

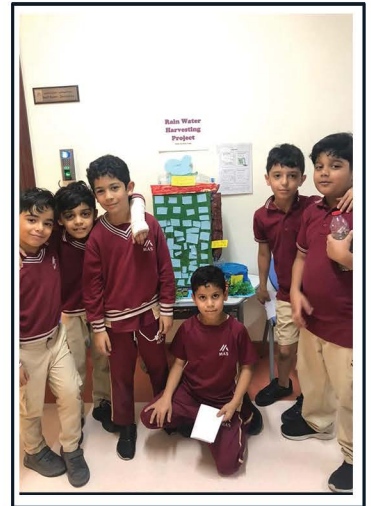
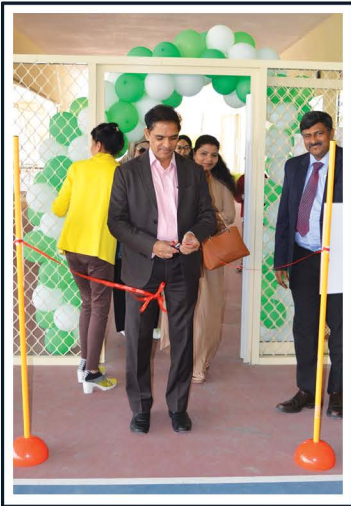
MNR

iNFOCUS

Enriching the innerself

April 2023

MNR's IN-HOUSE MAGAZINE



Mr. M. S. Ravi Varma, Vice Chairman, MNR Educational Trust has inaugurated steaming ahead EXHIBITION on UAE Innovation Month celebration at Manthena American School, Sharjah - UAE

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

MNR DENTAL COLLEGE & HOSPITAL ACTIVITIES

Felicitation to Dr.Ravindra, Principal, MNR Dental College and Dr.Sunitha for chairing Scientific Session in FAMDENT show at Hyderabad.



MNR Dental College 1st year BDS Students Induction Ceremony.



On the occasion of OMFS day free screening camp and awareness program on Road Traffic accident conducted in JNTU College, Sultanpur.



World Dentist Day



MNR HOMOEOPATHIC MEDICAL COLLEGE AND HOSPITAL ACTIVITIES

MNR Homoeopathic Medical College and Hospital STSH Awardees with Sarbananda Sonowal Cabinet Minister of Ayush in New Delhi on 10/04/2023.



Prof. Dr. Manilal.S, Director, MNRHMC Signing M.O.U with Dr. Subhash Kaushik, Director General of Central Council for Research in Homoeopathy (CCRH) in New Delhi on 09-04-2023



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HOMOEOPATHY



Perseverance

*“Our greatest glory is not in never failing,
but in rising up every time we fail.”*

- Ralph W. Emerson

Failure hurts, it's embarrassing.

You bet all of your hopes and dreams on yourself, telling your friends and family that you were the one who would succeed. You were the one who was going to make it. Instead, you fell short.

But here's the catch. When you fall, you must rise again;

failing does not mean you must live with the consequences for the rest of your life. Make use of it as fuel. Not to obstruct you. keep this in mind if things are looking bleak for you right now, please know this Everyone fails. EVERYONE.

But take note of this.

There is a burning light within you. It's a glimmer of hope that will burn ever so slightly for as long as you live. Your job is to fan the flame of hope. Most people ask this question after failing: how many times should I fail before giving up or trying something new?

But here's the thing.

You should never change your goal. The only thing you should ever change is your strategy for achieving that goal. The truth is that if big goals were easy to achieve, everyone would do so, and there would be no differentiators in life.

Big goals are difficult to achieve and take time. As a result, don't expect it to happen overnight.

And what about the question of how many failures should you endure? There have been many incredibly successful people in world history who have faced numerous failures. But they refused to back down. Nonetheless, they battled failure.

They kept pushing and going, no matter what.

“Do not Judge me by my successes, judge me by how many times I fell down and got back up again.”

**-Nelson Mandela
Editor**

Editorial.....

