MNR INFOCUS

Enriching the innerself

October 2026

MNR's IN-HOUSE MAGAZINE







Deeksharambh: An **Induction Programme** was successfully conducted by **School of Allied Healthcare Sciences (SAHS)** to welcome the new students. The programme was graced by **Sri M. S. Ravi Varma Mantena,** Vice-Chairman, MNR Educational Trust and Chancellor, MNR University along with the **Vice Chancellor, Dean of Students' Welfare, Dean of SAHS, Principal, faculty and students.** The programme marked an inspiring beginning to the students' academic journey, encouraging them to pursue excellence in healthcare education and professional practice.

Empowering Dreams:

World Students' Day

"Dream, dream, dream. Dreams transform into thoughts and thoughts result in action" - Dr. A.P.J. Abdul Kalam

World Students' Day, celebrated on October 15th, honor the potential of students worldwide. This day marks the birthday of Dr. A.P.J. Abdul Kalam, India's former President and a renowned scientist. Known as the "Missile Man of India," Dr. Kalam devoted his life to inspiring young people to follow their dreams. He emphasized the importance of hard work, knowledge and service.

World Students' Day recognizes your efforts as students and celebrates the power of education in shaping a brighter future. His words remind students to be fearless in dreaming big and committed to turning those dreams into reality.

Today, students are not just learners but also the future leaders and innovators. You will face big issues like climate change, equality and global peace. By dedicating yourselves to learning, you're building the skills needed to tackle these challenges.

World Students' Day encourages a lifelong love for learning and curiosity. It reminds us to see education not as a burden but as a powerful tool for change. Believe in yourself and know the world believes in you too.

STUDY TODAY FOR A BRIGHTER TOMORROW.....!!



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

ACTIVITIES @ MNR MEDICAL COLLEGE & HOSPITAL

MNR Medical College & Hospital hosted a programme in association with the Telangana Eye, Organ & Body Donors Association to create awareness about the importance of eye donation, organ donation, and body donation.





MNR Medical College & Hospital conducted an educational programme on Breast Cancer: Approach & Management, focusing on early detection, timely diagnosis, treatment options, and comprehensive patient care.





MNR Medical College & Hospital celebrated the White Coat Ceremony for its MBBS students, marking a significant milestone in their journey toward becoming medical professionals.







THE FINAL BATTLE BETWEEN RAMA AND RAVANA

Ravana's sons were dead, his brothers were dead, his friends were dead and his soldiers were dead or dying. The towers were burning, the walls were crumbling and the streets were filled with corpses. The women and children were crying for their dead people. Once Lanka was a beautiful city with gardens, buildings of golden towers, but it had become a city of ghosts and widows.

Ravana worshipped Shiva and Kali for victory. He made offerings and sacrifices to them. But his offerings were with fear to get blessing for his wrong doings and to gain things through Adharma.

Rama also worshipped Shiva and Kali with 108 blue lotus flowers. His offerings were for Dharma to get back his wife, Sita, who was abducted by Ravana.

Ravana finally decided to face the enemy. Just at that time, Mandodari, wife of Ravana, entered the Pooja room and begged Ravana, "Just give back Sita to Rama".

"No", said Ravana, stubborn as ever.

Ravana's march to the battle field was grand, with chariots, flanked by elephants and soldiers. But there was no enthusiasm on the faces of the soldiers. They were gloomy. Ravana was holding bows and arrows in his twenty hands and eyes of his ten heads were razing with anger.

Rama was ready to face his enemy. But his army was only simple monkeys. There were no chariots, horses and elephants. Rama and Lakshman were with simple arrows and bows. They were riding on the shoulders of monkeys.

In Kailash, Shakti asked Shiva, “Rama and Ravana, both invoked you. Who do you really support? Who will win the war”.

Shiva answered Shakti, “Both. Of course, Rama will win because, he shall make Ravana realize and open his eyes to know Dharma. Ravana will also win by understanding Dharma and opens his eyes.”

