

March 2025

MNR's IN-HOUSE MAGAZINE

EMINENT
INTERNATIONAL
FACULTY



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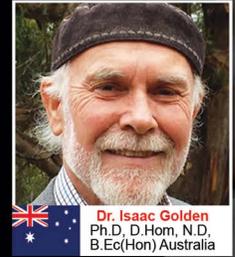
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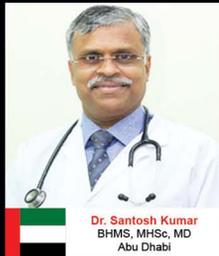
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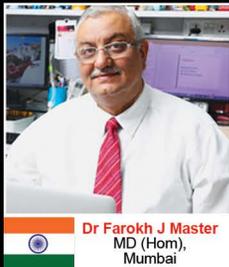


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Pride Moments from Nexus 2K25: An International Homeopathic Conference, where experts and pioneers gathered at MNR Homeopathic Medical College & Hospital, Sangareddy on 1st & 2nd Feb, 2025. A milestone event focused on "Pioneering the Future of Evidence-Based Homoeopathy"

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#AccelerateAction

International Women's Day



Every year on March 8th, we celebrate International Women's Day, a tribute to the strength, resilience and achievements of women across the globe.

As Michelle Obama once said, "There is no limit to what we, as women, can accomplish."

Women have made remarkable strides in politics, science, business and beyond, yet challenges persist. Equal opportunities in education, employment, and leadership pave the way for a more just world.

"We cannot all succeed when half of us is held back," Malala Yousafzai rightly stated.

From Marie Curie to Malala, from homemakers to CEOs, every woman is a catalyst for change. From homes to boardrooms, from classrooms to parliaments, women are shaping the future.

"There is no force more powerful than a woman determined to rise," said W.E.B. Du Bois, and history proves him right. Yet, the path to equality is still under construction.

This Women's Day, let's not just celebrate, we must act. Let's uplift, support and stand in solidarity with women, not just today but every day. A world that empowers women is a world that thrives.

Editorial...

Happy International Women's Day!

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INFOCUS

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INFOCUS

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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 celebrated Traditional Day with the vibrant event, Khushrang



MNR Dental College & Hospital celebrated the MNRDC - EKATVA 2025 Annual Day. The event marked a memorable occasion with various festivities and activities.



MNR Dental College & Hospital organized the Sports Meet, Lakshya. The event featured exciting competitions and enthusiastic participation from students.



MNR Dental College & Hospital hosted its Annual Day celebration, Aavirbhav. The event was filled with engaging performances and memorable moments.





Sri M N. Raju
Chairman
MNR Educational Trust



THE ELEPHANTS IN A BOTTLE

The Pandavas lost their Kingdom in dice game, played by Sakuni, the maternal uncle of the Kauravas. The game was not a fair game. Sakuni used the dice which were loaded with evil spirits. The Pandavas, with their wife, Draupadi were forced to spend twelve years in the forest (Aranyavasa) and one year in exile (Agnathavasa).

They had spent twelve years in the forest with the Rishies learning so many things cheerfully. Within these twelve years Arjuna could do a lot, preparing himself for the Mahabharatha Battle, which he expected at the end of their exile. He did spend all these years acquiring great weapons and missiles like Pasupathastra and many more from Lord Shiva and Devendra.

The thirteenth year of exile had come and it would be more dangerous than the twelve years of Aranyavasam. All the five Pandavas and their wife, Draupadi, were to disguise themselves and spend their one year of exile. If they were identified as the Pandavas within this one year of exile by the Kauravas, again

they would be forced to spend another spell of twelve plus one year in exile as had been imposed by the Kauravas.

They had long deliberations about their hiding place for the twelve months of Agnathavasa. Finally they had selected the Matsya country of King Virata.

The king Virata was a man of virtues and had a lot of respect for the Pandavas. So they decided and it would be the best to live incognito in Virata's Kingdom.

All six of them disguised themselves in different roles and dresses, went to the kingdom of Matsya, each one independently, and sought employment from the king Virata.

Yudhishtira, dressed like a Sanyasi called Kanaka went to Virata and told him that he was well versed in astrology and the Vedas. He told that he was an expert in dice game too. He had also told that he served the Pandavas when they were ruling Indraprasta. The king employed him in his court.

Bhima dressed like a cook and named himself as valava. He sought employment as the royal cook. The king was happy since Bhima promised the royal family that he would prepare dainty food as it was not done by anyone else.

