

MNR

iNFOCUS

Enriching the innerself

June 2026

MNR's IN-HOUSE MAGAZINE



BIRTHDAY CELEBRATIONS of our esteemed and visionary leader, **Shri M. S. Ravi Varma**, Vice-Chairman (MNR ET) and Chancellor (MNRU), were held on 29th June 2026 and was graciously attended by **Shri M. N. Raju**, Chairman (MNR ET) and President (MNRU). Principals, Deans, Heads of Institutions & Members of Trust Office also participated in the occasion, making it a memorable gathering dedicated to leadership, service and academic excellence.

"Power of Positive Affirmations"

"The mind is everything. What you think you become." - Buddha

In a world buzzing with noise, positive affirmations are like gentle whispers of encouragement, turning self-doubt into self-love. These simple statements, repeated daily, have the extraordinary ability to reshape our mindset and fuel our journey toward self-love.

Positive affirmations act as a compass for our thoughts, guiding us towards optimism and resilience. By affirming our capabilities, we unlock the door to a realm of endless possibilities and self-discovery.

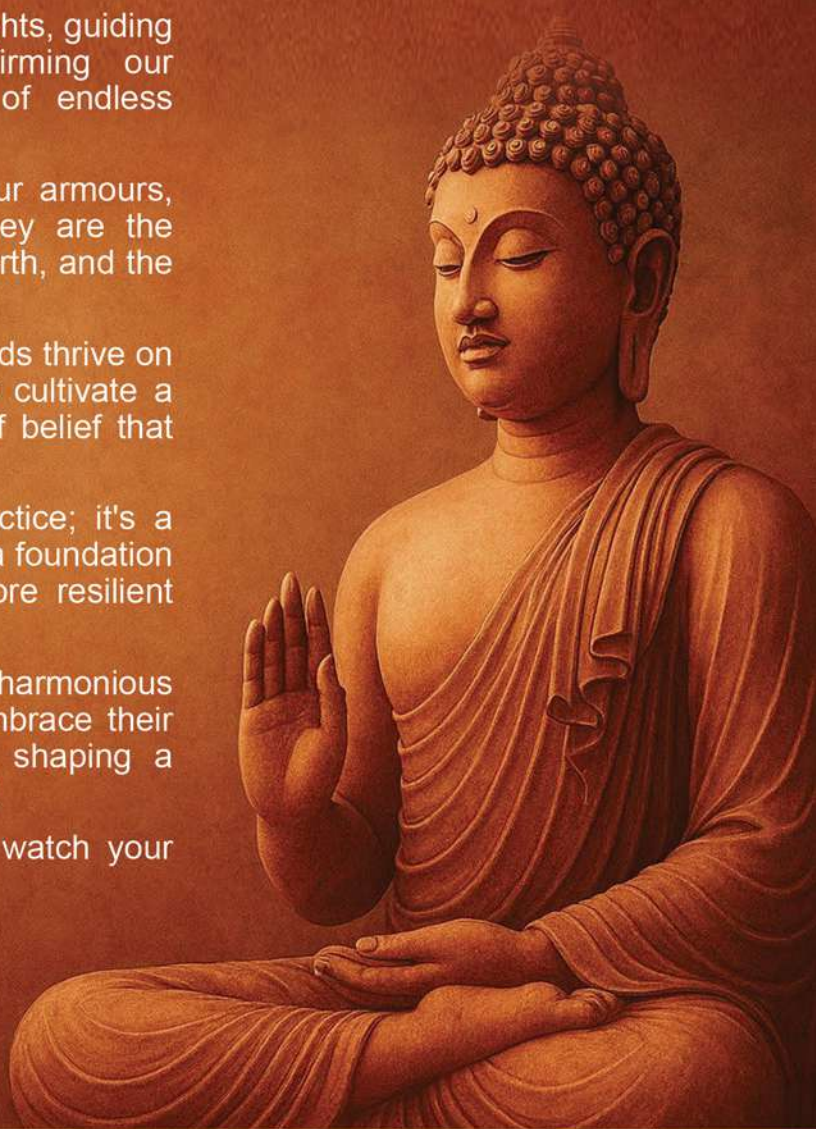
In the face of challenges, affirmations become our armours, protecting us from self-doubt and negativity. They are the uplifting mantras that remind us of our strength, worth, and the unique light we bring to the world.

Just as a seed needs nurturing to blossom, our minds thrive on the nurturing words of positive affirmations. They cultivate a garden of self-empowerment, fostering a sense of belief that drives us forward.