Postal Address :

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MNR's In-House Magazine

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Sri M N. Raju
Chairman
MNR Educational Trust

YOU ARE YOUR MIND- LX

This is the 60th article on the human mind and its potentiality. Its power is enormous if it is properly used and utilized. The great men and women, became great, due to their ability to use their minds by understanding their inner strength. They try to know their inner person first like a seed.

A seed before sprouting out of the ground first spreads its tender roots into the soil and then comes out over the earth with leaves and branches.

A fruit also when ripens on the tree, its colour and taste are not only good and its seed

too is very strong, since the process of ripening takes place from inside to outside. But if the fruit is ripened artificially, its colour, taste and seed are not so good, since the process of ripening takes place from outside to inside.

Similarly if a man makes his spiritual journey from inside to outside, he becomes a great man. He tries to strengthen his inner strength, that is, his sub-conscious mind. Then he is the greatest man.

Swamy Jnanananda is such a great man. He became the Saint and Scientist. His journey was from inside to outside.

A Telugu boy, from a village, left his home, when he failed in the school final examination in Telugu medium. He walked across India, reached

the Himalayas and penetrated into deep white mountains and forests, on bare feet with minimum clothing.

Ten years he spent there, meditating in stillness and understanding the 'TRUTH'. He concentrated on Sun rays, and found many theories, as it was done by the ancient Rishies.

It was a slow dance in silence. There were no mantras, just observing the relation between the inner man and the outer man. Finally the muck of his mind, both conscious and sub-conscious was washed off. The mind became free from illusions and delusions.

The dancer and the dance became one.

He could taste the ultimate TRUTH,

That is Satyam, Shivam and Sundaram.

He became the scientific Mystic.

He came to be known as Swamy Jnanananda. Later, he became Prof. Swamy Jnanananda.

He went to Germany in 1927. There he lectured on Vedic Literature, Vedic Philosophy and Vedic Science. He was awarded Ph.D. degree by the Charles University, Prague, Germany.

Later, he went to the Liverpool University of United Kingdom. He taught there and did research on Nuclear Physics and he was awarded Ph.D. there too.

Then he went to the University of Michigan, Ann Arbor, USA, taught and did research there also. He was awarded Ph.D. there also.

He came back to India in 1947 and worked in the National Physical Laboratory, New Delhi.

He joined Andhra University in 1947 as a Prof of Nuclear Physics. He passed away in 1969.

This is the story in a nutshell, of the Saint and Scientist, Prof Swamy Jnanananda.

The Brihadaranyaka Upanishad said:

Asato ma Sadhgamaya

Thamaso ma Jyothirgamaya

Mruthyorma Amrutangamaya

Om Shanti, Shanti Shanti

O God,

From untruth, lead me to truth,

From darkness, lead me to light

From death, lead me to immortality,

Peace, peace, peace.

This was the meaning and purpose of Prof. Jnanananda's great life. He achieved it and had become a role model to the world.

Western Scientists, like Newton, Faraday, Einstein, Max Born, Heisenberg Bohr, and so on were Scientists at first and turned out to be saints. But Prof. Jnanananda was a Saint at first and later turned to be a scientist.

Prof. Jnanananda was an intelligent Saint and Scientist. He proved that "with self-discipline, the average person can rise as far and as fast as his talent and intelligence can take him".

His thoughts created actions,

Actions created habits,

Habits created character

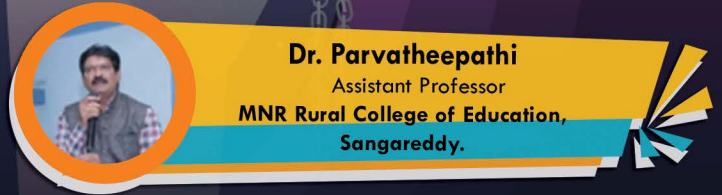
and character Created his destiny.

Emerson said :

"The great man is he who in the midst of the crowd, keeps with perfect solitude".

