

MNR

iNFOCUS

Enriching the innerself

February 2023

MNR's IN-HOUSE MAGAZINE



Mr. Ravi Varma, Vice Chairman, MNR Educational Trust was welcomed by the students of **Manthena American School**, Sharjah who won three gold and three silver medals in the Interschool Robotics and 3D Design Competition held on 26th January 2023.

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

Mr. Mallick Maidul Islam, received Best Paper Presentation Award at CMR College of Pharmacy, Hyderabad.



Dr. V. Alagarsamy Awarded Fellow of Antiviral Research Society for his contribution on the Antiviral Research.



Mr. Mallick Maidul Islam, Pharm D intern Received 3rd Prize in Oral Paper Presentation at Birla Institute of Technology, Hyderabad.



Mr. Sudhakar, Final Year B Pharmacy Student received 1st prize in inter college dance competition held at G Pullareddy College of Pharmacy .



Dr. V. Alagarsamy and staff attended One day National Workshop on Challenges and Opportunities in Pharmaceutical Sciences Organized by JNTUH UCPS, Sultanpur.



Editorial.....



COMMITMENT

Dear Readers,

Try not to become a man of success but rather try to become a man of value.

-Albert Einstein

Integrity and wisdom are the two pillars that aid to build and keep commitments. It is a pledge to give your time and energy to something or someone you believe in. Prosperity and success are the results of our thoughts and decisions.

Commitment helps you stick to your goals during the good times and the bad times. When barriers get in the way two factors contribute to commitment, importance, and ability.

Committed people have priorities and they stick to those priorities and they develop a routine that allows them to slowly and steadily work toward their goals. They are loyal to their families, their friends, their team, their sport and themselves because they are determined to succeed.

Commitment is a strong indicator of a self-discipline, resilience and persistence.

Editor



INFOCUS

**MNR's In-House
Magazine**

FEBRUARY 2023

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

Editor
G.Padma

Illustrations and Designing

**Nagarjuna Ambati
K Kishore Kumar**

Supervision
P. Sharmila

Postal Address :

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**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@mnrrc.com

Facebook :
www.facebook.com/
infocusinhouse

YOU ARE YOUR MIND-LVI

Be Not an Imitator

Be an Initiator.

Before Columbus, all adventurers sailed close to the shore, within sight of land. That was the accepted way to sail.

But Columbus dared to be different. He refused to do what others did. He sailed perpendicular to the shore straight out to sea. He let go off the known and sailed out into unknown. So he became one of our great heroes. He was a revolutionary. He was not an imitator, but an initiator.

All the human progress has been made by the people, who refused to think, feel and act like everyone else. They are revolutionaries.

John F Kennedy's thought to put man on the moon was a revolution.

Mahatma Gandhi's dream of freeing India is a revolution.

All the progress has come from the risk-takers, who are willing to visit the places that scared them. Ranging from the discovery of fire to the creation of personal computer are the events come from their courage and they are the revolutionaries.

Some people like, Benjamin Franklin, Mahatma Gandhi, Martin Luther King, Mother Teresa, Mandela, Swamy Vivekananda, Abdul Kalam and many more connected their lives with a kind of crusade and dedicated their lives for a cause. They engaged their hearts. They



Sri M N. Raju
Chairman

MNR Educational Trust

got emotionally engaged.

- They know, their minds are strong
- Their Strength is their minds.
- They are always stronger than their weakness.
- Their strength is always real.
- They never forget that they are strong.
- They know risking is not easy, but they risk.
- They risk to grow.
- They know risk is not a step, it is a leap.

All the extraordinary people were the ordinary people once. But they changed themselves and changed the world. They created something extra-ordinary. They built the road for the humanity.

Though you are an ordinary person, you can also become an extraordinary person and can become a creator of history.

You start feeling good about yourself

first. Then you can do great work and create great things. You can make them raise their standard of excellence even higher. It takes you to places of increasing value, joy and internal peace.

Have enormous control and respond to what life sends your way. Do your best possible way in every dimension of your life?.

Then let life do the rest. It keeps balancing between 'making it happen' and 'letting it happen'.

Man is not on this earth by chance. He is here with a purpose. That purpose is to grow into a mountain, not to shrink to a grain of sand.

You are not your moods, but the force far bigger than them.

You are not your psychology but the power far wiser than it.

Most of us are like a bunch of lab mice, that have been conditioned to run on a treadmill for a little piece of cheese. This should not be the case. There is something more to life. That is a dynamic life.