Embracing positive affirmations is not just a practice; it's a celebration of self. With each affirmation, we build a foundation of confidence, paving the way for a brighter, more resilient version of ourselves.

In the symphony of life, positive affirmations are the harmonious notes that create a melody of self-love. Let us embrace their simplicity and let their echoes resonate within, shaping a mindset that blossoms with positivity and firm belief.

"Embrace the magic of positive affirmations and watch your world transform with confidence and joy."



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INFOCUS

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

ACTIVITIES @ MNR MEDICAL COLLEGE & HOSPITAL

The Department of Oncological Sciences, MNR Medical College & Hospital, conducted International Nurses Day 2026 to honor and appreciate the dedication, compassion, and invaluable contributions of nurses to patient care and healthcare services.



CREATIVITY



Sri M N. Raju
Chairman

MNR Educational Trust



Generally, we mistake the word 'Intelligence' with 'Creativity'. Creativity is an extended activity of intelligence. Unlike intelligency, creativity is not permanent nor is it a 24 X 7 phenomenon. It is an occasional mental activity.

The formula is:

Observation + Knowledge X Thinking = Creativity

It happens when the mind of a person is sensitive to change. Alertness, observation and openness lead to creativity. It also depends on environmental factors, compulsion and strong desire to create something out of an ordinary thing. Creativity is also created when a person tries to achieve success in his endeavour for growth, efficiency, a better resolution and for a unique identity. Discovery and invention are the outcome of creativity.

Observation and Seeing:

Observation is different from seeing. Seeing

is physical action and observation is mental action. After you see something or read something, an observation is formed on your mental map. For example you have seen an advertisement on a big hoarding on a side of the road, where three words are prominently written, "Swing, Soar and Score". It tells that one should swing (action) and has to soar high to score success. That means one has seen a set of three words and afterwards an observation is formed. It leads to formation of an idea.

From such an observation imagination is formed.

Imagination:

- Imagination begins with the creation of questions, through observation.
- It triggers creativity and gives birth to new ideas.
- It is the fuel for innovation.
- It enables to visualize the power to identify the problem.

- It makes you to see the future and enables you to avoid future problems.
- Imagination will allow us to disconnect ourselves from the past and can link ourselves with future thoughts.
- You don't believe in your luck, but make your own destiny and you will become your own genie.
- Imagination triggers your desire, and you channelize your energy, then you become a person of creativity.
- All great things got shaped by imagination.

For example, Taj Mahal was first an imagination and later it became a mark of creativity.

Innovation denotes technology, invention, discovery, change, improvement and creativity.

It contains various steps :-

- Idea generation
- Idea evolution
- Idea implementation
- Launching of idea.
- Reaching perfection.
- Modification of existing one.

Who kills your creativity?

Fear kills your creativity.

- The fear of rejection.
- The fear of failure.
- The fear of loosing job.
- The fear of implementing the idea.
- The fear of doing wrong.
- The fear of ridicule.
- The fear of getting backlashes.
- The fear of change.

Note: Since fear is the greatest enemy of our creativity and progress, one should be free from fear.

How to improve creativity?

- Dream big, as to dream small is crime.
- Begin your day early and with a pleasant note.
- Dress well and feel smart.
- Have always a smiling face.
- Express your words in good language and with good body language too.
- Reach your School / College / Office early.
- Have clarity about lessons / work, since clarity is power.
- If you face any problem, try to find solution, since every problem has a solution.
- Create your own favorable environment.
- Plan your work.
- Keep cool and have no tension.
- Take responsibility and don't try to become others.



"Food for Thought:

The Healing Power of Diet for Mental Wellness"



Mrs. A. Sai Jyothi
Assistant Professor
Department of Pharmacology
MNR College of Pharmacy

What you eat doesn't just fuel your body—it directly shapes your brain's structure, function, and mood. Emerging research in nutritional psychiatry shows that a nutrient-rich diet can reduce symptoms of depression and anxiety, improve focus, and stabilize emotions

The Science Behind Food and Mood:

Your brain needs specific nutrients to produce neurotransmitters like serotonin and dopamine, which regulate mood, sleep, and motivation. A diet rich in vitamins, minerals, antioxidants, and healthy fats supports this process and protects the brain from oxidative stress and inflammation

Studies show that people following traditional diets (like Mediterranean or Japanese diets) have a 25–35% lower risk of depression compared to those eating a typical Western diet high in processed foods and sugar.

