

MNR

iNFOCUS

Enriching the innerself

NOVEMBER 2025

MNR's IN-HOUSE MAGAZINE



Honouring the 94th Birth Anniversary of Bharat Ratna, Dr. APJ Abdul Kalam, IGNITE was organized at MNR University which was graced by Shri M.S. Ravi Varma, Chancellor, MNR University & Vice-Chairman, MNRET; Shri Dr. Srinivasan Ancha, Advisor, UN Climate, Bangkok; Shri Ajay Mishra, IAS (Retd.), Former Special Chief Secretary, Govt. of Telangana; Dr. Ravi Shankar, Professor in AI/ML & Serial Entrepreneur and Dr. RVR Krishna Chalam, Vice-Chancellor, MNR University and various Heads & Deans of MNRU. IGNITE reflected our unwavering dedication to nurturing innovation-driven future and empowering learners through the ideals of excellence, curiosity and societal responsibility.

Men Matter Too - Celebrating Their Role, Respect and Support

A good man protects, supports and inspires - not because he has to, but because he chooses to.....

International Men's Day, celebrated on November 19, is a tribute to the men who shape our families, communities and the world with their strength and compassion. The day highlights the positive role men play as fathers, sons, brothers, friends, and mentors. It aims to promote gender equality and encourage healthy conversations about men's physical and mental health.

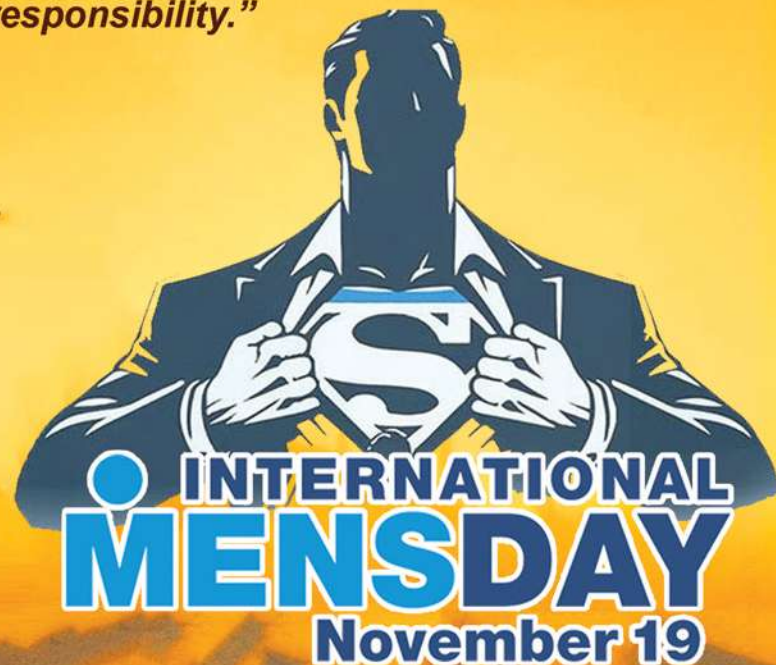
It's a day to recognize not only their achievements but also their unspoken battles. "A great man is not one who never falls, but one who rises every time he does." Men inspire through their actions, protect through their presence and lead through their hearts.

Celebrating men does not mean ignoring women, it means acknowledging every person's role in making society better. Let us celebrate their courage, resilience and the silent sacrifices they make every day. True masculinity lies in empathy, humility and emotional strength.

"Real heroes don't wear capes, they wear responsibility."

On this Men's Day, let's thank the fathers who guide, the brothers who support and the friends who stand by us. Together, let's build a world where men feel free to be strong, sensitive and seen. Because when men thrive, society shines brighter.

"Try not to become a man of success, but rather try to become a man of value." - Albert Einstein



Editorial.....

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MNR's In-House Magazine

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INFOCUS

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

Honoring the birth anniversary of Dr. APJ Abdul Kalam. A leader, scientist, and eternal inspiration. His vision for India continues to live on in every dreamer.





Sri M N. Raju
Chairman
MNR Educational Trust



SHANTA, THE ELDER SISTER OF RAMA

Shanta was the daughter of Dasharatha and Kaushalya. Dasharatha was the king of Ayodhya. He had no sons to pass on his crown of his kingdom. Then, he went to marry Kaikeyi, the daughter of Ashwapathi, the king of Kekaya. Aswapathi agreed to give his daughter, in marriage, to Dasharatha, provided that he would promise he would make Kaikeyi's son the king of Ayodhya. Dasharatha agreed for it.

Unfortunately, Kaikeyi too had no children.

Dasharatha married third time a woman named Sumitra, but she too had no children.

