M.L.A., Panvel Constituency, with Guests of Honour **Shri. P. Chandra Shekar Goud**, IRS, Asst. Commissioner, Customs & CGST, Raigad Commissionerate; **Smt. Aruna Bhalla**, Ex. Dy. Commissioner, **K. V. Sangathan**; and **Dr. Kapil Singh Thakur**, Sr. Scientific Officer, MGM Medical College, Navi Mumbai, celebrating a journey from strong roots to a future of innovation



Annual Day Celebrations of **MNR INTERNATIONAL SCHOOL**, MNR Golden Kids - A Group of Play Schools, Navi-Mumbai, with gracious presence of **Shri. M. S. Ravi Varma**, Vice-Chairman (MNR ET) & Chancellor (MNRU), Chief Guest **Shri. Sanjay Yenpure**, IPS, Joint Commissioner of Police, Navi Mumbai and Guests of Honour **Shri. Mahadeo Kirwale**, Deputy Collector, NSEL, Mumbai and **Dr. Mansee Thakur**, Director, MGM Institute of Biomedical Sciences

—WORLD— SOIL DAY

DECEMBER - 05

“Healthy soil, healthy life”

This message echoes globally on World Soil Day, observed every year on December 5. Soil, the silent giver of life deserves our utmost gratitude and care. Soil is not just the ground we walk on; it is the birthplace of food and biodiversity.

World Soil Day reminds us that “the greatest threat to our planet is the belief that someone else will save it.” Often dismissed as mere dirt, soil is in fact the origin of our food, forests, and future. experts say, “**Soil is where food begins.**” As experts remind us, “Soil is where food begins.” Yet, we continue to degrade it through pollution, deforestation, and excessive chemicals.

If this silent crisis continues, fertile lands may soon become deserts. Mahatma Gandhi’s words warn us rightly: “**To forget how to dig the earth and tend the soil is to forget ourselves.**” Sustainable farming, composting, rainwater harvesting, and planting trees are not just practices, they are promises to protect life itself. Let us remember, “We borrow the Earth from our children,” and every step toward soil conservation is a step toward safeguarding their future.

Each of us must understand that “**The greatest threat to our planet is the belief that someone else will save it.**”

On this World Soil Day, let us pledge to protect the land that nourishes us. For truly, “**We owe our lives to the soil beneath our feet.**”



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

ACTIVITIES @ MNR COLLEGE OF PHARMACY

Students showcasing their innovative pharma models on the occasion of National Pharmacy Week, 21-11-2025



Students presenting creative videos highlighting the role of pharmacy during National Pharmacy Week Celebrations, 20-11-2025

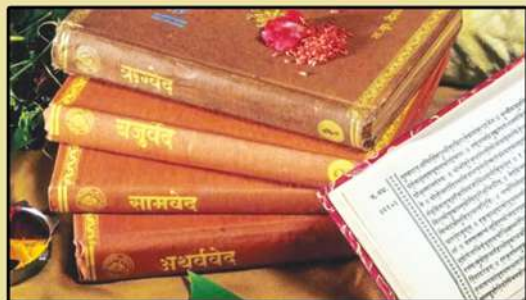
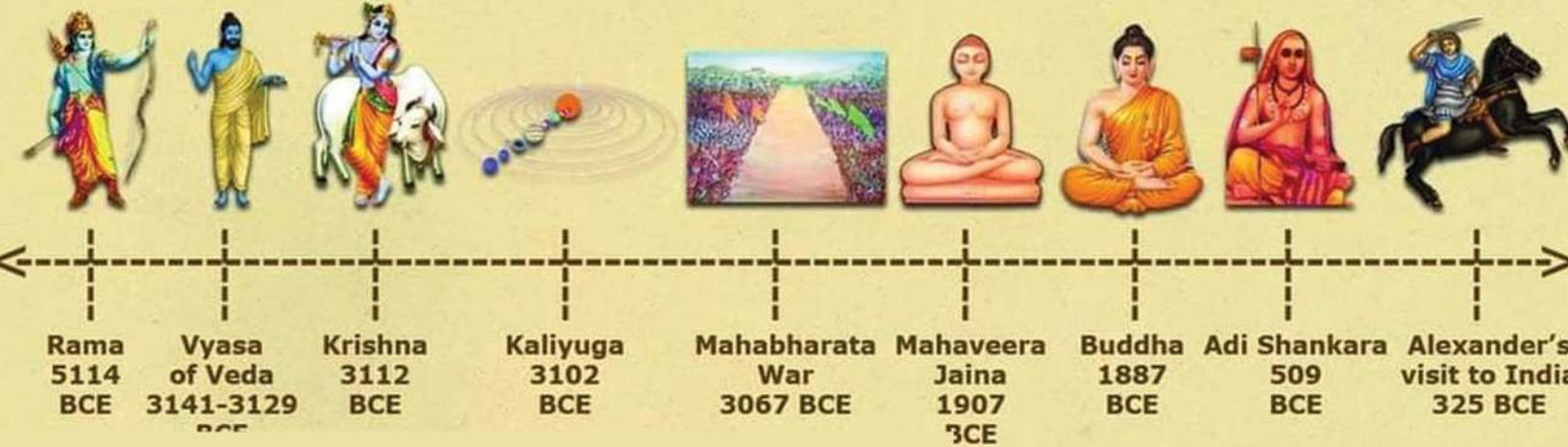


