

PHARMA ECHOES



2022

Pharmacy United in action for a Healthier World

PHARMACIST'S OATH

I swear by the code of Ethics of the Pharmacy Council of India
in relation to the community and shall act
as an integral part of the healthcare team.

I shall uphold the laws and standards governing my profession.
I shall strive to perfect and enlarge my knowledge
To contribute to the advancement of pharmacy and public health.
I shall follow the system, which I consider best
for pharmaceutical care and counselling of patients.

I shall endeavor to discover and manufacture drugs of quality
to alleviate sufferings of humanity.
I shall hold in confidence the knowledge
gained about the patients.

In connection with professional practice and never divulge
unless compelled to do so by law.

I shall associate with organizations having their objectives
for betterment of their profession of pharmacy
and make contributions to carry out the work
of these organizations.

While I continue to keep this oath unviolated
may it be granted to me to enjoy life and
the practice of pharmacy respected by all, at all times!

Should I trespass and violate this oath,
May the reverse be my lot!

pharmacist

['fär-mə-sist] noun

1. the ultimate drug dealer, kind of a big deal.
2. a person trained to read doctor's handwriting



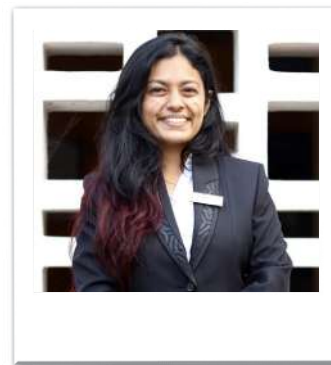
“TRUE APOTHECARY
THY DRUGS ART
QUICK”

- *William Shakespeare*

Editor's Note

Ms. Alexandria G. Xavier

Magazine Secretary



In the year 2019, a young girl just out of higher secondary set foot into a college right in the heart of the city of Panjim - one renowned for having its roots in the Portuguese era. She did not know how this college would mold her nor did she know what she was in store of but the one thing she was undoubtedly sure of was that this vocation was her true calling. It was her destiny to be a pharmacist and boy was she proud of it. Right from making new friends to being exposed to so much diversity and knowledge step by step she grew as a person as well as a professional. When she entered her third year, she was given an opportunity to partake in the council as the Magazine Secretary.

I think that was an apt summary of how I landed here at Goa College of Pharmacy and then as a member of the student council. To be a pharmacist is to be the steady bridge between the medical practitioners and the common man, a link that ensures that there is equilibrium between the two. A pharmacist gives life to medicines through his knowledge and skills which is a commendable task. The council year of 2021-22 was like traversing through unknown waters because it was our task to bring about a sense of normalcy whilst tackling the aftermath that the pandemic brought about. It was a transition zone where we finally stepped into our pre-pandemic lives and tried to find out footing as well. But with the support of faculty and students, we managed to sail through that quite successfully. As we breezed through the months, I realized that the documentation of this year and the task of putting our professors and fellow classmates on a platform to showcase their talents was one that I had to shoulder along with my Magazine committee Teachers.

I most sincerely attribute the success of this edition to the sincere and dedicated support of the Magazine Committee. I thank our Principal Dr. G. K. Rao, Dr. Rajashree Gude, the Magazine Advisor Dr. Raghuvir Pisurlenkar, and the faculty members of the Magazine Committee: Dr. Myhtili Krishna J, Ms. Shailaja Mallya and Ms. Nutan L. Naik for their guidance and being a driving force. A big thank you to all the Editors and Coordinators for their assistance with the editorial work and procurement of material for the magazine respectively. A most special thank you to Slavika Gracias for her valuable input and for showing me the ropes that this position entailed.

I am very grateful to Ms. Savina Cabral, B. Arch for a marvelous job done in designing the magazine and to Mr. Melwyn Fernandes and his team at Ed's printers Panaji, Goa for their help with the printing of the magazine.

As a magazine secretary, I aspired to set a trend of something new and as such a magazine that is in itself a farewell token. After a long-awaited journey, as we bid adieu, I take great satisfaction in introducing to you "PHARMA ECHOES 2022". The theme of which is 'Pharmacy united in action for a healthier world' which I believe is of great significance in our post-COVID era.

That being said, I wish you a pleasant reading experience!

S a y o n a r a !!!



PRINCIPAL
Dr. Gopal Krishna Rao



CHAIRMAN
Dr. Raghuvir R. Pissurlenkar



Dr. Mythili Krishna J



Ms. Shailaja Mallya



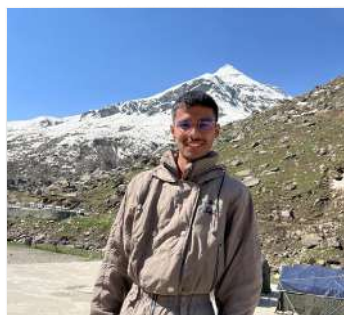
Ms. Nutan L. Naik



Ms. Alexandria G. Xavier

Magazine Commitee

Co-ordinators



Dhruv U. Goltekar



Shanaia Da Silva



Iris G. Gonsalves



Siddharaj Pilankar



Nmrah Khan



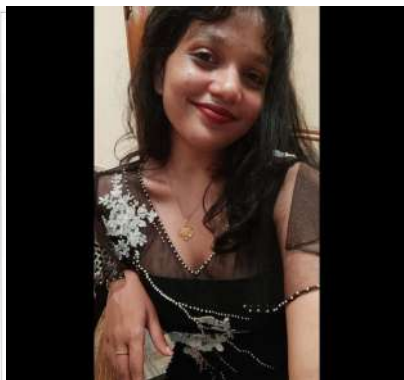
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Editorial Team

From the Principal's Desk



It is immensely pleasing to note that our talented students under the guidance of able faculty have put in a great deal of effort in bringing out the college magazine “Pharma Echo’s – 2022.”

In this annual college magazine Pharma-Echo’s 2022, one can see well-documented activities of all the students and faculty of our institution representing the true spirit and enthusiasm of all the stakeholders. This magazine depicts all the academic, scientific, co-curricular, and extracurricular activities and showcases the abundant talent in terms of rich culture, and sportsmanship in addition to academic excellence and scholarly research activities in addition to the technical articles and achievements in various facets including cultural activities and sports of our students and faculty.

It is clearly evident from this compilation that the untiring efforts of the entire faculty and the governing committee of Goa College of Pharmacy, in encouraging the students and faculty to contribute to the development of science, research, and community.

Goa College of Pharmacy, under the aegis of the Government of Goa, has carved a niche for itself through academic excellence, and research and has been placed at 55th position by MHRD in the National Institute Ranking Framework and has undergone the accreditation process of NBA.

With such achievements of being placed as one of the top 10% of pharma institutes in the country and having gone through NBA accreditation process, definitely demand greater responsibility from every stakeholder in striving hard to maintain academic excellence through the appropriate quality teaching-learning process and indulging novel research activities through appropriate collaborations with Pharma industry and research institutes/centers, consultancy services and grants from various funding agencies. To promote collaborative research activities and placements we have entered into MoU’s with Sanofi Synthelabo, Goa, Pfizer Ltd, Goa, Amsar Nutraceuticals, and St.Luis College of Pharmacy, USA for the student exchange program. With many more such MoU’s with many top Pharma industries, and research centers in the future, our institution is bound to create a better impact in meaningful research and to cater well-trained manpower to the industry.

Our institution has been the center for various professional activities such as the conduct of continuing educational programs for students and practicing pharmacy professionals, and health camps for the benefit of the general public with the active support of various Pharma industries and professional organizations such as Indian Pharmaceutical Association, Goa(IPA), Goa State Pharmacy Council(GSPC), Goa Pharmaceutical Manufacturers Association(GPMA), Chemists and Druggists Association of Goa(CDAG). I record my sincere appreciation to all these associations for their constant support.

The essence of the above statement needs to be understood well and greater efforts to acquire the right knowledge is quintessential to succeed in life.

It is heartening to know that our students have participated in several sports and cultural activities winning several awards in inter-collegiate competitions. I take this opportunity to congratulate the entire student community and faculty for their positive involvement in active contribution to the growth of this institution in all spheres and especially the editorial team of faculty and students for their relentless efforts in bringing out this vibrant and colorful magazine on time.

I sincerely thank all the authorities of the Government of Goa for their patronage and encouragement to excel in all the activities. My special thanks to the Governing Committee, Alumni Association of GCP, various associations, and sponsors for their unstinted support and encouragement of this institution. "Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change." Be positive always!

Happy Reading!

Yours sincerely,



Dr. Gopal Krishna Rao
Principal, Goa College of Pharmacy, Panaji
& Dean, Faculty of Pharmacy, Goa University.

From the Advisor's Desk



Opportunities dance with those who are already on the dance floor -Jackson Brown

What better platform to exhibit literary, art, and design talent than the college magazine. It brings me great delight to announce the 2022 edition of Pharma Echoes brought to you by the Student Council along with the Magazine committee. Though we predominantly belong to the healthcare sector our students and teachers likewise are brimming with talent in various areas like cultural, sports, and other extracurriculars.

Evidently, when presented with an opportunity, our college seizes it with great enthusiasm. Our students must be given a chance to hone their talents in any way possible so as to bring about all-round progress for their future professional careers.

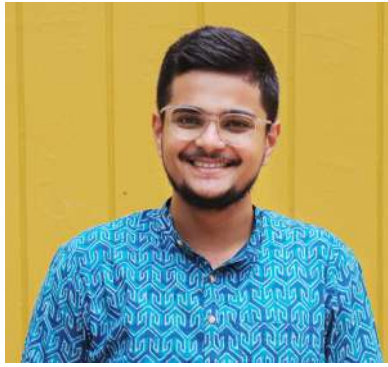
As chairman of the Magazine Committee, I extend hearty congratulations to my team of students and teachers on the release of Pharma Echoes 2022. Success is truly a joint product of hard work, dedication, and determination.

I am extremely thankful to all the students and faculty members who took up responsibilities and contributed in various ways to the magazine.

I also take this opportunity to congratulate all the graduating students and wish them all the very best as they embark on a new journey ahead.
Wish you all a happy reading!

Warm regards,

Dr. Raghuvir R. Pissurlenkar
Professor, Department of Pharmaceutical Chemistry
Goa College of Pharmacy, Panaji-Goa



General Secretary
Yash Kantak



Sports Secretary
Vibhav Kaskar



Cultural Secretary
Riya Kalsekar



Ladies' Representative
Sanjana S. Naik



Magazine Secretary
Alexandria G. Xavier

STUDENT COUNCIL

2021-2022

General Secretary's Report



Yash Kantak

With a profound sense of gratitude and overwhelming emotion, I, Yash Kantak hereby present my report as the General Secretary for the annual college magazine “Pharma Echoes”. The Students’ Council was formed with the full support and trust of our beloved classmates of TY B. Pharm. The members were me (General Secretary), Riya Kalsekar (Cultural Secretary), Vibhav Kaskar (Sports Secretary), Alexandria Xavier (Magazine Secretary), and Sanjana Naik (Ladies’ Representative). A unified team with a single focused goal to provide the best requisite support to the general student body and to be the bridge between the faculty and students whilst organizing cherishable events for us GCPians.

On the 17th of December 2021, the newly formed Council was inducted through a swearing-in ceremony along with a singing competition to celebrate Goan culture and heritage.

On this occasion, we were graced with the presence of the Principal for the formal function. Special thanks go to the TY B Pharm students for helping with the organizing of the formal function.


The opening ceremony for the cascade of events for our council was to commemorate Goa Liberation Day for which we organized a patriotic singing and slogan writing competition. No sooner did we get past Christmas and New Year than we were struck with the Covid Wave once again putting a dampener on our scheduled activities. Nonetheless, we shifted our attention to academics during these periods wrapping up with our semester exams. The third years then headed to complete their designated industrial training period.

Goa University organized a M.E.A.R. event which was held on 15th March 2022 to mark International Women’s Day in which our college participated.

As we entered the month of May it was as though the springtime season for the council, which promised us an eventful season. With absolute grandeur, we presented “FORMULATIONS 2022” with the theme ‘The Royal Era’. A mind-boggling task for us no doubt, but with the steady and unyielding support of the council, teachers, and fellow classmates we managed to pull off the event of the year. It was great pride and joy that I felt when I was told that this event had raised the benchmark way higher than before.

As International Yoga Day arrived, we took it upon ourselves to focus our minds on improving the mental, physical, and spiritual health of our students by engaging in yoga sessions with the assistance of the sports faculty.

“If you’re brave enough to say goodbye, life will reward you with a new hello.” – Paulo Coelho
Our time to bid farewell to our beloved seniors came faster than we expected and with a heavy heart we say our goodbyes with a promise of a new hello down the line.



India, the country I am immensely proud to be a citizen of celebrated its 75th Independence during my tenure, and with great happiness did we ring in this day with a holistic approach.

Janmashtami was celebrated to mark the birth of Lord Krishna.

Shardotsav was the final event celebrated with the Prathi-sthapana of Goddess Saraswati followed by a cultural event that included ghumat arti, rangoli competition, and dandiya.

I would like to thank everyone who believed in me and found me worthy of the Post of General Secretary. Nothing could be achieved by myself alone, the support of my council members as well as the staff and students of GCP has helped turn events into success. Thank you for the constant support shown towards us. I would also like to thank the ex-Council members for their guidance and valuable help. Organized events would not have been a success without the active participation of the students and I would like to thank them for their presence on every occasion.

We appreciate each and every one of you for your support and encouragement.

We could manage everything so well only when we worked as a team and I am grateful to my Council Members Riya Kalsekar (Cultural Secretary), Vibhav Kaskar (Sports Secretary), Alexandria Xavier (Magazine Secretary), and Sanjana Naik (Ladies Representative) for trusting me, especially Riya Kalsekar (CS) during important decisions.

Sincere thanks to teaching as well as non-teaching staff. TY B. Pharm classmates as well seniors and passed out students for helping us.

LONG LIVE GCP!

Yours Sincerely

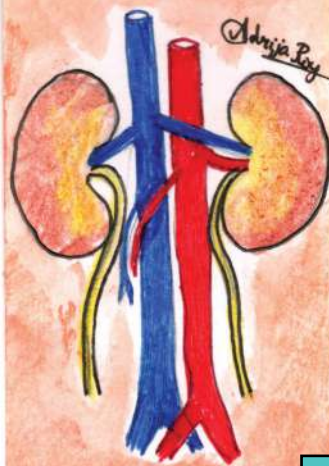
Yash Kantak
General Secretary
Student Council 2021-2022



MULTITASKING
FOREVER.....



I retain
the
GOOD
&
get rid
of the
BAD.....



AS LONG AS
I AM
beating
you ARE
live
SEIZE
THE DAY...



I am
HAPPY
as long as
I am
FULL.....



.... and
a happy
healthy
STOMACH
is happy
YOU !!

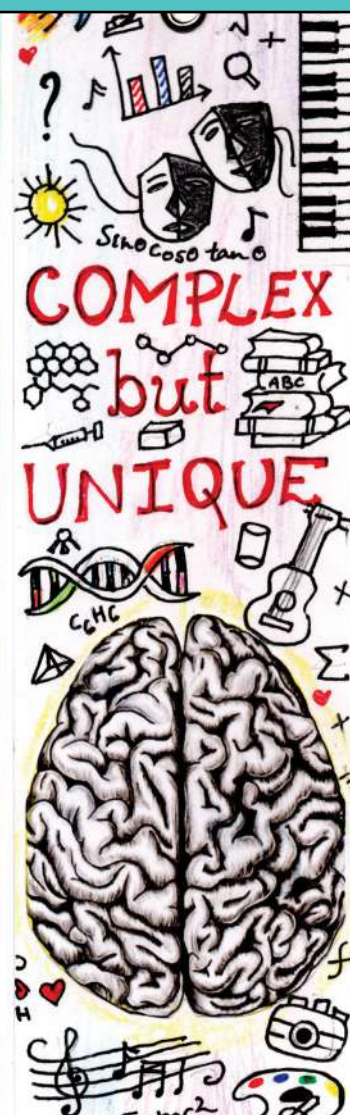
The
FIVE
Senses
are the
doorway
to the
PRESENT
MOMENTS.....



That
BREATH
you just
took.....
that's a
NATURE'S
GIFT....



