

MNR

iNFOCUS

Enriching the innerself

September 2024

MNR's IN-HOUSE MAGAZINE



Pillars of MNR University!

Celebrated **Teacher's Day** by Felicitating our esteemed Chairman & Chancellor, **Sri. M.N.Raju** and Vice-Chairman & Pro-Chancellor, **Sri. M.S. Ravi Varma** for their visionary leadership. Alongside are Vice-Chancellor, **Sri. M. Anji Reddy**, Principals, Directors, Deans and faculty members of MNR Group of Institutions

#TeachersDay2024 #MNRUniversity

The Enduring Impact:

How the Student-Teacher Bond Shapes Futures

"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires" - William Arthur Ward



The student-teacher relationship is one of the most influential bonds in education. More than just a routine exchange of information, this connection nurtures growth, curiosity and confidence.

The student-teacher relationship is not one-sided. Teachers also grow and learn from their students.

A healthy relationship can help students develop emotional intelligence, empathy, and conflict resolution skills. Teachers who show care and concern help students feel secure, promoting positive social behaviour.

Research has shown that spending just two minutes a day in meaningful conversation with a student for ten days straight can significantly improve a struggling student's behaviour and performance. This approach is known as the "2 x 10 strategy" and emphasizes the power of personal attention.

Teachers often serve as emotional buffers for students facing stressful home lives or social challenges.

Teachers with strong relationships with students can create a ripple effect where students not only behave better themselves but also encourage their peers to do the same

As American historian Henry Adams said, "A teacher affects eternity; he can never tell where his influence stops." Indeed, the impact of a teacher goes far beyond the classroom, shaping the character and future of every student they guide.

Editorial...

Postal Address :

INFOCUS

MNR's In-House Magazine

MNR Research Conventions Pvt. Ltd.

2-23B/350, Bhagyanagar- Phase III, HMT Hills Colony,
Opp. JNTU Kukatpally, Hyderabad - 500 085.

Ph : 040-23890835

Email : infocus@mnrintia.org

Facebook : www.facebook.com/infocusinhouse

INFOCUS

MNR's In-House Magazine

Publisher
&

Editor-in-Chief

Sri M.N. Raju

Editor

Dr. Kodaparthi Ashwitha

Illustrations and Designing

Nagarjuna Ambati

K Kishore Kumar

Supervision

P. Sharmila

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

ACTIVITIES @ MNR DENTAL COLLEGE & HOSPITAL

Memorandum of understanding between MNR Dental College and D MAX Dental Lab Hyderabad



Mnr students secured 1st prize - final years in debate, 2nd prize - singing (2nd yr) and group dance (2nd yr)



MNR Dental College- Dept Of Prosthodontics organised Workshop on topic Digital Dentistry- Evolution Revolution





Sri M N. Raju
Chairman

MNR Educational Trust



YUDHISHTHIRA

THE REAL DHARMA RAJA

All was ready for the Mahabharata battle. The warriors of the Pandavas and the Kauravas were ready on both sides in Kurukshetra and they were solemnly bound themselves to honour the traditional rules of war. A code of conduct in war was followed during the times of the Mahabharata and even before the Mahabharata, only in Indian but not in any other ancient civilizations in the world.

The rules (Dharma) were:

- Each day, the battle started by sun-rise and ended by the sun-set. At the end of the day, the hostiles mixed freely like friends.
- The wounded soldiers were treated equally and dead bodies were cremated.
- There were special teams to remove the wounded and the dead soldiers and animals from the battle field.
- Single combats might only be between equals.
- Those who left the field or retired would not be attacked.
- A horseman could attack only a horseman, not one on foot. Likewise, charioteers, elephant troops and infantrymen could engage themselves only with their opposite numbers in the enemy ranks.
- Those who sought quarter or surrendered were safe.
- It was wrong to slay, who had been disarmed or whose attention was directed elsewhere or who was retreating or who had lost armor.

- No shafts were to be directed against attendants or those engaged in helping warriors, or women.

