

# MNR

# iNFOCUS

*Enriching the innerself*

OCTOBER 2025

MNR's IN-HOUSE MAGAZINE



Chairman, MNR Educarional Trust, **Shri. M. N. Raju Garu** was felicitated by **Shri. Bandaru Dattatreya**, former Governor of Haryana and Himachal Pradesh, during the **Dussehra Alay-Balay** program. **Shri. Ravi Varma Mantena garu**, Chancellor (MNR University) was also present on the occasion.

# The Power of Habits

***Motivation gets you started, but habit keeps you going.” - Jim Ryun***

Every great achievement begins with small, consistent actions. Habit building is the art of turning good actions into a natural part of our daily life. When we practice discipline, punctuality, reading or kindness regularly, they slowly become effortless habits that shape our personality and success.

Good habits don't form overnight; they need patience and persistence. Repeating a positive action each day, even in small steps, creates lasting change. Likewise, avoiding negative habits early prevents regret later.

Our habits are the foundation of our character. As students, let us focus on building habits that make us better learners, responsible citizens and kind human beings. Remember, your habits today create your future tomorrow.

## **Here are a few habit-building tips:**

- **Wake up early** – “The early morning has gold in its mouth.”
- **Exercise daily** – “Take care of your body; it's the only place you live.”
- **Read every day** – “Reading is to the mind what exercise is to the body.”
- **Plan and prioritize tasks** – “A goal without a plan is just a wish.”
- **Practice gratitude** – “Gratitude turns what we

have into enough.”

- **Eat healthy and stay hydrated** – “Your health is an investment, not an expense.”
- **Limit screen time** – “Don't let technology control your life.”
- **Track progress** – “Small steps repeated daily lead to big results.”
- **Save and budget money** – “A penny saved is a penny earned.”
- **Be consistent** – “Excellence is not an act, but a habit.”

***As Aristotle said, “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” Start building your habits today, and your future self will thank you.***



## Editorial.....

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#### **INFOCUS**

MNR's In-House Magazine

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#### **INFOCUS**

#### **MNR's In-House Magazine**

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&

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

## ACTIVITIES @ MNR Dental College & Hospital

Vibrant Bathukamma celebrations lit up MNR Dental College and Hospital as students and faculty came together to honor Telangana's cultural heritage



Dr. Sindhu, Dr. Shradha and Dr. Keerthi, 2<sup>nd</sup> year PGs from the Department of Prosthodontics, won 1<sup>st</sup> Prize for their scientific presentation



MNR Dental College and Hospital organized the Post Graduate Induction Programme to welcome the new batch of postgraduate students. The event aimed to familiarize students with academic guidelines, research opportunities, and institutional values





**Sri M N. Raju**  
Chairman

**MNR Educational Trust**

# CONCEPT OF YAGNA IN MODERN BUSINESS

The Indian culture is the oldest living culture of the world. Its roots are from the “Vedas” and the heart of Vedas is in “Yagna”. The Yagna is the cosmic principle on which whole creation is sustained. Since beginning Yagnas are being performed for individual prosperity as well as for social causes. If one contributes to the society, it takes care of everything. First give to nature before you take from the nature. This is the Law of Yagna.

The Sanskrit word “Yagna” was derived from the root ‘YAJ’ meaning worship. There is no equivalent word in English for Yagna. But it can be said as, “Fire sacrifice or fire ritual”, “an act of worship”, “a selfless action”, “any offering made with devotion to the society or to the nature”.

The philosophy and rationale behind the performance of Yagna is to achieve the purification of mind, gradually by fulfilling the desires and finally obtaining the state of oneness, universal brotherhood. Lord Krishna explains the rationale of Yagna in Bhavad Gita in very clear terms.

The performer of Yagna takes a resolution before commencing Yagna. He is focused about the cause for which he performs the Yagna. The performer does Yagna without worrying about the results, with an attitude of selflessness. The Yagna is also an entrepreneurs’ mission towards his goal. The goal may be starting of a free internet search engine company or an eye hospital or a computer company or a social organization or an educational institution and anything else. The entrepreneur believes in his mission and focuses on his contribution for the cause of society. For the Yagna entrepreneur, the cause is primary and profit is secondary.

## Now, let us study the case of Google:

In September 1998 two young graduates of Stanford University floated a company. They were Larry Page and Sergey Brin. Today they are multi billionaires. Their company name is Google.

Do you know the meaning of the word 'Google'? if you write a figure "one Million zeroes after one" that is known as Google.