Rama had been shooting his arrows at Ravana, each time one of his heads was severed and as a surprise it was replaced immediately.

Vibhishana, brother of Ravan, whispered to Rama and Lakshman that a pot of nectar, gifted by Brahma was hidden in Ravana’s navel and it kept him alive. He told them to shoot at the navel to break it. Ravana watched Vibhishana whisper and he roared in rage.

Rama was hesitant to shoot at the navel of Ravana, as it was not acceptable as per war principles. But Lakshman and Rama were ready with their arrows and suddenly shot arrows simultaneously, without knowing each of them were aiming at Ravana. Lakshmana’s arrow struck at Ravana’s navel, breaking the pot and making Ravana vulnerable and Rama sitting on Hanuman’s shoulders, shot his Brahmastra, that ripped through Ravana’s heart. For everyone’s surprise Ravana fell on the ground, chanting `Ram’. Rama sat at the feet of dying Ravana and did `Namaskara`. Then Ravana said “I know all the Vedas, Sastras, all the hymns and rituals. I know you are Vishnu, and you receive by simply giving. I am happy to die in your hands.”

The war lasted for nine days and Ravana was killed on the ninth night or Navaratri culminating with Vijaya–Dashami, the victorious tenth day (Dussehra).



Physiotherapy in Pregnancy: Evolving Trends in Maternal Care

Introduction

Pregnancy involves significant physiological and musculoskeletal changes that can affect a woman's posture, mobility, pelvic floor function and overall physical well-being.

Anatomy

The pelvis forms the bony framework supporting and protecting the pelvic organs. During pregnancy, it undergoes biomechanical adaptations to accommodate the growing uterus and facilitate childbirth.

The uterus is a muscular pelvic organ that enlarges substantially during pregnancy to accommodate the developing foetus, influencing posture and lumbopelvic loading.

The pelvic floor muscles, mainly the levator ani and coccygeus, support the pelvic organs and contribute to continence, pelvic stability and childbirth.

Common Conditions During Pregnancy

1) Low back pain
2) Pelvic girdle pain
3) Urinary incontinence
4) Diastasis recti
5) Pelvic floor dysfunction
6) Carpal tunnel syndrome
7) Leg cramps
8) Postural changes
9) Sacroiliac joint pain
10) Sciatica

Role of physiotherapy in pregnancy:

Antenatal care

a) Therapeutic exercises – Strengthening, mobility and flexibility exercises.

b) Pelvic floor training – Improves pelvic floor strength and coordination.

c) TENS – May be used for low-back pain when clinically appropriate.

d) Breathing & relaxation techniques – Promote relaxation and support preparation for labour.

e) Postural correction and ergonomic advice

Post natal care

Pelvic floor exercises – Improve strength and functional control.

Core strengthening – Supports abdominal and lumbopelvic stability.

Breathing and relaxation exercises – Improve core–pelvic floor coordination.

Manual therapy – Helps manage postpartum musculoskeletal pain and soft-tissue restrictions.

Progressive functional exercises – Facilitate safe return to daily activities and physical fitness

Conclusion

Physiotherapy during pregnancy helps manage pain, maintain physical fitness, improve pelvic floor function, support posture and mobility, and prepare women for childbirth and postpartum recovery.





Hanta Virus: An Emerging Zoonotic Threat

From animals to humans — awareness can save lives.





Ms. Madain Mahewash
Tutor, Dept. of Pharmacy Practice
MNR College of Pharmacy

Introduction

In recent years, emerging infectious diseases have become a major concern worldwide. Among these, Hantavirus infection is a serious zoonotic disease that has attracted the attention of researchers and healthcare professionals due to its high mortality rate and potential public health impact. Hantaviruses are primarily transmitted from rodents to humans and can cause severe respiratory and renal illnesses. Although relatively rare, hantavirus infections can be life-threatening, making awareness and preventive measures extremely important.

What is Hantavirus?

