

MNR iNFOCUS

Enriching the innerself

August 2024

MNR's IN-HOUSE MAGAZINE



Milestone Achievement - Chairman & Chancellor, **Sri. M.N. Raju** and the Visionary Vice-Chaiman & Pro-Chancellor, **Sri. M.S. Ravi Varma** Celebrates **MNR University** Status with the Staff of MNR Group of Institutions alongside the Vice-Chancellor, MNRU, Dr. M. Anji Reddy & Registrar, MNRU, Dr. T.V. Satyanarayana.

A New Era Begins: Celebrating the Rise of MNR Group of Institutions to MNR University

MNR University - Enriching Lives...

In the realm of education, transformation is often a testimony to untiring dedication, relentless hard work, and a will to excel.

We proudly celebrate a monumental milestone in our academic journey - MNR Group of Institutions have attained the prestigious status of **MNR UNIVERSITY**. This remarkable achievement is not just a change in nomenclature but a reflection of the collective effort and commitment of our management, faculty, staff and students.

From its inception, **MNR** has been driven by a vision to provide quality education and foster an environment conducive to learning and personal growth. The transition to **university** status marks a significant step forward in realizing this vision. It underscores our commitment to academic excellence, research innovation, and holistic development.

This celebration is a tribute to our collective efforts and a promise of a future brimming with endless possibilities.



Editorial...

Here's to MNR University - where dreams take flight, and the future is crafted with remarkable achievements and continued success!

Postal Address :

INFOCUS

MNR's In-House Magazine

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INFOCUS

**MNR's In-House
Magazine**

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Celebrates **MNR University Status** with the staff of MNR Trust Office, Hyderabad



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

ACTIVITIES @ MNR MEDICAL COLLEGE & HOSPITAL

Building Lifesaving Skills: Basic Trauma Life Support Workshop Conducted at MNR Medical College & Hospital



Promoting Infant Health: Medical College & Hospital Observes Breastfeeding Week





Sri M N. Raju
Chairman

MNR Educational Trust

KARNA

(the Greatest Hero, in the Wrong Team – Part II)

The Commanders-in-chief of the Mahabharata Battle of the Kaurava army were: Bhishma was for first ten days, Drona was for next five days, Karna was for next two days (i.e. on 16th and 17th days) and final 18th day, Shalya was.

Dhrishtadyumna, the brother of Draupadi was the Commander-in-chief of the Pandava army for all eighteen days of the Mahabharata battle.

Karna did not enter into the battle field for the first ten days when Bhishma was the commander-in-chief because Bhishma barred him. When Bhishma lay wounded and dying, Karna stood at his feet and prayed to forgive him for his faults. Bhishma revealed that he knew that Karna was not the son of Radha but he was the first born son of Kunthi. He further told that he admired Karna for his valour and charity. But he was grieved, for his role of creating hatred in the Kaurava brothers towards the Pandavas. As the best friend to Duryodhana, Karna might have at least tried to stop the war, instead, he encouraged the Kauravas for war. Bhishma said that the final result of the war would be terrible.

On the thirteenth day Abhimanyu, a sixteen years old young boy, Arjuna's son, was killed in the 'Chakra Vyuha' (Wheel formation), by almost all great warriors like Duryodhana, Dushshasana, Karna, Kripacharya, Dronacharya, Ashwatthama, Lakshman and Jayadratha etc. all together surrounded the boy, against the rules of war, and killed him.

The battle raged very fiercely on the fourteenth day. Arjuna took a vow, the day-before, to kill Jayadratha before the sun-set of the day, if not, he would jump into fire and kill himself. Arjuna

took such a terrible vow because Jayadratha was the main person who prevented the Pandavas from helping Abhimanyu.