His perfect solitude for ten years in the Himalayas made him a great scientist. Even though he failed in a small school examination, it did not destroy his desire to achieve his dreams. Had he remained in the village like other boys, he might have taken up agriculture like the rest of his family members. He was a genius. An unknown spirit or intuition made him travel thousands of kilometers to the Himalayas. So, Swamy Jnanananda had something extraordinary inside him that made him a special man.





Dr. Parvatheepathi

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CELL PHONE ADDICTION

The COVID pandemic has forced people to stay indoors and has disrupted their daily routines, causing many to rely more on technology, including their cell phones, for communication, work, and entertainment. As a result, there has been an increase in cell phone addiction during and after the pandemic. Cell phone addiction is characterized by excessive use of the device, leading to negative consequences such as anxiety, sleep disturbance, and social isolation. With many people working remotely and attending virtual meetings and classes, there has been a surge in screen time, which has contributed to the rise in cell phone addiction. Moreover, the pandemic has caused a lot of stress and uncertainty, and people are using their cell phones as a means of distraction and escape. Social media, in particular, has been a popular outlet for people to stay connected with others and to seek out news and information.

The increase in cell phone addiction after the pandemic is a cause for concern, as excessive use of technology can have adverse effects on mental and physical health. It is important to find a balance between technology use and other activities, such as exercise, socializing, and hobbies, to maintain overall well-being. To avoid cell phone addiction, people can take steps such as setting limits on screen time, turning off notifications, and engaging in activities that do not involve technology. Additionally, it is important to seek professional help if cell phone addiction is negatively impacting daily life. How to keep students away from cell phone addiction can be a common problem among students, and it can impact their academic performance, mental health, and social relationships. Here are some ways to help students avoid cell phone addiction. Educate students: Teach students about the negative effects of excessive cell phone use, such as reduced concentration, lack of sleep, and social isolation.

Set guidelines: Establish clear guidelines on cell phone use in the classroom and during school activities. This can include restricting the use of cell phones during lectures, discussions,

and exams. Encourage healthy habits: Encourage students to engage in physical activities, such as sports or exercise, and socialize with their peers to develop healthy habits and reduce their reliance on cell phones. Create phone-free zones: Designate certain areas or times as phone-free zones or times, such as during meals, class discussions, or group projects. Offer alternatives: Provide students with alternatives to cell phone use, such as reading books, engaging in hands-on activities, or participating in group discussions. Be a role model: Set an example for students by limiting your own cell phone use and encouraging face-to-face communication and social interaction.

Provide resources: Offer resources and support for students who may be struggling with cell phone addiction, such as counseling services or support groups. By implementing these strategies, educators can help students develop a healthy relationship with their cell phones and reduce the risk of addiction. Cell phone addiction can also be a problem among teachers, and it can negatively impact their productivity, attention, and mental health. Here are some problems and solutions related to cell phone addiction among teachers:

Cell phone addiction on Teachers

Problems:

