

MNR

iNFOCUS

Enriching the innerself

September 2023

MNR's IN-HOUSE MAGAZINE



Capturing a Legacy of Leadership : **Teachers' Day Celebrations**
with Vice-Chairman, M.S. Ravi Varma Garu and Principals & Heads of
Various Institutions of MNR Educational Trust at MNR Medical College,
Sangareddy.

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

MNR COLLEGE OF PHYSIOTHERAPY ACTIVITIES

THE RISE OF PHYSIO INTERNATIONAL PHYSIO CONFERENCE - 2023



CELEBRATED TEACHER'S DAY @ SANGAREDDY



"The Pursuit of Happiness: Embrace the Joy Within"

Dear Readers,

In the hustle and bustle of life, we often find ourselves chasing happiness as if it were a distant hallucination, forever out of reach. But what if we tell you that happiness is not a destination on

some far-off horizon? It's a state of being that resides within us, waiting to be discovered and nurtured.

Every day, we are presented with countless opportunities to experience joy, whether it's in the laughter of loved ones, the warmth of a sunny day, or the satisfaction of accomplishing a goal. Happiness is not an elusive prize; it's the sum of these small, beautiful moments that make life extraordinary.



The path to happiness is not complicated. It's about finding contentment in the present moment, appreciating the simple pleasures, and cultivating a positive outlook. It's about choosing kindness, both towards others and ourselves, and recognizing that our attitudes and actions have the power to shape our well-being.

We can find happiness even in challenging times by focusing on what we can control, practicing gratitude, and nurturing our emotional well-being.

So, today, let's make a conscious choice to be happy. Let's smile more, offer a helping hand, and take a moment to savour the beauty around us. After all, being happy is not about having everything; it's about making the most of what we have.

Editorial.....

Postal Address :

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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

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Editor-in-Chief
Sri M.N. Raju

Editor
Dr. Kodaparthi Ashwitha

Illustrations and
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Nagarjuna Ambati
K Kishore Kumar

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P. Sharmila

YOU ARE YOUR MIND - LXIV



Sri M N. Raju
Chairman
MNR Educational Trust

TEACH THE CHILD

To have Faith in Himself &

To Have Faith in Mankind

A few parents cherish something special from their children, but not a usual way of getting a good rank / grade. 'There are a few parents', really a few making all the difference. Such parents are really guiding their children, as men and women for leading the society, creating history and to become the epitomes in their respective fields.

They build bridges, not fences to make the mankind as the lovers of mankind and to have a universe of peace.

The parent, who wishes his / her child to be a lover of mankind, naturally himself / herself loves the mankind. The parent / teacher who wishes the child to be in a 'higher' status of mind should be in the 'highest' status of mind. Generally the parents do not allow their children to grow independently. They always over-shadow them and over-influence them with their thoughts and actions. They make the children think with their minds. However a few parents have a different concept. They teach:

You can have more of you.

You can build a better of you.

You can yield a greater of you.

To teach them, 'Have more', 'Build more' and 'Yield greater', the parent should be the 'Greatest'.

So, to shape your children

Do shape yourself first.

Hence, to teach a child is not so easy without having perfection in one-self. This is also a sacred duty of the teachers and parents. Unfortunately, this tendency of improving themselves (parents and teachers), is lacking now-a-days. Hence, the teachings are only superficial and are only confined to obtaining marks or grades but do not help in 'Man Making'.

Swamy Vivekananda said,

"Don't look at waves

Look at the ocean"

If you look at the waves, it is like 'Looking at the Moon light'. If you look at the ocean, it is like 'Realizing yourself that the Moon light is the Sunlight'.

The 'Sunlight' is the eternal source and the 'power' behind everything.

The petrol is stored in the underground container. The vehicle tank is refilled to reach the destination. Similarly the parent / teacher has to fill the needed power in his own container and 'refill' the children to reach their destination. The parents must improve themselves and then guide the children. They have to follow these steps.

- Generate fresh power in you.
- Be ambitious and enthusiastic.
- Keep yourself happy.
- Keep your inner man peaceful.
- Build confidence.
- Be positive.
- Keep good relations.
- Be spiritual.
- Be disciplined.
- Think Universally.
- Do the things what others do but do them differently.
- Do not imitate.
- Don't compete with others but compete with your previous life.
- You can make or unmake the 'man' out of your child.