Hantaviruses are enveloped, negative-sense single-stranded RNA viruses belonging to the family Hantaviridae. They are primarily maintained in rodent populations, with each hantavirus species usually associated with a specific rodent host. Unlike many viral diseases, rodents generally remain asymptomatic carriers while continuously shedding the virus into the environment.

Humans become infected accidentally through contact with contaminated rodent excreta, making hantavirus a classic example of a zoonotic disease

Definition

Hantavirus is a rodent-borne zoonotic virus that can cause severe respiratory and kidney diseases in humans. It is transmitted primarily through exposure to infected rodent urine, faeces, or saliva and is recognised as an important emerging infectious disease worldwide. In humans, they can cause two major diseases:

1. Hantavirus Pulmonary Syndrome (HPS): Affects the lungs (common in the Americas)

2. Hemorrhagic Fever with Renal Syndrome (HFRS): Affects kidneys (more common in Europe and Asia)

History

The history of hantavirus dates back to the early 1950s during the Korean War. More than 3,000 United Nations soldiers stationed in Korea developed a mysterious illness characterized by high fever, bleeding tendencies, and kidney failure. The disease was initially known as Korean Haemorrhagic Fever.

In 1978, Korean scientist Dr. Ho Wang Lee successfully isolated the causative virus from the striped field mouse (Apodemus agrarius). The virus was named Hantaan virus after the Hantan River in South Korea, near the area where many cases had occurred.

A major breakthrough in hantavirus research occurred in 1993 when an outbreak of severe respiratory illness was reported in the Four Corners region of the United States, where Arizona, New Mexico, Colorado, and Utah meet. Investigations led to the discovery of a new hantavirus known as the Sin Nombre virus, which caused Hantavirus Pulmonary Syndrome (HPS). Since then, numerous hantavirus species have been identified across Asia, Europe, and the Americas, expanding our understanding of this important zoonotic pathogen.

Transmission

The virus is mainly transmitted through inhalation of aerosolized particles contaminated with rodent urine, faeces, or saliva. Human infection may also occur through direct contact with contaminated materials, rodent bites, or ingestion of contaminated food.

Individuals at increased risk include farmers, forestry workers, laboratory personnel, campers, military personnel, and people cleaning rodent-infested buildings. Human-to-human transmission is extremely rare and has been documented only with certain strains such as the Andes virus in South America.

Clinical Manifestations

Hantavirus infections are responsible for two major clinical syndromes:

1. Hantavirus Pulmonary Syndrome (HPS)

HPS occurs primarily in North and South America and affects the lungs. Initial symptoms include fever, fatigue, headache, muscle pain, nausea, vomiting, and abdominal discomfort. Within a few days, patients may develop coughing, shortness of breath, and rapid respiratory failure due to fluid accumulation in the lungs. The mortality rate of HPS ranges from 30–40%.

2. Hemorrhagic Fever with Renal Syndrome (HFRS)

HFRS is more common in Asia and Europe and mainly affects the kidneys. Symptoms include high fever, severe headache, abdominal pain, low blood pressure, bleeding manifestations, and impaired kidney function. Severe cases may progress to acute renal failure and shock.

Pathogenesis

One of the unique features of hantavirus infection is that the virus does not directly destroy infected tissues. Instead, it infects endothelial cells lining blood vessels and triggers an exaggerated immune response. This immune activation causes increased vascular permeability, allowing plasma to leak into surrounding tissues.

The resulting capillary leakage leads to pulmonary edema in HPS and kidney injury in HFRS. Researchers consider endothelial dysfunction and immune-mediated damage to be the primary mechanisms responsible for disease severity.

Diagnosis

Early diagnosis is challenging because initial symptoms resemble common viral infections such as influenza. Laboratory findings may include thrombocytopenia, leukocytosis, elevated liver enzymes, proteinuria, and impaired kidney function.

Common diagnostic techniques include:

i. Enzyme-Linked Immunosorbent Assay (ELISA)

ii. Reverse Transcription Polymerase Chain Reaction (RT-PCR)

iii. Detection of specific IgM and IgG antibodies

A history of rodent exposure often plays a crucial role in diagnosis.