Then Kauravas decided to keep Jayadratha in a secret place, on the top a hill, far away from the battle field. They also prepared to confine Arjuna to a place by encircling him with all their might. But they couldn't because Arjuna and Bhima were together and Bhima continued to attack and smash their chariots with his mace one after another. The Kaurava heroes could not stop Arjuna and he was advancing on his chariot, for which Krishna was the charioteer. The Kauravas left Karna behind to face Bhima and the rest followed Arjuna to restrict him. Duryodhana instructed his brothers to support Karna.

The battle was very fierce between Bhima and Karna. Bhima relentlessly continued his attack on Karna and terribly harassed him, several times he smashed Karna's chariots and killed his horses. Each time Karna was forced to get a new chariot. Each time four or five brothers of Duryodhana came to save the life of Karna and they were killed by Bhima. On that single day Bhima had almost killed sixty of Kaurava brothers. He did not allow Karna to proceed towards Arjuna.

It was almost time to sun-set and Arjuna could not trace out where Jayadratha was hiding. But the chase for Jayadratha continued. Suddenly there was no sign of the sun. Drona declared "It is sunset. Arjuna has to die".

Krishna whispered to Arjuna "The sun is still up in the sky. I have simply covered it with my Sudarsana Chakra. There is Jayadratha on the top of the hill kill him. After Jayadratha was killed, Krishna had withdrawn his Sudersan Chakra and then, the sun was still there.

At the end of fourteenth day, Jayadratha was killed by Arjuna and on the fifteenth day of the Mahabharath Battle, Drona was also killed by Dhrishtadyumna. The Pandava army was more confident in winning the war.

Karna became the commander-in-chief of the Kaurava army on the sixteenth and seventeenth days. Duryodhana appointed Shalya as the Karna's Charioteer and said "Now, ride into battle as a warrior with a king serving you as a charioteer".

Initially Karna was happy to become the commander-in-chief of the Kaurava army and to have a king as his charioteer, but soon it turned to be a great disadvantage to Karna.

Shalya was the king of Madra and the brother of Madri, the mother of Nakula and Sahadeva. Shalya never liked Karna or Duryodhana but he was tricked to fight on behalf of the Kauravas, before the Mahabharatha battle was started. So he was forced morally, to fight against his own nephews. Moreover he was insulted on that day by Duryodhana by appointing him as charioteer to Karna, though he was a great king. He was humiliated.

Shalya as the charioteer, had become a great disadvantage to Karna. Karna was always compared with Arjuna and was demoralized by Shalya. Being the charioteer of karna, Shalya had been praising Arjuna and his performance in a great deal. That means, Shalya had been killing Karna Psychologically. Karna realized the folly of having a king as charioteer.

Almost at the end of seventeenth day, Karna was killed by Arjuna, when Karna was trying to pull out the wheel of the chariot, got stuck in the ground.

On the eighteenth day, i.e. the last day of the Mahabharatha battle, Shalya became the Commander-in-Chief of the Kaurava army. On that day, Shalya was killed by Yudhishtira (Dharmaraja) and Duryodana and the rest of the Kauravas brothers were killed by Bhima.



SPORTS:

WHERE EFFICIENCY MEETS MASTERY



Dr. Akhila Mydukuru (Senior Lecturer),
Department of Periodontics and Implantology

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Across the globe, sports of various forms are worshipped. Though people these days have a knowledge on sports; it still is bound to be known well only among the elite group and the benefits remain to be unknown. But with improvisations in facilities and also knowledge through education, sports is no more considered 'just a physical activity'.

History of sports can be dated back to 7000 BCE. In ancient times, sports were a part of the warfare. Also, it was related to military training. For example, competition was used as a mean to determine whether individuals were fit and useful for service. Team sports were used to train and to prove the capability to fight in the military and also to work together as a team (military unit).

With improvement in civilization and passage of ages, modern sports like olympics, cricket, basketball, soccer etc have been introduced. Though these sports have provided opportunities for many athletes round the globe to excel in their sport and bring laurels to themselves and the nation; it remains to be a profession. The importance of playing sports for an individual's holistic development is still under infancy.

Sports and academics are inter-related. Both are two sides of one coin. Sports in education are an integral part of the curriculum. It helps to shape a person's personality and contributes to their holistic development.