Dasharatha was filled with despair and if he had no sons, his Raghuvamsa which had a long great glory would be wiped off. He and his forefathers - Manu, Ikshavaku, Raghu, Dilip, Aja, would not be in Swarga forever. And he would not be able to pass on the crown to any one.

Shanta, the daughter of Dasharatha could solve this problem. She not only solved the problem of her father, she also solved a bigger problem of Rompada, king of Anga.

The kingdom of Anga was struck with drought. There were no rains for many years. The people and the animals were dying of hunger. The dry forests were burning day and night.

This was all happening because of one Rishi, by name Vibhandaka and his son, Rishyasringa.

Vibhandaka knew that Tapasya could create any kind of effect either with positive result or negative result. Even Tapasya could make man equal to Indra, the king of Swarga in some cases, man could attain powers to overpower Indra, God of rain God of air, God of Fire etc. He wanted to prove that he and his son, Rishyasringa, were powerful than

Indra himself.

He raised his son with many negative thoughts. He didn't allow his son to meet any other human being. Rishyasringa hadn't seen any man or woman, except his father, from childhood. In fact, he hadn't seen even animals, except a few birds now and then. He was kept in a hermitage and a line was drawn all around the hermitage by his father, to keep him away from other human beings and animals. If any one tried to cross the line to enter into hermitage - either a man, a woman or an animal, the individual would burst into flames.

So Rishyasringa grew into a young man, with two long antlers, on his head like a deer, because he was born to a doe. He did Tapasya all day and night and he didn't know any other activity except Tapasya. He didn't come out of his hermitage, hadn't seen any thing else. His father only went out to fetch fruits and roots for their food.

He became a powerful Rishi because of his Tapasya. But he had been using his powers against Indra and his followers, like Varuna, because of his father's wish was. He commanded Varuna not to enter into Anga, the kingdom of Romapada, where thousands of his people and animals had been dying everyday.

Romapada approached Dasharatha to obtain a solution for this problem. When Romapada was explaining about Rishyasringa to Dasharatha, Shanta was also present with her father.

After knowing about the mighty Rishi, Shanta decided to help the people of Anga.

She asked Romapada to adopt her as his daughter, with the permission her father. Then she said that she would make Rishyasringa to change his powers for a positive and for the welfare of the people of Anga – She also said that Rishyasringa would definitely help Dasharatha to perform, a Yegna, to get sons,

since he was such a great Rishi. Both the kings were very happy on her advice. Shanta was renowned not just for her beauty but also for her intelligence and courage.

After adopting her, Romapada took her to Anga.

When Vibandaka left the hermitage to gather food from the forest, Shanta used to stand outside the gate, out of the line drawn by his father, used to sing beautiful songs. The meaning of those songs was only to explain that a Rishi had to do Tapasya and to see that it would work for the welfare of the people and it should never create damage either to the nature or to the people. She went on singing such songs day after day, for a few days.

Slowly Rishyasringa, got attracted to her songs and could understand his mistake. One day he came out of hermitage, crossed the line drawn by his father and held the hand of Shanta, walked away to the palace of Romapada and married her. There were rains and all the people of Anga blessed the new couple. All was well in Anga. As Rishyasringa was well versed with the secrets of nature, Shanta prayed him to help Dasharatha to get sons. He conducted Yagna by preparing the altar, lit the fire and chanted potent hymns to invoke the Devas. The Devas emerged with a potion, the magical liquid, and gave it to Dasharatha and said that whoever consumed the potion, would be blessed with a son.

Dasharatha gave half potion to Kaushalya and another half to Kaikeyi. In turn, Kaushalya and Kaikeyi gave one half each of their potion to Sumitra.

Kaushalya gave birth to Rama, Kaikeyi gave birth to Bharatha and Sumitra gave birth to twins Lakshman and Shatrughna.

Thus Shanta could make Rishyasringa to work for the welfare of Society and solved the problems of her own father and the adopted father.

Christmas



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Christmas, observed on December 25 by Christians around the world, commemorates the birth of Jesus Christ. Here's a deeper dive into its origins, traditions, and cultural significance:

Origins

Early History: The exact date of Jesus' birth is unknown, but December 25 was chosen in the 4th century to coincide with existing Roman festivals like Saturnalia and the festival of Sol Invictus. This helped integrate Christian practices with local traditions.

Christian Significance: For Christians, Christmas is a celebration of the Incarnation—the belief that God became human in the form of Jesus Christ. It symbolizes hope, love, and salvation.

Traditions

Decorating Homes: Christmas trees, wreaths, and lights are central to festive decor. The evergreen tree symbolizes life and hope.

