

MNR

iNFOCUS

Enriching the innerself

September 2026

MNR's IN-HOUSE MAGAZINE



Inauguration Ceremony of MNR Learning Hall Complex & MNR Clinova-Advanced Skill and Simulation Lab was held on 17th September, 2026 at the MNR University Campus, Sangareddy. The ceremony was graced by Hon'ble **Chief Guest Sri C. Damodar Rajanarsimha**, Minister for Health, Medical & Family Welfare, Science and Technology, Government of Telangana, **Dr. N. Vani**, Director of Medical Education (DME), **Smt. Nirmala Jagga Reddy**, Chairperson, Telangana Industrial Infrastructure Corporation Limited (TGIIC), along with **Chief Patron Sri M. N. Raju**, Chairman (MNR ET) & President (MNRU) and Patron **Sri M. S. Ravi Varma Mantena**, Vice-Chairman (MNR ET) & Chancellor (MNRU). Various Heads, Faculty, Staff and Students of MNR Group were also present on this significant occasion.

A proud milestone in strengthening medical education, experiential learning and advanced clinical skills training at **MNR Medical College & Hospital**, Sangareddy.

World OZONE



Protecting Our Ozone,
Protecting Our Future

NE Day

Every year on September 16, we celebrate World Ozone Day, a reminder that the sky above us is more than just blue – it is a shield called the ozone layer that protects us from harmful rays of the sun. Without it, life on Earth would struggle to survive.

Ozone is like Earth's invisible umbrella – take care of it, and it will take care of you

This day teaches us that saving the ozone is not just a duty, but a responsibility. When we use eco-friendly products, reduce plastic, save electricity, and plant more trees, we give our planet a chance to breathe.

What we do today decides the sunlight of tomorrow

As students, you are the torchbearers of tomorrow's world. Your small actions like switching off lights, cycling instead of using vehicles, or saying no to sprays that harm the air can make a big difference.

Ozone saved is future gained

Let us pledge to protect our skies, so that the sun always shines safely and brightly on us. Together, we can make Earth greener, cleaner, and happier.

The Earth is not ours to waste, it is ours to guard

Your generation holds the key to a brighter, greener tomorrow. Let us dream of skies that are clear, air that is pure, and sunlight that is safe. Protecting the ozone is not just about today, it is about gifting a safer planet to the future.

"A hole in the ozone is a hole in our home"

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MNR's In-House Magazine

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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 MEDICAL COLLEGE & HOSPITAL

National Sports Day was celebrated with great enthusiasm at MNR Medical College & Hospital, promoting fitness, teamwork, sportsmanship, and the importance of a healthy lifestyle.



MNR Medical College & Hospital proudly inaugurated its state-of-the-art Simulation Lab, marking a significant step towards enhancing hands-on medical education and clinical skill development.



Structuring the Study Plan



Sri M N. Raju
Chairman
MNR Educational Trust



A planned or a well-structured activity, by means of its orderliness, always brings better results, more satisfaction and thereby increase the confidence level and wholesome happiness rather than an unplanned activity. So is the case with a structured study plan. Since it has a defined process to be diligently followed, there is every certainty about achieving the positive result as expected.

Need for structuring the study plan:

Making study is generally felt to be a difficult task since it involves a lot of mental activity which includes analyzing things, make reasoning, develop ability to discriminate and differentiate good from evil, useful things from useless things, drawing conclusions from the observed facts and so on. That is why students always try to depend on their mentors for guidance instead of trying to develop their own skills needed for independent way of making study through the use of self-learning techniques. As long as the learners are spoon-fed by their teachers or mentors, the learners fail to cultivate and develop their self-learning techniques. Hence, there is every need for all students to structure their study plan as early as they enter their school studies.

Salient points to be kept in view while structuring/preparing the Study Plan

While structuring/preparing the Study Plan, the following important points may be kept in view.