Mental Health: Sports also have a positive impact on mental health. They reduce stress, boost self-esteem, and improve mood, contributing to overall well-being.

Personality: Participating in sports helps to boost one's personality. They help to learn discipline, perseverance, and the importance of setting and achieving goals. Physical fitness: Most importantly, physical activity during sports prevents the accumulation of unnecessary fats like excess triglycerides and lipoproteins and thereby contributes to prevent obesity, heart disease, and other health issues.

Academics: Sport activities teach discipline which can be beneficial in all areas of life. Through sports, students learn tactical and mental training. Students can focus better and have a clearer vision. These traits are essential for academic success.

Time Management Skills: Through discipline and the self-achieved through sports, it helps the individual to take decisions wisely and quickly thereby avoiding any unnecessary time lag.

Leadership Skill: Each team needs a leader whether they are a group or represent a unit. Individuals are given the opportunity to be a leader as they mature. This helps them become confident and able to make decisive and informed decisions.

Social Development: Sports help develop leadership skills and equip individuals with the ability to set goals and build character. Participating in sports can lead to higher self-esteem and better social interaction.

- The importance of sports and its benefits on the holistic health of an individual should be known to every person round the globe.
- Social media and print media can collaborate with the government and promote the importance and wellness of sports. Further, the government should also encourage the individuals to actively participate in sports.
- Educational institutions too should include sports just as a period but also be included in the curriculum through textbooks and open house participation. Students should be encouraged to actively participate in sports and involve in various competitions too.

Ignited minds are the future of our nation. Inculcating such health habits at an earlier age helps to withhold and practice the activity on a long-term basis.





Dr. S. VijayaKumari (Assistant Professor),
Community Health Nursing

MNR School & College of Nursing

BurnOut Syndrome (BOS)

INTRODUCTION

Burnout is a psychological concept for the experience of long term exhaustion and diminished interest (Depersonalization) especially in work environment.

Burnout is an occupational disorder. Health care workers are more prone to get Burnout.

Although depression affects in every aspect of person's life, symptoms of Burnout occur only at work.

Burnout at work is not the same as exhaustion. Exhaustion does not involve the change of attitude towards the work and patients.

Burnout has also been put together with some other negative emotions, e.g., depression, lack of strength, discontent, anxiety, inadequate quality of life, and hopelessness. There are few descriptive models that clear up the development of burnout

Healthcare profession cannot be compared to any other profession providing help, because the object of work is human being and his health. Every person who sees his/ her own future in providing healthcare feels love for the mankind and knows that every person has the right to

health and help when needed. A healthcare professional, a graduate nurse, has a unique role of helping the individual, either sick or healthy, and of performing activities that contribute to health. While doing the job day after day, employees may put into the state of stagnation, in which this honorable, humane but also demanding and above all difficulties, profession starts to lose its initial enthusiasm.

Definition: Emotional exhaustion, a feeling of not having emotional control due to enduring exposure to stress situations, depersonalization - a pathologically changed perception of one's identity, loss of self-confidence, and impossibility to judge and make decisions.

Burnout is syndrome made up of Emotional exhaustion, depersonalization and reduced personal accomplishment. (Beck 1995).

HISTORY

The term Burnout is originated in 1940s. This word was used to describe when jet engine stops operating at which the point it no longer work. The word began to be used in 1970s. A scientist

Herbert Freudenbeger used the term to describe the status of overworked volunteers in mental health clinics.

The rates of stress and burnout among nurses have been found to be higher than other health care professionals. It is observed that approximately 40% of nurses having higher burnout levels, higher than other health care workers.



CAUSES

- Providing care around the clock
- Patients becoming vulnerable and too needy
- Health care constantly changing
- Development of new technologies
- Constant noise and business
- Critical ill patients
- Crisis of patients and families (Cooper 2001)
- Work environment- Work overload (limited time, resources and staff)
- Demographic- Young age, early in career, high level education
- Personality: Low self-esteem, need for approval, perfectionism, impatience.

