

MNR iNFOCUS

Enriching the innerself

October 2023

MNR's IN-HOUSE MAGAZINE



Shooting Star
ISHA TAKSALE



Shooting Star: Isha Taksale, Student of MNR International School, Palaspe, Navi Mumbai, Shines with Gold at 15th Asian Rifle Shooting Championship in Korea, 2023

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

MNR DENTAL COLLEGE & HOSPITAL ACTIVITIES

Certificate of Appreciation was presented to Dr Sridhar Professor and Head Dept of Pedodontics for winning Best paper.



Dr Ravindra SV Principal MNRDC attended as Guest of Honor for CDE program on topic Surgical Management of Head and Neck Cancer

Celebrated Bathukamma at MNR Dental College and Hospital



Best Pediatrician Award of the year 2023 @ HMTV Health Care Awards given to Dr. K. Pavan Kumar



"Embracing Tranquillity : A Roadmap to Stress - Free Living"

In the hustle and bustle of our lives, stress often looms large, casting a shadow over our well-being. Yet, there are ways to conquer this formidable foe and restore peace to our hearts.

- Take a moment to breathe deeply, inhaling calm and exhaling tension. This simple act can work wonders in diffusing stress's grip.
- Exercise, whether it's a brisk walk or a yoga session, can help release built-up tension and boost our mood.
- Embrace a balanced lifestyle, prioritizing sleep, nutrition, and regular breaks to recharge.
- Engage in hobbies and activities that bring you joy and help divert your mind from stressors.
- Lean on the support of friends and family, sharing your thoughts and feelings can be a powerful stress-reliever.
- Learn to say no when necessary, setting boundaries to avoid overwhelming yourself.
- Practice mindfulness and meditation to quiet the mind and reduce anxiety.
- Stay organized, keeping a to-do list and decluttering your living space can ease the feeling of chaos.
- Embrace humour and laughter, as they're powerful allies in the battle against stress.
- Incorporate relaxation techniques like deep breathing and progressive muscle relaxation into your daily routine.
- Avoid excessive caffeine and alcohol, as they can exacerbate stress.
- Seek professional help if stress becomes chronic and unmanageable, as therapy can provide valuable tools for stress management.

**"SIMPLIFY, PRIORITIZE, AND LET GO
OF WHAT DOESN'T TRULY MATTER"**

Editorial.....

Postal Address :

INFOCUS,
MNR's In-House Magazine

MNR Research Conventions Pvt. Ltd.
2-23B/350, Bhagyanagar- Phase III, HMT Hills Colony,
Opp. JNTU Kukatpally, Hyderabad - 500 085.
Ph : 040-23890835

Email : infocus@mnrindia.org
Facebook : www.facebook.com/infocusinhouse

INFOCUS
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Magazine

Publisher
&

Editor-in-Chief
Sri M.N. Raju

Editor
Dr. Kodaparthi Ashwitha

Illustrations and
Designing
Nagarjuna Ambati
K Kishore Kumar

Supervision
P. Sharmila



Sri M N. Raju
Chairman

MNR Educational Trust

ABHIMANYU who learnt warfare when he was in mother's womb

Abhimanyu was the son of Arjuna, by Subhadra, the sister of Krishna and Balarama. Abhimanyu, married Uttara, the daughter of Virata. Abhimanyu was hardly seventeen years old and the youngest warrior when he fought the battle of Mahabharata. His wife Uttara was pregnant at that time. On the thirteenth day of the war, Abhimanyu was killed in a 'Chakra Vyuha' by the gigantic war heroes of the Kauravas, like Duryodhana, Dushshasana, Lakshman, Kritavarma, Kripa, Karna, Drona, Ashwatthama and many more. They broke the Dharma of war by attacking a boy simultaneously a single warrior.

Abhimanyu fought back bravely. But they broke his bow, sword, spear and then he plucked out the wheel of a chariot and killed Lakshman, the son of Duryodhana. Then Dushshasana's son hit him on the head from back side heavily with a mace. Before he could recover his senses, all other

warriors pounced on him like wild dogs would on a young antelope and cut him to pieces mercilessly. Abhimanyu was the first person to be killed from the family of the Pandavas.

