

SEPTEMBER 2025

MNR's IN-HOUSE MAGAZINE





MNR UNIVERSITY, under the leadership of Chancellor Sri. Ravi Varma Mantena, hosted the NATIONAL CONFERENCE ON "INDIA@2047: Role of Higher Education in Making India a Developed Nation" on 29-08-2025, at Taj Krishna, Hyderabad, in association with EPSI. Hon'ble Governor of Telangana, Shri Jishnu Dev Varma, graced the occasion as Chief Guest, alongside the Chairman of MNR Educational Trust, Shri M.N. Raju. The inaugural also saw inspiring addresses by Ch. Malla Reddy, Chairman of Malla Reddy Vishwavidyapeeth, Dr. M.R. Jayaram (President of EPSI) and Prof. V. Balakista Reddy (Chairman, TSCHE). EPSI leadership team including Dr. H. Chaturvedi (Alternative President), Dr. Vedprakash Mishra (Senior Vice President), Dr. Sekar Viswanathan (Vice President) and P. Palanivel (Secretary General) also graced the occasion. The conference featured deliberations on NEP 2020, global competitiveness, inclusivity, research, innovation and India's higher education roadmap for 2047.



Protecting Our
OZONE

Protecting Our FUTURE

Every year on September 16, we celebrate **World Ozone Day**, a reminder that the sky above us is more than just blue, it is a shield called the **ozone layer** that protects us from harmful rays of the sun. Without it, life on Earth would struggle to survive.

#### Ozone is like Earth's invisible umbrella - take care of it, and it will take care of you

This day teaches us that saving the ozone is not just a duty, but a responsibility. When we use eco-friendly products, reduce plastic, save electricity, and plant more trees, we give our planet a chance to breathe.

#### What we do today decides the sunlight of tomorrow

As students, you are the torchbearers of tomorrow's world. Your small actions like switching off lights, cycling instead of using vehicles, or saying no to sprays that harm the air can make a big difference.

#### Ozone saved is future gained

Let us pledge to protect our skies, so that the sun always shines safely and brightly on us. Together, we can make Earth greener, cleaner and happier.

#### The Earth is not ours to waste, it is ours to guard

Your generation holds the key to a brighter, greener tomorrow. Let us dream of skies that are clear, air that is pure and sunlight that is safe. Protecting the ozone is not just about today, it is about gifting a safer planet to the future.

"A hole in the ozone is a hole in our home"

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MNR's In-House Magazine

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Presented below is the speech delivered by our esteemed

#### Chancellor, Sri. Ravi Varma Mantena, at

the National Conference on "India@2047: Role of Higher Education in Making India a Developed Nation"





Honourable Governor of Telangana, His Excellency Sri Jishnu Dev Varma ji, Prof. T. G. Sitharam Garu, Chairman AICTE,

Prof. Balakista Reddy Garu, Chairman, Telangana Council of Higher Education,

Dr. M. R. Jayaram ji, President EPSI and Chancellor of Ramaiah University,

Shri Ch. Malla Reddy garu, Founder Chairman of Malla Reddy Vishwavidyapeeth,

Respected Vice-Chancellors, Registrars, Directors, Deans, leaders of higher education and distinguished participants from across the country, a very warm welcome to all of you

As the host of this national conference, I feel truly delighted to welcome you all to the city of pearls, Hyderabad. My special thanks to our Governor ji, a learned man with a deep understanding of India's academic, cultural, and political heritage. We are honoured to have you here today, Sir.

Dear Friends, as our Hon. Prime Minister Shri Narendra Modi Ji envisioned Viksit Bharat by 2047, when our nation completes 100 years of Independence, we all share one aspiration, to see India as a fully developed nation & a global leader. Without any doubt, higher education will play a crucial role in this journey.



Our Universities today are not just centres of teaching, they are hubs of nation-building. India stands first in the world for its young population, with about 65% of its population under the age of 35 years. For India to transform into a global leader, our youth must be equipped with skills for the future. We stand on the cusp of a technological revolution that is evolving with every passing day. This presents not only challenges but also tremendous opportunities for higher educational institutions. It is imperative that our curricula are redesigned with foresight and vision. I firmly believe that we must integrate the topics of tomorrow into the curriculum of today.