The success story of Google is a wonderful one. They offered to the world at large internet search engine free of cost and won their recognition and appreciation before making even a penny of profit. Then they started auctioning adds on their site. Now 99% of their income is from advertisements. They are doing more than 100 billion dollars business on advertisements.

Their contribution to the world of internet is mainly Google search Engine, Email, You tube, Orkut, Google AdSense, Google AdWords, Blogger, Google Map, Google Earth, Google News, Google Analytics and Android (operating system) and chrome (new browser)

The Google company has been following certain business principles, that is also one of the reasons for its growth. They say "Focus on the user and all else will follow". They are right, in designing and providing user friendly internet rather than their internal outlook. They also feel that. "We can earn money without evil steps". Just they don't accept pop-up advertisements, but the relevant ads to the contents.

This shows the values of Google, end-user's comfort than making money. The servers of Google hold enormous information gathered from all parts of the world. If it gets into the trade of exploitation instead of contribution to societies well being, they might not have achieved this kind of growth. But the management of the Google sticks to the principles of Yagna Entrepreneur as was described by Lord Krishna, the rationale of Yagna in Bhagwad Gita.

According to the Economic census of 2005, the Indian business scenario is dominated by non-corporate sector with 42.12 million enterprises with nearly 90 million persons working in them. Most of them are proprietary by family groups. These family groups reinvest their surpluses for the growth of organization. That makes a great contribution to the society and they follow the Yagna principles. The Yagna is performed for the welfare of the societies. MNR is also one of them, following Yagna principles.



# A Healthy Mind for a Happy Life: The Importance of Mental Health



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## A Healthy Mind for a Happy Life: The Importance of Mental Health

Mental health is an important part of our overall well-being. Just as we take care of our physical health by eating well and exercising, we must also take care of our minds. Good mental health helps us think clearly, manage our emotions, handle stress and build healthy relationships. It allows us to live a balanced and happy life.

### What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also influences how we deal with challenges, make decisions, and connect with others. Everyone has mental health, just like we all have physical health. Some days we feel strong and confident, and on other days, we may feel sad, anxious, or tired and this is normal. But when these negative

feelings continue for a long time or affect our daily activities, it becomes important to seek help.

### Common Mental Health Problems

Some of the most common mental health issues people face include:

- **Stress:** Pressure from studies, work, or relationships can make us feel overwhelmed.
- **Anxiety:** Constant worry or fear about the future can lead to anxiety.
- **Depression:** Feeling hopeless, sad, or losing interest in daily activities for a long time is a sign of depression.
- **Sleep Problems:** Difficulty sleeping or sleeping too much can also affect mental health.
- **Loneliness:** Lack of social support or isolation can make us feel disconnected.

These problems are not a sign of weakness. They can happen to anyone; children, students, adults, or even older people.

## Causes of Poor Mental Health

There are many reasons why someone might face mental health challenges:

- Family or relationship problems
- Academic or job pressure
- Financial difficulties
- Loss of a loved one
- Long-term illness
- Social media pressure and comparison
- Lack of rest and exercise

Sometimes, genetics or chemical changes in the brain can also play a role.

## Why Mental Health Matters

Mental health affects every part of our life. When our mind is not healthy, we find it hard to focus, study, or work. It can affect our relationships and reduce our confidence. Good mental health, on the other hand, helps us think positively, make better decisions, and live peacefully.

Taking care of mental health improves our productivity, creativity, and emotional strength. It also helps build empathy and understanding toward others.

### How to Maintain Good Mental Health

There are many simple ways to take care of our mental health:

- 1. Talk about your feelings:** Don't hide emotions. Share your thoughts with friends, family or teachers.
- 2. Stay active:** Physical activity like walking, yoga, or sports can reduce stress.
- 3. Eat healthy:** A balanced diet keeps both body and mind strong.
- 4. Sleep well:** A good night's sleep refreshes the brain.
- 5. Take breaks:** Don't overwork. Take time to relax, read or enjoy a hobby.

**6. Stay connected:** Spend time with people who make you feel good.

**7. Avoid alcohol or drugs:** These may give temporary relief but harm mental health in the long run.

**8. Seek help:** Talking to a counsellor, psychologist or psychiatrist is a sign of strength, not weakness.

## Breaking the Stigma

Many people still hesitate to talk about mental health because of fear or shame. They worry about what others might think. But mental illness is just like any other illness, it needs care and support. Awareness programs, open conversations, and school or workplace counselling can help remove this stigma.