Now it was the turn of Arjuna. He turned himself in the guise of a eunuch called as Brihannala and began to serve the ladies of the royal family as a dance teacher and as a beautician. He prepared to use the curse given by Urvasi, an Apsara, and he felt that it would hold good for the purpose.

Nakula was happy to look after the horses of Virata, as he knew all about the horses. He also told Virata that he was incharge of all the horses of the Pandavas. He was called as Damagranth. Sahadeva sought to work as the care-taker of cows and bulls of Virata and assumed the name Tantipala.

Draupadi was a princess and the daughter of the king and queen of Indraprasth. All the five brothers had tears in their eyes as she was worthy of all reverance. But, she became Sairandhri, to serve the queen of Matsya.

All six of them were great. They were respected as virtuous people, mighty warriors, and were loved by the people of Bharatha varsha. They were praised by the Devas, the Apsaras, the Nagas, the Yakshas, the Gandharvas and even by the Rakshasas.

But they became servants in the court of Virata, as if six elephants had been living in a bottle. Their lives as a dice player, a cook, a dancer, a stable keeper, a cowherd, and a servant maid indicate the extreme ends of human life. The stories of the Mahabharata teach many things. The Mahabharata is not a mere epic and the story of a battle between the two groups of cousins; where 18

Akshohinis (11 Akshohinis of the Kauravas and 7 Akshohinis of the Pandavas) had fought for 18 days. About 27,00,000 men (some of them were Gods) had taken part in the battle and they used about 4,00,000 elephants and 19,00,000 horses.

The Mahabharata is itself a world of all possible human personalities and characters. What is not in it, is nowhere. Even after several thousands of years, we come across all such sort of characters and situations in the modern world too. We can see the heights and depths of the person, who misses the trials and tribulations and tragedy and the beauty and grandeur of life.

The Mahabharata is romance, telling the tale of heroic men and women and some who were divine. It is a whole literature in itself. It contains the codes of life, philosophy of social and ethical relations and human problems. But, above all, it has at its core the Bhagavad Gita.

The Bhagavad gita captures the essence of the Vedas and Vedic Wisdom and it is also known as "The Song of God", which reveals the goal of life and the means to achieve it.

(To be continued)



THE HUMAN EYE COLOUR

People say that eyes are the windows to the soul. But it is truly possible that the colour of the eyes can talk about someone's personality. Scientists found that there is a connection between the colour of the eyes and character of a person.

In Humans, Brown eyes are considered as dominant over both blue and green eyes. Green eyes are thought to be dominant over blue eyes. Eye colour depends on the amount of pigment (melanin) found in the iris of eye.

People with Brown eye colour have more amount of melanin pigment where as people with blue and green eyes have very less amount of melanin. The amount of melanin in the iris determines whether we have blue eyes, green eyes, or brown eyes.

Eye Color in Human

What Produces Blue Eye Colour in Humans?

Genetics plays a very important role in determining eye colour. But it's nearly impossible to predict with 100 percent certainty the eye colour of a child simply by knowing the colour of his or her parent's eyes.

Scientists believe that 16 different genes are involved in the inheritance of eye colour. The 2 main genes which are believed to be responsible for eye colour are HERC2 gene and OCA2 gene. The function of these 2 genes is to produce melanin pigment which



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gives brown eye colour but whenever there is a mutation in these genes, they may not produce enough melanin pigment thereby just leaving only blue or green eye colour.