The story Abhimanyu

On the eleventh day, Drona became the Commander-in-Chief of the Kauravas army after Bhishma was paralysed by Arjuna by the end of the tenth day of the war. Drona remained as the commander-in-chief for 13th, 14th and 15th days also and he was killed on 15th day by Dhrishtadyumna, the Commander-in-Chief of the Pandava army.

On eleventh and twelfth days the Kaurava forces lost heavily and the army was in sullen and dejection stage. Almost about seventy brothers of Duryodhana and thousands of men, horses and elephants were killed, because the Pandava army could work great havoc.

The thirteenth day war was important because on that day Karna decided to use the Celestial Spear on Arjuna, gifted by Indra. The Celestial Spear was a dreaded missile, which

would never miss its target, but it would be useful only once.

Duryodhana and Drona planned a strategy in which Karna would chase Arjuna on the thirteenth day and kill him with the celestial spear, while Drona, would stop all other Pandavas away from Arjuna and Krishna. Then Drona discussed formation of one of the six Vyuhas. They were 1. Kraunch Vyuha (Heron formation) 2. Makara Vyuha (Dolphin Formation) 3. Kurma Vyuha (Turtle formation) 4. Trishula Vyuha (Trident Formation) 5. Chakra Vyuha (Wheel formation) and 6. Padma Vyuha (Lotus formation).

Out of these six formations, they decide to form Chakra Vyuha because only Arjuna knew how to enter into Chakra Vyuha and how to exit from it. Arjuna would be taken far from battle field by Krishna, to save him from the celestial spear, to be used by Karna on that day. In such situation, Yudhishtira would be easily trapped in the Chakra Vyuha and when Bhima comes to protect his elder brother, he would also be easily trapped in the Vyuha. Drona and others thought that it would be the best plan to trap and kill the Pandavas and other important generals. Drona then organized his best soldiers in the dreaded battle formation called 'Chakra-Vyuha' where the soldiers encircle and entrap the enemy.

Next day, from the early morning, the soldiers were making preparations with charioteers, horses, elephants and men of war to form the Chakra Vyuha. Krishna came to know about their strategy but, his important plan was to save Arjuna from the Celestial spear to be used by Karna on that day. Krishna informed Yudhishtira to take care of the Chakra Vyuha with the help of other Pandavas and great warriors.

On the thirteenth day. Drona prepared the charioteers of Trigart and the vast legion of elephants led by Bhagadatta against Arjuna to help Karna to kill Arjuna with his spear. And all the other Pandavas would be trapped in Chakra Vyuha. The Kauravas were excited with the wonderful plans.

On either side the armies were ready and Krishna drove away the chariot to far end of the battle field to save Arjuna from Karna's Celestial Spear. Karna tried to follow them, but Bhima

stopped him and fierce battle began between both of them.

Drona was harrying the army greatly and Yudhishtira was about to be trapped into Chakra Vyuha. Yudhishtira cried out for help and he became nervous.

Then Abhimanyu shouted to Yudhishtira "I know how to enter into Chakra Vyuha, so that you can escape". Further Abhimanyu replied that "I know how to enter, but I do not know how to exit. When I was in my mother's womb, before I was born, my father, Arjuna, told about the Chakra Vyuha and I could overhear when he described how to breach the formation. But he could not explain how to escape, because my mother fell asleep, he left the place.

Yudhishtira promised that Pandava army and himself would also enter into the Vyuha along with him and would support him to escape from formation.

Abhimanyu immediately set, about breaching the Chakra formation and to the amazement of everyone around, the formation was breached, and the Pandava warriors could escape from the formation and Abhimanyu was trapped inside. Yudhishtira and other great warriors tried to support Abhimanyu, but the path was blocked by Jayadratha and his army. Then Abhimanyu was killed.

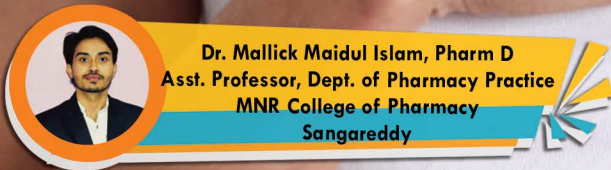
Scientific Truths:

1. Can the yet to be born baby, understand its father and mother?

*Yes, it can. If the pregnant mother lives in peace and harmony, if the father loves his yet to born, child, would be a wonderful person after birth.