We must create a society where people feel safe to talk about their mental health. A kind word or listening ear can make a big difference in someone's life.

## Conclusion

Mental health is the foundation of a happy and successful life. When our mind is healthy, we can face challenges with confidence and hope. Taking care of mental health should be as important as taking care of physical health. Let us be kind to ourselves and to others. A healthy mind creates a healthy world

***Caring for your mind is self-respect, not selfishness***





# MNR Sanjeevani College of Physiotherapy

## How Fasting-Induced Acidic Shifts Can Trigger Text Neck Syndrome and Cervical Pain - A Physiotherapist's Perspective

### Background

Musculoskeletal problems are becoming one of the most prevalent persistent illnesses associated with lifestyle choices in the current era. Among these, Text Neck Syndrome (TNS) has gained significant attention, especially as the usage of computers, tablets, and smartphones increases. The term "text neck" describes the pain and harm to the neck that results from using electronic devices excessively, which requires the head to be kept forward and downward for prolonged periods of time. Although the mechanical reasons of TNS are widely known, new studies are starting to investigate how fasting-induced acidity changes may exacerbate the illness.

Fasting, particularly intermittent fasting, has grown in popularity due to its supposed health benefits, which include weight loss, enhanced metabolic health, and even increased longevity. However, the body's response to fasting is complex, and some physiological changes can have unforeseen effects for musculoskeletal health.

When the body enters a fasting state, it begins to rely on stored energy stores, converting glycogen and fat into fuel. This process produces ketones and releases fatty acids. As the body enters ketosis, blood glucose levels drop significantly, and the body begins to conserve energy by slowing down some metabolic activities. However, fasting causes a considerable shift in blood pH.

The body's pH normally ranges between 7.35-7.45, with blood being somewhat alkaline. However, after fasting or prolonged periods of reduced carbohydrate intake, the body becomes more acidic. This acidic environment is caused by the synthesis of ketones, which are naturally acidic compounds. The accumulation of these ketones can cause metabolic acidosis, a condition in which the blood becomes more acidic than usual.

Metabolic acidosis is a condition in which the body creates too much acid or the kidneys fail to eliminate enough acid. During a fast, the generation of ketones can exceed the body's buffering systems, resulting in an insignificant but considerable increase in acidity. While mild acidosis may not create immediate symptoms, it can disrupt normal cellular functioning over time, impairing the body's capacity to maintain muscular function and repair.

Several important mechanisms explain the relationship between TNS and acidity brought on by fasting:

- **Muscle Weakness and Decreased Postural Control:** As we previously mentioned, acidosis brought on by fasting causes restlessness and muscle weakness. Because the neck and upper back muscles are already constantly strained from pushing the head forward, this effect is exacerbated in the case of TNS. The forward head posture linked to TNS might worsen if these muscles weaken because it may become more difficult for the body to maintain a neutral head and spine position.

- **Increased Cervical Pain and Muscle Tension:**

Acidosis causes a greater release of pro-inflammatory cytokines, which exacerbate soreness and tension in the muscles. These inflammatory variables can exacerbate neck pain in people who already have TNS. The development of chronic pain problems such as cervical spondylosis or disc degeneration may result from the increased cervical muscular tension that aggravates the stiffness and discomfort associated with TNS.

- **Decreased Recovery and Healing:** The body's acidity additionally delays the healing process. The body finds it difficult to properly repair injured tissues when it is in a state of metabolic acidosis. Chronic inflammation and microtears may result from the ongoing tension on the neck muscles and ligaments in people with TNS. The body's acidic environment might impede healing and raise the possibility of chronic pain and dysfunction.

- **Altered Cervical Spine Blood Flow:** Acidosis results in vasoconstriction, which lowers blood flow to the tissues and muscles. This might limit the cervical muscles' ability to receive oxygen and nutrients, which can result in chronic muscle exhaustion, cramping, and a higher risk of strain injuries. The neck's muscles and joints might not be able to fully recover from the frequent strain that bad posture during device use causes if there is inadequate blood flow.

## **TNS Prevention and Management**

In order to prevent and treat Text Neck Syndrome, it is crucial to implement methods that target lifestyle variables as well as musculoskeletal care, given the intricate link among fasting, metabolic acidosis, and musculoskeletal health.

Promoting good posture when using a gadget is one of the most crucial ways to prevent TNS. The mechanical strain on the cervical spine can be lessened with the use of ergonomic strategies, such as raising screens and promoting frequent screen-time breaks. Exercises that strengthen the muscles in the neck and upper back can also help avoid the muscle weakness that makes TNS worse.