Art by : Adrija Roy



Cultural Secretary's Report



Riya Khalsekar

"NO ONE CAN WHISTLE A SYMPHONY. IT TAKES A WHOLE ORCHESTRA TO PLAY IT."

~ He Luccock

The sun rose on 20th September, and all the students finally made their way, traveling far and wide back to Goa College of Pharmacy, post-pandemic, brimming with joy to finally reconnect with their friends, teachers, and college life. There was a buzz of excitement in the air, a new dawn, with everyone awaiting the formation of a new council. Soon after, the council of 5 was named and I, Riya Kalsekar along with my fellow council members embarked on this adventurous journey. Our main motto, if I may be bold enough, was to allow everyone to experience the rainbow of college life.

The council of 2021-2022 was officially inducted on the 17th of December 2021, presided over by The Principal of Goa College of Pharmacy, Dr. Gopal Krishna Rao Fadnis along with the Student Activity Committee comprising of the Chairperson, Ms. Lorna Silveira; the Secretary, Mrs. Mythili Krishna and the members, Dr. Anand A. Mahajan, Mrs. Vedita Hegde Desai, Mrs. Saba Jamadar. I would like to thank our former council for giving us a cherishable year despite it being online and passing on to us the baton to carry forward the council's legacy.

Let me take you through the promenade of this past year .

No sooner did we take the mantle as the council members, we were given our first task- ' Goa Liberation Day ' celebrations at college. To commemorate this occasion we hosted a patriotic singing competition and slogan writing competition. And that hit off to a promising start. But Alas! Covid-19 came back with vengeance and disrupted the newly formed offline equilibrium and we were sent home again.

Following the term-end exams in Jan-Feb, the third years were sent out for their Industrial training to various establishments and companies.

Goa University organized a M.E.A.R. event which was held on 15th March 2022 to mark International Women's Day in which our college participated.



Inserting a time jump here, we now arrive in the month of May. This marked the beginning of our cultural season. To kick start this we had our mega event 'FORMULATIONS 2022' a trademark event that is undoubtedly the most awaited and fun event in the Council planner. The theme was "The Royal Era- Be Loyal to the royal within you". With a whole month of physical, mental, and emotional rollercoaster ride and a lot of preparations, we began with a mini pre-FORMULATIONS week wherein each class was asked to dress according to a said theme of the day- quarantine, retro, and back to school.

Then came the day we were all impatiently waiting for...

Day 1; The day of class unity -Class T-shirts to tackle the opponents with all talent and sportsman spirit. The flag show, group singing, face-off, stand-up comedy, treasure hunt, a short film, accompanied by a sports fiesta including futsal, mendicoat, carrom as well as an artistic look-out with nail art and best out of waste.


Day 2 ; Traditional day- 'Simply Ethnic' to symbolize the elegance and royalty of ethnicity. The day began with a major on-stage event Skit competition followed by solo singing, rock mime, duet dance, and control cricket 3rd degree, make-up, face painting, mini militia, reel, memes competition being the off-stage events going on parallelly. Human ludo was a first-of-its-kind event of the year.

Day 3; Open theme ...the finale of the trilogy begins with a group dance, the royal Mr & Mrs Formulation , Fashion Show, tug of war, carving, UNO, mandala art, and poster making. Followed by the end of the Royal saga with thunderous and electrifying beats and mixes by DJ Sid. The kingdoms reigning the royal era were Team Emerald and Team Moonstone.

To sum up formulations I would just say all is well that ends well!!!!

As the part of International Yoga Day action plan various activities were planned from the month of May including poster making, article writing competition, etc. A combined lecture and practice session was also organized on the same headed by JCI Anju Dessai. Online practice sessions of yoga were conducted from the first week of June. The offline practice was from the 15th of June till the 20th of June. the program was coordinated completely with 2nd yr MPharm cology dept. 21st June, the International Yoga Day was celebrated which was a yoga session followed by a speech session.

The next event that popped up was the farewell, with a heavy heart we bid farewell to our cherished seniors. We owe our gratitude to them for being literally the best seniors, guiding us throughout our junior years, and being an iron rod backbone during our tenure. Thank you for being the ones we could absolutely rely upon.



The 75th Independence Day was celebrated on 15th August 2022 at Goa College Of Pharmacy, the celebration began at 9:00 am with the flag hoisting ceremony by our Principal Dr. Gopal Krishna Rao, and the singing of the National Anthem. Followed by a patriotic song and a speech, briefing everyone with the significance of the day and what we should learn and must do as responsible citizens and enlightening us with the various developments India has achieved in the fields of Science, Technology, Space, and especially in the Healthcare system.

In the Principal sirs speech he encouraged the students to take benefit of the various Government Schemes to support emerging Entrepreneurs and to be Job providers. Sir also emphasized on the 3 E's - Enthusiasm, Energy, and Environment. As a part of the celebration of the Independence Day, the Patriotic Group Singing Competition and Quiz Competition. Janmasthanami 2022 - The Birth of Lord Krishna was Glamorously Celebrated on 25th August 2022 at Goa College of Pharmacy. Events that involve Playfulness and Creativity such as Dahi Handi, Rangoli, Matka/Nariyal Painting cosplay, and Garland making were conducted. The Outfit Theme was Vrindavan Vasi which intended to impart an ambience of Primeval Celebrations.

The Final Flourish of Council 22 –

A Grand Celebration of the Divine Feminine was Honored on 3rd October 2022. Shardsav was a day-long celebration that included the pratishtapana of Goddess Saraswati followed by exuberant Celebrations of the day. Ghumat Arti, Rangoli, and Dandiya were the Events conducted to Promote Traditional Arts. Shardsav 22 was an event to be remembered and cherished which witnessed an Array of skills The Dhanwantari Hall was filled with smiles and Tears of Joy. The event ended with Uttar Pooja followed by Visarjan at Miramar.

As I conclude with my report I would like to once again express my heartfelt gratitude to everyone who stood by me and without whose support I wouldn't have had such a successful tenure.

Signing off

Regards,

Riya Khalsekar
Cultural Secretary
Student Council 2021-2022



TIMELINE!

A YEAR

at a

GLANCE



17th

DECEMBER

STUDENT COUNCIL INSTALLATION CEREMONY





LOCKDOWN



15th
MARCH

M.E.A.R EVENT
INTERNATIONAL
WOMAN' DAY







FORMULATIONS



3rd - 5th
MAY













21ST
JUNE
INTERNATIONAL
YOGA
DAY



30TH JUNE : FAREWELL



15TH AUGUST INDEPENDENCE DAY

PHARMA ECHOES | 33





25TH
AUGUST

JANMASHTAMI



WORLD PHARMACY DAY

25TH
SEPTEMBER

PHARMA ECHOES | 35





3RD
OCTOBER
SHARADOTSAV





THAT'S
A WRAP!



DAY 2

RED
PASSION AND LOVE



DAY 1

WHITE
PURITY AND INNOCENCE

NAVRATRI TEACHERS' SPECIAL



DAY 4

YELLOW

CHEER & HAPPINESS



DAY 3

BLUE

TRANQUILITY



DAY 5
GREEN
GROWTH



DAY 6
GREY
BALANCE OF EMOTION



DAY 7
ORANGE
POSITIVE ENERGY &
WARMTH



DAY 9

PINK

AFFECTION AND HARMONY



DAY 8

PEACOCK-
GREEN

UNIQUENESS & INDIVIDU-
ALITY



Sports Secretary's Report



“The glory of sports comes from dedication, determination, and desire. Achieving success and personal glory in athletes has lots to do with wins and losses than it does with learning how to prepare yourself so that at the end of the day, whether on the track or in the office you know that there was nothing more you could have done to reach your ultimate goal”

– By Jack Joynes Kersee

The above quote is really true as in the academic year 2021-2022 I had great responsibility to slowly bring college sports activities back on track after the break due to the COVID-19 pandemic.

First and foremost, I would like to thank the council members for having faith in me and providing all the support I needed and to everyone for giving me an opportunity to live my dream as a successful sports secretary.

I am immensely pleased to thank our principal Dr. G.K. Rao for supporting me and my ideas. This report will definitely be incomplete without thanking our guide and support Mrs. Sarika Rathod Instructor in Physical Education and Sports Committee. I also express my gratitude to Goa College of Pharmacy's teaching and non-teaching faculty.

Our college students have most enthusiastically participated in various sporting events throughout the year. These include:

Goa University Participation

1. Chess (open)
 2. Badminton (Girls)
 3. Tenniquoit (Boys/Girls)
 4. Football (Boys)
 5. Swimming
- ☐ Participation in Para-medical and inter-college Tournament

Rann Bhumi (2022) 25-26-27

- Cricket
 - Chess
 - Badminton
 - Carrom
- ☐ T-10 Cricket by Salgaonkar law College
 - ☐ 1st State Inter-College Futsal Championship 2022 organised by Goa

We organised and participated in various Intra-mural events like cricket, chess, carrom and table-tennis. The winners for the same are mentioned below.

EVENT	WINNERS	RUNNERS-UP
Cricket	M.Pharms	2 nd Year B.Pharms
Chess (Open)	Vedang Kouthankar	Aakib Khan
Table tennis Doubles (men)	Sweaton Fernandes Daniel Vaz	Advait Shirodkar Tushar Shirodkar
Table Tennis Doubles (women)	M.V Komali Nmrah Khan	Vishwani Naik Sulaksha Mardolkar
Table Tennis Mixed Doubles	Sumukh Verlekar Shreeya Sinai Desai	M.V Komali Advait Shirodkar
Table Tennis (Boys)	Pratamesh Parkar	Vibhav Kaskar
Table Tennis (Girls)	Shreeya Sinai Desai	M.V Komali
Carrom Singles (men)	Vedang Kouthankar	Vinayak Sasolkar
Carrom Singles (women)	Sulaksha Mardolkar	Shreeya Sinai Desai
Carrom Doubles (men)	Premanand Velip Daniel Vaz	Rudresh Adarkar Joshua Cardozo
Carrom Doubles (women)	Vishwani Naik Sulaksha Mardolkar	Griselda Oliveria Viola Colaco
Carrom Mixed Doubles	Daniel Vaz Vishwani Naik	Aakib Khan Kirti Naik

Thank you GCPian to whom I attribute the success of my tenure as Sports Secretary

Vibhav Kaskar

Sports Secretary

Students Council 2021-22

DEPARTMENT OF PHARMACEUTICS



Dr. P.J. Bhide



Dr. R.K. Shirodkar



Dr. R.S. Gude



Ms. Seema S. Shet



Mr. Rohan R. Prabhu



Ms. Saba G. Jamadar

DEPARTMENT OF PHARMACEUTICAL CHEMISTRY



Dr. Sanjay Pai P.N.



Dr. G.K. Rao



Dr. Raghuvir R.
Pissurlenkar



Ms. Lorna P. Silveira



Ms. Teja V Walke



Mr. Vaibhav Potdar



Ms. Nutan L. Naik



Mr. Vithal Bhandare



Mr. Raveendra L. Hullolikar

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Dr. Sanjay Pai PN



Dr. Anand Mahajan



Dr. Adison Fernandes



Mrs. Shweta Borkar



Mrs. Sachi Kudchadkar

DEPARTMENT OF PHARMACOLOGY



Dr. M.P. Joshi



Ms. Shailaja Mallya



Ms. Vedita Hedge Desai



Ms. Asmita M. Korgaonkar



Ms. Liesl M. Fernandes

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Dr. Shailendra S. Gurav



Dr. Anant V. Bhandarkar



Dr. Mythili Krishna J.

DEPARTMENT OF MICROBIOLOGY



Dr. Yogita Sardesai

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Head of Global Development Centre. Goa &
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Verna. Goa

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Principal
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Member

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Member

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Internal Faculty
Member

Dr. Saniay Pai P.N.
Professor, Department of Pharmaceutical
Chemistry,
Goa College of Pharmacy, Panaji' Goa.

Internal Faculty
Member

Dr. (Mrs.) Rajashree Gude,
Associate Professor and
Training & Placement Officer
Goa College of Pharmacy, Panaji,
Goa-403001

Member

Mr Yash Kantak
General secretary, Student Council
Goa College of Pharmacy, Panaji-Goa

VISITING FACULTY

Dr. Vaishnavi Unde

Ms Akshata Naik

Ms. Reeshwa
Nachinolkar

Ms Slavika Gracias

Ms Madhumita Mahatma

Ms Shruti Naik

Ms Parveen Farroqui

Ms Mrunali Kantak

NON TEACHING STAFF

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Ms. Maria C. Fernandes	Accountant
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Ms. Maya R. Naik	Assistant Librarian (WP)
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Ms. Sarika A. Rathod	Instructor of Physical Education
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Mr. Kalidas Phadte	Technical Assistant
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Ms. Nilisha P. Volvoikar	Technical Assistant
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Ms. Arlette Barreto	Document Assistant
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Mr. Vinay Naik	Document Assistant
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Ms. Lourdes Simeonne Afonso	Junior Stenographer
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Ms. Vaishali P. Pagui	UDC
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Ms. Jennifer Rodrigues	UDC
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Mr. Giridhar Gawade	Storekeeper
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Ms. Vaishali Raut	Laboratory Assistant
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Mr. Vinod V. Naik	Laboratory Assistant
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Ms. Shilpa Gawas	Laboratory Assistant
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Mr. Shyam Babu Kharwat	Laboratory Assistant
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Ms. Shanti Naik	Laboratory Assistant
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Mr. Narayan Shetgaonkar	Laboratory Assistant
Ms. Shweta S. Vaiganker	Laboratory Assistant
Ms. Swapnaja B. Salgaonkar	Laboratory Assistant
Ms. Deepali Umesh Kholkar	Laboratory Assistant
Ms. Varsha N. Rasaikar	Laboratory Assistant
Ms. Farheen A. Shaikh	Laboratory Assistant
Mr. Santosh S. Talavanekar	LDC
Ms. Josephine Pereira	LDC
Ms. Riya P. Parvatkar	LDC
Mr. Rama R. Bagkar	LDC
Mr. Imtiaz Shaikh	Driver
Mr. Devanand J. Fadte	Driver (H/V)
Ms. Sujata Kurle	Multi-Tasking Staff
Ms. Dipali Pednekar	Multi-Tasking Staff
Mr. Arjun Sawant	Multi-Tasking Staff
Mr. Thomas Martin	Multi-Tasking Staff
Mr. Sandesh Gomes	Multi-Tasking Staff

Ms. Manisha M. Masurkar	Multi-Tasking Staff
Mr. Anand V.T. Pednekar	Multi-Tasking Staff
Ms. Priti P. Harvalkar	Multi-Tasking Staff
Mr. Gabriel Timoteo	Multi-Tasking Staff
Mr. Ritesh A Neugi	Multi-Tasking Staff
Mr. Pravin T. Naik	Multi-Tasking Staff
Ms. Chandrika Karmalkar	Multi-Tasking Staff
Ms. Avni A. Sawant	Multi-Tasking Staff
Mr. Soccoro S. Vaz	Multi-Tasking Staff
Mr. Vinod B. Naik	Multi-Tasking Staff
Mr. Hitendra R. Shirodkar	Multi-Tasking Staff
Mr. Vishal Khot	Multi-Tasking Staff
Mr. Joseph Fernandes	Multi-Tasking Staff
Mr. Dattaraj P. Naik	Storekeeper
Mr. Chetan Halarnkar	Peon
Mr. Gurudas C. Shirodkar	Bus Cleaner
Ms. Rama Bhatkar	Laboratory Assistant
Ms. Kusum Gauns	Multi-Tasking Staff

PhD SCHOLARS



L to R: Rucheera Verekar, Huzeefa Abdullah Ujjainwala, Anupriya Opolina D'souza, Pooja Yadav

GPAT QUALIFIERS 2022

ADITYA PAGI
ANVISHA NAIK
SARITA YADAV
PRACHI PARSEKAR
RAMDAS GAONKAR
NEVIN FERNANDES
DEELIP GAONKAR
PADMADIP PHADTE
ASMA PARAB
SRUVA KHUTKAR
KAJAL GAONKAR
PRAJAKTA MORAJKAR
AMITESH CHAUHAR
SUBODH GAONKAR
SHREYA
NIRBHAY YADAV

SAY CHEESE..