On the Kurukshetra battle field, on both sides, the warriors were ready. There were eleven Akshouhinies on the side of the Kauravas and seven Akshouhinies on the side of the Pandavas. (An Akshouni means 21,870 chariots and at least two riders on each chariot, 21,870 elephants and riders, 65,610 horses and riders and 109,350 foot-soldiers. The combined number of warriors and soldiers in both the armies, was more than 4.5 million.)

The two armies were lined up on either side of the Kurukshetra in between the two armies, two important incidents had taken place.

The first one was, Krishna taught the Bhagavad Gita, to Arjuna, to prepare him for the battle, which was, in turn, telepathically transmitted by Sanjaya to the blind king and blind folded queen, Dhritarashtra and Gandhari.

The second incident, that took place between the armies, was also an equally important one, which enabled the Pandavas to become morally stronger.

At this tense moment, when every warrior was ready to attack his enemy, Yudhishtira, the steadfast and the eldest of the Pandavas, doffed his armor, put away his weapons, descended from his chariot, and started proceeding on foot towards the commander of the Kaurava forces, Bhishma.

Everyone, on the field, got perplexed, including Krishna, Bhima, Arjuna and the other Pandava warriors, could not understand what was Yudhishtira doing. Even Bhishma and the other Kaurava Commanders too could not understand the last-minute actions of Yudhishtira.

The Pandavas feared that perhaps Yudhishtira was surrendering to his natural inclination and had suddenly decided to seek peace on any terms.

Duryodhana, when he saw Yudhishtira advancing in humble attitude, thought 'Here is the Pandava coming to sue for peace, frightened at my strength'. Duryodhana felt delighted at the prospect of securing victory without a blow.

Even Arjuna wanted to stop him, but Krishna warned him not to stop Yudhishtira. Krishna said "He is going to the elders to ask for their benediction before commencing this terrible war. He goes to the grandsire to take his blessings and that of other elders and teachers. It is right he does this. He knows proprieties. It is only the best way for us to fare well in this battle".

Yudhishtira went through the lines of soldiers, where Bhishma was and bending low, touched his feet in salutation, and said "Grandsire, permit us to begin the battle. We have dared to fight against you. You are our unconquerable and incomparable grandsire. We seek your benediction before beginning the battle".

Bhishma said, "Child, born in the race of Bharata, you have acted worthily as per the code of conduct. Fight and you will have victory. I am not a free man. I am bound by my obligation and must fight on the side of the Kauravas. But you will not be defeated".

After that, he went to Drona, Kripacharya and uncle Salva. They all told that they were bound by their inescapable obligations and they were enslaved to the Kauravas. They blessed him. They said that "Victory will be Yours".

At the end of the battle, which went on for eighteen days, killing nearly more than four million lives consisting of warriors, helpers, horses and elephants etc., the Pandavas got victory.



M. KAVYA SUMA
M.Sc. Analytical Chemistry,
MNR PG College, Kukatpally



Sheetal Devi

India's
Armless Wonder
Anchor



Teenaged Sheetal was the world's first female armless archer to win a medal at the World Championships. Her never give up attitude made her reach more heights and achieve the sports star of the year. She is a role model, for all of us.

Early Life and Background

Sheetal was born in Loidhar village in Kishtwar, Jammu and Kashmir on January 10, 2007 with a rare condition that left her without both arms. Despite this, she developed a strong will to succeed. As a kid, Sheetal possessed a strong will and enjoyed climbing trees as a pastime. The activity helped her build a strong upper body which proved to be a turning point later in her life. She uses her feet to shoot arrows, showcasing an unbelievable adjustment to continue her journey in sport.

In the youth event, 2021 organized by Indian army, the army coaches Abhilasha Chaudhary and Kuldeep vedwan noticed her



confidence and decided to train her. As she had no arms the coaches decided to help her with prosthetics. But it did not work. Next her coaches had one more challenge that they had never trained a person for archery who has no arms. But they came to know about Matt Stutzman, who was armless and used his legs for archery to win silver medal at the London 2012 Paralympics. This made coaches very confident and within 11 months of training, Sheetal Devi participated in Asian Para Games and won two gold medals for India.