Orientation Program conducted for 1st B. Pharm and 1st Pharm. D students to welcome and guide them on their academic journey on 13-11-2025



Abroad Education Guidance Session conducted for B. Pharm students to explore global academic opportunities on 18-11-2025





THE VEDAS - THE LIFE LINE OF INDIA

Jeenlimi, a Professor of America, said that all the world made many things with stone, built great buildings, made monuments with steel to keep up their culture for future. But only India could keep up its culture and spirituality intact through the Vedas, and they are alive for the last 430 crores of years.

Stephen Knapp wrote a great book **"The Secret Teachings of the Vedas"**. He lived for 40 years in India and visited almost all religious places of India, before writing this book.

The Vedas are the great source of Vedic values. They answer several thousands of questions which no other religion of the world can answer. They have become a source for the entire world for spirituality. They also gave birth to eight religions out of ten major religions of the world. India also became a centre and source of knowledge and science in the world, in the olden days.

The Rigveda talks about Devatas their natures, qualities etc.

It contains 1017 Sukthas and 10580 Mantras.

The Yajurveda talks about Yagnas and about Kraththuvulu. It is of two parts - the Sukla Yajurveda and the Krishna Yajurveda.

The Samaveda sings about Devatas and shows the systems of getting their blessings. There are about 1875 Mantras.

The Adharvana Veda talks about the Brahma Jnanam, about social life and about Medicine, Politics, Economics, Education etc. There are about 5977 Mantras.

The Rishis developed certain systems to understand the Vedas. They are known as:

a) The Vedangamulu and b) The Upavedas.

Some historians told that in the second millennium BCE, the Aryans invaded India.

But it was not correct. The Aryans were not the people from some other place, but they were the native people lived near the river Saraswathi, which got dried up due to some reasons. Then they might have moved eastwards. The Indus Valley was the place where they settled and flourished with the Vedic Culture. It was the greatest and the oldest civilization in the world.

When the Vedas were followed for millions of years, some of the third-grade scholars started misusing them and started giving wrong interpretations to them. They brought lots of rituals, some of them were meaningless and useless.

At later stages, Lord Krishna gave us “The Bhagwad Geetha” which is the perfect essence of the Vedas.

Many more great things happened in the world, particularly in India, about science, math, astronomy, social life etc, because of the Vedas.

Even before the Vedas were created, one great word “AUM” (OM) was born, from the sound of universal creation. That word has a wonderful value on human life. Now let us know more about “Aum”.