2. Missiles and rockets look alike. But missiles are used for destruction and rockets are used for scientific construction.

*During Mahabharata times, they used more advanced, missiles and rockets than the modern times some of them were Brahma Astra, Vishnu Astra, Pashupat Astra, Agni Astra, Vayu Astra, Indra Astra etc.,



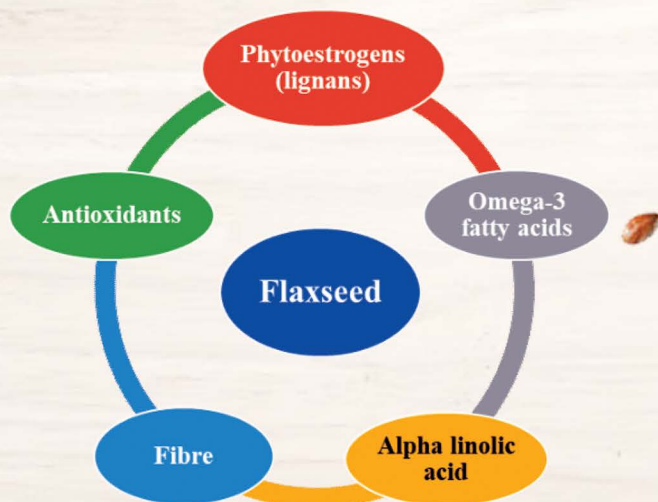
Dr. Mallick Maidul Islam, Pharm D
Asst. Professor, Dept. of Pharmacy Practice
MNR College of Pharmacy
Sangareddy



FLAXSEED : NATURAL REMEDY FOR BREAST CANCER

Flaxseed (*Linum usitatissimum*) is one of the highly nutritious seed which is known for its versatility and health benefits. It is available in both whole and ground forms. Flaxseed oil, which is made by pressing the seeds is commonly used to reduce cholesterol, blood sugar and treat digestive conditions and inflammatory diseases.

The use of flaxseed for the treatment of breast cancer is highly effective, multiple studies showed that flaxseed consumption could be associated with the reduced risk of breast cancer.



Phytoestrogens (lignans): Flaxseed is high in lignans, which is found naturally in different types of foods and seeds. Lignans are considered as phytoestrogens, which mimic the effects of estrogen. Some of the studies show that phytoestrogens can block estrogen synthesis and metabolism to slow growth of cancer cell, which is directly beneficial for the prevention of breast cancer. According to various research reports, 400 people, showed that those who consumed the highest amount of lignans had lower odds of breast cancer compared with those who consumed the lowest amount. Still more studies are needed to understand the exact effects and mechanisms of lignan-rich foods, such as flaxseed, on cancer development.

Omega-3 fatty acids: Flaxseed and flaxseed oil are highly rich in omega-3 fatty acids, which is a type of healthy fat that is having a greater number of benefits. It is very well known that omega-3 fatty acids are highly responsible for keeping our heart healthy but some research suggests that they could help against some other conditions like cancer as well. In fact, one review showed that omega-3 fatty acids could improve the

effectiveness of some chemotherapy drugs and may help kill off breast cancer cells by blocking a specific pathway involved in cell growth.

Alpha-linolenic acid (ALA): It is an essential omega-3 fatty acid which is found in nuts such as walnuts. It decreases the risk of heart disease by maintaining normal heart rhythm and pumping.

It is most commonly used for diseases of the heart and blood vessels, such as hardening of the arteries, heart disease, and high blood pressure. It also induces apoptosis, inhibits the invasion and metastasis, and arrests cell cycle in human breast cancer cells by inhibiting fatty acid synthase.

Fibre: Flaxseed is loaded with fibre, packing around 2.5 grams into a single tablespoon. Some research suggests that adding more quantity of fibre to our diet could protect against breast cancer. According to one large review of 20 studies, higher total fibre intake was associated with an 8% lower risk of developing breast cancer in both premenopausal and postmenopausal women. Another review of 24 studies showed that each 10-gram increase in daily fibre intake was associated with a 4% lower risk of breast cancer.

