

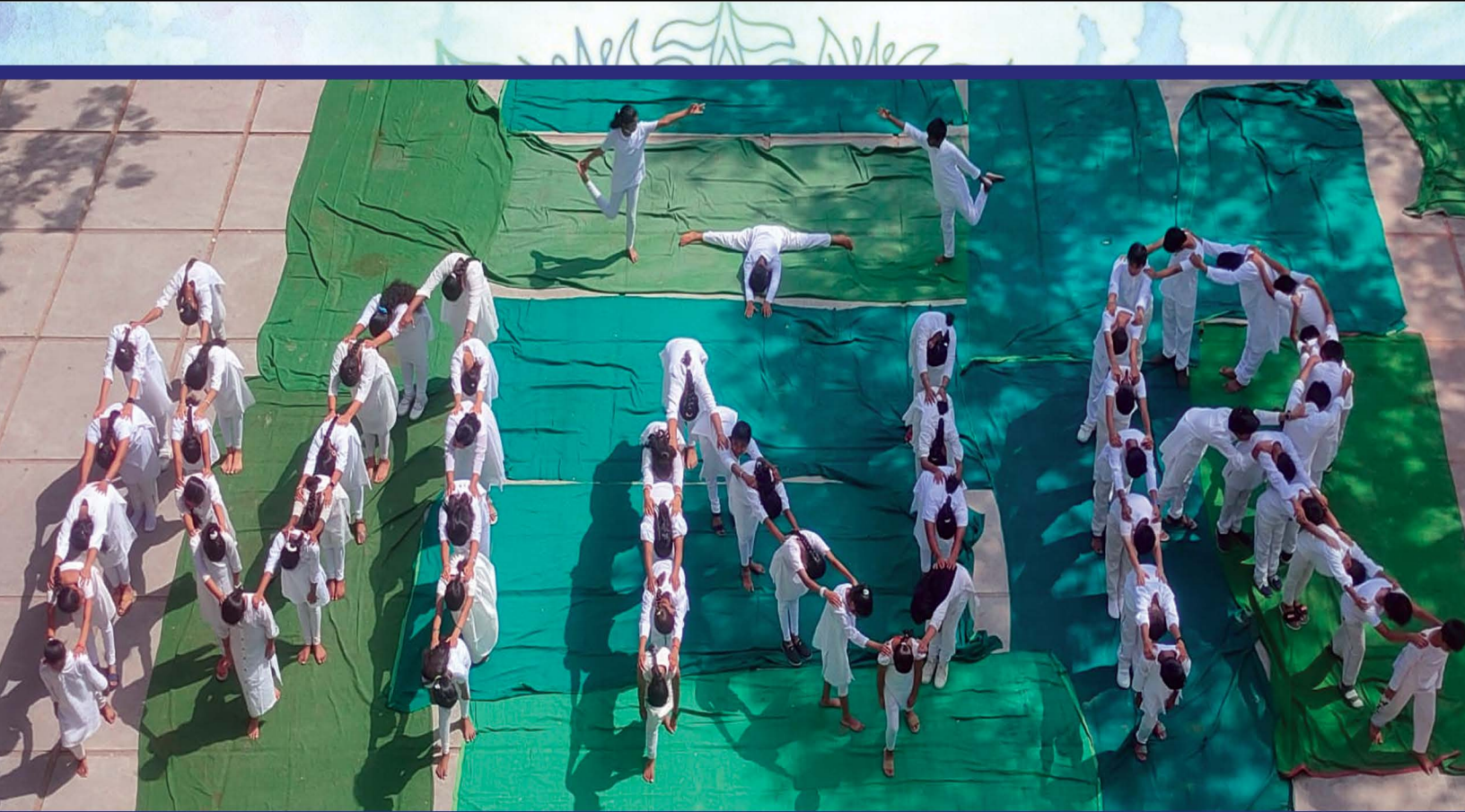
MNR

iNFOCUS

Enriching the innerself

June2023

MNR's IN-HOUSE MAGAZINE



Add years to your life and life to your years just by embracing yoga in your life.

INTERNATIONAL DAY OF

YOGA

At **MNR i- EXCEED SCHOOL**
OPP. JNTU , KUKATPALLY

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

MNR COLLEGE OF PHARMACY ACTIVITIES

Stanford University, USA names Dr. Alagarsamy among top 2% scientists of the world for third consecutive time (2020, 2021, 2022).