Key Nutrients for Mental Health

Nutrient	Why Nutrition Matters for Your Mind	Food Sources
B vitamins (especially B6, B9/folate, B12)	Needed for neurotransmitter production	Lentils, leafy greens, eggs, whole grains
Omega-3 fatty acids	Supports brain cell structure, reduces inflammation	Fatty fish (salmon, sardines), flaxseeds, walnuts
Magnesium	Helps regulate stress response and sleep	Nuts, seeds, spinach, whole grains
Zinc	Supports brain signaling and mood regulation	Chickpeas, lentils, nuts, seeds
Vitamin D	Linked to lower depression risk	Sunlight, fortified milk, eggs, fatty fish
Antioxidants	Protect brain from oxidative damage	Berries, leafy greens, colorful vegetables
Fiber & Probiotics	Support gut health → gut-brain axis	Beans, fruits, vegetables, yogurt, fermented foods

Foods to Eat More of:

- Fresh fruits and vegetables (especially colorful varieties) – full of vitamins, minerals, and antioxidants
- Whole grains – provide sustained energy and stabilize blood sugar
- Legumes (lentils, chickpeas) – rich in B vitamins, fiber, and plant protein
- Healthy fats – ghee, mustard oil, coconut oil, olive oil, nuts, seeds, avocados
- Fatty fish – excellent source of omega-3 fatty acid
- Nuts and seeds – great snacks with healthy fats, protein, and antioxidants
- Traditional Indian ingredients – turmeric (anti-inflammatory), ghee, and lentils support brain health

Foods to Limit or Avoid:

- Processed snacks (packaged chips, biscuits) -Can cause energy crashes and reduce focus
- Sugary foods (mithai, soft drinks, candies) -Lead to mood swings and blood sugar spikes
- Trans fats (in many packaged foods) -Harm mood and heart health
- Excess caffeine -Can cause anxiety, irritability, and sleep problems
- Excess alcohol - Negatively affects mood and sleep quality

Practical Tips for a Mental-Health-Boosting Diet

- Eat regularly – Prevents blood sugar drops



that cause fatigue and irritability

- Stay hydrated – Even mild dehydration affects mood, energy, and concentration
- Eat the rainbow – Include red, green, orange, yellow, and purple fruits/vegetables
- Choose nutrient-dense snacks – Roasted chana, dry fruits, boiled eggs, sweet potatoes
- Plan your grocery list – Include wholesome ingredients; avoid shopping when hungry
- Try a “clean” diet for 2–3 weeks – Cut out processed foods and sugar, then reintroduce foods one by one to notice how they affect you

The Bottom Line

There’s no single “superfood” that can improve mental health. Instead, research points to the benefits of a balanced diet rich in whole, minimally processed foods. Studies have found that up to one-third of people with depression experience complete symptom relief after making significant improvements to their diet

Eating well can:

- Improve mood and reduce anxiety/depression
- Enhance memory, concentration, and optimism
- Reduce mood swings and improve focus
- Protect against future mental health challenges

Your brain is what you eat. By choosing nutrient-dense, traditional, and whole foods—like lentils, turmeric, ghee, leafy greens, fish, nuts, and colorful vegetables—you’re actively investing in your mental well-being



Wallet Sciatica – A Modern Lifestyle Hazard

Introduction

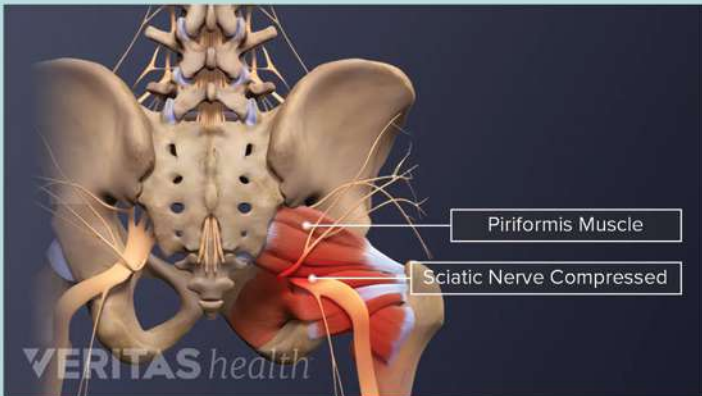
Wallet Sciatica is caused by prolonged sitting on a bulky wallet leading to sciatic nerve compression.

Sciatic Nerve Anatomy



The sciatic nerve originates from L4–S3 and travels through the gluteal region.

Area of Compression



Compression commonly occurs near the piriformis muscle in the gluteal region.