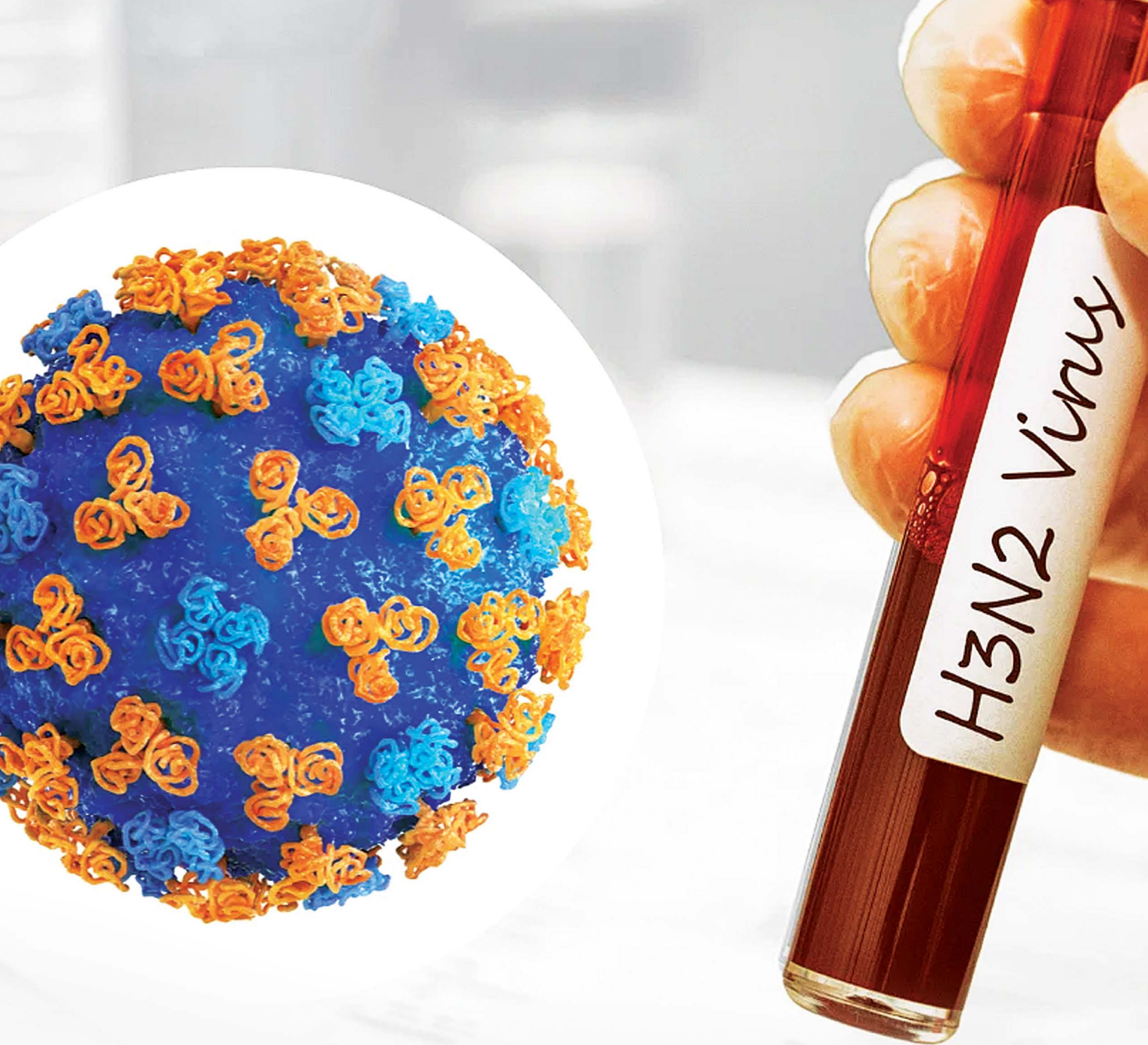
1. Distraction: Frequent cell phone use can distract teachers from their work, lesson planning, and classroom management.



2. Reduced productivity: Cell phone addiction can lead to a decrease in productivity and efficiency, as teachers may spend excessive time on non-work-related activities.
3. Strained relationships: Constant cell phone use can impact teachers' relationships with their colleagues and students, as it can make them appear disinterested or unapproachable.
4. Mental health issues: Cell phone addiction can lead to anxiety, depression, and sleep disturbances, affecting teachers' mental health and overall well-being.

Solutions :

1. Establish boundaries: Set boundaries on cell phone use during working hours, such as turning off notifications during meetings and limiting social media use during breaks.
2. Prioritize tasks: Prioritize important tasks and limit distractions by creating a schedule and focusing on completing one task at a time.
3. Model behavior: Lead by example by limiting your own cell phone use and encouraging face-to-face communication and social interaction.
4. Seek support: Seek support from colleagues or a professional if cell phone addiction is negatively impacting work or personal life.
5. Encourage self-care: Encourage teachers to engage in self-care activities, such as exercise, mindfulness, and socializing with colleagues, to reduce stress and avoid relying on cell phones as a coping mechanism.
6. By addressing cell phone addiction among teachers, educators can improve the overall work environment and support the mental and emotional well-being of teachers, leading to better outcomes for both teachers and students.



