

# MNR

# iNFOCUS

*Enriching the innerself*

June 2025

MNR's IN-HOUSE MAGAZINE



A delegation from the **US Consulate General**, Hyderabad, led by **Ms. Emilia Smith**, Public Diplomacy Officer, visited **MNR University**, Sangareddy, on June 11, 2025. Their interaction was led by **Shri. Ravi Varma Mantena**, Chancellor, MNR University, Vice-Chancellor, Registrar and the leadership team. **Ms. Emilia Smith** appreciated the University's vision and expressed support in fostering collaborations with the US institutions. **Mr. Senthil Thirupathi**, Public Engagement Specialist and **Ms. Nausheen Ali**, Education Outreach & English Language Programmes Coordinator, have enriched the gathering with their valuable perspectives.



# Father's Day

## Celebrating Our Everyday Superheroes

Every year, the third Sunday of June is celebrated as Father's Day, a special occasion to honor the silent heroes of our lives, our fathers. From fixing toys to wiping our tears, they are our first teachers, our protectors and our biggest cheerleaders.

*"A father is someone you look up to no matter how tall you grow."* This beautiful quote reminds us that dads are role models who shape us with love, discipline, and care.

Every father is different and may not always express their love with words. Some crack jokes, some give wise advice, some listen more than they speak. But every dad has one thing in common: a heart full of love.

Some fathers are strict, some funny, and some quiet, but all are precious in their own ways. They teach us how to ride a bicycle, how to be brave and how to always stand up for what's right.

On this Father's Day, let's take a moment to say thank you to our dads. A simple hug, a handmade card, or even a heartfelt "I love you" can light up their world.

Celebrate the joy of having someone who never gives up on you. Whether your father is near or far, remember his love always lives in your heart.

Let us all grow into kind, strong, and loving people - just the way our fathers taught us.

*"Happy Father's Day to every dad - you are truly one in a million."*



## Editorial.....

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

## ACTIVITIES @ MNR Dental College & Hospital

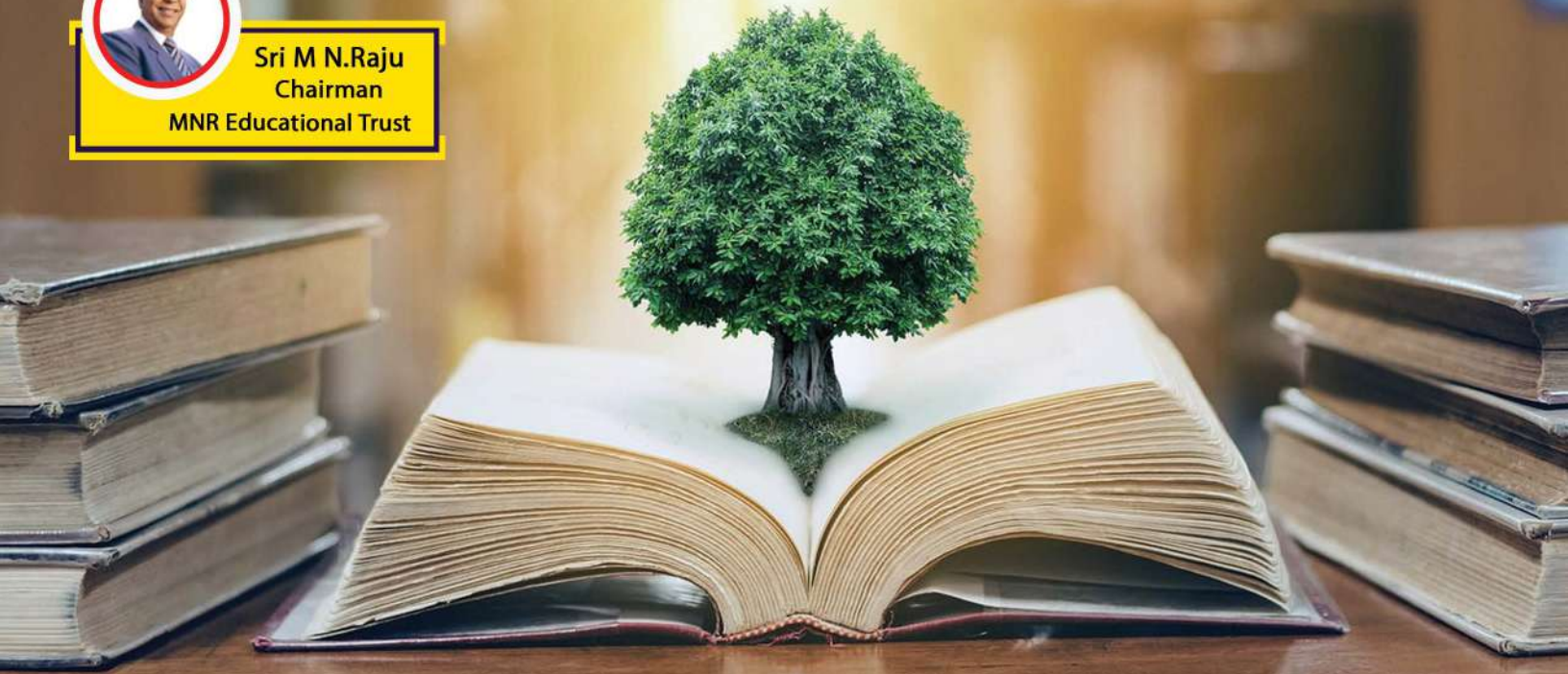
MNR Dental College & Hospital observed World No Tobacco Day on 27<sup>th</sup> May 2025, raising awareness about the harmful effects of tobacco and promoting a tobacco-free future.







