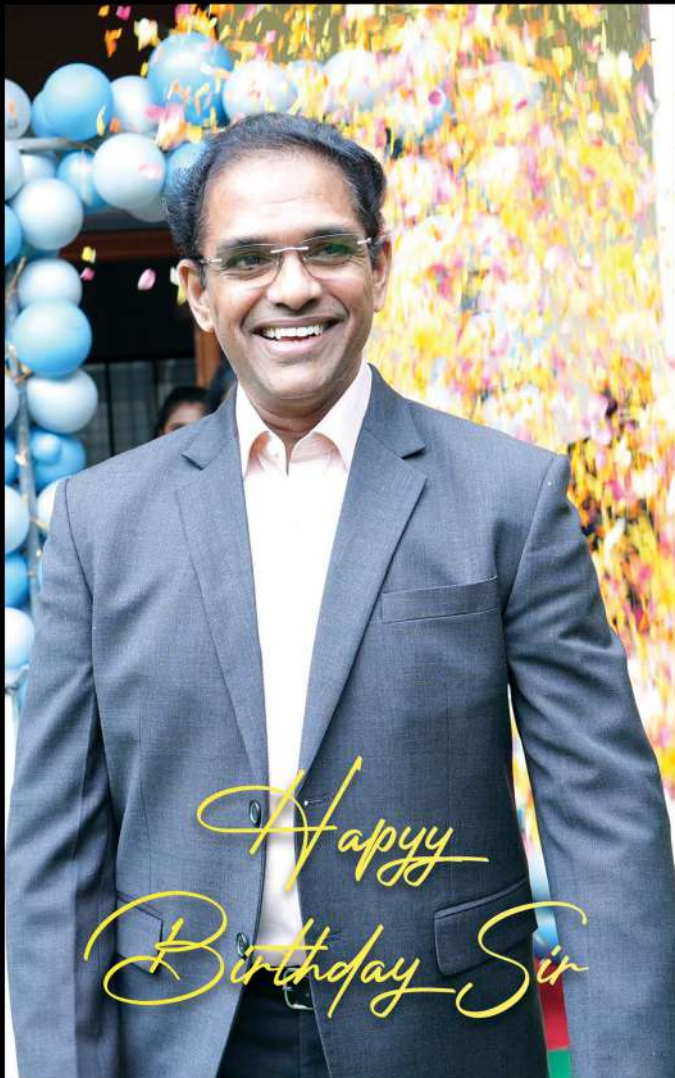


MNR iNFOCUS

Enriching the innerself

July 2025

MNR's IN-HOUSE MAGAZINE



Heartfelt Birthday Celebrations of Sri. Ravi Varma Mantena, Vice-Chairman (MNR ET) & Chancellor (MNRU), graced by the esteemed presence of Sri. M.N. Raju Garu, Chairman (MNR ET) & President (MNRU), Vice-Chancellor, Registrar, Deans and Principals of MNR University and MNR Group of Institutions at the MNR University Campus, Sangareddy. A joyous occasion celebrating visionary leadership and unwavering dedication to education



Heroes with a Heart **DOCTORS**

**“Not all heroes wear capes,
some wear white coats”**

Every year on July 1st, India celebrates National Doctors' Day to honour the dedication and service of doctors across the country. This day commemorates the birth and death anniversary of Dr. Bidhan Chandra Roy, a legendary Physician and the second Chief Minister of West Bengal, who was also awarded the Bharat Ratna.

On Doctors' Day, we proudly say,
Thank you, heroes, come what may!
With healing hands and hearts so true,
They chase the pain and bring us through.
In white coats bright, they stand so tall,
Ready to answer every call.
Through sleepless nights and busy days,
They work with love in countless ways.
They fight disease, they calm our fears,
Their courage shines beyond the years.
With stethoscopes and steady hand,
They help the weak and help them stand.
So let us cheer and proudly say,
We honour doctors every day!

**Your healing hands, kind hearts, and tireless service make the
world a healthier and better place.**

Thank you for being the real heroes in white coats.

