

MNR *i*NFOCUS

Enriching the innerself

January 2023

MNR's IN-HOUSE MAGAZINE



Mr. Ravi Varma Mantena, Vice Chairman, MNR Educational Trust with Sharjah Private Education Authority Team His Excellency Ali Al Hosani, **Mr.Ziad Shatat**, **Mr.Prathap**, **Mr.Abdullah Al Marzogi**, **Mr.Abdul Salam Zinal**, **Dr.Suleiman Hamdan**.

Editorial.....



Self Image

Dear Readers,

“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”

-Norman Vincent Peale.

Self-image is an internal dictionary that describes the characteristics of the self, including such things as intelligent, beautiful, ugly, talented, selfish, and kind.

Having a positive self-image involves having a good view of oneself. If we keep our focus on our dreams and goals, we won't get side tracked by life's little mishaps.

Our self-image, how we think about ourselves, is the most important factor in our success as human beings. Our self-image will determine our expectations, our relationships, our happiness, our self-confidence, our finances, and our ultimate success.

The most important thing in life we can do for ourselves is to continuously build up our self-image.

The more self-confident you are, the happier you are with yourself the more you enjoy what life has to offer. When confidence is high, you can accept, adapt, learn, gain, and benefit from any situation in life.

When the dream's big enough the facts don't count. So don't let setbacks affect your self-belief and self-image.

Editor



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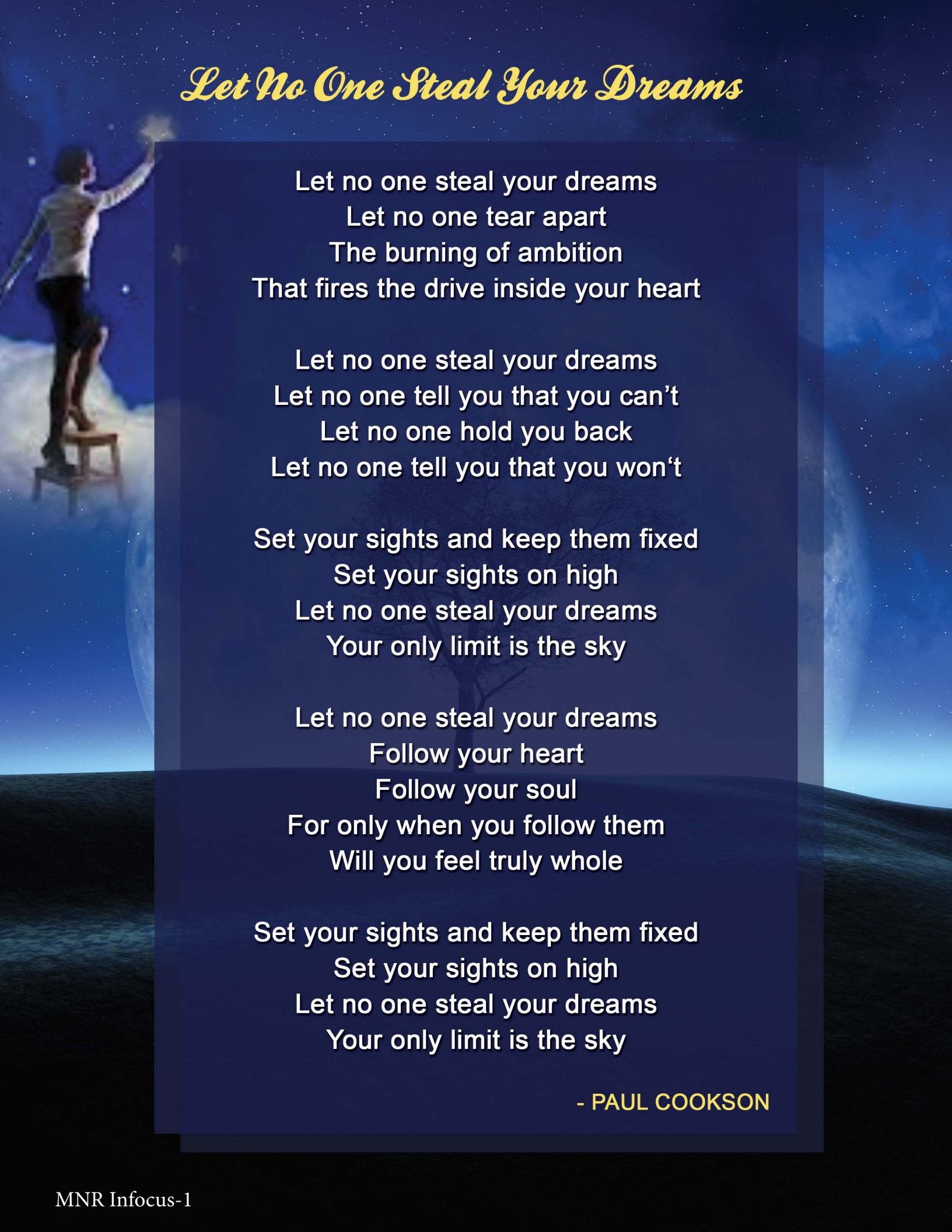
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Let No One Steal Your Dreams

