

# MNR

# iNFOCUS

*Enriching the innerself*

April 2025

MNR's IN-HOUSE MAGAZINE



The inauguration of the new **Admissions Office** of **MNR UNIVERSITY** at Kukatpally, was held on 9<sup>th</sup> March 2025. The event was graced by **Shri. M. N. Raju**, President, MNR University and **Shri. Ravi Varma Mantena**, Chancellor, MNR University along with **Shri. Prof. V. Balakista Reddy**, Chairman, Telangana Council of Higher Education, as the Chief Guest. This state-of-the-art facility marks a major step forward in enhancing student services and streamlining the admissions process, reflecting the University's growing vision and infrastructure development.

# Reaching for the Stars: The Inspiring Journey of Sunita Williams & Barry Wilmore

“The sky is not the limit - it’s just the beginning!” These words perfectly describe the incredible journeys of astronauts, Sunita Williams and Barry Wilmore, who have dared to dream beyond Earth.

**Sunita Williams**, an Indian-American astronaut, has spent over 300 days in space, setting records and inspiring millions.

**Barry Wilmore**, a former Navy pilot and NASA commander, has led critical space missions, proving that persistence and courage can take us beyond the imaginable.

Their journey is a reminder that no dream is too big and no goal is out of reach. With passion, perseverance, and a thirst for knowledge, even the stars are within our grasp. They encourage us all to aim high, break barriers, and boldly explore the unknown and reach for the stars

Now, as they embark on the groundbreaking Boeing Starliner mission, they are shaping the future of space travel. We wish them a safe, successful and historic journey as they pave the way for the future of space travel. May they continue to inspire generations to reach for the stars!

*Good luck, Sunita & Barry, May the Universe be with you!*

*“Shoot for the moon. Even if you miss, you’ll land among the stars.”*



*Editorial.....*

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MNR’s In-House Magazine

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

## ACTIVITIES @ MNR Dental College & Hospital

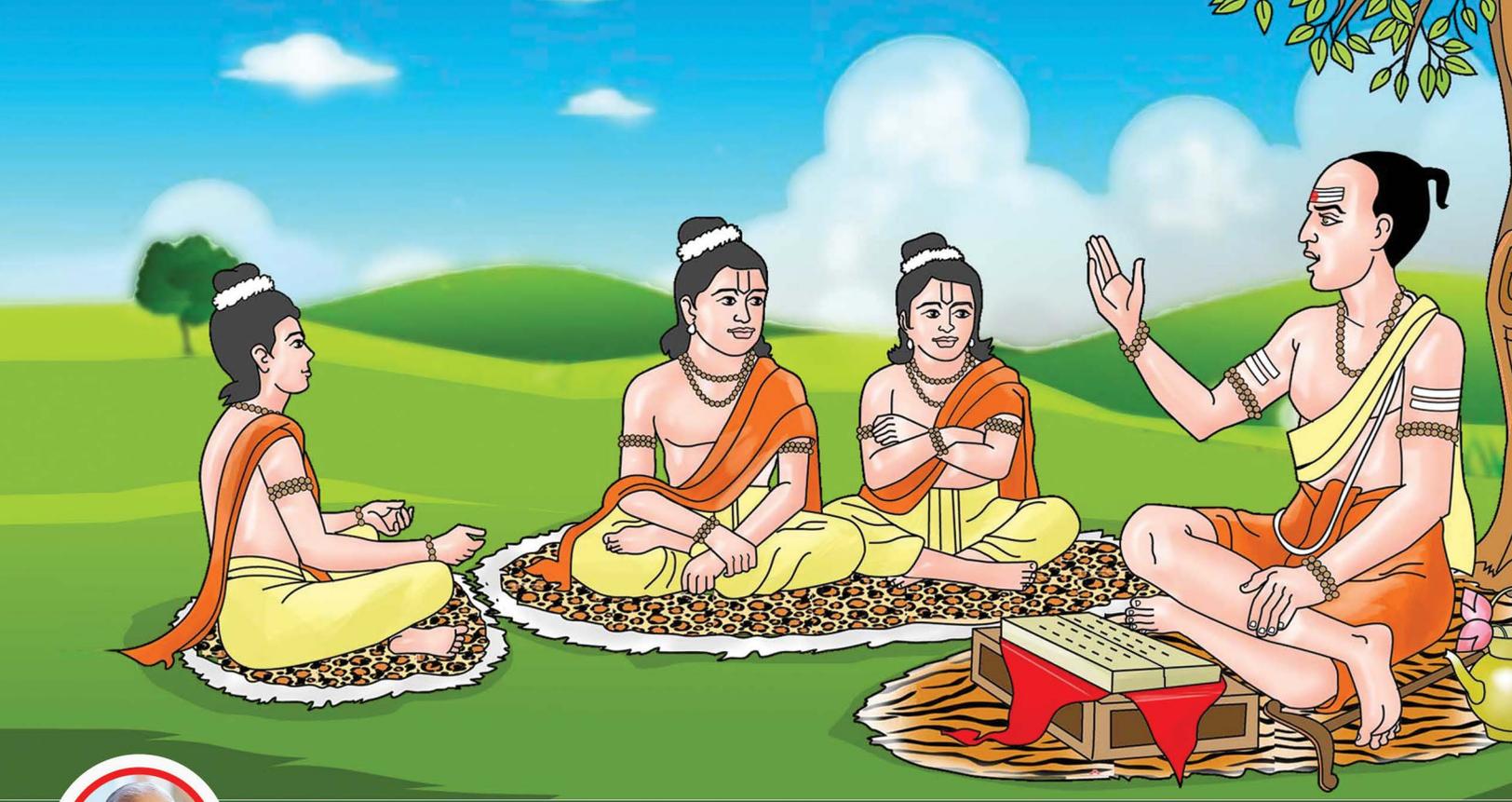
Dr. Sunitha JD, Professor and Head, Department of Oral Pathology, was honored to attend as Chief Guest at an event organized by the Brahma Kumari Society.



