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Enriching the innerself

January 2025

MNR's IN-HOUSE MAGAZINE



A wonderful celebration of talent, teamwork and traditions across three amazing schools - **MNR International School**, Palaspe, Navi Mumbai, **MNR School of Excellence**, Kamothe, Navi Mumbai & **MNR School of Excellence**, Sangareddy. These photos capture the vibrant energy and unforgettable moments from their **Annual Day Celebrations**

Congratulations

Gukesh Dommaraju

A Star Shines at the World Chess Championship



In a historic achievement, 18-year-old Indian prodigy, Gukesh Dommaraju clinched the title of World Chess Champion facing reigning champion, Ding Liren in a 14-game match held in

Singapore on December 12, 2024, becoming not only the youngest undisputed champion in the sport's history but also underscoring India's growing dominance in the world of chess, a sport that has become a national passion.

Gukesh has now solidified his position among the elite and his journey to the title is a testament to dedication, perseverance and exceptional skill. His journey from competing in youth tournaments to securing the world championship spot demonstrates his ability to maintain composure under pressure, adapt to various styles of play and outthink some of the finest minds in the game.

Gukesh's story will inspire millions, especially young aspiring chess players, to dream big. His victory symbolises that age is not a barrier but a gateway to achieving greatness with the right mindset and preparation. With this historic title, Gukesh has not only made himself a chess legend but also paved the way for the next generation of Indian chess players. His journey is one of ambition, talent and inspiration, a symbol of the changing narrative in global chess.

MNR Educational Trust wishes Gukesh the very best on his winning journey — stay unstoppable and continue to inspire us all!

Editorial...



Postal Address :

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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@mnrindia.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

Dr. Ravindra SV, Principal, Professor, and Head of the Department of Oral Medicine and Radiology, was honored with the Best Principal Award 2024 by the New Research and Innovation Society, Chennai.



MNR Dental College hosted the Induction Ceremony for the 1st Year BDS batch (2024-2025).





Sri M N. Raju
Chairman

MNR Educational Trust

THE MAHA BATTLE OF MAHABHARATA

Yudhishtira was the eldest of the Kauravas and the Pandavas, who were the children of Drutharastra and Panduraja respectively. So, he was made the king of Hastinapura and Indraprastha as well. It was opposed by Duryodhana, the eldest of the Kauravas.

Bhishma, the mentor of the Kuru dynasty, brought an agreement and made Duryodhana as the king of Hastinapura (this capital city was between the rivers of Ganga and Saraswathy the modern Haryana and western parts of Uttar Pradesh) and Yudhishtira was made the king of Indraprastha (this capital was located on the banks of Yamuna River, the modern Delhi and Eastern parts of UP, which was built by clearing the Kandava forest). The Kauravas were 101 (100 male and 1 female). Duryodhana was the eldest, who ruled the kingdom after his father.

The Pandavas were 5 brothers and Pandu

was their father. Kunthi was the mother of Yudhishtira, Bheema and Arjuna and Madri were the mother of Nakula and Sahadeva.

The Pandavas lost their kingdom to the Kauravas in the game of dice and went in an exile for 13 years. The Pandavas lost their kingdom not once, but twice. In the first incident the kingdom was given back to the Pandavas by Dhritarashtra, father of Kauravas on the request of Draupadi. But, Yudhishtira played again and lost the kingdom.

The Army and the weapons

- The Kauravas army consisted of 11 Akshonies
- The Pandavas army consisted of 7 Akshonies
- One Akshony means:
 - 21870 Chariots

- 21870 Elephants
- 65600 Horses
- 1,09,350 Foot Soldiers

- Each Akshony was under one commander.
- All commanders were under one chief commander.
- The weapons used Bow, arrow, mace, spear, dagger and sword.

The Kauravas were very big and strong in many ways. They were also very rich having

a lot of wealth. They got all sorts of facilities to prepare for the war. But they were defeated and finally they all were killed. How and why, it had happened so?

The Pandavas army was much smaller and they had no money. They just returned from Aranyavasa and Agnathavasa, but they won the battle. How and why, it had happened?