Let no one steal your dreams
Let no one tear apart
The burning of ambition
That fires the drive inside your heart

Let no one steal your dreams
Let no one tell you that you can't
Let no one hold you back
Let no one tell you that you won't

Set your sights and keep them fixed
Set your sights on high
Let no one steal your dreams
Your only limit is the sky

Let no one steal your dreams
Follow your heart
Follow your soul
For only when you follow them
Will you feel truly whole

Set your sights and keep them fixed
Set your sights on high
Let no one steal your dreams
Your only limit is the sky

- PAUL COOKSON

YOU ARE YOUR MIND-LV

You are your mind. You are successful or you are a big failure. You are happy or you are unhappy. You are loved by others or others may not like to love you. Your spouse and you may love each other or may fight often. With the same qualification one may be running a big industry and another may be working in the same industry as an employee. One may be great another may be weak. One may be a leader and lead many but another may be a follower.

All these differences are due to 'The Mind' (Conscious and sub-conscious minds). One who makes his mind a 'servant' is powerful and one who makes his mind a 'master', is weak. The mind is like a monkey, unless it is tamed, controlled and put on the right track, it will never earn a good result, and it is wilder than wild. Have power on your mind, it becomes a 'Rose-garden'.

Seneca says:

'He is most powerful

Who has power over himself'.

The wonderful mind has enormous capacity. It can have the world within it. It is upto us, how to enrich it and how to make use of it. It is the age of information and it has become an age of attention deficiency. Every second, lots of information is being poured into our



Sri M N. Raju
Chairman

MNR Educational Trust

attentive minds. There your mind needs power, a power to control, and power to enable you to select the information, a power to convert information into knowledge and a power to convert knowledge into wisdom.

This power comes out of 'stillness'. STILL, STILL, STILL. Have an appointment with yourself to learn that the 'world' is within you. You can understand this 'world' within you, by being 'still'. Set aside a few minutes every day to reflect the activities of the day, where you are a part. Analyze your merits and defects, rights and mistakes, and make selection of events, write the poem of your life with correct events.

The man who is alone, even in a crowd, is the man of wisdom. He knows the value of stillness.

The man's mind, which is in a crowd, is a sick mind. It barks like a stray dog, can not reflect and cannot think deep.

Ancient Indian sages gave a lot of importance to 'One-point attention'. They called it as 'Ekagratha'. That one point attention gives power.

Tennyson said,

"Self-reverence, self-knowledge, self-control,

These three alone lead life to sovereign power".

Persist, Persevere, Prod and Push;

It is not the end, it goes on.

A hurried / worried mind:

- A hurried mind is a worried mind.
- It is a sick mind.
- It barks like a mad dog.
- It chases everything.
- It forgets to reflect.
- It reacts without reason.
- It cannot think deep.

A relaxed Mind:

- It is free from worries.
- It is free from fear.
- It has deep reflections.
- It is a wholesome mind.
- It is an inbound mind.

- It is contemplative.
- It is capable for intense actions.
- It is free from mental cyclone.
- It is a strong and active mind.
- It can search for truth.

How do you get 'the best' out of your relaxed mind?