**Sri M N. Raju**  
Chairman  
MNR Educational Trust



## A QUESTION GIVES LIFE TO YOUR KNOWLEDGE

Since pre-historic days, India was a country of great importance for science, technology, education astronomy, mathematics, trade and commerce, spirituality, high social life standards and richness. Out of ten important religions of today's world, seven were born in India. Great literature, art and culture etc. enriched Indian culture. Great universities with thousands of foreign and native students flourished in ancient India. Well established democracy ruled the kingdoms of India. The Vedas and the Vedic Culture were the phenomenal contributors for India's greatness and they had become light-houses for the world.

### **Then what had happened to India? What is India today?**

India failed in retaining its past glory. It was a dark period for almost 2000 years.

Generally, it is said that India's failure started with the invasions by the outside rulers and with the imposition of the British rule. It may be correct for a little extent. But the trouble started much earlier. The downfall of India had much more earlier history even before the invasions and colonial rule.

India lost its scientific temperament because education had become 'a faith' not 'a question'. Faith does not allow science to grow. Question only allows science to grow. Where there is no question there is no science. Where there is no question, there is no education. Where there is no question there is no reasoning ability. Only faith, that too blind faith, destroys everything.

The people who have only blind faith are unable to understand the whole truth. Truth can be understood by questioning and by reasoning.

About 2000 years ago in India, a system had evolved in the Gurukulas that before a disciple ask 'Why?' he should have maturity for asking questions. One should know 'Dharma', knowledge and fundamentals etc. then only one was allowed to question. The complete problem started there:-

- One should condition his mind to obey and to receive whatever was told.
- This made the disciple only to listen, to respect though he could not understand.
- He had to think that the Guru was the supreme knowledge giver.
- All the principles of Dharma could be understood first.
- After several years of such obedience there was no scope for question but only to have blind faith.
- Knowledge is based on scientific theory, not on blind faith.
- Another problem of blind faith was the "caste and family" system based education. A genius of lower caste was not eligible for education. But a stupid of higher caste was eligible. The woman was completely barred from education. This had also happened because of blind faith and because of question "why" was not applied.

India lost its great glory since it had forgotten '**Question**'. **India was once a motivator, but now India is an imitator.**

Know that "question" is the father of Science and the mother of "Research".

The 'Question' mark gives life to a new sentence, but the fullstop ends the life of a sentence.

A question is more powerful than an answer. You may not have all answers, but you must have good questions and ultimately your questions are starting point for any kind of development.

### **Rudyard Kipling said:**

"I keep six honest serving-men  
(They taught me all I knew)  
Their names are What and Why and When  
And How and Where and Who  
I send them over land and sea,  
I send them east and west;  
But after they have worked for me,  
I give them all a rest".

Kipling called the six wonderful question words his Six Serving Men. The last two lines of the verse are equally important – after these Six Serving Men have helped you get all the required information, you must give them all a rest and work on your own, using your intuition and inner voice to arrive at the answer. The answer you finally get will change your life.

So, one right question asked at the right time can change the direction of our life.

The question is your only gate way to acquire knowledge.