The reasons were many. The Kauravas had many negative points and very less positive points for winning the war. Whereas the Pandavas had a good number of positive points and a few negative points to their credit.

THE KAURAVAS

Their strengths

1. Rulers of two kingdoms, Hastina and Indraprastha
2. Big army – 11 Akshonies
3. No dearth of money
4. Decentralized leadership
5. Bhishma
6. Drona
7. Pandavas were in exile

Their weakness

- 1 Many enemies of smaller kingdom
- 2 Lack of Transperency
- 3 No regard for elders or leaders
- 4 A team of traitors
- 5 Jealousy
- 6 Individual motives
- 7 No proper leaders
- 8 Shakuni was their advisor whose ultimate goal was to destroy the kingdom of Kauravas.
- 9 Bhishma and Drona were their commanders but didn't like to kill the Pandavas
- 10 All their enemies helped the Pandavas
- 11 Many commanders during war

THE PANDAVAS

Their strengths

- 1 Krishna, great advisor
- 2 Team spirit
- 3 Single commander during the entire war
- 4 Respect for elders
- 5 Sympathy of elders and Gods like Shiva, Hanuma, Bhishma, Drona
- 6 All Kauravas enemies became the friends of Pandavas
- 7 One goal to get their share
- 8 No plan to take the kingdom of the Kauravas
- 9 Expertise in the science of war
- 10 Krishna made them to use every chance for their benefit
- 11 Small army but well designed

Their weakness

- 1 Small army
- 2 No financial strength
- 3 No kingdom
- 4 Threats by the Kauravas

Dear Readers, it is evident that even we can be successful in our life. We can achieve something if we are clear in our mind about our goal. The Pandavas followed correct order of thinking, correct way of life and so they emerged as the winners. They had a good team work. They believed Krishna, respected elders and loved younger ones. They were not selfish. They never deceived anyone. Every one loved the Pandavas but not the Kauravas. Hence, the Pandavas could win the war. As a common man you could also win the battle of life, if you follow Dharma.



Mrs. Mamatha Benarji

Tutor

MNR College of Nursing

Sankranti

The festival of Bhogi generally falls on the 13th or 14th of January every year. The date depends on the ending day of the Tamil month i.e. Margazhi. It is observed on the first day of the Pongal festival when the sun starts moving to the northern hemisphere from the South.

Bhogi

The main ritual of this day is called “Bhogi Mantalu” where people light a bonfire known as “Bhogi fire” with cow dung and waste wood to get rid of old & negative things from their life. They discard their old & useless household items like clothes, etc., in the fire and focus on a new beginning. Women of the families wear new clothes and chant Mantras to praise God around the fire.

“Pongal Panai” is another ritual performed on this day where people buy new earthen pots, paint & decorate them with flowers & mango leaves. Farmers decorate their cattle in the village and offer Prasad. The day is about getting your friends & families together & exchanging Happy Bhogi wishes.

Additionally, “Bhogi pallu” is prepared by women with freshly harvested rice & fruits along with honey to distribute among children. Sugarcanes and many green plants are tied in front of the home with turmeric roots, representing the season’s sweetness, happiness, and auspiciousness.

MAKARA SANKRANTI

The scientific reason for Makara Sankranti is the changes in nature being as the sun sets. Uttar Ayana of surya deva helps those suffering from cold to get rid of cold. India is an agricultural country. The festival season is dependent on agriculture. Makara Sankranti flows at a time when the farmers bring home that kharif season crops of maize and sugarcane groundnut, Urida after rabi season showering the farmers house and is filled with food grains.

KANUMA

According to mythology, on this day Lord Krishna saved the local people of Gokula who came to seek help after a huge flood in the village. The god of rain, Lord Indra, is claimed to have flooded the village in an act of anger. Lord Krishna picked up the Govardhan hill with his small finger and provided shelter to all the villagers. After realizing his mistake, Lord Indra revoked the heavy rains from Gokula.





