

MNR iNFOCUS

Enriching the innerself

December 2024

MNR's IN-HOUSE MAGAZINE



Sri. M.N. Raju, Chairman (MNR Educational Trust) & Chancellor (MNR University) was felicitated for his outstanding leadership and vision in **Health & Education** at the inauguration of **Vasudha's New Logo**



International Day for Tolerance: A Call for Unity

(November 16th)

The celebration of International Day for Tolerance is a reminder to embrace diversity and foster understanding in our communities. As Mahatma Gandhi said, “Our ability to reach unity in diversity will be the beauty and the test of our civilization.”

In a world full of different beliefs, cultures, and ideas, tolerance is the key to peaceful coexistence. It teaches us to respect others, even when we disagree. Nelson Mandela once wisely noted, “No one is born hating another person. People must learn to hate and if they can learn to hate, they can be taught to love.”

Promoting tolerance begins with small actions like listening without judgment, appreciating differences and standing against prejudice. As we reflect on this day, let us remember that, in the words of Voltaire, “Tolerance is the consequence of humanity.”

Together, through tolerance and understanding, we can build a more compassionate and united world.

“Tolerance is giving to every other human being every right that you claim for yourself,” said Robert Green Ingersoll, and as students, this begins with treating others with kindness. Remember, the more you accept differences, the more you grow as a person, creating a ripple effect of positivity in the world around you.

Editorial.....

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INFOCUS

MNR's In-House Magazine

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

ACTIVITIES @ MNR HOMEOPATHY MEDICAL COLLEGE & HOSPITAL

Sri. M.N. Raju Garu, Chairman (MNR Educational Trust) & Chancellor (MNR University) addressing the students and their families at the Aarohana, 2024 convocation ceremony



Sri. M.S. Ravi Varma, Vice-Chairman (MNR Educational Trust) & Pro-Chancellor (MNR University) addressing the students and their families at the Aarohana, 2024 convocation ceremony



Honourable Guest, Dr. Lingaraju Garu presenting mementos to the graduates at the Aarohana 2024 Convocation Ceremony



Celebrating the accomplishments of the Interns Batch, 2018-19 at their Convocation Ceremony-a moment of pride





Sri M N. Raju
Chairman
MNR Educational Trust



SHAKUNI

THE CUNNING ADVISER OF THE KAURAVAS

Shakuni was the brother of Gandhari and maternal uncle of the Kauravas and he was the youngest sons of Suvala, the king of Gandhara, the modern Afghanistan. He was never liked by the elders of Kuru dynasty, like Bhishma, Drona etc. because he was well known for his cunning nature. He lived with the Kauravas and he was their political adviser too.

Though he was the maternal uncle of the Kauravas, brother of Gandhari, adviser to the Kauravas and lived with them, he was an enemy to the Kauravas and he lived with them only to kill all the hundred and one Kauravas and to destroy them. This indirectly helped the Pandavas to win the battle of the Mahabharatha.

Gandhari was married to Dhristarashtra. They had one hundred sons and one daughter. There was a

story behind Gandhari's marriage. When she was born, astrologers had foretold that her first husband would have a short life to live, but her second husband would live for longer life. So her father made a plan. He got her married to a goat and the goat was sacrificed soon to avoid future problems of the secret marriage of Gandhari with the goat. Then she was married to Dhristarashtra. The first marriage with the goat was kept secret. Bhishma came to know about it only when the Kauravas were young children.

Bhishma was so upset because Suvala duped him and because a widow had entered into Kuru family as a daughter-in-law, which would be a great disgrace to the Kuru clan. He worried that the Kuru family would be a laughing stock in the Bharata-Varsha.

Bhishma decided to kill Suvala, and his sons. He brought all of them and locked them in a dungeon. Everyday they were given a fistful of rice to them. Suvala could understand that they all would die shortly. But he decided

to avenge against the Kauravas. He selected Shakuni to remain alive and to destroy all the Kauravas. From that time the fistful of rice was given only to Shakuni and all others starved to death. That is how Shakuni was able to survive and turned to be an avenger of death of his family members.

