

MNR iNFOCUS



Enriching the innerself

January 2026

MNR's IN-HOUSE MAGAZINE



Leadership and academic excellence at the **Induction Ceremony of IBDS (2025–2026)** at **MNR DENTAL COLLEGE & HOSPITAL** graced by **Shri. M. N. Raju**, Chairman (MNRET) & President (MNRU); **Shri. Ravi Varma Mantena**, Vice-Chairman (MNRET) & Chancellor (MNRU) & **Dr. Mamta Kaushik**, Principal, Professor & Head, Dept. of Conservative Dentistry & Endodontics, Army College of Dental Sciences as the Chief Guest. Alongside present were **Dr. K. Vinay Kumar Reddy**, Principal and **Dr. Vijetha Badam**, Vice-Principal, MNR Dental College & Hospital

Newspapers: Our Daily Window to Truth and Knowledge

International Newspaper Day - 29th January

Indian Newspaper Day is celebrated on 29 January to remember the beginning of newspapers in India. The first Indian newspaper, Hicky's Bengal Gazette, was published in 1780.

Newspapers help us know what is happening around us every day. They teach students new words, correct spelling, and good language skills.

Reading newspapers improves general knowledge and builds confidence in studies and debates. A fun fact is that newspapers are called the "daily diary of the nation."

As Mahatma Gandhi said, "The newspaper is a great power, but just as an unchained torrent of water submerges whole countryside, so an uncontrolled pen serves but to destroy."

Newspapers also help us learn the difference between truth and rumours.

They encourage good habits like reading regularly and thinking carefully. Even in the age of mobiles and computers, newspapers remain trustworthy friends.

Indian Newspaper Day reminds students to develop the habit of reading newspapers daily. Let us respect newspapers as guides that educate, inform, and inspire young minds.

"A newspaper a day keeps ignorance away."



Postal Address :

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

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

ACTIVITIES @ MNR DENTAL COLLEGE & HOSPITAL

The Induction Ceremony at MNR Dental College & Hospital marking the beginning of a new academic journey





Sri M N. Raju

Chairman

MNR Educational Trust

THE VANARAS OF RAMAYANA

The Vanaras play a major role in the Ramayana. Among them Hanuman is an important Vanara, the greatest devotee of Ram, the strongest of strong, helped Ram to find Sita in Lanka. The other important Vanaras are Vali and Sugriva. The Vanaras of Ramayana had wonderful stories, which most of us do not know. Now read.

Brahma's son was Kashyap. Kashyap's wife was Vinata. Vinata had a blessing, to lay eggs, instead of children. She laid an egg and it was not hatched even after a long time. Out of curiosity, she broke open the egg. The child thus born became Aruni, the dawn-God, with half-finished body. His lower part of the body was not yet formed. But with the blessings of Kashyap he could be able to lead his life normally.

Aruni, when he grew-up, became the charioteer of Sury, the sun-god.

One day Aruni wanted to see Indra Sabha, took a female form and was moving in Indraloka, with his beautiful lady form. Indra, the flamboyant king of the Devas, loved her beauty, blessed him to have a son. The boy was born instantly, as it was happened with the Devas. The boy was named as Vali. Aruni left the child in the care of the sage Gautama and his wife Ahily.

Sury, the sun-god also happened to see Aruni, in his beautiful lady form and he also blessed him with one more child who was also born instantly. Aruni named the boy Sugriva. This boy also was left in the care of Goutama and Ahily.

Gautama and Ahily already had a daughter, called Anjana. Anjana, Vali and Sugriva grew up in the Ashram of Gouthama and Ahalya.

Then, there took place a big problem. When Goutama was away from his Ashram, Indra visited the Ashram, during early morning in the guise of Gouthama and misbehaved with Ahalya. Ahalya thought that he was her husband. When Indra was leaving the Ashram, Goutama entered and saw Indra. He became furious and in a bit of anger he cursed his wife, Ahily to turn into a rock and the three children, Anjana, Vali and Sugriva were also cursed to turn into monkeys.

Goutama realized the result of his anger, the children who were innocent were also cursed to turn into monkeys. He felt sorry for the motherless monkeys. He could not retract his curse because if anything was said by Rishis it would have its effect since they did great Tapasya.

Finally, Goutama gave all three child-monkeys to one, Riksha, the childless monkey-king of Kishkindha. When the children grew up, Anjana married Kesari, Vali married Tara and Sugriva married Ruma. Vali and Sugriva shared equally the kingdom of Kishkindha of Riksha.