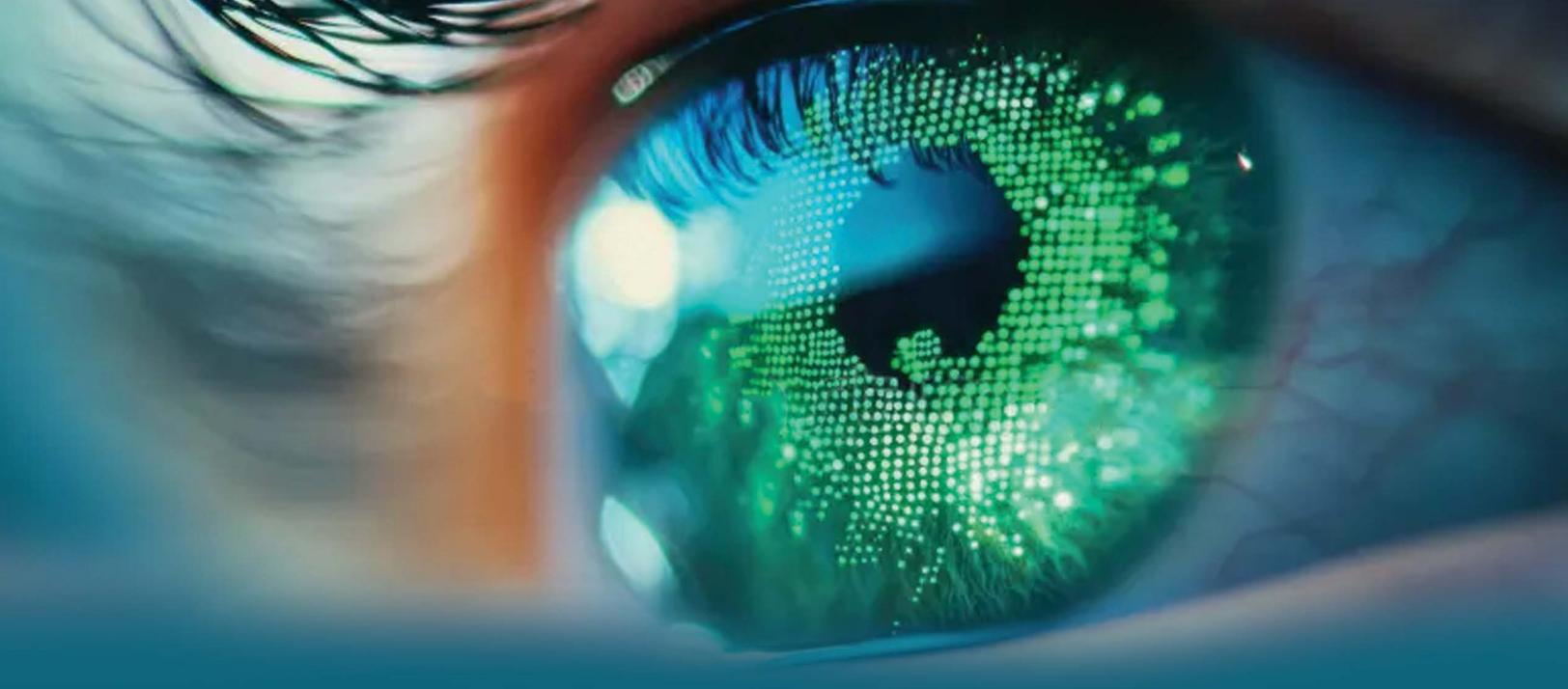
According to an article Tech Insider, research shows that all Blue-eyed people share a common ancestor who lived between 6000 and 10000 years ago. This person exhibited a mutation in HERC2 and OCA2 genes that causes blue eyes.

Geography

Eye colour percentage vary according to the geographical region and country. People with Dark Brown eyes are most commonly found in Asia and Africa and people with green and blue eyes are most seen in Europe and USA.

Blue Eye Colour

The most attractive eye colour is considered to be the blue eye colour. People with Blue eyes are most sensitive to light than Dark coloured eyes since they don't have much melanin pigment. This can make Blue eyed people prone to many eye problems and skin diseases like vitiligo (Loss of skin colour).



Scientists claim that Blue eyed people are usually very Attractive, Passionate, Stable, Reliable and Sensitive.

When babies are born, their eyes may sometimes appear blue while their melanin is still developing. Within about 12 months, cells will begin to produce melanin, and as more melanin builds up in the iris, eye colour may darken.

Brown Eye Colour

The most common eye colour in the world is brown. However, the shades of brown vary greatly depending on the region where someone is born. Brown eyes contain a high level of melanin. The more melanin present, the deeper the colour.