Exercise Therapy



Piriformis stretching helps relieve nerve compression and pain.

Conclusion

Early physiotherapy intervention ensures complete recovery.

Wallet Sciatica: The Hidden Hazard in Your Back Pocket

Wallet Sciatica, a form of Piriformis Syndrome, occurs when a bulky wallet in a back pocket causes pelvic misalignment and direct compression of the sciatic nerve.

THE PROBLEM: Compression & Misalignment



The Sciatic Nerve (L4-S3) – The body's longest nerve emerges from the pelvis, passing directly beneath the piriformis muscle.

Clinical Features of Nerve Irritation



Symptoms include sharp buttock pain and radiating numbness or tingling down the posterior thigh.

The "Wallet Tilt" Mechanism



A bulky wallet creates an uneven sitting surface, tilting the pelvis and compressing the nerve.

THE SOLUTION: Prevention & Relief



Remove the External Trigger

Always remove your wallet from your back pocket before sitting or driving.



The 30-Minute Reset

Take frequent movement breaks every 30 to 40 minutes to relieve gluteal pressure.



Targeted Physiotherapy Relief
Use piriformis stretches and core strengthening to restore pelvic stability and nerve health.



Bakrid

Eid-Al-Adha



Introduction:

Bakrid, also known as Eid al-Adha, is a significant Islamic festival celebrated globally, commemorating Prophet Ibrahim's willingness to sacrifice his son Ismail as an act of devotion to God.

The story of Bakrid:

Bakrid traces its history to 4,000 years ago, when the Prophet Abraham saw God in a dream, commanding him to sacrifice what he loved the most. He is said to have had an only son, Ismail (until another was born to Sarah, when he and she were long past the age of reproduction). After much thought, he decided to sacrifice Ismail.

The next morning, he told his son that they were going to offer a sacrifice to God on Mount Morea. They took fuel-wood and a fire-pot and embarked on the long trek. There, both father and son set up an altar, and when the son asked where the animal for sacrifice was, Abraham replied "God will provide it".

Importance of Eid-ul-Adha:

Commemoration of Sacrifice:

The festival remembers Ibrahim's unwavering faith and his willingness to sacrifice his son, demonstrating his deep devotion to God.

Symbol of Obedience and Trust:

Eid al-Adha emphasizes the importance of obedience to God's command and trusting in His plan.

Charity and Service:

The act of Qurbani (sacrificing an animal) is followed by distributing the meat to the poor and needy, highlighting the importance of helping those in need.

Climax of Hajj:

Eid al-Adha concludes the Hajj pilgrimage, a journey to Mecca that is one of the five pillars of Islam, making it a time of profound spiritual reflection.

Spiritual Reflection:

Eid al-Adha is a time for Muslims to reflect on their faith, renew their commitment to Islam, and consider ways to improve their lives and serve others.

Social and Communal Celebration:

Eid al-Adha is a time of joy and togetherness, with families and communities gathering to celebrate,

exchange gifts, and share meals.

Rules & Practices followed during Eid-ul-Adha:

1. Qurbani (Sacrifice):

Animal Requirements: The animal must be a healthy, adult sheep, goat, cow, bull, or camel.

Islamic Law: The slaughter must be performed by a Muslim, and Allah's name must be pronounced during the process.

Sharing the Meat: The meat is traditionally divided into three portions: one for the family, one for friends and neighbors, and one for the poor.

Timing: Qurbani is performed after the Eid prayer.

2. Eid Prayer (Salat al-Eid):

Mandatory: Performing the Eid prayer is a key part of the celebration.

Congregation: The prayer is typically performed in a large gathering at a mosque or open space.

3. Etiquette and Traditions:

Ghusl (Shower): Muslims often take a shower before the Eid prayer.

Breakfast: It's customary to eat before going to the prayer.

New Clothes: Wearing new or nice clothes is a tradition.

Visiting and Gifts: Friends and family are visited, and gifts are exchanged.

Saying Takbir Tashriq: Reciting Takbir Tashriq (special prayers) after each prescribed prayer is a recommended practice.

Taking Different Routes: Muslims sometimes walk to the mosque by one route and return by another.

Congratulatory Greetings: Offering congratulations to each other is a common practice.

4. Other Observances:

Zakat: Some Muslims may also give Zakat (charity) during Eid al-Adha.

Helping the Needy: Many Muslims make an effort to assist those in need during this time.