First Year B. Pharm



Second Year B. Pharm



Third Year B. Pharm



Fourth Year B. Pharm



First Year D. Pharm



Second Year D. Pharm

DEAREST READER,

It may be hard to grow
That sudden change of thoughts
The worries that surround you
All heightens at this phase
Knowing "Now's the time I face the real world" is
overwhelming
Maybe it won't go as planned
Maybe it will, but it's alright
To let those feelings settle in
For the child within should develop into a
mature being

Be optimistic, most people would say
But how would they know
That art of surviving everyday
But hey, the past might've not been in your hands
but the future can be
So, buckle up and sit tight
For the joy ride that's about to bring life
To all the up's and down's that'll
be worth the ride

-Coralee T. Mendes



GRADUATING
CLASS OF 2023



Aakansha Korgaonkar



Aditi Desai



Aditi Kerkar



Advait Shirodkar



Akanksha Patil



Akhilesh Gogate



Akshata Naik



Alfiya Tashildar



Amisha Naik



Amogh Kinnerkar



Alexandria G. Xavier



Andriya Gonsalves



Aniket Redkar



Aniket Timble



Anujamol Sunoj



Anushka Mahambrey



Apurva Chari



Arati Dhatkar



Arpita Prabhu



Avani Sawant

B.PHARM



Bhakti Haldankar



Bhushan Shinde



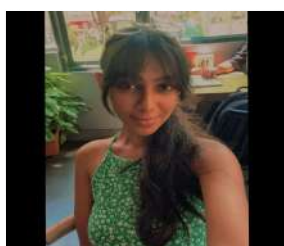
Brinda V. Kananaik



Consuela Da Costa



Coralee Mendes



Deanne Mesquita



Deepanshu Mandrekar



Deepasvi Salgaonkar



Ekta Parab



Goureshwar Gaonkar



Hema Mahambrey



Hemlata C. Bhati



Insha Shaikh



M.V. Komali



Manasi Kumbhar



Mekhala Salgaonkar



Monali M. Gokharankar



Mufina Agha



Nameera shaikh



Nmrah Khan

B.PHARM



Nooman Khan



Pema Metho Wangden



Rita Fernandes



Riya Chodankar



Riya Kalsekar



Rukma Nagvenkar



Sadanand Lotlekar



Saheel Nipanikar



Sakshi Chodankar



Sanghavi S. Malvankar



Sanjana P. Naik



Sanjana S. Naik



Sanjana S. Naik



Sarita Vishwakarma



Sejal Kunkolienkar



Serena Botelho



Shambhavi Pai Angle



Shejal Naik



Shilpa Rathur



Shivam Pawar

B.PHARM



Shivani Velingkar



Shreyash Navelkar



Shruti Poll



Shrutika Morajkar



Shrutika Tilve



Siddhi Navelkar



Sivan Achrekar



Sonam Chokey



Sooni Fernandes



Stenick Savio Ferrao



Subham Choudhuri



Sudhakumari Pandit



Syeda Bazila Mahedi



Tanaya Gawde



Tanishka Dhavjekar



Tanushri Naik



Tejaswi P. Naik



Tushar shirodkar



Tushar Varkhandkar



Upendra Shetgaonkar

B.PHARM



Utkarsh Gaude



Vaishnavi Kankonkar



Vaishnavi Mote



Vedita Gauns



Vishal Gaonkar



Vishal Mudakekar



Yash Kantik

B.PHARM



Joshua Cardozo



Kirti Naik



Mrunali Mayekar



Rudresh Adarkar



Samiksha Naik



Shobha Gaonkar



Shradha Naik



Shruti Madkaikar

M.PHARM in PHARMACOLOGY



Amit Gaikwad



Anuska Nair



Mithila Mhamal



Neema Nagvekar



Nevita Rivonkar



Salette De Pinto Souza



Shreyash Azgaonkar



Shweta S. Sawant



Simran Shetye



Vinayak Sasolkar

M.PHARM in PHARMACOLOGY



Aakib Khan



Florinda B. Rodrigues



Grisilda Oliveira



Heena Beig



Heena Kajrekar



Hemant Goltekar



Isha Gad



Isha Gaonkar



Placid Carrasco



Preeti Gawade



Renita D. Borges



Ruchi Maurya



Samiksha Shetye



Shivani Sardesai



Sonal S. Parab

M.PHARM in PHARMACEUTICAL CHEMISTRY



Aishwarya Kavthankar



Aishwarya Madhav



Alfia N. Rodrigues



Deeplaxmi Kambli



Divya V. kambli



Eliska de Souza



Jasmine Fernandes



Karishma



Sanyomee Natekar



Sayali S. Khalap



Shivani Kunkalienkar



Shubhrata Gawas



Sneha Teli



SUPARNA NAIK



Vasant R. Marathe



Viola Colaco



Vishakha Naik

M.PHARM in PHARMACEUTICAL QUALITY ASSURANCE



Aditya



Anisha Shetkar



Ashita Gawas



Ashvita Pednekar



Asita Shetgaonkar



Bhageshree Varak



Bharati Biradar



Gururaj Pirankar



Ekta Chari



Furquan Malik



Gazala Khan



Kriti Kalekar



Ismenia Fernandes



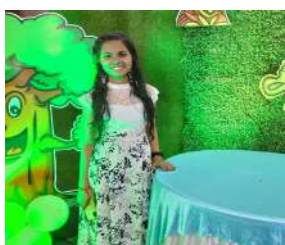
Khushi Sawant



Krishn Yadav



Neha Dhuri



Krutika Sawant



Mitali Shetgaonkar



Navdeep Kangralkar

D.PHARM



Noble Mathew



Pearl Oliveira



Pooja Bhosle



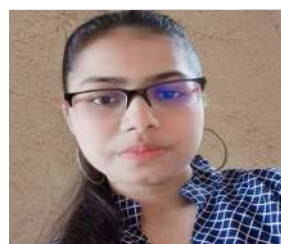
Prachi Gaunkar



Pratham S. Mayekar



Pratiksha S. Salalkar



Pratiksha S. Salalkar



Priya Maurya



Rakshita Barki



Rasika Gawas



Raziya Pinjar



Riya Parab



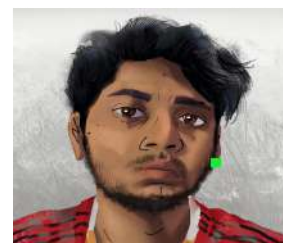
Roma Mahato



Rutvika Virnarvekar



Ryan Menezes



Sahil Yadav



Sahitya E. Kumbar



Saidatt Mopkar

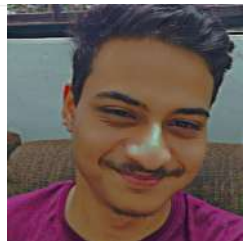


Sakshi R. Naik



Sameer Dundashi

D.PHARM



Sanat Tamba



Sejal Naik



Shivani Yadav



Shubadha Gawade



Siddhi Khodginkar



Sneha Koli



Sonali Naik



Suyasha Haldankar



Tanjila K. Talikoti



Tanvi T. Patil



Tejasvi Malik



Utkarsha Lotlikar



Vaibhavi R. Naik



Vanita Bharati



Vinayak Sawant



Vinita Dubey

D.PHARM

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Intellectual Property Rights (IPR)



Dr. Rajashree Gude



Mrs. Akshata Naik

What is IP?

Intellectual Property [IP] refers to creations of the mind, which include, but not limited to inventions. In general, IP is divided into two categories: Industrial Property includes patents for inventions and Copyrights which are creations related to literature, such as manuscripts, novels, etc., and fine arts, such as plays, films, and the like.

There are various types of Intellectual Property namely:

Patents	<ul style="list-style-type: none">• A patent is an exclusive right granted for an invention.• A patent provides the patent owner with the right to decide how - or whether - the invention can be used by others.• In exchange for this right, the patent owner makes technical information about the invention publicly available in the published patent document.
Copyright	<ul style="list-style-type: none">• Copyright is a legal term used to describe the rights that creators have over their literary and artistic works.• Works covered by copyright range from books, music, paintings, sculpture and films, to computer programs, databases, advertisements, maps and technical drawings.
Trademarks	<ul style="list-style-type: none">• A trademark is a sign capable of distinguishing the goods or services of one enterprise from those of other enterprises.
Industrial Designs	<ul style="list-style-type: none">• An industrial design constitutes the ornamental or aesthetic aspect of an article.• A design may consist of three-dimensional features, such as the shape or surface of an article, or of two-dimensional features, such as patterns, lines or color.
Geographical indications	<ul style="list-style-type: none">• Geographical indications and appellations of origin are signs used on goods that have a specific geographical origin and possess qualities, a reputation or characteristics that are essentially attributable to that place of origin.
Trade Secrets	<ul style="list-style-type: none">• Trade secrets are IP rights on confidential information which may be sold or licensed.

What is G-CEIP?

The Sovereign Republic of India is a signed full designatory of WIPO and World Trade Organization (WTO) and has been streamlined with and is at par with the current norms and regulations of IP as of December 1995. As a result, India enjoys the IP rights – protection and preservation – as every other country that is designatory to the WIPO and WTO.

The industrial and the academic sectors in India are yet to recognize the full potential of the IP rights in all its dimensions – from generation to preservation and protection. The academia and industry have a very limited understanding of IP and the rights associated with them. The healthcare academia and industry have no formal training that is provided in academic programs at undergraduate and extremely limited at post-graduate levels. Additionally, the scientists/professional who are engaged in generating scientific works leading to IP have limited to no understanding of IP rights let alone their protection and preservation.

To address these unmet needs, our prestigious **Dr. Umesh Banakar**, Professor and President of Banakar Consulting Services and also an illustrious alumnus of Goa College of Pharmacy, has mooted this initiative to spread the knowledge of IPR by establishing the **Goa – Center for Excellence in Intellectual Property [G-CEIP] – first of its kind in India, in 2016**. This center is housed in the prestigious, **Goa College of Pharmacy**, one of the oldest pharmacy institutions in Asia. Goa College of Pharmacy, established in the year 1963 under the aegis of Govt. of Goa, is the pioneer institution imparting quality education to the students.

GCEIP focuses on addressing the immediate need(s) focusing on IP considerations with an appropriate balance of academic training, continuous updating and upgradation of knowledgebase in IP matters and providing IP services to the industry in India with an objective to provide such services globally.


VISION: RECOGNIZE AND PROTECT SCIENTIFIC DISCOVERY WITH THE RIGHTS IT DESERVES

MISSION: Provide professional services with the highest quality and integrity to scientific community in recognizing and protecting scientific discovery through IP rights at the highest level that it deserves globally.

OBJECTIVES: The Objectives of G-CEIP, aligned with its Vision and Mission, will focus on an appropriate balance of:

- academic advancement (programs) through Professional Advancement Programs,
- continuous update and upgradation of knowledgebase in IP matters through various formats, and
- provide IP services to the industry in India with an objective to provide such services globally.

GCEIP is first of its kind, **non-profit organization** which is registered under the **Societies Registration Act, 1860**. Goa - Centre for Excellence in Intellectual Property [G-CEIP] in association with Goa College of Pharmacy [GCP], conducts various annual conferences, campaigns and interactive workshops to provide



a platform for intellectuals from academia, industry and the research fields to share their knowledge and experience in the field of Intellectual Property. The Center also presents:

- Postgraduate Advanced Training Certification Programs and
- 5-Day Comprehensive and Interactive Professional Advancement Program,

which help academicians and researchers to understand the IP potential of their research work and also help them with patenting their research work. Thus, the researchers understand the potential of commercialization of their research work. The center receives sustained and continuing support from countless invaluable well-wishers, Goa University, Goa College of Pharmacy, Government of Goa, International and National Industries and Local Associations.

GCEIP has started a **5-year campaign** with an objective **TO INDUCE SPIRIT OF INQUIRY IN TRANSLATING THEORETICAL SCIENCE INTO INNOVATIVE PRODUCTS**. Under this campaign, the center has reached **14 states and one union territory** and strives to reach out to other states in the country by 2025. The center has reached **25+ universities** and **5 associations** covering 10+ disciplines and delivering 150+ presentations, at **no cost to the institution.!**

The center has signed over **30+ MoUs** with various renowned institutions. The Dehradun Institute of Technology (DIT) has instituted **25th November as the University Innovation Day** in honor of the contributions of GCEIP in spreading the knowledge of IPR. This is indeed a remarkable feather in the cap for the center..!!

GCEIP reaffirms its commitment of fulfilling its main objectives in line with its vision and mission.

The Goa – Center for Excellence in Intellectual Property [G-CEIP] in association with Goa College of Pharmacy [GCP] continuously strive to increase the awareness of IP in India.

GCEIP website: www.gceip.org

-Dr. Rajashree Gude, Secretary, GCEIP

-Mrs.Akshata Naik, Assitant Secretary,GCEIP

EXPERTISE AT WORK

SHWETA BORKAR

POSTER PRESENTATIO (CO PRESENTER)

Title: Simultaneous estimation of methocarbamol and ibuprofen in a binary mixture by UV spectrophotometric method.

Venue: At 6 th Annual International Conference on Intellectual Property (IP) with theme “**Global trends in IPR: Patenting and beyond**”, Goa College of Pharmacy, Panaji Goa.

Organized by: Goa Center for Excellence in IP (GCEIP) in collaboration with Goa College of Pharmacy.

Date: 1 st and 2 nd December 2021.

DR. RUPESH SHIRODKAR

PARTICIPATION IN CONFERENCES

1. As Evaluator for Research Showcase Presentations (RSP) at the 6th Annual International Conference on IPR held in Goa College of Pharmacy on 01st-2nd December 2021.



2. As Delegate and Chairperson in Manipal Pharmaceutical conference (MPCON) 2022
Organized by the Department of Pharmaceutics, Manipal College of Pharmaceutical
Sciences, MAHE, Manipal from September 22-24, 2022.



VEDITA HEDGE DESAI

Research Poster Presentations:

Posters presented at the 6th Annual International Conference on IPR held at Goa college of

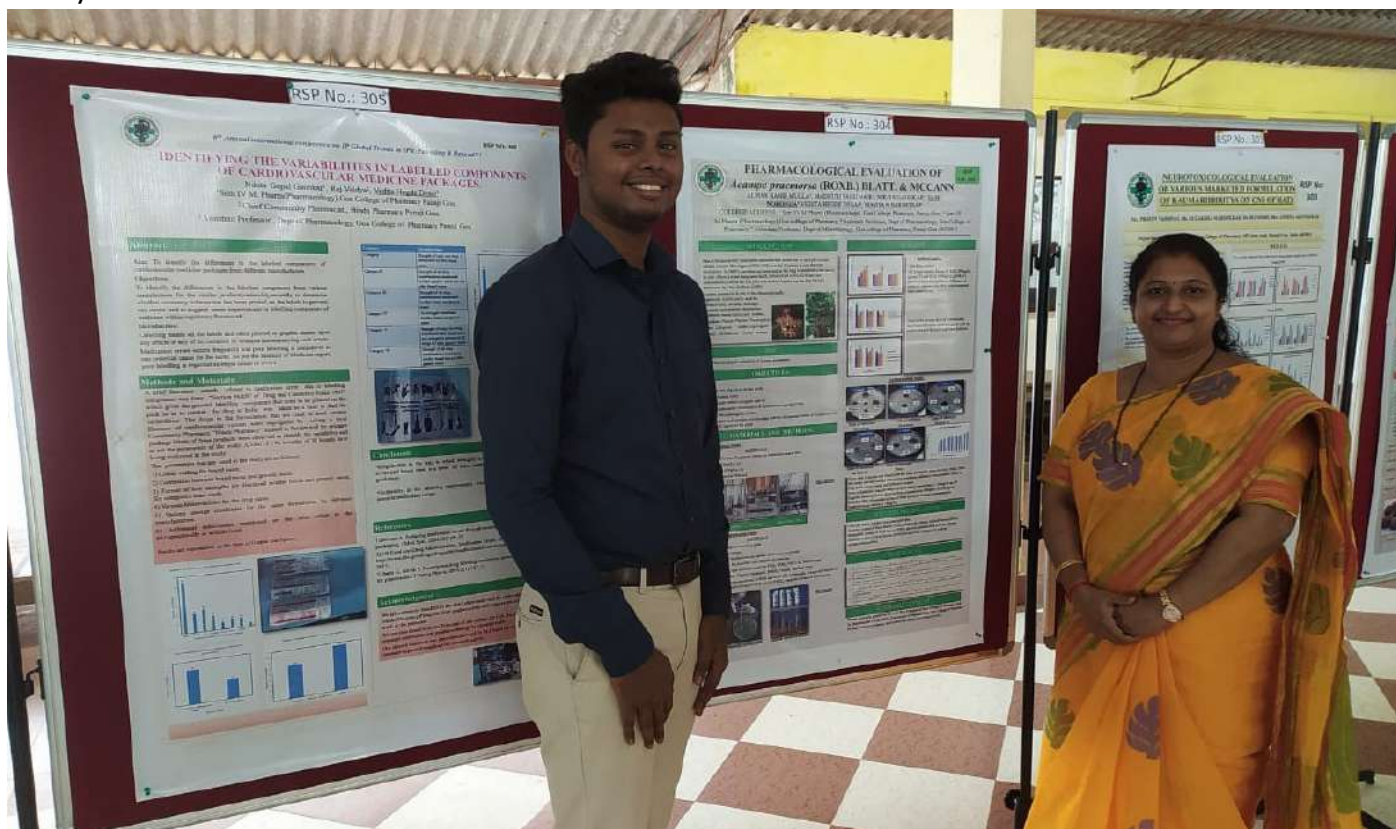
Pharmacy, Panaji on 1st and 2nd December 2021.