- Awareness precedes choice.
- Choice precedes change.
- Choice points offers.
- Choice indicates a bigger life.
- Select the bigger life.
- If not you remain in a herd of lemmings.

As a new born, your life starts its journey from its 'home'. At the end of the journey, life reaches its original 'home', and that will become 'home-coming'. The Home-coming' is certain to every life,

whether it is good or bad, great or small, but you can make it good and great if you wish.

Most of the people believe that it takes months and years to transform their lives. But actually you can transform your life in an instance, by making a single decision courageously and by abiding by decision.

Resolve to leave the unwanted gravitational forces of the crowd and to live truly in your own self. It may be a little difficult in the beginning. Take the example of space shuttle. It uses more fuel and energy for the first few minutes to reach into the orbit. Then, its further journey is easy. You also need such force and strength to come out of the box. Then it will be easy. The life will be like a butterfly, which emerges from the stage of caterpillar from a cocoon.

Patanjali said:

- Your thoughts break their bonds.
- Your mind transcends limitation.
- Your consciousness expands.
- You will be in a new world.
- You gain force.
- You gain wisdom.
- Your talents will be alive.
- You will be a great person.
- You achieve your dreams.
- You will have self-awakening.
- You die in your old form.
- You are born in your new form.

Mother Nature



Dr. Dr.RITA SINGH
Associate Professor
Deptt. Of General Surgery

MNR Medical College & Hospital

Ishita and Jay are brother and sister. Ishita is very playful active and adoring child. Jay her elder brother is a medical student and very fond of her sister Ishita, out of love everybody calls her Ishu. Ishita is very beautiful. Before going to school, daily she will come to garden once and take a round.

One day in the morning Ishu found a small bird in destitute helplessly lying in the corner of lawn groaning in pain and unable to fly. As soon as Ishu saw the bird laying down over grass, she started shouting “, birdie, birdie, bhaiya commme come fast. Poor birdie is not flying, she is laying down over ground. Jay bhaiya come fast” She took the bird in her palm carefully and ran inside the house. She found a cardboard box and kept the small bird in the box.

Ishu felt sorry for the bird and prayed

to God she called her brother, for the help. Jay came and watched the small bird. Jay found the small bird in shock. Jay explained to Ishu “, there is nothing serious, it needs love, care and assurance and will recover to fly soon. Hope to attain heights, hope to attain life”. They named the bird as Meenu. Jay made the box comfortable for the birdie by keeping some cotton wool inside the box. Now Meenu was sitting comfortably in the box, trying to look all around. Some grains were kept in the box for birdie to eat.

After watching for some time, out of anxiety and to protect Meenu from predators like cat, dog and from other birds, Ishu closed the lid of the card board box. As soon as she closed the box, her mother saw and raised alarm, “no Ishu don’t close the box”. Ishu shocked by the tenseness of mom’s voice got scared and asked “but mumma something will fall on Meenu or somebody will steal my birdie. I want to keep her safe”. But how will she breathe?” mom asked.”The way I am

breathing mumma ”. No baby if you will close the box, from where she will get oxygen? She will get suffocated and die, if you want to keep Meenu in a box you can make holes in the box”.



By that time Jay came running and shouted“, open the box otherwise it will die”,. With fear and anxiety Ishu opened the box. The bird was in trouble, not in good shape. She was laying flat at the bottom of box, not looking healthy. Due to suffocation Meenu was breathing very heavily.” See what you did. She might have died”. Ishu was very much afraid. Jay tried to hold the bird in his palm, took bird in his palm and patted it very delicately, slowly it started breathing nicely. Jay poured some drops of water near its beak Meenu was better now.

Jay explained Ishu “you have to provide a comfortable environment to any living being for survival”. “What is environment bhaiya?”. Further upon query from Ishu Jay explained her what is environment.

“Everything which surrounds us is nature. Plants animals, land water bodies, house, roads make environment. It will include both living and non living. Some are natural or found in nature like trees, mountains, lakes and others may be created by humans.’

“So all this which is surrounding us like water, air, plants, you, mom, our dog, flowers, butterflies is our environment. Environment can be natural or man made”. Ishu interrupted again,” Natural environment means all the things which occur naturally on earth”. “Oh very good intelligent girl. But natural environment is again Physical environment and Biological environment.”

“Physical environment is made up of non living things like land, water or air and named as Lithosphere, Hydrosphere and the Atmosphere.” Jay continued.



“Now tell me the meaning of all this.”. “I will tell, Litho means stone, Hydro means water”. “Yes correct! Jay shouted and Atmosphere means thin layer of air which is covering earth.”