The teacher's part is still bigger and crucial in moulding a child. A teacher affects a student's soul better than anything either for good or bad. He can create a hell or a heaven out of his student. The student is like a ball in the hands of a teacher. If used properly, reaches goal; if not it breaks the window glass of the neighbour.

The Teacher turns to be a 'guru' if he takes the following steps:

- He has to respect and love his profession.
- The student should be his target, not the programme.
- He has to filter his teachings suitable for the period.
- He has to make his students superior.
- His test must test creativity not memorization.
- His approach must be 'man-making' not 'marks-minting'.
- He has to reward great achievers and average one must be turned to be a great achiever.
- His approach must be psychological and spiritual.
- He has to plant spiritual discipline.
- His approach must be positive.
- He has to be the best leader.
- He has to be the best motivator.
- He has to be the source of IQ, PQ, MQ, and EQ of his students.

Understanding Conjunctivitis (Pink eye): Causes, Symptoms and Precautions



Dr. A. Satishchandra,
M. Pharm., Ph.D., Associate Professor
MNR College of Pharmacy

Conjunctivitis, more commonly known as pinkeye, is an inflammation of the conjunctiva, a clear membrane that covers the outermost layer of the eye and the inner surface of the eyelids. As with many of the more common eye inflammations, conjunctivitis usually looks and feels worse than it is and while the pronounced redness can be quite alarming at first glance, conjunctivitis very rarely causes long term visual damage.

Types of Conjunctivitis

Allergic Conjunctivitis

It is commonly occurred in people who suffer from an allergic condition, allergic conjunctivitis can be caused by a number of substances particular to the individual. This type of conjunctivitis often has a seasonal element and occurs more frequently during spring and seasonal changes. Other common allergens are dust, pollen, cosmetics, perfume or medication and allergic symptoms of pink eye often affect

both eyes, and severe itchiness swelling are common.

Viral Conjunctivitis

As the name suggests, viral conjunctivitis is caused by a virus, either contracted through the air or direct contact. Viruses that cause the common cold, acute respiratory infections, or disease such as measles or herpes are often the causes of viral conjunctivitis. A herpes infection is actually quite common, especially the herpes simplex virus, which causes cold sores on the lips and mouth area. Exposure to sun and high fevers are triggers for causing these cold sores. For this reason, it is fairly common to notice other symptoms, such as body aches and upper respiratory symptoms, with this type of conjunctivitis, and it is fairly contagious.

Bacterial Conjunctivitis

Bacteria such as Staphylococcus, Streptococcus, and Haemophilus are the common culprits that cause this type of conjunctivitis which is highly contagious



and easily spread, especially amongst children.

Irritant and Chemical Conjunctivitis

Certain irritants to the eye such as flame burns, some plant saps, irritant gases or chemicals, and environmental toxins can all cause irritant conjunctivitis.

Symptoms

Pinkeye is caused by infections (from bacteria or viruses), allergies, or certain irritants that come into contact with the eye, thus the different types of conjunctivitis tend to cause different symptoms.

Symptoms of pink eye may include

- Tenderness of the eye, or pain
- Itchiness
- Body aches
- Sensitivity to light
- Discomfort in the eye Redness of the eye or inner eyelids
- Discharge and teared eyes

Diagnosis

Cultures are taken infrequently, because most cases of conjunctivitis are treated empirically and (eventually) successfully, but often only after running the gamut of the common possibilities. Swabs for bacterial culture are necessary if the history and signs suggest bacterial conjunctivitis, but there is no response to topical antibiotics. Viral culture may be appropriate in epidemic case clusters. A patch test is used to identify the causative allergen in the case where conjunctivitis is caused by allergy.

Avoidance of Conjunctivitis

First line of defense is to avoid the cause of conjunctivitis as viral and bacterial conjunctivitis spread easily others. Here are some tips to avoid spreading the conjunctivitis or reinfecting yourself.

Wash hand thoroughly before you use the medicines in your eye, after using the medicine in your eyes.

- Wash any clothing touched by infected eyes Clothes Towels Pillow cover
- Avoid shaking hands.
- Do not share eye drops or cosmetics as eyeliner, eye shadow. Replace them after you healed, to avoid re-infection.
- Disinfect surfaces such as doorknobs and counters with diluted bleach solution.
- Do not swim (some bacteria can spread in warm water).
- Wear black sunglasses, when among others.
- Do not touch the infected eye because the infection will spread to the uninfected eyes.
- Repeatedly wash the eyes with clean water.