H3N2v is a non-human influenza virus that normally circulates in pigs but can infect humans. Viruses that normally circulate in pigs are “swine influenza viruses.” When these viruses infect humans, they are termed “variant” viruses.

It spreads from infected pigs to humans in the same way that seasonal influenza (flu) viruses spread between people. Mainly, the spread of flu happens when droplets infected with flu - spread through the air after an infected pig coughs or sneezes - land in subject nose or mouth, or when the droplets are inhaled or by touching something that has flu virus on it and then touching own eyes, nose, or mouth. A third way to possibly get the flu is to breath in dust containing flu virus.

The symptoms and severity of H3N2v illness have been similar to seasonal flu, including fever, cough, runny nose, and possibly other symptoms, such as body aches, vomiting, or diarrhea.



People who are considered at high risk for developing flu-related complications are the following :

Children less than five years of age (especially children less than two years of age), adults 65 years of age and older, pregnant women, and people with certain chronic medical conditions like asthma, diabetes, heart disease, weakened immune systems, and neurological conditions.

Preventive actions to reduce the risk of infection and spread of H3N2v include the following :

- Practice good hand hygiene, clean hands frequently, Avoid touching face, eyes or nose.
- Wear a well-fitted mask. Avoid crowded and poorly ventilated places
- Annual flu vaccine can be taken

- Paracetamol can be taken for fever and bodyache
- Avoid taking antibiotics unless prescribed and keep hydrated.
- Cover mouth and nose with a tissue, handkerchief when coughing or sneezing. Or Cough or sneeze onto upper arm or shoulder, If no access to tissue, Do not cough/ sneeze directly onto hands.
- Turn away from others when coughing/ sneezing
- Do not spit/blow nose here and there.

Both COVID and H3N2v share common symptoms making it difficult to distinguish how ever flu takes maximum two weeks and most people recover from the fever within a week without needing to be hospitalized. Rarely it results in Pneumonia in high risk people.

Indian Culture



The rich and vibrant culture of India is vital to our national identity. Be it religion, art, traditions, humanistic discipline, or intellectual achievements they make us an upscale, colorful, and diverse nation. India has withstood the test of time. Today India stands as a well-liked multicultural society because it has absorbed the better of every culture and imbibed it. Indian culture is considered the oldest and most diverse in the world and is popular worldwide. People from

different religions and cultures live here with strong bonds. Indian literature, art, philosophy, and music have been influenced by Indian culture and religions. Our country is culturally and religiously one of the most diverse countries worldwide. People here follow different religions, customs, and traditions. People though turning modern today, hold on to moral values, celebrate festivals consistent with customs, and wear traditional clothes. Indian culture is characterized by a strict social hierarchy. The vital components of Indian

Culture are good manners, etiquette, civilized communication, rituals, beliefs, values, etc. India has a very ancient rich vibrant culture in food, festival, dress, language, folk dance, customs, and lifestyle. These are performed differently by people according to their region and religion which is called diversity. Although diverse in all ways of their life they are united as one country making “Unity in Diversity “as the mantra of Indian culture. Because of the multi-religious and multi-cultural nature of Indian civilization, the festivals are extremely diverse. Indians place a high significance on celebratory occasions. Above all, regardless of disagreements, the entire country shares in the celebrations. Nature has carved out a separate geographical entity in India. Because of the great number of religious groups that live in our country, Indian heritage, and culture are diverse and vibrant. Every community has its own set of traditions and rituals that it passes on to future generations. However, certain of our practices and traditions are universal in India.

Our traditions teach us how to develop healthy habits and become better people. Thus, our cultural history is a great gift from our elders that will help us become better people and develop a harmonious community. Elders must take responsibility for instilling a love of Indian history in future generations. This must be done from the start if we are to maintain our great legacy. This must be done from the start if we are to maintain our great legacy. Students must be taught about their Indian history and how it has survived for millennia. They must also recognize the significance of protecting it. This would instill a sense of pride in them, and they would be inspired to carry on the tradition and pass it on to the next generation. This requires a collaborative effort from both instructors and parents.