RISKS

- Job characteristics: Excessive work load, scarcity of resources, time pressure and role of conflict
- Occupational characteristics: Nurses, teachers and social workers
- Familial characteristics: Family environment, responsibilities and familial demands

STAGES

- **Stage I:** High stress, workload, job expectations
- **Stage II:** Physical and emotional exhaustion
- **Stage III:** Depersonalization, cynicism and indifference
- **Stage IV:** Despair helplessness and aversion



SIGNALS

AFFECTIVE SIGNALS: Depressed mood, Changing mood, Tearfulness, Emotional exhaustion, Tension and Anxiety.

COGNITIVE SIGNALS- Sense of failure, hopelessness, powerlessness, poor self-esteem, guilt, inability to concentrate.

PHYSICAL SIGNALS- Headache, nausea, dizziness, muscle pain, sleep disturbances, ulcer, chronic fatigue.

BEHAVIOURAL SIGNALS – Hyperactivity, increased consumption of tobacco, beverages, abandonment of recreational activities, turnover, and absenteeism.

MOTIVATIONAL SIGNALS- Resignation, disappointment, boredom

CLINICAL FEATURES

Emotional exhaustion: People affected feel drained and exhausted, overloaded, tired and low, and do not have enough energy. **Physical symptoms** include pain or problems with the stomach or bowel.

Alienation from (job-related) activities: People affected find their jobs increasingly negative and frustrating. They may develop a cynical attitude towards their work environment and their colleagues. They may, at the same time, increasingly distance themselves emotionally, and disengage themselves from their work.

Reduced performance: Burnout mainly affects everyday tasks at work, at home or when caring for family members. People with burnout regard their activities very negatively, find it hard to concentrate, are listless and experience a lack of creativity.

OTHER SYMPTOMS: Frustration, fatigue, hypertension and depression.

MANAGEMENT

1. PERSON OR ORGANISATIONAL APPROACHES-

A) PERSON DIRECTED- psychotherapy, counselling, adaptive skill training, communicative skill training, social support, exercises for relaxation

B) ORGANISATIONAL APPROACHES-

Training supervisors and managers, changing organizational practices, training for better coping and stress management techniques, change shift work system and introducing vacations, counselling and exercises.

2. PSYCHOTHERAPEUTIC APPROACHES - Group therapies like experimental group therapy and group analytic therapy

A) SYMPTOMATIC INTERVENTIONS- physical relaxation techniques for fatigue, behavioral training for frustration, social support, identifying interesting areas and motivating.

B) ETIOLOGICAL INTERVENTIONS- cognitive restructuring, self-control training, active coping rational training for frustration.

COPING STRATEGIES

COPING METHODS -

ACTIVE COGNITIVE COPING

Management by assessing potential stressful events)

ACTIVE BEHAVIOURAL COPING

(observable efforts managing stressful conditions)

COPING BY AVOIDANCE

(avoiding stressful conditions and problematic situations)

PREVENTION

Set boundaries with those around people will expect too much from you. Keep a distinct balance between friends and colleagues. Do not allow family members to place responsibility on you. Make sure you are involved in a friendship where both people are giving and taking an equal amount of social support from each other. Get a significant amount of sleep each night (8 hours). Eat healthy food and exercise. Make full use of mentoring programs available within the workplace positioned toward new faculty, and help socializing between faculty to aid in sharing responsibility of humor.