- Take minimum 60 minutes as a 'Holy Hour' everyday morning, to nourish your mind. During this time be silent, be in solitude mood, even in morning walk don't talk and be alone, don't even use cell phone or enjoy music from cell phone. Your body, mind, emotions and the spirit, are to be in positive mood and be pleasant.
- Spend time in nature.
- Experience silence and stillness.
- Be with the mind of a small child (A child like mind)
- Do exercise suitable to your age, life-style and food-in-take etc.
- Find a 'Life goal' larger than yourself and make it a target.

LOW BACK PAIN

Back pain is one of the most common reasons people go to the doctor or miss work, and it is a leading cause of disability worldwide.

Fortunately, you can take measures to prevent or relieve most back pain episodes. If prevention fails, simple home treatment and proper body mechanics often will heal your back within a few weeks and keep it functional. Surgery is rarely needed to treat back pain.

Symptoms:

Back pain can range from

- *A muscle aching to a shooting,
- *Burning or stabbing sensation.
- *In addition, the pain may radiate down your leg or
- *worsen with bending, twisting, lifting, standing or walking.

When to see a doctor

Most back pain gradually improves with home treatment and self-care, usually within a few weeks. Contact your doctor if your back pain:

- Persists past a few weeks
- Is severe and doesn't improve with rest
- Spreads down one or both legs, especially if the pain extends below the knee
- Causes weakness, numbness or tingling in one or both legs



Dr. Tejaswi Guduri

MPT Neuro, Asst.Prof.,

MNR's Sanjeevani college of Physiotherapy.

- Is accompanied by unexplained weight loss

CAUSES

Low back pain caused by spinal degeneration and injury.

Back pain often develops without a cause that your doctor can identify with a test or an imaging study. Conditions commonly linked to back pain include:

- Muscle or ligament strain. Repeated heavy lifting or a sudden awkward movement can strain back muscles and spinal ligaments. If you're in poor physical condition, constant strain on your back can cause painful muscle spasms.
- Bulging or ruptured disks. Disks act as cushions between the bones (vertebrae) in your spine. The soft material inside a disk can bulge or rupture and press on a nerve. However, you can have a bulging or ruptured disk without back pain. Disk disease is often found incidentally when you have spine X-rays for some other reason.
- Arthritis. Osteoarthritis can affect the lower back. In some cases, arthritis in the spine can lead to a narrowing of the space around the spinal cord, a condition called spinal stenosis.

- Osteoporosis. Your spine's vertebrae can develop painful fractures if your bones become porous and brittle.

Risk factors

Anyone can develop back pain, even children and teens. These factors might put you at greater risk of developing back pain:

- Age. Back pain is more common as you get older, starting around age 30 or 40.
- Lack of exercise. Weak, unused muscles in your back and abdomen might lead to back pain.
- Excess weight. Excess body weight puts extra stress on your back.
- Diseases. Some types of arthritis and cancer can contribute to back pain.
- Improper lifting. Using your back instead of your legs can lead to back pain.
- Psychological conditions. People prone to depression and anxiety appear to have a greater risk of back pain.

Prevention

You might avoid back pain or prevent its recurrence by improving your physical condition and learning and practicing proper body mechanics.

To keep you're back healthy and strong:

- Exercise. Regular low-impact aerobic activities — those that don't strain or jolt your back — can increase strength and endurance in your back and allow your muscles to function better.

- Walking and swimming are good choices. Talk with your doctor about which activities you might try.
- Build muscle strength and flexibility. Abdominal and back muscle exercises, which strengthen your core, help condition these muscles so that they work together like a natural corset for your back.
- Maintain a healthy weight. Being overweight strains back muscles. If you're overweight, trimming down can prevent back pain.

Avoid movements that twist or strain your back. Use your body properly:

- Stand smart. Don't slouch. Maintain a neutral pelvic position. If you must stand for long periods, place one foot on a low footstool to take some of the load off your lower back. Alternate feet. Good posture can reduce the stress on back muscles.
- Sit smart. Choose a seat with good lower back support, armrests and a swivel base. Placing a pillow or rolled towel in the small of your back can maintain its normal curve. Keep your knees and hips level. Change your position frequently, at least every half-hour.
- Lift smart. Avoid heavy lifting, if possible, but if you must lift something heavy, let your legs do the work. Keep your back straight — no twisting — and bend only at the knees. Hold the load close to your body. Find a lifting partner if the object is heavy or awkward.