Except Shakuni, all others died in the dungeon. He started pretending as if he was obedient and loyal to Duryodhana. He was allowed to come out of dungeon and live with Duryodhana. Slowly he became the adviser of Duryodhana. Shakuni started poisoning the mind of Duryodhana and his brothers by creating enmity between the Kauravas and the Pandavas.

Always, even smallest things would lead to quarrels between the cousins of the Kuru family. Duryodhana had ninety nine brothers, but he felt always weaker, than the Pandavas. It was all because of Shakuni, who was infusing negative thoughts. But the Pandavas, never thought that they were weak, because they were always positive and they were always guided by their mother Kunthi and Krishna. (Kunthi and Krishna were related. Kunthi was the daughter of a Yadava king, by name Surasena, who belonged to the family of Krishna, and who was ruling Mathura. Her name was Pritha. Later Pritha was adopted by Kunthibhoja. Then her name was changed as Kunthi).

Since the young Kauravas and Pandavas had been fighting often. Bhishma thought that it would be better to keep them separately. It was ordered to build a separate house for Kunthi and her sons. The house was built in Varanavata.

Here Shakuni advised Duryodhana to build the house with all kinds of inflammable material, the house of lac, on the first night itself the house was set afire. But all the Pandavas, with their mother escaped unhurt, because they were alerted by Vidura.

Duryodhana returned from Indraprasta, a broken man, consumed by envy and insults. The Pandavas had nothing and just returned from the Vanavasa. Now, they were wealthier and famous.

Shakuni played his role once again infusing more envy and anger in Duryodhana. He offered a solution. He asked him to invite the Pandavas for the dice game. Shakuni said that he would be a winner in the dice game, because the dice were made with the finger bones of his dead father and they were loaded with some evil power. The Pandavas were

invited to play the dice game. Yudhishta accepted.

- Why did Yudhishta accept to play the game? It was a tradition and rule that, if any king was challenged for a fight or a game etc, the loser was supposed to accept the terms proposed by the winner.
- The Pandavas accepted to play the game without informing to Krishna and Droupadi. This was only the time, in Mahabharatha. Krishna was not there with them.
- In the olden days dice game was considered a sacred one because life was considered to be a game. The board game with the snakes and ladders was also an important one with the same spirit.
- Dice game was loaded with some powers. Shakuni could make the dice fall the way he wanted it to. He further said that Duryodhana would win all that the Pandavas possessed.

Duryodhana was overjoyed with the plan of Shakuni. He invited the Pandavas for the dice game.

Yudhishtira accepted the invitation. He played on behalf of the Pandavas and Shakuni played on behalf of the Kauravas. The game was based on the throw of dice and the movement of coins on the game board. It was a mixture of luck and skill. Total seventeen games were played. In all seventeen games, Yudhishta lost everything his gold, elephants, cows, kingdom, his brothers and even Droupadi. Then the Pandavas were imposed Aranyavas and Agnathavas. They were forced to leave everything and even Droupadi was insulted by the Kauravas.

- Duryodhana played unethically, with bad intention. He knew that the dice was loaded with evil spirits.
- For all board games, India was the home.
- Duryodhana's envy of the Pandavas' fortune was the root cause of the Mahabharata and it was always fuelled constantly by Shakuni with an intention of revenge.
- Duryodhana had always a bad company of advisers like Shakuni.
- The Pandavas had always a great adviser, like Sri Krishna.





The Magic of Christmas

A CELEBRATION OF JOY, TRADITION AND GIVING

Christmas, celebrated every year on December 25th, is one of the most anticipated holidays around the world. A blend of religious reverence, cultural traditions, and joyous festivities, Christmas brings together family, friends, and communities in a celebration of love, kindness, and hope. While it has deep Christian roots as the commemoration of the birth of Jesus Christ, over the centuries, Christmas has evolved into a holiday that is celebrated by people of many different faiths and backgrounds.

The Origins of Christmas

The story of Christmas traces its origins to the birth of Jesus Christ in Bethlehem, more than two thousand years ago. According to the Christian faith, Jesus was born to Mary and

Joseph in a humble stable, with angels heralding his birth to shepherds and wise men who followed a star to bring gifts. This event is celebrated as the fulfillment of Old Testament prophecies and is seen as a symbol of hope, peace, and divine love.