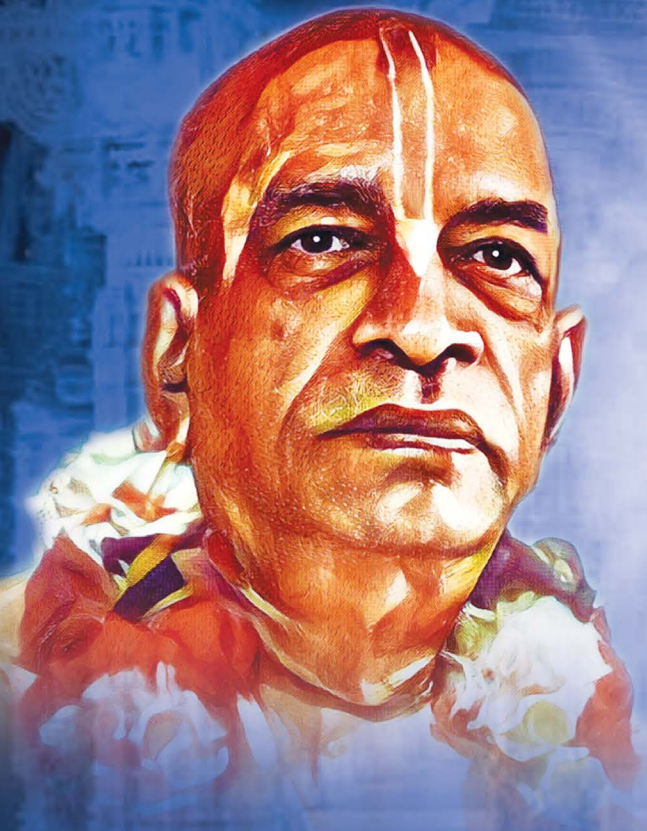
Self-renewal techniques- must be implemented into daily routine Renewal practices ultimately leads to increased energy, and enhanced self-worth feelings Organizational engagements via institution leaders.

Self-awareness - recognize the signs of stress within yourself. Identify feelings, thoughts and behaviors you exhibit when under stress.

Support - Share your concerns with empathetic family members, co-workers, and friends. If necessary seek professional counseling, learn effective relaxation techniques that work for you, think positively, prioritize, set limits and develop a sense.

CONCLUSION

Burnout syndrome (BOS) associated with stress has been documented in health care professionals in many specialties. In the health care organization, work stress may contribute to absenteeism and turnover, both of which detract from the quality of care. Hospitals in particular are facing a workforce crisis. The demand for acute care services is increasing concurrently with changing career expectations among potential health care workers and growing dissatisfaction among existing hospital staff. By turning toxic work environments into healthy workplaces, researchers and nurse leaders believe that improvements can be realized in recruitment and retention of nurses, job satisfaction for all health care staff, and patient outcomes—particularly those related patient safety.



ISKCON FOUNDER

**A. C. BHAKTIVEDANTA
SWAMI PRABHUPADA**

A life in service to God and humanity

The Vedas - the words of God, the humans and intelligent beings received spiritual wisdom in form of the Vedic literatures. Spoken by Krishna Himself, the Vedic wisdom had been passed by aural reception from generation to generation of topmost saint and great ascetics, until it was written down by Srila Vyasadeva, who was empowered by Krishna, more than 5,000 years ago.

In order to preserve the timeless Vedic wisdom for eternity, Lord Krishna created a chain of Spiritual masters who have passed it to our hands. Out of them, one outstanding for his spiritual acumen, compassion, knowledge and determination was predicted thousands of years ago.

In the Brahma-vaivarta Purana, Lord Krishna describes that after 5,000 years of Kali-yuga have passed, a great sage and worshiper of Krishna's holy names will appear and spread the chanting of Krishna's names (in the form of the Hare Krishna mantra), not only in India but throughout the world.

Later, in the 1800's bhaktivinoda Thakura, a great devotee, predicted in his magazine Sajjana-Toshani: " Soon there will be a time when chanting of Krishna's name will be heard in England, France, Russia, Germany and America." In answer to these prayer and predictions, in the year of 1896, there appeared Abhay Charan De, later known as His Divine Grace A.C. Bhaktivedanta Swami Prabhupada.

EARLY LIFE

Studied at the Scottish Church College, Kolkata but refused to accept his diploma as a protest against British oppression. 1922, met his guru Srila Bhaktisiddhanta Sarasvati Thakur. 1935, his guru told him to translate books, Prabhupada began publishing his 'Back to Godhead' magazine. 1953, started League of Devotees, a small organization of Krishna-conscious people 1959 to 1965 translated multi-volume Srimad Bhagavatam.