Benefits of Brown Eyes

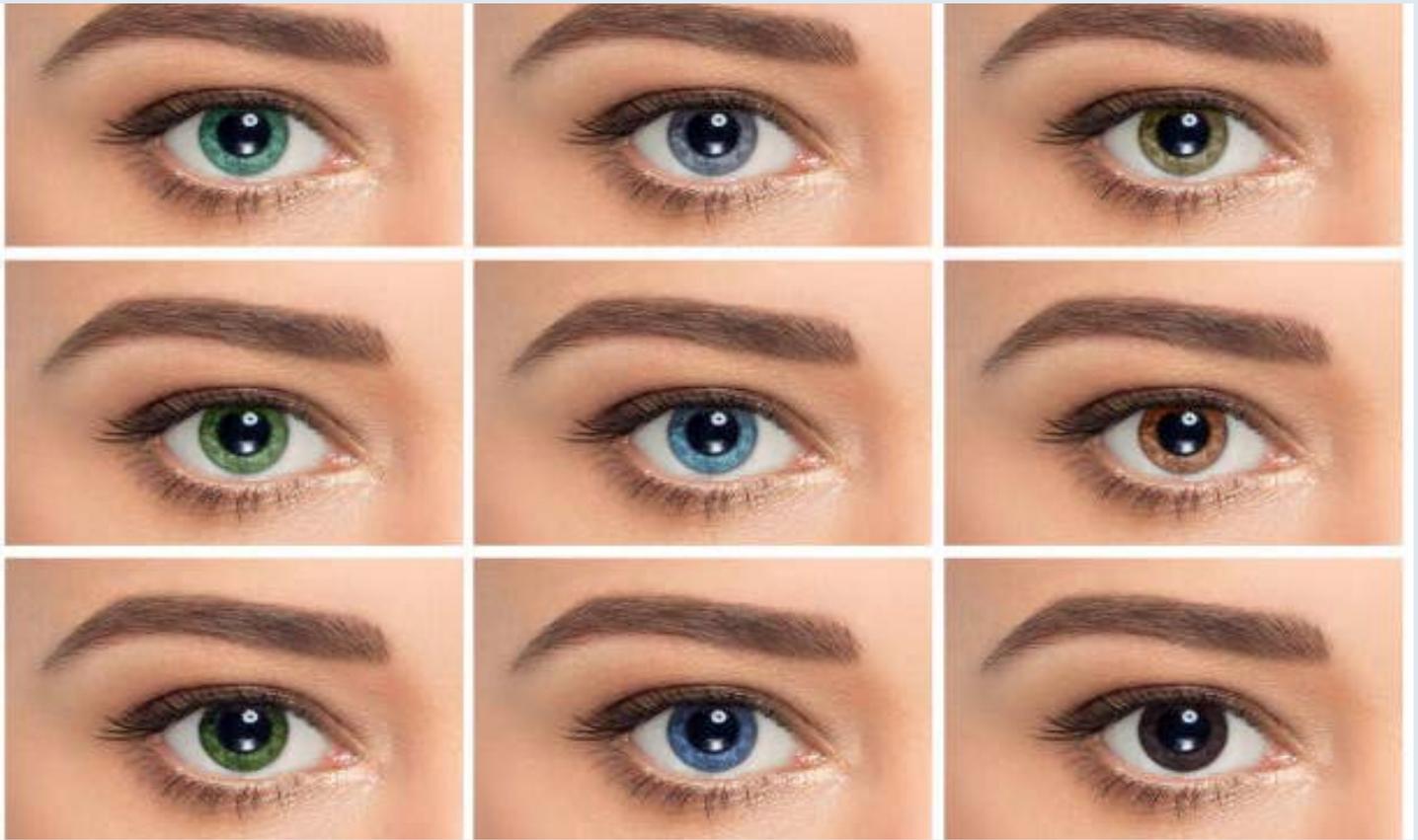
If you have brown eyes, you'll be happy to know that researchers have found the higher melanin content in your eyes is associated with several health benefits.

People with brown eyes may be less vulnerable to certain diseases. For example, people with brown eyes appear less likely to develop age-related macular degeneration than people with light-coloured eyes.

Also, people with brown eyes have a lower risk of Type 1 diabetes and melanoma of the eye, compared with individuals with light blue eyes.

Research at the National Hospital for Neurology and Neurosurgery in London suggests individuals with blue eyes have a higher risk of hearing problems caused by environmental noise pollution compared with co-workers with brown eyes.

Research at the University of Pittsburgh found that women with dark-coloured eyes seemed to experience more pain when giving birth compared with mothers with light-coloured eyes. The women with light-coloured eyes also had less anxiety, depression, negative thoughts, and sleep disturbances than the women with brown eyes.