Gift-Giving: Inspired by the Three Wise Men, gifts are exchanged to reflect generosity and love.

Special Meals: Families gather for feasts, often featuring traditional dishes like roasted turkey, tamales, or panettone.

Caroling: Singing Christmas hymns and carols is a beloved tradition, spreading joy and community.

Cultural Significance

Global Celebrations: Christmas is observed differently worldwide, reflecting local customs and cultures. For example, Posadas in Mexico, Las Posadas in Spain, and Yule Lads in Iceland.

Community and Family: Christmas emphasizes togetherness, often bringing families and communities closer through shared rituals and traditions.

Charitable Acts: Many use the holiday season to give to those in need, reflecting Jesus' teachings of kindness and generosity.

Modern Observance

Secular and Commercial Aspects: Over time, Christmas has also become a major cultural and commercial event, with festive lights, parades, and holiday markets.

Diverse Celebrations: People of different faiths and cultures participate in the holiday spirit, often blending traditions or creating new ones.

Christmas remains a time for reflection, joy and connection, resonating with people of all backgrounds.



— WORLD — **SUICIDE** **PREVENTION** — DAY 2025

CHANGING THE NARRATIVE

MNR MEDICAL COLLEGE AND HOSPITAL DEPARTMENT OF COMMUNITY MEDICINE

Every year on September 10, the world observes World Suicide Prevention Day to raise awareness about one of the most pressing public health issues, suicide. The theme for 2024–2026, chosen by the World Health Organization (WHO) and the International Association for Suicide Prevention (IASP), is “Changing the Narrative on Suicide.”

This theme highlights the urgent need to break the silence, challenge harmful myths, and create open, supportive conversations around mental health. Suicide is not a sign of weakness or failure, it is often the result of overwhelming distress combined with untreated mental health conditions. By changing how we speak about it, we can save lives.

Why This Matters for Students

Student life is exciting but also stressful. Academic pressure, financial worries, family expectations, and uncertainty about

the future can all become overwhelming. At times, these pressures may lead to hopelessness or thoughts of self-harm.

Recognising the warning signs in ourselves or our peers is the first step in prevention. Some of these signs include:

- Talking about death, hopelessness, or feeling like a burden
- Sudden withdrawal from friends, activities, or social events
- Extreme mood changes, either sadness or sudden calmness after distress
- Decline in academic performance, absenteeism, or lack of interest
- Increased use of alcohol or drugs
- Giving away possessions or writing goodbye notes

How Students Can Help

- Start the Conversation: If you notice a

friend struggling, gently ask how they are feeling. Asking about suicide does not put the idea in someone's mind—it shows you care.

- **Listen Without Judgment:** Sometimes, all a person needs is a patient listener. Avoid offering quick solutions or dismissing their feelings.
- **Encourage Professional Help:** Suggest talking to a counsellor, psychologist, or trusted teacher. Remind them that seeking help is a sign of strength.
- **Support, Don't Abandon:** Stay connected with the person, especially during times of crisis.
- **Look After Yourself:** Stress management, regular exercise, sleep, and talking about your feelings with trusted people are essential for good mental health.

Remedies & Coping Strategies

- Build a strong support network of friends, family, and mentors.
- Use positive coping skills—journaling, art, music, or sports.
- Seek campus counselling or helplines when feeling low.
- Avoid isolation, talk about your struggles instead of bottling them up.
- Remember that setbacks - whether academic, personal, or social are temporary and can be overcome.

Helplines & Help Resources in India

If you or someone you know is struggling, reach out immediately. Confidential and free support is available:

- **Tele-MANAS** (National Mental Health Helpline): 14416 / 1-800-891-4416 (24x7,

multilingual)

- **Vandrevala Foundation Helpline:** 9999666555 (call/WhatsApp)
- **1Life** (Hyderabad/Telangana): 7893078930
- **Roshni Foundation, Secunderabad:** 040-66202000 / 8142020033
- **AIIMS-Bibinagar, Telangana Helpline:** 9493238208

Final Message

Suicide is preventable. By changing the narrative, students can help create a culture of openness, empathy, and hope. Remember, it takes courage to reach out for help, and it takes compassion to support others in need.

If you are struggling, know this: you are not alone, your life matters, and help is always available.

This World Suicide Prevention Day, let's pledge to listen more, speak openly about mental health, and remind each other that hope and help are always within reach.