Antioxidants: Like other nuts and seeds, flaxseed is excellent source of antioxidants, including specific compounds like secoisolariciresinol diglucoside, p-coumaric acid, and ferulic acid. These can help to neutralize harmful free radicals, reduce inflammation, and protect against oxidative damage to our cells. Research also showed that antioxidants can protect against chronic disease and cancer. One review reported that antioxidants could play a major role in the prevention of breast cancer and may even improve the effectiveness of certain therapies used to treat breast cancer.

Can flaxseed help prevent breast cancer?

Multiple studies showed that flaxseed consumption could be associated with a reduced risk of breast cancer. That association could be due to a combination of factors, including flaxseed's fibre, lignan, antioxidant, or omega-3 fatty acid content. So, for better results, flaxseed and flaxseed oil should be added into our daily diet.



Homoeopathic Medicine



Curare woorari

Abstract

Curare also called arrow poison, was used around 400 hundred years ago by the South American Indians upon their arrows. Since its discovery, it has been used for various purposes like hunting, animal vivisection laws, science fiction comics, and also as general anesthesia. In Homoeopathy it is used as a great remedy for paralysis of various kinds with other indications

Introduction

Curare is the generic name used for alkaloid substances extracted from the stem or root bark of Strychnos plant species. It has a history of being used since more than 400 years ago.

Curare was used around 400 hundred years ago by the South American Indians upon their arrows. Then in 1895 a pharmacologist Rodulf Boehm classified it under 3 main types [1, 4, 5]

1. tube or bamboo curare – the poison was packed in hollow bamboo tubes. It was the extract from Chondrodendron containing the main toxin D – Tubocurarine
2. pot curare – this poison is packed in terra cotta pots with alkaloid components potocurarine, protocurarin, and protocuridine.
3. Calabash or gourd curare – packed in a hollow gourd with the main toxin C toxiferine.

In the 1940s this first neuromuscular– blocker containing D – Tubocurarine was used in anesthesia which was the revolution in modern medicine. The credit for introducing curare to anesthetics belongs to Harold Randall Griffith, an anesthetist at the Homeopathic Hospital in Montreal, in July 1942[2]. It marks the beginning of the utilization of neuromuscular blocking agents, a gateway to the current form of anesthesia used by the surgeons worldwide.

Properties

Curare is from plant remedy, prepared from including various tropical American plants of which Chondrodendron species of the family Menispermaceae and Strychnos species of the family Loganiaceae.

Curare used in Homoeopathic preparation is from Loganiaceae family: strychnos toxifera. The part of the plant used for this preparation varies according to the literature, some say it is a thick juice and some say it is a resin. However, according to GUERMONPREZ M., it is the bark or the root of the plant. [3]

Curare is bitter to taste and soluble in cold water to about 75 percent. Curarine (C₁₈H₃₅N) an alkaloid, aromatic, and nitrogen-containing structure was discovered by Roulin and Boussingault. Colorless or white, bitter to taste, soluble in water, and alcohol.[4]



Chondodendron tomentosum



Strychnos toxifera by Koehler

Figure1: Different species of Curare

Mechanism of action:

Curare is a non-depolarizing muscle relaxant that blocks the nicotinic acetylcholine receptor, a sub-type of acetylcholine (ACh) receptor, at the neuromuscular junction which leads to weakness of the skeletal muscles [3,4,5]

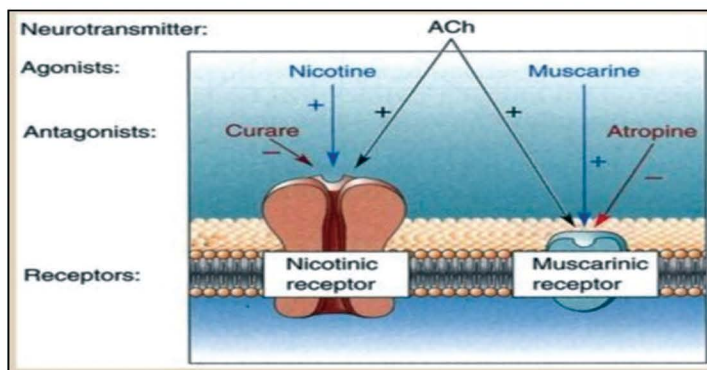


Figure: Mechanism of action of Curare

Curare produces poisonous effects only when it has penetrated the circulation, either through a wound, by rectal injection, or by inhalation. It first paralyzes the voluntary and then involuntary muscles. When applied to the skin it irritates. When administered in large doses, death occurs by asphyxiation due to paralysis of respiratory muscles.[3,4,5] The action of curare is seen only on parenteral administration as gastrointestinal absorption is ineffective.