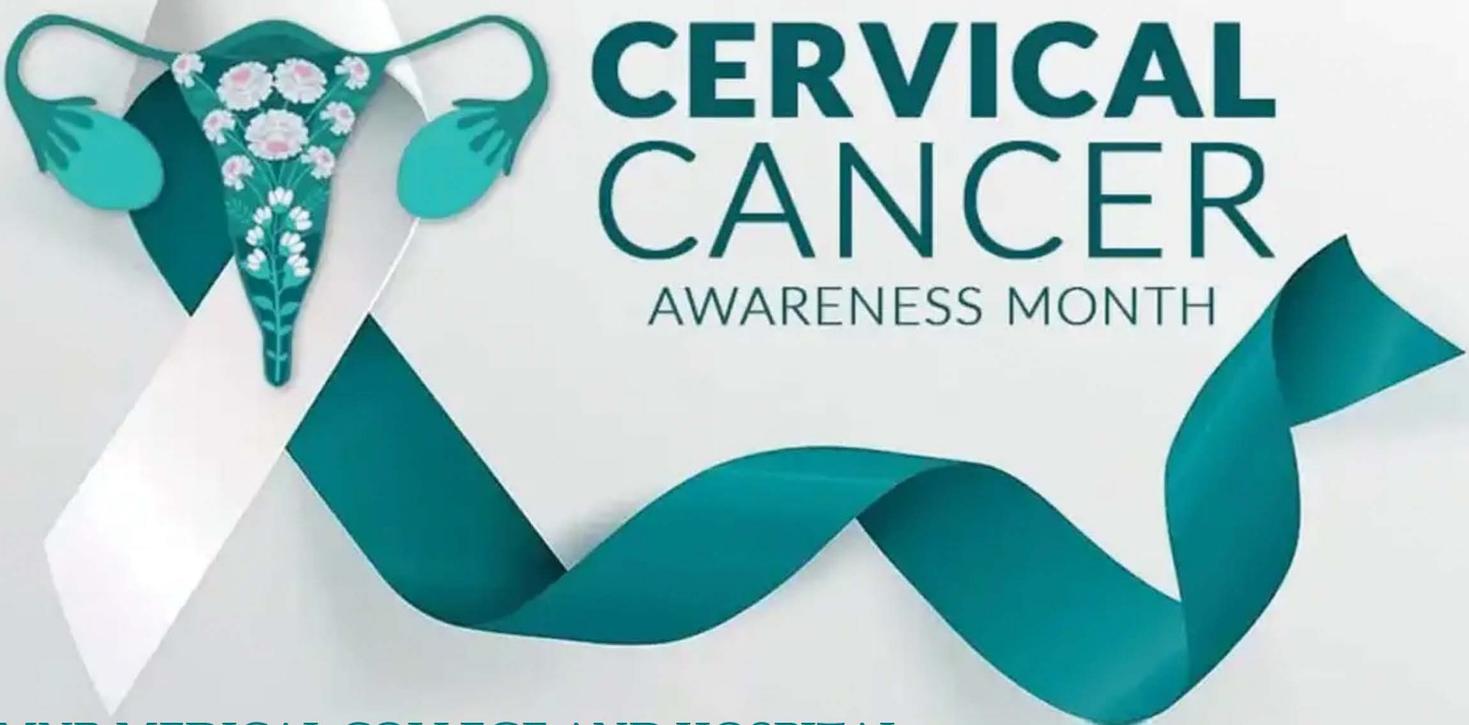


Heterochromia

Heterochromia means “different (hetero-) colours (-chromia).” Usually, the term is used to describe the condition where a person has different coloured eyes — for example: one blue eye and one green eye, green eye,

Heterochromia is not an eye disease, and it does not affect the vision.





CERVICAL CANCER

AWARENESS MONTH

MNR MEDICAL COLLEGE AND HOSPITAL

Department of Community Medicine

Cervical Health Awareness Month, observed every January, is dedicated to raising awareness about the importance of cervical health and the prevention of cervical cancer. This observance aims to educate individuals about the significance of early detection, preventive measures, and available treatment options for cervical health conditions. The month serves as a platform to emphasize the importance of regular screenings and vaccinations that help protect against cervical cancer, which is largely preventable.

Cervical cancer, primarily caused by persistent infection with high-risk types of the human papillomavirus (HPV), remains a leading cause of cancer-related deaths in women worldwide. However, through consistent screening methods like the Pap test (Pap smear) and HPV testing, as well as the HPV vaccine, the incidence and mortality rates of cervical cancer have drastically decreased over the years. Early detection through these preventive measures has proven to be the most effective way to reduce the risks associated with the disease.

Each year, a theme is selected for Cervical Health Awareness Month, and for 2025, the theme is “Prevention, Protection, and

Progress: The Power of HPV Vaccination and Screening.” This theme highlights the critical role that vaccination and regular screenings play in reducing the global burden of cervical cancer. It encourages both women and men (since HPV can affect both genders) to get vaccinated and to make regular visits to their healthcare providers for screenings.