At the same time, we must ensure access and equity. Rural students, marginalized communities, and women must have equal opportunities. Technology can help us democratize education and bring quality learning to every corner of the country.

We must also strengthen our universities as engines of research and innovation by not only just teach the students but empower them to be confident entrepreneurs, world-class researchers, generate patents that helps us in places Indian institutions among the best in the world.

The National Education Policy 2020 indeed has given us a clear roadmap. With multidisciplinary learning, strong industry-academia linkages, faculty development and international collaborations, higher education can propel India into the league of developed nations.

By 2047, India will not only be a developed nation, but also a global knowledge leader. I hope the day-long brainstorming sessions during the national conference would help the leaders to further strengthen India's robust initiatives on education front.

I also wish to share with pride the journey of the MNR Education Trust, founded by my father, Shri M. N. Raju garu, 51 years ago. His story is one of true inspiration, rising from a humble beginning as a small employee in a school to establishing 40 institutions that today nurture over 40,000 students and is guided by nearly 2,300 dedicated faculty members across the globe. This remarkable transformation continues to inspire generations to come.

Having taken the baton from him, I carry forward his vision with a firm commitment to build a world-class university, one that delivers futuristic education, shapes global citizens and prepares our youth to lead India towards its destiny as a developed nation.

It is my privilege to host this national conference for the benefit of all of us, and for the nation.





#### **ACTIVITIES @ MNR Dental College & Hospital**

MNR Educational Trust organized Teachers' Day in MNR-HERA Campus, Sangareddy with great joy and reverence. The event brought together faculty and students to express their heartfelt gratitude and admiration for their teachers. The occasion was graced by Shri. Dr. M. Mahender Reddy, IPS (Retd.), Former DGP & Former Chairman, TGPSC, Government of Telangana, as the Chief Guest



Dr. Juveria, 3<sup>rd</sup> Year Postgraduate from the Department of Conservative Dentistry, won the Best Scientific Paper Award at the Kaleidoscope Conference



MNR Dental College and Hospital students showcased their talent at the cultural fest. 2<sup>nd</sup> and 3<sup>rd</sup> year students secured 2<sup>nd</sup> Prize in Fashion Show and 3<sup>rd</sup> Prize in Group Dance



# THE SONG OF COLOR

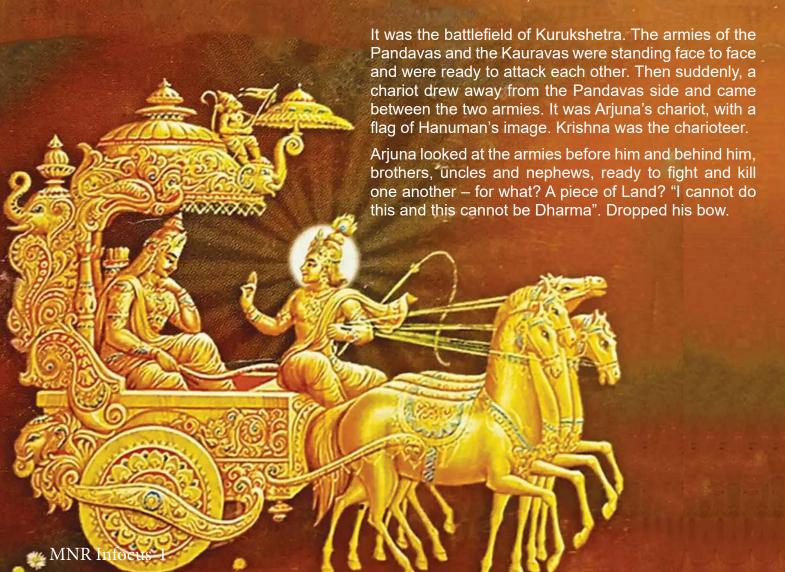


In the Ramayana, God was the king himself. In the Mahabharata, God was the kingmaker. Ram had set an example as to how a king should rule his kingdom and how to protect Dharma. In the Mahabharata, many of the kings had followed Adharma, only material gain and there was no intellectual and emotional component in their rule. So it was to set right, Krishna saw that Adharma was eliminated and Dharma was established.