Conclusion

India is an ancient country. We are blessed with a great culture and heritage. We are entirely responsible for maintaining it so that future generations can see and experience it, and for making India a higher, brighter, and better country than it has ever been.





Dr. KOTIAH VETURI
Principal
MNR Rural College of Education,
Sangareddy.

THE BENEFITS OF DIFFERENT YOGA ASANAS FOR HEALTHY AND HAPPY LIFE

I. INTRODUCTION

Yoga asanas are the simplest and the easiest way to reduce our excess weight and meditate our body and mind. The ancient practice types of yoga asanas provide a wide range of mind and body benefits, including other benefits like giving strength and flexibility, stress relief, and even curing many diseases. Yoga is all about stretching our body in different forms and meditation. Yoga Poses such as Surya Namaskar (Sun Salutation), Dhanurasana (Bow Pose), Bhujangasana (Cobra pose), Kapalabhati pranayama yoga and so many other effective yoga asanas help in reducing our weight as well as our belly fat. Patience is the key to doing Yoga. Strong perseverance backed by a passion for doing yoga is a must. Hard work, dedication, and a proper diet can lose weight naturally. Losing weight is not hard, but we must keep in mind that only controlling eating habits is not enough to lose weight. This article contains yoga pose names as well as yoga for all human beings. It is all about doing them.

MNR Infocus-9

II. CARE TO BE TAKEN BEFORE DOING THESE ASANAS :

Why Yoga? Doing yoga is very good for your health. However, it is very important that you do it right. It is always advisable that before doing yoga at home, one must learn the proper technique of how to do yoga asanas. There is a great probability that if the asanas are done wrong, then it can adversely affect health.

III. DIFFERENT TYPES OF YOGA ASANAS FOR MEN AND WOMEN:

Men and women prefer yoga for a healthy life. Here Researcher explains the best and basic yoga asanas and details about them in the English Language with my photos.



SLOW STRETCHING YOGA ASANA FOR THE NECK:



To start with yoga asanas, one should get started with the basic exercises first like slow neck stretches. It is recommended to perform a few repetitions of this yogic slow neck stretch as it eases neck tension and strain. This basic yoga pose can be quickly done standing anywhere, just by sitting on your chair.



2.FULL BODY YOGA TADASANA – THE MOUNTAIN POSE:

Tadasana is also known as mountains pose, and it is one of the best yoga asanas. Practicing this yoga asana regularly every morning gives a good massage to our hands, back, spine, and whole body. This is the most recommended yoga asana for increasing height as well.



3. THE TRIANGLE POSE (TRIKONASANA YOGA) :

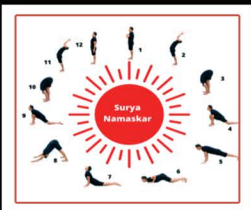
This Trikonasana exercise stretches and strengthens the muscles along with improving the functions of our body. This is a good yoga exercise for pregnant women. It helps in reducing blood pressure, stress, and anxiety and also improves the functions of the blood throughout the entire body. This simple yoga asana improves our balance & concentration power. This asana also removes fats from the waist and thighs..



4. BOW POSE (DHANURASANA YOGA):

Dhanurasana is very effective in weight loss programs. This yoga pose helps in reducing belly fat very easily. It strengthens the ankles, thighs, groins, chest and abdominal organs and spinal cord. This yoga posture improves the functions of the kidney, pancreas, liver, small and big intestine. It also acts as a stress reliever and gives flexibility to the back. It improves the function of digestion and removes gases.

5. SURYA NAMASKAR (SUN SALUTATION):



A full round of Surya Namaskar is two sets of the twelve poses, with a change in the second set where the opposing leg is moved first. It improves flexibility, strength, and balance, reduces stress and anxiety, reduces symptoms of lower back pain, shortens labor and improves birth outcomes, and reduces sleep disturbances and hypertension. It also increases energy and decreases fatigue and is very beneficial for asthma & chronic diseases. This is a basic yoga asana to stretch your legs and reduce weight.