Drinking Water and Getting Proper Nutrition,

maintaining adequate electrolyte balance and hydration is crucial to preventing the acidic shifts brought on by fasting. Drinking enough water supports the body's natural pH regulation processes by buffering acidity. The effects of metabolic acidosis can also be mitigated by eating a balanced diet high in alkaline foods like fruits and vegetables. Supplements containing potassium and magnesium may help support muscle function and ease tension in certain situations.

People with TNS should put rest and recuperation first because fasting can hinder recovery by reducing blood flow and nutrient delivery to tissues. This entails getting enough sleep, practicing relaxation methods like yoga or meditation, and incorporating mild stretching exercises to keep your muscles flexible and release tension.

Stretching and Exercise for those with TNS, adding exercises that focus on the shoulders, upper back, and cervical spine can be helpful. The postural imbalances that lead to TNS can be corrected with exercises that strengthen the neck and upper back muscles and encourage proper alignment.

## **Conclusion**

In conclusion, a complex link between metabolic alterations and musculoskeletal health is highlighted by the interaction between Text Neck Syndrome (TNS) and fasting-induced acidity shifts. Fasting has many health advantages, but it can also worsen the consequences of TNS by causing metabolic acidosis, which can worsen muscle weakness, increase cervical pain, and delay recovery. More effective prevention and management techniques, such as encouraging good posture, hydration, diet, and focused exercise, are made possible by an understanding of the physiological mechanisms at work. People can reduce the risks of TNS and maximize their recovery by taking care of both lifestyle changes and physiological changes, which will ultimately improve their general musculoskeletal health.



# Guru Nanak Jayanti



**Pratapa Mercy Jyothsna**  
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Guru Nanak Jayanti, also known as Guru Parv and GurunanakParv, is one of the most sacred holidays observed by Sikhs. It celebrates the birth anniversary of Guru Nanak Dev Ji, the founder of Sikhism and the first of ten Sikh Gurus.

GuruNanakJayanti, also known as Gurpurab, is marked with great devotion, and community service. This festival commemorates Guru Nanak's teachings of equality, humility, and devotion to one Supreme God.

## Who Was Guru Nanak?

GuruNanakDevJi, a spiritual leader, philosopher, and social reformer, founded Sikhism in the 15th century. His teachings, gathered in the sacred Sikh book Guru Granth Sahib, emphasise the ideals of God's oneness, selfless service, and equality for all human beings.

## When was Guru Nanak born?

GuruNanakDevJi was born on April 15, 1469 at Rai Bhoi Di Talwandi, also known as Nankana Sahib, in modern-day Pakistan. However, Sikhs celebrate Guru Nanak Jayanti according to the

lunar calendar, therefore the date changes each year.

## When Is Gurupurab Celebrated?

GuruNanakJayanti is observed on the full moon day (Purnima) of Kartik month, according to the Hindu lunar calendar. This means that Gurpurab takes place on a different date each year. Guru Nanak Jayanti will be held on November 5, 2025.

## The Importance of Guru Nanak Jayanti

Guru Nanak Dev Ji's teachings revolutionised religious and social systems throughout his time. He questioned caste discrimination, religious dogma, and inequality. His spiritual worldview is founded upon three key principles:

**NaamJapna** (Remembering God's Name): Living a life of dedication and thankfulness.

**KiratKarni** (Honest Living): Making a living by hard effort and honesty.

**VandChakna** (Sharing with others): It means selflessly sharing wealth, food, and resources with people in need. These teachings continue to enlighten and inspire people worldwide.

## How Is Guru Nanak Jayanti Celebrated?

The Guru Parv festival lasts three days and includes spiritual practices, prayers, and selfless service.

**Akhand Path (Continuous Reading of Guru Granth Sahib):** Two days before Gurupurab, a 48-hour non-stop reading of Guru Granth Sahib is held in Gurdwaras, known as Akhand Path.

**Nagar Kirtan (Religious Procession):** A day before Gurupurab, a big Nagar Kirtan takes place. The parade includes devotional singing, Sikh flags (Nishan Sahib), and martial arts performances (Gatka).

**Early Morning Prayers and Kirtan:** During Guru Parv, devotees congregate in Gurdwaras for early morning prayers and devotional singing. The festival starts with the recitation of Asa di Var, a hymn penned by Guru Nanak Dev Ji.

**Katha and Discourses:** Scholars and religious leaders explain the life and teachings of Guru Nanak Dev Ji through sermons and spiritual discourses.