# EFFECT OF WALKING ON CARDIOVASCULAR SYSTEM

## Introduction

Walking is a very simple way to maintain or improve your cardiovascular health. It's free. You don't need any special skills or equipment. It's one of the safest ways to be active, and it comes with many additional mental and physical benefits. "Walking has been essential to human health and survival, from the hunter-gatherer tradition to working on farms. But we've been living a sedentary lifestyle the past 100 years, and it's led to higher rates of heart disease, stroke, heart attacks, high blood pressure or hypertension, and high cholesterol.

## How is walking good for your heart?

The cardiovascular benefits of regular walking include:

- Lower cholesterol
- Lower blood pressure
- Lower risk of premature death
- Improvements in the health of your arteries
- Prevention of weight gain.

How much do I need to walk?



start with short, less intense walks. Then progressively increase the duration and pace over time. recommendation of at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise per week. You start with simple 10-minute strolls 4 days a week, including a warmup and cool down. You increase your duration and intensity gradually to 35 minutes of brisk walking 5 days a week. Although, we hear a lot about walking 10,000 steps a day, you don't have to hit that number to achieve benefits. "Any walking is better than not walking. If 10,000 steps are too overwhelming a goal, you might think it's not even worth it to try. But studies show that even with 4,000 steps, people are deriving benefits.

## Stay motivated

Even the best intentions get hindered by boredom and repetition. But to stay on track, there are some simple steps you can take:

- Make it interesting by walking in new

locations or listening to a book or podcast while you walk.

- Partner up with a friend or group who will help keep you accountable.
- Schedule your workout and add it to your calendar so that you won't schedule work meetings, doctor's appointments or anything else during that time.
- Set a goal, such as walking a 5k or half-marathon to guide your walking and training.
- Walk to a destination about 15 minutes away, such as a coffee shop, a friend's house or a grocery store and then walk back home.

### **The Cardiovascular Benefits of Walking**

Brisk walking, a typically moderate-intensity form of physical activity, offers numerous benefits for cardiovascular health. Our heart is a muscle in which the primary function is to circulate blood throughout our body. Like any other muscle in our body, it is important to maintain the heart's strength to ensure its functions properly. Increasing our heart rate, through walking, helps to strengthen our heart muscle. Additionally, walking can be an effective strategy in lowering blood pressure, reducing LDL cholesterol levels, improving insulin sensitivity, and reducing or maintaining healthy weight, which are all crucial to reduce the risk of heart disease. Walking improved various CVD risk.

### **Lowering Blood Pressure:**

Hypertension is a common concern for heart patients, but walking can play a pivotal role in managing and even lowering blood pressure. Engaging in regular walking has been shown to enhance the flexibility of blood vessels, enabling them to expand and contract more effectively. This, in turn, contributes to a reduction in blood pressure levels, lessening the risk of heart-related complications.

### **Improving Cholesterol Profiles:**

Walking might seem like a simple activity, but

its impact on cholesterol levels is remarkable. Regular walking has the potential to raise the levels of "good" HDL cholesterol while decreasing levels of "bad" LDL cholesterol. This balancing act is crucial for heart health, as it minimizes the buildup of plaque within arteries, reducing the chances of atherosclerosis and heart attacks.

### **Managing Weight and Diabetes:**

Maintaining a healthy weight is crucial for heart patients, and walking is a gentle yet effective way to achieve this goal. Combined with a balanced diet, regular walking can aid in weight management by burning calories and boosting metabolism. Additionally, walking can improve insulin sensitivity, making it a valuable tool for managing diabetes – a condition often linked to heart issues.

### **Reducing Stress and Anxiety:**

Physical health and mental well-being are deeply intertwined, and walking has the power to positively influence both. Engaging in regular walks releases endorphins, the "feel-good" hormones, which can alleviate stress, anxiety, and depression. For heart patients, managing these emotional factors is pivotal, as heightened stress levels can contribute to heart strain.

### **Only Additional Benefits:**

It can boost energy and mood; help you think more clearly. Improve your sleep, prevent other diseases, such as diabetes, dementia, and some cancers and infectious diseases, reduce inflammation throughout the body, reduce stress, strengthen bones.

"All these health issues interact with each other. Patients who have obesity are more likely to have high blood pressure, and patients who have high blood pressure are more likely to have diabetes, sleep apnea, and depression. And they're at higher risk of cancer and premature death. "Walking improves all of those issues, which eventually leads to better health."