MNR Dental College and Hospital celebrated International Women's Day with great enthusiasm, honoring the strength, achievements, and contributions of women in healthcare, education, and beyond

On the occasion of Dentist Day (March 6th), the Department of Public Health Dentistry, MNR Dental College (MNRDC), conducted a Dental Educational Program aimed at raising awareness about oral health and preventive care





Sri M N. Raju  
Chairman

MNR Educational Trust

# The Panchatantra

India is the home of thousands of fables. The Panchatantra, the Hitopadesa, the Kasimagili stories, the Batti and Vikramark stories are some of the famous fables, beside the wonderful stories of the Ramayana, the Mahabharatha, the Puranas and Ithihasa stories. India is the richest country with many more fables of animals and mythical characters, often talking about right and wrong behaviors.

But few people like Herodotus, associated these fables with a Greek slave by name Aesop. Many believed that these fables were the creation of Aesop. But the critics like Ernest Rhys, did not accept it and he said "we have to admit that the beast-fables did not begin with Aesop and in Greece at all. In fact, we have to go to East and look to India and burrow in the "tales within tales of Hitopadesa and Panchatantra."

The Panchatantra is the older one and contains 87 stories and the Hitopadesa contains 43 stories. The Panchatantra was probably written down in the second century BC in Kashmir. First, it was translated into English in 1859 by the German Sanskrit scholar, Theodor Benfey.

The journey of the Panchatantra into the countries of the world according to the great scholar and philosopher, Max Muller is:

- Some of these stories of animals were translated into Pahlawi (Persian) in sixth century.
- From Persian, it was translated into Syriac in AD 570.
- It was translated into Arabic in 8th century, spread into Islamic world.

- Then it reached to Spain, Sicily, France.
- Through Constantinople it reached Eastern Europe and was translated into Greek, Latin, German, Italian and English.
- Later great writers like Shakespeare and Boccaccio etc used these stories extensively in their literary works.

The Panchatantra was one of the most widely known and widely translated books in the world in the middle-ages.

The Hindu mind is fabulous, yes, it is correct. The Indian literature is full of fables. The genius for creating fables seems inexhaustible in Indian literature. Many of the stories in the Arabian Nights, including that of the famous Sindbad the Sailor, are of Indian origin.