Curare as a Medicine

For ages, it was used in treating snake poison, worm infestations, tetanus poisoning, muscle relaxants, and lastly as anesthesia.

It is often-used medicine for muscular paralysis by Homoeopaths

Curare acts on the periphery of the motor nerves, producing paralysis of motion without disturbance of sensation. [6] Dr. Farrington considers Curare to be of great importance in vertigo especially when it is associated with weakness of legs. At times this giddiness is most instantaneous and followed by vomiting of bile, sooner or later. He has also treated the case of cirrhotic liver with Curare 500th. Curare is also recommended for dyspnea of emphysema when the patient seems to be gone, in 3rd and 6th potency, according to Dr.Pitet, of Paris. [6]

The patient falls in a swoon or fainting fit while standing or walking. Also useful in distressing dyspnea which is marked while falling asleep, and frequently threatened with paralysis of respiration. [7]

It is being proved useful even in veterinary cases, as a great remedy in the treatment of myasthenia gravis. [3]

Muscular paralysis without impairing sensation and consciousness. Diminished reflex action. The sensation of heavy weight hung onto the parts like arms and legs. Legs tremble, give away walking. Aggravation from motion, dampness, cold weather, 2 a.m. [8]

Debility of aged and from loss of fluids. Glycosuria with motor paralysis. Curare decreases the output

of adrenaline. Cured cases of diabetes mellitus in 4th dilution by Dr. Burkhardt. Chest sore to pressure with very distressing dyspnoea. Favors development of corns. [9]

Indecision no longer wishes to think or act for herself. [10]

Mental symptoms range from depression, indecisiveness, forgetfulness, hurriedness, aggressive anger, and suicidal disposition to euphoria, ecstasy, desire to travel, and want of moral inclination. Becoming self-destructive in return and seeking isolation from other people. Like Pulsatilla, their typical delusion that everything is dirty and their repugnance to sexual intercourse. Other keynotes are hypochondrias, nervous debility, haggard and sunken eyes, dizziness when looking at near objects or water, difficulty in swallowing, and threatened paralysis of the lungs on falling asleep.[11]

Conclusion

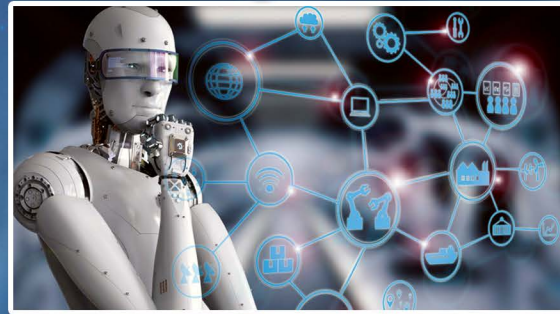
Curare has been used by many successful Homoeopaths in treating various cases of muscular paralysis and also various conditions like drug addiction, respiratory distress, etc. for many years, economically and within a short period

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Artificial Intelligence



Mrs. Kaveri

Professor, Community Health Nursing
MNR College of Nursing

What is artificial intelligence (AI)?

Artificial intelligence is the simulation of human intelligence processes by machines, especially computer systems. Specific applications of AI include expert systems, natural language processing, speech recognition.

How does AI work?

As the hype around AI has accelerated, vendors have been scrambling to promote how their products and services use it. Often, what they refer to as AI is simply a component of the technology, such as machine learning. AI requires a foundation of specialized hardware and software for writing and training machine learning algorithms. No single programming language is synonymous with AI, but Python, R, Java, C++ and Julia have features popular with AI developers.