“Here is a new word for you, Biological environment”. “I know bhaiya, this is also known as Biosphere”, Ishu shouted with excitement. “Yes this is a narrow zone where the lithosphere, the hydrosphere and atmosphere come in to contact with each other. So all life exists in Biosphere “. Jay explained her.

Biosphere and physical environment interact, Interaction of these leads to formation of several distinct ecosystem.

By closing the bird in the box you have disturbed the ecosystem, it will die. It is something like our world is covered by a big plastic cover, and we are not getting any air. Birdie will not get oxygen and because of more carbon dioxide around it, it will become ill and finally die.

If it is not covered it will take oxygen by respiration and breathe out carbon dioxide. This carbon dioxide will be taken up by plants. Plants will use carbon dioxide for making food and give oxygen. Oxygen is essential for our life.

“Bhaiya but if all plants and trees on earth are cut for some work then from where will get oxygen?”

“That is why we should grow more and more trees so that we all can get oxygen and there should not be any Global warming” mom told. “Global warming causes climate change, melting of ice caps and glaciers, rising sea levels and the disruption of many ecosystem.”

Humans however, change the environment to suit their needs. People are burning fossil fuel, damaging and removing forests. This causes continuous increase of Greenhouse gases in atmosphere. Greenhouse gases are carbon dioxide and methane. This causes the atmosphere to trap more heat so our earth is becoming more hot or there is Global warming.

Mom explained that for Meenu, you made her world in the box which was not having any plants or any living or nonliving things. Her atmosphere or ecosystem was disturbed. Same way if we will cut trees we will disturb our atmosphere, causing danger to all living things.

These are all man induced devastation leading to floods, avalanches, tides etc. Nature is coming back at us for toying with it. Leaders like Sunderlal Bahuguna, Medha Patkar and many others lead agitation to preserve nature. Their contribution for the welfare of mankind was selfless. They devoted all their life for noble cause. They possess high human qualities which is hard to match and replace.



PITAYA



VAIKUNTAM VASANTHA
TUTOR

MNR College of Nursing

Pitaya commonly known as Dragon fruit is the fruit of several different cactus species indigenous to the Americas and often refers to the genus *Stenocereus* and genus *Selenicereus* both in the family *Cactaceae*. This Tropical known for its vibrant red skin and sweet, seed-speckled pulp and black seeds, it is high in fiber and antioxidants, along with various minerals and vitamins that are beneficial for our health

A 100Gram Serving of PITAYA contains

- Calories -60
- Protein- 2.0gram
- Carbohydrate – 9.0
- Fat – 2.0 grams
- Fibre- 1.5 grams

Health Benefits of PITAYA Fruit

1. Aids weight loss
2. Helps ward off anaemia during pregnancy
3. Prevents inflammation
4. Improves skin health
5. Helps in lowers blood sugar levels
6. Boasts cancer – prevention properties
7. Aids digestion
8. Supports yours immune system
9. Helps improve cardiovascular health



Best ways to consume PITAYA

Dragon fruit smoothie. It is delicious, mint flavoured smoothie that you would definitely love.

Ingredients:

- Dragon fruit – 1 complete
- Mint leaves - 15 leaves
- Yoghurt - 1 cup

Method:

- Slice dragon fruit into small pieces or scoop out the flesh using spoon (ensure that you only take the creamy white part)
- Take mint leaves and chop them into small pieces
- Now, put the chopped mint leaves, dragon fruit flesh and in a blender and add yoghurt.
- Blend until no lumps are formed
- Pour the mix into the glass and serve with ice and fresh mint leaves



Dragon fruit Salad

Ingredients:

- 1 Dragon fruit, peeled and cut into cubes
- 1 cup fresh fruit (pomegranate, apple, kiwi, grapes, watermelon)