3 posters were presented details of which are:

1. Identifying the variabilities in labelled components of cardiovascular medicines.
2. Pharmacological and antimicrobial evaluation of ACAMPE PREMORSA (ROXB.)

BLATT and MC CANN.

3. Comparative evaluation of antimicrobial efficacy of hand sanitizers-AN IN VITRO study.



MRS. LIESL MARIA FERNANDES E MENDONCA.

Assistant Professor in Pharmacology, Goa College of Pharmacy.

Papers published: 01

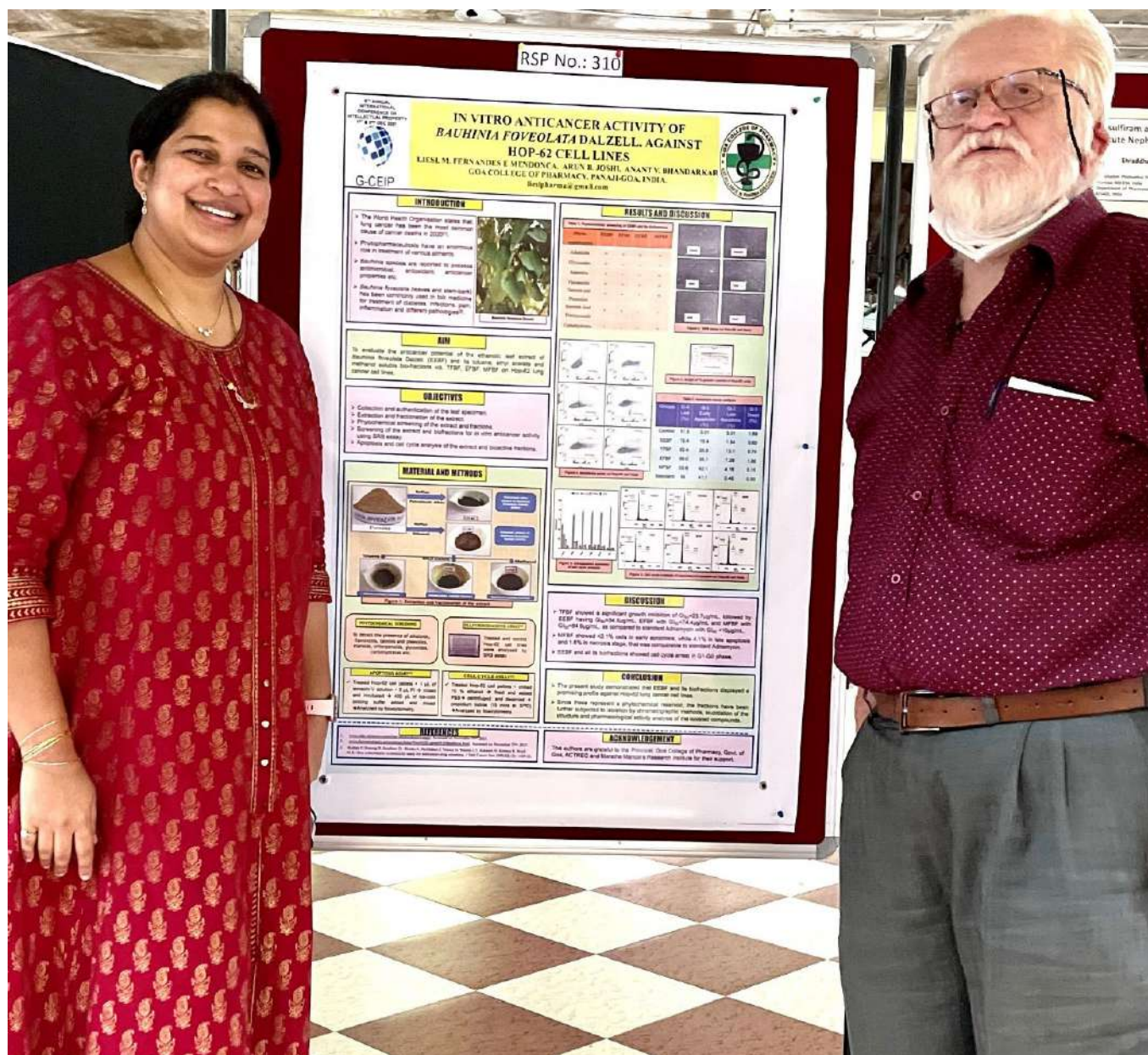
Fernandes e Mendonça L.M., Joshi, A.B., Bhandarkar, A.V. and Joshi, H. Evaluation of antioxidant property and anticancer prospective of the leaf extract and biofractions of *Bauhinia foveolata* Dalzell – A native of the Indian Western Ghats. Int. J. Pharm. Pharm. Sci. 2021,12(3):1886-94.

Paper presentations participated:

1.Oral presentation of Ph.D. research work on the paper titled “Anxiolytic activity of *Hybanthus enneaspermus* Linn. and its effect on antioxidant enzymes and neurotransmitters of rats’ brain” at the 9th International Congress of the Society for Ethnopharmacology, India (SFEC-2022) theme: Globalizing Local Knowledge and Localizing Global Technologies, at JSS College of Pharmacy, Mysuru, Karnataka, India, held on 22nd-24th April 2022.



- 1) Research showcase presentation of Ph.D. research work on the paper titled “*In vitro* anticancer activity of *Bauhinia foveolata* Dalzell. against Hop-62 cell lines” at the 6th International Conference on Intellectual Property Rights, theme: Global trends in IPR: Patenting and beyond, organised by Goa-Centre for Excellence in IP (GCEIP) and Goa College of Pharmacy, at Goa College of Pharmacy, India, held on 1st and 2nd Dec 2021.



POSITIVE
ATTITUDE

Life is a Treasure

For the tiny....

- SHAILAJA
MALLYA

For the white

.....and the
Mighty!!!



For the Black

When its cloudy...



..or when its dark!!!!



Bask in its warmth!!



1,39,123 Indians committed suicide in 2019 and the national suicide rate was 10.4 (calculated per lakh of population)

Cherish life!!!



According to The World Health Organization, in India, suicide is an emerging and serious public health issue!!!!



MAKE YOUR LIFE COLORFUL!!!



Never give Up!!



....on this treasure called

LIFE!!!!



SENDING GOOD MORNING MESSAGES – IS IT NECESSARY?

Mrs. Shweta S. Borkar

Assistant Professor

Dept. of Pharmaceutical Analysis



It's 7 am, you have just woken up. You look at your phone and switch on the mobile data. A loud ping of WhatsApp message and a series of pings follow. You find almost 35 new messages. You try to scroll through them to check if it's anything important, but you feel disgusted when you realize they all have just one thing to say "Good Morning". Yes friends, it's just a string of good morning messages with those flowers, birds, sun rising, baby photos, coffee/tea theme, inspirational quotes from the various groups you are a part of on WhatsApp, or it's some individual person sending those to you.

Are you one of those who have suffered the wrath of the good morning messenger on WhatsApp? Well, you are not alone. I am too in the same situation. Yes, it's irritating but it does more damage than that. Every day millions of people relentlessly and religiously, spam the mornings with Good morning greetings through texts, images, pictures, emojis's, and videos to their near and dear ones, friends, colleagues, relatives, and family with a lot of emotions attached so much so that you feel "there is no escape from this". Random broadcast messages with unsightly flowers and ugly fonts greeting you in the morning are extremely bothering. In a WhatsApp group, one "good morning" greeting is followed ritually by twenty other people responding back in many terrible ways that the mornings have nothing good in them for all. Sometimes an unassuming Good morning text brings with it a very pertinent responsibility at the receiver's end to reply. You may understand the sentiment with which the message has come, but such messages are irascible. At times you neither have time, nor willingness to reply every day.

The moment you leave the group you are added back and though you have muted them all, the notification bar still shows the unread messages piling up. It's inevitably annoying and you are left with no choice but to open the messages. You can't even be rude to them and tell them to stop for fear of hurting their sentiments and invariably have to silently bear the brunt of their "good" will messages. Due to all this, sometimes you're forced to the extreme of quitting the social media app "WhatsApp".

You are also compelled to find various ways to deal with such a situation without offending any of your relatives or friends. Some feel that the best way to deal with this is to simply not download the image or media file you receive or mute the chat or block that person but what happens is sometimes important messages get drowned among the unimportant ones.

“Good morning... Have a nice day.....God Bless you”. Friends, why do we send this message? Is it to stay in touch? Or is it to make the relations better? Is it so that “When I wish someone Good morning, I assume it brings a smile to his / her face. I feel happy when someone cares to greet me at the start of the day”.

No friends, there is no dearth of greeting messages by well-wishers, but is it worth the smartphones space? You must be wondering why your dream smartphone is running out of space so early. Did you ever think your near and dear ones could be responsible for that? Yes, Good morning messages can be injurious to your phone's health. Phones slow down or show a “storage is low” message in the notification bar because of those superbly annoying good morning messages that pop up on phones almost every single day. The Internet is filling up because sending of such a million Good Morning texts. One in three smartphone users run out of space on their phones daily. According to a Wall Street Journal report, Google search volume has also seen a tenfold increase for “Good morning messages” queries originating from India alone.

So can we educate ourselves and stop sending “Good Morning” messages on WhatsApp. Thank you!

From Highways to E-ways : *Technology is the easy part !*

Rohan Ramesh Prabhu

Assistant Professor

Dept of Pharmaceutics



An amazing opportunity for when the elephants dance! There is a group of industries that are tagged and stand out tad MEGA industries. Or, to be precise, MEGA !

These are verticals that comprise large businesses with large asset bases, whose customers are often themselves large companies, Industries like Manufacturing, Energy - Utilities, Pharmaceuticals, Oil & Gas, Aerospace, and defense.

These giants of the business world aren't exactly the sort of companies that come to mind when you think of the darlings of the digital economy. In fact, one can almost imagine them as elephants having circles run around them by nimbler "born-digital" rabbits. **Nothing, however, can be further from the truth, Their mega-size is only part of the success story.**

Increasingly, these companies are realizing that they indeed have the potential to be agile and nimble - that they, too, can be light on their feet. And the word light points us toward two other verticals whose businesses are often large and asset-heavy: Logistics and transportation. Travel and hospitality, are both ingrained into our Pharma business and have a directly proportional representation in the quality-cost model of our Pharmaceutical dosages.

So, can these MEGA businesses truly compete, say even better - prevail over, their born-digital rivals? Well, there is a saying: **When the elephants dance, the rabbits must be careful.** And if these giant businesses have the potential to challenge their nimbler rivals, how do they realize that potential?

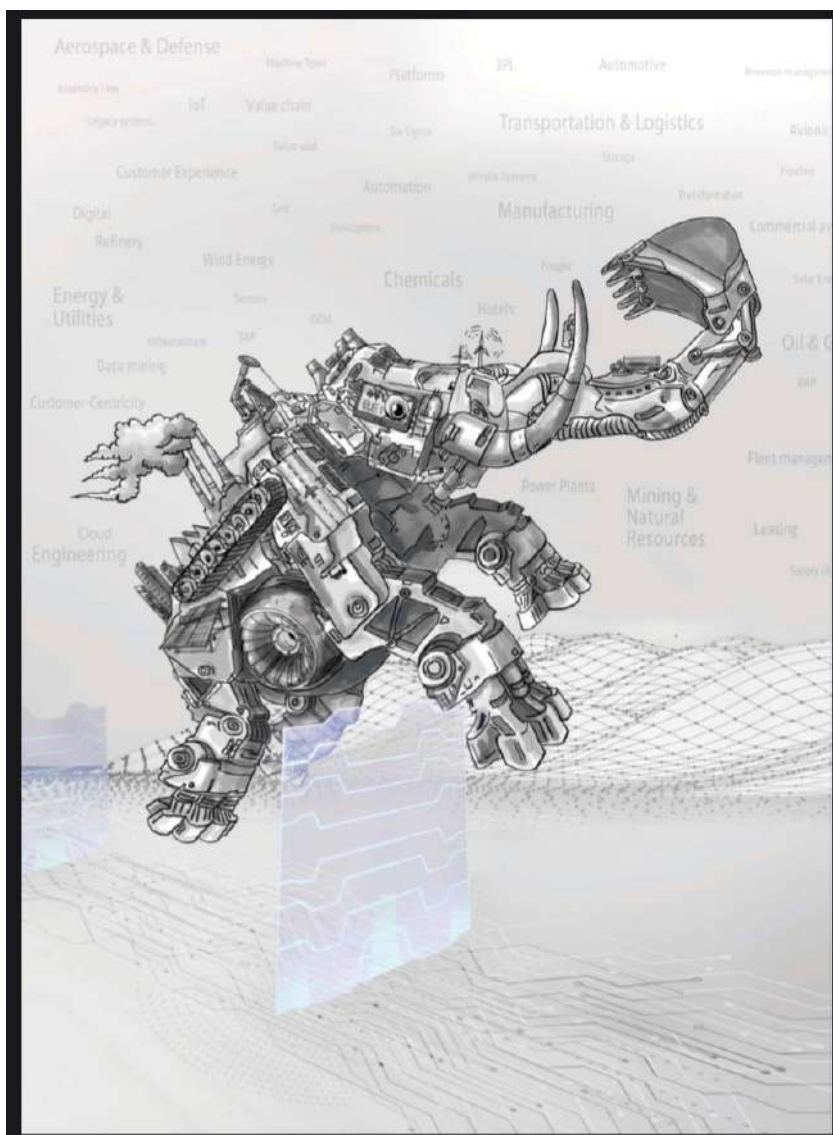
In my approach to working out the business models of these elite companies in these industries, I've found some general principles that can help asset-heavy mega-businesses use digital technology effectively to become light on their feet:

Digitize the process, not just the front end.

Unlike digital technologies that focus on delivering user experience and front-end efficiencies, the MEGA typically aim at delivering process efficiency. Because each process is responsible for billions of rupees in cost, digitizing the front end, while attractive, is not where the real value from digitization comes from.

It's all about the data!

While modern technologies generate a ton of data, making sense of what is relevant is quite another challenge. It requires domain knowledge coupled with an appreciation of technology to create value from all the data that these MEGA enterprises generate. These companies are now investing in serious data science and data management capabilities to help achieve the same.



As for our Pharma needs, computer systems integration, acceptance of the robotic arms conveyors, Isolated barrier systems for Sterile zones, Automation at packaging halls, PAT & other in-line server-based testing & reporting are enrolling us to deliver at higher efficiency and consistently deliver medicines-cosmetics with Federal standard acceptances for computer system validation proofed designs.

Build a common core.

For most of these companies, critical systems of record data reside in core ERP/ MES / PLM applications, instead of their enterprise architecture eliminating the common core, it focuses on creating connecting tissue that can help modern applications effectively use this data.

Adopt integrated solutions rather than point-focused solutions.