AUM

- Krishna says “If any one remembers me in ‘Aum’ form and lives in ‘Aum’ at the time of death, he will attain eternity.”
- It is an extraordinary and a rare word
- It has no meaning
- The sound was generated when the universe was being created.
- It was not translated into any other language as there is no meaning for it.
- The people discovered that Aum was in search of a link between silence and word.
- Krishna asked us to go beyond words and beyond mind. Then you will be in ‘Aum’ form

that is eternal.

- ‘Aum’ is not a word; it is a picture.
- India’s genius made this word significant with great meaning. It is limitless and infinite.
- When all words disappear, Aum is heard.
- Meditation is a journey into silence and causeless sound comes and it is ‘Aum’.
- The Upanishads begin with ‘Aum’ and end with ‘Aum Shanthi’.
- Christians use the word ‘Amen’ and the Mohammedans also use the word ‘Amin’. Both these words are the formats of ‘Aum’. They too do not have any meaning. They were copied.
- There are three words in English with this meaning.
 - a) Omniscient - one who knows ‘Aum’.
 - b) Omnipresent - one who is present in ‘Aum’.
 - c) Omnipotent - one who has become powerful as ‘Aum’.

Aum is also important in other religions like Judaism, Jainism, Buddhism, etc.

Unprecedented Eruption in Ethiopia

a volcanic event to disrupt life in India



In a rare geological event, **the Hayli Gubbi volcano in Ethiopia**, located ~800 km northeast of Addis Ababa, erupted on 23, November, 2025 morning—its first known eruption in at least 12,000 years. The sudden and powerful eruption

surprised all, as there had been no previous modern record of activity at this volcano. According to residents, the eruption began with a loud explosion that many described as sounding like a bomb. Dense columns of dark smoke and ash quickly engulfed nearby villages, plunging the region into near-darkness. Satellite images assessed ash columns rising as high as 14 kilometers, drifting westward across the region and eventually reaching India. Tremors extended to Tourists traveling toward the Danakil Depression became stranded due to ash-filled roads and poor visibility.



Impact on India and Aviation Safety

The ash cloud had traveled thousands of kilometers, reaching India. Volcanic ash can severely damage aircraft engines, pit windscreens, and interfere with navigation systems. In response, India's Directorate General of Civil Aviation (DGCA) issued a safety advisory to all airlines.

The ash cloud exited India by Tuesday night and drifted toward China, reducing the threat to Indian airspace.

Effect on Local Communities

The ashfall poses ongoing challenges:

- Air quality concerns:
- Livestock forage destroyed:
- Economic strain:
- Tourism disruption:

Environmental Impact of the Hayli Gubbi Eruption

- Air Pollution and Health Risks
- Respiratory irritation
- Asthma exacerbation
- Eye and skin irritation

2. Soil and Vegetation Damage

Ash blankets can:

- Block sunlight for days or weeks
- Alter soil pH
- Poison or smother vegetation
- Reduce plant growth and productivity

3. Water Contamination

Volcanic ash can contaminate local water sources by:

- Increasing acidity

- Adding heavy metals and minerals
- Clogging streams and wells.

4. Climate and Atmospheric Effects

While this eruption is not large enough to cause global cooling, it has short-term atmospheric impacts:

- Ash high in the atmosphere can temporarily reduce sunlight.
- Regional temperatures may fluctuate slightly.
- Air traffic routes shift to avoid ash, increasing fuel consumption and emissions.

5. Disruption of Ecosystems

Ashfall alters animal habitats by:

- Destroying forage
- Contaminating water
- Stressing wildlife that rely on clean vegetation and open airways

Recovery may take weeks to months depending on rainfall and wind patterns.

Conclusion

The eruption of the Hayli Gubbi volcano marks a rare geological event with wide-ranging effects—from ash-covered Ethiopian villages to altered flight routes across India. While immediate casualties have been avoided, environmental and economic impacts on local communities are significant. Continued monitoring of air quality, livestock conditions, and volcanic activity will be essential in the coming weeks.



Your Food Habits decide how your medicines work !



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Drugs or medicines can have complex mechanisms in the body which are intended for either prophylaxis or treatment of a particular disease condition. Sometimes, clinicians may not find a direct reason why the drugs are not working as needed in the patients. Though there are multiple factors which can influence a drug's action or its side effects on a person, one of the most neglected aspects is food-drug interaction.