In the early days of Christianity, Christmas was not widely celebrated. It wasn't until the 4th century, when the Roman Emperor Constantine adopted Christianity, that the celebration of Christ's birth began to take shape. The date of December 25th was chosen to coincide with the Roman festival of Sol Invictus, a celebration of the "Unconquered Sun," which symbolized the return of longer days after the winter solstice. By aligning Christmas with this pagan festival, early Christian leaders were able to spread the message of Christ's birth while incorporating elements of existing celebrations.

The Evolution of Christmas Traditions

While Christmas' religious significance remains central for many, the holiday's secular aspects have also flourished over time, especially in Western cultures. Over the centuries, various

customs and traditions have become entwined with the celebration, creating a rich tapestry of shared experiences.

The Christmas Tree

One of the most beloved symbols of Christmas is the Christmas tree. The tradition of decorating a tree dates back to 16th-century Germany, where Christians brought trees into their homes to celebrate the birth of Christ. Over time, this practice spread to other parts of Europe and the United States. Today, families around the world decorate their trees with ornaments, tinsel, and lights, creating a festive centerpiece for the home.

Santa Claus and Gift-Giving

Santa Claus, also known as Saint Nicholas or Father Christmas, has become a central figure in modern Christmas celebrations, particularly for children. The modern image of Santa as a jolly man in a red suit with a white beard was popularized in the 19th century, thanks in part to the works of writers like Clement Clarke Moore, whose poem "A Visit from St. Nicholas" (better



Mrs. T. Sushanthi Priya
Assistant Professor OBG Department
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known as 'Twas the Night Before Christmas) painted a vivid picture of Santa's midnight ride. Santa is said to deliver gifts to children all around the world on Christmas Eve, symbolizing the spirit of giving.

Gift-giving itself has roots in the story of the Wise Men bringing gifts to the newborn Jesus, and over time it became a central tradition of the holiday. Today, giving gifts is a way to express love and appreciation for friends and family, as well as to strengthen the sense of community.

Christmas Cards and Decorations

Sending Christmas cards has been a tradition since the 19th century, when the first commercially produced Christmas card was created in London. The custom grew rapidly in popularity, and today, millions of Christmas cards are sent every year with heartfelt messages of joy and goodwill. Similarly, decorating homes and public spaces with lights, wreaths, and garlands has become a common practice, making Christmas a visually stunning and festive time of year.

Christmas Around the World

Although Christmas traditions vary by culture, the themes of love, joy, and togetherness are universal. Many countries celebrate Christmas in their own unique ways, adding their own customs and flavors to the holiday season.

- In Germany, Christmas markets (known as Weihnachtsmärkte) are a beloved tradition, where people gather to buy handmade gifts, enjoy festive foods like bratwurst and gingerbread, and sip warm mulled wine.
- In Mexico, Christmas is celebrated with "Las Posadas," a reenactment of Mary and Joseph's search for a place to stay in Bethlehem. The festivities also include piñatas, music, and traditional foods like tamales.
- In the Philippines, Christmas celebrations begin as early as September and include

a vibrant festival known as Simbang Gabi (a series of early morning masses) and the Parol, a colorful star-shaped lantern that symbolizes the Star of Bethlehem.

- In Italy, the holiday season culminates in the Feast of the Seven Fishes, a Christmas Eve dinner that honors the Italian tradition of eating fish before the arrival of Christmas Day.
- In Ethiopia, Christmas is celebrated on January 7th, following the Orthodox Christian calendar. It is a more solemn occasion marked by church services and family gatherings.