The greatest advantage of these stories of the Panchatantra is that the animals act, in them, with all sins of human hypocrisy and cunning and avarice of mankind. When the wolf chides the lamb, when the fox condemns “sour grapes” and many more

are the real human qualities. Animals talk like men and it creates a deep word value among the readers. There is an advantage in making animals talk like men, we at least feel like “children talking to grown-ups” making the “talk of the animals a pleasurable one.”

The Panchatantra is only a simple example, to talk about the greatness of ancient Indian culture and literature. It is a grain of sand within the vast area of a sea-shore of richness. India had actually produced a vast, rich imaginative literature and philosophy. The Indian culture is highly creative. It has enriched the world literature. The essential spiritual concept of India (both Hinduism and Buddhism) and its stand on non-violence, arising from those religions, have enabled the world to raise religion like Christianity. Buddha taught that the greatest sin is ignorance or thoughtlessness and he said that the holy life begins with moral earnestness, the spirit of inquiry and self-examination. Great scholars said that peace can be there only through non-violence and peace can come only from India.



# BABU JAGJIVAN RAM JAYANTI - A TRIBUTE



“A DISTINGUISHED UNION MINISTER,  
AN ABLE ADMINISTRATOR AND  
AN EXCEPTIONALLY GIFTED



Jagjivan Ram, popularly known as Babuji was a national leader, a freedom fighter, a crusader of social justice, a champion of depressed classes, an outstanding parliamentarian, a true democrat, a distinguished union minister, an able administrator and an exceptionally gifted orator.

Jagjivan Ram, popularly known as Babuji was a national leader, a freedom fighter, a crusader of social justice, a champion of depressed classes, an outstanding Parliamentarian, a true democrat, a distinguished Union Minister, an able administrator and an exceptionally gifted orator. He had a towering personality and played a long inning, spanning over half a century in Indian politics with commitment, dedication and devotion. Babuji was married to Indrani Devi in June 1935. Indrani Devi was herself a freedom fighter and an educationist. Her father, Dr. Birbal, a renowned medical practitioner, had been in the British army and had been awarded the Victoria Medal by the then Viceroy, Lord Lansdowne for his services in the Chin- Lushai Expedition of 1889-90. A son, Suresh Kumar was born to them on 17 July, 1938, and a daughter Meira on 31 March, 1945. Suresh Kumar passed away on 21 May, 1985, leaving his parents completely heart-broken.

Jagjivan Ram was born in a small village, Chandwa in Shahabad District, now Bhojpur, in Bihar on 5th April, 1908 to Sobhi Ram and Vasanti Devi. Jagjivan Ram imbibed his idealism, humanitarian values and resilience from his father, who was of a religious disposition and the Mahant of the Shiv Narayani Sect. He was still in school when his father passed away leaving young Jagjivan in the care of his mother. Under his mother's guidance, Jagjivan Ram passed his Matriculation in first division from Arrah Town School. Despite facing caste-based discrimination, Jagjivan Ram successfully completed the Inter Science Examination from the Banaras Hindu University and later graduated from Calcutta University.

Jagjivan Ram had organized a number of Ravidas Sammelans and had celebrated Guru Ravidas Jayanti in different areas of Calcutta (Kolkata). In 1934, he founded the Akhil Bharatiya Ravidas Mahasabha in Calcutta and the All-India Depressed Classes League. Through these Organizations, he involved the depressed classes in the freedom struggle. He was of the view that Dalit leaders should not only fight for social reforms but also demand political representation. The next year, i.e. on 19 October, 1935, Babuji appeared before



the Hammond Commission at Ranchi and demanded, for the first time, voting rights for the Dalits.

Babu Jagjivan Ram played a very active and crucial role in the freedom struggle. Inspired by Gandhiji, Babuji courted arrest on 10 December, 1940. After his release, he entrenched himself deeply into the Civil Disobedience Movement and Satyagraha. Babuji was arrested again on 19 August, 1942, for his active participation in the Quit India Movement launched by the Indian National Congress.

Babuji had a long and distinguished political career of over five decades. Starting his public life as a student activist and freedom fighter, he went on to become a Legislator at the young age of 28 in the year 1936, as a nominated member of the Bihar Legislative Council. Again in 1936, he stood as a candidate of the Depressed Classes League. He was declared elected unopposed to the Bihar Legislative Assembly from the East Central Shahabad (Rural) constituency on 10 December, 1936. When the Congress Government was formed in 1937, Babuji was appointed as the Parliamentary Secretary in

the Ministry of Education and Development. However, in 1938, he resigned along with the entire Cabinet.