Businesses today cannot afford to lose the time and money that result from multiple stand-alone systems - systems with multiple log-ins, dashboards, and back-ends, and with disconnected analytics that generate little in the way of useful insights. Yes, point-focused solutions, may seem necessary and urgent in response to an immediate need in a particular vertical. But in the long run, businesses must adopt solutions that unite the front- and back-end operations, and incorporate end-to-end processes. They need a platform that furthers their strategic vision by catering to all the present business requirements while being scalable enough to meet future technological and business advancements.

Reimagine your apps and e-infrastructure.

Undertake a systematic review of all your apps, identifying those that are drivers of innovation or need to scale, as well as those that you can simply maintain or retire. And remove the traditional barrier between apps and infrastructure. This integration of transformative apps with traditional infrastructure - transforming servers, storage, and networking into software-defined infrastructure - will streamline IT operations, reduce complexity, lower costs, and enable automation, leading to greater agility, predictability, and manageability in infrastructure environments.

This isn't a comprehensive playbook for transforming the business giants into digital powerhouses. Of course, compliance with individual regulators' mandates and maintaining the green on the balance sheet is but inevitable part of their journey. But the e-way can provide some alternative approaches that can help these e – giants become more nimble, agile, and capable of speedy responses, in an ever-changing business environment.

Although we may not be seeing a lot of this yet, these elephants are surely able and beginning to dance.

TASTY AND CRUNCHY

Dr. Madhusudan P. Joshi

Professor, Dept of Pharmacology



A layman or connoisseur will have four natural basic tastes sweet, sour, bitter, and salty. Many might be choked in the throat to learn that 'Hot is not a taste; The synonym being 'spicy' is an Asian (South & East Asia) proprietary it.? It is just irritation of taste buds and other cells of our tongue. The water coming out of the nose and eyes after consuming very hot food is proof of how irritating it is. But to these four tastes fifth taste of 'Umami' was added. Why do many love Chinese food? Probably because of the Ajinomoto and soya sauce in it. The MSG (monosodium glutamate), adds flavor to your taste buds. After consuming such tasty food we become sort of addicted to Chinese food. The issue is not why we like Chinese food the core question is why nature created the buds of Umami taste i.e. of MSG taste buds on the tongue.

Food needs to be neat and appealing. Colorful candies and ice creams always attract honeybees to the nectar. Chapatti, puris, and rotis must be round. They cannot be in the shape of old Russia- Ukraine or Indian states. Although turmeric has good medicinal properties, its color explains the difference between lentil soup and simple dal or varan. The smell of fried food delivered from the kitchen to the living room lets you know what is going on in the kitchen. It's just curry leaves or hot onion pakoras that arouse us. The smell enters directly from the nose into the olfactory bulbs in the large brain. The olfaction is a direct connection. That is why nausea and vomiting occur spontaneously after a foul smell reflexively. Of course, this is expected to prevent the consumption of substances harmful to us. On the other hand, the smell of cool asafoetida or 'tirafal' coming to Solkadhi has a different role. The right smell creates a sort of a 'priming' or effective background for the taste. With his effect, man will be rather stimulated to eat more. The food that a person

eats may be low in nutrients. But we just don't eat by merely reading the label of the bottle. Eating is a sort of voyage of three different places brain, tongue, and stomach. So the different items in our diet stimulate the different parts. So we prefer variety like pickle, papad Koshambir, Raita, Chutney, Bharta, etc. Sauces and salads are the latest siblings. The taste of raita and koshiber cannot be traced in a plain green salad. Does homemade food always taste the same? if the answer is yes then it will be food processing and not cooking. Every time taste has to differ a bit. If the quality of the original raw material changes or does not remain the same, how will the taste remain ditto same? But still, we take another spoonful of Raita and say, Wah! This is because our brain has a sort of range for the taste. That is why we give the opinion that the salt in the chutney is a little less today. Eggplant roasted in a good oven has its own smell. Add salt, pepper, and grated coconut to make it delicious. There is the difference between baigan bharta and the Italian 'Baba Gones' though both are made from egg plant.

As we age our sense of taste also declines like other senses. It is therefore unrealistic to seek the same taste of curry from our wives as that we had in our childhood prepared by our mother. Those guys who say that a wife cannot cook a meal like a mother are at liberty to cook themselves and prove their culinary capabilities. So next time before you blame someone for not making tasty food DIY see how it can be made taste. If you have successfully passed organic chemistry, dispensing, and physical pharmaceuticals you too can be kitchen 'King' or Queen. Because cooking is an art, skill, and science too.

TOWARDS A HEALTHY GUT

Rohan Ramesh Prabhu

Assistant Professor

Dept of Pharmaceutics

Hello folks!

As the world still struggles to reach normalcy with lots of post-COVID stress and recovery symptoms. I understand that we are out there trying so very hard with a fighter's resolve & spirit trying to recuperate & normalize our days & nights. Let us take this opportune moment, the supposed RESET afforded to us by COVID-19 as a means for a healthier way of living than to be pulled back in and dreaded into a whirlpool of demand-supply lobbies sauté.

Through this article, I have tried to highlight a rather passable topic of GUT! I'm not talking about that gut feeling on the topics to study for exams or the one you have while opening up with your bestie. Here I dwell on the topic that I believe is a hot cake seller (abs) & favorite of many. Let us see what helps our journey to achieving the penultimate flat tummy stage or a relatable 'V-shaped curvature for the hipline.

A plethora of info and an equal tonne of data is avail-

"Fitness is about building a sustainable system that you enjoy and can stick with for life."

able online on how best to shred those kilos and atone the 6 pack abs onto yourself. But do we need to be chiseled-out models or rather begin a health-conscious sustainable reflex-based regimen!?? It is for every individual to make the choice. Presuming you choose the former I'll pour my observation fillers into the already competitively poised fitness marketing.

Not everyone's going to look the same but what's important is that you have one in the first place. Try new things, jump into competition, and explore what your body is capable of. Your abdominal fat is destroying your organs and setting the stage for diabetes, heart disease, and cancer. Here are a few ways you can shed that gut and take back control of your health:

There are two types of fat: subcutaneous and visceral

(abdominal) fat.

Subcutaneous fat is stored under the skin at the surface level. Visceral fat is far more dangerous because it wraps around organs, releases inflammatory markers, and produces toxic chemicals and hormones. You can't touch or see visceral fat but it's the beer belly that pushes out the abdominal area. It's also common in those who are skinny fat and lack muscle in their upper body with an increased waistline of >40 inches in men (think dad bod) and >35 inches in women.

DANGERS OF VISCERAL FAT

Visceral fat is a sign of metabolic syndrome which includes:

- High blood pressure
- Obesity

- High cholesterol
- Insulin resistance

These often lead to:

- Heart disease
- Diabetes
- Stroke
- Dementia

CAUSES OF VISCERAL FAT

- 1) Too many calories in and too little activity.
- 2) Alcohol intake plays a major factor in increased visceral fat storage.
- 3) Genes do play a role in where your body is predisposed to storing fat.

QUICK WAYS YOU CAN FIGHT BACK AGAINST VISCERAL FAT:

1) Intermittent fasting

Create an 8-10 hour eating window at first to rest/heal your gut. Reduces gut/systemic inflammation and teaches the body to utilize stored energy. Burns fat while maintaining metabolic rate.

2) Eat a high-protein diet

Slows down digestion limiting spikes and crashes in blood sugar that lead to insulin resistance and visceral fat storage. Increases satiation (fullness) cutting down on the need for snacking. Burns 80-100 calories/day extra through digestion.

3) Don't drink your calories

Alcohol, soda, and juices create massive sugar spikes. They act like an IV of sugar into the bloodstream because there is nothing to slow down digestion. Over time this leads to insulin resistance and fat storage around the liver and abdominal area.

4) Resistance train

Lifting weights helps build muscle which is the most metabolically active tissue. This helps to burn more calories throughout the day and regulate sugar levels. When sugar levels are stable the body can more effectively burn stored fat.

5) Prioritize sleep

Poor sleep decreases your fullness hormone (leptin) and increases your hunger hormone

(ghrelin) causing you to snack. Bad sleep reduces insulin sensitivity keeping blood sugar levels elevated. Your body will then want to store energy instead of burning it. Poor sleep is increasing your risk of disease and shortens your life.

Follow these tips to upgrade your sleep quality and health:

1. Get Morning Sunlight

Sunlight hitting your eyes right after you wake up sets your internal clock. When your internal clock is set you will get tired at a proper time. Aim for 15+ minutes of sun before 9:30 AM.

2. Avoid Blue Light at Night

Blue light comes from:

- TV, Phones, Artificial lights etcetera.

Blue light suppresses your sleep hormone melatonin. Wear blue blocking glasses after sunset to help negate this effect. Ideally, don't view any screens for 1 hour before bed.

3. Optimize Your Bedroom

A cool, dark, and comfortable environment is important for sleep. An optimal bedroom has:
- 23.5-28.5 C temperature, blackout curtains, comfortable pillow, and mattress. These small changes will transform your health.

4. Supplement

30 minutes before bed take Magnesium Glycinate, L-Theanine, and Glycine. Glycine improves sleep so much that you will have "Glycine dreams". Combining these will supercharge melatonin release and sleep quality.

5. Don't Eat Near Bedtime

To get great sleep your body temperature must drop 1-2 degrees. Eating food near bedtime is counter-productive as digestion increases your body temp. Finish dinner 2 hours+ before bed to prevent this sleep-harming effect.

6. Consistent Sleep/wake Time

Your body wants to stay in sync. If you change your sleep/wake times often you will throw off your circadian rhythm. Plan a time to go to sleep and wake up daily. This will help you get tired at the right time and wake up feeling refreshed.

7. Limit Caffeine Late

Caffeine boosts alertness and blocks adenosine (sleep-promoting hormone). This tricks your body into thinking it just woke up. Aim to not consume caffeine within 10 hours of bedtime to optimize sleep.

8. Have a Bedtime Routine

Winding down is very important if you want to get great sleep. Start putting yourself in a relaxed state at least 1 hour before bed.

- Take a warm shower
- Meditate
- Journal & read

Pick whatever helps you wind down the most and stick to it.

The GUT is part of our CNS! Eventually, all our decisions & actions are based on the signals of the gut for want of food (hunger) and liquids (thirst). Complete controller of blood changes & temperature regulation in the human body. A healthy gut is a sign of a healthy brain & hence a healthy thought process. Here are some time-tested ways to shed the extra kilos off the gut and take back control of your health:

- 1) Intermittent fasting
- 2) Eat a high-protein diet
- 3) Don't drink your calories
- 4) Resistance train
- 5) Prioritize sleep

Here's every fitness tip I could think of for a healthy gut and fit body:

- 1) Kids will only move as much as their parents do.
- 2) Train your diaphragm. It is the most underrated and underutilized muscle you have.
- 3) Your core has little to do with your 6 pack muscles.
- 4) A focused 45-minute workout is more productive than 2 hours with no structure.
- 5) Establish a full range of motion before you start building strength.
- 6) Weight training for your metabolism.
- 7) Do cardio for your mental health.
- 8) Walk for your longevity.

- 9) Running isn't bad for your knees. Weak hips, ankles, and feet are.
- 10) Repetitive movements (swimming, running, cycling) create imbalances. Single-leg exercises are key to finding and addressing weaknesses.
- 11) You will stick with cardio if you find a version you enjoy.
- 12) Hard workouts and a reused oil fries diet= High risk for injury
- 13) Fitness is mental. Talk positively about yourself and believe in your future success.
- 14) The best warmup is simple movement through the full range of motion.
- 15) Family walks after meals should be non-negotiable. They improve insulin sensitivity, recovery from workouts, and overall mood.
- 16) Hydration starts the days before exercise not the morning of.
- 17) Rarely is the area of pain the source of your problem.
- 18) Leg day is the most important day for improving upper body strength.
- 19) Static stretching is best after activity and when held for >60 seconds.
- 20) Compete only against the guy in the mirror, not the guy who has already been in the gym for 10 years.
- 21) Life is about overcoming resistance. No better way to learn this than through exercise.
- 22) Commit to exercise for 1 week. Stack a few early wins and it can snowball into a life change.
- 23) Find a zero-drop shoe with a wide-toe box. Traditional shoes kill your feet.
- 24) Kids need to see their moms & dads willing to put themselves out there and compete.
- 25) A high-protein diet isn't just for bodybuilders. If you're breathing it's for you.
- 26) Find your "why" and focus on it daily as you work back towards a healthy lifestyle.
- 27) Zone 2 training is where you build the engine for endurance sports.
- 28) Exercise 3-5x/week but move daily.
- 29) Sustainable fitness shouldn't feel like a burden. Keep it fun.
- 30) The cure for soreness after workouts is movement and hydration.
- 31) The don't need to deadlift 600 lbs but you need to work your posterior chain.
- 32) There is little benefit for running >3x/week. Skip a few runs and add in some resistance training.
- 33) Your back hurts because your glutes are weak and you sit too much. Start walking hourly and knock out some simple glut squeezes throughout the day.
- 34) Take your shoes off and walk outside more. Start with soft and uneven surfaces to

strengthen your feet and ankles.

35) Find a workout partner to build accountability and discipline. Self-motivation will often fail you.

36) Give yourself the margin to enjoy a day but never miss twice.

37) Your lifestyle promotes poor posture. Train your back twice as often as your chest.

38) Strength training is for all ages.

39) You don't need to do an Ironman but you need a date on the calendar.

40) Daily sunlight will improve your sleep, performance, and longevity.

41) Training with heart rate is the most effective way to train for endurance events.

42) Balance and stability are foundational to movement. Regardless of age, you should be able to balance on one leg. If you can't start practicing.

43) Most people would be better off with more time under tension with less weight and a focus on good form.

44) The only pre-workout you need is salt, a little caffeine, and some fruit.

45) Progressive overload is key for gaining strength.

46) You can never outwork a bad diet.

47) Heavyweight doesn't hurt people, bad form does.

48) Track all of your workouts to maximize your progress.

49) Some of the best workouts are done with simple body weight.

*Disclaimer: I do not at any stage of the article claim or try to claim to be an expert or a professional trainer for weight loss or healthy lifestyle courses. The pointers come from a list of personal rejoinders & as experienced through my self-journey.

I have compiled the above info from daily habits, tips from fitness groups/trainers, training schedules, and sports persons recovery manuals as readily available sources.