A food-drug interaction is a complex interference of either food on drug's activity or a drug may interfere with food taken by the person. There has been increased complexity of diseases day by day and also drastic changes in food habits which can create number of possibilities of food and drug interactions.

There are multiple mechanisms by which these interactions occur including sub-optimal therapy, increased toxicity, prolonged treatment duration, sometimes treatment failure and prolonged hospitalization. Though not always harmful ex. Certain drugs like antibiotics or analgesics

may be recommended to be taken with food to reduce gastritis and related symptoms. Some drugs may be intentionally taken with food to increase absorption ex. Citrus fruits increase iron supplements absorption.

There is an increased need for education on foods to avoid and to have during medicine usage for the general public so the basic preventable actions for any medication errors could be taken as a step for ensuring patient's safety and improved health conditions.

It's very important to know these common food-drug interactions in order to properly achieve the optimal effectiveness and reduce the harmful effects and overall improving health outcomes.

Some of the food-drug interactions:

Warfarin- Green leafy vegetables: Warfarin, an anticoagulant works by antagonizing vitamin K1 uptake and leads to its depletion which can reduce clotting factor synthesis. But green leafy vegetables have lot of Vitamin K which can

reverse its depletion.

Potassium sparing diuretics - Foods rich in potassium (K⁺): Drugs such as spironolactone, eplerenone and foods such as Bananas, oranges may both lead to higher potassium levels increasing the risk of cardiac arrest.

Monoamine oxidase inhibitors (MAOIs) and tyramine rich foods: MAOIs such as selegiline, rasagiline, Linezolid (antibiotic) and foods such as cheese, chocolates, coffee, citrus fruits, fava beans, bananas. MAOIs decrease the breakdown of endogenous and dietary amines including tyramine. This can cause excess production of catecholamines leading to increased vasoconstriction and hypertensive crisis.

Tetracyclines & Fluoroquinolones - Milk & dairy products: Together tetracyclines or fluoroquinolone antibiotics can form complexes with calcium and precipitate leading to bone and teeth abnormalities.

Grapefruits- Amlodipine: Grapefruits contain flavonoids, naringenin and apigenin which can inhibit liver enzymes CYP3A4 and CYP1A2. Thus, can increase the actions of various drugs (ex. Atorvastatin, cyclosporine) binding to them as a substrate including amlodipine.

High fat meal and lipid soluble drugs: High fat containing foods can increase absorption of vitamins A, D, E, K and drugs such as antiretrovirals ex. Atazanavir, antifungal agents ex. Griseofulvin.

Green tea- Anticancer agents: Green tea reduces absorption of anticancer agents such as sunitinib and decreases effectiveness.

Alcohol- drug interactions

Alcohol can interact with many drugs including CNS depressants ex. Amitriptyline, anxiolytics ex. Diazepam leading to dose dumping and increase sedation.

It can also increase further risk of liver damage when used along with paracetamol. Alcohol also interacts with metronidazole (antibiotic) to

increase side effects such as nausea, vomiting and flushing. Alcohol along with antidiabetic agents can further cause hypoglycemia and increases risk of lactic acidosis with metformin.

Take home points:

- Always make a note of food habits while on medicines because there needs a balance of both for improving your health condition.
- Identify & list foods to avoid during medicines use
- Some food-drug interactions can simply be managed by changing time schedules with respect to medicines.
- While some can be managed by adjusting the intake of food
- If you have found any ineffectiveness or side effects, first review your food habits and drugs used and consult your pharmacist/ physician.
- However, depending on the individual person's requirement, a food-drug interaction may be grouped as beneficial or harmful. Consult your healthcare provider for more information.