Achievements and recognition

- World Archery Para Championships 2023 silver medal - women's individual compound open archery

- Asian Para Games 2023 gold medal - women's individual compound open archery
- Asian Para Games 2023 gold medal - mixed doubles compound open archery
- Asian Para Games 2023 silver medal - women's doubles compound open archery
- World No. 1 women's compound para-archer in the open category in 2023
- Khelo India Para Games 2023 gold medal - women's individual compound open archery
- Arjuna Award 2023
- Best Youth Athlete of the Year 2023 by the Asian Paralympic Committee
- Best Women Para Archer of the Year 2023 by World Archery
- In 2024, a silver medal at the Khelo India NTPC National Ranking archery meet

Sheetal's life has been marked by her ability to overcome adversity. Her story is one of turning challenges into opportunities, and she has become an inspiration not just for para-athletes but for all individuals facing difficulties. Sheetal devi's journey is an inspiration for everyone who wants to pursue their dreams despite obstacles. Her struggles illustrate the challenges faced by many who come from underprivileged background, particularly for women who have social barriers. Though she is physically

challenged with her great determination, she has achieved a lot that any normal person would achieve. Her story have us the lesson of self-confidence and hard work and dedication towards target. She was the first female armless archer to win a medal at the Para World Championships. Her never give up attitude made her reach more heights and achieve the sports star of the year. She is also an emerging role model, not just in sports but also for those advocating for inclusivity and the empowerment of people with disabilities.

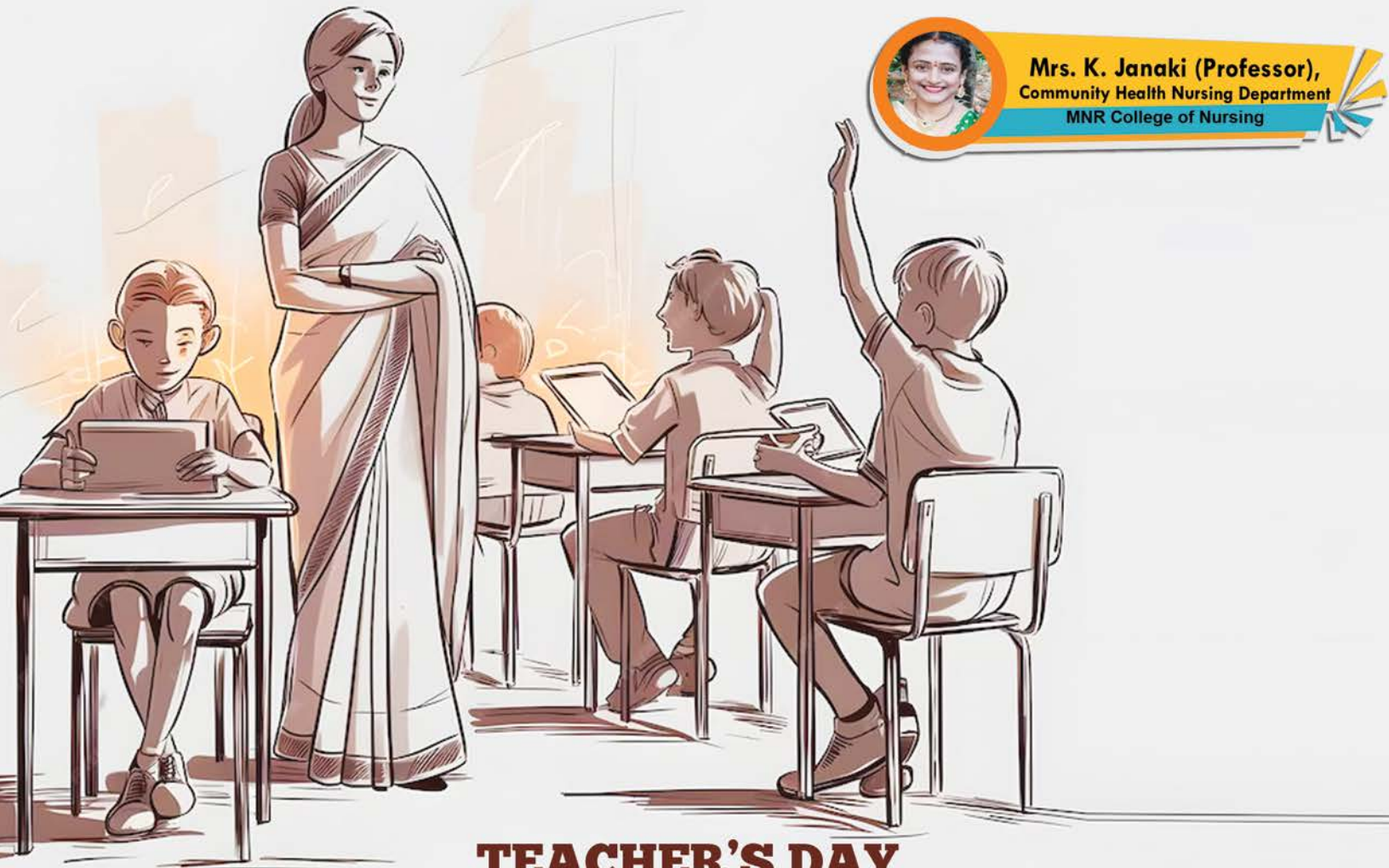
Sheetal's story teaches us a number of precious lessons:

