

MNR

iNFOCUS

Enriching the innerself

March 2026

MNR's IN-HOUSE MAGAZINE



MNR Dental College & Hospital was declared Overall Champions (Runner-Up) at the National Dental Convention 2026, hosted by Meghna Institute of Dental Sciences, Nizamabad, from 12–14 March, 2026. Competing with 23 institutions and 986 participants from across the country, MNR students showcased outstanding performance in sports and cultural events under the leadership of Principal, Dr. Vinay Kumar Reddy and Dr. K.R. Suresh, Director of Physical Education & Sports. The achievement was appreciated by Shri M.S. Ravi Varma, Vice-Chairman, MNR Educational Trust & Chancellor, MNR University

Water and Gender

Flowing Towards Equality



World Water Day, observed annually on 22 March, raises global awareness of freshwater and sanitation challenges. The 2026 theme “Water and Gender” reminds us that “access to safe water and sanitation is not a privilege but a fundamental human right.” and critical enablers of gender equality, directly contributing to Sustainable Development Goals 6 and 5.

Across the world, “women and girls are the invisible managers of water,” often spending hours each day collecting it for their families

Despite progress, women and girls continue to bear a disproportionate burden of water and sanitation responsibilities, and remain underrepresented in water governance and leadership.

To mark this celebration, the UNESCO Office in Venice and the World Water Assessment Programme (WWAP) are organising a meeting, which will take place on 23 March 2026 in Venice, Italy. Under the theme ‘Water and Gender - Where Water Flows, Equality Grows’, this event will launch the UN World Water Development Report 2026 (WWDR 2026) and convene key stakeholders to foster dialogue, partnerships, and action towards more inclusive and resilient water systems.

More specifically, the event aims to:

- Present the key findings and policy recommendations of the WWDR 2026 on water and gender.
- Position gender equality as a central pillar of water security, climate resilience and sustainable development
- Amplify women’s leadership and voices in water governance, services, and decision-making.
- Foster cross-sectoral dialogue and partnerships to accelerate progress towards SDG 6 and SDG 5 at global regional and national levels.



The message is simple:

“empower women, secure water, and build a more equal world.”

Editorial.....