MOU between MNR College of Pharmacy and "HIQ Research Labs"



Organized a workshop "Campus to Corporate" on 04-05-2023 at MNR Auditorium



Mr. Mallick Maidul Islam-Pharm D intern, received Best Paper Presentation Award at "MEDITECH 2K23" on 6th May, 2023, conducted by Osmania College of Engineering, OU, Hyderabad, TS.



Financial Literacy

“The number one problem in today’s generation and economy is the lack of financial literacy.”
– Alan Greenspan

Financial literacy is one of the most critical things a person can do to secure long-term financial stability. Being financially literate allows a person to be better prepared for specific financial hurdles, which reduces the likelihood of personal economic suffering. Financial literacy is essential today because of everyday occurrences such as student loans, mortgages, credit cards, investments, and health insurance. Being financially educated is a skill that provides a variety of benefits that can improve an individual’s level of living by increasing financial security. Financially literate people not only secure their future but are also less prone to fall victim to numerous scams. Financial literacy is the set of abilities and information that enables a person to use all of their financial resources wisely and effectively. Simply, financial literacy is the ability to handle one’s finances. The ability to be financially free and secure, as well as to cope confidently with any financial impediment that comes one’s way, is a necessary condition for a successful existence.

This ability, however, does not come naturally and must be developed from childhood. The home is thus the initial classroom for this talent. Parents must teach their children how to manage money in an increasingly complex world of stocks, savings, loans, and, now, digital currencies. Financial literacy fosters the entrepreneurial spirit in pupils. It helps kids comprehend the numerous methods by which they can manage and grow money, as well as how to establish a start-up. These entrepreneurial skills supplement the participants’ overall financial knowledge and expertise. A few forward-thinking schools have implemented Financial Literacy Programmes for students of all ages. The financial literacy curriculum has been meticulously prepared for various age groups and grades. Students are given the opportunity to apply their knowledge through projects.

As the world grapples with the problems posed by the pandemic, as well as the resulting economic and social quandaries, it is critical that young minds recognize the value of Financial Literacy. Experiential immersion in financial literacy can assist and equip students to confront the challenges of the future. Aside from word-of-mouth, there are a variety of tools and online classes that can improve an individual’s financial literacy. Some resources for increasing financial literacy are:

- ◆ EconEdLink
- ◆ Money Smart
- ◆ MoneyWi\$e
- ◆ InCharge

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Email : infocus@mnrindia.org
Facebook : www.facebook.com/infocusinhouse

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Sri M.N. Raju

Editor
Mrs. Shabnam

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Nagarjuna Ambati
K Kishore Kumar

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P. Sharmila

YOU ARE YOUR MIND- LXI



Sri M N. Raju
Chairman
MNR Educational Trust

**The Body is the visible soul
The Soul is the invisible body.**

That means, the body contains the soul which is life and as long as life is there in body, the body is also a soul. The soul also is the body, since soul is a part of the body

When you are aware of such body, you can maintain a good mind and a good spiritual soul. Then you are a successful being.

The body is dust in the absence of soul. But it is the divine as long as the soul dwells in it. It means, the soul needs a body which is healthy and perfect in every respect. The soul feels happy to be in the body which is well maintained, healthy, energetic and disease free. A good body not only keeps an eternal soul happy, but it keeps mind also in a well-tuned mood and in turn the mind brings success to your life.

Hence your success is successfully obtained not only because of intelligence of mind but also because of your healthy body. In a way your body plays a major role in achieving your goals of life than your mind. Your mind is only a chemical reaction that takes place in your brain. It does the work of processing your thoughts and your body does the work of bringing those thoughts into reality through its sensory organs. The body implements **the thoughts of the mind and the mind gets stimulated for its thoughts from the body.**

Here we consider certain point that how your physical eyes transform the vision to your mind and how your mind creates thoughts from such visually obtained objects.

How do you see and how far can you see?

We feel that we can see the objects which are at a distance. It is not correct. **Actually we don't see "any" at all.**

The eyesight does not travel from your eye to the object, instead the rays of light reflect from the object and enter your eyes. It means we do not see object but we get the rays of light from the object.

When light enters into the eyes, passes through cornea and then through the pupil (the lens) and finally reaches the retina, which has the light-sensing structure in the eye.