*Happy
Doctors' Day!*



Editorial.....

Postal Address :

INFOCUS
MNR's In-House Magazine

MNR Research Conventions Pvt. Ltd.
2-23B/350, Bhagyanagar- Phase III, HMT Hills Colony,
Opp. JNTU Kukatpally, Hyderabad - 500 085.
Ph : 040-23890835

Email : infocus@mnrindia.org
Facebook : www.facebook.com/infocusinhouse

INFOCUS
MNR's In-House
Magazine

Publisher
&
Editor-in-Chief
Sri M.N. Raju

Editor
Dr. Kodaparthi Ashwitha

Illustrations and
Designing
Nagarjuna Ambati
K Kishore Kumar

Supervision
P. Sharmila

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

ACTIVITIES @ MNR Dental College & Hospital

Syed Osaid Ali (I BDS, 2024–25) represented Telangana Lions in the Inter-State Cricket Tournament by Rising Bharath Cricket League (RBCL) held from 19–21 June 2025. He was awarded Player of the Match and Best Bowler for his outstanding performance against Telangana Stars



“Yoga for Wellness: Where Body Meets Soul” – A transformative session hosted by MNR Dental College & Ekathva, led by Grand Master Prabodh Achyutha





Sri M N. Raju
Chairman
MNR Educational Trust



PASUPATA

THE GREATEST MISSILE IN THE QUIVER OF ARJUNA

The Pandavas lost everything in the “Game of Dice” played by wicked Shakuni, for Duryodhana. Dhritarashtra, the father of Duryodhana and Vidura, the uncle of Duryodhana advised him not to play the game of dice, since the dice were loaded with evil powers. But it was played and the Pandavas were sent to the forests. As per the stake played, the Pandavas were to go into exile in forest, for twelve years and in the thirteenth year it would be a period incognito (Agnathavasa).

The Pandavas, with their wife, Draupadi, started spending their exile in the deep forest.

Arjuna, never liked to spend his time, without doing some ideal work.

He was the man of:

- Self-Confidence
- Mental – toughness
- Conceptual thinking

- Ambition to achieve.

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

He decided to use the time of twelve years, to prepare for the fight with the Kauravas instead of spending the time cursing fate. He decided to invoke Lord Shiva, to get the most powerful weapon, such as the Pasupata. He took leave of his brothers and wife and travelled North into dense forest of the Himalaya mountains. There he selected a smooth oval shape stone from a river bed, and fixed it as Shiva Linga, the symbol of Lord Shiva, without form.

He offered flowers, did Puja for several days and meditated withholding his senses and his breath, his mind focused on Shiva.

Suddenly, a wild boar rushed towards Arjuna and interrupted his meditation. It was almost ready to attack him. Arjuna opened his eyes, picked up his bow, shot an arrow. The wild

boar ran a little distance and died. Arjuna went there, but he saw a Kiratha (a wild hunter) with his wife near the dead boar. He saw one more arrow was already planted on the body of the dead boar. Kirata's wife said "My husband killed the boar". Arjuna said "No, I killed the Boar".

Then Kirata said, making a face to mock Arjuna "After all you are a boy-not capable to kill a boar".

Arjuna was furious. He could not allow the uncouth tribal couple to humiliate him. He picked up his bow and shot arrows at the hunter. Every arrow, shot by Arjuna, got broken before it could touch the hunter. He tried again and again, but in vain. Angry, desperate, Arjuna went back to the Linga of Shiva and prayed. When he opened his eyes, the Linga disappeared and the hunter and his wife stood in front of him, smiling. It dawned on Arjuna that they were Lord Shiva and Parvathi. He prostrated himself before them.

Shiva said "Take the Pasupata and use it wisely".

The divine couple, embodiment of the soul and the body, blessed Arjuna and vanished. Arjuna, not only got the Pasupata, but also became a hundred-fold stronger and more brilliant than before because of the divine touch.