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MNR’s In-House Magazine

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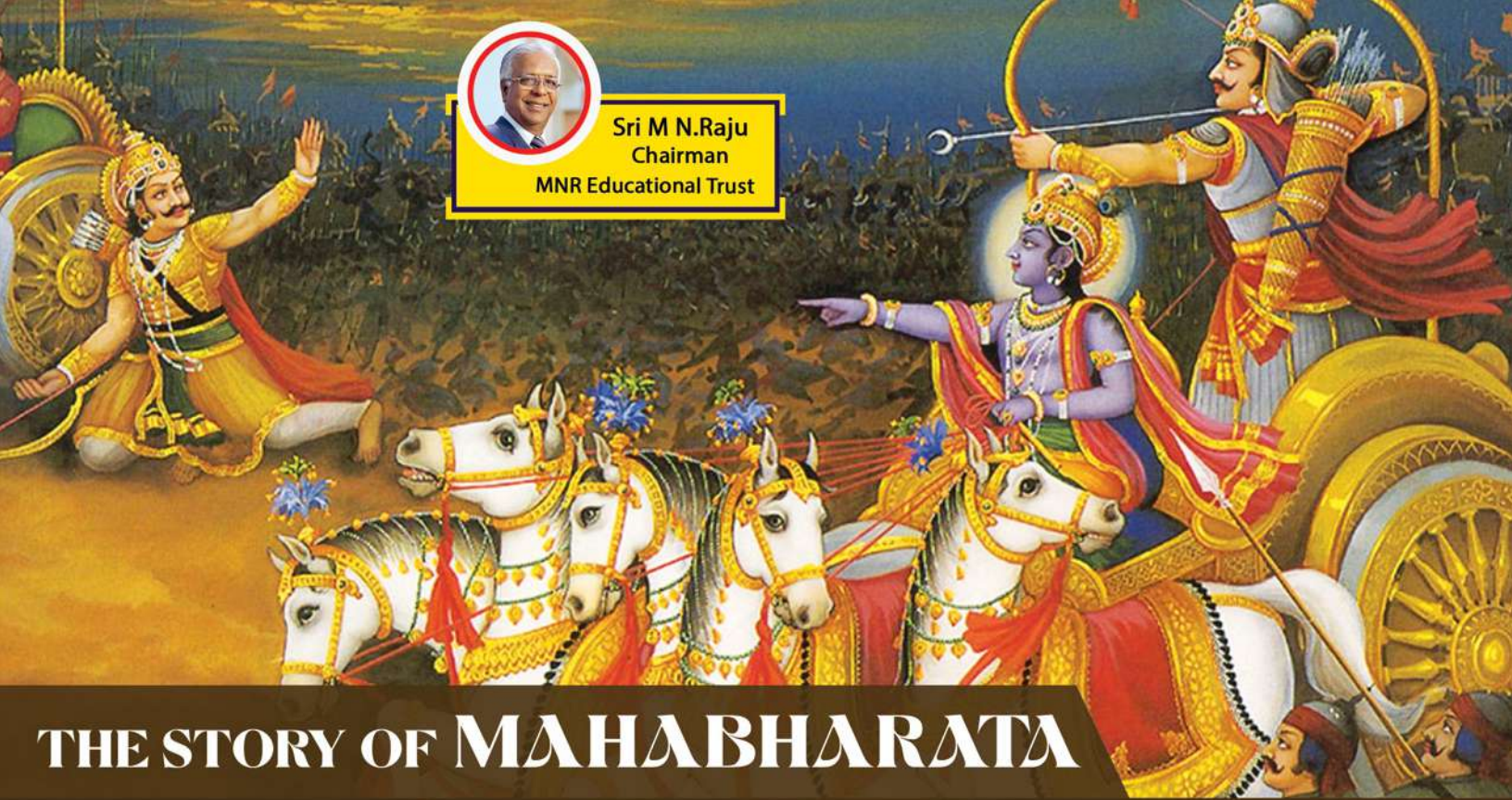
ACTIVITIES @ MNR MEDICAL COLLEGE & HOSPITAL

Nirvana : Silver Jubilee Celebration, 25 Years of Excellence at MNR Medical College & Hospital





Sri M N. Raju
Chairman
MNR Educational Trust



THE STORY OF MAHABHARATA

The original name of the Mahabharata was "Jaya". The story was told to Janamejaya, the great grand son of Arjuna by Vaisampayana, the guardian of **Vyasa's "Jaya" (the Mahabharata)**.

Arjuna was the greatest hero of the Mahabharata Maha battle. He was one of five Pandavas. He killed great heroes like Bhishma, Drona, Ashwathama, Karna and many more. Bhima, the elder brother of Arjuna, was also a mighty warrior, who killed all the Kauravas (100 brothers) except one by name Yuyutsu. Yuyutsu fought on the side of the Pandavas as he did not like the way of Adharma of his own brothers. At the end of the war, Yuyutsu became the administrator of Hastinapura, the capital of the Pandavas.

Arjuna's son was Abhimanyu. Abhimanyu's son was Parikshit. Parikshit's son was Janamejaya.

Vyasa first told the story of Mahabharata (Jaya) to Lord Ganesha, Jaimini, Vaisampayana and Suka. In turn,

Vaisampayana told the story to Janamejaya, the great grand son of Arjuna. Among the above four, Suka, the parrot-headed, was the son of Vyasa. Lord Ganesh wrote the story while it was being narrated by Vyasa.

The Mahabharata, in its current form, contains eighteen Parvas (sections). The first Parva is about the establishment of the issues, that led to the rivalry between the Pandavas and the Kauravas. The next three Parvas are meant to establish the reasons and to explain why war could not be avoided and how it became necessary to fight. Then the next six Parvas are meant to describe the Battle of Mahabharata in detail. The final eight Parvas are dedicated to explain the emotional, material and spiritual consequences and after effects of the war.

The epic is made of one hundred thousand verses. It is the longest epic in the world.

According to the Hindu Tradition human existence has four aspects - Dharma,

Artha, Kama and Moksha (Social conduct, economic activity, pleasurable pursuits and spiritual life). Vyasa brought equal importance to all the four human aspects, through the stories of the Mahabharata.