1. No dream is out of reach
2. Mindset is everything
3. Impossible is nothing





Mrs. K. Janaki (Professor),
Community Health Nursing Department
MNR College of Nursing



TEACHER'S DAY

Teacher's day in India is a momentous occasion dedicated to honouring and appreciating the tireless efforts of educators who play a critical role in shaping the nation's future. Every year on September 5th, this day commemorates the birth anniversary of Dr. Sarvepalli Radhakrishnan, a distinguished scholar and India's second president. The celebration is not limited to traditional classroom teacher; it extends to all individuals who have imparted valuable lessons and knowledge, contributing to the holistic development of students.

Why Do We Celebrate Teachers Day?

The celebration of teacher's day is rooted in the important role that teachers play in developing students' minds and characters in Hindu philosophy, much like Brahma, the creator of the universe. Teachers serve as architects of the nation's future through their unwavering dedication. Teaching is a noble service to society for them, not just a profession. Students' success is regarded

as the true measure of a teacher's success. Teacher's Day serves as a poignant reminder of the selfless contributions made by teachers throughout their careers. It allows students to express their gratitude, love, and respect for the people who have guided and inspired them. The celebration is a vehicle for recognising the immeasurable value teachers bring to society and emphasising the importance of education as a pillar of the nation.

Origin of Teacher's Day

The origin of Teacher's Day in India can be traced back to the birth anniversary of Dr. Sarvepalli Radhakrishnan, born on 5th September 1888. A renowned Indian philosopher and statesman, Dr. Radhakrishnan was India's first vice president and second president. Despite his illustrious political career, he remained a dedicated teacher and Professor.

When Dr. Radhakrishnan assumed the presidency in 1962, his friends and students proposed naming his birthday "Radhakrishnan Day" to honour his service and achievements.

He humbly declined the proposal, instead advocating for the 5th of September to be observed as Teacher's Day. He was famously quoted as saying, "Instead of celebrating my birthday, it would be my proud privilege if September 5th is observed as Teacher's Day". Since then, his birthday has been celebrated as Teacher's Day symbolising educators' deep respect and admiration'.