- 1. Time Management:** While structuring the study plan the most important point to be kept in view is the time management. The available time has to be equitably distributed and allotted to the different subjects/topics to be studied. Sufficient time shall be allocated to deal with the difficult subjects and topics without leaving them till the last minute. Equal importance and time shall be devoted to learn the concepts, for revising topics/chapters and for practising the application of the concepts.
- 2. Making study shall not be burdensome:** The Study programme shall be planned in such a way that making study shall not be felt either burdensome or bogged down by the books all day and night.
- 3. Have stress busters:** Some time may be set apart for stress busters and recreational activities for energizing and rejuvenating oneself during the course of the intensive study programme.
- 4. Set goals:** Generally, students get side tracked by distractions. In order to get motivated,, it is mandatory for every student to list out both the long-term and short-term goals on a sheet of paper and read them frequently and assess oneself whether he/she proceeding in right direction in reaching the goals set.
- 5. Have belief in oneself:** Most of all, every student should have strong belief in himself/herself to the

effect that he / she would work hard with total concentration strictly adhering to the study plan prepared and achieve success in hitting the target.

A model Structure of the Study Plan.

The following are the steps involved in the time tested model structure of the study plan that can be implemented by the students of all classes from Primary level to PG level.

1. Read the content with thorough understanding
While reading the content of a topic or a chapter, one has to keep good concentration so as to thoroughly understand what he/she is going through.

2. Analyse the content by framing suitable questions and arriving at answers from the content. Questions like the following may be framed keeping in view the content that has been thoroughly understood so as to analyse the content.

a) What does the topic mean?

b) What are the main components involved?

c) What are the things related to the topic and how are they related to each other?

d) What are the limitations of the main item in the content?

e) How are the various things discussed under the topic useful to mankind?

f) Why is it necessary to know and learn about the various things related to the topic?

and so on....

3. Draft the questions and answers and thus prepare a Question Bank together with answers or prepare notes on the important points of the content.

4. Memorize the Questions and Answers or the Notes so prepared. Memorizing the Questions and Answers or the notes is not rote-memorizing since the notes or the Questions and Answers are memorized by the individual student after thorough understanding and analysing the content. More over, for memorizing the notes or Questions and Answers so prepared by the same individual, it will take considerably less time and the individual will not forget the same easily.

5. Reproduce the same notes or Questions and Answers and check with the original. The notes or Questions and answers so prepared by the individual student when reproduced it on paper will enable him/her to get all the important analysed information imprinted in his/her mind and the individual will not forget the same so easily. When the reproduced information is checked with the original the individual student gains confidence regarding his / her thoroughness gained on the topic. This also helps him/ her to make self assessment and thereby the confidence level of the individual increases.

Advantages of the Structured Study Plan

The student will be SETFREE from the burden of making study when the study plan is well structured to successfully achieve the desired goals.

The following are the main advantages of the Structured Study Plan.

S- It will have Set goals.

E - Effective time management is its most important feature.

T - The student can Take break whenever it is needed.

F - The student will Follow self-evaluation techniques.

R - There is scope for Revising the things periodically.

E - The structured study plan Eliminates unnecessary stress.

E - It ensures Effective performance in examinations.

Thus, a well structured study plan will certainly enable the students to perform their prime job of making thorough study successfully and gain mastery of not only the subject learnt but also the independent way of self-learning which will go a long way in making a complete man in life.

Teachers' Day

Introduction

Teachers' Day is a special day dedicated to honouring and appreciating teachers for their valuable contribution to the lives of students and to society. In India, Teachers' Day is celebrated every year on 5th September. It is celebrated on the birth anniversary of Dr. Sarvepalli Radhakrishnan, who was a great teacher, philosopher, scholar, and the first Vice-President and second President of India.

History of Teacher's Day

Dr. Sarvepalli Radhakrishnan was born on 5th September 1888. He was a highly respected teacher and philosopher. He believed that education was essential for the development of individuals and society. When Dr. Radhakrishnan became the President of India, some of his students and friends wanted to celebrate his birthday. Instead of allowing them to celebrate his birthday, he suggested that the day should be observed as Teachers' Day to honour teachers.

Importance of Teachers

Teachers are one of the most important influences in a student's life. They do much more than teach lessons from textbooks. They help students develop knowledge, skills, confidence, discipline, and good character. A teacher helps students: Understand difficult subjects and concepts. Develop good habits and discipline. Identify their talents and abilities. Develop confidence and communication skills. Learn the importance of honesty and responsibility. Face difficulties and challenges positively. Become responsible citizen Teachers also encourage students when they fail and motivate them to try again. Their advice and guidance can influence a student's future career and personal life.