1 cup lettuce leaves torn

Dressing –

1 tbsp honey

1 tbsp lemon juice

1 tbsp chopped mint leaves

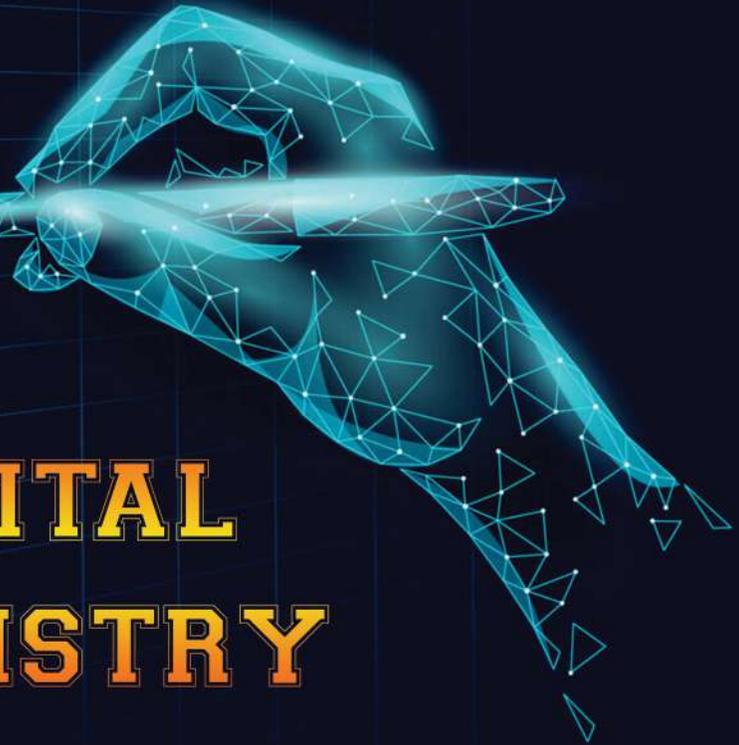
Salt and pepper to taste

Method:

- Mix all ingredients for the dressing and keep aside.
- In a bowl, combine dragon fruit, other fruits and lettuce. Drizzle the dressing on top and serve.

Summary

‘One-of-a-kind exotic Dragon fruit that has many health benefits. From treating cancer to improving cardiovascular health, boosting immunity, aiding digestion, and more. Dragon fruit is a super food that can improve your overall health and well-being. The best part is you can eat dragon fruit any way you want – raw, smoothies, salad dressing, or in any other way you prefer.



DIGITAL DENTISTRY

Dr. Hasina Khan

III Year Post Graduate

Dept. Of Pediatric and Preventive Dentistry

MNR Dental College & Hospital

Digital technology use has increased dramatically as a result of COVID 19 and its after effects, which range from consultations to dental education. In order to quickly adapt to the new pandemic situation, dentistry is increasingly going digital. Many of these changes could have an impact on dentistry as a whole in the future. Digital dentistry has a wide range of applications from treatment planning and design to prototyping steps, from implant surgery procedures to the fabrication of customised prostheses and devices produced by computer-aided design/computer-aided manufacturing (CAD/CAM).

Teledentistry is a field in which communication between the patient and the dentist takes place over the phone rather than face-to-face. With the aid of teledentistry patient can seek to the

dentist pertaining to specialities for their chief complaint at the comfort of being at home. Early dental caries detection, patient education, oral health care, and diagnosis are all aided by it. Teledentistry is especially useful in this pandemic where patients are infected with COVID19 or are suspected of being infected. It provides a safe alternative to congested hospitals or dental office waiting rooms for those who are not infected with COVID19 but are at a higher risk of being affected.

Teledentistry



Digital tools have significantly changed diagnostic processes such as computed tomography (CT), cone

beam computed tomography (CBCT), nuclear magnetic resonance (NMR), ultrasonography, etc. as well as clinical practices (e.g., optical impression, CAD/CAM technologies, stereolithography, 3D printers, etc.). Particularly in implant surgery, prosthodontics, and restorative dentistry, the introduction of digital planning and previsualization softwares and the use of IOSs have allowed for significant improvements in communication with patients, in the explanation of treatment planning goals, and in patients' operative and psychological comfort.

Cone Beam Computed Tomography (CBCT)

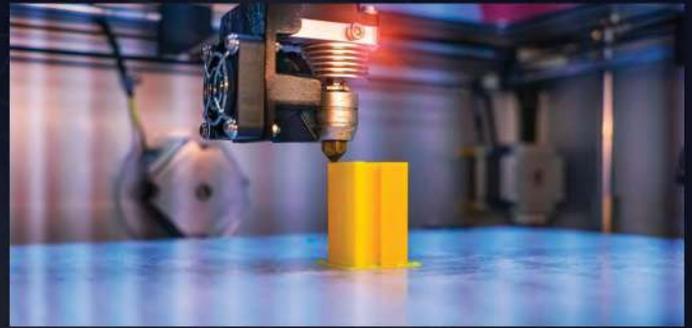


Intraoral scanners (IOSs) and advanced fabrication processes such as CAD/CAM technologies and 3D printing has enabled the use of innovative metal-free dental materials, allowing them to replace conventional metal frameworks and improve the biomimetic and aesthetic outcomes of restorations.