JOURNEY TO THE WEST

Reached the shores of the USA on Jaladuta after 37 days during his voyage, he suffered 2 severe heart attacks. In July of 1966, he secured a storefront (called "Matchless Gifts") with an adjoining apartment at 26 second avenue. He began holding Bhagavad-Gita classes at 6 am to 7 pm. Only ten months after his arrival to the USA, prospective devotees started coming to his Matchless Gifts temple. In 1966 officially founded the International Society for Krishna consciousness ISKCON.

SPREAD OF BHAKTI YOGA

Spiritual path focused on loving devotion towards any personal deity, He sent his followers, chanting the maha-mantra in nearly every corner of the earth, Inaugurated the Rath Yatra across the globe Wrote more than 70 books.

In 1972, founded the world's largest publisher of spiritual texts 'Bhaktivedanta Book trust'.

ASTONISHING FACTS

Established 108 temples and travelled the globe 14 times within 12 years to initiate Krishna Consciousness, between 1968 and 1977, he dictated a total of 22000 pages of text and Established Vedic gurukuls around the world

HARE KRISHNA MOVEMENT

ISKCON belongs to the Gaudiya- Vaishnava sampradaya, a monotheistic tradition within the Vedic culture. He started World's Largest Vegetarian Food Relief Program and Acquired the Mid-Day meal scheme of Gov of India and feeds 14 lakh children daily. He along with his devotees built More than 800 ISKCON temples worldwide among them he built one of the largest temples in the world in Mayapur, West Bengal