In general, AI systems work by ingesting large amounts of labeled training data, analysing the data for correlations and patterns, and using these patterns to make predictions about future states. In this way, a chatbot that is fed examples of text can learn to generate lifelike exchanges with people, or an image recognition tool can learn to identify and describe objects in images by reviewing millions of examples. New, rapidly

improving generative AI techniques can create realistic text, images, music and other media.

AI programming focuses on cognitive skills that include the following:

- **Learning.** This aspect of AI programming focuses on acquiring data and creating rules for how to turn it into actionable information. The rules, which are called algorithms, provide computing devices with step-by-step instructions for how to complete a specific task.
- **Reasoning.** This aspect of AI programming focuses on choosing the right algorithm to reach a desired outcome.
- **Self-correction.** This aspect of AI programming is designed to continually fine-tune algorithms and ensure they provide the most accurate results possible.
- **Creativity.** This aspect of AI uses neural networks, rules-based systems, statistical methods and other AI techniques to generate new images, new text, new music and new ideas.

What are the advantages and disadvantages of artificial intelligence?

Artificial neural networks and deep learning AI technologies are quickly evolving, primarily because AI can process large amounts of data much faster and make predictions more accurately than humanly possible.

While the huge volume of data created on a daily basis would bury a human researcher, AI applications using machine learning can take that data and quickly turn it into actionable information. As of this writing, a primary disadvantage of AI is that it is expensive to process the large amounts of data AI programming requires. As AI techniques are incorporated into more products and services, organizations must also be attuned to AI's potential to create biased and discriminatory systems, intentionally or inadvertently.

Advantages of AI

- Good at detail-oriented jobs. AI has proven to be as good or better than doctors at diagnosing certain cancers, including breast cancer and melanoma.
- Reduced time for data-heavy tasks. AI is widely used in data-heavy industries, including banking and securities, pharma and insurance, to reduce the time it takes to analyze big data sets. Financial services, for example, routinely use AI to process loan applications and detect fraud.
- Saves labor and increases productivity. An example here is the use of warehouse automation, which grew during the pandemic and is expected to increase with the integration of AI and machine learning.
- Delivers consistent results. The best AI translation tools deliver high levels of consistency, offering even small businesses the ability to reach customers in their native language.
- Can improve customer satisfaction through personalization. AI can personalize content, messaging, ads,

recommendations and websites to individual customers.

- AI-powered virtual agents are always available. AI programs do not need to sleep or take breaks, providing 24/7 service.

Disadvantages of AI

- Expensive.
- Requires deep technical expertise.
- Limited supply of qualified workers to build AI tools.
- Reflects the biases of its training data, at scale.
- Lack of ability to generalize from one task to another.
- Eliminates human jobs, increasing unemployment rates.

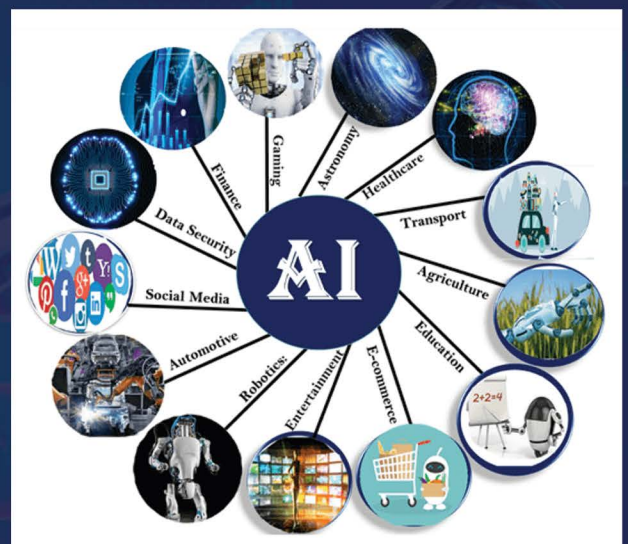
What are the applications of AI?

Artificial intelligence has made its way into a wide variety of markets. Here are 11 examples.