The retina contains cells, called rods and cones. The retina contains 100 to 120 million rods and about 6 to 7 million cones.

The light, after passing through the gates, stimulates rods and cones. Then the rods and cones create electrical impulses, that travel along the optic nerves, to the brain. Then the brain forms the pictures.

The picture is out there.

It is now in your brain

It is your hardware

The image is your software.

But there is one more magic.

Do all the people get the same image of the same object? All the people do not get the same image.

No two spider webs are same.

No two blades of grass are same.

No two people living are same.

No two leaves of a tree are same.

No two cells are same.

7 million cones and 100 million rods are of different formation.

7 million cones and 100 million rods of other man are not same.

The above example, regarding formation of a picture in your mind, make us feel wonder about our wonderful body. An eye does all this magic to create an image on your hard-disc and to make a software to use the image whenever you want to use it. These images create thoughts. If an artist sees a beautiful flower, he creates a wonderful picture and becomes a successful artist. When a student sees a problem solved by a teacher on the board, he gets knowledge and he becomes a successful student, etc. A good image creates good in us and a fearful image may create fear in us and so also several such experiences are created in us in the same way.

All your body parts are unique and your body is your personal universe and it is your own and unique.

Since every part of your body is essential to run your mind and to run your life, be aware of your body. Then only it is functional. If any thing is weak, everything is weak, including your mysterious mind.

Balance your body and mind in good condition to achieve :

Right action

Right belief

Right aspiration

Right speech

Right livelihood

Right endeavour

Right thought

Right meditation





ANURADHA SEELAMU,
Asst. Professor,
M.Sc.(Psy.),M.Ed.(Edu.),

MNR Rural PG College of Education (B.Ed.), Sangareddy.

DEVELOPMENT OF **GOAL SETTING** AND **DECISION MAKING SKILLS** IN OUR DAILY LIFE

INTRODUCTION

Skill development is the process of identifying skill gaps in the individual and developing and honing especially these goals setting and decision making skills. It is important because one's skill determine one's ability to execute plans will success. Generally there are two basic types of skills. Example,hard skills and soft skills. Hard skills related to any specific tasks; they are usually calculable.They tend to be knowledge-based such as proficiency in a subject, certification and technical skills. Fluency in English, skills in XYZ software, graphic design and programming are all hard skills.

Soft skills relate to personality and tend to be transferable, such as communication leadership, time management, and stress management, decision- making adaptability to deal with adversity and networking.

GOAL SETTING AND DECISION MAKING TO HUMAN BEING:

Importance/Significance of Goal Setting.

Goal Setting and Decision Making are two important skills that every person should have in them to achieve a successful life. By setting goals you plan how you want to move in your life. Goals are very crucial for success.You cannot get what you want unless you know what you want.



FACTORS INFLUENCING GOAL SETTING IN DECISION MAKING

- Self -Efficacy
- Past performance
- Various other social factors.

The above three factors are influence goal setting. Failure to meet previous goals often leads to setting lower (and more likely achievable) goals.

IMPORTANCE OF GOAL SETTING

GOAL

Goals narrow your vision and help you clarify who you want to be in the future. Having goals help define your purpose in business and life and gives you a measurable plan and path to create your ideal future. Goals help you set bigger aspirations to achieve things that are important to you. Since setting goals necessitate having a clear understanding of what one wants to achieve and their priorities, it gives one a sense of purpose and direction, which can be a powerful motivator for keeping one's attention on what, is most important to them.

Why You Should Set Goals? Reasons?

- Goals Give You Direction. ...
- Goal Setting Helps You Identify What's Important to You.

- Setting Goals Helps Us Measure Progress Towards Success.
- Goals Help You Stay Motivated.
- Setting Goals Keeps You Accountable.

DECISION MAKING SKILL

“NO DECISION IS FULLY RIGHT AND / FULLY WRONG”

DECISION MAKING

Making decisions can be difficult, and it's unavoidable in everyday life. We tend to think there are only a few tough decisions in life, like “should I take

Important/Significance of Decision Making:

Decision making can be considered as an outcome of mental processes prominent to the section of a course of action among several alternatives. Every decision making process produces a final choice. The output can be an action or an opinion of choice. Decision making is the process of gathering information about related alternatives and making an appropriate choice. It is a choice of what to do what not to do. This decision making skill enables you to weigh the pros and cons of alternatives and make an informed decision.