Intra Oral Scanners (IOSs)



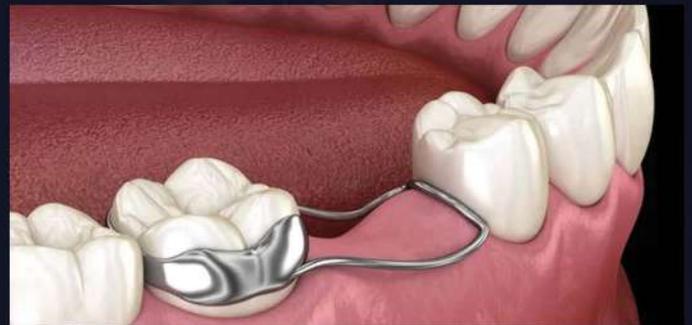
3D Printing



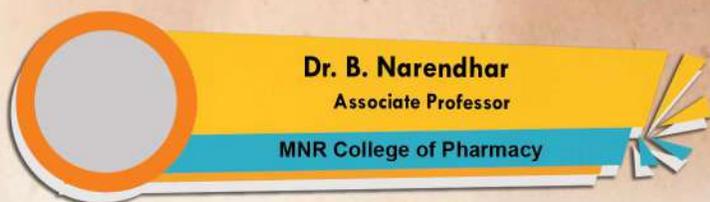
Digital Implant Planning



Metal Free Space Maintainer



Digital dentistry is the future. It has become a boon for dentistry as it continues to adapt and become more common. When properly implemented and fully educated, increased joy in practicing dentistry can be experienced, and better care to our patients can be delivered.



Dr. B. Narendhar
Associate Professor

MNR College of Pharmacy

Types of Skin Cancer and its Prevention

Skin cancers are cancers that arise from the skin. They are due to the development of abnormal cells that have the ability to invade or spread to other parts of the body.

Types of skin cancer - The three most common types of skin cancer are:

SQUAMOUS CELL CARCINOMA

Squamous cell carcinoma (SCC) is an epithelial malignancy that occurs in organs that are normally covered with squamous epithelium which includes several different anatomic sites, including the skin, lips, mouth, oesophagus, urinary tract, prostate, lungs, vagina, and cervix.

BASAL CELL CARCINOMA

Basal-cell skin cancer (BCC) usually presents as a raised, smooth, pearly bump on the sun-exposed skin of the head, neck or shoulders

MELANOMA

Melanoma is a malignant tumor of melanocytes. Such cells are found predominantly in skin, but are also found in the bowel and the eye.

CAUSE OF SKIN CANCER: The majority of skin cancer is caused by overexposure to ultraviolet (UV) radiation from the sun and artificial sources such as solariums.

UV radiation: UV radiation is the part of sunlight that causes sunburn and skin damage and leads to premature ageing and skin cancer. There are three types of naturally occurring ultraviolet rays - UVA, UVB and UVC.

- UVA radiation penetrates deep into the skin, affecting the living skin cells that lie under your skin's surface. UVA causes long-term damage like wrinkles, blotchiness, sagging and

discoloration, and also contributes to skin cancer.

- UVB radiation penetrates the top layer of skin and is the cause of skin tanning, sunburn and skin cancer.

PREVENTION OF SKIN CANCER:

Cleanse

Use a gentle cleanser and lukewarm water to wash your face.

Hydrate

If skin tends to be dry, nourish and protect the skin and restore elasticity. Use moisturizers at night if needed and during day under sunscreen or in combination with sunscreen.

Exfoliate

Exfoliating products can be used once or twice weekly to remove the rough outer layer of the skin in order to reveal newer skin and improve the texture and appearance of skin.

Examples: enzyme or sulfur masks, pumice scrubs, alpha-hydroxy acids (glycolic acids)

Protect

With a broad-spectrum UVA/UVB protection and will help reduce photoaging & promote healthy skin. Use a Moisturizer with Sunscreen. SPF of 15 or higher. Use this under make-up. Use shaving products that have SPF in it.