Activities @ MNR Golden Kids (Navi Mumbai)

**Sucess Meet and Jai Maharashtra Divas Activity
@ MNR Golden Kids G02, Mumbai**



**Mother's Day and Jai Maharashtra Divas Activity
@ MNR Golden Kids G30, Mumbai**



**Jai Maharashtra Divas Activity
@ MNR Golden Kids G27, Mumbai**



**Green Day and Jai Maharashtra Divas Activity
@ MNR Golden Kids G20, Mumbai**



**Green Day Activity
@ MNR Golden Kids G06, Mumbai**



**Jai Maharashtra Divas Activity
@ MNR Golden Kids G01, Mumbai**



Activities @ MNR Group of Schools

Celebrated International Yoga Day @ MNR I-Exceed School, JNTU



Cabinet Elections 2026-27
@ MNR School of Excellence, Sangareddy



Happy Father's Day Activity
@ MNR I-Exceed School, JNTU



World Environmental Day & Father's Day Activity
@ MNR School of Excellence, Kamothe



Celebrated International Yoga Day
@ MNR School of Excellence, BHEL



Activities @ MNR Group of Schools

Cabinet Elections 2026-27
@ MNR School of Excellence, BHEL



Happy Father's Day Activity
@ MNR School of Excellence, Mehadipatnam



Celebrated International Yoga Day
@ MNR High School, BHEL



Sea Shell Activity
@ MNR High School, BHEL



Happy Doctor's Day Activity
@ MNR School of Excellence, Sangareddy



International Yoga Day and World Environmental Day Activity @ MNR International School, Palaspe



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

The Final Year B.Pharm students of **MNR College of Pharmacy** successfully completed a one-week internship at Pharma Patasala, Hyderabad. The internship provided valuable hands-on training and practical exposure to various aspects of the pharmaceutical industry, helping students bridge the gap between academic learning and professional practice.



MNR Dental College and Hospital successfully organized the Haritha Haram Programme with the aim of promoting environmental conservation and creating awareness about the importance of increasing green cover.



MNR University has signed a Memorandum of Understanding (MoU) with EUSAI Team Pvt. Ltd. to strengthen sports education, training, and talent development. The collaboration aims to provide students with enhanced opportunities in sports, fitness, coaching, and sports management through industry-oriented programs and practical exposure.



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

ACTIVITIES @ MNR SCHOOL & COLLEGE OF NURSING

MNR School and College of Nursing celebrated International Yoga Day with great enthusiasm to promote the importance of physical, mental, and emotional well-being through the practice of yoga. The session highlighted the significance of incorporating yoga into daily life for maintaining a healthy body, reducing stress, and improving concentration.



MANTHENA AMERICAN SCHOOL, SHARJAH

Manthena American School has proudly inaugurated its Center for Advanced AI & Robotics, marking a significant milestone in its commitment to future-focused education.



Manthena American School celebrated its KG Graduation Ceremony with great enthusiasm, marking a memorable milestone in the educational journey of its young learners.



Manthena American School proudly celebrated its Senior Graduation Ceremony, honoring the achievements of the Class of 2026 as they marked the successful completion of their high school journey.



MNR PG COLLEGE

(Estd : 1997) (Affiliated to Osmania University)

College Code: 1146

📍 2-23B/350, Bhagyanagar Phase-III,
Near HMT Hills Colony
Opp: JNTU, Kukatpally,
Hyderabad, India – 500 085

✉ E-mail : mnrpgc@mnrindia.org

**Admissions
Open
2026-27**



Splendid moment as the Vice-Chairman, Sri. Ravi Varma Mantena, MNR Educational Trust, extends a warm felicitation to the Honourable President of India, Smt. Droupadi Murmu, at the illustrious **Golden Jubilee Celebrations** of MNR Educational Trust at Parade Grounds on 20th Dec. 2023

COURSES OFFERED

- ✓ M.Sc. Nutrition & Dietetics
- ✓ M.Sc. Analytical Chemistry
- ✓ M.Sc. Organic Chemistry
- ✓ M.Sc. Microbiology
- ✓ M.Sc. Genetics
- ✓ M.A. Psychology
- ✓ M.A. English



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Placements



For Admissions
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Hyderabad, India – 500 085



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MNR UNIVERSITY

Futuristic Education

Why Choose MNR University !

The University of the Future: **Where Quality Meets Affordability**

Choosing the right university is crucial after Class 12. Traditional institutions may offer lower fees with fee reimbursement, but limited flexibility and career outcomes.

MNR University (MNRU) offers skill-driven education, innovation and industry readiness combining **affordability with world-class education** for a brighter future.