Message on Teacher's Day

Teachers' Day gives us an opportunity to express our sincere love, respect, and gratitude towards our teachers. Teachers are not only the people who teach us lessons from textbooks, but they are also our guides, mentors, motivators, and role models. They help us understand the difference between right and wrong and encourage us to become better individuals.

A teacher's words of encouragement can give a student the confidence to overcome difficulties. When students face failure, teachers motivate them to learn from their mistakes and try again. They patiently explain difficult concepts, listen to students' problems, recognise their talents, and guide them towards the right path.

Conclusion

Teachers' Day is a meaningful occasion to recognise the dedication and contribution of teachers. Teachers are the people who help shape the minds and character of future generations. Their guidance, patience, encouragement, and knowledge have a lasting impact on students.



Ms. Ruth Mercy Sumitha
PROFESSOR

MNR College of Nursing



ADVERSE DRUG REACTIONS (ADRs)



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An adverse drug reaction is a response to a drug which is noxious and unintended and which occurs at doses normally used in man for prophylaxis, diagnosis, or therapy of the disease. Adverse drug reactions (ADRs) are a cause of significant morbidity and mortality to patients and a source of financial burden to the healthcare system; it is believed that approximately 26% of all hospitalizations are due to adverse drug reactions, 15-30% of hospitalized patients experience adverse drug reaction, drug attributed deaths occur in 0.01% of surgical inpatients and in 0.14% to 0.17% of medical inpatients, risk of allergic reaction is about 1-3% in the general public.

DOCUMENTING AND REPORTING ADVERSE DRUG REACTIONS Should we document adverse drug reactions?

Yes, the purpose of documenting is to prevent future injuries for the patients. New adverse drug reactions are often discovered when drugs are used in larger or in different populations than

studied during initial clinical trials. This typically occurs within 3 years of entering the market. Therefore, documentation and reporting becomes a crucial element in clarifying the side effect profile of a drug. Preventing adverse drug reactions: While some ADRs are unpredictable – such as anaphylaxis in a patient after one previous uneventful exposure to a penicillin-containing antibiotic – many are preventable with adequate foresight and monitoring. Preventability (or avoidability) usually refers to when the drug treatment plan is inconsistent with current evidence-based practice or is unrealistic when taking known circumstances into account.¹⁰ Epidemiological studies tend to find that between a third and a half of ADRs are (at least potentially) preventable although preventability is much easier to diagnose in hindsight. However, interventions that reduce the probability of an ADR occurring can be an important way to reduce the risk of patient harm.

S.N O	MOST COMMONLY USED DRUGS	INDICATION	ADVERSE DRUG REACTION
1	Esomiprazole	GERD,erosive reflux esophagitis, prevention of relapse of esophagitis and helps in eradication of H.Pylori associated peptic ulcer	Hyperprolactinaemia (occurs when the pituitary gland produces too much prolactin, a hormone that stimulates milk production after giving birth)
2	Co-trimoxazole	Treatment of respiratory tract infection,urogenital infections, G.I tract infections	FDE (fixed drug eruption)a type of skin reaction characterized by recurring lesions at the same location after re exposure to a specific medication
3	Mefenamic acid	Treatment of rheumatoid arthritis, osteoarthritis, dysmenorrhoea	DRESS SYNDROME (drug reaction with eosinophilia and systemic symptoms)
4	Cefuroxime	Antibiotic,for lower and upper respiratory tract infections	AGEP (acute generalized erythematous pustulosis) a severe cutaneous adverse drug reaction characterized by the rapid development of non follicular, sterile pustules on an erythematous base ,often drug induced
5	Dutasteride+Tamsulosin	Benign prostatic hyperplasia	palpitation
6	Nimesulide	Inflammatory condition including joint disorders such as rheumatoid arthritis,post traumatic and post operative painful condition and fever	FDE (fixed drug eruption type of skin reactions characterized by recurring lesions at the same location after re exposure to a specific medication)
7	Gentamicin,vancomycin	Antibiotics	Nephrotoxicity Ototoxicity
8	ACE INHIBITORS, CALCIUM CHANNEL BLOCKERS	ANTI HYPERTENSIVES	Hypotension, Electrolyte abnormalities, Acute kidney injury, Dry cough, Hypotension, Bradycardia, Wheeze in asthmatics, Worsens acute heart failure, Hypotension, Bradycardia
9	Heparins Warfarin	ANTICOAGULANTS/ANTI-PLATELETS	Haemorrhage(especially if renal failure or<50kg) heparin induced thrombocytopenia
10	DIGOXIN AMIODARONE	ANTIARRHYTHMICS	Nausea,vomiting and diarrhoea, blurred vision,confusion and drowsiness,xanthopsia(disturbed yellow /green visual perception including halo vision) Interstitial lung disease
11	Lithium	MOOD STABILIZERS	Early tremors Immediate tiredness Late arrhythmias, seizures, coma, renal failure,diabetes insipidus