Clinical Presentation of Conjunctivitis - Redness, Swelling, and Discharge in the Affected Eye





Impressive Journey of Padma Sree **NEERAJ CHOPRA** from Panipat to world championship Podium

a bronze medalist in javelin throw at the 2010 Commonwealth Games. Calvert had a key role in shaping Chopra's career. Chopra won a gold medal at the 2016 IAAF World U20 Championships. Chopra was trained under the guidance of German coach Werner Daniels in preparation for the 2018 Commonwealth Games. He got the gold medal at the games. These victories marked him as a promising talent in the world of athletics. The Indian Army was impressed with his performance and Neeraj was offered a post in the army.

Next the most legendary name in the line-up, German legend record holder of a throw of 104.8 meters, Uwe Hohn trained Neeraj between 2017-2018. In the Tokyo 2020 Olympics, (held in 2021 due to the COVID-19 pandemic), Neeraj Chopra made history by securing the country's first-ever a gold medal in track and field. This monumental achievement was significantly influenced by Klaus Bartonietz. His winning throw of 87.58 meters was not only a personal best but also set a new national record. This historic achievement made him a national hero and a symbol of India's brand ambassador in athletics.

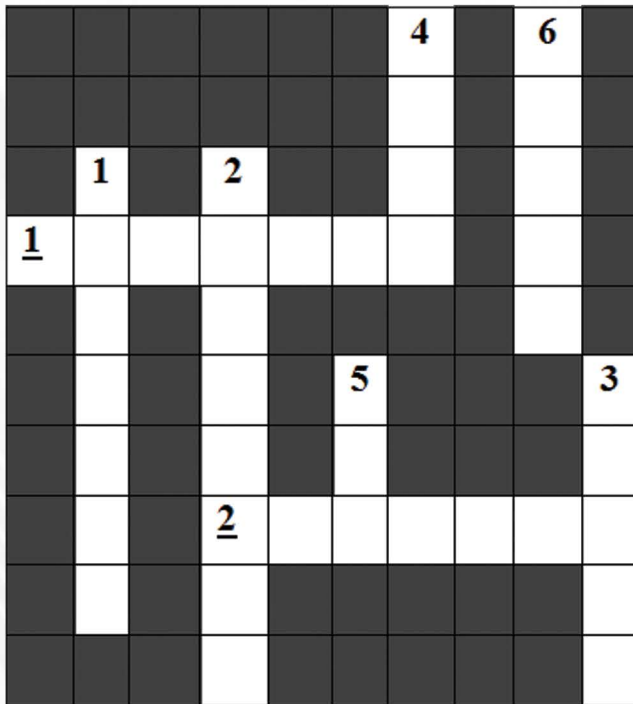
Neeraj Chopra's success in athletics has inspired next generation of athletes in India and has helped raise the profile of track and field sports in the country. His dedication and talent have made him one of India's most celebrated athletes.

“In athletics, it's very simple. If you are throwing, it should be the farthest; if you are jumping, it should be the highest; and if you are running, it should be the fastest”

World's number one Javelin thrower, the golden boy Neeraj Chopra is an Indian athlete. After winning World Athletics Championship, on Sunday, 27 August, 2023 in Budapest he has become a household name. His hard work and dedication paid him off. Neeraj Chopra has set and broken several records in javelin throw. But this magnificent journey started just like a normal child when his father Satish Kumar enrolled him in a gym to reduce his obesity. Luckily the javelin thrower Jaiveer Choudhary recognized his talent first. He was Neeraj's first coach as well. Neeraj's first medal was a silver at the Youth Olympics Qualification in Bangkok in 2014. 2016 was a good year again for him. During this period, he was under the instruction of an Australian Coach Gary Calvert and his assistant Kashinath Naik,

Born on December 24, 1997, in Khandra near Panipat, Haryana in an agriculture based family Neeraj received numerous prestigious awards like Arjuna Award – 2018, Vishisht Seva Medal (VSM) in 2020 Republic Day honours, Major Dhyan Chand Khel Ratna Award – 2021 (highest sporting honour of India) Param Vishisht Seva Medal (PVSM) - 2022 Republic Day honour and Padma Shree award.