Indra, the divine father of Arjuna and the King of Devas, came there on his chariot, with his charioteer, Matali to congratulate him. He took Arjuna to Swarga to get a help from him.

Indra was being troubled by two Asuras, by names Kalakeya and Nivatakavacha. He wanted Arjuna's help to kill them. Arjuna killed, both of them. He spent some days in Swarga and got some more weapons from Indra.

Shortly thereafter, Arjuna descended from Amaravati, the capital of Swarga to meet his brothers and Draupadi on a glittering flying chariot. The Rishies, his brothers and Draupadi welcomed him.

As Arjuna was about to unwrap the Pasupata, the earth began to tremble, the wind stilled

and the animals and birds cried. An unknown voice said "Beware, beware, don't unwrap. If you unwrap, you have to use it, if not it will destroy everyone here". Arjuna wrapped it immediately with the celestial cloth.

After twelve years of Aranyavasa and one year of Agnathavas, the Pandavas fought the Mahabharata Battle and killed almost all the Kauravas. Mainly Arjuna's archery and Krishna's strategy brought them victory. They are Nara and Narayana (Man and God).

Arjuna's character tells many angles of life. It says:

- Without God, you are nothing.
Without you, God is nothing.
God + you are everything.
- Melt in Him.
- Merge in Him.
- If you do your best.
God does the rest.
If not, God will rest.
- Be courageous.
To be yourself.
To be truthful.
- Never expect what others can do to you.
Do whatever you can do to others.

Operation Smiling Buddha:

51 years of India's Journey as Nuclear Power



Mrs. Bhavani Paluri
4th Semester, M.Sc. Organic Chemistry

MNR PG College, Kukatpally

In the year 1948, under Padma Bhushan, Dr. Homi J Bhabha, (India's father of nuclear research), Founder Director & Professor of Physics at the Tata Institute of Fundamental Research (TIFR), as well as the Founder Director of the Atomic Energy Establishment, Trombay (AEET) which was renamed the Bhabha Atomic Research Centre in his honour, India established its atomic energy commission. He believed that nuclear energy could play an important role in India's industrial development.

The Smiling Buddha (also known as "Pokhran-I") was the project name for India's first successful nuclear bomb test, conducted on May 18, 1974 at Pokhran test range in Rajasthan. It was the first confirmed nuclear test by a country outside the five permanent members of the UN Security Council (P5-US, UK, France, China and Russia). This milestone marked India's entry into the group of nations with nuclear capability. The test was conducted on Buddha Purnima, the day that commemorates the birth of Gautama Buddha. The codename was likely chosen to symbolize peace, despite being a nuclear test. Indian Prime Minister Indira Gandhi gained much popularity after the test.

The bomb was built by scientists at the BARC in assistance with the DRDO.

The "smiling Buddha" involved an underground detonation of a plutonium device with a yield of 10-15 kilotons. The test was officially termed as peaceful nuclear explosion (PNE). As India celebrates 50 years since "smiling Buddha", it is essential to reflect on the journey and its impact on national security.

After the successful nuclear test "smiling Buddha", India focused on enhancing its nuclear power. It developed a second nuclear test in 1998, known as operation "Shakti", further strengthened India's nuclear status.

The success of Operation Shakti brought India's nuclear doctrine into focus, prioritizing the principles of "no-first-use" policy and maintaining a credible deterrent.

For India, the test "Smiling Buddha" was not just a technological achievement, it also had an intense impact on regional security.

As India celebrates 50 years since smiling Buddha, the nation throws back on this journey from peaceful nuclear explosion to global nuclear Power.

India's nuclear program has evolved with a focus on strategic deterrence, commitment to global peace and security and technological developments.

Eminent physicist, Rajagopala Chidambaram, played a pivotal role in India's nuclear programme, and is remembered for his critical involvement in both the 1974 "Smiling Buddha" and the 1998 Pokhran-II nuclear tests, which solidified India's status as a nuclear power on the global stage.

50 years of India's nuclear journey demonstrated a careful balance between military strength, strategic autonomy and diplomatic engagement. As the world moves to a new era, India's nuclear journey plays a critical role in shaping global peace and security.