After Vali was killed by Rama, Sugriva became the king of the kingdom of Kishkindha ruled by Vali.

Among the Vanaras of Ramayana, Hanuman (Anjaneya) was very famous. He was the son of Anjana and Kesari. He was born with the blessings of Vayu and Shiva. He was almost a hero of Sundarakanda which is the most famous and popular part of the Ramayana.

What did the monkey do:

- He was instrumental for the friendship between Ram and Sugriva. Sugriva sent all his army of monkeys to help Rama to trace whereabouts of Sita

- Hanuman could jump over the sea between India and Lanka, assuming a body of strength, taller as far as the stars.
- He did give the information of Ram to Sita and of Sita to Ram.
- He acted as an ambassador between Ram and Ravana. He taught a lesson to unreasonable and arrogant Ravana.
- He played a wonderful role in building Varadhi to enable the army to reach Lanka.
- He saved and served Ram and Lakshman, several times during war. He even carried a mountain to the warfield, which contained many medicinal plants, to save Lakshman.
- When Ram was not having a chariot to move in the battle field to reach strategic points, Hanuman, even carried him on his shoulders and flew like an eagle.
- The battle was won Ram, Sita and Lakshman were brought back, after fourteen years to Ayodhya. Ram ruled and his kingdom was the most successful one.
- Hanuman was the greatest devotee of Ram.

WORLD AIDS DAY

DECEMBER 01, 2025



Dr. M.L.Sowmithri
Assoc Professor
Department of Community Medicine
MNR Medical College & Hospital



Overcoming Disruption, Transforming the AIDS Response

World AIDS Day 2025 is observed with the global theme “Overcoming disruption, transforming the AIDS response.” This message reflects the ongoing need to strengthen HIV prevention and treatment services despite funding limitations, social inequalities, and system-level disruptions. Across the world, communities have shown remarkable resilience by continuing essential HIV care even during difficult periods. This year’s theme calls on all individuals—students, parents, teachers, youth, health workers, and the broader public, to engage actively in creating a future where HIV services remain uninterrupted, stigma-free, and accessible to all.

Despite advances in science and medicine, HIV awareness remains important. Many people still hesitate to come forward for testing due to fear, misinformation, or societal pressure. However, modern antiretroviral therapy (ART) allows people living with HIV to lead healthy, productive lives. When treatment is taken consistently, the virus can become undetectable in the blood, making it untransmittable to sexual partners. This concept, widely recognized as U = U (Undetectable = Untransmittable), is one of

the most powerful tools in reducing stigma and transforming the AIDS response.

Stigma, however, continues to be a major barrier. Communities often hold misconceptions that isolate or discriminate against people living with HIV. Such attitudes prevent individuals from seeking help, create fear among young people, and unnecessarily burden families. It is essential to create environments—in schools, homes, workplaces, and healthcare settings—where people can discuss HIV openly and compassionately. Parents and educators play a vital role by encouraging responsible choices, teaching accurate information, and maintaining non-judgmental communication. For students in science, medical, and allied health fields, this is a crucial reminder that the fight against HIV extends beyond medicine; it includes empathy, social awareness, and strong community engagement.

Support is always available for those seeking information or reassurance. In India, the National AIDS Helpline (1097) offers free, confidential assistance on testing, treatment, and prevention. Mental and emotional support is accessible through the Tele-MANAS helpline (14416 or 1-800-891-4416) for individuals experiencing anxiety, confusion, or stigma-related distress. These services are meant for everyone, and using them is a sign of strength—not fear.

Below are some commonly held myths and the facts that help bust them:

— Myth: HIV spreads through touch, sharing food, shaking hands, or using the same toilet.

Fact: HIV does not spread through casual contact of any kind.

— Myth: Only certain groups or communities get HIV.

Fact: Anyone can get HIV; it is linked to behaviors, not background or identity.

— Myth: People living with HIV cannot have children.

Fact: With proper treatment and medical support, HIV-positive individuals can safely have HIV-negative children.

— Myth: HIV always shows symptoms early.

Fact: Many people live symptom-free for years; testing is the only way to know.

— Myth: People with HIV are dangerous or must be isolated.

Fact: With treatment, they can live normal lives and cannot transmit the virus once undetectable.

This World AIDS Day, let us commit to compassion, science, and solidarity. By confronting myths, supporting community leadership, reducing stigma, and ensuring uninterrupted services, we move closer to a future where AIDS is no longer a public health threat. Together, we can overcome disruptions and truly transform the AIDS response.