First it was titled as 'Jaya' and was also re-titled as 'Bharata', the story of the 'Bharata clan' and the land they ruled.

The expansion continued and the details on genealogy, history, geography, astrology, politics, economics, philosophy, spirituality and metaphysics were included. The Bharata came to have eighteen chapters. The story of Krishna's early years were also added. That is how the Bharata came to be the Mahabharata, the great epic of Indian people.

The Mahabharata has been retold a hundred thousands times, in temples, courtyards, village fairs, in many languages, in many ways, over the last many centuries. It had spread to many other countries like Nepal, Indonesia and far Eastern Countries. Many new tales were added. For example, the Bengal Mahabharata contains a story that Draupadi led an army of women against the Kauravas, after the death of Abhimanyu.

In the 20th Century the story of the Mahabharata became more popular and appeared as films, TV serials, songs, novels, even as comics.

The 16th Century, Mughal Emperor, Akbar, got the Mahabharata translated in Persian and his court painters illustrated the tales. It is called the Razmnama or the Book of war.

The Mahabharata, not only contains the stories of Manavas (humans) but also of many variety beings like Devas (who live in the sky), Asuras, (who live under the earth), Apsaras (who live in rivers),

Nagas (hooded serpents), Yakshas (forest spirits), Gandharvas (Musicians of the woods) and Rakshasas (brutal barbarians).

The story of Rama (The Ramayana) is also a part of the Mahabharata. When the Pandavas lost their kingdom in the dice game, they were forced to spend twelve years Aranyavasa and one year Agnathavasa. When they were in Dwaitavana, Rishi Markandeya told the story of the Ramayana to the Pandavas, known as the Ramopakhyan. The story of Hanuman also had an equal importance in the Mahabharat.

The story of Ram speaks of a model king and his model reign. The Mahabharat, by contrast, is more about imperfect kings and their imperfect reign. In the Ramayana, God upholds rules as Rama, whereas in the Mahabharata, God changes rules as Krishna. In the Ramayana, God is king, while in the Mahabharata, God is Kingmaker.

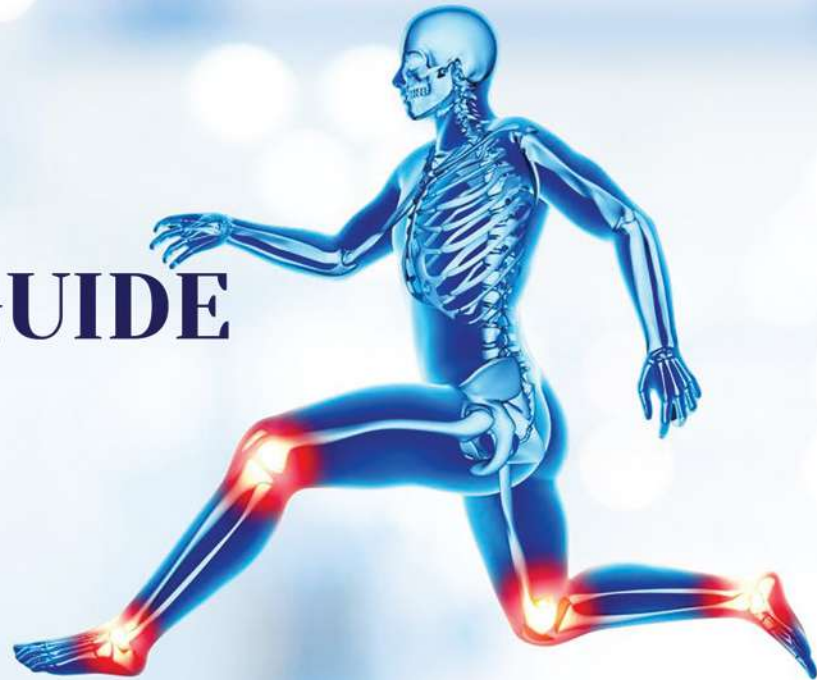
In the early Vedic scriptures, there were many references to natural spirits and cosmic forces that could be invoked through rituals and Yagnas, but they did not speak much about God. However the Upanishads associated God with the soul (Atma). The idea of God propagated before and during the times of the Ramayana and the Mahabharata. The Bhagavath Geeta and the stories of both the epics established everlasting richness of the Hindu life.