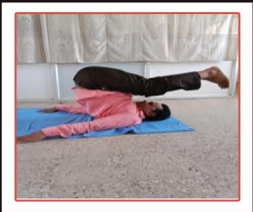


6. SARVANGASANA (SHOULDER STAND) FOR BEGINNERS:



This yoga posture strengthens and cures back pain, and improves the resistance power of the body. This also keeps our face bright and removes the dark circle. It helps in weight loss when practiced regularly. It is also known to improve blood circulation, functions of digestion, control the blood sugar level, and correct the improper functioning of the pancreas.

7. PLOUGH POSE (HALASANA YOGA POSE):



Halasana is also known as the Plough pose which strengthens our back muscles and gives flexibility. It cures indigestion and constipation as well as reduces stress. It stimulates the abdominal organs and cures abdominal problems. People suffering from diabetes should do this regularly. It helps to make the spinal cord strong and flexible, strengthens the abdominal muscles, reduces stress, and cures the symptoms of menopause.

8. PAVANAMUKTASANA (WIND-REMOVING POSE)



Pawanmuktasana is an effective yoga position in removing gases from the stomach and improving the digestive system. This asana is very good for all the abdominal organs; it also cures acidity and reduces fat. It strengthens your back muscle and cures back pain. For getting a flat stomach, one should perform this asana regularly. This is one of the simplest yoga poses for beginners.

9. UTTANA PADASANA (THE RAISED-LEG POSE):



Uttana padasana, the raised leg pose is beneficial for those having back pain and stomach disorder. It is good for strengthening the abdominal muscles. We can practice this yoga asana by raising one leg at a time as well. For getting flat and strong abs, this asana works like magic. It is helpful for those who suffer from gas problems, arthritis pain, heart problems and waist & back pain.



IV. BENEFITS OF YOGA:

Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery, or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten to heal. A yoga therapist can work with patients and put together individualized plans that work together with their medical and surgical therapies. That way, yoga can support the healing process and help the person experience symptoms with more centeredness and less distress.

1. Yoga improves strength, balance, and flexibility.
2. Yoga helps with back pain relief.
3. Yoga can ease arthritis symptoms.
4. Yoga benefits heart health.
5. Yoga relaxes you, to help you sleep better.
6. Yoga can mean more energy and brighter moods.
7. Yoga helps you manage stress.
8. Yoga connects you with a supportive community.
9. Yoga promotes better self-care.



V. CONCLUSION :

Yoga is a scientific discipline for reducing stress and tension. Yoga, as a road to self-understanding, shifts emphasis from the outward to the internal, bringing to the realization that the only true satisfaction that can be derived from this existence is via being at peace with oneself. As a result, everyone should practice yoga asanas for a healthy and happy life.

MNR Schools, Bhel Annual Day Celebrations



MNR Schools, Bhel Annual Day Celebrations



MNR Schools, Bhel Annual Day Celebrations



MNR TALENT AND SKILL DEVELOPMENT INSTITUTE, DUBAI



Graduation Ceremony of Cache



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

MNR COLLEGE OF PHARMACY ACTIVITIES

Vice Chancellors Conference on National Educational Policy 2020 @JNTUH Hyderabad on 05-03-2023



“WINNERS” MNR College of Pharmacy Girls Kho-Kho team @Inter Pharmacy College Kho-Kho Competitions held at VIPER, Narsapur, Hyderabad.



“Winners” & “RUNNERS” of MNR College of Pharmacy @Inter Pharmacy College sports Competitions held at VIPER, Narsapur, Hyderabad.



One day workshop on Cardio Pulmonary Resuscitation @ Government Polytechnic College, Hanuman Nagar, Sangareddy 2023



Workshop on Fitness and healthy lifestyle on 16-03-2023



“RUNNERS” MNR College of Pharmacy Boys Volley Ball team @Inter Pharmacy College volley ball Competitions held at VIPER, Narsapur, Hyderabad.





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Enriching Lives Through Education & Health ...