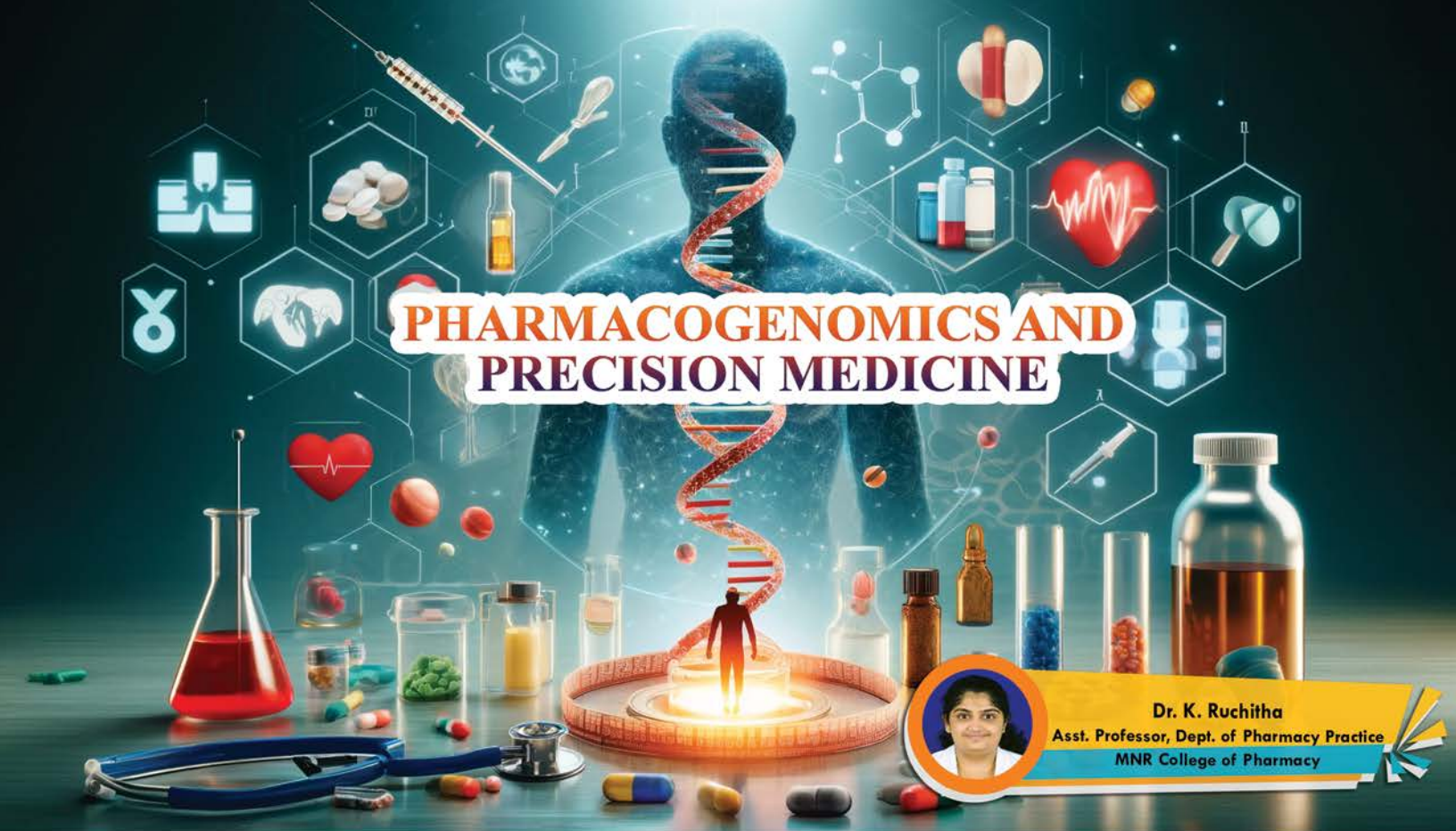
The Spirit of Christmas: A Time for Giving and Reflection

Beyond the celebrations and festivities, Christmas is also a time for reflection, charity and spreading goodwill. Many people choose to volunteer or donate to those in need, recognizing that the spirit of Christmas is not only about receiving gifts but also about giving back to the community. The story of the birth of Jesus, a child born into humble circumstances reminds Christians of the importance of humility, kindness, and compassion for others.

This theme of giving is also reflected in the popular practice of Secret Santa, where friends and colleagues exchange anonymous gifts, as well as in charitable organizations that run Christmas appeals to support the less fortunate.

Christmas is a holiday that touches the hearts of millions of people, transcending religious, cultural, and geographical boundaries. Whether through shared meals, family traditions, acts of kindness, or moments of personal reflection, the essence of Christmas is a celebration of love, joy, and the bonds that unite us. In a world that can sometimes seem divided, the warmth and generosity that characterize the Christmas season offer a much-needed reminder of the power of hope, compassion and togetherness.