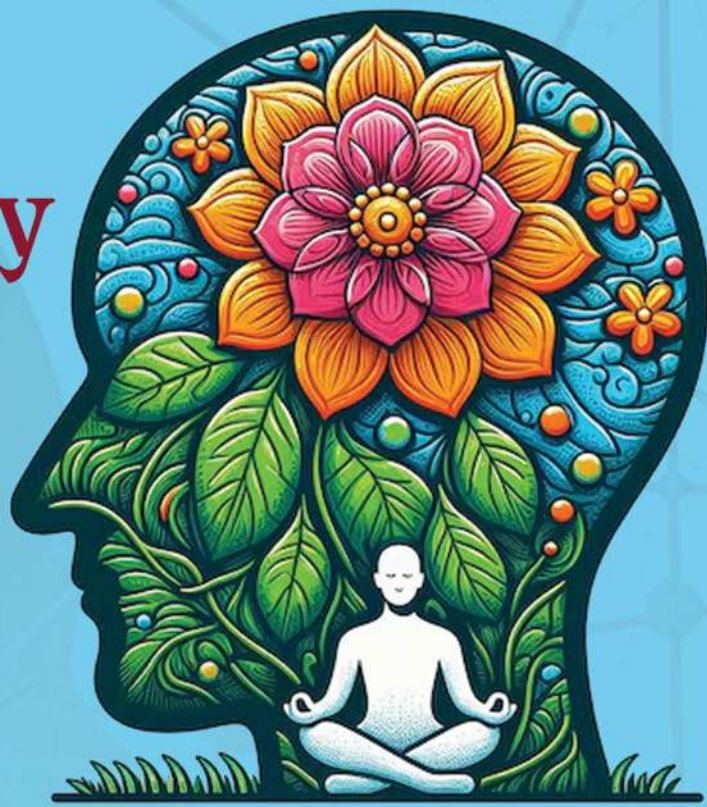
World Mental Health Day 10th Oct

Theme: Access to services – Mental Health in catastrophes and emergencies (2025)



Ms. Udaya Shree G
Professor

MNR School & College of Nursing



Catastrophes and emergencies, whether natural or manmade, affect lives and property, devastating communities through a chain of catastrophic sequences affecting social and economic developments. They impact on individuals to create survivors who must cope with trauma, loss and crisis. They present a challenge to mental health professionals who have to assist the traumatized population.

Accessing mental health services during a catastrophe and an emergency involve contacting support mechanisms like the National Crisis Lifeline (emergency services) or engaging in community-level support and Psychological First Aid (PFA), and integrating mental health care into primary care and long-term recovery plans.

The key strategies include establishing trained teams, utilizing local health providers, providing education on normal reactions, and building community resilience for sustained well-being after the event.

Key facts

- Almost all people affected by emergencies experience psychological distress, which typically improves over time.
- One in five people (22%) who have experienced war or conflict in the previous 10 years has

depression, anxiety, post-traumatic stress disorder, bipolar disorder or schizophrenia.

- Emergencies significantly disrupt mental health services and reduce the availability of quality care.
- People with severe mental health conditions are especially vulnerable during emergencies and need access to mental health care and other basic needs.

Prevalence

Most people affected by emergencies experience feelings of anxiety, sadness, hopelessness, sleep issues, fatigue, irritability, anger or aches.

This psychological distress usually improves over time, but some people go on to develop a mental health condition.

An estimated 22% may have depression, anxiety, post-traumatic stress disorder, bipolar disorder or schizophrenia.

An estimated 13% of conflict-affected populations have mild forms of depression, anxiety and post-traumatic stress disorder, while moderate or severe mental disorders affect 9%.

In conflict-affected settings, depression increases with age and is more common in women.

People with severe conditions are especially vulnerable during and after emergencies and need access to basic needs and clinical care.

Key challenges to accessing mental health services during catastrophes and emergencies

- **Weak and unprepared health systems:** Many regions lack the mental health infrastructure, trained personnel, and readiness to address the psychological toll of a disaster.

- **Infrastructure damage and displacement:** Disasters often destroy or damage healthcare facilities and disrupt transportation networks, cutting off access to services. Additionally, displaced populations, such as those in temporary shelters, face challenges with privacy and continuity of care.

- **Insufficient resources:** Low-resource settings frequently struggle to mobilize the necessary funds and personnel. The high demand for mental health support is often unmet because initial relief efforts prioritize physical needs like food and shelter.