POSSIBILITIES OF DECISION MAKING SKILL

- Good decision making is an essential skill for various life situations like career success, effective leadership, marriage etc.
- Decisions should never be made in haste. However, waiting too long may make you miss an opportunity and growth.



BASICS OF DECISION MAKING

- Information gathering skills.
- Evaluating future consequences of present actions for self and others.
- Determining alternative solution to problems.
- Analysis skills regarding the influence of values and attitudes of self and others on motivation.

STEPS IN DECISION MAKING

The following steps should be taken to make decisions under non-routine, emergency situations.

7 STEPS TO EFFECTIVE DECISION MAKING

- Step 1: Identify the decision. You realize that you need to make a decision. ...
- Step 2: Gather relevant information. ...
- Step 3: Identify the alternatives. ...
- Step 4: Weigh the evidence. ...
- Step 5: Choose among alternatives. ...
- Step 6: Take action. ...
- Step 7: Review your decision & its consequences.

TYPES OF DECISION MAKING SKILL

- Problem-solving skills:
- Problem-solving skills are essential for making decisions in the workplace.
- Emotional intelligence. ...
- Critical thinking skills. ...

- Logical reasoning. ...
- Leadership. ...
- Teamwork. ...
- Creativity. ...
- Time management

RISK FACTORS ON DECISIONS

Complete Knowledge Certainty

Lack of Knowledge UnCertainty

CONCLUSION

Goal setting can play a significant role in enhancing people's motivation and performance. People who set specific, challenging goals and commit to these goals are more likely to try their best and persist in achieving the goals, which can lead to better performance and success. Perceptions affect our Decision-making ability with or without our recognition of its strong influence. Perception is a necessary part of the decision process and helps decision makers to organize data received. Decision makers should compare personal experiences to the experiences of others.





Impact of Pharmacovigilance



Now days majority of the population are using medicines due to the various chronic and acute conditions occurs with various factors like life style modification and preventive purpose we are utilizing vaccines. While we are using medicines and vaccines they shows their beneficiary (therapeutic value) apart from their beneficiary effect these are showing some sort of unwanted effects, undesirable effects and unexpected effects(adverse events). For detecting, assessing, understanding these effects one department is established by world health organization that is Pharmacovigilance.

All medicines and vaccines undergo rigorous testing for safety and efficacy through clinical trials before they are authorized for use. However, the clinical trial process involves studying these products in a relatively small number of selected individuals for a short period of time. Certain side effects may only emerge once these products have been used by a heterogenous population, including people with other concurrent diseases, and over a long period of time.

Therefore, the primary objective of pharmacovigilance is to encourage the safe and efficient use of medical products, particularly by timely educating patients, healthcare professionals, and the general public about the safety of medical products. Thus, pharmacovigilance is an activity that contributes to patient safety and preserving public health. Adverse event reporting is the procedure that is most frequently connected to pharmacovigilance (PV), and it is also the one that requires the greatest resources from drug regulatory bodies (or other comparable governmental organisations) and drug safety divisions in pharmaceutical firms.

Adverse event (AE) reporting entails collecting, sorting, entering data, evaluating, distributing, reporting (if necessary), and preserving AE data and documentation. Reports of adverse events (AEs) can come from a variety of sources, such as unprompted reports from medical staff or patients (or other intermediaries), solicited reports from patient support programmes, reports from clinical or post-marketing studies, reports from literature sources, reports from the media (including



social media and websites), and reports submitted directly to drug regulatory authorities. Most nations have laws requiring pharmaceutical companies to report adverse events. In order to evaluate the risk-benefit profile of a particular drug, these businesses and drug regulatory bodies need data that is provided by AE reporting. Determining what qualifies as an individual case safety report is one of the core tenets of adverse event reporting. The “four elements” of a valid individual case safety report should be checked to see if they are present during the triage phase of a prospective adverse event report:

(1) A patient who can be identified,(2) A reporter who can be identified,(3) a suspect drug, and (4) an adverse occurrence.