Importance of Teacher's Day

The significance of teacher's day is deeply intertwined with the role of teachers in our lives. For students, it is a day to recognize the efforts of those who tirelessly teach, guide, and shape their futures. The respect and obedience students offer to their teachers during this celebration reflect an understanding of the profound impact teachers have on their lives. For individuals who have achieved success in their careers, Teacher's Day holds a special place. It is an opportunity to reflect on the crucial role teachers played in shaping their knowledge and skills. Expressing gratitude to teachers becomes a way of acknowledging the debt owed to those who contributed to their success. The relationship between an ideal teacher and student is regarded as a sacred bond in Indian culture. The teacher is likened to a gardener, nurturing the budding student to help them bloom and thrive in the vast garden of life. A good teacher is dedicated to the development of students, working tirelessly to equip them with the tools to navigate the challenges of the fast-paced world. Teacher's Day in India is a celebration of the invaluable contributions of teachers to the nation's growth and development. Dr. Sarvepalli Radhakrishnan's birthday serves as a poignant reminder of the role teachers play in shaping the future. The day is marked by expressions of love, respect, and recognition from students, who recognize the selfless dedication of their teachers.

Challenges Faced by Teachers

While teachers' day is a day of celebration, it is also important to recognise the challenges that educators face. Teachers frequently work in demanding environments, dealing with a

wide range of student needs, administrative pressures, and societal expectations. Recognising and addressing these challenges is critical to ensuring the well-being and effectiveness of teachers in their noble profession.

The Global Perspective

Teacher's day is celebrated worldwide, albeit on different dates. Recognizing the universal importance of educators, countries around the globe have dedicated days to honor teachers and their contributions. Exploring the global perspective adds a broader context to the celebration, emphasising the shared commitment to education as a driving force for societal progress.

The celebration of teacher's day is not just a customary event; it is a reflection of the deep-rooted cultural and philosophical importance given to the teacher-student relationship. This sacred bond has the power to shape the course of history, as seen in the mentorship of figures like Gopal Krishna Gokhale and Mahatma Gandhi. As we celebrate Teacher's Day, let us not only express our gratitude through gifts and gestures but also internalise the lessons taught by our teachers. Their influence extends far beyond the confines of the classroom, shaping not just careers but also character. In essence, Teacher's Day is a day to celebrate the unsung heroes who, through their teachings, contribute to building a brighter and more enlightened future for the nation.

"A good education can change anyone. A good teacher can change everything"





Mamta Kumari Chaurasiya
B.Ed. 1st Year, Social Science,

MNR Teacher Education College (B.Ed.), Kukatpally



NATIONAL YOUTH DAY

*Who was filled with self-respect in every vein,
Who increased India's respect in the world!
The whole world was stunned to hear whose speech in Chicago,
He was a monk from India named Swami Vivekananda.*

Swami Vivekananda has not only elevated India's pride but also established the greatness of Indian civilization, spirituality, culture and Hinduism on the world stage in the World Religion Conference held in Chicago. We consider it our good fortune to celebrate the birthday of a great man who studied scriptures like Veda Geeta, Upanishads, Mahabharata, Ramayana and Puranas.

It is said that the painter is the one who makes the fate of the picture; and in the same way, the one who makes the youth power aware is called - Swami Vivekananda.

Today, Ramakrishna Mission is running an orphanage, hospital, residential school and many other social programs. All this is the result of his thinking and this thinking is present with us today in the form of Swami Vivekananda Ji. Swamiji used to say that considering oneself weak is the biggest sin. They believed that the bigger the struggle, the greater would be the victory.

Good work in life always leads a person towards the goal and sin always leads to sorrow, poverty and destruction. We all have to understand that sins happen without effort but virtues require conscious effort. Therefore, stay away from sin and keep doing good deeds; success will be your second name.

If there is anything priceless in this world then it's time. Nobody other than parents allocate so much time for children. Hence learn to value their sacrifice. Those who give you time do not ask for anything else because in today's world everything else can be obtained except time.