EXERCISES FOR LOW BACK PAIN RELIEF:



1. Cat and cow pose

Lie on all fours and keep your back straight. Then, bend your spine outward and upward toward the ceiling. Hold these pose till you feel a stretch in your neck, and then bend your back inward and downward till you feel a stretch in your lower BACK.



2. Cobra stretch

Lie in the prone position and keep your hands on either side of your chest. Keep your feet planted firmly on the floor and press into your hands as you push your upper body, from your chest to your head, upward. Hold this pose for a few seconds and then gently lower yourself.



3. Prone leg lifts

This is similar to the cobra stretch, except that instead of lifting your upper body, you keep it planted firmly down. Keeping your legs stretched out and close together, raise them in one continuous motion as much as you can, hold the pose, and lower your legs back to the ground.



4. Bridges

Bridges are extremely helpful if you want to strengthen your lower back. To perform a bridge correctly, lie down on your back and rest your outstretched arms by your side. Lift your hips off the floor, keeping your body from the head to the knees in a straight line. Hold and lower.



5. Leg stretches

Lie on your back with your knees raised upward and your feet flat on the ground. Raise your right foot up, loop a band or a towel around it, and gently pull your foot toward your chest, keeping your right leg straight and unbent till you feel a stretch in your hamstrings.



6. Side twists

This is a great stretch to perform when you're suffering from lower and side back aches. Lie on your back with your arms stretched out by your side. Bend your knees to one side while turning your body in the opposite direction. Repeat this wringing motion on the other side.



7. Bird-dog stretch

This exercise focuses on stretching out the muscles connected to your lower back, thus relieving stress and pain. Lie on your fours, and lift your left leg, stretching it backward. Simultaneously, stretch your right arm forward in one straight line. Repeat on each side.



8. Toe-touches

Toe-touches are perfect for days when your lower back really needs a good stretch. Stand up straight with your arms stretched overhead, bend slightly backward till you feel a push in your lower back, and then bend forward and down to touch your toes. Repeat this slowly ten times.



9. Child's pose

No other exercise opens up your lower back like the child's pose. It's easy to perform as well; all you need to do is kneel on a mat, sit on your heels, and bend forward with your arms extended before you. Rest your head on the floor and enjoy the relief that follows.



10. Hip stretches

Don't be fooled by the name; hip stretches are as good for the lower back as they are for the hips. To stretch your hips, kneel on your left knee and place your right foot forward, with the right knee bent. Hold your left foot and gently pull it upward. Repeat on the other side.

***(All the above exercise to be done under the professional supervision)**



PARTIAL EDENTULISM (LOSS OF TOOTH) AND ITS TREATMENT OPTIONS



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Edentulism is a sequel of tooth loss which leads to impairment of normal function, comfort, aesthetics and speech. A healthy occlusion is characterized by absence of pathology, satisfactory function and adaptive capacity. Loss of one or more teeth disturbs the functional balance of the remaining teeth and may result in migration, supra eruption, loss of space, widening of proximal contacts and food impaction, bone resorption, occlusal interferences, loss of vertical dimension, altered mastication, anterior overloading, temporomandibular dysfunction with para-functional activities, altered phonetics, and aesthetics and psychological problems such as affected self-esteem and confidence.

A partially edentulous dentition can be practically classified into two groups:

1. Uncomplicated impaired dentition where tooth loss is the only anomaly.
2. Complicated impaired dentition, which is characterized by presence of complicating factors such as poor oral hygiene, caries, periodontal disease, and migration due to tooth loss.

Clinically, the uncomplicated impaired dentition can be treated immediately. However, in complicated

cases, the causative factors should be identified and treated first and only then should the prosthetic rehabilitation be started.

Current Treatment Options for Patients with Missing Single or Multiple Teeth

In cases of a missing single tooth the options are interim removable partial denture,

CAST PARTIAL DENTURE



RESIN BONDED PROSTHESIS



FIXED PARTIAL DENTURE

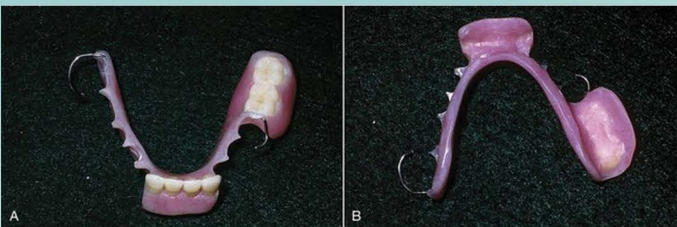


IMPLANT RETAINED PROSTHESIS



In cases of missing multiple teeth the options are

INTERIM REMOVABLE PARTIAL DENTURE



CAST PARTIAL DENTURES



RESIN BONDED PROSTHESIS (restricted by length of edentulous span and residual ridge morphology),