# BAKRID (EID AL-ADHA)



Dr. SRIRAMULA VIJAYA KUMARI  
Assistant Professor

MNR College of Nursing

**Introduction** Bakrid, also known as Eid al-Adha, is a significant Islamic festival celebrated globally, commemorating Prophet Ibrahim's willingness to sacrifice his son Ismail as an act of devotion to God.

## The story of Bakrid

Bakrid traces its history to 4,000 years ago, when the Prophet Abraham saw God in a dream, commanding him to sacrifice what he loved the most. He is said to have had an only son, Ismail (until another was born to Sarah, when he and she were long past the age of reproduction). After much thought, he decided to sacrifice Ismail.

The next morning, he told his son that they were going to offer a sacrifice to God on Mount Morea.

They took fuel-wood and a fire-pot and embarked on the long trek. There, both father and son set up an altar, and when the son asked where the animal for sacrifice was, Abraham replied "God will provide it".

## Importance of Eid-ul-Adha

### 1. Commemoration of Sacrifice

The festival remembers Ibrahim's unwavering faith and his willingness to sacrifice his son, demonstrating his deep devotion to God.

### 2. Symbol of Obedience and Trust:

Eid al-Adha emphasizes the importance of obedience to God's command and trusting in His plan.



### 3. Charity and Service:

The act of Qurbani (sacrificing an animal) is followed by distributing the meat to the poor and needy, highlighting the importance of helping those in need.

### 4. Climax of Hajj:

Eid al-Adha concludes the Hajj pilgrimage, a journey to Mecca that is one of the five pillars of Islam, making it a time of profound spiritual reflection.

### 5. Spiritual Reflection:

Eid al-Adha is a time for Muslims to reflect on their faith, renew their commitment to Islam, and consider ways to improve their lives and serve others.

### 6. Social and Communal Celebration:

Eid al-Adha is a time of joy and togetherness, with families and communities gathering to celebrate, exchange gifts, and share meals.

### Rules & Practices followed during Eid-ul-Adha

#### 1. Qurbani (Sacrifice):

**Animal Requirements:** The animal must be a healthy, adult sheep, goat, cow, bull, or camel.

**Islamic Law:** The slaughter must be performed by a Muslim, and Allah's name must be pronounced during the process.

**Sharing the Meat:** The meat is traditionally divided into three portions: one for the family, one for friends and neighbors, and one for the poor.

**Timing:** Qurbani is performed after the Eid prayer.

#### 2. Eid Prayer (Salat al-Eid):

**Mandatory:** Performing the Eid prayer is a key part of the celebration.

**Congregation:** The prayer is typically performed in a large gathering at a mosque or open space.

#### 3. Etiquette and Traditions:

**Ghisl (Shower):** Muslims often take a shower before the Eid prayer.

**Breakfast:** It's customary to eat before going to the prayer.

**New Clothes:** Wearing new or nice clothes is a

tradition.

**Visiting and Gifts:** Friends and family are visited, and gifts are exchanged.

**Saying Takbir Tashriq:** Reciting Takbir Tashriq (special prayers) after each prescribed prayer is a recommended practice.

**Taking Different Routes:** Muslims sometimes walk to the mosque by one route and return by another.

**Congratulatory Greetings:** Offering congratulations to each other is a common practice.

#### 4. Other Observances:

**Zakat:** Some Muslims may also give Zakat (charity) during Eid al-Adha.

**Helping the Needy:** Many Muslims make an effort to assist those in need during this time.





# Activities @ MNR Golden Kids (Navi Mumbai)

**Summer Activity  
@ MNR Golden Kids G01, Mumbai**



**Admissions Activity  
@ MNR Golden Kids G12, Mumbai**



**Admissions Activity  
@ MNR Golden Kids G02, Mumbai**



**Jai Maharashtra Activity  
@ MNR Golden Kids G19, Mumbai**





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

## ACTIVITIES @ MNR COLLEGE OF PHARMACY

Vibrant Annual Day Celebrations 2025 at MNR College of Pharmacy — a joyful showcase of talent, achievements, and student spirit.





# UNICEF Chief visits MNR University on June 13, 2025, and commends the impactful “Genius Child Movement” initiative.





# MANTHENA AMERICAN SCHOOL, SHARJAH

Graduation Day Ceremony of Kindergarten and Grade 8 students at Manthena American School held on 1<sup>st</sup> June 2025 — a proud milestone celebrated with joy and enthusiasm.





# MNR GROUP OF SCHOOLS

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Through  
Education & Health....*