STRONG BONES START HERE – THE EXERCISE GUIDE



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Exercise works on bones much like it works on muscles — it makes them stronger. Exercise is important for building strong bones when we are younger, and it is essential for maintaining bone strength when we are older. Because bone is living tissue, it changes over time in response to the forces placed upon it. When you exercise regularly, your bone adapts by building more bone and becoming denser. This improvement in bone requires good nutrition, including adequate calcium and vitamin D.

Regular physical activity plays a key role in maintaining and improving bone density, helping to prevent osteoporosis and reduce fracture risk.

Why Exercise Matters for Bones

Bones respond to mechanical stress from exercise by becoming denser and stronger, much like muscles grow with resistance training. Consistent exercise over months can yield benefits, with combined aerobic and resistance training often proving most effective.

Benefits and Evidence

Exercise not only increases Bone Mineral Density (BMD) but also enhances bone structure for long-term strength, even if gains partially fade without maintenance. In postmenopausal women, aerobic plus resistance training tops for lumbar BMD gains. Young adults see spine and hip improvements, while balance work cuts fall risk by building strength.

Exercises for Strong Bones

There are many different types of exercise, including:

- Weightbearing exercises

- Impact exercises
- Strength-training exercises

Weightbearing Exercise

Weightbearing describes any activity you do on your feet that works your bones and muscles against gravity. When your feet and legs carry your body weight, more stress is placed on your bones, making your bones work harder. Weightbearing exercise after young adulthood can help prevent further bone loss and strengthen bone.

Weightbearing exercise include Brisk walking and hiking, Jogging/running, Dancing, Jumping rope, Hopscotch, Tennis, badminton, ping pong, and pickleball, Team sports, such as basketball, soccer, and volleyball, Stair climbing

Strength Training Exercise

During strength-training activities, resistance is added to movement to make muscles work harder and, over time, become stronger. Although resistance exercises focus on increasing muscle mass, they also put stress on bones and have bone-building capacity.

Common types of strength training include weight machines, free weights, and exercises (such as push-ups) that use your own body weight. Elastic bands can also be used to add resistance to exercises.

Progression Tips

Advance from bodyweight to weights: sit-to-stands to barbell squats; wall presses to

overhead presses. Include one hinge (e.g., bridges), push, pull (e.g., rows), and squat move per session.

Starting a Program for Bone Health Fitness

An effective exercise program for bone health includes 30 minutes of weightbearing activity daily. To help you stay motivated, choose an activity that you enjoy. There are many activities that will get you on your feet and moving.

Your 30 minutes of exercise can be done all at once or broken up into shorter intervals. A 10-minute brisk walk three times a day is a great way to get started.

Age and Bone Health Fitness

Adolescents and Young Adults

Building strong bones begins in childhood. The best time to build bone density is during years of rapid growth. We essentially develop the skeleton that must last our lifetime when we are between the ages of 10 and 18 years old. We achieve our peak bone mass in maximum strength and density by age 30.



Weightbearing exercise during the teen years is essential to reach maximum bone strength. A teen's physical activity should include 20 to 30 minutes of weightbearing exercise at least 3 to 4 days each week.

Adults

Once we reach the age of about 25, physical activity alone can no longer increase overall bone mass dramatically, and starting at around age 30, there is a gradual decline.

However, exercise can prevent or slow bone loss, maintain muscle mass to preserve and strengthen surrounding bone, and decrease the risk of falling. Both men and women also need good nutrition, including adequate calcium, Vitamin D, magnesium, and Vitamin K, to preserve their bone mass.

Precautions and Tips

Avoid high spinal flexion (e.g., crunches) to protect vertebrae; those with fractures limit to brisk walking equivalents. Begin low-impact if new to exercise, and pair with calcium/vitamin D for best results. Benefits outweigh risks for most, but professional guidance ensures safety.

Nutrition Essentials

Nutrition provides essential building blocks for strong bones alongside exercise. Key nutrients like calcium and vitamin D work with others to boost bone density and prevent loss.