12	Haloperidol Clozapine	ANTIPSYCHOTICS	Dyskinesias, e.g acute dystonic reactions, drowsiness, agranulocytosis
13	Dexamethasone Prednisolone	CORTICOSTEROIDS	Stomach ulcers, thin skin, edema, heart failure, osteoporosis, hyperglycaemia, clushing syndrome
14	Ibuprofen	NSAIDS	Renal failure, systolic dysfunction, asthma, indigestion, dyscrasia
15	Simvastatin	STATINS	Myalgia, abdominal pain, increased ALT/AST, rhabdomyolosis

Classification of ADRs:

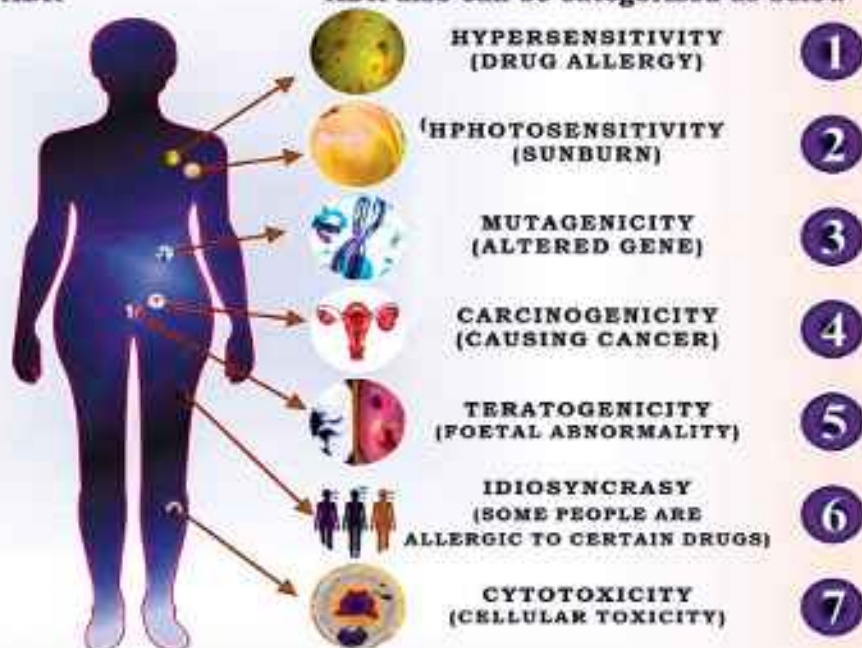


ADVERSE DRUG REACTIONS

Alphabetical Classification of ADR

- 1 A - Augmented
- 2 B - Bizarre
- 3 C - Chronic
- 4 D - Delayed
- 5 E - End of use
- 6 F - Failure of therapy

ADR also can be categorized as below



Activities @ MNR Golden Kids (Navi Mumbai)