FIXED PARTIAL DENTURE(FPD)



IMPLANT SUPPORTED PROSTHESIS



OSSEOINTEGRATED ORAL IMPLANTS

An implant is a welcome alternative to complex fixed or removable prosthesis as it simplifies the complex reconstructions.

Three major indications specified for implants are:

increased subjective chewing comfort, preservation of natural tooth substance or existing reconstructions and replacement of strategically important abutments

CONCLUSION

Aim of prosthetic reconstructions is to preserve and restore health, aesthetics, and function.

A comprehensive evaluation, multidisciplinary approach and a sequential treatment plan worked out in harmony with the patient's perceptions are important for a long-term successful outcome.

Tomato Flu

Tomato flu also called tomato fever, is an infectious disease characterized with spherical reddish blisters on multiple Parts of the body which are initially small and then gradually enlarge resembling the shape of tomato. Similar to other types of influenza, tomato flu is very contagious.

The first case of this mysterious illness was reported on May 6 , 2022 , in Kerala , India. There have now been over 80 cases, with the disease spreading to other parts of India. And till now, most of the reported cases of Tomato Flu or Tomato Fever are among children from age 1-9. This could be an after-effect of chikungunya or dengue fever in children rather than a viral infection. It could also be a new variant of the viral hand, foot, and mouth disease, a common infectious disease targeting mostly children aged 1–5 years and immunocompromised recent adults. Some state the organism causing tomato flu could be an enterovirus - coxsackie virus A16 causing hand, foot and mouth disease (HFMD). the other symptoms include Skin irritation, Decolouration, Fatigue,



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tiredness, Abdominal cramps, nausea, vomiting, or diarrhea Coughing, fever, sneezing or runny nose, Joint pain and body ache.

Respiratory droplets, contact with blister fluid, faeces are routes first spread of enterovirus.

The central government has come up with some prevention plans for the disease. They rolled out an advisory on the Tomato virus, here are some of the key points to be followed.

- People have to follow proper hygiene.
- Children should know the symptoms and signs of the disease.
- All areas need to be sanitized to stop the spread of flu from sharing toys, clothes, food, or different items among children.
- Infected children will have to stay isolated for 5-7 days from the first onset of symptoms.
- The disease can occur in adults too

- At hospital settings to prevent cross transmission among consultation rooms for Febrile Rash should be set up fever outpatient clinics or paediatric wards and patient medical equipment needs to be sterilized.

It is mostly managed by Supportive Symptomatic relief using antipyretics and analgesics to treat fever, pain. Antibiotics are of no use unless blisters become purulent.

According to experts, the mortality rate in this disease is not high and could be prevented easily. Here are some ways to protect from Tomato Flu.

- Drink more water, juices and liquid content
- Try to drink more boiled water
- It's better not to touch the blisters
- Maintain good personal hygiene
- Maintain physical distance from suspected cases
- Take sufficient rest to avoid the long-lasting effects of Tomato Flu.



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INDIAN PROBIOTICS IN HUMAN HEALTH

Today the word probiotics have become a part of research and science as it possesses beneficial effects on human health.

Referring history, the meaning of probiotics refers to a combination of two languages. In Latin, preposition pro means for and in Greek composition bios means living thing. Thus together referring in the sense of 'for life'. Today probiotics have become a high interest in the field of food sciences and technology. LAURETE METCHNIKOFF is considered as father of probiotics and founder of probiotics is referred as STAMEN GRIGOROV.

Probiotics generally deals with live organisms are determined of having health benefits for humans when consumed. In simpler terms probiotics deal with live bacteria and yeasts which are very helpful in dealing with gut health of an individual. Gut health is considered with the well-being of digestive system. Some of the microbial flora is very useful in digestion and improving gut health by employing some strategies where regulation of host

immune system is seen. Basically the main source of probiotics are curd, yogurt mainly but a wide variety are seen in Indian cooking science that are needed to be taken every day. Any disturbance in the gut health meets the requirement of probiotics. Generally the mechanisms employed by the gut bacteria such as Lactobacillus and Bifidobacterium and yeasts such as saccharomyces boulradii is of regulation of host response.