The HPV vaccine, introduced in 2006, has proven to be a powerful tool in the fight against cervical cancer. The vaccine is most effective when administered to young people, particularly before they become sexually active. The vaccine protects against the most common strains of HPV that are linked to cervical, anal, and other cancers. While the vaccine has been shown to significantly reduce the risk of HPV infection and cervical cancer, it is important to note that vaccination alone does not eliminate the need for regular screenings. Pap smears and HPV testing should continue as part of a comprehensive approach to cervical health.

In addition to prevention through vaccination and screening, the 2025 theme also emphasizes the importance of education and community outreach. Increasing awareness about the link between HPV and

cervical cancer can empower individuals to take proactive steps in managing their health. Public health campaigns and educational initiatives play a vital role in encouraging people to discuss cervical health with their healthcare providers, as well as to address any concerns about HPV and its potential risks.

Cervical Health Awareness Month also serves as an opportunity to raise awareness about the global disparities in access to healthcare and cancer prevention services. In many low- and middle-income countries, access to vaccines, screenings, and treatments is limited, leading to higher rates of cervical cancer. International organizations and healthcare professionals are working tirelessly to close these gaps and ensure that women and men worldwide have access to the necessary resources to prevent and treat cervical cancer.

Preventing cervical cancer involves several key strategies that focus on early detection, vaccination, and healthy lifestyle choices.

The most effective preventive measures include:

1. HPV Vaccination: The human papillomavirus (HPV) vaccine protects against the most common strains of HPV that cause cervical cancer. It is most effective when given to individuals before they become sexually active, typically recommended for both boys and girls starting at age 11 or 12. The vaccine significantly reduces the risk of developing cervical cancer later in life.

2. Regular Screening: Routine Pap smears and HPV tests are essential for early detection. Pap smears help identify abnormal cell changes in the cervix before they turn into cancer, while HPV testing can detect high-risk strains of the virus. Women should begin screening at age 21, with frequency based on age and health history.

3. Safe Sexual Practices: Reducing the risk of HPV infection through safe sexual practices, such as using condoms and limiting the number of sexual partners, can help lower the chances of acquiring the virus.

4. Quit Smoking: Smoking increases the risk of cervical cancer. Quitting smoking can reduce this risk significantly, alongside its many other health benefits.

These prevention strategies, when implemented together, can drastically reduce the incidence of cervical cancer, improve long-term health outcomes.



By promoting prevention, protection, and progress in cervical health, Cervical Health Awareness Month not only aims to reduce the incidence of cervical cancer but also empowers individuals to take charge of their health through education, vaccination, and regular screenings. This comprehensive approach is vital to continuing the global fight against cervical cancer and improving outcomes for generations to come.

Awareness session on cervical Cancer at Nandi- Kandi Village



Awareness session on Cervical Cancer at Government School





ADVERSE DRUG REACTION



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MNR COLLEGE OF PHARMACY

Introduction

Adverse drug reactions (ADR'S) 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.

***MOST ADVERSE DRUG REACTIONS ARE NOT REPORTED**

Where to report ?

<http://www.fda.gov/medwatch>

What is an adverse drug reaction (ADR)?

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.

How does an ADR differ from a sideeffect or allergy?

An allergy is an adverse drug reaction mediated by an immune system(e.g.,rash,hives). A Side effect is an expected and known effect of a drug that is not the intended therapeutic outcome.

Medication errors are more common than adverse drug events, but result in harm less than 1% of the time. about 25% of adverse events are due to medication errors .

RECENTLY SUSPECTED DRUGS AND ADVERSE DRUG REACTIONS (Indian Pharmacopoeia Commission, 28th June , 2024)

S.No.	ISSUE DATE	SUSPECTED DRUGS	INDICATION	ADVERSE REACTION
1	27th September 2023	Esomiprazole	GERD, erosive reflux esophagitis, prevention of relapse of esophagitis and helps in eradication of H. Pylori associated peptic ulcer	Hyperprolactinaemia
2	25th October 2023	Co-trimoxazole	Treatment of respiratory tract infection, urogenital infections, G.I tract infections	FDE
3	30th November 2023	Mefenamic acid	Treatment of rheumatoid arthritis, osteoarthritis, dysmenorrhoea	Dress Syndrome
4	27th March 2024	Cefuroxime	Antibiotic, for lower and upper respiratory tract infections	AGEP
5	27th March 2024	Dutasteride + Tamsulosin	Benign prostatic hyperplasia	Palpitation
6	27th March 2024	Nimesulide	Inflammatory condition including joint disorders such as rheumatoid arthritis, post traumatic and post operative painful condition and fever	FDE

Thalidomide Syndrome

Major modern catastrophe that changed professional and public opinion towards medicines was the thalidomide incident, in 1961, it was reported in West Germany that there was an outbreak of phocomelia (hypoplastic and aplastic limb deformities) in the newborn babies, it was shown subsequently that thalidomide, a non-barbiturate hypnotic, was to blame, a crucial period of pregnancy during which thalidomide is teratogenic is the first three months.