Core Nutrients

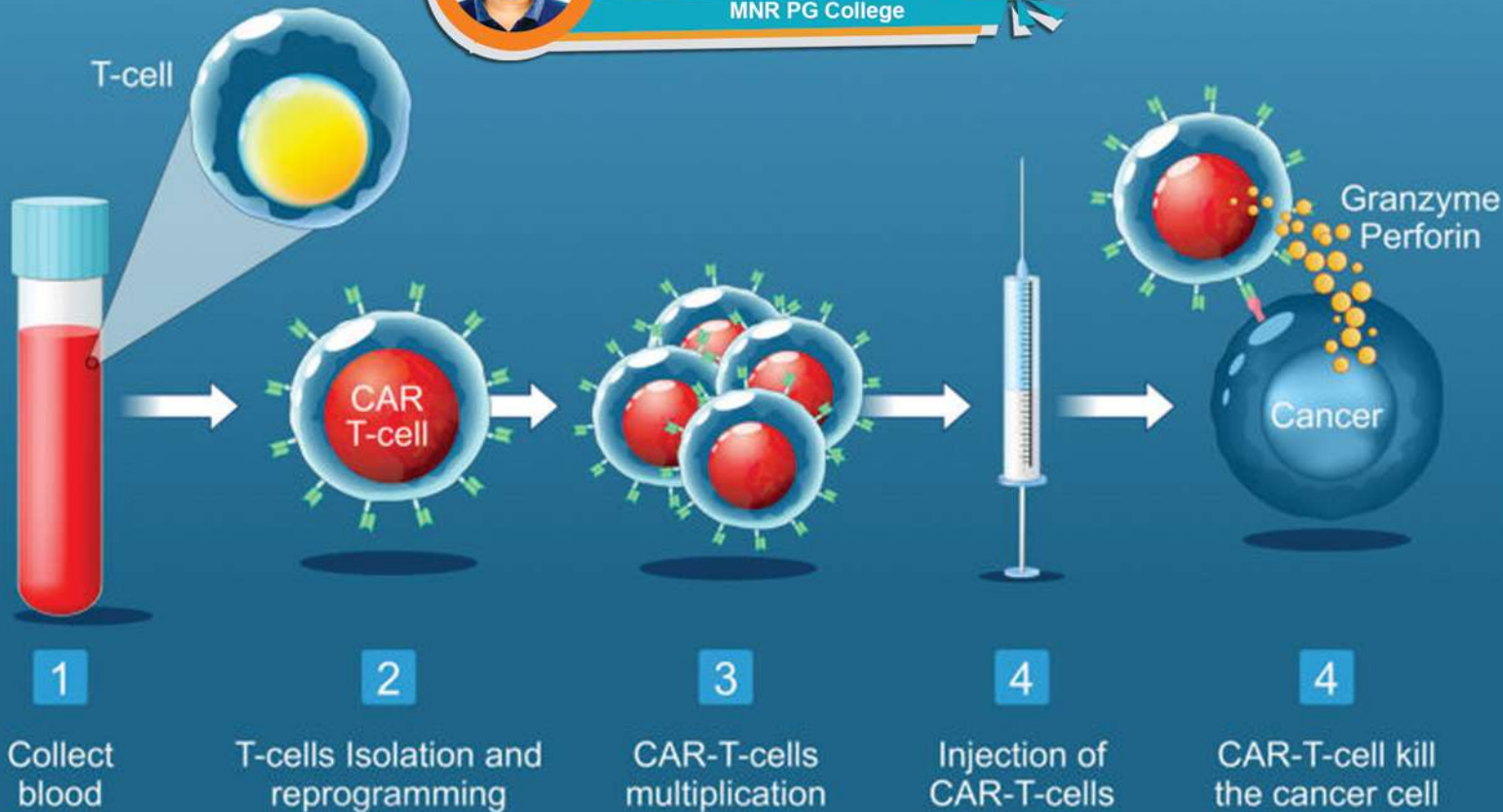
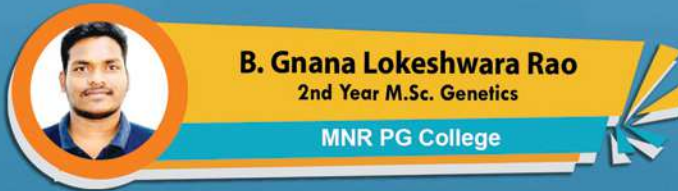
Calcium forms the bone matrix, needing 1000-1200 mg daily from food; vitamin D (600-800 IU) aids absorption. Protein supports bone structure, while magnesium, phosphorus, and vitamin K enhance mineralization and direct calcium to bones.