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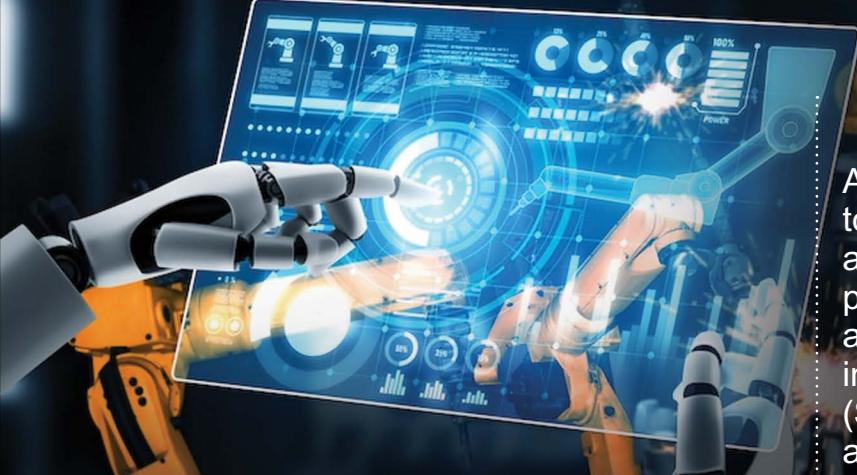
AI in healthcare: The biggest bets are on improving patient outcomes and reducing costs. Companies are applying machine learning to make better and faster medical diagnoses than humans. One of the best-known healthcare technologies is IBM Watson. It understands natural language and can respond to questions asked of it. The system mines patient data and other available data sources to form a hypothesis, which it then presents with a confidence scoring schema. Other AI applications include using online virtual health assistants and chatbots to help patients and healthcare customers find medical information, schedule appointments, understand the billing process and complete other administrative processes. An array of AI technologies is also being used to predict, fight and understand pandemics such as COVID-19.

AI in business: Machine learning algorithms are being integrated into analytics and customer relationship management (CRM) platforms to uncover information on how to better serve customers. Chatbots have been incorporated into websites to provide immediate service to customers. The rapid advancement of generative AI technology such as ChatGPT is expected to have far-reaching consequences: eliminating jobs, revolutionizing product design and disrupting business models.

AI in education: AI can automate grading, giving educators more time for other tasks.

It can assess students and adapt to their needs, helping them work at their own pace. AI tutors can provide additional support to students, ensuring they stay on track. The technology could also change where and how students learn, perhaps even replacing some teachers. As demonstrated by ChatGPT, Bard and other large language models, generative AI can help educators craft course work and other teaching materials and engage students in new ways. The advent of these tools also forces educators to rethink student homework and testing and revise policies on plagiarism.

AI in finance: AI in personal finance applications, such as Intuit Mint or TurboTax, is disrupting financial institutions. Applications such as these collect personal data and provide financial advice. Other programs, such as IBM Watson, have been applied to the process of buying a home. Today, artificial intelligence software performs much of the trading on Wall Street.



AI in law: The discovery process -- sifting through documents -- in law is often overwhelming for humans. Using AI to help automate the legal industry's labour-intensive processes is saving time and improving client service. Law firms use machine learning to describe data and predict outcomes, computer vision to classify and extract information from documents, and NLP to interpret requests for information.

AI in entertainment and media: The entertainment business uses AI techniques for targeted advertising, recommending content, distribution, detecting fraud, creating scripts and making movies. Automated journalism helps newsrooms streamline media workflows reducing time, costs and complexity. Newsrooms use AI to automate routine tasks, such as data entry and proofreading; and to research topics and assist with headlines. How journalism can reliably use ChatGPT and other generative AI to generate content is open to question.

AI in software coding and IT processes: New generative AI tools can be used to produce application code based on natural language prompts, but it is early days for these tools and unlikely they will replace software engineers soon. AI is also being used to automate many IT processes, including data entry, fraud detection, customer service, and predictive maintenance and security.

Security: AI and machine learning are at the top of the buzzword list security vendors use to market their products, so buyers should approach with caution. Still,

AI techniques are being successfully applied to multiple aspects of cybersecurity, including anomaly detection, solving the false-positive problem and conducting behavioral threat analytics. Organizations use machine learning in security information and event management (SIEM) software and related areas to detect anomalies and identify suspicious activities that indicate threats. By analyzing data and using logic to identify similarities to known malicious code, AI can provide alerts to new and emerging attacks much sooner than human employees and previous technology iterations.