Rituals and Significance of



Dr. B. Uvarani
Professor, Paediatric Nursing Department

MNR College of Nursing

Bonalu is a significant festival in Telangana, India, dedicated to Goddess Mahakali. It's a celebration of gratitude and devotion, observed during the Ashada Masam, typically in July or August.

Here's what you need to know about Bonalu:

Key Aspects

- **Origin:** Bonalu originated in the 18th century as a thanksgiving ceremony to Goddess Mahakali for protecting the people of Telangana from a plague.
- **Rituals:** The festival involves offering Bonalu, a traditional dish made from rice, jaggery, and buttermilk, to the Goddess. Women carry these offerings in decorated pots to temples, accompanied by music and dance.
- **Celebrations:** Bonalu is celebrated over several days, with processions, devotional songs, and cultural events. The festival culminates with a grand procession of Goddess Mahakali's idol.

Important Rituals

Various rituals that showcase devotion and gratitude. Here are some key rituals:



- **Pothuraju Procession:** A man dressed as Pothuraju, believed to be the brother of Goddess Mahakali, leads the procession to the temple, dancing to drumbeats and keeping evil spirits away.
- **Rangam:** A woman becomes an oracle, predicting the future and offering guidance to the community. This ritual is believed to invoke Goddess Mahakali's blessings and wisdom.
- **Bonam Offering:** Devotees prepare a special dish made of rice, jaggery, and buttermilk, which is offered to Goddess Mahakali in temples. Women carry decorated pots with Bonam on their heads in procession to the temple.
- **Ghatam Procession:** A decorated copper pot, symbolizing the Goddess, is carried by a priest in procession, accompanied by drums and folk songs. The Ghatam is eventually immersed in water, marking the end of the festival.
- **Mahakali Pooja:** Special prayers and rituals are performed in temples to honor Goddess Mahakali, seeking her blessings for good health, prosperity, and safety.
- **Community Feasts:** People come together to share meals and celebrate the festival, strengthening social bonds and community spirit.
- **Traditional Dances and Folk Performances:** Folk dances like Potharaju and traditional music add to the festive atmosphere, showcasing Telangana's rich cultural heritage.

Significance

- **Gratitude:** Bonalu is a celebration of gratitude to Goddess Mahakali for her protection and blessings.
- **Community Bonding:** The festival brings people together, fostering a sense of community and social bonding.
- **Cultural Heritage:** Bonalu showcases Telangana's rich cultural traditions and customs.
- **Gratitude and Devotion:** Bonalu is a thanksgiving ceremony to Goddess Mahakali for protecting the people of Telangana from diseases and ailments. Devotees offer Bonalu, a traditional dish made from rice, jaggery, and buttermilk, to the Goddess as a gesture of gratitude.
- **Spiritual Significance:** The festival is deeply rooted in spiritual beliefs, with devotees seeking the Goddess's blessings for good health, prosperity, and safety. The ritual of Rangam, where a woman invokes Goddess Mahakali, is believed to provide guidance and predictions for the community.
- **Celebration of Life:** Bonalu is a celebration of life, with devotees coming together to share meals, exchange gifts, and enjoy cultural performances. The festival promotes a sense of joy, love, and togetherness among the community.

Overall, Bonalu is a festival that embodies the spirit of devotion, community, and cultural heritage, making it a significant event in Telangana's calendar.



Dr. Varsha Shankar
BDS (Intern)

MNR Dental College & Hospital

YOGA

“HEALTH BEYOND THE MAT”

Introduction

Yoga is an ancient practice that combines physical postures, breathing techniques, meditation, and sometimes spiritual elements. It has been practiced for over 5000 years and is aimed at instilling peace of mind and body with concentration, meditation, postures, and breathing. The word “yoga” is derived from the Sanskrit word “Yuj,” meaning to unite, join, or connect the mind, body, and soul. Lord Shiva is considered the first yogi, often referred to as Adiyogi.