ANJALI VISHWAKARMA



SWATHI



MEGHNA



JHANSI

DEPARTMENT OF GENETICS MNR PG COLLEGE

THE 'FINGERPRINT' THAT TELLS WHAT YOU REALLY ARE - GENETIC FINGER PRINTING

Gene finger printing the obtaining or comparing of genetic finger prints for identification, the comparison of DNA in a person's blood with that identified in matter found at the scene of a crime. A technique used to distinguish between individuals of the same species using only samples of their DNA.

Two humans will have the vast majority of their DNA sequence in common. In genetic fingerprinting exploits highly, variable repeating sequences called MINI SATELLITES.

DISCOVERY

The technique was developed in 1984 by British geneticist Alec Jeffreys DNA profiling (also called DNA fingerprinting and genetic fingerprinting) is the process of determining an individual's deoxyribonucleic acid (DNA) characteristics. DNA analysis intended to identify a species, rather than an individual, is called DNA barcoding.

Why Fingerprints are Different from One to Another?

If extraction of DNA sample for testing process, then it is concluded difference from one to another. Because the restriction enzyme cut the DNA in fragments but they do not cut it randomly they cut into very specific usually palindromic sequence these are called the

restriction site. When the extraction of the DNA sample is look like same but that isn't identical. Most of our DNA IS NON-CODING this used to called JUNK DNA. But it plays a role so it isn't completely junk this non coding DNA is slightly different between different people.

The general procedure of DNA fingerprinting

- Isolation of DNA
- Digestion of DNA restriction endonucleases
- Electrophoretic separation of different fragments
- Transfer DNA on nylon/nitrocellulose membrane
- Probing/probe labelling
- Autoradiography/ x-ray

Applications

- Forensics
- Paternity testing
- Medical genetics
- Cultivator identification

- Track diseases spread
- Molecular breeding

Advantages of fingerprinting DNA

- **Accuracy:** DNA fingerprinting is highly accurate and reliable, with a 99.9% accuracy rate. Legal courts accept that no two people have the same DNA standard.
- **Small sample:** A small sample, like a drop of blood or a few cells, is enough to create a DNA fingerprint.
- **Versatile:** DNA fingerprinting can be used in many applications, including:
 - **Criminal investigations:** DNA fingerprinting can help place suspects at a crime scene.
 - **Legal disputes:** DNA fingerprinting can help solve parental disputes.
 - **Medical Research:** DNA fingerprinting can help identify genetic disorders early and find cures for hereditary conditions.

Disadvantages of fingerprinting DNA

- **Time-consuming:** The process is lengthy and laborious.
- **Sample size:** A large amount of DNA is required for testing.

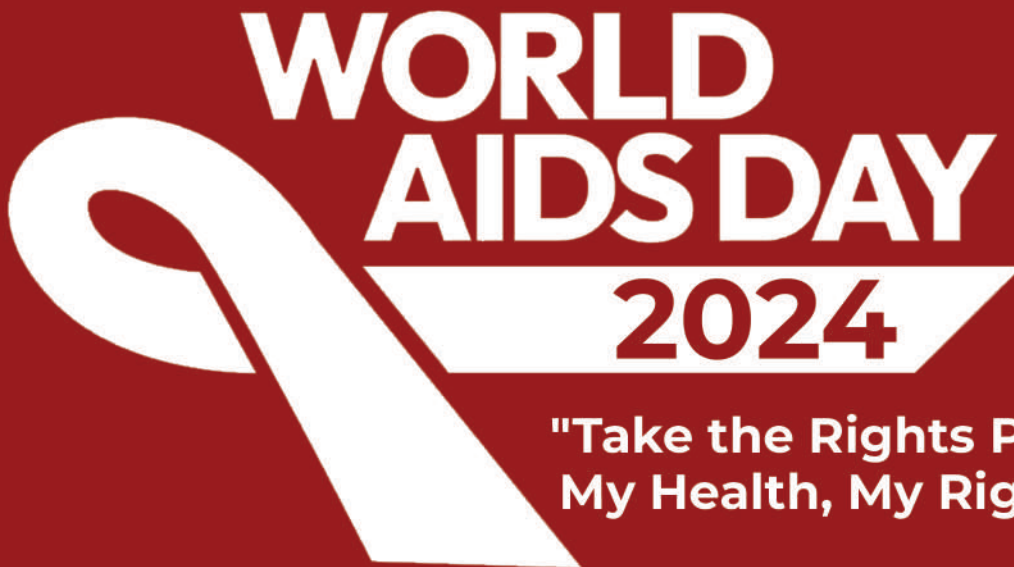
- **DNA quality:** The DNA must be high molecular weight and un-degraded.
- **Privacy:** DNA fingerprinting can violate a person's privacy.
- **False blame:** DNA fingerprinting can be used to falsely blame innocent people.
- **Data security:** DNA fingerprinting data can be stolen and used by insurance, loan companies, or employers.
- **Environmental factors:** DNA evidence can be destroyed by heat, sunlight, bacteria, and mold.