The strategy of regulation of host immune response includes many mechanisms such as

1. Enhancement of epithelial barrier by increasing the activation and forming tight junction by proteins provided that inhibit leaky proteins
2. By increasing adhesion to intestinal mucosa and inhibition of pathogen adhesion.
3. Competitive exclusion of pathogenic microbe
4. Production of anti microbial substances
5. Modulation of immune responses

The disturbance in gut bacteria by any reason leads to the effect on gastrointestinal conditions such as antibiotic associated diarrhea, Clostridium difficile infection, constipation, inflammatory bowel disease, and irritable bowel syndrome and travel diarrhea. In infants the sensitivity of the gut is relatively very high during the initial stages thus synthetic drugs may show side effects on the infants. Probiotics grab an advantage off showing negligible effect on the body to cure such type of diseases such as infant colic, necrotizing enterococci, sepsis as we intake a natural live bacteria. Apart from gut health probiotic bacteria are helpful in curing dental disorders such as hay fever, asthma, atopic dermatitis and it can show its effect on prevention of allergies.

However probiotic bacteria in good number of amounts help cure other conditions such as acne, hepatic encephalopathy, upper respiratory infections and urinary tract infections. Traditional Indian medicine includes probiotics in regular diet of an individual. Ayurveda returned by dhanvantari extracted from atharvanaveda. Modified by Charaka in his charka samhita, included probiotics in one's dietary plan. Ayurveda included probiotics as in the form of "asvas and arista for the different body types such as vatha, pitha, kapha. Ayurveda includes an important line regarding the role of buttermilk and milk in once diet. The lines extracted are read like:

"Bhojananthey pebbaythakkram
vasrathey pebapthyaha

Nishanthey cha pebayddhari thribirogey
na jayathey"

One needs to drink buttermilk [made of curd and water] at the end of meal, milk at the end of day and water at the end of night [early morning]. Following this pattern one doesn't have a high chance of getting disease. However it relies on the meal timings which are not ideal in the current situation.

Indians have a wide variety of foods where probiotics are included in their diet. However probiotics containing food like curd [perugu and dahi], achar [avakai], Fermented foods like idly, dosa, dhokla and fermented rice with in curd etc holds excellent benefits in regular limited composition. Indians are well known for their balanced diet in their food uptake. Today the science behind the curd and importance of probiotics are known all over the world despite Indian medicine have described this centuries ago and included I said part of human diet.

• AGE OLD THARWANI

Tharwani Is an age-old recipe of South Indians which is considered to be fermented rice in the starch broth along with the lime leaves or dabbaku leaves [belonging to citrus family] which was an important source of probiotics. This was generally stored in a pot made of mud and the starch broth was changed for every two days. However it was



especially consumed in summer. This recipe has proven beneficial gut health.

• MAJJIGA\CHAAZ OR BUTTER MILK

One of the most important sources of probiotics is curd. Curd consists of bacteria like Lactobacilli that help in good digestion and providing a good gut health. One suffering with inflammatory bowel disease and diarrhea are especially advised to consume buttermilk along with a handful of fenugreek seeds that gives an immediate relief according to ayurveda.

• AVAKAYA OR ACHAR

This is one of the best fermented foods even made today. Generally this consists of mustard seeds powder [mustard in telugu means avalu from which the name of avakai is derived]. It is generally prepared in summer but advisable to consume in rainy and winter season as the mustard seeds gets fermented along with salt and chili powder in proportion that is very helpful in good digestion. It is even helpful in conditions like stomach bloating. According to recent studies, Licheniformis PUFSTP35 is considered to be the most potential candidate for beneficial probiotics from fermented mango pickle.

• CHADDI ANNAM OR FERMENTED CURD RICE

It is also an age old recipe but now extinct. The previous day's rice was taken into a pot containing milk inoculating a starter culture of curd and allowed to ferment overnight and this was consumed the very next day which was very rich in

probiotics. This is helpful in providing gut health and even immunity.