THE THALIDOMIDE INCIDENT led to a public outcry, to the institution all round the world of DRUG REGULATORY AUTHORITIES, to the development of a much more sophisticated approach to the preclinical testing and clinical evaluation of drugs before marketing, greatly increased AWARENESS OF ADVERSE EFFECT OF DRUGS AND METHODS OF DETECTING THEM.

Documents 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.

Which type of adverse drug reactions should be documented?

Of particular importance to the FOOD AND DRUG ADMINISTRATION (FDA) are suspected adverse drug reactions for a new drug (i.e. within 3 years of entry to market) and suspected severe adverse drug reactions for any drug, no matter when the drug entered the market. In practice, a good rule of thumb is to document adverse drug reactions that have caused harm or altered therapeutic care and /or where future use of drug may harm or danger to a patient.

DRUG	YEAR	ADVERSE DRUG REACTION	OUTCOME
Sulfanilamide	1937	Liver damage due to diethylene glycol	Solvent changed; FDA established
Thalidomide	1961	Congenital Malformations	Withdrawn
Chloramphenicol	1966	Blood Dyscrasias	Uses restricted
Benoxaprofen	1982	Liver Damage	Withdrawn
Aspirin	1986	Reye's Syndrome	Uses restricted
Flecainide	1989	Cardiac Arrhythmias	Uses restricted
Noscapine	1991	Gene Toxicity	Withdrawn
Triazolam	1991	Psychiatric Disorders	Withdrawn



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RESEARCH METHODOLOGIES IN THE REALM OF DENTISTRY

Research can be a pleasant experience when simple rules are followed. Speciality of dentistry is now escalating to global heights, imparting the state of art teaching training and treatment modalities. Research is either discovery of new facts, new principles or new interpretation. Research methodology in dentistry involves systematic approaches to investigate dental health, treatments, diseases, materials, and public health practices. A well-structured research methodology ensures the validity, reliability, and applicability of findings. Below are key aspects of research methodology in dentistry. It is an attempt to reveal to the world something that was either or never thought of or was in the domain of conjecture at best being looked at suspicion. The keystone of research and development is documentation of clinical findings of various diseases and conditions and their incidence and prevalence. As a strategy for greater integration of research findings and clinical experience this review focuses on helping the dental undergraduate and post graduate students to improve evidence based practice and use his prudence to select his/her research area and conduct enquiry in a systematic manner in the process of therapeutic innovations through

clinical research. Post graduate study is an opportunity for personal skills development and for professional recognition and status. It is both challenging and demanding. It promotes personal growth and research skills. Research is an integral component of post graduate curriculum of dentistry in India. The research so done under the supervision of the guide is submitted to the University for obtaining a post graduate degree.

Certain important points to be remembered are as follows

Clarity of Purpose: Planning helps researchers define the purpose and scope of their study. It allows them to clearly outline what they want to achieve, what questions they want to answer, and what outcomes they expect.

Resource Allocation: Through planning, researchers can assess the resources required for their project, be it human resources, funding, materials, or time. This ensures that the necessary resources are available and allocated efficiently.

Methodological Rigor: A well-thought-out plan includes a detailed methodology. Planning helps

researchers decide on the research design, data collection methods, and analytical techniques. This ensures the study is conducted with scientific rigor, enhancing the credibility of the results.

Ethical Considerations: Ethical aspects of research, such as informed consent and participant confidentiality, are integral to any study. Planning allows researchers to address these ethical considerations beforehand, ensuring the rights and well-being of participants are protected.

Anticipating Challenges: No research project is without challenges. Through careful planning, researchers can anticipate potential obstacles and devise strategies to overcome them. This proactive approach is crucial for maintaining the project's momentum and ensuring its successful completion.

Quality of Output: A well-planned research project is more likely to generate high-quality data and, consequently, meaningful results. This quality is essential for meaningful publications, as it contributes to the advancement of knowledge in the respective field.