PELVIC ORGAN PROLAPSE (POP) AND EXERCISE



Dr. Harika Tangadapally

Asst. Professor

MNR Sanjeevani College of Physiotherapy



Pelvic Organ Prolapse (POP) is common, and can affect women young or old, most commonly post nataally.

There are 5 types of pelvic organ prolapse: rectocele (large bowel), cystocele (bladder), Enterocèle (intestines), vaginal vault (occurs after a hysterectomy), and uterine (uterus). There are also various stages of prolapse (stage I to stage 5, which usually requires surgical intervention).

Whether you are a candidature for surgery, during rehabilitation from surgery or rehabilitation before surgery, exercise has an important role in reconnecting and strengthening your pelvic floor muscles and strengthening the musculature surrounding them.

Each of these 5 types of POP has its own symptoms, but in general symptoms can include:

- Pressure, pain, or fullness in vagina, rectum, or both.
- Feeling a downward dragging or like your “insides are falling out”
- Urinary incontinence, stress incontinence
- Constipation
- Lower back, pelvic or abdominal pain
- Lack of sexual sensation or painful intercourse
- Can't keep a tampon in

Why is Exercise Important?

Exercise is important for your general health and fitness, and especially important for maintaining bone mineral density and mobility moving towards menopause. Specific exercise for prolapse can greatly improve and manage symptoms, however, certain exercises are contraindicated for prolapse – and can make things worse.

A Pelvic Floor Physiotherapist can help create an individualized exercise program for you that is pelvic floor safe and help improve your symptoms. Pelvic Floor PT's can check for your diastasis recti, assess the individualized risk factors and work alongside other allied health professionals including exercise-based Health Physiotherapists, Psychologists and obstetricians/gynecologists. Working with a Pelvic Floor PT can help tailor things to help you reach a full return to safe regular and ongoing exercise, maintain support and reach your personal fitness goals.

What Type of Exercise Is Best?

20 to 30 minutes of aerobic exercise three

to five times a week (walking, cycling, swimming, aqua aerobics, gym) is great. Aerobic exercise helps your cardiovascular system, will also help with bones and weight management, and can be adapted for people with problems or previous injuries.

Also recommended: 2 to 3 resistance workouts a week. Resistance exercise strengthens muscles, helps with bone mineral density and assists with weight management. Exercises that work the lower back and abdominals can all help in gaining and maintaining pelvic floor strength. Exercises such as squats, bridges, lunges and light Deadlifts can also help. Keep the weights light (1-2kgs is suitable for most people).

Pelvic floor exercises (also known as 'Kegels') also have an important place in the exercise program. They will help improve and maintain pelvic floor strength and function. A Health or Pelvic Floor Physiotherapist can assess your technique and make your program appropriate for you.



NOVEL DRUG DELIVERY SYSTEMS: TRANSFORMING THE FUTURE OF THERAPEUTICS



Prof. P. Subhash Chandra Bose

Department of Pharmaceutics

MNR College of Pharmacy

Traditional drug administration methods - such as tablets, injections, and capsules-often suffer from limitations like poor bioavailability, short duration of action, and systemic side effects. To overcome these challenges, researchers have developed Novel Drug Delivery Systems (NDDS), which aim to deliver therapeutic agents precisely, safely, and effectively to their target sites.

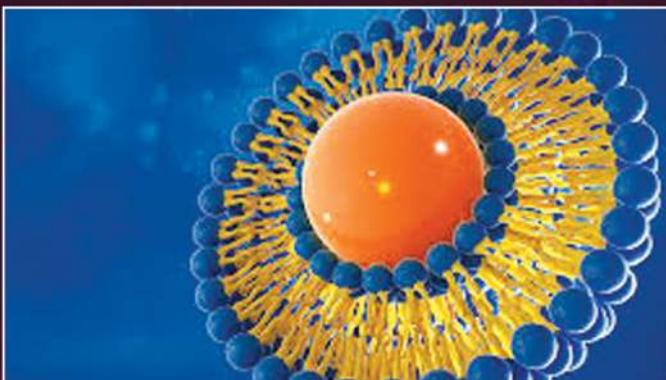
NDDS enhances treatment outcomes by optimizing the release rate, absorption site, and duration of drug action, ensuring maximum patient benefit with minimal adverse effects.

Liposomes: Carriers That Mimic Cell Membranes

Liposomes are tiny, spherical vesicles composed of natural or synthetic phospholipids. They can encapsulate both hydrophilic and lipophilic drugs, protecting them from degradation and enhancing their absorption.