Jagjivan Ram was again elected unopposed in 1946 and was inducted into the Interim Government on 2 September, 1946, as the Minister of Labour. Thereafter, he remained a member of the Union Cabinet for early 31 years. Right from 1937, he played a dominant role in the Indian National Congress.

During the pre-Independence period, Babuji held important offices at the State level in the Congress party. After Independence, he became the axis of the Party and indispensable for party affairs as well as governance of the country. He was a member of the All-India Congress Committee from 1940 to 1977 and was in the Congress Working Committee from 1948 to 1977. He was in the Central Parliamentary Board from 1950 to 1977. Due to his astute political acumen, he was dear to stalwarts like Pandit Jawaharlal Nehru and Smt. Indira Gandhi.





**K. Lahari**  
M. Sc. Analytical Chemistry, Semester-III  
MNR PG College, Kukatpally

# India's First Ever Iconic Glass Bridge on Sea

Tamil Nadu Chief Minister, MK Stalin opened India's first glass bridge over sea at Kanyakumari on December 30, 2024, to mark the city's silver jubilee of the inauguration of the Thiruvalluvar statue (statue of wisdom) by late Chief Minister, M. Karunanidhi. This glass bridge over the sea links the Thiruvalluvar Statue, (Height - 133 feet; Weight - the statue weighs 7000 tons and crafted by sculptor, V. Ganapathi Sthapathi) with the Vivekananda Rock Memorial in Kanyakumari. This 77-meter-long and 10-meter-wide bridge, featuring a stunning bowstring-arch design presents incredible views of the sea below through its transparent glass surface.

## Highlights of the Bridge

- A foot bridge eliminating the need for ferry trips between landmarks.
- Built using marine-grade steel (crafted with 216 tons of SAIL Salem's premium stainless steel) and tempered glass, it is designed to withstand high winds, salty air, and the constant onslaught of waves.
- Built at ₹37 crore, triggering Kanyakumari's

tourism infrastructure.

- The glass panels are made of multiple layers of laminated glass, ensuring maximum safety and durability.

## Why to Visit the Kanyakumari Sea Glass Bridge?

- **Unparalleled Views:** observe the meeting of the Arabian Sea, Bay of Bengal, and Indian Ocean from the glass walkway.
- **Breathtaking Experience:** Walking on the transparent floor offers an exhilarating experience as you look down at the waves crashing below
- **Cultural Landmarks:** Enjoy panoramic views of the Thiruvalluvar Statue and Vivekananda Rock Memorial.
- **Sunrise and Sunset Views:** Kanyakumari is well-known for its spectacular sunrises and sunsets, best enjoyed from the bridge.
- **Marine Life Observation:** The transparent floor allows visitors to spot vibrant marine life and coral reefs below.

## Practical Information for Visitors

**1. Timings:** Open daily from 6:00 AM to 9:00 PM.

**2. Entry Fee:** INR 50 for adults and INR 30 for children.

**3. Best Time to Visit:** October to March offers pleasant weather and clear skies.

Although India has only one glass sea bridge but there are few mountain glass bridges in India that guarantee beautiful views of the hills, green vegetation, and calm blue sky.

Below are the list the popular three mountain glass bridges in India:

### Glass Bridge in Rajgir, Bihar



This glass bridge is 85 feet long and 6 feet deep, hanging 200 feet above a narrow canyon. It is designed to draw both domestic and foreign tourists. The famous skywalk in China served as an inspiration for the Rajgir Glass Bridge.

### Sikkim's glass skywalk at Pelling



The Sikkim Skywalk is located 7,200 feet above sea level. The high walkway provides tourists with the opportunity to take in breathtaking bird's-eye views of the Teesta and Rangit rivers while being encircled by the snow-capped Himalayas.

### Glass Bridge in Wayanad, Kerala



The Wayanad Glass Bridge, owned by an exclusive hotel called 900 Kandi, is positioned 100 feet above the earth in Thollayiram, Kandi. It is made of fiberglass that cannot shatter and was imported from Italy.

These glass bridges are an immense attraction and expected to increase tourism in the area, offering visitors from India and abroad with unobstructed views of the mountains, sea and surrounding landscape.