If one or more of these four elements is missing, the case is not a valid individual case safety report. Although there are no exceptions to this rule there may be circumstances that may require a judgment call. For example, the term “identifiable” may not always be clear-cut. If a physician reports that he/she has a patient X taking drug Y who experienced Z (an AE), but refuses to provide any specifics about patient X, the report is still a valid case even though the patient is not specifically identified. This is because the reporter has first-hand information about the patient and is identifiable (i.e. a real person) to the

physician. Identifiability is important so as not only to prevent duplicate reporting of the same case, but also to permit follow-up for additional information.

For the other three components, the idea of identifiability also holds true. It is not unheard of for bogus adverse event “cases” to be sent to a firm by an anonymous person (or on behalf of an anonymous patient, unhappy employee, or former employee) who is attempting to harm the company’s reputation or a company’s product. The report’s source should be determined in these circumstances, as well as all others (if possible). But since whistleblower protection is not offered in every country, anonymous reporting is also crucial. The medication itself must generally be identified. You should be aware that medications are marketed and sold using different names depending on the nation or region of the world.

Additionally, there are many generics that could be mistaken for the commercial product. Finally, there is the issue of counterfeit medications causing negative side effects. The European Medicines Agency, the Food and Drug Administration, or another government body in charge of looking into reports of adverse events should receive the sample that caused the occurrence, if at all possible.

This would not be a good case if the reporter can’t remember what medication they were taking at the time of the adverse occurrence. Adverse events fall under the umbrella of this idea. The pharmacovigilance department of the company or the drug regulatory authorities may technically accept a report in which a patient claims to have suffered “symptoms,” but who is unable to be more specific. However, this report will be of very little use to them.



V Lakshmi Sravika,
MPT (Neuro),

MNR's Sanjeevani College of Physiotherapy.

PHYSIOTHERAPY DURING PREGNANCY

ANTENATAL EXERCISES

Antenatal exercises aim at improving the physical and psychological well-being of an expected mother for labour and preventing pregnancy-induced pathologies by various physical means. It generally includes low impact aerobic exercises and stretching exercises.

During the first trimester, pregnancy brings certain changes in the body for example: morning sickness, fatigue or low

energy levels, nausea and increased secretion of the relaxin hormone. Exercise helps to overcome these changes and improves the mood and energy level of the

mother. Healthy pregnant women should exercise for at least 150 min per week or 20-30 min everyday in moderate to vigorous aerobic intensity.

ADVANTAGES OF ANTENATAL EXERCISES

- Reduces morning sickness.
- Reduces insomnia, anxiety and stress.
- Reduces other pregnancy-related complaints, eg: fatigue, leg cramps, oedema of extremities, etc.
- Prevents excessive weight gain during pregnancy.

- Improves muscle strength.
- Improves core stability.
- Maintains muscle length and flexibility.
- Improves glycemic control.
- Improves posture.
- Enhances relaxation.
- Prepares for physical demands
- Reduces insomnia, anxiety and stress.
- Reduces other pregnancy-related complaints, eg: fatigue, leg cramps, oedema of extremities, etc.
- Prevents excessive weight gain during pregnancy.
- Improves muscle strength.
- Improves core stability.
- Maintains muscle length and flexibility.
- Improves glycemic control.
- Improves posture.
- Enhances relaxation.
- Prepares for physical demands of labour.

CONTRAINDICATIONS

There are absolute contraindications and relative contraindications.

ABSOLUTE CONTRAINDICATIONS

- Ruptured membranes
- Premature labour
- Unexplained PV bleeding
- Placenta previa after 28 weeks
- Pre-eclampsia
- Incompetent cervix

- Intrauterine growth restriction
- Higher-order multiple pregnancy (e.g., twins, triplets etc.)
- Uncontrolled high blood pressure, type 1 or type 2 diabetes or thyroid disease Other serious cardiovascular, respiratory or systemic disorders

RELATIVE CONTRAINDICATIONS

- Recurrent pregnancy loss
- Gestational hypertension
- A history of spontaneous preterm birth
- Mild/moderate cardiovascular or respiratory disease
- Symptomatic anemia
- Malnutrition
- Eating disorder
- Twin pregnancy after the 28th week
- Other significant medical conditions

PRECAUTIONS

- Exercises should be performed under supervision.
- Avoid supine lying more than 5 minutes after 3 months of gestation.
- Do not hold your breath(Valsalva's maneuver).
- Do not change positions quickly.
- Stay hydrated at all times (before, during and after workouts).
- Follow proper warm-up and cool-down process.
- Ensure bladder emptying before workouts.
- Avoid exercises which demands higher balancing and different groups of muscles.