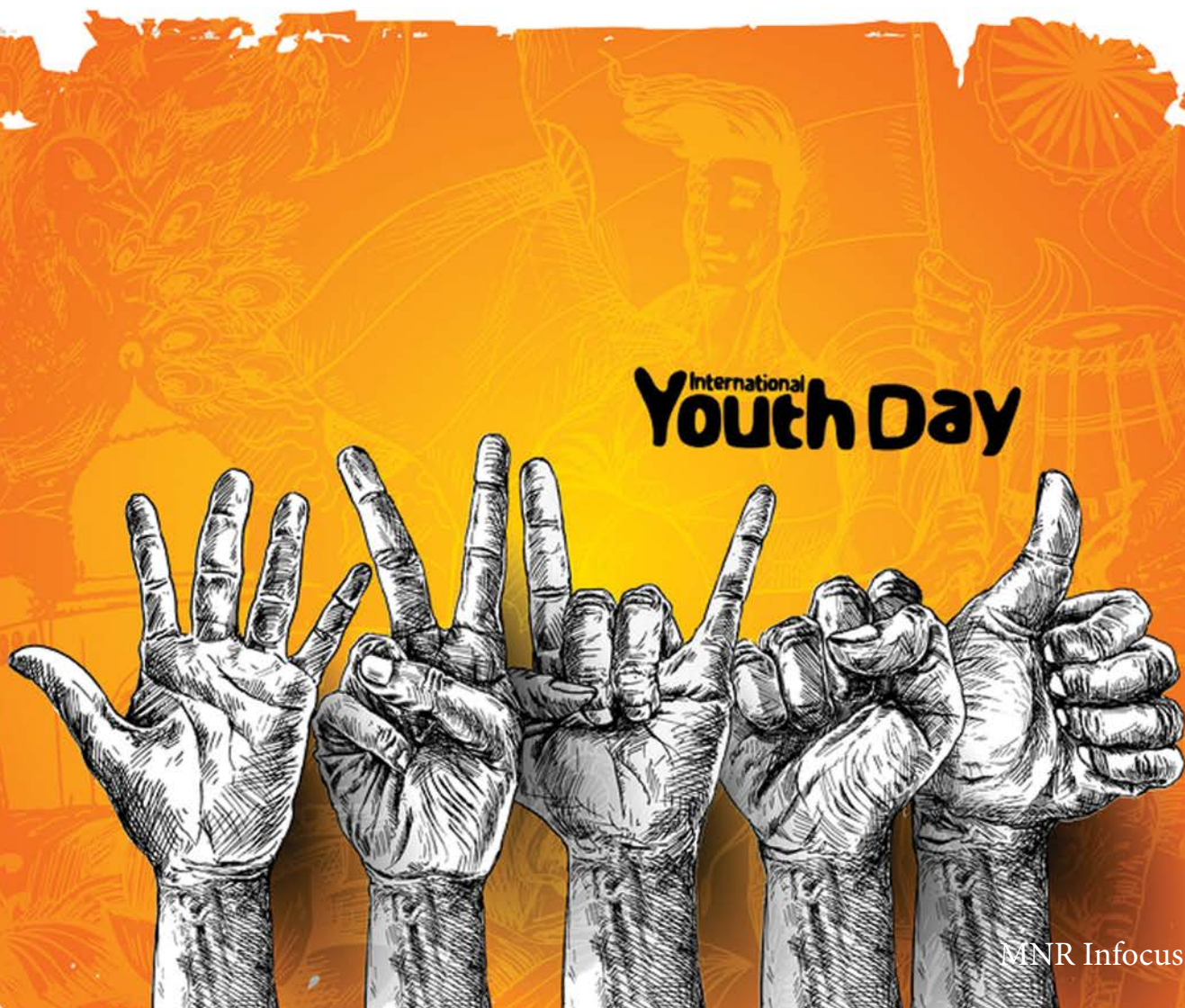
In this world joy-sorrow, gain-loss, victory-defeat are equal just like day-night. Accept them gracefully. Do not worry about falling or losing because your fall does not mean defeat because you are human; not an incarnation.