Advantages

- Biocompatible and biodegradable
- Controlled and sustained drug release
- Reduced toxicity of potent drugs



Liposome showing phospholipid bilayer encapsulating a drug molecule inside

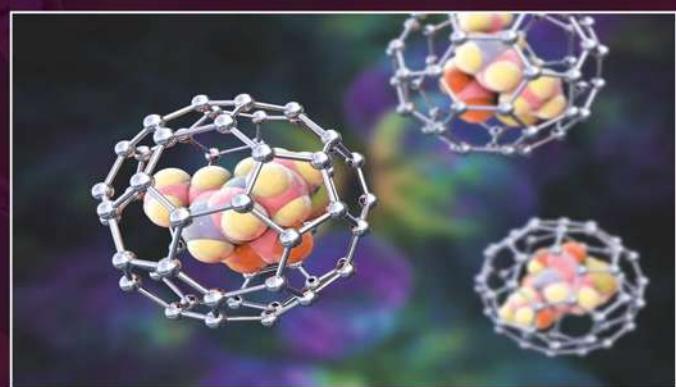
Liposome-based formulations like Doxil® (liposomal doxorubicin) have revolutionized cancer therapy by minimizing cardiac toxicity while maintaining therapeutic efficacy.

Nanoparticles

Nanoparticles, typically 10-1000 nm in size, allow drugs to cross biological barriers more efficiently. They can be engineered using polymers, lipids, or metals and often modified with ligands to ensure targeted drug delivery.

Applications

- Targeted cancer therapy
- Gene and vaccine delivery
- Crossing the blood–brain barrier



Nanoparticles releasing drug molecules at a target cell, Their ability to deliver drugs directly to diseased cells reduces side effects and enhances treatment precision.

Transdermal and Microneedle Patches: Painless Delivery

Transdermal systems deliver drugs across the skin for systemic action. Recently, microneedle patches have gained attention as a painless alternative to injections. These microscopic projections penetrate only the upper skin layers, ensuring effective drug diffusion without discomfort.

Benefits

- Improved patient compliance
- Sustained and steady plasma levels
- Self-administration and reduced risk of infection

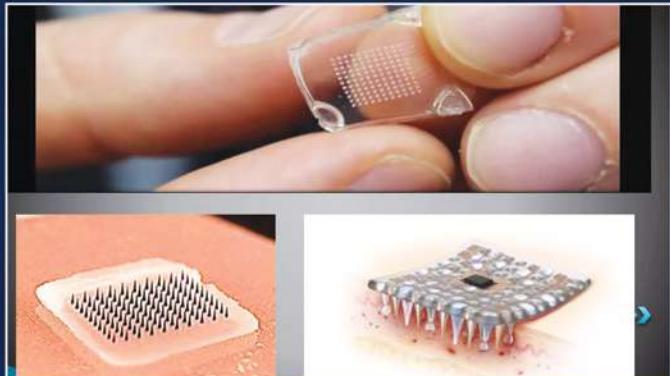


Diagram of skin layers showing microneedles delivering drug molecules into the dermis

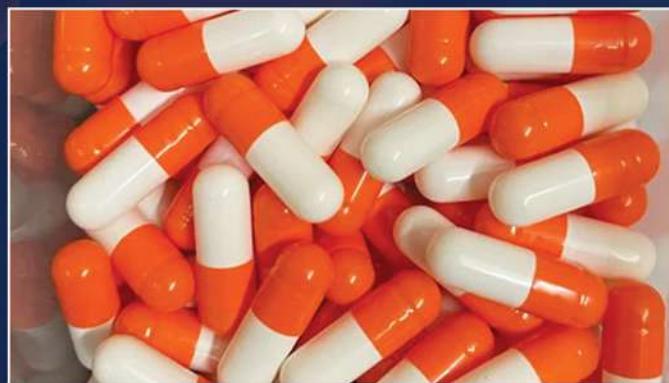
Smart and Controlled Release Systems

Smart drug delivery systems use stimuli-responsive materials that release drugs

based on environmental triggers—such as pH, temperature, or glucose level. These systems are particularly useful in chronic diseases like diabetes or cancer, where precise and timely drug release is crucial.

Examples

- pH-sensitive polymers for colon-targeted delivery
- Glucose-responsive hydrogels for insulin release



A smart polymer capsule responding to pH or temperature to release a drug

Novel Drug Delivery Systems are reshaping modern medicine by offering targeted, controlled, and patient-friendly therapies. From nanoscale carriers to intelligent biomaterials, NDDS bridges the gap between pharmacology and technology. The future lies in personalized and smart delivery platforms, ensuring every patient receives the right dose, at the right time, to the right place.