WHEN TO SEEK MEDICAL CARE?

- Excessively shortness of breath
- Chest pain or palpitations
- Dizziness
- Vaginal bleeding
- Abdominal pain
- Reduced fetal movement
- Painful uterine contractions(or prolonged uterine contractions)
- Let's take a glance at the vaarios form of exercises which can be performed during pregnancy!

Note: The exercises should be done under supervision of a physiotherapist.

CARDIOVASCULAR EXERCISE:

- The intensity of the workout will be decided by an assessment on prepregnancy fitness level.
- It is important to choose any aerobic activity based on one's interests, such as walking, swimming, hiking etc.
- So if walking is the only cardio workout done by an individual, it can be practiced 20-30 minutes 3-4 times a week safely



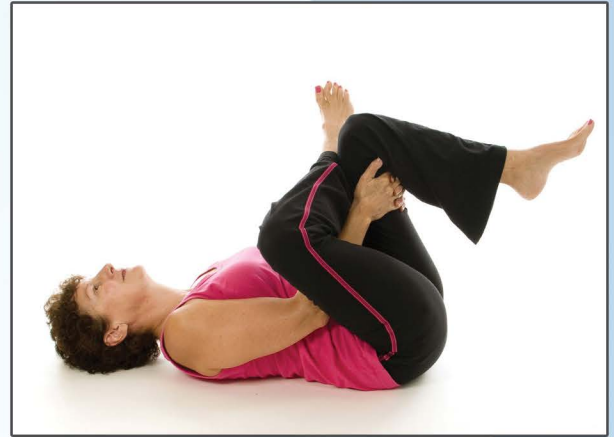
STRETCHING TECHIQUES

- This exercise helps in the opening of the chest and prevents the development of round shoulders.
- Nudge the ball in the corner or near the wall.
- Sit in a comfortable position keeping the back on the ball.
- Keep your hands by the side or clasp them behind your head.
- Rest the head on ball and let the elbows expand and open your chest.
- Repeat 3 to 5 times.

PIRIFORMIS STRETCH

- Piriformis muscle plays an important role in pelvic stabilization and ADL's Sit on the chair with neutral pelvis.

- Now keep your foot over the opposite knee and bend forward from the hips keeping your pelvis neutral until you feel the stretch.
- Hold it for 20-30 seconds.
- Repeat for the other side as well.
- Do 3 to 5 sets.



HAMSTRING STRETCH

- Shortening of hamstring can cause back pain and pelvic misalignment.
- This stretch can be performed in various positions and bilaterally or unilaterally.
- Sit in long sitting position, bend one knee and try to reach your extended leg as much as you can.
- Hold it for 20-30 seconds and repeat it for 3-5 times on each side.
- During first trimester, supine lying hamstring stretch can also be done.



CALF STRETCH

- The more the available length of Tendo achilies, the more force production during push off phase of walking and greater stability.
- Place rolled towel, mat or foam roller on the floor.
- Place ball of the foot on the towel, mat or roller and heel on the floor. keep the leg straight. hold this position for 20-30 seconds.
- Repeat on the other side and perform 3-5 sets on each side



STRENGTHING EXERCISES

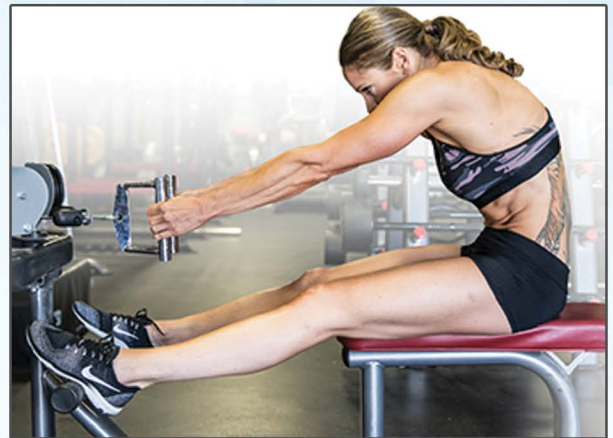
WALL PUSHUPS

- Place hands shoulder width apart on a wall,
- Step your feet back so your body is in an inclines plank position.
- Slowly lower your chest, making sure your body stays in alignment.
- Exhale as you press back to the plank start position. Repeat 5-10 times



SEATED ROW BACK

- Sit or lean on a stability ball or bench with the adequate weighted dumbbell.
- Abduct your shoulders and bring your elbows almost your shoulder level.
- Exhale to engage as you push the elbows backwards and squeezing your shoulder blades together.
- Repeat it for 5-10 times.