**Langar—The Community Feast:** One of the most important aspects of Guru Nanak Jayanti is the Langar, which is a free community meal provided to everybody, regardless of caste, creed, or status. This behaviour represents equality and unselfish service.

**Night Prayers and Kirtan:** Celebrations continue throughout the night with devotional singing (Kirtan) and prayers. The event ends at midnight, the time of Guru Nanak's birth.

## Life and Philosophy of Guru Nanak:

Prior to Nanak's birth in 1469 CE, India was dominated by a hierarchical hierarchy known as the caste system. This structure ensured that unlucky people remained impoverished while wealthy people continued to grow their influence. Guru Nanak recognised that this system was unjust, so he dedicated his life to opposing it. Following prolonged meditation and self-reflection, Guru Nanak saw a vision that revealed God's genuine intent. According to this vision, connecting with God did not require India's formal institutions or caste structure. Guru Nanak believed that all humans had a direct relationship to God.

Following prolonged meditation and self-reflection, Guru Nanak saw a vision that revealed God's genuine intent. According to this vision, connecting with God did not require India's formal institutions or caste structure. Guru Nanak believed that all humans had a direct relationship to God. This drove Guru Nanak to reject the priesthood and caste hierarchies. Guru

Nanak refused to embrace the Vedas, Hinduism's ancient holy literature.

At first, Guru Nanak was labelled a heretic who opposed God's plan. This all changed when the Dalits, or the lowest class, discovered that Guru Nanak's philosophy could improve their lives significantly. Soon after, many people saw Guru Nanak as a champion. Guru Nanak also taught his disciples that conventional methods of communicating with God, including fasting and pilgrimage, were ineffective. He recommended that his followers merely live a decent life and worship God via prayer.

After disrupting the caste structure, Guru Nanak became a political adversary of the clergy and Mughal emperors. Guru Nanak was eventually jailed for defying Mughal ruler Babar. Guru Nanak is credited with the establishment of Sikhism. After Nanak died, his wisdom and energy were passed down to nine Sikh gurus.

**Guru Nanak's Teachings and Their Importance**  
Today-Guru Nanak's wisdom and teachings are ageless and internationally applicable:

**Oneness of God** - Guru Nanak emphasised that there is only one God (EkOnkar) who is for everyone.

**Equality for All** - He opposed caste discrimination and advocated for social equality.

**Service to Humanity** - Guru Nanak emphasised selfless service (sewa) to the poor.

**Honesty and Hard Work** - He believed in living a moral life and earning money by honest means.

**Spiritual Enlightenment** - Guru Nanak taught that true enlightenment requires commitment and self-discipline. In today's world, his teachings can lead us to unity, peace, and compassion.

## Conclusion

Guru Nanak Jayanti is more than just a celebration; it is a spiritual awakening that encourages people to follow the paths of righteousness, love, and devotion. As we celebrate Guru Parv, let us remember Guru Nanak Dev Ji's great knowledge and work to establish a world of peace, harmony, and selfless service. His lessons on equality, compassion, and humility continue to enlighten millions, pushing humanity towards a better, more loving future.



# Activities @ MNR Golden Kids (Navi Mumbai)

**Ganesh Chaturti Celebrations  
@ MNR Golden Kids G30, Mumbai**



**Raksha Bhandan & Ganesh Chaturthi Celebrations  
@ MNR Golden Kids G12, Mumbai**



**Friendship Day & Ganesh Chaturthi Celebrations  
@ MNR Golden Kids G2, Mumbai**



**Ganesh Chaturthi & Raksha Bhandan Celebrations  
@ MNR Golden Kids G19, Mumbai**



# Activities @ MNR Group of Schools

Teachers Day Celebrations  
@ MNR I-Exceed School, JNTU



Bathukamma Celebrations  
@ MNR Golden Kids G-5



Navratri Celebrations  
@ MNR School of Excellence, BHEL



Flower Day Celebrations  
@ MNR School of Excellence, BHEL



Navratri Celebrations  
@ MNR School of Excellence, Kamothe



Bathukamma Celebrations  
@ MNR I-Exceed School, JNTU



# Activities @ MNR Group of Schools

**Thread Competition  
@ MNR High School, Chintal**



**Bathukamma Celebrations  
@ MNR School of Excellence, Mehadipatnam**



**Field Trip to Plant Nursery  
@ MNR High School, BHEL**



**Balloon Paint/ Bounce Paint Activity  
@ MNR High School, BHEL**



**Bathukamma Celebrations  
@ MNR School of Excellence, Sangareddy**



**Teachers Day Celebrations  
@ MNR International School, Palaspe**



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

## ACTIVITIES @ MNR COLLEGE OF PHARMACY

Dr. V. Alagarsamy, Professor and Principal, has been recognized among the Top 2% Scientists of the World by Stanford University for the sixth consecutive year, achieving a global subject ranking of 1,620 out of 157,499 authors in the field of Pharmacy and Pharmacology