- **Stigma and poor mental health literacy:** Social stigma remains a significant barrier, discouraging people from seeking help for mental health issues. Many individuals and communities lack awareness of the psychological impacts of disasters and the importance of professional support.

- **Focus on short-term needs:** There is often a disconnect between immediate, post-disaster care and long-term recovery efforts. Mental health needs can persist for months or years, but resources and public attention tend to decrease over time.

- **Heightened vulnerability for specific groups:** Populations with pre-existing mental or chronic health conditions, as well as first responders, are particularly vulnerable and face increased risks during and after emergencies.

Strategies for Mental Health Support

a) Immediate Support:

- **Helplines:** In crises, immediately call or text emergency services in the Disaster Distress Helpline (Emergency Response Support System

(ERSS) is a Pan-India single number (112) based emergency response system for citizens in emergencies., to connect with immediate crisis counseling for emotional distress related to any disaster.

b) Short-Term and Community Support:

- **Psychological First Aid (PFA):** Provide immediate emotional and psychological support based on principles of PFA to help survivors cope with stress and grief reactions.

- **Community Outreach:** Organize outreach activities in shelters and community centers to help people understand and process disaster-induced stress.

- **Information & Normalization:** Provide information that normalizes reactions like fear and anxiety, affirming that these are normal responses to abnormal situations.

- **Leverage Local Resources:** Utilize local health providers, general practitioners, and community health workers, as they are often embedded in the community, trusted, and familiar with cultural contexts.

c) Long-Term Recovery and Preparedness:

- **Integrate Mental Health:** Integrate mental health services at the primary care level to provide sustained support to individuals and communities.

- **Training:** Train primary healthcare doctors and other community workers to recognize and



provide basic mental health services during and after disasters.

- **Build Resilience:** Implement community-level interventions and programs that build individual and community resilience, aiding in long-term adaptation and well-being.
- **Specialized Care:** Establish systems to provide specialized mental health care for individuals who develop long-term conditions like depression, anxiety, or PTSD, ensuring continued access to services post-disaster.

Recommended Actions

International guidelines on Mental Health and Psychosocial Support (MHPSS) recommend several actions to effectively prepare and respond to emergencies.

Include MHPSS in all-sectoral emergency preparedness plans, including hazard and vulnerability assessments, capacity building plans, coordination mechanisms and contingency plans.

Establish a cross-sectoral MHPSS Technical Working Group to coordinate activities in line with global guidelines.

Strengthen community self-help and social supports, ensuring the involvement of vulnerable groups, including people with mental health conditions.

Orient frontline workers in psychological first aid to provide emotional and practical support to people experiencing acute distress.

Share key messages and service information to encourage positive coping and help-seeking.

Offer clinical mental health care for priority conditions at general health facilities, using trained and supervised staff and evidence-based protocols.

Provide evidence-based psychological interventions for people impaired by prolonged distress. These should be provided by specialists or trained and supervised community workers.

Protect and promote the rights of people with severe mental health conditions, including those living in institutions such as psychiatric hospitals, social care homes and rehabilitation clinics for substance use.

Establish referral networks between mental health specialists, general health care providers, community supports and other relevant services (e.g. schools, social services and emergency relief services).

The vital role of NGOs

Non-governmental organizations (NGOs) are critical in addressing the mental health gaps in emergencies due to their:

- **Community-based approach:** NGOs often build grassroots support and trust within affected communities.
- **Innovative models:** They develop creative and cost-effective solutions, such as peer support and specialized programs for marginalized groups.
- **Flexibility and speed:** NGOs can mobilize and adapt rapidly to changing needs on the ground.
- **Advocacy and research:** They advocate for policy changes and conduct research to inform more effective interventions