It is a tenet of clinical medicine that patients vary in their response to drugs: doses effective in some patients will inevitably be ineffective or cause adverse drug reactions (ADRs) in others. Indeed, ADRs have been implicated as an important cause of hospital admissions, in one series accounting for 6.5% of all hospitalizations in two large UK hospitals. The treatment of common diseases, such as hypertension, arrhythmias, or depression often involves a series of “therapeutic trials” among different drugs or different classes of drugs, and the healthcare burden imposed by lack of efficacy during these periods of trial-and-error may be considerable. Mechanisms underlying variable drug responses

There are many reasons for variability in drug response. The failure of selected drug therapy to target the underlying disease mechanism (which may or may not be known), drug interactions, disease-related changes in drug concentrations or responsiveness, poor compliance, and system errors such as failure to deliver the correct drug or dose to the patient are commonly cited.

Precision medicine has the ultimate goal of exactly matching each therapeutic intervention with the patient’s molecular profile. Over the last twenty years, the study of human genetics has been fuelled by cutting-edge sequencing technologies leading to a deeper understanding of the relationship between genetic variation and human health. One of the emerging applications is pharmacogenomics-informed pharmacotherapy, tailoring drug selection and dosing to the patient’s genetic features.

Pharmacogenomics

The field of pharmacogenomics aims to define the genetic mechanisms, and ultimately to implement

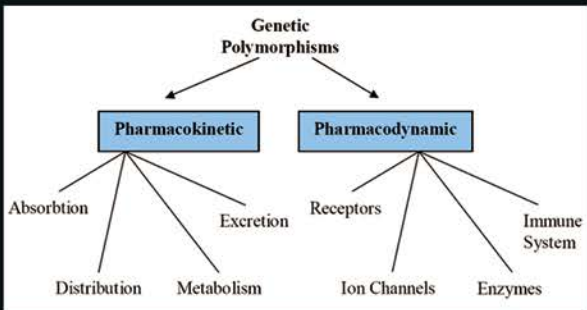
genetic testing to improve drug efficacy and reduce toxicity. Two conceptual pathways describe an organism’s overall response to drug exposure. Pharmacokinetics defines variability in the processes (absorption, distribution, metabolism, and elimination) modulating delivery of drug and active metabolites to and removal from their site(s) of action. Pharmacodynamics describes variability in the interaction of active drug with its effector molecules, or other mechanisms such as variability in disease mechanisms.

Common genetic variants can produce large drug response effects

Two scenarios illustrate how single gene variants affecting pharmacokinetics can have especially large effects. The first is with administration of a prodrug, a pharmacologically inactive substance that requires bio activation by drug metabolism to achieve its therapeutic effects. Such bio activation pathways usually involve a single drug metabolizing enzyme; genetic variants that result in loss-of-function of these enzymes can decrease or block drug action. Examples include codeine bio activated to its major active metabolite morphine by CYP2D6 and the antiplatelet drug clopidogrel bio activated by CYP2C19.

The second situation in which single pharmacokinetic variants can exert very large effects is during administration of an active drug with a narrow therapeutic range (i.e. a small margin between therapeutic and toxic doses) which undergoes elimination by a single drug metabolizing system. The antileukemic drug 6-mercaptoprine is bio-inactivated by thiopurine S-methyltransferase (TPMT) and xanthine oxidase (XO). Loss-of-function TPMT variants result in decreased inactivation, higher parent drug concentrations, and increased generation of cytotoxic thioguanine nucleotide (TGN) metabolites.