Treatment

Currently, no specific universally approved antiviral therapy exists for hantavirus infection. Treatment is mainly supportive and focuses on maintaining respiratory and circulatory function.

Management may include:

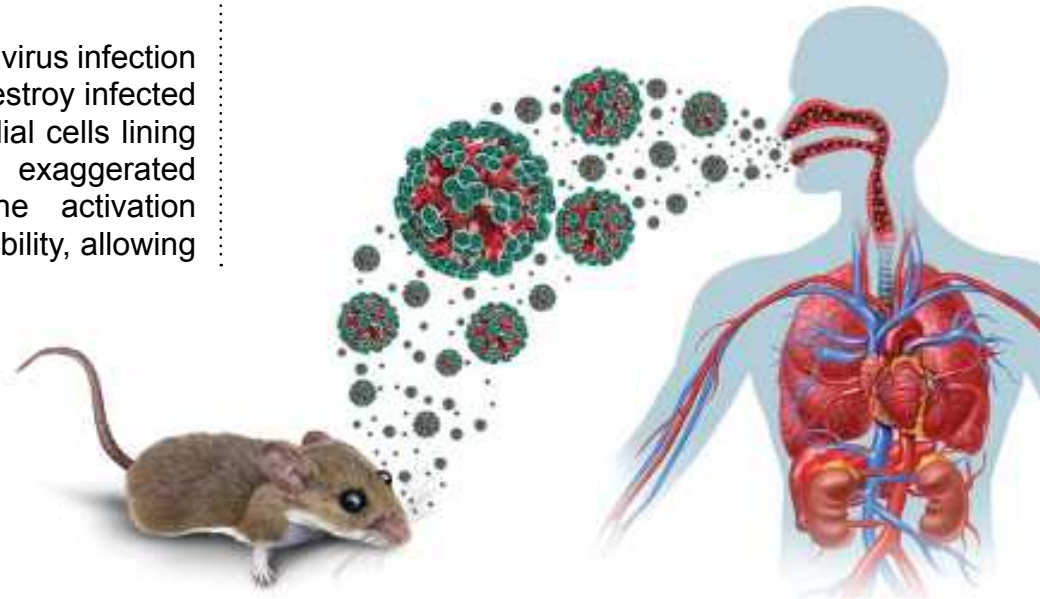
i. Oxygen therapy

ii. Mechanical ventilation

iii. Fluid and electrolyte management

iv. Intensive care support

v. Hemodialysis in severe renal involvement



The antiviral drug ribavirin has shown some benefit in selected HFRS cases when administered early.

Prevention and Control

As there is no widely available vaccine for global use, prevention remains the cornerstone of disease control.

Preventive measures include:

- Reducing rodent populations around homes and workplaces
- Sealing cracks and openings in buildings
- Proper storage of food and waste
- Maintaining cleanliness in living environments
- Wearing protective equipment while cleaning rodent-infested areas
- Before cleaning contaminated areas, disinfectants should be applied to minimize aerosolization of infectious particles.