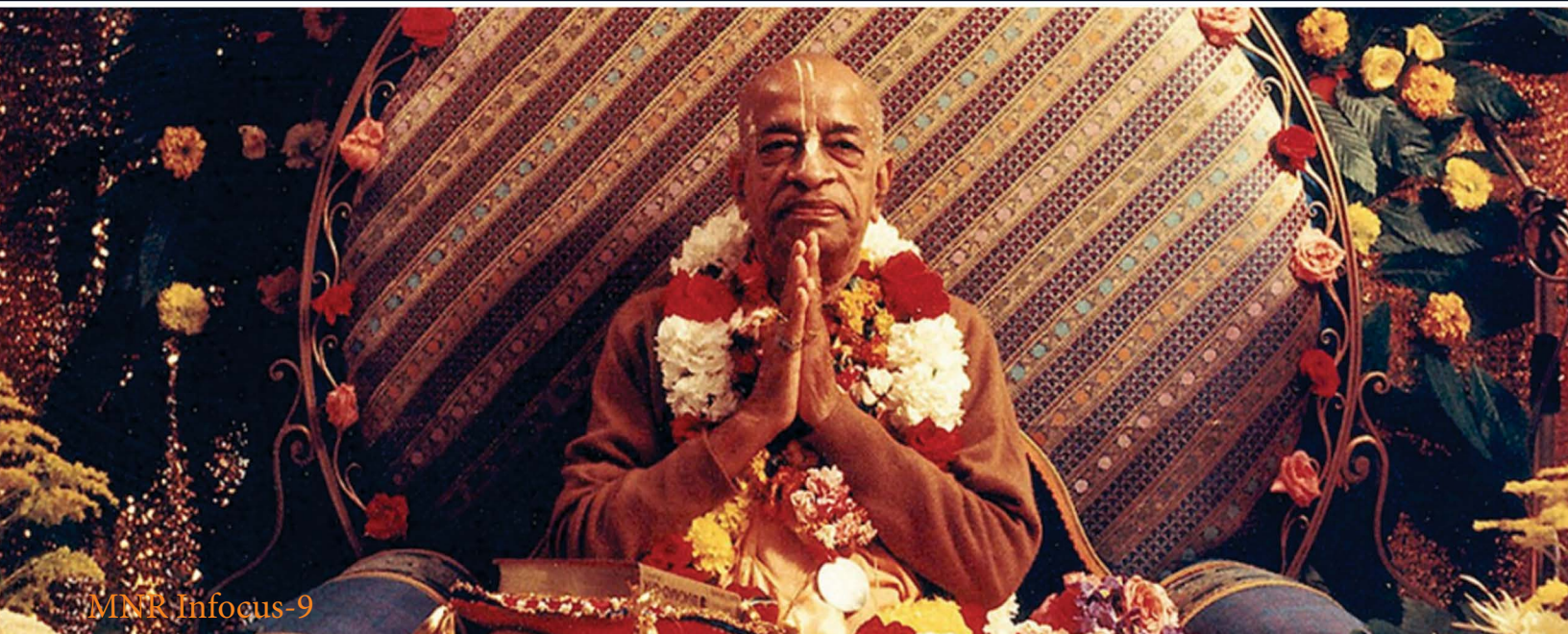
THE FINAL LESSON

In November 1977, he also taught his followers how a real lover of God should leave his body. Though utterly incapacitated and fragile, he spent the the last particles of his energy translating ancient Srimad Bhagavatam, with a microphone held to his mouth. Building samadhi mandir were erected to commemorate the outstanding contributions of this noble soul and to enshrine his body in Vrindavana, India.

samadhi mandir A.C. Bhaktivedanta Swami Prabhupada

IN INDIA

Inauguration of Srila Prabhupada's 125th Birth Anniversary Celebration on 1st September 2021 by Shri Narendra Modi Honourable Prime Minister released the Commemorative Coin



Activities @ MNR Golden Kids (Navi Mumbai)

World Emoji Day & Yellow Day
@ MNR Golden Kids G2, Mumbai



Blue and Yellow Day
@ MNR Golden Kids G1, Mumbai



Celebrated Ekadashi & Rain Day
@ MNR Golden Kids G19, Mumbai



Blue & Yellow Day
@ MNR Golden Kids G21, Mumbai

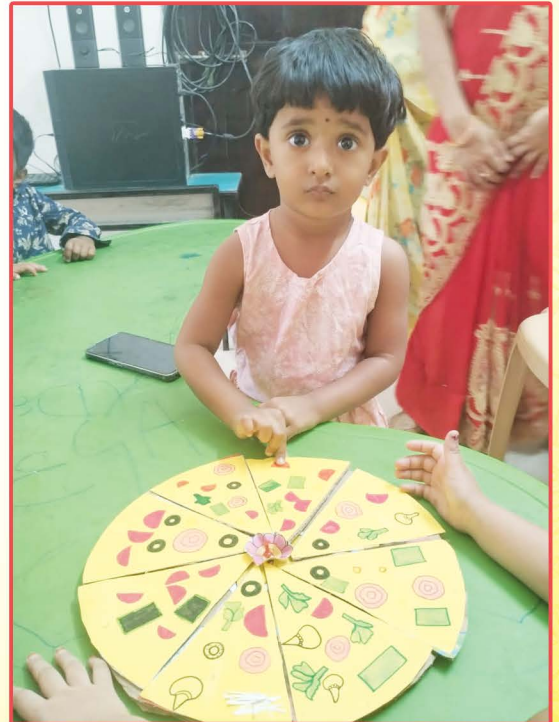


Activities @ MNR Golden Kids (Hyderabad)