The Bhagavath Gita said, "It is Paramathma manifested as Jeevaatma and as the Universe itself".

The purpose of life is to grow, materially, intellectually and emotionally. This is the wisdom of the Bhagavad Gita. The Gita is the most important scripture of the Hindus, because in it God directly speaks to man.

The sagas gave great value to the Gita. They said that the Vedas are like the "grass". The Upanishads are like the "cow". The cow eats the grass and gives milk. They described the 'Gita' as the 'Milk'. The Gita is the essence of the Vedas and it is considered as "Sanatana", or timeless.



Then Krishna sang his song, the Gita and started telling what was Dharma. The song of God was a narration of various aspects of human responsibilities. Krishna clarified all doubts of Arjuna one after another, as Arjuna had been asking. Krishna said.

- Arjuna you are Kshatriya, your Dharma is to protect righteous people and to punish the evil.
- You would kill hundreds of warriors. But that would be the death only of the body. Within body, there is Atma. Atma has no death. It is eternal. It is me, the God. You are no killer and no soul is killed, but it is only body. This world is delusion (Maya) and all that you think yours, your relations, your belongings, is also delusion. But you need this world, your relations with the others. When you live in this world, you need to follow Dharma. The Kauravas have gone out of track of Dharma, so they are to be killed.
- Only enlightened, are the people who would fight without anger and kill without hate, only to save Dharma.
- Don't attach yourself with external attachment, but with inner Dharma.
- Arjuna, experience your soul (Atma) until you experience your soul, you will not be at peace. After you experience your soul, you will be at peace, even when you fight a war.
- Then Krishna had shown his "Viswaroop" to only Arjuna. All the other warriors could see nothing, in the Kurukshetra as it was delusion for them.
- When he turned himself into Viswa Roopa, he occupied the entire universe with innumerable heads, hands, above sky and below the sea. He was shining like thousand suns. All humans, animals, plants, suns, stars, oceans were within him.
- Krishna said "Arjuna you are not the killer, no one is killed. I am everything, only you fight as an instrument to save Dharma, you will be enlightened one.
- Finally, Krishna says to Arjuna "Give up all doubts and take refuse in Me, fix your mind in Me, place your intellect in Me, then you shall live in Me.
- Then war was fought for eighteen days. Finally, the Pandavas won the war.

#### Note:

- 1. The Bhagavath Gita was the outcome of several questions from Arjuna. Krishna led Arjuna from doubt to faith and to trust. It was by a wireless cosmic communication. It was a cosmic transmission from Narayana to Nara, that is God to man. So the song of discourse might be within a blink of an eye.
- 2. Similar incident also took place in the palace of the Kauravas. The blind father of the Kauravas, Dhritarastra and self-blind folded mother Gandhari were explained all the details, minute to minute war by Vidhura, the uncle of the Kauravas. It might be a wireless tele-communication. He could see war in front him and explain to the blind couple.
- 3. Krishna didn't fight the war, but he helped to win. Finally, Arjuna melted in Him. And he merged in Him.
- 4. The Gita explains the realization of the cosmic spirit binding the entire humanity.
- 5. Emerson said "I vowed a magnificent day to the Bhagavad Gita. It was the first of books and it was as if an empire spoke to us with intelligence.
- 6. Aldous Huxley said "The Bhagavad Gita is one of the dearest and most comprehensive summaries of the perennial philosophy ever to have been done. It has enduring value, not only for the Indians but also for the whole mankind.
- 7. Mahatma Gandhi said "when doubts haunt me, when disappointments stare me, when there is no hope, I turn to the Bhagavath Gita".

## Natural Path to Migraine Management



#### Introduction

Migraine is more than just a headache, it is a neurological condition that can cause intense, throbbing pain, often on one side of the head. It may be accompanied by symptoms like nausea, vomiting, and sensitivity to light or sound. Migraines can last from a few hours to several days, greatly affecting daily life and productivity.