Conclusion

DNA analysis remains the key to tying suspects to biological evidence and identifying persons in crimes and disasters, twenty years after the development of DNA fingerprinting. Establishing paternity in child custody and support cases is another key application. Inherited disorders and human diseases are diagnosed using DNA profiling.

DNA fingerprinting has a growing number of applications. In the study of population genetics, DNA markers, for example, have shown to be quite useful. Molecular markers are used to detect population changes, population fragmentation, and population interaction.





**"Take the Rights Path:
My Health, My Right!"**

World AIDS Day, observed on December 1 each year, serves as a powerful reminder of the global fight against HIV/AIDS and the ongoing need for awareness, compassion, and collective action. In 2024, the theme "Take the rights path: My health, my right!" shines a spotlight on a crucial issue that remains at the heart of the epidemic: the right to health, and by extension, the right to HIV prevention, care, and treatment for all people, irrespective of their background or circumstances.

This year's slogan underscores a simple but profound message: every individual has the right to health, and this right is essential to achieving the global goal of ending the AIDS epidemic by 2030. It calls on governments, civil society, and communities to prioritize access to health services, protect the dignity of people living with HIV, and ensure that no one is left behind in the fight against the virus. The slogan serves as a call to action for ensuring that health services are equitable, inclusive, and accessible to all people—especially the most vulnerable.

Health as a Fundamental Human Right

At the core of the 2024 theme is the recognition that health is not a privilege but a fundamental human right. This concept is enshrined in international law, including the Universal Declaration of Human Rights, which asserts that everyone has the right to a standard of living adequate for health and well-being. When it comes to HIV, this right translates into the availability of education, prevention strategies, HIV testing, antiretroviral treatment (ART), and the ability to live with dignity free from stigma and discrimination.

Despite significant progress in the global fight against HIV, challenges remain. Access to healthcare is still not equitable, particularly in low- and middle-income countries, where many



people living with HIV face barriers such as stigma, lack of information, financial constraints, and inadequate healthcare infrastructure. The 2024 slogan emphasizes that it is not enough to simply provide treatment for HIV; governments and health organizations must ensure that these services reach the most marginalized populations, including women, LGBTQ+ individuals, sex workers, and people who inject drugs.

The Power of Education and Awareness

The right to health extends beyond medical care—it also involves education. World AIDS Day 2024 highlights the importance of knowledge and awareness in preventing the spread of HIV. Understanding one's rights to access services is key, as is education about the virus itself. For many, misinformation and fear continue to fuel stigma, making it harder for people to seek care or to talk openly about HIV. Promoting accurate information and creating safe spaces for dialogue are critical components of ending the AIDS epidemic.

Ending Stigma and Discrimination

The slogan also draws attention to the ongoing fight against the stigma that still surrounds HIV. Even as treatment options have advanced and life expectancy for those living with HIV has improved, discrimination remains a formidable barrier to accessing care. By framing health as a right, the campaign encourages people to see beyond labels and embrace those living with HIV with understanding, respect, and compassion.

Global Solidarity for the Future

“Take the rights path: My health, my right!” is a call for solidarity, urging the global community to come together in the fight against AIDS. It reminds us that we all have a role to play—whether as individuals, healthcare professionals, advocates, or policymakers—in creating a world where HIV is no longer a barrier to living a healthy, fulfilling life.