Safety Considerations - Ensure you are sitting with a neutral pelvis and that the movement is from the arms, not the body. Both of these exercises will prepare the expecting mother for breastfeeding and other baby carrying activities.

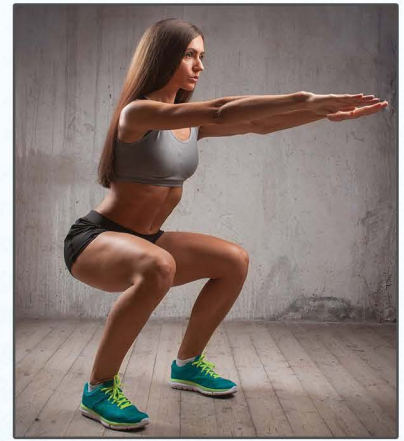
BRIDGING

- This exercise put more emphasis on the **GLUTEUS MAXIMUMS** and other larger postural muscles.
- Lie on your back, hands by your side, knee hip-width apart and heel under the knee.
- Keep your pelvis neutral, now squeeze your buttocks and lift the pelvis up.
- Hold it for 10-20 seconds, breath regularly.
- Come back to the starting position slowly



SQUATS

- Great exercise for all the lower extremities muscle majorly focuses on gluteus maximus.
- Stand feet slightly more than hip width apart.
- Clasp the hands and bring them forward.
- Squat while exhaling and make sure knees won't go beyond the great toes.
- Press down and straighten the legs while going up.
- Ensure the stability.



LUNGES

- This exercise put more emphasis on the gluteus, Hamstring and Quadriceps
- Stand straight, take one step forward.
- Now, lower yourself and try to maintain front leg vertical so that gluteus and hamstring will be loaded rather than quads.
- Pressing the leg down straighten yourself.



THE KEGEL'S

- To do this, you can insert a clean finger into your vagina and squeeze the muscles you would use to hold in gas. If you feel a tightening around your finger, you're doing it right. You can also imagine you are trying to stop passing gas or trying to stop the flow of urine to locate the right muscles. If you're still unsure, your healthcare provider can help you locate the right muscles.
- **Get comfortable.** At first, you may find it easiest to practice lying down. Later on, you'll be able to do them lying down, standing, or even while sitting.
- **Squeeze the pelvic floor muscles, relax, and repeat.** Here are a few different Kegel exercise routines to try:
- **Long hold.** Squeeze your pelvic floor muscles and hold for several seconds. Then relax for a few seconds and repeat. Initially, you may only be able to hold for one or two seconds, but over a few weeks, you'll gradually be able to increase the hold time by a second or two until you can hold for 10 seconds. You can try to do this 10 times in a row, but if this is too hard, start by doing fewer repetitions. As you practice, you might feel the contraction letting go, and that's OK. Just focus on retightening the muscles. Over time, you'll notice the contraction itself becoming stronger, too.

- **Contract and release.** Quickly tighten and relax the pelvic floor muscles several times in a row.
- **Hold for three, relax for three.** Hold the squeeze for three seconds, relax for three seconds, and repeat.
- **Increase the intensity as your muscles get stronger.** It's best to start small and gradually increase the number of repetitions, the duration of each squeeze, and the frequency of daily practice sessions as the muscles get stronger.

Activities of Daily Living

- Staying active is advisable in pregnancy until there is any risk associated.
- Walking, squatting, lifting and lunging activities should be included as far as possible, as it will prepare you for the Bib day!
- Make sure you are hydrated.
- Don't compete.
- Don't hold breath.
- While performing exercises, ensure that you won't exhaust yourself.
- Take enough rest intervals.