Celebrated Bonalu & Yellow Color Day
@ MNR Golden Kids G5, Pragathi Nagar



Pizza making Activity @ MNR Golden Kids G28, Mallampet



Activities @ MNR Group of Schools

**Yellow Color Day & Bonalu Celebrations
@ MNR I-Exceed School, Kukatpally**



**Kargil Vijay Diwas Celebrations
@ MNR I-Exceed School, Kukatpally**



**Green Colour Gardening Day Celebrations
@ MNR School of Excellence, BHEL**



**Rainy Day
@ MNR School of Excellence, BHEL**



**Shiksha Saptah & Investiture Ceremony
@ MNR School of Excellence, Kamothe**



**Sanskar Projects
@ MNR International School, Palaspe**



Activities @ MNR Group of Schools

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



**Yellow Color Day
@ MNR High School, Chintal**



**Investiture Ceremony 2024
@ MNR High School, BHEL**



**Kargil Vijay Diwas Celebrations
@ MNR High School, BHEL**



**Animal Parade
@ MNR School of Excellence, Sangareddy**



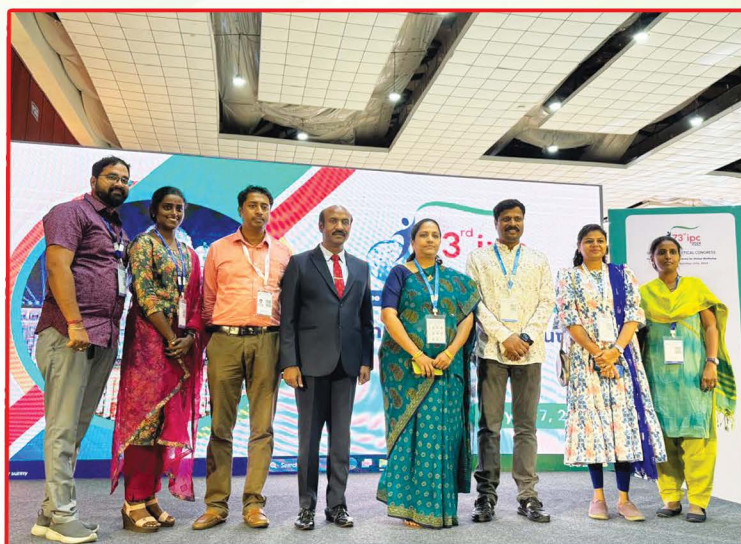
**Bonalu Celebrations
@MNR School of Excellence, Sangareddy**



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

ACTIVITIES @ MNR COLLEGE PHARMACY

Principal, Faculty, and Students of MNR College of Pharmacy at India Pharmaceutical Congress (IPC), Hyderabad from 5th to 7th July, 2024



GPAT (National Level Competitive Exam) Orientation Program organized by MNR College of Pharmacy



MNR School of Nursing faculty, R.M. Susmitha attends TSRTC College of Nursing's CNE Program on July 23, 2024





MNR UNIVERSITY

Enriching Lives...



MNR UNIVERSITY is a multi-institutional and multi-disciplinary holistic University situated in a 100 acres lush green campus at Sangareddy, Gr. Hyderabad. The campus houses Medical, Dental, Homoeopathic, Pharmacy, Nursing, Physiotherapy, Education and Engineering & Technology colleges at Sangareddy.

MNR UNIVERSITY - COURSES OFFERED

MNRU-School of Engineering and Technology

- ✓ **B.Tech.** : CSE, CSE (AI & ML), CSE (AI & DS), ECE (IoT)

MNRU-School of Physiotherapy and Rehabilitation

- ✓ **Bachelor of Physiotherapy (BPT)**
- ✓ **Master of Physiotherapy (MPT)** : Orthopedics / Neurology / Cardio Vascular & Pulmonary

MNRU-School of Medical and Health Sciences

- ✓ **B.Sc. (Hons)** : MLT / Anaesthesiology & OT Technology / Radiology & Image Technology / Renal Dialysis Technology / Emergency Medical Technology / Respiratory Therapy Technology
- ✓ **M.Sc. (Medical)** : Anatomy / Physiology / Bio-Chemistry / Pharmacology / Microbiology



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Splendid moment as the Vice-Chairman, **Sri. Ravi Varma Mantena**, MNR Educational Trust, felicitates Honourable President of India, **Smt. Droupadi Murmu**, at the illustrious **Golden Jubilee Celebrations** of MNR Educational Trust at Parade Grounds on 20th December. 2023