As we observe World AIDS Day 2024, let us reflect on the rights of individuals living with HIV and commit ourselves to actions that promote equality, dignity, and access to the care that everyone deserves. The path to ending AIDS is one of rights, respect, and responsibility, and together, we can take that path toward a future without HIV-related discrimination.



Activities @ MNR Golden Kids (Navi Mumbai)

**Celebrated Cartoon Day & Merry Christmas
@ MNR Golden Kids G19, Mumbai**



**Annual Day Celebrations
@ MNR Golden Kids, Mumbai**



**Merry Christmas Celebrations
@ MNR Golden Kids G27, Mumbai**



**Merry Christmas & Cartoon Day Celebrations
@ MNR Golden Kids G2, Mumbai**



Activities @ MNR Golden Kids (Hyderabad)

**Merry Christmas Celebrations
@ MNR Golden Kids G5, Pragathi Nagar**



**New Year Celebrations
@ MNR Golden Kids G5, Pragathi Nagar**



**Merry Christmas Celebrations
MNR Golden Kids G28, Mallampet**



**New Year Celebrations
MNR Golden Kids G28, Mallampet**

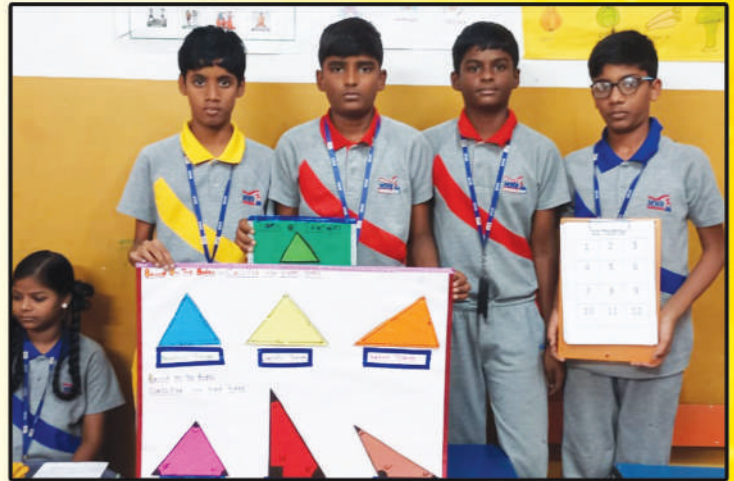


Activities @ MNR Group of Schools

**Celebrated Christmas Day
@ MNR I-Exceed School, Kukatpally**



**Types of Traingles
@ MNR High School, Chintal**



**Linear Equations Activity
@ MNR School of Excellence, BHEL**



**Quadri Laterals Activity
@ MNR School of Excellence, BHEL**



**Human Rights Day
@ MNR I-Exceed School, Kukatpally**



**Maths Even Numbers
@ MNR High School, Chintal**



Activities @ MNR Group of Schools

Students of MNR School of Excellence, Sangareddy, secured first place in the BHEL Cluster Level Kho Kho Competition.



**Celebrated Merry Christmas
@ MNR High School, BHEL**



**Field trip to Salajung Musuem
@ MNR School of Excellence, Mehdipatnam**



**National Mathematics Day
@ MNR School of Excellence, Sangareddy**



K. Harsha Vardhan, a student of MNR PG College, Kukatpally, won the Bronze Medal in the CM Cup Archery Championship (Recurve Men Division) held at Sardar Patel Stadium, Khammam District from December 31, 2024, to January 1, 2025.



MNR School of Excellence, Kamothe

Annual Day Celebrations-2024-25



MNR International School, Palaspe

ANNUAL DAY CELEBRATIONS 2024-25



ANNUAL DAY CELEBRATIONS –SCINTILLA - NOV -2024

@ MNR SANJEEVANI COLLEGE OF PHYSIOTHERAPY



MANTHENA AMERICAN SCHOOL, SHARJAH

Happy Fruit Salad Day



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Global Homeopathy Foundation

IN ASSOCIATION WITH

SCHOOL OF ARTISTIC
HOMOEOPATHY
FOR YOUNGSTER
AND ADULTS (SAHYA)



VENUE

**MNR AUDITORIUM,
MNR UNIVERSITY CAMPUS,
SANGAREDDY, HYDERABAD**