Activities @ MNR Golden Kids (Navi Mumbai)

Colour Day & Merry Christmas Celebrations
@ MNR Golden Kids G12, Mumbai



Merry Christmas & New Year Celebrations
@ MNR Golden Kids G1, Mumbai



Christmas, New Year & Alphabet Day Celebrations
@ MNR Golden Kids G3, Mumbai



Cartoon Day Activity & Christmas Celebrations
@ MNR Golden Kids G20, Mumbai



Activities @ MNR Group of Schools

National Mathematics Day Celebrations
@ MNR I-Exceed School, JNTU



Christmas Celebrations
@ MNR I-Exceed School, JNTU



Measurements Activity
@ MNR School of Excellence, Sangareddy



Sankranti Celebrations
@ MNR Golden Kids, G5



Annual Day and other Activities
@ MNR School of Excellence, Kamothe



Sankranti Celebrations
@ MNR School of Excellence, BHEL



Activities @ MNR Group of Schools

Sankranti Celebrations
@ MNR High School, Chintal



Pongal Celebrations
@ MNR School of Excellence, Mehadipatnam



Red Colour Day Activity
@ MNR High School, BHEL



New Year Celebrations
@ MNR High School, BHEL



Christmas Celebrations
@ MNR School of Excellence, Sangareddy



National Mathematics Day & Annual Day Celebrations
@ MNR International School, Palaspe



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

ACTIVITIES @ MNR COLLEGE OF PHARMACY

Glimpses from the National Seminar “Innovations in Pharmaceutical Research–2025,” attended by students at G. Pulla Reddy College of Pharmacy, Hyderabad



Glimpses from the Awareness Program held in observance of National Energy Conservation Day on 15 December 2025



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Sangareddy, Chhattisgarh 495004, India

Dr. M. T. Sulthana serving as Resource Person (Scientific Session Evaluator) at the National Seminar “Innovations in Pharmaceutical Research–2025” held on 06-12-2025 at G. Pulla Reddy College of Pharmacy, Hyderabad



Career Guidance Session for B. Pharm students by Mr. G. Raviteja, Regional Manager - South India Strategic Alliances, held on 18-12-2025



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

ACTIVITIES @ MNR HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL

UG & PG Induction Ceremony organized by MNR Homoeopathic Medical College & Hospital, welcoming new students for a new academic journey



ACTIVITIES @ MNR PG COLLEGE, KUKATPALLY

Career-oriented awareness session on Medical Coding held for PG students at MNR PG College in collaboration with Vrise Medical Coding, Hyderabad

MNR PG College celebrated the vibrant festival of Sankranthi with enthusiasm, bringing together students and faculty in traditional festivities, cultural activities and community spirit



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

ACTIVITIES @ MNR UNIVERSITY CAMPUS

National Youth Day celebrated to promote Leadership, Unity and Youth empowerment on 12-01-2026



“Sankranti Vibes” at MNR University brought the campus alive with colors, traditions and celebrations. The program highlighted the cultural heritage of Sankranti and encouraged community bonding



MNR School of Engineering, Technology and Artificial Intelligence organized a visit in observance of Mathematics Day to commemorate the birth anniversary of Srinivasa Ramanujan



MANTHENA AMERICAN SCHOOL, SHARJAH

Energetic moments from MAS Sports Day – January 2026 at Manthena American School, Sharjah, UAE, celebrating teamwork, sportsmanship and youthful enthusiasm. The vibrant event showcased students' athletic skills, competitive spirit and the joy of active learning.





BE A PART OF GREAT LEGACY



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 20th December, 2023



COURSES OFFERED

School of Engineering & Technology and Artificial Intelligence

- B.Tech. (Hons) CSE
- B.Tech. (Hons) CSE (Artificial Intelligence & Machine Learning)
- B.Tech. (Hons) CSE (Artificial Intelligence & Data Science)
- B.Tech. (Hons) ECE (Internet of Things)

SALIENT FEATURES OF MNRU

- Future Ready Education
- Industry Centric Pedagogy
- Doctorate Faculty
- World Class Labs
- Internships (Local & Abroad)
- Incubation Centre
- Twinning Programmes in Foreign Universities



100% Placement Assistance

MNRU Scholarships and Financial Support

MNR University offers scholarships and financial support to talented students who demonstrate academic excellence. MNRU scholarship assistance ensures all potential and deserving students have access to high 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