AI in manufacturing: Manufacturing has been at the forefront of incorporating robots into the workflow. For example, the industrial robots that were at one time programmed to perform single tasks and separated from human workers, increasingly function as cobots: Smaller, multitasking robots that collaborate with humans and take on responsibility for more parts of the job in warehouses, factory floors and other workspaces.

AI in banking: Banks are successfully employing chatbots to make their customers aware of services and offerings and to handle transactions that don't require human intervention. AI virtual assistants are used to improve and cut the costs of compliance with banking regulations. Banking organizations use AI to improve their decision-making for loans, set credit limits and identify investment opportunities.

AI in transportation: In addition to AI's fundamental role in operating autonomous vehicles, AI technologies are used in transportation to manage traffic, predict flight delays, and make ocean shipping safer and more efficient. In supply chains, AI is replacing traditional methods of forecasting demand and predicting disruptions, a trend accelerated by COVID-19 when many companies were caught off guard by the effects of a global pandemic on the supply and demand of goods.

MNR MEDICAL COLLEGE AND HOSPITAL

Bathukamma Celebrations – 2023



Bathukamma, a vibrant and colourful floral festival, is not just a tradition but a celebration of culture and unity that transcends boundaries. In the heart of our medical college, this age-old Telangana tradition found a special place, adding a unique and vibrant dimension to our academic life.

Every year, as the festival season approaches, the entire medical college community eagerly anticipates the grandeur of Bathukamma. The campus is adorned with an array of colourful flowers, and the atmosphere resonates with the joyous sounds of folk songs and dances. Students from diverse backgrounds come together to create breathtaking floral arrangements in the form of Bathukamma, which symbolize the goddess, Gauri. These floral stacks are a symbol of life and the celebration of nature.

Bathukamma in our medical college is not just a celebration, it reflects our cultural diversity and unity. Students and faculty from various regions enthusiastically participate in the festivities, fostering a sense of togetherness and a deep appreciation for Telangana's rich heritage. It serves as a reminder that amidst our rigorous academic pursuits, we can still take the time to celebrate, appreciate, and cherish our cultural roots.

In conclusion, Bathukamma celebration in our medical college is a beautiful amalgamation of culture, tradition, and unity, allowing us to celebrate the essence of Telangana and connect with our roots while pursuing our medical education.



**Vibrant Bathukamma Festival Celebrations at MNR
Medical College and Hospitals – October 2023**

Activities @ MNR Golden Kids (Navi Mumbai)



Activities @ MNR Golden Kids (Hyderabad)



Activities @ MNR Group of Schools

**MNR HIGH SCHOOL
BHEL**



**MNR HIGH SCHOOL
BHEL**



**MNR SCHOOL OF EXCELLENCE
BHEL**



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**MNR I-EXCEED SCHOOL
KUKATPALLY**



**MNR HIGH SCHOOL
CHINTAL**



Activities @ MNR Group of Schools

MNR HIGH SCHOOL CHINTAL



MNR I-EXCEED SCHOOL KUKATPALLY



National Unity Day

MNR SCHOOL OF EXCELLENCE KAMOTHE



MNR SCHOOL OF EXCELLENCE SANGAREDDY



MNR INTERNATIONAL SCHOOL PALASPE



MNR SCHOOL OF EXCELLENCE MEHDIPATNAM



Bathukamma Making Competition
for Parents

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

MNR SCHOOL & COLLEGE OF NURSING ACTIVITIES

World Mental Health Day conducted by MNR College of Nursing



MNR SANJEEVANI COLLEGE OF PHYSIOTHERAPY ACTIVITIES

Celebrated Bathukamma at MNR Sanjeevani College of Physiotherapy



Osmania University holds a National Seminar on Post-Pandemic Scenario: Impending Virus Research on 11th October, 2023 in association with MNR PG College, Kukatpally.





MNR EDUCATIONAL TRUST

2-23 B / 350, Bhagyanagar (Phase III), Near HMT Hills Colony, Opp : JNTU, Kukatpally,
Hyderabad – 500 085, T.S., India. Ph : +91-40 - 23890835, 23899795, Fax : +91-40 -23897380 .
E-mail : info@mnrintia.org Website: www.mnrintia.org