The Truth About Bottled Water Left in the Sun for Days



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Although plastic-bottled water is often used for convenience, concerns persist about its long-term safety when exposed to high temperatures. Bottled water left in vehicles, at windows, or outdoors for hours or even days in direct sunshine is a typical situation. This raises significant issues about the potential of microbial and chemical migration from plastic packaging into the water. Researchers examined how heat affects the decay of plastics, resulting in a release of chemicals, including phthalates, bisphenol A (BPA), and antimony, into the water. Additionally,

prolonged exposure to warm surroundings, particularly after the bottle has been opened, may promote the growth of microbes.

Why This Common Habit Deserves Attention?

It may seem harmless to leave a plastic water bottle in the sun, whether in a bag, on a car seat, or by a window. After all, it's just water. However, the plastic undergoes chemical changes due to heat and sunlight. Millions of people use bottled water daily, especially in warmer regions, and this widespread habit can pose overlooked risks. Making informed, health-conscious choices starts with understanding what actually occurs to bottled water in these conditions.

What Happens to Bottled Water When Left in the Sun?

When bottled water is exposed to heat, it undergoes several changes that can impact both its quality and safety. These effects are both physical and chemical in nature.

Type of effect	What happens	cause	Impact on water
1. Physical effect	Bottle become soft or deformed	Heat softens plastic	Loss of bottle shape, possible leakage
2. Physical effect	Changes in taste or smell	Heat releases odour from plastic	Water may taste or smell like plastic or chemicals
3. Physical effect	Cloudy appearance	Heat affects clarity or causes sediment	Water may look unclear
4. Chemical effect	Leaching of chemicals (e.g., antimony, BPA, phthalates)	Heat breaks down plastic molecules	Harmful compounds may enter water

5. Chemical effect	Oxidation reactions	UV + heat affect dissolved minerals/oxygen	Slight changes in pH or taste
6. Biological effect	Microbial growth	Warm environment promotes bacteria	Increased health risk when consumed

Can Chemicals Leach from Plastic into the Water?

Plastic bottles have the potential to release chemicals into water, particularly when exposed to heat and kept for a long time. PET (polyethylene terephthalate), which is used to make the majority of bottled water containers, is generally safe for one-time use but can emit substances including acetaldehyde, antimony, and occasionally phthalates when heated. In addition to potentially affecting taste, many compounds may be harmful at higher concentrations. The fact is that many PET bottles are BPA-free, but hormone-disrupting chemicals may still be released by inferior plastics or other packaging materials.

Is It Safe to Drink Sun-Exposed Bottled Water? What the Science Says

Research indicates that heat and sunlight can trigger chemical changes in bottled water, especially when stored in plastic containers. Studies show that compounds such as acetaldehyde and antimony leach from PET bottles more rapidly at temperatures above 50 to 60°C (122 to 140°F), common inside parked cars. While extended or repeated exposure can lead to a buildup of potentially harmful chemicals, short-term exposure (a few hours) is unlikely to pose a significant risk. Regular consumption of bottled water exposed to heat may eventually present health risks, even though most leached chemical levels remain below safety thresholds.

Does Heat Affect the Taste or Smell of the Water?

The flavor and smell of bottled water can be greatly impacted by heat. High temperatures can cause chemicals like acetaldehyde to seep into the water from plastic bottles. Other byproducts of plastic deterioration may also leach. These substances change the water to a chemical or plastic-like flavor. If water sits in the sun for a few hours or longer, you may detect odd smells. These can include a musty, sour, or artificial fragrance. Changes in flavor, smell, or cloudiness can be early indicators that the water is unsafe or no longer fresh. These changes don't always mean the water is dangerous. However, they do raise the possibility of microbial or chemical contamination, so it's best to avoid drinking it.

Microbial Risk: Can Bacteria Grow in Warm Bottled Water?

Bottled water can harbor bacteria, especially after it has been opened and exposed to warm temperatures. Although sealed, unopened bottles are usually safe since the water within is sterile, when opened, bacteria from our mouths or the surroundings enter and start to grow, particularly if the bottle is left in a warm or sunny area. Microbes thrive in environments that are warm, moist, and rich in leftover nutrients from saliva. Symptoms of bacterial contamination can include a slimy coating inside the bottle, a musty or sour odor, or even an odd flavor. Opened bottles of water should be consumed within a day or two and kept in a cool place.

Myths vs Facts: Common Misconceptions About Bottled Water Safety

The safety of bottled water is related to various myths. The majority of PET plastic bottled water containers are BPA-free, despite the widespread belief that all plastic bottles emit BPA. Another misconception is that drinking warm water can make you sick right away. Although it's not ideal, heat exposure for a brief period usually doesn't turn water hazardous. However, prolonged heat exposure or inadequate cleanliness may result in actual hazards, like the slow leaching of chemicals or bacterial growth in repurposed bottles. Knowing the distinction between chronic abuse and sporadic exposure is crucial. Any possible health concerns are significantly decreased by single-use handling and proper storage.