While medications are available for treatment, many individuals prefer natural methods to manage or prevent migraines. Natural remedies may help reduce attack frequency, shorten duration, and ease discomfort without the side effects that some medicines cause.

#### **Causes of Migraine**

The exact cause of migraine is not completely understood, but research suggests it is related to abnormal brain activity that affects nerve signaling, blood vessels, and chemicals in the brain. Several common contributing factors include:

- **1. Genetics** People with a family history of migraines are more likely to develop the condition.
- 2. Neurological changes Alterations in



Dept. of Pharmaceutical Chemistry
MNR COLLEGE OF PHARMACY

Dr. Sravan Kumar Potturi

Assistant Professor

brain activity can lead to changes in pain pathways.

- **3. Hormonal fluctuations –** Changes in estrogen, especially in women during menstruation, pregnancy, or menopause, can trigger migraines.
- **4. Dietary triggers –** Foods like chocolate, aged cheese, processed meats, and beverages high in caffeine or alcohol may cause attacks.
- **5. Stress and emotional triggers –** Stress, anxiety, and mental fatigue are strong risk factors.
- **6. Sleep disturbances –** Irregular sleep schedules, too much or too little sleep, can initiate symptoms.
- 7. Environmental factors Bright lights, loud

sounds, or strong odors may lead to migraine onset.

**8. Weather changes –** Sudden temperature shifts or changes in air pressure may also play a role.

#### **Natural Remedies for Migraine Relief**

#### 1. Ginger

Ginger contains anti-inflammatory compounds and can help reduce both headache intensity and migraine-related nausea. Fresh ginger slices in hot water, ginger powder, or even ginger capsules can be effective.

#### 2. Magnesium Intake

Magnesium deficiency is often linked to migraines. Eating magnesium-rich foods like spinach, pumpkin seeds, almonds, cashews, and bananas can help. Magnesium supplements may be considered under medical guidance.

#### 3. Hydration

Even mild dehydration can trigger a migraine. Drinking 2–3 litres of water daily including water-rich foods (cucumber, watermelon, oranges) helps maintain fluid balance.

## 4. Essential Oils (Peppermint & Lavender)

- Peppermint oil: Applying diluted oil to the temples, provides a cooling effect that relaxes muscles and improves blood flow.
- Lavender oil: Inhaling lavender steam or using it in aromatherapy can reduce migraine pain and promote calmness.

#### 5. Yoga & Meditation

Regular yoga postures, deep breathing, and mindfulness meditation lower stress, improve blood circulation, and stabilize nervous system activity, reducing migraine frequency.

#### **6. Cold & Warm Compress Therapy**

• Cold compress: Placing on the forehead can numb the pain sensation.

• Warm compress: Applying to the neck and shoulders helps ease muscle tension that may trigger migraines.

#### 7. Herbal Remedies

- Chamomile tea: Soothes nerves and promotes relaxation.
- Feverfew: Traditionally used to prevent migraines (consult a doctor before use).
- Green tea: Contains antioxidants and gentle caffeine, which can sometimes relieve mild migraine pain.

#### 8. Balanced Sleep Routine

Sleeping and waking at consistent times regulates brain chemistry and helps prevent attacks. Aim for 7–8 hours of quality sleep.

#### 9. Diet & Lifestyle Adjustments

- Avoid skipping meals to maintain stable blood sugar.
- Keep a migraine diary to identify personal food and lifestyle triggers.
- · Limit caffeine and processed food intake.

#### 10. Physical Activity

Low-impact exercises such as walking, swimming, or stretching improve circulation and release endorphins, which act as natural painkillers. Avoid overexertion during an active migraine attack.

#### Conclusion

Migraines can be disruptive and painful, but nature offers several effective ways to manage and prevent them. Remedies like ginger, magnesium-rich foods, proper hydration, essential oils, yoga, and herbal teas not only help reduce migraine severity but also improve overall well-being.