GLIMPSES OF SPITI

THE COLD DESERT

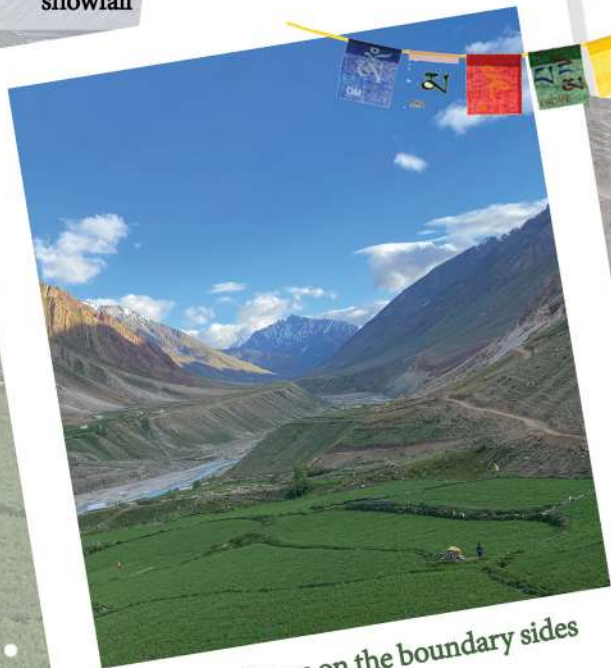


4:30 AM, June 2022 at Shoja Village



Road leading to Kinnaur Kailash pass

Technological
marvel and a life-
saver- bypasses the
treacherous and
life threatening
Rothang Pass
which was other-
wise closed during
4-5 months of
snowfall



Lush green farms on the boundary sides
of Mudh Village

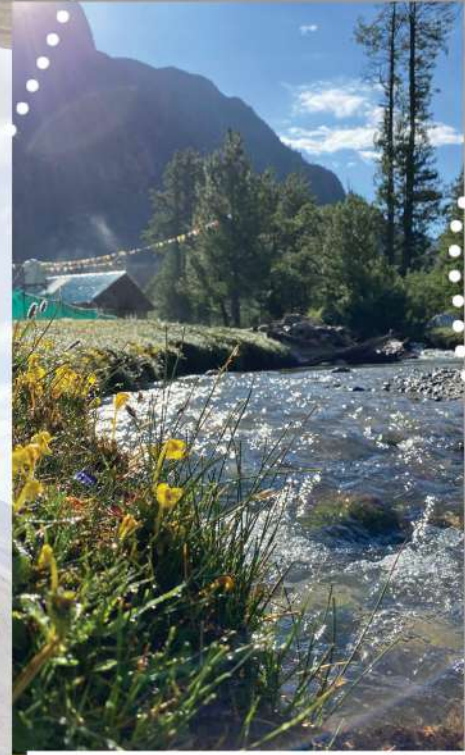


Mud / Mudh village - Pin Valley

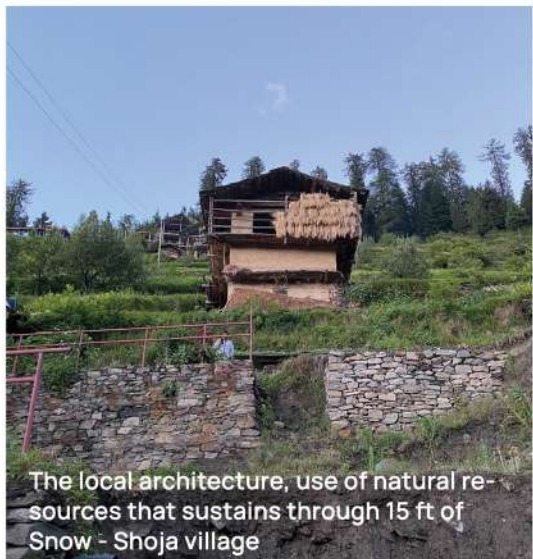
A farming community of 235 villagers rearing Yaks and Churi on the outskirts of Pin Valley National Park (Pin Parvati is world renowned for moderate to high risk trekking)

Village stays covered in 10-15 ft of snow for 5 months, with sightings of Snow Leopards and Blue Spotted deers.

Friendly neighborhood with lot of emphasis to farming. This village sits in the natures lap devoid of all Signal based communications



Camp site at Chitkul village. Last Indian village on India-Tibet border.



The local architecture, use of natural resources that sustains through 15 ft of Snow - Shoja village

Chicham bridge- highest suspension bridge in Asia at 13596 ft with a span of 150m above a tributary of river Spiti in HP.

CHADRATAAL LAKE

ROHAN PRABHU

$$\frac{1}{0} = 1$$

$$\sqrt{(x_2 - x_1)^2 + (y_2 - y_1)^2}$$

$$y - y_1 = 1$$

A Life Without Math

Shefa Shaikh



$$\frac{x}{x} = 1$$

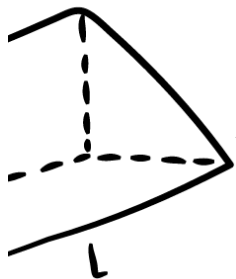
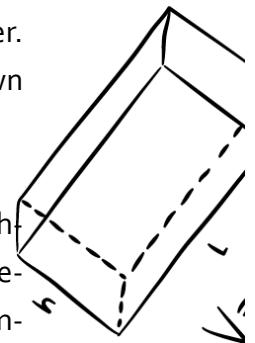
$$\frac{\sqrt{b^2 - 4ac}}{2a}$$

Does anyone of us realize the importance of math in our daily life? This is a subject that is applied to every field and profession. Without the application of math, no field or profession is complete. To help us realize this why don't we imagine a world without math? Imagine living your days living without a watch and a calendar. Both the watch and calendar use number, the most basic and important in mathematic character. How would you know the time of the day? Wouldn't you miss your own birthday without a calendar?

$$S = \frac{d}{t}$$

$$\frac{V_f - V_i}{x}$$

Consider this you go to shop to buy something since this is a world without math, you don't know what money is, and you don't know measurements. Sow hat do you do? Whether it is a zoologist assessing the number of animal species on earth or doctor checking your heartbeat they have to know how to count. Without mathematics an engineer cannot build a bridge. A quantity checker chemist cannot prepare medicine if he/she can't accurately measure the quantity of each chemical. We couldn't have had markets and businesses without math as the world of trade depends heavily on its economic growth, wouldn't that be a problem?



You were taught addition, subtraction, multiplication and division in your primary classes. Since then, you have been applying these elementary concepts to learn new concepts.

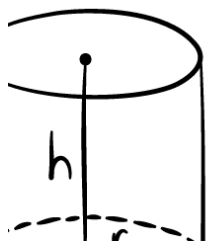
$$\cos(\theta) = \frac{\text{adj}}{\text{hyp}}$$

Can you solve a problem of simple interest, highest common factor, percentage, area, volume, algebra, etc..... without using these concepts?

$$bhl$$

Math is not complicated like people believe it to be, it is just their attitude that makes it so !!

$$a^2 + b^2 = c^2$$



$$\frac{1}{x_1 + x_2} \cdot \frac{y_1 + y_2}{2}$$

$$\frac{\sqrt{b^2 - 4ac}}{2a}$$



FORGIVE: FOR ME, FOR YOU

Srushti Sawant
First Year B.pharm

The people who've contributed to challenging my times have been on my mind. Objectively speaking, I was in a fairly difficult situation a few years ago that had completely upended my life. I discovered in the thick of it all that people could be downright hurtful, callous, and inconsiderate. There were some people who unintentionally hurt me and helped me sink farther into my situation.

But I also think of how I have been that person to other people. How I unintentionally harmed them and made their difficult times worse. I made a momentary, conscious decision to be unkind, and I now have to live with that. But despite this cruelty, these same people continue to love me without conditions. They permit me to make mistakes. They decided to forgive me, so I get to dwell with them. They made the decision to accept me despite my flaws.

Nobody will ever score a perfect ten. You cannot demand it of others or exhibit it yourself. A nine on 10 or a six should be sufficient; those scores should be considered acceptable. Nobody is the ideal match for you. However, there are a great number of people in our world who can provide for all of your needs. It's alright to lose and to be imperfect, therefore forgive what others cannot, and allow yourself to be forgiven as well.

Every day, I make the decision to forgive. Because others have chosen to forgive me and I get to experience the beauty of forgiveness, which brings more colour to my world.

WHAT
IT TAKES
TO BE

A....

- P** - PUNCTUALITY
- H** - HUMANITY
- A** - ACCEPTABILITY
- R** - RELIABILITY
- M** - METICULOUS
- A** - ABILITY
- C** - CORDIALITY
- I** - INTEGRITY
- S** - SINCERITY
- T** - TOLERANCE

I heard a huge army charging upon a land, Thousands of
men dressed in obvious uniforms
Marching with guns in their hands.
Smoke smiting from the earth's ground
Splish-splash down the hill conquer,
There isn't any chance for further encores.
A thunder of horses plunging;
Foam about their knees.
"Oh men, prepare your hearts for death's cold hand"
"Oh men, prepare your souls so as to conquer"
"Oh men, prepare your arms for glorious victory"
They put their lives online.
Blood and Dirt: is there any shine?
They shrieked in terror and furious wild boars!
The flags flutter and flap all day After the end of the whole:
life is a breeze
Bodies strewn apart like broken urns! Blood plops into
ponds!
Whoosh! There is an ultimate silence in the whole scenario
For though, there may be a victory, In it what is shouldn't
actually be! War is never over; the memories still remain. A
whole of bullets and gunpowder here!
A land under undergone complete destruction there! The
cold violence that had just turned out May lord uplift their
souls!
But why a vanquished war on terror lines?
Let them all be in peace: let them all live in harmony!
There is never a victory in quelling down lives! Peace pre-
vails one another When the powder of love replaces the love
of powder
Peace obtained through justice is the great ideal Then we
pay for a war to make it real!

FEAR OF VIOLENCE.

Shefa shaikh

IF I HAD SUPERPOWERS WHAT WOULD THEY BE ?????

-Sakshi Adkonkar

First Year

B.Pharmacy

Since I was a little child I always wanted to have superpowers, at first I wanted to have the superpower of having all the powers in the world but that's more impossible than having just one. Every human being on Earth is always trying to find the shortest way possible to do some work.

So the first power I would like to have would be invisibility. How cool is it to be in the same room with someone else and they don't even know you are there, Very freaking cool.

Reading minds is the second one I would want. All you need to is look that person, you can be far from that person, but by only looking at them you can start reading mind, its as easy as eating a candy. You can know what that person in particular is thinking, what he is going to do, and a lot different things but that would probably violate a person's privacy.

The third power would mostly be teleportation. With the power of teleportation you would be able to travel anywhere you wish to. You could use your power not only on yourself but on objects or other persons you want to teleport to wherever you please. Teleportation would make your life much more adventurous.

There are a lot of superpowers that I and most of the people would want to have if they could. They would have been a lot beneficial and would make our life much more easier.



Dear Dad!

When I was lonely ,you were with me.....

When I was Silent ,you spoke up for meh...

When I give up ,you gave me strength to stay.....

When I faltered ,you cheered meh on!

When I doubted ,you belived in meh....

I was lost before you showed the way...

And I'll always remember the things that You've said.....

And I followed my dreams where they led....

Only you , just you

You are the reason Im here today....

I followed my heart just like you....

You changed my life & I want to say.....

My world was much brighter when I was with you.....

You don't know how much you meant to me....

You pick me up when I fell through the cracks....

You gave me hope,how odds were staked...

I've stood strong , because I had you back...

And I'll always remember the things that to you said.....

It was you.....just youu...

You're the reason Im here today....

You've changed my life and I want to say....

I really Always Miss You , Dad!

-Kaneez Rabiya Sayyed

FY DPHARM



Clouds

-Aliya.

So light looking but
So hefty
Just the way your heart is
Heavy with all the worries.
Be gentle to yourself,
For conflicts cause thunder.
Get rid of those dark clouds,
And let them wander.

You'll soon realize that the agony is
worth it,
As perseverance is the key.

Drizzle a little,
Let it rain over you,
For flowers blossom only after it rains

The Unsung Hero of DNA

-Anabelle Alicia Andrade



When we think of DNA, the first image that comes to mind will undoubtedly be the double helical structure, joined by hydrogen bonds between nitrogenous bases on the opposite strands. This 'twisted ladder' is named the 'Watson and Crick Model of DNA' after the American biologist James Watson and British physicist Francis Crick. The discovery of the structure of DNA is highly regarded as one of the most important scientific achievements in human history.

However many people are not aware of the contributions of another great scientist: Rosalind Franklin. Rosalind Franklin was a British chemist and X-ray crystallographer, whose work was central to the understanding of the molecular structure of DNA, whom Watson described as a "plain-dressing, belligerent scientist" in his book 'The Double Helix'. But now, many years later, we know that that account is actually far from the truth. Rosalind Elsie Franklin was born in London in the year 1920. In school, she excelled in science and wanted to be a scientist, which at the time was not an easy career choice for a woman. She won a scholarship to Cambridge University, where she got a degree in chemistry. She went on to study the structure and porosity of coal, which led to the production of better gas masks during World War II. This research formed the thesis for which she earned her Ph.D. She then moved to France in 1946, where she became an expert in X-ray crystallography.

In 1951, she returned to England and joined King's College, at a time when the structure of DNA was the biggest debate in science. She used X-ray techniques to study the structure of DNA. She shone high-energy X-rays on tiny, wet crystals of DNA. But the academic environment at the time was not very friendly towards women, and Franklin was isolated from and often clashed with her colleagues. But she did not waver. She kept working, and finally in the year 1952, she obtained Photo 51. Getting this image alone took about 100 hours, but it was the first real evidence that confirmed the double helical shape of DNA. It also provided a clue as to how DNA replicates.

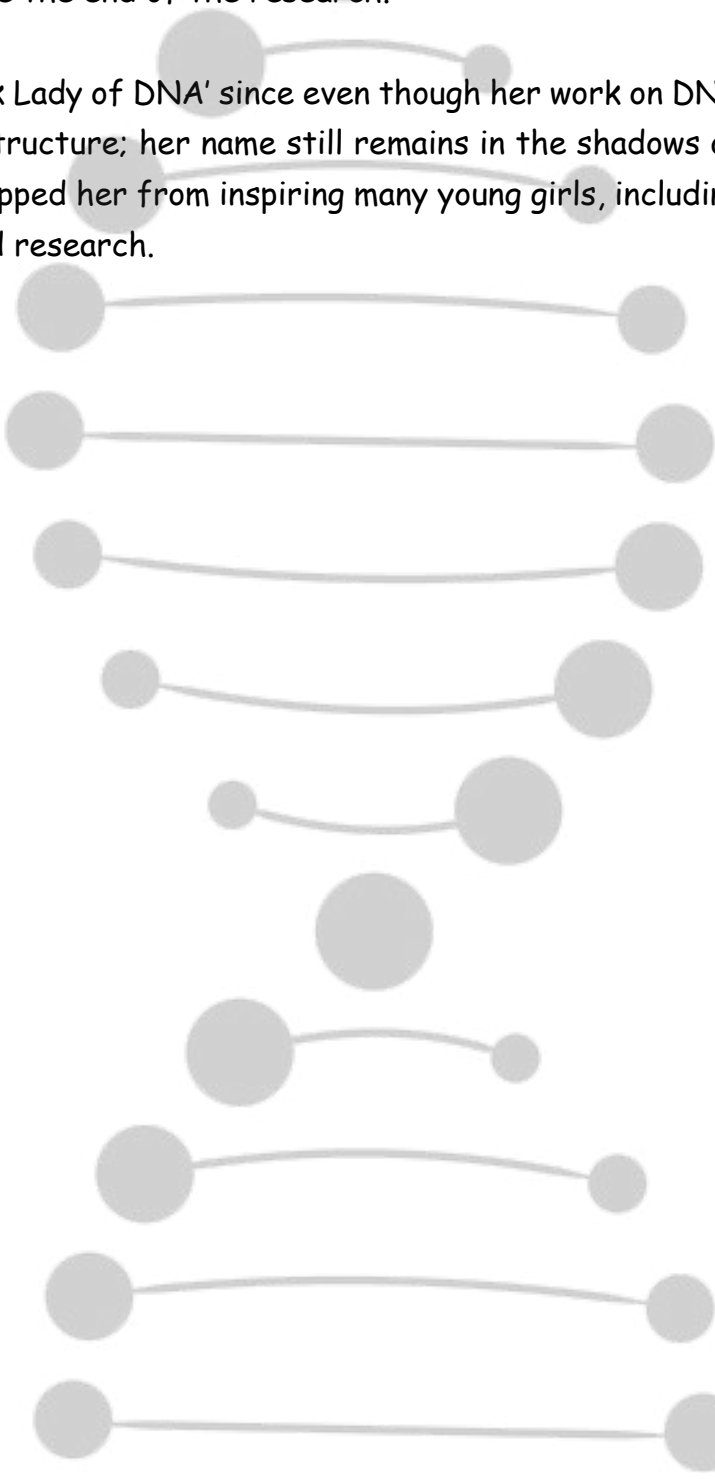
The calculations required to analyze the photo would take around a year. During this time, Maurice Wilkins, Franklin's lab mate, took Photo 51 (WITHOUT her consent and knowledge) and showed it to Watson and Crick. Using the data they collected, they deduced the right



structure of DNA and published their findings in the April 1953 issue of a paper.

Franklin's calculations and analysis were also completed, and she too arrived at the correct structure, her findings were published in the same issue, but her research was put last, making it look like she was merely confirming Watson and Crick's findings (even though she inspired them).

The worst part is that her extreme exposure to X-rays also caused her to develop ovarian cancer, ultimately leading to her death in the year 1958, at the age of 37. Watson, Crick, and Wilkins went on to win the Nobel Prize for Physiology or Medicine in 1962 for their findings. Franklin even led the research on the molecular structure of viruses but died before she could see the end of the research.



She is often referred to as the 'Dark Lady of DNA' since even though her work on DNA was crucial to the discovery of its structure; her name still remains in the shadows of science history. But that has not stopped her from inspiring many young girls, including me, to pursue a career in science and research.

Don't Quit

When things go wrong, as they sometimes will,
When the road you're trudging, seems all uphill,
When the funds are low, and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit
Rest if you must, but don't you quit.

Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about,
When he might have won when he stuck it out;
Don't give up though the pace seems slow,
You may succeed with another blow.

Success is failure turned inside out,
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far;
So, stick to the fight when you're hardest hit,
It's when things seem worse, that you must not quit.

Dear Students.

I am sharing with you a cherished possession of mine, which was given to us during our school days by our English Teacher. It helped me sail through my school and college days and kept me motivated especially during the stress days of exams. Hoping that it would be of benefit to you all as well. Wishing you all the very best in life. God Bless You.
- Dr. Mythili Krishna J



THE RESEARCH OF COVID VACCINES IN INDIA AND ABROAD

By Mallika Rane



The conception of vaccines necessities for scientists and experts from around the world and requires several years for its formulation. Once the test vaccine has been cleared for further investigation, it has to pass through more phases for further investigation before it is made available to the general public. The importance of vaccination is highlighted by the recent re-emergence of Poliovirus, resulting in a declaration of emergency in the state of New York. The virus has been detected in wastewater in four countries since April 2022, a disease that India has long since eradicated through rigorous vaccination. No new case of polio has been reported in India since January 2011.

The origins of COVID-19 can be traced back to Wuhan, China in December 2019. There is obscurity as to how the virus reached us, whether it stemmed from the wet markets of Wuhan or the mysterious lab leak theory. The Pfizer vaccine became the first to receive emergency use authorization from the Food and Drug Administration. The question arises how was the vaccine created so promptly? A process that is so complex and intricate that it usually requires 10 to 15 years for its inception was created within a year. It is no small feat. The answer to that lies in the fact that SARS CoV-2 belongs to a family of well-studied family of viruses. Hence the scientists had existing data on the genome, and life cycle of this type of virus and thus had an advantage here.

Owing to the rampant spread of the virus, time was a commodity that the human race could not afford to squander. This signifies that when it comes to the matter of life and death with adequate resources and

ticking time, human beings can beat any odds. Two pharmaceutical giants, Moderna and Pfizer took the mRNA vaccine approach. Wherein they encode an mRNA with the information to produce the SARS-CoV-2 spike protein. These mRNAs are translated into a protein called the spike protein. The mRNA is broken down and excreted. The spike protein is displayed on the surface of our cells. Our immune system recognizes the foreign protein and triggers an immune response thus producing antibodies to fight off the harmful SARS-CoV-2 virus if it gains access to our body. Injecting something foreign into your body might be concerning to the general public, more so when it has been developed at a lightning speed pace and also the fact that the pharmaceutical industry has been noted to mislead people quite a few times. However, this vaccine technology has been studied for decades and is safe to use. These vaccines can be developed swiftly from readily available materials in the laboratory and thus can be distributed faster too.

COVID-19 vaccines in the United States were approved through Emergency Use Authorization. Both vaccines were tested against symptomatic COVID-19. Effectiveness starts 2 weeks after the dose and has been studied up to 1 month after. There is evidence that antibody production continues to increase at least until day 56.

On account of the intensity of the global pandemic raging through the world, researchers shared and mobilized their research with utmost transparency as it was a matter of life and death for the human race. Collaborations between the governments of different countries, pharmaceutical companies, and funding

from sources ranging from the government to the private sector were made. The funding of billions made it possible for companies to take financial risks which they otherwise would not have taken. According to Rino Rappuoli, chief scientist at GlaxoSmithKline's vaccines division, "With large sums given to vaccine firms by public funders and private philanthropists, they could do preclinical and phase I, II and III trials, as well as manufacturing, in parallel instead of sequentially".

In India, COVAXIN, India's indigenous COVID-19 vaccine by Bharat Biotech was developed in collaboration with the Indian Council of Medical Research. The vaccine is developed using Whole-Virion Inactivated cell derived technology which is well established and time-tested. India is the pioneer of ZyCoV-D, the second homegrown vaccine after COVAXIN, that uses circular strands of DNA to prime the immune system against the virus SARS-CoV-2. It uses a jet applicator, so it is needleless. It can be transported and stored at refrigeration temperatures unlike RNA vaccines. However as every coin has two sides, there are downsides to it. It is not as potent as an mRNA vaccine and its efficacy seems to be lower than 90%. A person will need to take three shots at 28-day intervals, which is inconvenient. A common misconception among people is that with time, these vaccines will alter the human DNA. This is not the case as RNA which is usually kept refrigerated cannot survive at normal body temperature. Anti-vaxxers have this notion that the mRNA vaccine might get incorporated into our genome. This is not possible as human beings do not have the enzyme reverse transcriptase to form mRNA from DNA.

The Government of India had announced a 900 crore corpus for the Mission COVID Suraksha- The Indian COVID-19 Vaccine Development Mission. The grant

was provided to the Department of Bio technology (DBT) for the Research and development of Indian COVID-19 vaccines. Out of which Rs 116 crore has been forked to five companies involved in COVID-19 vaccine development. Setting benchmarks, trials for the world's first nasal vaccine for COVID-19 were conducted by Bharat Biotech was developed in association with the University of Washington. If the trials result in a favorable outcome, the whole scenario of vaccination will be changed wherein, painful jabs will be replaced by a simple spritz in the nose. Since the entry point of the virus is mostly through the nose, the nasal vaccine might confer protection against respiratory infections, lung damage, and further transmission of the virus and prevent it from taking hold of the body.

The pandemic for the better or worse did change the world. The governments of their respective countries took measures to reduce the socio-economic impact the virus had on the world. Timely activity right from imposing curfews to vaccine research to its distribution has allowed us to reach the point we are at today in 2022. It has prepared us for the subsequent years if we were to be subjected to other deadly diseases. COVID-19 started a war that science won. It is through artificial intelligence that links could be made between the virus structures and life cycle. It is through technology that we can use ventilators, predict the pattern of infectious waves, and chiefly, develop vaccines. It made us realize the power of catastrophe

THE BEAUTY INSIDE HER

Anabella is a pretty normal girl,
Born in a judgement human world
Mama calls her 'Moon'
Papa says, "She is meant to bloom"
The dark spots on her face resembles constellation of stars
They shine bright when she smiles.
But she doesn't think the same
because she is insecure of her frame.
The beauty standards doesn't let her breathe
They scream at her, calling her ugly and weak!
She starves, hard on herself,
Tries her best to fit along with the beauty puppets.
Little does she know that the beauty she is seeking
lies within, where her goodness begins.
Now that she realises her mistake
She tries to love herself without being mean.
She is confident, bravely facing the mirror
And all she finds is The Beauty Inside Her.

-Roneisha G Fernandes
Seml B. Pharm

THE VOID

The ocean will tell you
How much the wind pushed me
And how the water touched the soul,
To overcome the burdened stress
And longing prejudices.
The pink sunset which calmed the loud mind,
And the singing birds who prompted diligence.
Soft sand reminding me of my heart
And the foam over my feet, serene.
The unfinished sand castles, my dreams.
And also the broken ones.
then the sun left as I did too.
Both towards the entitled dusk and dark,
The void.

-Aliya



WOMEN IN POLITICS

-Sharvaree Sonurlekar



“For me, a better democracy is a democracy where women do not only have the right to vote and to elect but to be elected.”-Michelle Bachelet, head of UN Women, former president and defense minister of Chile, in The New York Times.

The resistance to the entry of women into politics is ingrained in the history of the world. While the glass ceiling is a metaphor that you can apply to all the obstacles faced by women all over the world, in the case of India it was a strong concrete wall because our fight was not just for the mere right to vote but it was for the bare minimum of right to existence and self-identity. It was not just a fight for political freedom but a fight to let women live.

Misunderstood religious values, deep-rooted patriarchy, aired by dirty politics- India the land of herd mentality- where women have been considered subordinate, are disempowered, and are given a lower status than that of men from times immemorial. For us, the struggle has always been about being treated with equal dignity as that of men and not being seen as a lesser human. Women have been subjected to social evils like Sati, where a woman's life was considered meaningless without her husband so she was better off dead; child marriage, where a girl child is seen as a burden and is to be given off to another man; dowry, where the girl's parents literally pay for their daughter's oppression; female infanticide, where a girl child is killed just after she is born or female feticide, where the girl child doesn't even see the light of the day and sadly, the list goes on.

In the rest of the World “the obvious biological and physical differences between men and women” is the base argument of why gender inequality is often treated as natural. However, there is no valid reason as to why few women are found in positions of power. In the case of India, it's a deep-rooted social conditioning along with the whole sham argument of the biological difference. I can roughly categorize it into a four-fold problem; religion, caste, class, and tribe.

In Hindu mythology, women are given a position of reverence but we can clearly see the misogyny and hypocrisy that lies in it; for instance in the epic Ramayana when Sita returns to Ayodhya after being abducted, the society questions the lineage of her unborn child and she had to prove her purity through an 'Agni Pariksha'. I believe this is the result of the patriarchal voice which denied Sita agency. This is just one example of many that throw light on the fact that a woman's character and position are questioned at every point in time. Muslim women also undergo the pressures of religious orthodoxies, social prejudice, and class/gender bias. In 'Sultana's Dream' Begum Rokeya Sakhawat Hossain, who belonged to a Bengali Muslim family and spent her entire life writing about the unjust practices of their religion, wrote a story that reverses the 'purdah system' and the narrator in the story travels to what she describes as a 'utopian land' where the state is governed by women. The deplor-

able and unjust treatment of the Hindu upper caste widows was a major issue that was taken up by many social reformers such as Ranade in their writings which talked about the sashtric sanction of widow remarriage. In the book 'Draupati', Mahashweta Devi writes about a fictional character Dopdi Mehjen who belongs to a tribal community and her dealings with the Government Officer who violates her body, she has vividly described the sad and unfortunate realities of the status of tribal women in India and goes on to beautifully portrayed subaltern defiance. Amidst all the social evils, which were exclusive to India, it seemed a little farfetched for women to ask for the "Right to vote".

The electoral equity in India is suggested to be a gift by the British, after having given voting rights to women in their own country, they also started to propagate it in India. In 1917, Margaret Cousins founded the Women's Indian Association and a memorandum was signed by 23 women from all parts of the country demanding women's right to vote. It was then discussed in the Calcutta session of Congress 1917. With greatest reluctance, after the Southborough Franchise Committee toured India, they accepted the petition filed by the women and the Joint Parliamentary Committee agreed to remove the sex disqualification from voting but left it to the provincial legislatures to decide how and when to do so. Travancore-Cochin was the first state to give its women the right to vote, the rest of the states followed thereafter. However, the franchise for women was extremely limited and women had to wait until Independence for Universal Adult Franchise.

The struggle for Political freedom did not end with achieving electoral equity. Even today women are subjected to ridicule, humiliation, objectification, and sexism because the idea of women holding positions of power and being independent has shaken the entrenched patriarchy and the narrow mindset of the society. On a local level, laws like the 73rd and 74th Amendments have helped boost the position of women in politics. At the state and National levels, the challenges for women are even more magnified. According to recent data, while 48% (approx) of India's population is female, they have stayed on the margin of politics. Just 12.6% (approx) of India's 543 current Lok Sabha members are women, which is far lower than the world average of 24.3% (approx). Despite women proving their capabilities in the field of politics, the toxic patriarchy has time and again kept women on the fringes of politics. The Women Reservation Bill which ensures 33% of seats to women has been introduced in the parliament and is still pending. This is the biggest example of the resistance of women to mainstream politics. The passage of this bill could be a major step towards women's political freedom. A better democracy can only be built if women are given as much share in politics as men and if women are given a choice. Hence, this should be an issue where people should stand unified irrespective of their political parties, agendas, and affiliations. If the light at the end of the tunnel is equality, then I personally believe that the daunting yet temporary darkness is worth fighting against.

This is a long fight, the journey might be scary but the destination is a beautiful one, the one worth continuing the struggle and striving for. In the words of Aung San Suu Kyi **"You should never let your fears prevent you from doing what is right"**.

The Beast Of Prey

-Jeanne Da Vitoria Lobo,
Sem V T. Y B. Pharm

*It creeps up slowly
Sly and unknowingly
Builds up terror
Can't there be a world without
error?
It reeks of suffering
Is victory going to end it?
A disease without survivors
Is that what we're seeking?
Can't we all just get along?
And let peace rule us all?
Let the beast inside take a rest
Let's put our humanity to the
test
Let the darkness within sleep
And have a victory we all can
keep
Let's put away the beast of
prey
And stop being the corpses of
day.*

Invisible Moms

-Sharvaree

*This body will never house another,
Will never cradle a heartbeat,
Will never split itself open with the kind of love
that builds entire lives and asks for nothing.
You see I never want to be a mom.
But maybe motherhood is not just walking into a
room swollen belly first.
Maybe motherhood is like a bed you never
intended to make.
It's unconditional and sometimes
Uninvited.
Sits next to you on weekdays in college and
brings you iced tea without asking,
Maybe it's posted midnight me,
Researching missed medicine consequences for
my sister.
Post-crisis bandaid hugs from my best friend.
Because what is motherhood if not fixing hearts
without asking,
So I guess I'm lucky, to have had that kind of
love
Surrounding me like a white picket fence,
From girls who aren't my moms
But act like it anyway.*

Loving Without Acquiring

-Sharvaree

All that you love might not fit in the palm of your hand.

Things that matter the most, are things we can't possess

You could cling on to someone all night

until they leave you alone at sunrise,

and the emptiness takes its place right.

The night creates illusions,

But again, the sun throws light.

Think beyond belongingness, think appreciation and admiration

The tighter we grasp onto things in ownage, the faster we kill them.

For a bird can't fly in a cage, and a flower won't bloom when cut

And we can't grab hold of water or air or sunlight

Or souls

We could touch the skin, the cover that covers what's inside, but not

what's inside. And isn't that an

illusion? For it makes you near what you love while you're still layers and

layers away.

Try loving from distance

From where you can give but not demand

How about loving without acquiring?

For what it is and not what it gives you

Like loving the moon, but not for moonlight.

Perfect Misfit

-Sharvaree

The shoe was pink
As bright as the sunshine
But he was a boy,
So that couldn't be possibly fine.

Fitness was her breath,
Exercising her passion.
However, gym was a place,
Where strong men would gather.

Women as a deity,
Worshipped by entire mankind;
When menstruating, her very existence
Impossible to find.

Born when she was,
He saw an angel at first sight.
Dragged her down,
When she desired to touch heights.

Seeking protection in return,
Tied a rakhi to his wrist.
He took away her innocence
Why was she on his list?

Love is what we preach,
Lessons on equality we teach;
Still laws on homosexuality
We are not supposed to breach

Can't say whether,
She is blessed or doomed;
Saved from the chaos of the world
Killed in her mother's womb.

Bigotry is a sin,
Humanity: the only religion
Transgenders are humans too,
Time to broaden our vision.

Believe in change
And ultimately become the
change.
For why try to fit in?
When you can perfectly be a misfit

BE WHO YOU WANT TO BE

Eulalia Pinto, FY DPHARMA

Let no one put a barricade for you.
Learn to make it on your own feet.
Don't ever be bothered about what others
say,
Don't let it get you down.
Turn a deaf ear to their gibberish talks.

Be who you always ought to be, for no one
can stop your artistry.
Let the flame ignite your imagination, don't
let anyone smother them.

Put in your optimum effort in everything
you do.
Keep your sprits up so that everyone knows
your potential.
Don't ever be terror- stricken by the dark-
ness of this world,
For by your burning flame, there is a radiant
glitter of hope.

Be like the sun that always shimmers,
Leave no stone unturned to pluck your
flaws.

Be as solid as the ground we walk on,
For no one can tear you apart.
Look not on the errors you make,
For its only through mistakes we make,
We learn where we went wrong.



MUSIC

You're full of emotions
I wonder if your real,
Or just an illusion.
You portray the feeling of sadness,
And make me experience nostalgia.
One moment you exhibit darkness,
The next you sound ethereal.
You rescue me from dejection
And make it seem so effortless.
You are my only liberation,
A powerful saviour
And my only redemption.
And as I write this,
I listen to you
And all I can say to you is
"Thank you"

-Roneisha G Fernandes
SemI B.Pharm

"SHE BLEEDS PURITY"

BY: SHRAVANI SHYAM RANE, SY D.PHARM 2022-23

Writing has always been a prime part of my life. They say I talk a lot, but you know what talks more?