Benefits Of Yoga

1. Enhances flexibility
2. Boosts Immunity
3. Builds Strength
4. Weight Management
5. Increases energy levels
6. Supports digestive health
7. Enhances concentration
8. Mindful eating

How Yoga Transforms Your Body

1. Improved brain function
2. Lower stress levels
3. Increased flexibility
4. Lower blood pressure
5. Improved lung capacity
6. Anxiety relief
7. Lower blood sugar levels in diabetics
8. Stronger bones
9. Lower risk of heart diseases

Activities @ MNR Golden Kids (Navi Mumbai)

**Father's Day & World Environmental Day Celebrations
@ MNR Golden Kids G27, Mumbai**



**Yoga and Father's Day Celebrations
@ MNR Golden Kids G12, Mumbai**



**World Environmental Day Activity
@ MNR Golden Kids G21, Mumbai**



**World Environmental Day Activity
@ MNR Golden Kids G19, Mumbai**



Activities @ MNR Group of Schools

**Yoga Day Celebrations
@ MNR School of Excellence, Sangareddy**



**Pizza Shop Activity
@ MNR Golden Kids G-5**



**School Cabinet Elections 2025-26
@ MNR School of Excellence, BHEL**



**Yoga Day Celebrations
@ MNR School of Excellence, BHEL**



**World Environmental Day Celebrations
@ MNR School of Excellence, Kamothe**



**Yoga Day Celebrations
@ MNR I-Exceed School, JNTU**



Activities @ MNR Group of Schools

**Yoga Day Celebrations
@ MNR High School, Chintal**



**Investiture Ceremony Celebrations
@ MNR I-Exceed School, JNTU**



**Sea Shell Activity
@ MNR High School, BHEL**



**Blue Colour Day Celebrations
@ MNR School of Excellence, Mehdipatnam**



**Father's Day & Blue Colour Day
@ MNR School of Excellence, Sangareddy**



**Yoga Day Activity
@ MNR International School, Palaspe**



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

ACTIVITIES @ MNR COLLEGE OF PHARMACY

International Yoga Day was observed on 21st June 2025 at MNR College of Pharmacy, promoting health, harmony and holistic well-being among students and staff



A Blood Donation Camp was organized on the occasion of World Blood Donor's Day on 14th June 2025 at MNR Hospital, encouraging voluntary blood donation and saving lives



A Higher Education Guidance Session was conducted on 19th June 2025 at MNR College of Pharmacy, providing valuable insights and opportunities for students to plan their academic future



MANTHENA AMERICAN SCHOOL, SHARJAH

End of Academic Year Team Lunch – Celebrating the successful completion of Cognia and SPEA inspections with gratitude and team spirit!





MNR UNIVERSITY

SCHOOL OF ENGINEERING & TECHNOLOGY

MNR Nagar, Fasalwadi, Sangareddy District, Gr. Hyderabad - 502 294, Telangana, India

Cell : +91 85000 54445 E-mail : admissions@mnr university.edu.in

www.mnr university.edu.in



THE TIMES OF INDIA

**Times All India
Engineering Institutes
Ranking 2025**

Ranked
#2
in Telangana

Ranked
#5
in All India



Emerging Engineering Institutes

Programme - B. Tech. CSE, AI-ML, AI-DS & ECE

Scholarships 2025

Any State Board 10 + 2 Score in %	CBSE / Any Board in CGPA on 10 Scale	Scholarship %	Annual Fee Payable (After Scholarship Concession)
90% and above	≥ 8.5 & Above	80%	Rs. 60,000
85 to 89.99%	≥ 8.0 to 8.49	70%	Rs. 90,000
80 to 84.99%	≥ 7.5 to 7.99	60%	Rs. 1,20,000
70 to 79.99%	≥ 6.5 to 7.49	50%	Rs. 1,50,000
60 to 69.99%	≥ 5.5 to 6.49	40%	Rs. 1,80,000
50 to 59.99%	≥ 4.5 to 5.49	20%	Rs. 2,40,000