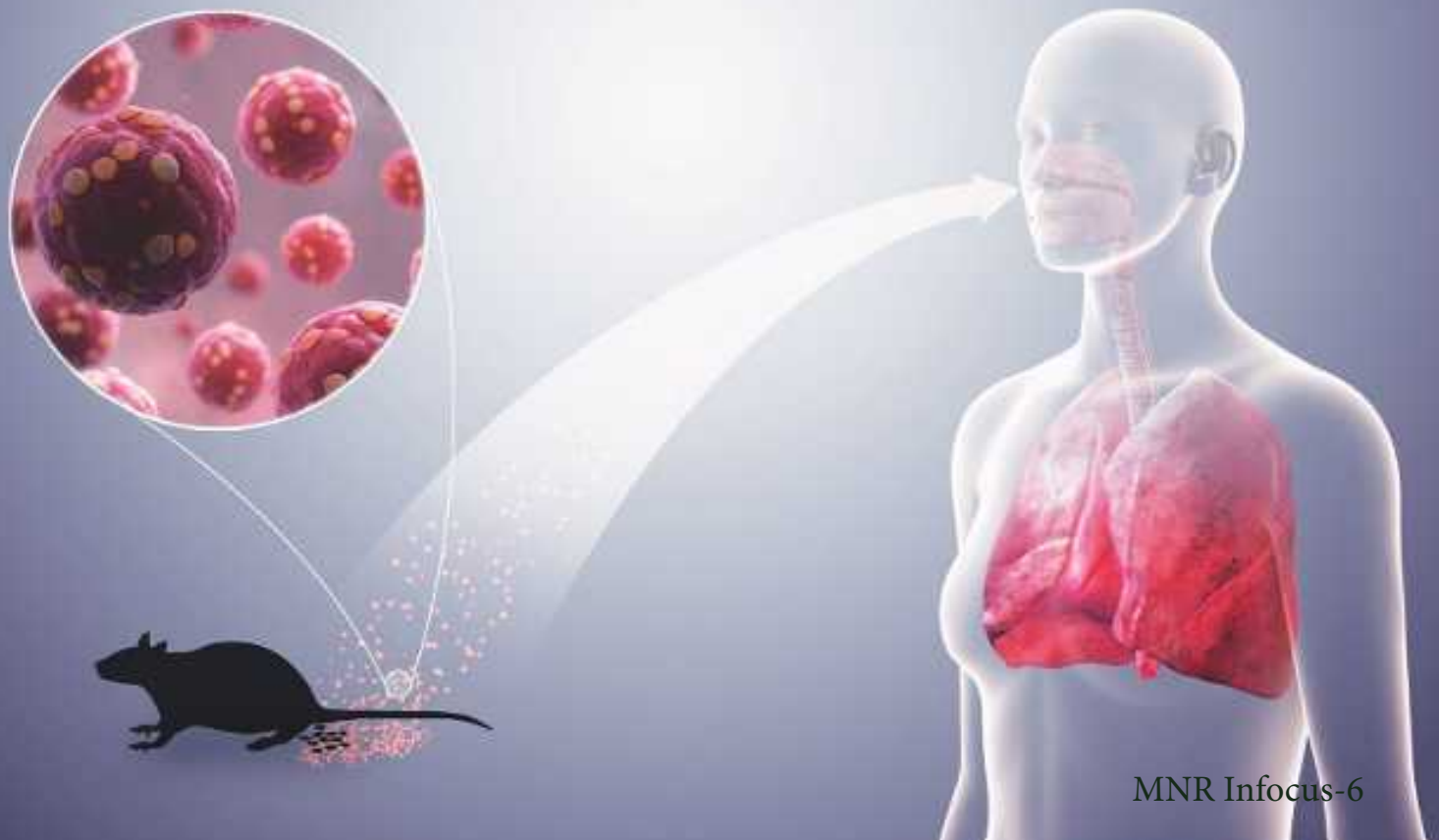
Statistical Analysis

Hantavirus infection is a rare but potentially life-threatening zoonotic disease. Globally, an estimated 10,000–100,000 cases occur annually, with most cases reported in Asia and Europe. China accounts for the largest number of Haemorrhagic Fever with Renal Syndrome (HFRS) cases worldwide.

The mortality rate varies depending on the type of infection. HFRS has a mortality rate ranging from less than 1% to 15%, whereas Hantavirus Pulmonary Syndrome (HPS) has a higher mortality rate of approximately 30–40%. Adults aged 20–50 years are most commonly affected due to increased exposure to rodent-infested environments.

Current Research and Future Perspectives

Researchers are actively exploring new approaches for the prevention and treatment of hantavirus infections. Areas of investigation include monoclonal antibodies, antiviral drugs, DNA vaccines, mRNA-based vaccines, and therapies aimed at reducing vascular leakage and excessive immune responses. Advances in molecular virology and immunology continue to improve our understanding of hantavirus pathogenesis and may lead to more effective therapeutic options in the future.