Annual Day Celebrations

Golden Kids - Kamothe



Annual Day Celebrations

Golden Kids - Palaspe



Annual Day Celebrations

MNR School of Excellence - Kamothe



Annual Day Celebrations

MNR School of Excellence - Kamothe



Annual Day Celebrations

MNR International School - Palaspe



Annual Day Celebrations

MNR International School - Palaspe



Activities @ MNR Group of Schools

**Volley Ball & Karate Award Winners
@ MNR I-Exceed School, JNTU**



**Animal Parade Activity & Children's Day Celebrations
@ MNR School of Excellence, BHEL**



**Mom's Kitchen Activity
@ MNR School of Excellence, BHEL**



**Mom's Recipe Activity
@ MNR Golden Kids, G5**



**Field Trip to Rashtrapati Nilayam
@ MNR High School, Chintal**



**Celebrated Children's Day
@ MNR I-Exceed School, JNTU**



Activities @ MNR Group of Schools

**Mom Recipe Activity
@ MNR High School, Chintal**



**Field Trip to Rashtrapathi Bhavan
@ MNR School of Excellence, Mehdipatnam**



**Field Trip to NTR Garden
@ MNR High School, BHEL**



**Mom Recipe Competition
@ MNR High School, BHEL**



**Celebrated Children's Day
@ MNR School of Excellence, Sangareddy**



**Special Assembly Activity
@ MNR School of Excellence, Mehdipatnam**



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

Observing World Antimicrobial Resistance Awareness Week (November 18–24, 2025) to promote responsible antibiotic use and combat antimicrobial resistance



Prioritise Breastfeeding awareness program conducted by the Medical College to promote infant nutrition and maternal health



The Cyber Security Team conducted an Awareness Session on Cyber Crime and Security at MNR PG College, Kukatpally, creating awareness among Students about safe Digital Practices



MNR PG College organised an Induction Programme for newly admitted PG students of the Academic Year 2025–26. The programme introduced students to the courses, academic guidelines, and career opportunities, and encouraged active participation in academic and co-curricular activities.





BE A PART OF GREAT LEGACY



Splendid moment as the Vice-Chairman, **Sri. Ravi Varma Mantena**, MNR Educational Trust, felicitates Honourable President of India, **Smt. Droupadi Murmu**, at the illustrious **Golden Jubilee Celebrations** of MNR Educational Trust at Parade Grounds on 20th December, 2023



COURSES OFFERED

School of Engineering & Technology and Artificial Intelligence

- B.Tech. (Hons) CSE
- B.Tech. (Hons) CSE (Artificial Intelligence & Machine Learning)
- B.Tech. (Hons) CSE (Artificial Intelligence & Data Science)
- B.Tech. (Hons) ECE (Internet of Things)

SALIENT FEATURES OF MNRU

- Future Ready Education
- Industry Centric Pedagogy
- Doctorate Faculty
- World Class Labs
- Internships (Local & Abroad)
- Incubation Centre
- Twinning Programmes in Foreign Universities



100% Placement Assistance

MNRU Scholarships and Financial Support

MNR University offers scholarships and financial support to talented students who demonstrate academic excellence. MNRU scholarship assistance ensures all potential and deserving students have access to high quality education.

IPE (%)	CBSE/Any State Board in CGPA	Any State CET RANK	JEE Mains (% tile)	UGC CUET - UG (% tile)	Scholarship (% of tuition fee only)	Tuition Fee after Scholarship per annum
95% & above	>= 9.0	1000 & below	70% & above	75% & above	60%	₹ 80,000
90%-94.99%	>= 8.5	1500 to 1000	69.99% to 65%	70% to 74.99%	50%	₹ 1,00,000
85%-89.99%	>= 8.0	2000 to 1499	64.99% to 60%	65% to 69.99%	40%	₹ 1,20,000
80%-84.99%	>= 7.5	2500 to 1999	59.99% to 55%	60% to 64.99%	30%	₹ 1,40,000
70%-79.99%	>= 6.5	3000 to 2499	54.99% to 50%	55% to 59.99%	20%	₹ 1,60,000
60%-69.99%	>= 5.5	5000 to 3001	49.99% to 45%	50% to 54.99%	10%	₹ 1,80,000
Below 60%	Below 5.5	Below 5000	Below 45%	Below 50%	Nil	₹ 2,00,000