MANTHENA AMERICAN SCHOOL, SHARJAH ACTIVITIES



YOGA DAY CELEBRATIONS

MNR SCHOOL OF EXCELLENCE
BHEL



MNR I-EXCEED SCHOOL,
KUKATPALLY



MNR HIGH SCHOOL
CHINTAL



MNR INTERNATIONAL SCHOOL
PALASPE



YOGA DAY CELEBRATIONS

MNR HIGH SCHOOL
BHEL



MNR SCHOOL OF EXCELLENCE
SANGAREDDY



MNR SCHOOL OF EXCELLENCE
KAMOTHE



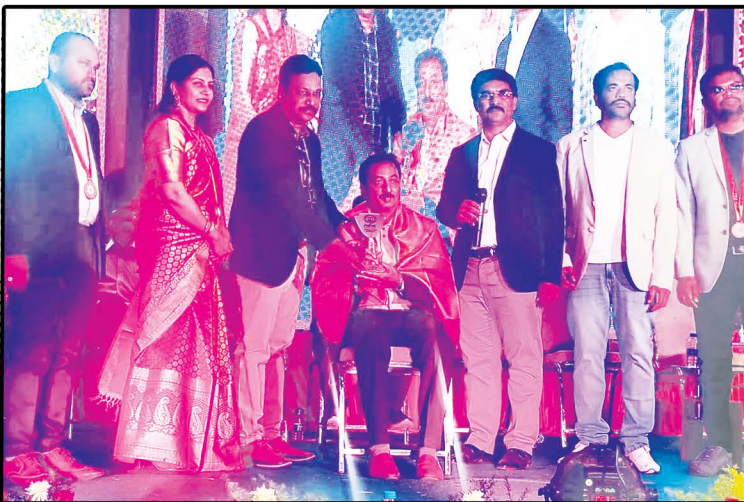
MNR SCHOOL OF EXCELLENCE
MEHDIPATNAM



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

MNR DENTAL COLLEGE & HOSPITAL ACTIVITIES

Attended as a Guest of honour for installation ceremony of Dr Sarah as president-IDA kamareddy branch on 12th march 2023 and felicitation was done by IDA members



Awareness rally was conducted by Dept of Conservative from IB to Collectorate office on 14/03/2023



MNR Dental college and Hospital in association with Indian Dental Association conducted awareness rally near New bus stand, sangareddy on the occasion of world oral health day-20/03/2023 and it was broad casted in NV News channel



Ministry of health and family welfare in collaboration with DCI conducted national webinar and pledge ceremony on the occasion of world oral health day on 20/03/2023





MNR INTERNATIONAL SCHOOL (CBSE)

MS. SWATI SHIRALKAR

VILLAGE PALAPSE, GOA HIGHWAY, PANVEL TALUKA, NAVI MUMBAI, PH. NO: +91 8451800989.

WHY CHOOSE MNR SCHOOLS

- * Ideal educational institutions for strong academic foundation
- * Innovative and experimental academic system
- * Excellent infrastructure
- * Student-centered teaching
- * Competent and dedicated faculty
- * Individual attention on students
- * Well-connected by strong Transport System
- * Regular Interaction with parents
- * Playground for outdoor games
- * MNR's 48 years PAST expertise clubbed with the PRESENT day class-room technology creates golden FUTURE for the young.



MNR HIGH SCHOOL (STATE)
Ms.G.PADMA
Opp. BHEL, HYD.
PH.NO.9849984831



MNR SCHOOL OF EXCELLENCE (CBSE)
Ms. P. HANNAH LAVANYA
Opp. BHEL, HYD.
PH.NO.9989133173



MNR I EXCEED SCHOOL (CBSE)
Mr. VENKAT SUDHIR
Opp. JNTU, KUKATPALLY, HYD.
PH.NO.9849988254



MNR HIGH SCHOOL(STATE)
Ms. P. ANANTHA LAKSHMI
SURYANAGAR, CHINTAL, HYD.
PH.NO.9849984815



MNR SCHOOL OF EXCELLENCE (CBSE)
Ms. RAJANI NAIR
KAMOTHE, NAVI MUMBAI.
PH.NO.08451800701



MNR SCHOOL OF EXCELLENCE (CBSE)
Ms. P. NAGA JYOTHI
MNR NAGAR, SANGAREDDY.
PH.NO.9849984837



MNR SCHOOL OF EXCELLENCE (STATE)
Ms. RADHA
MEHDIPATNAM, HYD.
PH.NO.9849984817

Enriching Lives Through Education & Health ...