Celebrated Independence Day & Raksha Bandhan @ MNR Golden Kids G02, Mumbai



Modelling Activity & Raksha Bandhan Celebrations @ MNR Golden Kids G6, Mumbai



Celebrated Independence Day & Raksha Bandhan @ MNR Golden Kids G12, Mumbai



Insect Day Activity & Raksha Bandhan @ MNR Golden Kids G01, Mumbai



Insect Day Activity & Celebrated Independence Day @ MNR Golden Kids G20, Mumbai



Insect Day Activity & Celebrated Independence Day @ MNR Golden Kids G03, Mumbai



Activities @ MNR Group of Schools

**National Sports Day Activity
@ MNR I-Exceed School, JNTU**



**Celebrated Krishana Janmashtami Activity
@ MNR I-Exceed School, JNTU**



**Telugu and Hindi Diwas
@ MNR High School, BHEL**



**Celebrated Teacher's Day
@ MNR School of Excellence, Mehadipatnam**



**Celebrated Independence Day & National Sports Day
@ MNR School of Excellence, Kamothe**



**Field trip to Police Station Activity
@ MNR I-Exceed School, JNTU**



Activities @ MNR Group of Schools

Celebrated Krishana Janmashtami
@ MNR School of Excellence, BHEL



Celebrated Krishana Janmashtami
@ MNR School of Excellence, Mehadipatnam



Celebrated Krishana Janmashtami @ MNR School of Excellence, Sangareddy



Field trip to Nehru Cenetuary Tribal Museum
@ MNR High School, BHEL



Lord Ganesha Making Activity
@ MNR High School, BHEL



Teachers Day Celebrations @ MNR Group of Schools

Celebrated Teachers Day @ MNR School of Excellence, BHEL



Celebrated Teachers Day @ MNR I-Exceed School, JNTU



Celebrated Teachers Day @ MNR School of Excellence, Sangareddy



Teachers Day Celebrations @ MNR Group of Schools

Celebrated Teachers Day @ MNR High School, BHEL



Celebrated Teachers Day @ MNR International School, Palaspe



Celebrated Teachers Day @ MNR School of Excellence, Kamothe



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

Teachers' Day was celebrated with great enthusiasm at MNR HERA Campus, honouring the dedication, guidance, and inspiring contributions of our teachers in shaping the future of young minds.



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

ACTIVITIES @ MNR UNIVERSITY

MNR University Celebrates Engineers' Day with great enthusiasm, recognizing the spirit of innovation, creativity, and excellence in engineering.



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

ACTIVITIES @ MNR COLLEGE & SCHOOL OF NURSING

Onam Celebrations were held with great joy and enthusiasm at MNR College & School of Nursing, bringing together students and faculty to celebrate the spirit of unity, tradition, and togetherness.



ACTIVITIES @ MNR HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL

Bonalu Celebrations were held with great devotion and enthusiasm at MNR Homeopathic Medical College & Hospital, bringing together students and faculty to celebrate the rich cultural traditions of Telangana with joy and togetherness.



MANTHENA AMERICAN SCHOOL, SHARJAH

The school conducted a comprehensive Staff Orientation Session to prepare faculty and staff for the upcoming academic year. The session focused on fostering team collaboration, effective communication, and professional preparedness, while ensuring that all staff members were aligned with key academic initiatives, institutional objectives, and shared goals.



Manthana American School recently hosted an engaging Health Education Session featuring a visiting nutritionist who guided students on the importance of maintaining healthy eating habits. The session focused on helping students understand the impact of processed and junk foods and encouraged them to make healthier dietary choices. Students were advised to stay well-hydrated by drinking adequate water, include fresh juices and fruits in their daily diet, and minimize the consumption of unhealthy foods.



Manthana American School celebrated World Literacy Day with enthusiasm, engaging students in a variety of reading activities and encouraging them to share their favourite literary works. The celebration highlighted the importance of reading, knowledge, and literacy in a student's overall development.



MANTHENA AMERICAN SCHOOL, SHARJAH

Our Admissions Team conducted an engaging outreach program at Al Zahia Mall and City Centre Sharjah, connecting with prospective families and introducing them to Manthena American School. Through interactive discussions, visitors had the opportunity to learn more about our academic programs, modern facilities, campus infrastructure, and admission procedures. The initiative provided a valuable platform for families to explore the educational opportunities offered by the school and interact with our admissions team.



Manthena American School observed Peace Day with students engaging in creative activities centered around the themes of peace, unity, and harmony. As part of the celebration, students created thoughtful and inspiring artwork that reflected their understanding of peaceful coexistence and the importance of building a harmonious community.





MNR UNIVERSITY

Futuristic Education

Why Choose MNR University !

The University of the Future: Where Quality Meets Affordability

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

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

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



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

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

Campus Facilities and Student Support

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

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

Why Choose MNR University !

Futuristic University - Your Launchpad for a Successful Career

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



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

Unlock Your Future Potential

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

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

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

MNRU Scholarships and Financial Support

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

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

For complete details, please contact the Admissions Team

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