THEME:2026 "LIVED EXPERIENCES HEARED: REAL VOICES, REAL CHANGES"

WORLD MENTAL HEALTH DAY – 10th OCTOBER 2026

Introduction

World Mental Health Day is observed every year on 10th October to spread awareness about mental health and its importance in our daily lives. It aims to educate people and encourage them to take care of their mental well-being.

History

This day was first celebrated in 1992 by the World Federation for Mental Health, with the support of the World Health Organization (WHO). Since then, it has become a global movement to highlight mental health issues and promote better care and support.

Importance of Mental Health

Mental health is as important as physical health. In today's stressful lifestyle, many people face problems like anxiety, depression, and emotional stress. Ignoring mental health can affect studies, work, relationships, and overall quality of life.

Role of Awareness

Creating awareness helps in reducing stigma and encourages people to speak openly about their problems. Early support, counseling, and a healthy lifestyle can improve mental well-being.

Conclusion

On this World Mental Health Day, let us pledge to support one another, spread positivity, and create a healthy and supportive environment for all.

"Take care of your mind, it matters."





Activities @ MNR Golden Kids (Navi Mumbai)

Solid & Water Pouring Activity & Ganesh Chaturthi Celebrations @ MNR Golden Kids G02, Mumbai



Gandhi Jayanthi & Ganesh Chaturthi Celebrations @ MNR Golden Kids G6, Mumbai



Ganesh Chaturthi Celebrations @ MNR Golden Kids G19, Mumbai



Krishnastami & Ganesh Chaturthi Celebrations @ MNR Golden Kids G01, Mumbai



Teachers Day & Ganesh Chaturthi Celebrations @ MNR Golden Kids G21, Mumbai



Solid & Water Pouring Activity & Ganesh Chaturthi Celebrations @ MNR Golden Kids G03, Mumbai



Activities @ MNR Group of Schools

Grand Parents Day Activity
@ MNR I-Exceed School, JNTU



Ganesh Chaturthi Celebrations
@ MNR I-Exceed School, JNTU



Dussehra and Bathukamma Celebrations @ MNR School of Excellence, Mehadipatnam





Krishnastami & International Peace Day Celebrations
@ MNR School of Excellence, Kamothe



Teachers Day & Ganesh Chaturthi Celebrations
@ MNR International School, Palaspe



Activities @ MNR Group of Schools

Bathukamma Celebrations @ MNR School of Excellence, BHEL





Spell Bee Competetion
@ MNR School of Excellence, Sangareddy



Teachers Day Celebrations
@ MNR School of Excellence, Sangareddy



Bounce Paint Activity
@ MNR High School, BHEL



Outside Sports Competition Conducted by SGFI at
Zonal Level, Serilingampally @ MNR High School, BHEL



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

ACTIVITIES @ MNR UNIVERSITY

MNR University envisions a transformative future for higher education through its Institutional Architecture for 2047, focusing on academic excellence, innovation, research, digital transformation, and sustainable development.





MNR University and MNR Dental College celebrated Bathukamma with great enthusiasm, embracing the rich cultural heritage and traditions of Telangana. The celebrations featured vibrant floral arrangements, traditional festivities, and a spirit of unity and togetherness.









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

BATHUKAMMA CELEBRATIONS @ MNR CAMPUS

MNR Campus celebrated the vibrant festival of Bathukamma with great joy, enthusiasm, and festive spirit. The celebrations embraced the rich cultural heritage and traditions of Telangana, bringing students, faculty, and staff together in a colorful display of unity and togetherness.













ACTIVITIES @ MNR COLLEGE OF PHARMACY

MNR College of Pharmacy celebrated World Pharmacists Day with a focus on the theme "Swastha Bharat – Combating Antimicrobial Resistance."







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
- Campus Placements with top recruiters
- Research Opportunities to ignite your passion
- 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

MNR UNIVERSITY
Futuristic Education

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