**Dr. D. Chandra Mouli Krishna**  
Assistant Professor  
MNRU-School of Physiotherapy & Rehabilitation

# MICROGRAVITY: THE ART OF WEIGHTLESSNESS

## Introduction

The Indian-origin astronaut Sunita Williams and Butch Wilmore NASA astronaut who ended up spending 286 days in space- 278 days longer than anticipated came to end with travel of 121 million miles (195 million kilometers) and approximately 4576 times the encircle of earth who have just returned from space, have to go to extensive physiotherapy and rehabilitation. One instance of how physiotherapy is broadening its scope is in areas where space therapy is emerging. The physiological changes that astronauts undergo while subjected to microgravity are comparable to those experienced by detraining athletes or elderly bedridden patients. In collaboration with a sports scientist, a physiotherapist gets the astronaut ready for space travel and reconditions them once they get back. Physiotherapy's job starts with helping with pre-flight stress relaxation, preventing in-flight symptoms, and creating a carefully planned exercise program for the duration of the space station stay.

## Adaptions of Human Body to Microgravity

The International Space Station can use the Advance Resistive Exercise Device (ARED), a type of strengthening exercise that targets the spine, pelvic tilt, and posture while performing resistance exercises. It is best to perform aerobic conditioning and adaptation during the pre-flight phase. There are five fundamental methods for ground level microgravity stimulation. Position your head down and tilt it 3 to 12 degrees. By practicing complex eye-hand coordination exercises while lying supine in a water tank for around twenty-four hours, the astronaut simulates the skills required for space flight, much like those who are bedridden, immobilized, and bed confined. Short parabolic flights with brief weightless periods helps in adaptation before the flight.

## Space-Based Physiotherapy

Depending on whether the astronaut is in the pre-flight, in-flight, or post-flight phase, their

training varies.

## • Pre Flight-Stage

Goals of preflight training includes

1. Prepare and familiarize the astronaut for in flight situations.
2. Treat any preexisting musculoskeletal and neurological disorders.
3. Conduct preflight measures.

Examining any pre-existing conditions, posture, motor control, functional motions, and joint exams are all part of the pre-flight evaluation. The ability of the par spinal and abdominal muscles to contract voluntarily can be studied using ultrasound imagery from earlier missions. The goal of the pre-flight workout regimen is to maintain the astronaut's cardiovascular fitness at its peak. The first steps in an aerobic exercise regimen include walking horizontally, using a bicycle ergo meter, a treadmill, and aquatic workouts.

## • In Flight stage

Treadmills, cycle ergo meters, leg rowing ergo meters, and dynamic resistance exercises for the upper and lower body have all been shown to be useful in preserving muscle strength and joint range of motion during flights. ARED uses a flywheel mechanism and piston-driven vacuum cylinders to encourage free weight exercises that work all of the major muscle groups. These workouts consist of calf raises, dead lifts, and squats, among others. It is also possible to use the space cycle.

## Reconditioning After Flight

Within 24 hours after the return, the post-flight reconditioning is put into effect. Here, the main objectives are: Preventing any painful, chronic, or short-term illnesses, such as low back discomfort. Addressing the issues with physical health related to the mission and getting back to the level of physical fitness before the flight. Regaining balance, postural control, and muscle control are some of the

reconditioning principles. Muscle activation to normalization using motor control methods and aligning with the line of gravity is a new way of teaching postural control. Once the posture has been corrected, start with strength training.

## The Reconditioning Protocol

### 1. Return + 1-2 days:

The musculoskeletal system is evaluated as part of the initial examination. Start by voluntarily contracting the paraspinal, abdominal, and vastus medialis muscles, which are big, antigavity muscles. Training trunk control should always be the first step in the program. Here, ultrasound imaging can be used to check for muscular contraction and recruitment. It is crucial to search for any compensatory or trick motions when training for upper limb movements. Since sagittal plane movements predominate in microgravity, it is crucial to learn movements in all planes while retraining posture.

Given how much the astronaut depends on eyesight in microgravity, the training should move from eyes open to eyes closed. To regain proprioception and movement patterns, motor control

### 2. (R+3-R+4) Return + 3–4 days:

Postural and motor control activities can be advanced. Strength training can be done with Thera-Bands. Activities like sit-to-stand exercises can be used as functional training. One way to exercise for endurance is to hold a specific position.