• IDLI, DOSA AND DHOKLA

These are the common foods even widely used today especially in south India [dhokla is practiced in North India] where especially people take these foods as a part of breakfast. Ancient tamilians used buttermilk to soak the rava. Even these foods are helpful in digestion and providing gut health with fermented microbes. The batter needs fermentation and then to be consumed for easy digestion.

• THATI KALLU OR TODDY DRINK

It is seen in south India as a traditional drink prepared from fermentation of sap from palm trees. It is considered to have a rich source of probiotics and provide a good gut health.

• MAJJIGA PULUSU OR MAJJIGA CHARU

It is a recipe prepared from fermented curd source along with vegetables that varies geographically. The source is of fermented curd leads to gut health and digestion.

Even ayurveda suggests having a glass of water on an empty stomach early in the morning without brushing as the digestive bacteria in mouth helps in gut health. Gut health is equally important and current researches on traditional Indian medicine should be highly encouraged along with other medications especially in the field of nutrition and dietetics provides unmasking of science in views of tradition.



MONKEYPOX



Dr. S Vijaya Kumari
Asst. Professor
Community Health Nursing Department
MNR College of Nursing

Introduction:

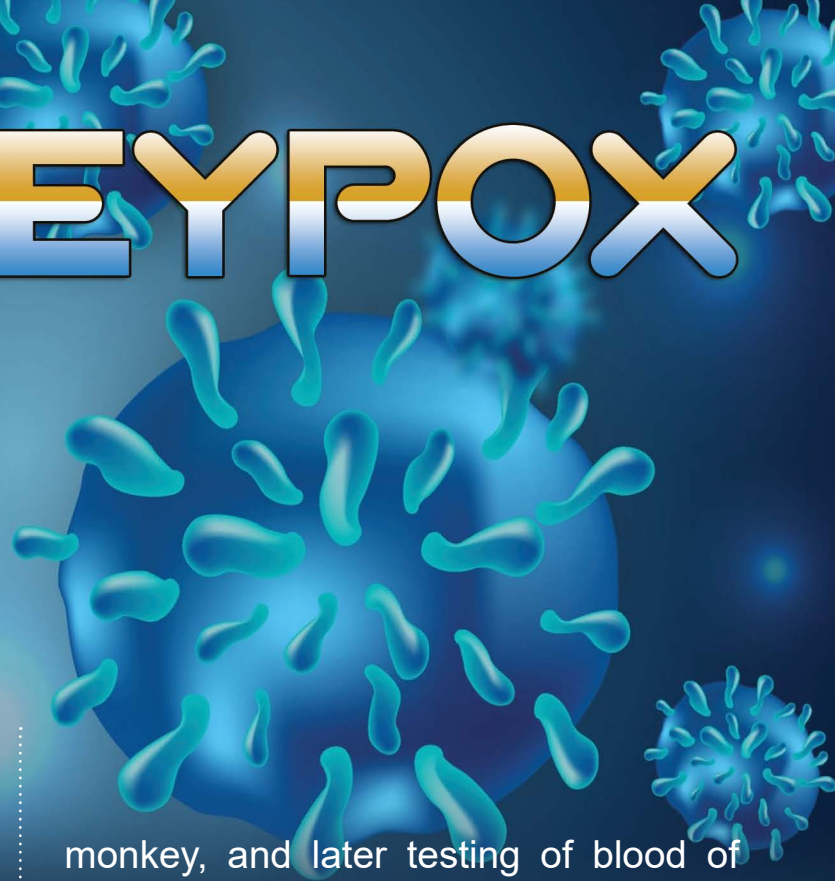
Monkey Pox is a rare viral disease caused by Monkey Pox Virus, a member of orthopoxvirus group of viruses. It is endemic to the rain forest countries of central and West Africa. It was discovered first in 1958 in laboratory monkeys, later testing of blood of animals from Africa revealed evidence of Monkey Pox Infection numerous African rodents. The first report of Monkey Pox in humans was made in 1970, when the virus was detected in persons living in remote African locations. Between 1981 and 1986, 37 documented cases of monkey pox were reported in the Democratic republic of Congo (formerly Zaire).

Monkey Pox is enveloped double-stranded DNA viruses, orthopox virus.

It is a viral zoonotic disease affecting rodents and primates in Africa, which can be transmitted to humans.