Mini cross word puzzle on Neeraj Chopra



HINT

ACROSS

1. A spear of wood or metal with a sharp point primarily used as weapon in old days and now in track and field athletics.

2. Where did Neeraj win his first international medal in 2014?

DOWN

1. Neeraj got call for training at Netaji Subhas National Institute of Sports, commonly known as National Institute of Sports (NIS), academic wing of the Sports Authority of India (SAI) and Asia's largest sports institute. It is located in -----.



2. What is Neeraj's birth month?

3. What was the host city of Olympic 2020?

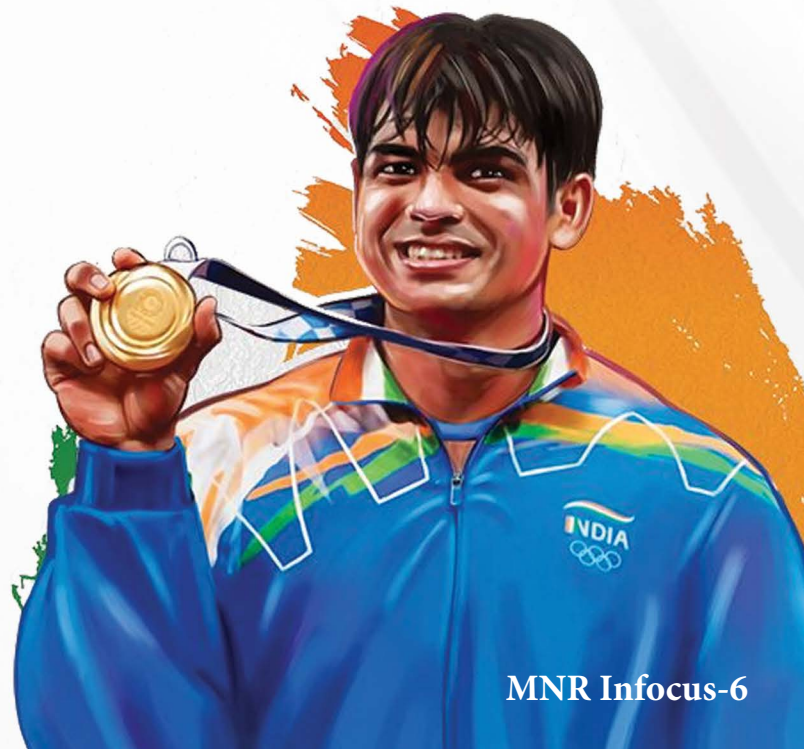
4. Chopra's famous coach: Only man who has record to throw javelin more than 100m

5. In which school did Neeraj study?

6. What is Neeraj's mother name?

KEY

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Mrs. K. Janaki (Professor),
Community Health Nursing Department,
MNR College of Nursing



Surprising Health Benefits of Sleeping on Your Left Side

Good sleep boosts physical and mental health. It is not just the duration of sleep that matters, but also the position of your sleep that is important for optimum health. There are more health benefits of sleeping on your left side than any other sleeping position, claims ancient Ayurveda. Read on to know the benefits of sleeping on your left side.

“Sleeping on your left side: Where health meets rest, and wellness embraces slumber.”

Here are a few science-backed health benefits of sleeping on your left side:

1. Aids Detoxification

Sleeping on your left side positively affects the moisture balance of the body and stimulates the lymph vessels. The lymphatic system carries metabolites and removes impurities and toxins from the body, by draining them into the thoracic duct, which drains into the left side of heart. When you sleep on your left side, you will accelerate and facilitate the removal of toxins from the body also called detoxification.

2. Supports Spleen Function

The spleen is an organ that is located on the left side of the body. It is a part of the lymphatic system and functions to filter lymph

and purify the blood. There are spleen health benefits of sleeping on your left side. Left-side lying facilitates easy movement of waste substances through lymph vessels to reach the spleen. Gravity boosts the blood flow to the spleen allowing it to filter the impurities.

3. Keeps Pregnant Women Safe

According to Spinning Babies-founder and fetal and mother positioning expert Midwife, Gail Tully, there are more health benefits of sleeping on your left side than on the right side, when pregnant.