Drug Gene pairs with guidelines for clinical use



Gene	Drugs
Pharmacokinetic mechanisms	
<i>CYP2B6</i>	Efavirenz
<i>CYP2C19</i>	Clopidogrel, SSRIs, TCAs, Voriconazole, proton pump inhibitors
<i>CYP2C9</i>	Celecoxib, phenytoin, warfarin
<i>CYP2D6</i>	codeine, oxycodone, tramadol, SSRIs, TCAs, ondansetron, tamoxifen, atomoxetine
<i>CYP3A5</i>	tacrolimus
Pharmacodynamic mechanisms	
<i>CFTR</i>	ivacaftor
<i>CYP4F2</i>	warfarin
<i>G6PD</i>	rasburicase
<i>HLA-B</i>	Abacavir, allopurinol, carbamazepine, phenytoin
<i>VKORC1</i>	warfarin

Further, an understanding of the genetic basis of variable drug response can be used as a tool to expand the use of existing drugs to new indications and to develop new drugs. To date, pharmacogenomic variation has an established role in drug

efficacy and safety, enabling the creation of treatment guidelines by international scientific consortia aimed at creating medical guidance for the clinical application of pharmacogenomics. Specifically, the Clinical Pharmacogenetics Implementation Consortium (CPIC) and the Dutch Pharmacogenetics Working Group (DPWG) have developed validated guidelines for several drug-gene interactions that are made freely available as an on-line resource. However, the uptake of pharmacogenomics into routine clinical care remains limited. A range of major barriers has been identified, spanning from basic pharmacogenomics research through implementation. The study of previously neglected rare genetic variants and the validation of their functional and clinical impact through the development of pre-clinical models and in silico tools is warranted to improve pharmacogenomic knowledge.

Activities @ MNR Golden Kids (Navi Mumbai)

Children's Day Celebrations
@ MNR Golden Kids G6, Mumbai



Shape Hunt Activity & Children's Day Celebrations
@ MNR Golden Kids G21, Mumbai



Animal Day & Children's Day Celebrations
@ MNR Golden Kids G27, Mumbai



Shape Hunt Activity & Children's Day Celebrations
@ MNR Golden Kids G2, Mumbai



Activities @ MNR Golden Kids (Hyderabad)

**Mom's Recipe Activity
@ MNR Golden Kids G5, Pragathi Nagar**



**Halloween and Orange Colour Day
@ MNR Golden Kids G5, Pragathi Nagar**



**Mom's Recipe Activity
MNR Golden Kids G28, Mallampet**



Activities @ MNR Group of Schools

**Children's Day Celebrations
@ MNR I-Exceed School, Kukatpally**



**Drawing Competition
@ MNR High School, Chintal**



**Children's Day Celebrations
@ MNR School of Excellence, BHEL**



**Field Trip to NRSC-ISRO
@ MNR I-Exceed School, Kukatpally**



**World Constitution Day Activity
@ MNR School of Excellence, Kamothe**



**Study in Russia Activity
@ MNR International School, Palaspe**



Activities @ MNR Group of Schools

Young India-Lifescience Skilling Program organized for PG Students by the Osmania University in collaboration with World Economic Forum & Government of Telangana on 08-11-2024 in MNR PG College, Kukatpally.



**Children's Day Celebrations
@ MNR High School, BHEL**



**Field trip to Birla Planetarium
@ MNR School of Excellence, Mehdiptnam**



**Girls team win 1st Prize in Intra School Competition
@ MNR School of Excellence, Sangareddy**



**Mom's Recipe Activity
@ MNR School of Excellence, Sangareddy**



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

ACTIVITIES @ MNR COLLEGE OF PHARMACY

MNR College of Pharmacy proudly hosted 'Elocution - NPW-2024' on 19th November 2024



MNR College of Pharmacy organized 'Guest Lecture- NPW-2024' on 23-11-2024



MNR College of Pharmacy organized an inspiring 'Orientation for Freshers' on 22nd November 2024, welcoming new students



MNR College of Pharmacy organized 'Pharma Model Making - NPW-2024' on 22nd November 2024, showcasing innovation and creativity in the field of pharmacy



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

ACTIVITIES @ MNR Dental College & Hospital

Honored to have Smt. Lalitha Garu, District Welfare Officer, inaugurate the Children's Day celebrations organized by the Department of Pedodontics at MNRDC



Department of periodontics MNRDCH has conducted a rally on 08-11-2024 from IB to old bus stand Sangareddy on the occasion of National Tooth Brush Day



Department of Oral Medicine and Radiology at MNRDCH hosted an exhibition titled "Seeing the Unseen" on the occasion of World Radiology Day



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