Conclusion

Although exercise has been shown to have clear bone-building effects in children and adolescents and bone-preserving effects in adults, it is just one element of a total program to prevent bone loss and reduce fracture risk.

Understanding your individual risk for osteoporosis, such as genetic factors and family history, is essential. A balanced, calcium-rich diet, adequate Vitamin D, and a healthy lifestyle (avoiding excessive alcohol and nicotine) are also key ingredients for lifelong bone health.

CAR-T CELL THERAPY



A cutting-edge cancer immunotherapy that uses a patient's own immune cells to fight cancer. CAR stands for Chimeric Antigen Receptor, a lab-built receptor that directs T cells to cancer cells

NexCAR19 (Talicabtagene autoleucel) is a CAR T-cell immunotherapy developed in India to treat certain blood cancers such as relapsed or refractory B-cell lymphoma and leukemia. CAR T-cell therapy works by taking a patient's own T cells (immune cells), genetically engineering them in a lab to recognize cancer cells, and then reinfusing them so they can attack the cancer more effectively.

How It Started: India-NCI Collaboration

- 2015: Dr. Alka Dwivedi (IIT Bombay) aimed to develop an affordable CAR T-cell therapy for India.

- She and collaborators (Rahul Purwar, Gaurav Narula) trained at the U.S. National Cancer Institute (NCI).

- With NCI support, they developed a humanized CART therapy → actalycabtagene autoleucel (NexCAR19).

- Result: An indigenous therapy tailored for low- and middle-income settings.

Clinical Results & Approval

- Oct 2023: NexCAR19 approved by CDSCO, India's first CAR T-cell therapy.

- Trials: ~64 patients with advanced lymphoma/leukemia.

- 67% showed major cancer reduction; ~50% achieved complete remission.

- Side effects mostly manageable; ~5% severe CRS, no severe neurologic toxicity.

Cost & Accessibility

- U.S. CAR T therapies cost hundreds of thousands of dollars.
- NexCAR19 costs about one-tenth of U.S. prices (~30–40 lakh).
- Mumbai manufacturing facility planned; target ~1,200 patients/year initially.

Broader Impact

- Proves advanced cell therapies can be developed locally in LMICs.
- Demonstrates a scalable model of global collaboration, training, and technology transfer.

The Treatment Process

1. Collect T cells from the patient's blood, CAR-T cell manufacturing process including leukapheresis.
2. Modify them in a lab so they can recognize cancer.
3. Multiply the modified CAR T cells. Infuse them back into the patient to hunt down cancer.

How They Fight Cancer

- CAR T cells attach to specific proteins on cancer cells and kill them. They can multiply in

the body after infusion, boosting the immune on-offense.

Where It's Used

- Most commonly for blood cancers like leukaemia and lymphoma. Still being studied for use against solid tumors and more cancer types.

Why It Matters

- Offers new hope for patients who don't respond to standard treatments.
- It's one of the most promising innovations in cancer therapy today.

Big Advantage

- More controlled activation
- Less exhaustion
- Better long-term response

Conclusion

“CAR-T therapy has evolved from basic engineered cells to smart, cytokine-powered immune machines, making them stronger, longer-lasting, and more effective against cancer.”



INTERNATIONAL Women's Day

8th March



THEME: 'Give To Gain'

International Women's Day 2026 is on 8 March, with a global campaign theme of "Give To Gain" and the UN theme "Rights. Justice. Action. For All Women and Girls." The day uses the colors purple, green and white to symbolize justice, dignity, hope and peace in the ongoing fight for women's rights.

What Is Women's Day 2026 About?

International Women's Day (IWD) is celebrated every year on 8 March to recognize women's achievements and push for gender equality worldwide. In 2026, it continues to highlight that no country has yet fully closed the gender gap in law, safety, work and opportunities.