For best results, combine these remedies with a healthy lifestyle, stress management, and awareness of personal triggers. If migraines persist or worsen, seek professional medical advice to rule out underlying health issues.





The birthday of Dr Sarvepalli Radhakrishnan (5 September) is celebrated as Teachers' Day in India since 19625 October is celebrated annually as World Teachers' Day, also known as International Teachers Day since 1994 Traditionally in India Guru Purnima is celebrated to honour and pay respect to Gurus and Teachers

Teachers' Day is a day dedicated in honour of teachers and is celebrated every year around the world to acknowledge and recognize the significance of teachers in lives of students; the future of citizens of a nation. Hence, teachers being one of the most important parts of society, moulding young and thus the future of the country are honoured and appreciated on Teachers' Day. In India it is observed on September 5, the birth anniversary of 2nd President of India, Bharat Ratna Dr Sarvepalli Radhakrishnan.



However, dates vary in countries as per their history and local significance with World Teachers' Day being celebrated on October 5 in many countries.

#### Who was Dr Sarvepalli Radhakrishnan?

In India, Teachers' Day has been celebrated since 1962 on September 5, birth anniversary of Dr Radhakrishnan, 2nd President of India. Dr Radhakrishnan was born on September 5, 1888, in a Telugu family in a village near

Thiruttani of erstwhile Madras Presidency, British India. He studied Philosophy in University of Madras and remained one of the finest Philosophers and scholars of Modern India, presenting a critical and comprehensive analysis of Vedanta branch of Hindu Philosophy.

He assumed the office of Vice-Chancellor of Andhra University from 1931-36 and Vice-Chancellor of Banaras Hindu University from 1939-48, meanwhile publishing various critical assessment on Hindu religion and Philosophy, writing books; "The Philosophy of Rabindranath Tagore" and "The Reign of Religion in Contemporary Philosophy" and teaching in various universities across the country. In 1937, he was also nominated for the Nobel Prize in literature and subsequently nominated fourteen times more. He was also nominated for Nobel Peace prize eleven times.

After the independence of India, Dr Radhakrishnan served as the first Vice-President from 1952-57 and for the 2nd term from 1957-62. He then succeeded Dr Rajendra Prasad as the second President of India in 1962 till 1967. For his contributions and accomplishments, he was awarded India's highest civilian honour Bharat Ratna in 1954. Dr Radhakrishnan took his last breath at the age of 86 on April 17, 1975, in Madras, Tamil Nadu.

#### **Celebrations**

Although, not a holiday, schools and colleges instead of conducting regular classes, dedicate the day for celebrating the contribution of teachers and their significance in society. Students organize various events as an expression of their love, respect and gratitude for teachers. In schools, students give flowers and greeting cards to teachers, touch their feet for blessings and participate in skits and plays

depicting the importance of the teacherstudent relationship and significance of teachers in general. Speeches are also made by students and teachers on the day. In present times, students send messages to their teachers and write wishes on various social media platforms.

#### Teachers' Day in other countries

Teachers' Day is celebrated in almost all countries of the world, but dates vary with local significance. Generally, it is celebrated on the day commemorating in honour of individuals who have made great contributions in their respective countries in the field of education and knowledge. China celebrates it on September 10, the United Kingdom on May 9; the United States of America celebrates National Teacher Day on the Tuesday of the first week of the May. Many countries celebrate Teachers' Day on October 5. In 1994, October 5 was adopted as World Teachers' Day or International Teachers Day.



## Activities @ MNR Golden Kids (Navi Mumbai)

Raksha Bandhan & Ganesh Chaturthi Celebrations
@ MNR Golden Kids G01, Mumbai



Friendship Day & Ganesh Chaturthi Celebrations
@ MNR Golden Kids G06, Mumbai



Independence Day & Ganesh Chaturthi Celebrations

@ MNR Golden Kids G3, Mumbai



Ganesh Chaturthi & Independence Day Celebrations

@ MNR Golden Kids G27, Mumbai



## **Activities @ MNR Group of Schools**

Raksha Bhandan Celebrations @ MNR I-Exceed Schoo<u>l, JNTU</u>





Celebrated Independence Day

@ MNR School of Excellence, BHEL



Ganesh Chaturthi, Raksha Bhandan & Janmasthami Celebrations @ MNR School of Excellence, BHEL