A pregnant woman lying horizontally with her face and torso facing up is associated with compression of the inferior vena cava and reduced venous return. Consequently, the amount of blood pumped by the heart per minute is decreased and ultimately leads to reduced blood flow to the uterus, which may hamper the baby's health or trigger a need for C surgery. Left-side sleeping can help gently lift the bump and relieve pressure from your uterus off the liver, which is on the right side of your abdomen. This in turn can help better blood flow – and therefore nutrients – to the placenta. If you are pregnant, then reap the benefits of sleeping on your left side. It is recommended to consult your doctor

before changing your sleeping position during pregnancy.

4. Maintain Healthy Heart Function

The left side of the heart pumps blood towards your body. When you sleep on your left, the heart has to pump less vigorously and it is easier to transport the blood through the body. This is because the lymph drainage toward the heart is favored by gravity, which lowers the workload of the heart. But, if you sleep on your right, the circulatory system has to work against gravity and pump blood more vigorously because the aorta and the inferior vena cava i.e., IVC, which is a large vein that helps carry the deoxygenated blood to your heart, is on the right side of the spine.

5. Prevents Liver Congestion

The liver plays an essential role in neutralizing and eliminating toxins from the body. This organ is on the right side of the body and sleeping on your right side can cause liver congestion to more easily back up into the right side of the body and cause health issues. Sleeping on your left side will better support liver functions and prevent indigestion, bloating elevated cholesterol, and even depression as per Ayurveda.

6. Encourages Proper Digestion

Sleeping on your left side after a meal is a common practice in Ayurveda. Lying on left allows the stomach and pancreas which make digestive enzymes naturally hang on the left

side of the body allowing optimal and efficient digestion. This is one of the important health benefits of sleeping on your left side.

7. Helps the Gut to Get Rid of Waste Products

Your gut wants you to sleep on the left side every night because the ileocecal valve i.e., ICV which is the junction of the large intestine and small intestine is located in the lower abdomen. This valve helps in transferring the waste from the small intestine to our large intestine and can ease the elimination of waste products and prevents bad bacteria from taking over your gut.

8. Reduces Heartburn at Night

In one study, participants sleeping on the right side reported increased cases of heartburn also known as GERD (Gastroesophageal Reflux Disease or Acid Reflux), when compared to those sleeping on their left side.

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Activities @ MNR Golden Kids (Navi Mumbai)



Activities @ MNR Golden Kids (Hyderabad)



Activities @ MNR Group of Schools

MNR HIGH SCHOOL
BHEL



MNR HIGH SCHOOL
BHEL



MNR SCHOOL OF EXCELLENCE
BHEL



MNR SCHOOL OF EXCELLENCE
BHEL



MNR I-EXCEED SCHOOL
KUKATPALLY



MNR HIGH SCHOOL
CHINTAL



Activities @ MNR Group of Schools

MNR HIGH SCHOOL CHINTAL



MNR I-EXCEED SCHOOL KUKATPALLY



MNR SCHOOL OF EXCELLENCE KAMOTHE



MNR SCHOOL OF EXCELLENCE SANGAREDDY



MNR INTERNATIONAL SCHOOL PALASPE



MNR SCHOOL OF EXCELLENCE MEHDIPATNAM



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

MNR COLLEGE OF PHARMACY ACTIVITIES

MNR College of Pharmacy celebrated the Graduation Day for Pharm D students (Batch 2017-2023) on 24th August 2023



MNR College of Pharmacy organized 2 days International Seminar entitled "Emerging trends in Pharmaceutical Sciences" on 8th and 9th August.

As a part of Meri Mati Mera Desh campaign staff and students of MNR College of Pharmacy planted the plants in MNR campus on 9th August 2023



On occasion of Independence Day NSS unit of MNR College of Pharmacy felicitated the Ex-army man Mr. Nevanath Ranijya Naik to honour sacrifices by Army people and the Sarpanch and office team for their contribution in the development of village on 14th August 2023.

NSS Unit of MNR College of Pharmacy organized awareness programme on occasion of Women's Equality Day on 26th August 2023 with the theme "Embrace Equality"





MNR EDUCATIONAL TRUST

2-23 B / 350, Bhagyanagar (Phase III), Near HMT Hills Colony, Opp : JNTU, Kukatpally,
 Hyderabad – 500 085, T.S., India. Ph : +91-40 - 23890835, 23899795, Fax : +91-40 -23897380 .
 E-mail : info@mnrindia.org Website: www.mnrindia.org