- It is marked by events, campaigns, talks, marches and social media actions in many countries.
- Both grassroots groups and large organizations use this day to talk about rights, justice and real change, not just celebration.

IWD 2026 Campaign Theme: "Give To Gain"

The official IWD 2026 campaign theme is "Give To Gain", promoted with hashtags like #GiveToGain and #IWD2026.

This theme has a simple but powerful idea:



When we give, we gain – especially when we give to support women and girls.

What Does "Give To Gain" Mean?

"Give To Gain" is about generosity and collaboration. It says that when individuals, companies and communities give support to women, everyone benefits.

Examples of what "giving" can look like:

- Giving time – mentoring, listening, volunteering.
- Giving opportunities – hiring, promotions, board seats.
- Giving resources – money, tools, training, childcare support.
- Giving visibility – amplifying women's work and voices.
- Giving allyship – calling out bias, supporting victims, backing inclusive policies.

The campaign clearly says giving is not a loss, but "intentional multiplication": when women thrive, families, workplaces and societies rise together.

UN Theme 2026: "Rights. Justice. Action. For All Women and Girls."

Alongside the global campaign, the United

Nations theme for IWD 2026 is:

“Rights. Justice. Action. For All Women and Girls.”

This theme focuses on fair laws, equal protection and real enforcement.

Key points from the UN announcement:

- No country has fully closed the legal gap between women and men in 2026.
- Women still face discrimination in work, property, safety, family and economic life.
- Justice is not only about having laws on paper, but also about how courts, police and systems treat women in real life.

The UN calls for:

- Stronger, gender-equal laws and removal of discriminatory rules.
- Better enforcement and access to courts, legal aid and remedies.
- Action, not just talk: governments, courts, communities and men must help dismantle structural barriers and harmful norms.

Colors of Women’s Day 2026 and Their Meanings

Three main colors are strongly associated with International Women’s Day: purple, green and white.

These colors come from the early 20th-century suffragette movement, which used them in

flags, sashes and banners while fighting for women’s right to vote.

IWD Colors and Meaning

| Color | Meaning (IWD Context) |
|--------|---|
| Purple | Justice, dignity, loyalty to women’s cause |
| Green | Hope and a better future for women |
| White | Purity and peace (used carefully today, with awareness) |

- Purple is now the primary global color of IWD and women’s equality campaigns, often used in logos, lights and clothing.
- Green adds a message of optimism and progress.
- White is used with a modern understanding that “purity” is a sensitive concept, but it still stands for peace and nonviolence.

People and organizations are encouraged to wear purple, green or white on and around 8 March to show support.

Why Women’s Day Still Matters in 2026

Even in 2026, gender gaps remain large.

The UN theme highlights that:

- Many women still lack equal inheritance, property and marital rights.
- Workplace discrimination, pay gaps and unpaid care burdens remain widespread.
- Violence against women and girls, both offline and online, is still a global crisis.

Key Reasons Women’s Day 2026 Is Important

| Area | Ongoing Issues (2026) |
|----------------|--|
| Law & Justice | Unequal laws, weak enforcement, low conviction in violence cases |
| Work & Pay | Gender pay gaps, glass ceilings, unpaid care work |
| Safety | Domestic violence, harassment, online abuse |
| Health & Body | Limited access to reproductive health and safe services |
| Representation | Underrepresentation in leadership, politics, tech, science |





Women’s Day is not just a day of greeting messages; it is a call to action to fix these realities.

How “Give To Gain” Connects to Rights and Justice

The campaign theme and the UN theme are closely linked.

- Rights & Justice tell us what women should have.
- Give To Gain shows how we can move towards that – by actively giving support, resources and solidarity.

- Create or strengthen complaint systems for harassment and discrimination.
- Use #GiveToGain to highlight how your organization is giving — money, training, flexibility, leadership roles.

Examples:

- A company that gives equal pay and promotions gains better talent and lower turnover.
- A school that gives girls equal access to STEM training gains stronger performance and innovation.
- A man who gives allyship by challenging sexist jokes gains healthier relationships and a fairer environment.

The core message: we all gain when we give more to women and girls.