### 3. (R+4-R+5) Return + 4-5 days:

Exercises are then selected in collaboration with a sports scientist. During this stage, aquatic activities are highly beneficial. It is followed by improved movement patterns on a regular bicycle ergometer and treadmill. This stage involves evaluating balance and coordination, after which motor control techniques can be advanced.

# Activities @ MNR Golden Kids (Navi Mumbai)

Holi Celebrations  
@ MNR Golden Kids G30, Mumbai



Holi Celebrations  
@ MNR Golden Kids G12, Mumbai



Women's Day Celebrations & Coloring Competition  
@ MNR Golden Kids G27, Mumbai



Annual Prize Distribution  
@ MNR Golden Kids G20, Mumbai



# Activities @ MNR Group of Schools

MNR PG College, Kukatpally promotes Buttermilk Awareness-highlighting its cooling, hydrating and digestive benefits for a healthy lifestyle



Graduation Day Celebrations @ MNR I-Exceed School, JNTU



CBSE Workshop @ MNR School of Excellence, BHEL



Graduation Day Celebrations @ MNR School of Excellence, BHEL



Orientation Programme X & XII @ MNR School of Excellence, Kamothe



Ramzan Celebrations @ MNR I-Exceed School, JNTU



# Activities @ MNR Group of Schools

Science Fair  
@ MNR High School, Chintal



Ugadi Festival Celebrations  
@ MNR Golden Kids, Pragathi Nagar



Ugadi & Ramzan Celebrations  
@ MNR High School, BHEL



MNR School of Excellence, Mehdiapatnam Student **Shashank (Class VIII)**, participated in the **Hyderabad Open Athletic Championship 2025** at Osmania University, Hyderabad, and won: **2 Gold Medals (400m & 200m)**, **1 Silver Medal (400x100m Relay)**



Graduation Day Celebrations  
@ MNR School of Excellence, Sangareddy



Women's Day Celebrations  
@ MNR International School, Palaspe



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

## ACTIVITIES @ MNR COLLEGE OF PHARMACY

MNR College of Pharmacy signed a Memorandum of Understanding (MoU) with Erendiz Academy, Hyderabad, marking a collaborative step towards academic enrichment, skill development and industry-oriented training



MNR College of Pharmacy proudly organized 'Pharma Anveshan 2025' on the occasion of National Pharmacy Education Day, celebrating innovation, research and academic excellence in pharmaceutical sciences

MNR College of Pharmacy conducted the seminar 'Study Abroad Without Limit', aimed at empowering students with insights into global education opportunities



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

## ACTIVITIES @ MNR MEDICAL COLLEGE & HOSPITAL

The newly established Intensive Care Unit (ICU) at MNR Hospital was inaugurated by Shri. Ravi Varma Mantena Garu. This marked a significant milestone in the hospital's mission to enhance critical care services and provide advanced, life-saving medical support to the community



The newly established Intensive Care Unit (ICU) at MNR Hospital was inaugurated by Shri. Ravi Varma Mantena Garu.



Konaganti Akash Reddy, a 3rd-year student from the 2022–23 batch of MNR College of Pharmacy, received a prestigious cash prize from ICMR (Indian Council of Medical Research) for his outstanding project work



The inauguration of the new Admissions Office building of **MNR University** at Kukatpally, was held on **09-03-2025**, with Shri. Prof. V. Balakista Reddy, Chairman, Telangana Council of Higher Education, as the Chief Guest. Alongside were the President, Shri. M.N.Raju Garu and Shri. Ravi Varma Manthena garu, Chancellor, MNR University along with his family, Press and staff of various MNR institutions. This state-of-the-art facility marks a major step forward in enhancing student services and streamlining the admissions process, reflecting the university's growing vision and infrastructure development.



# MNR GROUP OF SCHOOLS

Telangana | Maharashtra

**A perfect academic environment  
that INSPIRES your child**

- ✓ **DIGITAL CLASSROOMS** and **TECHNOLOGY** for enhanced Quality of Education
- ✓ Innovative and experimental approach
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*Enriching Lives  
Through  
Education & Health....*