Effective Communication: When researchers plan their project meticulously, they are better equipped to communicate their methods, results, and conclusions clearly and effectively. This is vital for presenting their work at conferences and in publications, reaching a wider audience and garnering interest from the scientific community. In summary, planning is the foundation upon which a successful research project is built. It provides researchers with a roadmap, guiding them from the initial idea to the meaningful publication of their findings. By investing time and effort into planning, researchers can significantly enhance the quality and impact of their work.

Vital Questions to be Remembered Pursuing Research:

What is the quantum of research generated by them?

How much of it can be conducted as "Quality Research"?

How much of this research is getting published in international Journals?

What is the quantum of research contribution by India to International Dental Research?

Why much of the research conducted in India at post graduate level and even beyond goes un

published

It is apparent that in India tremendous quantity of dental research is done but a major part remains unpublished either due to quality deficit or due to lack of interest in pursuing with the game of publication or both.

Generating quality research by conducting research systematically and instilling in motivating students with "Research Culture" might ease out the situation in future.

Research Methodology: Research methodology refers to a systematic way of conducting research by following specific procedural steps in order to answer a research question.

- Idea
- Research Question
- Research Hypothesis
- Null Hypothesis
- Selection of research method and design
- Selection of Sample (Defining target population, sampling frame, study subjects)
- Informed Consent
- Developing and applying research instrument
- Collection of data (One time or repeated)
- Compilation Of data
- Applying Statistical Tests
- Gathering results
- Interpretation
- Conclusion

Conclusion: Research in Dentistry encompasses a whole gamut of endeavors that ultimately help to improve oral and maxillofacial health. The wealth of information in the various areas of research has increased exponentially. The issue of promoting research in Dental curriculum has broad ramification and there is no doubt that research promotions among dental undergraduate and post graduate students will lead to a larger commitment of students to preserve academic careers and will also challenge faculty to increase and expand their research capability and productivity.

Activities @ MNR Golden Kids (Navi Mumbai)

Cooking without Fire & Story Telling Competition @ MNR Golden Kids G1, Mumbai



Story Telling Competition & Chatrapathi Shivaji Jayanti @ MNR Golden Kids G30, Mumbai



Recitation Competition & Chatrapati Shivaji Maharaj Celebrations @ MNR Golden Kids G12, Mumbai



Chatrapati Shivaji Maharaj & Community Helpers Celebrations @ MNR Golden Kids G19, Mumbai



Quran Competition was held at Mantena American School, Sharjah. The event showcased the talents and dedication of participants in Quranic recitation.



Mr. Harshavardhan, a student of M.A. English at MNR PG College, Kukatpally, clinched the Gold Medal in Archery at the National Tournament held at Kanteerava Stadium, Bangalore.



Activities @ MNR Group of Schools

Farewell Day Celebrations
@ MNR School of Excellence, Sangareddy



Violet & Purple Colour Day
@ MNR Golden Kids G-5



National Science Day Celebrations
@ MNR School of Excellence, BHEL



Violet & Purple Day
@ MNR School of Excellence, BHEL



Students visited Khandeshwar Railway Station
@ MNR School of Excellence, Kamothe



Farewell Celebrations
@ MNR I-Exceed School, JNTU



Activities @ MNR Group of Schools

Black & White Color Day Celebrations
@ MNR High School, Chintal



Vegetable Day Celebrations
@ MNR High School, BHEL



Farewell Day Celebrations
@ MNR School of Excellence, Mehdipatnam



Black & White Day Activity
@ MNR School of Excellence, Sangareddy



Skating Activity
@ MNR International School, Palaspe



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

ACTIVITIES @ MNR COLLEGE OF PHARMACY

A one-day seminar on “Integrating AI & ML in Pharmacovigilance: Revolutionizing Drug Safety” was organized on 01-02-2025. The seminar focused on the transformative impact of AI and ML in enhancing drug safety practices.



An awareness program on "Arthritis" was conducted on 24-02-2025. The session aimed to educate participants about arthritis prevention and management.



A seminar on "Role of Chemistry in Drug Development" was held in celebration of National Science Day. The seminar highlighted the crucial role chemistry plays in the advancement of Drug development.



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

The MNR Nexus 2K25 International Homeopathy Conference was held on February 1st and 2nd, 2025, Organized by MNR Homoeopathic Medical College and Hospital





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MNR SCHOOL OF EXCELLENCE
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