How to Celebrate Women’s Day 2026 Meaningfully

Here are simple, practical ways individuals and organizations can mark the day in line with the 2026 themes.

For Individuals

- Wear purple, green or white and share why IWD matters to you.
- Support womenled businesses or creators.
- Offer time: mentor a younger woman, help someone return to work, share skills.
- Speak up if you see bias, unfair comments or harassment.

For Workplaces and Institutions

- Run a session on women’s legal rights, safety and workplace policies.
- Review pay structures and promotion data by gender.

IWD 2026 Themes at a Glance

| Type | 2026 Theme / Campaign | Focus |
|--------------|---|--------------------------------------|
| IWD Campaign | “Give To Gain” (#GiveToGain, #IWD2026) | Generosity, support, shared progress |
| UN Theme | “Rights. Justice. Action. For All Women and Girls.” | Law, justice systems, accountability |

Easy Ways to “Give To Gain” in Daily Life

| Who You Are | What You Can Give |
|-----------------|--|
| Student | Help classmates, support girls’ clubs, speak up online |
| Employee | Recommend women for projects/promotions, share credit |
| Manager/ Leader | Fair hiring, pay audits, flexible policies |
| Parent/ Family | Equal education for daughters, share housework |
| Citizen | Vote for genderjust policies, support helplines and NGOs |

Women’s Day 2026 is about more than one date on the calendar. It is a reminder that rights, justice and equality need daily action — and that every act of giving, however small, can help create a world where all women and girls can live with dignity, safety and full opportunity.

Activities @ MNR Golden Kids (Navi Mumbai)

Chatrapati Shivaji Maharaj Celebrations & Community Helpers Activity @ MNR Golden Kids G19, Mumbai



Post Office and Community Helpers Activity @ MNR Golden Kids G12, Mumbai



Community Helpers & Cooking Activity @ MNR Golden Kids G1, Mumbai



Fire Less Cooking Activity & Visited Post Office @ MNR Golden Kids G6, Mumbai



Activities @ MNR Group of Schools

**Black and White Color Day Activity
@ MNR I-Exceed School, JNTU**



**Grand Parents Day Activity
@ MNR I-Exceed School, JNTU**



**Black and White Color Day Celebrations
@ MNR School of Excellence, Sangareddy**



**Graduation Day Celebrations
@ MNR Golden Kids, G5**



**Marathi State Language Day & Black Day Activity
@ MNR School of Excellence, Kamothe**



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



Activities @ MNR Group of Schools

**Black & White Color Day Activity
@ MNR High School, Chintal**



**Farewell Day Activity
@ MNR School of Excellence, Mehadipatnam**



**Grand Parents Day Activity
@ MNR High School, BHEL**



**Farewell Day Activity
@ MNR High School, BHEL**



**Holi Color Activity
@ MNR School of Excellence, Sangareddy**



**Women's Day Celebrations
@ MNR International School, Palaspe**



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

ACTIVITIES @ MNR MEDICAL COLLEGE & HOSPITAL

World Glaucoma Week 2026 was observed at MNR Medical College & Hospital



HPV Vaccination Camp organized by MNR Medical College & Hospital



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

ACTIVITIES @ MNR DENTAL COLLEGE & HOSPITAL

MNR Institution emerged as Overall Champions (1st Runner-Up) at the National Dental Convention 2026 (March 12–14), organized by Meghna Institute of Dental Science, Nizamabad, under Vels University, Chennai, excelling in sports and cultural events among 986 participants from 23 institutions.



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

ACTIVITIES @ MNR DENTAL COLLEGE & HOSPITAL

Banner Opening Ceremony & Holi Fest held at MNR Dental College & Hospital



International Women's Day celebrations held at MNR Dental College



ACTIVITIES @ MNR PG COLLEGE

MNR PG College students participated in the “Intercollegiate Chem Fest – Mendeleev’s Legacy, commemorating National Periodic Table Day 2026,” held at St. Francis College for Women, Begumpet



International women’s conference on Give to Gain Women Power for Sustainability on 24th March 2026



M.Sc. Genetics students attended the event on National Science Day and Rare Diseases at the Institute of Genetics and Hospitals, Hyderabad



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