The mighty conqueror Ravana had already lost everything due to his ego. It is said a word becomes empty if 'I' gets replaced by 'we'. Similarly, illness becomes wellness when we change our perspective from individualistic thinking to collective thinking.

After one dream is shattered, the courage to dream another dream is called life. We cannot see all the paths from a distance; the path to success becomes visible to us only when we come very close to it. The reality is that you will enjoy winning only when everyone is waiting for you to lose.

The excellent work done at your doorstep will be your identity forever; but recognition will only last for a short time. Therefore, I say that the rewards of hard work and solutions to problems may come late, but they will definitely come. No matter how many ups and downs there are in life, do not consider yourself weak as the naked truth is that you can achieve much more than you think. So, always think positively and keep moving towards your goals.

!! Jai Hind, Jai Bharat !!



Activities @ MNR Golden Kids (Navi Mumbai)

**Raksha Bandhan & Independence Day
@ MNR Golden Kids G3, Mumbai**



**Friendship Day & Independence Day
@ MNR Golden Kids G1, Mumbai**



**Celebrated Friendship Day and Independence Day
@ MNR Golden Kids G30, Mumbai**



**Celebrated Krishnaastami & Independence Day
@ MNR Golden Kids G19, Mumbai**



Activities @ MNR Golden Kids (Hyderabad)

**Celebrated Raksha Bhandan
@ MNR Golden Kids G5, Pragathi Nagar**



**Celebrated Ganesh Chaturthi
MNR Golden Kids G28, Mallampet**



Activities @ MNR Group of Schools

Advanced Hands-On Training on Analytical Techniques in Chemistry organised by the Department of Chemistry, MNR PG College, Kukatpally from Aug 1-3, 2024



Independence Day Celebrations
@ MNR School of Excellence, BHEL



Raksha Bhandhan Celebrations
@ MNR School of Excellence, BHEL



Raksha Bhandhan & Krishnastami Celebrations
@ MNR School of Excellence, Kamothe



Independence day & Other Activities
@ MNR International School, Palaspe



Activities @ MNR Group of Schools

**Krishnastami Celebrations
@ MNR High School, Chintal**



**Independence Day Celebrations
@ MNR High School, Chintal**



**Friendship Day Celebrations
@ MNR High School, BHEL**



**Independence Day Celebrations
@ MNR School of Excellence, Mehdiapatnam**



**Field Trip To ICRISAT
@ MNR School of Excellence, Sangareddy**



**Drawing & Extempore
@MNR School of Excellence, Sangareddy**



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

ACTIVITIES @ MNR COLLEGE PHARMACY

MNR College of Pharmacy organized a Workshop on "An overview of Biostatistics in Research" on 02-08-2024



MNR College of Pharmacy organized Life skill development webinar "unleash the power within" on 28-08-2024



Organized a seminar on "Global Career opportunities after B Pharmacy in Australia, Canada, USA, UK, New Zeland and Ireland" on 03-08-2024.



(Estd : 1997)

(Affiliated to Osmania University) **College Code: 1123**

2-23B/350, Bhagyanagar Phase-III, Near HMT Hills Colony

Opp: JNTU, Kukatpally, Hyderabad, India – 500 085

Web : mnrpgc.mnrindia.org E-mail : [Email: mnrpgc@mnrindia.org](mailto:mnrpgc@mnrindia.org)

Contact : 98499 81068, 91003 45556

Choice you take decides THE FUTURE you make

COURSES OFFERED

- ✓ M.Sc. Nutrition & Dietetics
- ✓ M.Sc. Computer Science
- ✓ M.Sc. Analytical Chemistry
- ✓ M.Sc. Organic Chemistry
- ✓ M.Sc. Microbiology
- ✓ M.Sc. Genetics
- ✓ M.A. English



ENROLL NOW

Admissions Open 2024-25



Enriching Lives Through Education & Health....