History of Monkey Pox:

It is endemic to the rain forest countries of central and West Africa, it was discovered first in 1958 in laboratory



monkey, and later testing of blood of animals from Africa revealed evidence of Monkey Pox Infection in numerous African rodents.

Causative Agent of Monkey Pox :

Monkey Pox virus

Genus: Orthopoxvirus

Family: Poxviridae

Mode of Transmission:

Animal to human transmission	Human to human transmission
Bite or scratch	Direct contact with body fluids
Bush meat preparation	Indirect contact with lesion Material
Direct contact with body fluids	Through contaminated bleeding, clothing/linen
Indirect contact with lesion	
Material through contaminated bleeding	

Incubation period of Monkey Pox: 7 to 17 days

Clinical features of Monkey Pox :



High temperature
Skin eruptions
Headache
Muscle aches
Backache
Swollen lymphnodes
Chills

Diagnostic measures of Monkey Pox

Polymerase chain reaction (PCR)
testing of samples from skin lesions

Is Monkey Pox curable?

Vaccination

Antiviral drug – Cidofavir

Prevention of Monkey Pox

- Wash hands with soap and water regularly or use an alcohol-based hand sanitizer
- Only eat meat has been cooked thoroughly

- Do not share bedding or towels with people who are unwell and may have Monkey Pox
- Do not eat or touch meat from wild animals
- Avoid direct contact with infected persons
- Limit to places with Monkey Pox outbreak Maintain personal hygiene

Monkey POX



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

MNR Dental College and Hospital contributed Rs.10,000/- on INTERNATIONAL WHITE CANE DAY for the Blind



MNR Dental College and Hospital conducted World Paediatric Day



DR SUNITHA JD (Prof & HOD ORAL AND MAXILLOFACIAL PATHOLOGY) was AWARDED GLOBAL OUTREACH DENTAL DIVAS AWARD for excellence in Oral Pathology and Microbiology



Co-curricular activities @ MNR Sanjeevani College of Physiotherapy



World Physiotherapist Day Conducted by MNR Sanjeevani College of Physiotherapy



Conducted Sports Day @ MNR College of Nursing



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

MNR COLLEGE OF PHARMACY ACTIVITIES

Mr. Mallick and Ms. Rania, Pharm D students received 2nd prize in Quiz competition conducted at B V Raju Institute of Technology.



Shri. MN Raju garu was awarded with "Dr. APJ Abdul Kalam Seva Puraskar-2022" Dr. V. Alagarsamy received the award on behalf of the beloved Chairman.



Dr. V. Alagarsamy has been felicitated with APJ ABDUL KALAM Excellency Award - 2022 by NGO at Ravindra Bharathi, Hyderabad.



Dr. V. Alagarsamy was invited as a special guest in a National Conference organized by JNTUH and shared dais with the Vice-Chancellor of JNTUH



Activities @ MNR Golden Kids (Navi Mumbai)



Activities @ MNR Group of Schools



Bhel, Hyderabad



Navi Mumbai



Kukatpally, Hyderabad



Bhel, Hyderabad



Chintal, Hyderabad



Bhel, Hyderabad

Activities @ MNR Group of Schools



**Winners of 3rd Prize
in Kho Kho**

Sangareddy



Chintal, Hyderabad



International School, Mumbai



Mehdipatnam, Hyderabad



Kukatpally, Hyderabad



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1st Prize Winner in Volley Ball in BHEL Cluster Level.

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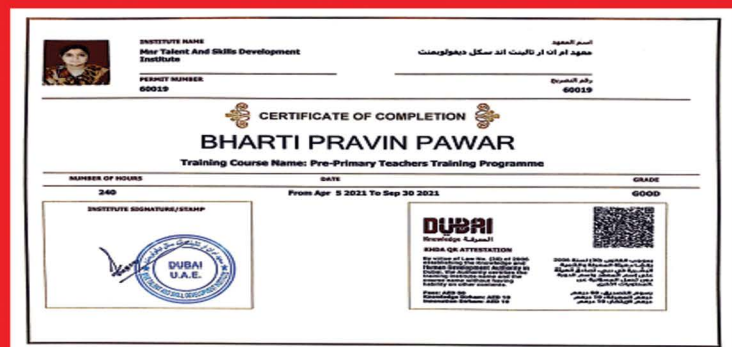
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