Safe Storage Tips for Bottled Water

Although taste may deteriorate over time, unopened bottles can be stored safely for months or even years. To prevent bacterial growth, bottled water should be drunk within 1-2 days of opening and stored in a refrigerator. Water should be thrown out if it starts to taste, smell, or become hazy. Avoid drinking from bottles that have been reused without being cleaned or left in hot weather, as these situations may increase the possibility of infection.

Alternatives to Single-Use Bottles: A Safer and Greener Approach

Reusable bottles are a safer and more environmentally responsible option than single-use plastics. Glass and stainless-steel bottles are preferable for everyday use since they are long-lasting, non-toxic, and do not release chemicals even when heated. Many contemporary bottles with UV filters or self-cleaning technologies use ultraviolet light to remove bacteria. These smart bottles are particularly helpful when traveling or engaging in outdoor activities when access to clean water is restricted. To reduce plastic waste, using reusable choices also lessens our exposure to potentially dangerous chemicals present in single-use bottles.

Conclusion: Should We Drink That Bottle Left in the Sun?

Frequent exposure to heat can result in chemical leaching and bacterial growth, especially in opened or reused bottles. Even if drinking water from a bottle left in the sun on occasion may not be harmful right away. Drink opened bottled water within a day or two. Store it in cool, shady areas to be safe. For a safer and more environmentally friendly alternative, move towards reusable, non-toxic bottles. Ultimately, being aware of how heat impacts bottled water enables us to make more environmentally friendly and health-conscious decisions.

Activities @ MNR Golden Kids (Navi Mumbai)

**Diwali and Postal Day Activity
@ MNR Golden Kids G27, Mumbai**



**Diwali and Postal Day Activity
@ MNR Golden Kids G6, Mumbai**



**Diwali and Nutrition Week Activity
@ MNR Golden Kids G3, Mumbai**



**Navratri and Puppet Show Activity
@ MNR Golden Kids G1, Mumbai**



Activities @ MNR Group of Schools

**Diwali Celebrations
@ MNR I-Exceed School, JNTU**



These students secured a spot in the top 10 in the Cycle 3 category. With over 2,100 participants from 72 schools across the UAE, this achievement is highly commendable. The final top 3 placements will be announced live during the Awarding Ceremony on 19 Nov 2025 @ Mantena American School, Dubai



**Navratri Celebrations
@ MNR School of Excellence, BHEL**



**Animal Parade Activity
@ MNR Golden Kids, G5**



**Meraki Activity
@ MNR School of Excellence, Kamothe**



**Happy Halloween Day
@ MNR I-Exceed School, JNTU**



Activities @ MNR Group of Schools

**Children's Day Celebrations
@ MNR High School, Chintal**



**Animal Parade Activity
@ MNR School of Excellence, Mehadipatnam**



**Diwali Celebrations
@ MNR High School, BHEL**



**Puppet Show Activity
@ MNR High School, BHEL**



**Kho Kho Competition Activity
@ MNR School of Excellence, Sangareddy**



**Dr. APJ Abdul Kalam & Masst Monsoon Activity
@ MNR International School, Palaspe**



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

ACTIVITIES @ MNR COLLEGE OF PHARMACY

An insightful session on Higher Education Opportunities for Pharmacy Students in Ireland delivered by Prof. Ronan Syron, International Officer, Munster Technological University, Ireland.



Celebrating National cGMP Day on 10/10/2025, highlighting quality, safety, and compliance in pharmaceutical manufacturing.



Celebrating Sardar Vallabhbhai Patel Jayanthi on 31st October 2026 with respect and remembrance for the Iron Man of India



National Unity Day, 31st October 2025 - A tribute to unity, patriotism and the enduring legacy of Sardar Vallabhbhai Patel.



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

The Department of Radiology, SMHS, MNR University celebrated the International Day of Radiology 2025 with enthusiasm and academic spirit, recognizing the invaluable role of radiology in modern healthcare.



MNR PG College organized Chemistry Awareness Week (CAW) from October 21–25, 2025, featuring interactive events, demonstrations, competitions and activities under the theme “Foods That Cheat Can’t Be Treats – Mix and Fix with Chemistry Tricks.”



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

Shri Ravi Varma Mantena, Vice-Chairman, MNR Educational Trust and Chancellor, MNR University, visited the Mohamed Bin Zayed University of Artificial Intelligence (MBZUAI) in Abu Dhabi, UAE, the world's first dedicated AI University. The visit aimed to explore collaborative opportunities, understand cutting-edge advancements in AI education and strengthen international academic relations





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