Activities @ MNR Group of Schools

MNR SCHOOL OF EXCELLENCE, MEHDIPATNAM



MNR HIGH SCHOOL GOLDEN KIDS, BHEL



MNR I-EXCEED SCHOOL, KUKATPALLY



MNR SCHOOL OF EXCELLENCE GOLDEN KIDS, BHEL



MNR GOLDEN KIDS, HYDERABAD



MNR I-EXCEED SCHOOL, KUKATPALLY



Activities @ MNR Group of Schools

MNR SCHOOL OF EXCELLENCE, SANGAREDDY



MNR SCHOOL OF EXCELLENCE, SANGAREDDY



MNR INTERNATIONAL SCHOOL, PALASPE



Isha Taksale (Grade 10th)
Gold Medal in Maharashtra State Olympic Rifle Shooting and Qualified for Nationals.



Aadi Acharya (Grade 3rd)
3rd Runner up in the International Abacus Competition



Naytik Agrawal (Grade 6th)
Best Performance Award & 3rd Runner up 19th National SIP Abacus Prodigy.



Nathan Genson (Grade 5th)
Silver Medal -National Level Abacus Competition

MNR SCHOOL OF EXCELLENCE, MEHDIPATNAM



GREETING CARD MAKING COMPETITION

MNR I-EXCEED SCHOOL, KUKATPALLY



Mathematics Day

MNR HIGH SCHOOL GOLDEN KIDS, BHEL

G13 SANKRANTHI CELEBRATIONS



MNR School of Excellence, Kamothe Annual Day Celebrations

Lighting of the Lamp by Sri.M.S.Ravi Varma, Vice Chairman, MNR Educational Trust, Chief Guest Sri.Prabhat Kumar, IRS, Commissioner, Shri. Satish D. Sawant , Superintendent, CGST and Central Excise, Navi Mumbai and Dr.Aruna Kondibarao Pohare, Medical Officer, SDH Panvel.



MNR School of Excellence, Kamothe Annual Day Celebrations



MNR International School, Palaspe Annual Day Celebrations

Lighting of the Lamp by Sri.M.S.Ravi Varma, Vice Chairman, MNR Educational Trust, Chief Guest Sri.Manoj Kumar Mhatre, Retd. Sr.Police Inspector, Crime Branch Mumbai and Smt.Shradha Goley, Founder and Director under the Bodhi Tree, General Manager (HR), DP World JNPT, Navi Mumbai.



MNR International School, Palaspe Annual Day Celebrations



MNR High School, Chintal Fun Day Celebrations

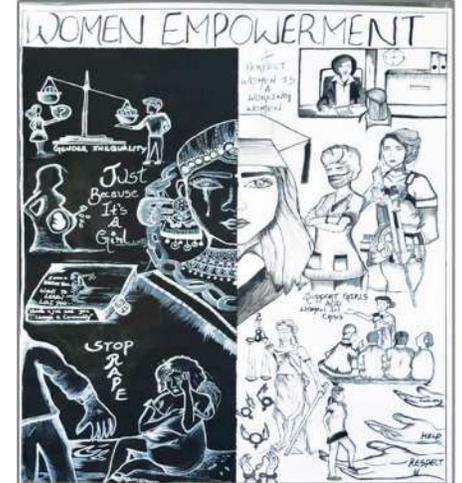


Events @ MNR Higher Education and Research Academy (MNR-HERA) Campus, Sangareddy, Telangana.

MNR Dental College and Hospital (Dept of Pedodontics) conducted Camp at New Bhodhi School, Sangareddy.



MNR Nursing College conducted under theme Women Empowerment Ms. Meenakshi from Bsc first year won first prize in drawing competition.



Mega Camp conducted by MNR Dental College and Hospital staff and students at Sri Sahithi High School



Dr. Shalini Sampreethi and organizing committee of St. Peter Engineering College



"Pharmacy of the world – India" National Pharmacy week celebrated at MNR Auditorium



Mr. Mallick Maidul Islam, received 1st Prize for delivering the NOVEL IDEA about "Artificial Intelligence for Upgrading Pharma India"



MNR Infocets-19





MNR UNIVERSITY

Enriching Lives...

MNRU Proudly announces the following futuristic courses from the AY 2022-23

School of Engineering & Technology

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



School of Agricultural and Horticultural Sciences

B.Sc (Hons) Agriculture



School of Physiotherapy & Rehabilitation

BPT & MPT : Orthopaedics / Neurology / Cardio vascular & Pulmonary



School of Allied Health Sciences

B.Sc (Hons) : MLT / Anaesthesiology & OT Technology / Radiology & Image Technology / Renal Dialysis Technology / Optometry / Emergency Medical Technology / Cardiac Perfusion Technology / Neuro Science & Technology / Respiratory Therapy Technology.



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

Cell : +91 85000 54445, +91 85 000 54447