Independence Day & Raksha Bhandan Celebrations

@ MNR School of Excellence, Kamothe



Ganesh Chaturthi Celebrations
@ MNR I-Exceed School, JNTU





### **Activities @ MNR Group of Schools**

Ganesh Chaturthi Art Competetion

@ MNR High School, Chintal



Ganesh Chatruthi Celebrations

@ MNR High School, BHEL



Raksha Bhandan Celebrations

@ MNR School of Excellence, Mehadipatnam



Janmashtami Celebrations
@ MNR School of Excellence, Sangareddy



Ganesh Chaturti Celebrations

@ MNR School of Excellence, Sangareddy



Ganesh Chaturthi, Independence Day & Janmasthami Celebrations@ MNR International School, Palaspe



MNR Infocus-9

#### **ACTIVITIES @ MNR COLLEGE OF PHARMACY**

MNR College of Pharmacy organized a Higher Education Study Guidance Session on GPAT. An orientation program was conducted on 12-08-2025 to guide students in their preparation



MNR organized a Plantation Program on 22-08-2025 at Vidya Nagar Colony, Sangareddy. Students and faculty actively participated, contributing to a cleaner and greener future



MNR PG College, Dept. of Chemistry organised a 3-Day Hands-On Workshop for UG, PG students and faculty members of different colleges on "Bridging Chemistry and Technology"



#### **EDUCATION PROMOTION SOCIETY FOR INDIA**

National Conference on

INDIA @ 2047













#### **ACTIVITIES @ MNR COLLEGE OF NURSING**

MNR School & College of Nursing celebrated Onam with joy and cultural vibrance.

Students and faculty came together to showcase traditional festivities and values. The celebrations reflected unity, heritage, and festive spirit on campus









#### MNR EDUCATIONAL TRUST

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#### MNR GROUP OF INSTITUTIONS

MNR Medical College & Hospital MNR Dental College & Hospital

MNR Homoeopathic Medical College & Hospital

MNR College of Pharmacy

MNR College of Physiotherapy

MNR College of Nursing

MNR School of Nursing

MNR Colleges of Education

MNR College of Engineering & Tech.

MNR Degree & PG Colleges

MNR Junior Colleges

MNR Group of Schools (CBSE & State Board)

MNR Educational Trust embarked on its educational journey in 1974 by beginning with its maiden institution, a primary school in Hyderabad, with 36 students. Over the span of 50 years, the Trust has metamorphosed into a prominent educational institution in southern India, overseeing 39 institutions, with approximately 42,000 students and 2300 distinguished faculty. The Trust offers a range of courses from primary education to post-graduation including research in diverse fields viz., Medicine, Dentistry, Homoeopathy, Pharmacy, Nursing, Physiotherapy, Engineering, Education, Arts and Sciences.



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 20<sup>th</sup> December. 2023



Sri. M. N. Raju, Managing Trustee & Chairman MNR Educational Trust

▶ 50 YEARS TRACK RECORD ▶ 39 TOP GRADE INSTITUTIONS ▶ 42,000 STUDENTS ▶ 2300 FACULTY MEMBERS



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#### **MNR UNIVERSITY - COURSES OFFERED**

#### **MNRU-School of Engineering and Technology**

B.Tech.: CSE, CSE (AI & ML), CSE (AI & DS), ECE (IoT)

#### MNRU-School of Physiotherapy and Rehabilitation

- Bachelor of Physiotherapy (BPT)
- Master of Physiotherapy (MPT): Orthopedics / Neurology / Cardio Vascular & Pulmonary

#### MNRU-School of Medical and Health Sciences

- B.Sc. (Hons): MLT / Anaesthesiology & OT Technology / Radiology & Image Technology / Renal Dialysis Technology / Emergency Medical Technology / Respiratory Therapy Technology
- M.Sc. (Medical): Anatomy/Physiology/Bio-Chemistry/Pharmacology/Microbiology