Join a legacy of 50+ years of excellence and become part of an elite community of changemakers.



Transformational Futuristic Education @ MNR University (Vs.) Other Traditional Higher Education Institutions

Area of Difference	MNR University	Other Traditional Higher Education Institutions
Learning Approach	Futuristic, multidisciplinary, industry-aligned learning designed under NEP 2020 and global standards	Syllabus-bound, exam-focused learning based on outdated frameworks
Curriculum Flexibility	Freedom to choose Major–Minor combinations and value-added certifications	Rigid subject structure with no academic freedom or additional credentials
Career Readiness	Structured pathways – STEM (Research), STEP (Placements), SEED (Startups) ensuring day-one employability	Limited placement and career support; students must seek opportunities independently
Industry Integration	Industry-collaborated certificate programs, internships, apprenticeships and Practice School modules every year	Minimal industry exposure ; mostly theoretical classroom sessions
Applied Learning	Mandatory Societal, Community and Capstone Projects in every program	Rarely integrated; practical learning often optional or absent
Research & Innovation	Qualified Faculty, Innovation & Incubation ecosystem for student projects, startups and patents	Little to no focus on research or innovation at the undergraduate level
Global Exposure	MNRU has signed MoUs with foreign universities , offering students semester abroad, global internships and academic exchange opportunities.	Limited or no international exposure

Campus Facilities and Student Support

Hostel Facilities : Available for both boys and girls. Choose between **Air-Conditioned (AC) and Non-AC** rooms, in Single or Twin-sharing occupancy. Hostels are well-maintained with hygienic dining and **24x7 security**.

Transport Facility : An extensive transport system operates across **14 major routes in Hyderabad**, ensuring a safe and reliable daily commute.

Why Choose MNR University !

Futuristic University - Your Launchpad for a Successful Career

At MNR University (MNRU), education goes beyond classrooms - it's a journey of **purpose, strength and value**. Rooted in Indian values and aligned with **NEP 2020, SDGs, NCrF and ESG**, MNRU prepares Future-Ready Leaders & experts through cutting-edge, multidisciplinary programs across **Engineering, Allied Health Care Sciences and Management**.



- **Academic Excellence with Future Relevance** – Every program is **outcome-based**, mapped to knowledge, skillset and employability and requirements — not just degree completion.
- **Career-Connected Learning** – Every student participates in structured **industry practice through internships, apprenticeships and live projects** — ensuring they become day-one industry billable professionals.
- **Societal and Community Relevance** – Annual societal and community projects ensure that learning contributes to **real-world challenges and Sustainable Development Goals**.
- **Flexible and Personalized Education** – AI-powered Learning Management System supports personalized mentoring, academic progression and performance tracking.

Unlock Your Future Potential

Our dedicated Career Development & Placement Cell is committed to guiding you towards your dream career path

- Higher Education in India or Abroad
- Research Opportunities to ignite your passion
- Campus Placements with top recruiters
- Entrepreneurship Development to turn your ideas into reality

MNR University's **AI-enabled ecosystem empowers students to thrive in an AI-driven world**, fostering a cutting-edge learning environment.

MNRU Scholarships and Financial Support

MNR University offers scholarships and financial support to talented students who demonstrate academic excellence and potential, ensuring financial constraints don't limit access to quality education.

IPE (%)	CBSE/Any State Board in CGPA	Any State CET RANK	JEE Mains (% tile)	UGC CUET - UG (% tile)	Scholarship (% of tuition fee only)	Tuition Fee after Scholarship per annum
95% & above	≥ 9.0	1000 & below	70% & above	75% & above	60%	₹ 80,000
90%-94.99%	≥ 8.5	1500 to 1000	69.99% to 65%	70% to 74.99%	50%	₹ 1,00,000
85%-89.99%	≥ 8.0	2000 to 1499	64.99% to 60%	65% to 69.99%	40%	₹ 1,20,000
80%-84.99%	≥ 7.5	2500 to 1999	59.99% to 55%	60% to 64.99%	30%	₹ 1,40,000
70%-79.99%	≥ 6.5	3000 to 2499	54.99% to 50%	55% to 59.99%	20%	₹ 1,60,000
60%-69.99%	≥ 5.5	5000 to 3001	49.99% to 45%	50% to 54.99%	10%	₹ 1,80,000
Below 60%	Below 5.5	Below 5000	Below 45%	Below 50%	Nil	₹ 2,00,000

For complete details, please contact the Admissions Team



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