**Alagarsamy, Veerachamy**  
MNR College of Pharmacy

Rank: 176364

- Main Field: Chemistry
- Sub Field: Pharmacology & Pharmacy
- Rank in the SubField: 1620.0 out of 157499 authors
- H-index: 30, Hm-index: 13

Top 2% Listed Year(s): 2025, 2024, 2023  
"Career Long" Data

The data is verified and sourced from ELSEVIER and Stanford University's Top 2% Scientists list.

www.TopSciNet.com

Graduation Day for B. Pharm and Pharm. D students on 12<sup>th</sup> September 2025, celebrating their academic accomplishments and the beginning of their professional journey in pharmacy



National Pharmacist Day 2025 was celebrated on 25<sup>th</sup> September 2025 at MNR College of Pharmacy honoring the invaluable contributions of pharmacists in healthcare



National Pharmacovigilance Week 2025 was observed from 17<sup>th</sup> to 23<sup>rd</sup> September, raising awareness about safe medication practices and the significance of monitoring drug effects for patient safety



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

Students and faculty of MNR PG College visited MSN Labs, the world's largest pharmaceutical research and development center, for an insightful field trip



Bathukamma celebrations were held at MNR School and College of Nursing, showcasing the rich traditions and festive spirit of Telangana



*Enriching Lives Through Education & Health...*



## MNR GROUP OF INSTITUTIONS

MNR Medical College & Hospital  
MNR Dental College & Hospital  
MNR Homoeopathic Medical College & Hospital  
MNR College of Pharmacy  
MNR College of Physiotherapy  
MNR College of Nursing  
MNR School of Nursing  
MNR Colleges of Education  
MNR College of Engineering & Tech.  
MNR Degree & PG Colleges  
MNR Junior Colleges  
MNR Group of Schools (CBSE & State Board)

**MNR Educational Trust** embarked on its educational journey in 1974 by beginning with its maiden institution, a primary school in Hyderabad, with 36 students. Over the span of 50 years, the Trust has metamorphosed into a prominent educational institution in southern India, overseeing 39 institutions, with approximately 42,000 students and 2300 distinguished faculty. The Trust offers a range of courses from primary education to post-graduation including research in diverse fields viz., **Medicine, Dentistry, Homoeopathy, Pharmacy, Nursing, Physiotherapy, Engineering, Education, Arts and Sciences.**



Splendid moment as the Vice-Chairman, **Sri. Ravi Varma Mantena**, MNR Educational Trust, felicitates Honourable President of India, **Smt. Droupadi Murmu**, at the illustrious **Golden Jubilee Celebrations** of MNR Educational Trust at Parade Grounds on 20<sup>th</sup> December. 2023



**Sri. M. N. Raju,**  
Managing Trustee &  
Chairman  
MNR Educational Trust

► 50 YEARS TRACK RECORD ► 39 TOP GRADE INSTITUTIONS ► 42,000 STUDENTS ► 2300 FACULTY MEMBERS



# MNR UNIVERSITY

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## MNR UNIVERSITY - COURSES OFFERED

### MNRU-School of Engineering and Technology

✓ **B.Tech.** : CSE, CSE (AI & ML), CSE (AI & DS), ECE (IoT)

### MNRU-School of Physiotherapy and Rehabilitation

✓ **Bachelor of Physiotherapy (BPT)**

✓ **Master of Physiotherapy (MPT)** : Orthopedics / Neurology / Cardio Vascular & Pulmonary

### MNRU-School of Medical and Health Sciences

✓ **B.Sc. (Hons)** : MLT / Anaesthesiology & OT Technology / Radiology & Image Technology / Renal Dialysis Technology / Emergency Medical Technology / Respiratory Therapy Technology

✓ **M.Sc. (Medical)** : Anatomy / Physiology / Bio-Chemistry / Pharmacology / Microbiology



Web: [www.mnrniversity.edu.in](http://www.mnrniversity.edu.in)

## Glimpse of the Future...