My pen! It walks down the lane of a sheet, shedding drops of ink bound together within some beautiful words. So here while concentrating on H₂SO₄ concentration, my bored pen poured down some words...

Sundown! She settles herself, Staring at a wall she never stared at,

Rigid thighs, spasm all over her body, Laughing at things she once cried at

You know my uterus would go clubbing this night

As if some of its buddies die-hard to party,
With all of those red lights.

Wait, but what about me, how should I deal with it?

Would my napkins help me or would they shout high, pointing those red,

"Red" saying it's the danger at sigh.

'Don't do this, Don't do that'

'Don't sit here, Don't sit there'

Ohh! No, what are you even eating, chocolate? At this phase? No you can't!

'Stay away, you sting'

Shhhh! And then finally a drop pour's off, No! No! it's not a tear,

While it was something she always fear,

She fears of coming back those days where night were dark and no one had a stay.

But, with a pause she replies; wait a while darling this is just a "MENSURATION PHASE" or what they call as "UNPURE BLOOD DAYS"

But why so? Does she bleed a crime or her crime isn't investigated or the case has never been heard?

YES! She bleeds, once in a month all five days or sometimes a whole week

Yes she does, Holding on grudges;

Holding on many cravings;

Holding on all emotions,

Asking for your mind to be free about it.

Why so sensitive to talk about? Why is it a shame?

Why can't? she shout saying it's just a "MENSURATION PHASE"

Why is not heard? Why is that only hot water cools her down,

When you know your little of love will calm her sound.

SO MY DEAR SOCIETY!

She bleeds purity,

She was made to bleed intensively

When her heart knows nothing wrong there, how and why does one say her bleeding is neither right yet?

Deep into her eyes you see the glow, knowing her periods has a good flow.

When she can deal, why can't you so?

Let her scream, shout and laugh

Let her give out her most difficult smile, in her most difficult or not so difficult phase.

When she knows she is strong enough to handle it all over again.

A MOTHER'S WORD TO HER CHILD

If you could see what I see
when I look at you,
You'd definitely love you, too.
You would hold your head up
high,
For you possess beauty that no
one can deny.

If you could see what I see
when I look at you,
There's no way you'd be so
down and blue.
You wouldn't be able to contain
your smiles,
For your charm goes on for
miles and miles.

If you could see what I see
when I look at you,
You'd know there's nothing you
can't do.
You'd do things without fear
you'll fail,
For you've got many talents yet
to unveil.

Please try to see what I see
when I look at you.
You will feel refreshed and
new.
All the anger, shame, and
insecurities will just go.
I promise MY LITTLE GIRL,
you are too good to ever hang
your head low.



Adrija
-Adrija Roy

‘नि सर्ग गा न’

नि ळ्या नि ळ्या आका शी छटा की ती रंगां च्या ?

हि रव्या गा र धरती वर त्या चा छटा पुष्पां च्या !

नि ळ्या शा र जला त को ण करी चमचमा ट?

नि शा ही गगना त करी आशी झगमगा ट !

चंद्र हा गगनी उग्वे जसा नि शा चर

प्रति बिं ब तया चे सुंदर भा से जा ला वर.

ढगा आडून चंद्र लपे क्षणो क्षणी !

का सव सा शा ची आठवे शर्यत तत्क्षणी !

फळा फुलां तला रस असा कसा मधुर?

शो षा वया तव, भि र भि रभि रे भ्रमर

वृक्षवेली डो ले पवना च्या ता ला वर

पा हुनी सृष्टी सौं दर्य येऊ कशी भा ना वर?

— Lakshita Pal

डर जगाना है



यूँ तो डर से लड़ना चाहिए
यही उसूल अपनाना है
पर प्रकृति को खोने का डर
हमको हम में जगाना है ।

प्रकृति को निर्जीव मानकर
खुदका जीवन सँवारा है
कारखानों के धूवे से हरबार
हमने उसको तड़पाया है ।

जंगलो की आग से हमने
उसी को जलाया है
आज फीर इस बारे में
सोचने का वक्त आया है ।

बढ़ते तापमान का खतरा
अब सर पर मँडराया है
प्रकृति को जीवन देकर
हमे अपना जीवन बचाना है ।

स्वार्थी तो हम पहले से थे
अब विवेक को भी खोया है
जब प्रकृति को दूख पहुँचाकर
अपने घर को बसाया है ।

बहुत हुआ ये अत्याचार
अब हमको आगे आना है
आने वाली पीढ़ी का कल
हमको ही सँवारना है ।

सही मायने में माँ है हमारी
यह हमने जाना है
दर्द देकर जब उसको हमने
खुदको खतरे में पाया है ।

- आरती पटेल

SAVE OUR MOTHER EARTH

One earth we have she is our mom,
She gives us water, soil and sun.
It's beautiful garden places,
For all her daughter and son's

But have you ever taken the time
To listen what is our mother trying to tell you?
Or an opportunity to see around you,
Aren't we destroying the earth?

She is calling you to stop exploitation,
Wildlife poaching, pollution and deforestation.
Smoke has caused cancer in her lungs,
Garbage has destroyed her liver and kidneys.

Us, the one who made it this way,
Will one day perish into the dark hole.
We are all selfish men,
Killing the soil we walk upon.

She brings the rain to save our lives,
Now its our responsibility to save her life.
Reduce, Reuse, Recycle the things
Switch off the light and start planting trees.

Choose your way to make her smile,
Let's together build a better life.
'Use sustainable resource' be our goal,
Saving and care for the earth with our poor
soul

- By Saima Kunkalyekar



NIHILIST!

The nights have
stopped peeing now as they have started
piercing

There is a solemn darkness,
Not outside my lashes but deep inside my
soul.

I fear that one thing
and nothing else.

It scares me.

Tickles my spine with
cold bare fingers
and it hurts now.

The darkness then mimics my thoughts.

I feel thirsty and helpless,
For I want to know where does it originate
from.

Maybe I was just born with it or
I just serve its purpose. I swear I fear the
darkness

that runs down my breath,
chokes my emotions and gives me thrills.

And maybe you are not alone too. For no
one knows what You are going through!

- SHIVRAJ DALVI

*Some like it, some don't.
It may be consensual ,
But NO still means NO.*

*Innocent, pure soul, just 15,
neither teased anyone nor hate,
Just trusted the person
who gave her love
Just to take.....*

*When there's a thing in your
mouth,
silencing you,
And that hand hits your face.
When fear freezes your heart,
And all you feel is pain's embrace.*

*You whimper, sob, squeal,
unable to utter words.
The death of a butterfly, it's
beauty, a curse.*

*She is bashed and thrashed.
Drugged to be numb.*

*The grip around her throat,
making it impossible to not
succumb.*

*Then society blame her,
For showing off her pretty wings.
What once gave her confidence,
apparently becomes her greatest
sin.*

*And why just her?
Others faced it too.
It happens each and every day,
people forget it soon.*

*It's not okay.
What part of it do you not get?
You destroyed their entire life
and then, just fled.*

*And they lie there, bleeding.
The deed is done.
Their pleading,
To just forget what happened.*

*Wishing they weren't born at all.
Wishing, just wishing
the world wasn't filled with them.*

-Adrija Roy

THE LEAF OUTSIDE MY EXAM HALL!

-SHIVRAJ DALVI

I have my seat at the third bench if you count from back. Thank god I've got a window. I get the paper. Followed by goosebumps. My eyes turn to the rest of the students, Who almost seem to be prepared to turn and ask someone the first answer as soon as the invigilator turns to sign the paper. I gather the courage to open the paper. I don't feel like doing that. I have no options either. I see the first question. Damn I remember skipping that topic earlier night to see India loose against Australia. I laugh at myself. I know I have to focus somehow. I get back to the questions. I turn the pages till the last one. The questions are treacherous. I can answer some I guess and that makes me feel like Einstein. I regret not starting studying atleast a day before I actually had started. Oh, I forgot to take a look at what others are doing. I look around, find a girl talking to herself pretending that she was not really talking to the next bench when the teacher said shhhhh. I look at the first benches. Only to find those people cursing their lucks more than the questions. An hour passes. I can't understand why my mind is singing some bollywood tracks reciting "Murgi kya jaane ande ka kya hoga. Life milegi ya tave pe fry hoga?"

I omit all I had studied on the paper simultaneously completing the song in my mind.

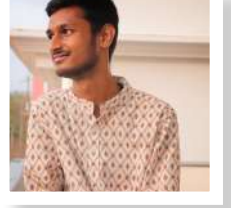
I don't know if that can give me a passing grade.

Oh my goodness ! I almost forgot I have got a window besides me and I have to stare at every minute thing out there. I open the panels and try to find something worth staring until the final bell rings. My eyes find a garden weed which has grown tall enough to be seen from sitting in the class. I turn my focus to one of its leaves. I observe that leaf. I observe the midrib first. Then the apex. I turn to its petiole. And then the veins. I find that very fascinating. I find my life stuck there.

Or maybe I find my life there. I feel the veins saying to me "Even if you fail here, Remember, they tested for what they have taught. Not what you have learnt".

महाराज

-Bhushan Shinde



राजाशिवछत्रपती

ज्यांच्यावर सुवर्णाची छत्रचामरे ढळत आहेत किंवा प्रजेने छत्र धरून ज्यांना आपला अधिपती म्हणुन स्विकारले आहे किंवा ज्यांच्यावर प्रत्यक्षात नभानेच छत्र धरले आहे असे छत्रपती शिवाजी महाराज

प्रौढप्रतापपुरंदर

मोठे शौर्य गाजवुन ज्यांनी आपल्या पराक्रमाचा ठसा उमटवला असे महाराज

सिंहासनाधिश्वर

जसा देव्हान्यातील देव असतो तसेच 32 मण सुवर्णसिंहासनावर शोभुन दिसणारे सिंहासनाचे अधिश्वर असे महाराज

क्षत्रियकुलावतंस

क्षत्रिय कुळात जन्म घेऊन त्या कुळातील सर्वात मोठा पराक्रम गाजवलेले महाराज

राजनितीधुरंधर

आदर्श राज्यकर्त्याप्रमाणे राजकारणाच्या डावपेचांमध्ये तरबेज असलेले महाराज

शस्त्रास्त्रशास्त्रपारंगत

सर्व प्रकारच्या शस्त्रविद्या व शास्त्रात पारंगत असलेले महाराज

सुवर्णरत्न श्रीपती

राज्याच्या खजिन्यातील वेगवेगळे हिरे, माणिक, मोती आणि सुवर्ण यावर ज्यांचे आधिपत्य आहे असे महाराज.

अष्टप्रधानवेष्टीत

ज्यांच्या पदरी प्रत्येक शास्त्रात निपुण असलेले आठ प्रधान आहेत आणि राज्यकारभारात जे त्यांचा सल्ला घेतात असे महाराज

न्यायालंकारमंडीत

कर्तव्यकठोर आणि न्यायकठोर राहुन सत्याच्या व न्यायाच्या बाजूने निकाल देणारे महाराज

महाराजाधिराज

विद्यमान सर्व राजांमध्ये जो सर्वात मोठा आहे आणि साऱ्या राजांनी ज्यांच्या अधिपत्याखाली राहण्याचे स्विकारायला हवे

The purple sky
And the cool breeze makes me
feel more lonely
All the familiar memories
starts coming back and
reminds me of you tonight

I have so much to thank you
for
Our heart used to flutter as we
smiled at one another

I fear you'll turn into star and
disappear again
I'll cherish you in the void in
my heart

When I close my eyes the
image of you grows clear
I end up missing your glowing
face more

When you have been staying
up this long night
I'll rest for a moment and stay
by your side
On this exhausted night, tears
let it blossom

When my song reaches the sky
Gradually comes to me like an
eternal dream
Become a star and stay by my
side.....

Adrija

-my brain

-Adrija Roy

STARSTRUCK

They were stars in the night
but they were far in the height,
but you added the spark in my night
And faded the dark into light.

It rose with a spark at the blue
where I didn't had any clue
then I saw a ray of hope
when you showed me the way to
cope.

It spread the glitz in the sky
and created a bliss in my mind,
where it hated the Ritz which was a
lie
and committed a sin in my life.

Than I cried loud with the rife
when it committed a sin in my life.

I saw the spark of the stars
and the light of the moon
and showed me the way to cope
than I danced back to the tune of
life!

- RAKSHITA Y. BARKI

- (Second year diploma, 2022-
23)

*A pen and something to draw on
became a safe place for me.*

*Ink became my weapon against
rules and regulations.*

*There wouldn't be a corner in a
classroom or park that didn't have
a secret little character living on
it.*

*Ask an artist why creating is
important to them and they
wouldn't stop giving out reasons.*

*To be short; for me, a life without
art is no life at all.*

- My Brain

-Adrija Roy

She built a wall
Around her heart.
Then he came along,
And the wall fell apart.

She stepped out of the wall
Just to realize
It's still full of pain
And as cold as ice.

So She said to herself,
"This love thing, it isn't for me.
That's something
I finally see."

But before she builds the wall
again,
She wants him to know
It was her love for him
That she failed to show.

If only he could see
What's in her heart,
How she feels for him
The way she's torn apart.

"Please understand," she says.
"It's not you that I blame.
I know your feelings
For me aren't the same.
Maybe it's just fate
That I fell for you.
I just couldn't help it,
Although I knew."

He'll never love her back,
That she has to accept,
But loving him, knowing him,
Caring for him has been a joy
That she'll never regret.

She knows she has to move on,
And with time she shall,
But it's gonna be hard,
And it's gonna take a while.

Although she doesn't want to,
Believe her, she's trying
To let go of her feelings,
But a silent hope keeps
striving.

For what she doesn't have
She does not complain.
In fact she's grateful,
Having someone to share her
pain.

In these last few lines,
She just wants to wish him
well.
May all his dreams come true.
That's all she has to tell.

So she's taking her leave now,
With just one hope within...
That someday he will realize
Just how much she loved her.

If only he had seen...
But she will be long gone by
then,

Inside her broken wall,
Never to come out again,
Never to hear the call,
With few memories to join her
is her pain,
And a vow never to love
again...


-Adrija Roy

-my heart

लोग बोलेंगे

-रोशनी राऊत

लोग बोलेंगे,
लोग बोलेंगे चाहे तुम अच्छा करो या बुरा,
लोग बोलेंगे चाहे तुम मोटे हो या पतले
खाते तुम हो मोटे तुम हो पर यह लोग बोलेंगे.
चाहे तुम अच्छा पढ़ो या बुरा लोग बोलेंगे
अच्छी पढ़ाई के बावजूद किसी कारण बुरें मार्क्स आए तो भी यह लोग बोलेंगे
कहते कितना पढ़ता था रात दिन एक कर फिर भी मार्क्स इतने कम ?
अगर कम पढ़कर अच्छे मार्क्स आए तो यह कहते...
देखो वह बिना पढ़े कितने अच्छे मार्क्स लाता,
चाहे अच्छा काम करो या बुरा यह लोग बोलेंगे
ऐसे लोगों को अनसुना करो अगर तुम्हें कुछ करना है तो
कुछ बनना है तो और आगे बढ़ो
चलो, चलो ओ रे परिंदे...
अभी वक्त नहीं गया
तुम बहुत कुछ कर सकते हो
अपने पैरों पर खुद खड़े होकर
बिना किसी अफवाओं को सुनकर अपनी खुद की राह चुन कर...
चलो चलो उड़ो
यह लोग बोलते रहेंगे
इन्हें बोलने दो
इन्हें और कुछ काम नहीं
इनका काम है सिर्फ बोलना...
रहकर चुप तुम जो सफलता पाओगे उस सफलता से इन लोगों की हो जाए बोलती बंद
तब यही लोग फिर बोल उठेंगे
पर तुम इस बार इन लोगों से नहीं होंगे हताश
इस बार तुम्हारी ऊंचाइयाँ बोलेगी
फिर भी यह लोग बोलेंगे ।

भांगराळो वेळ

जेन्ना जीवित सांडिल्लें वरीं दिसता,
जेन्ना मन उचांबळता,
अशा वेळार सुखाचो परमळ आमी सोदता

तकलेर फांतर आशिल्लें वरीं,
वजन घेवन आमी चलता,
चलता चलता केन्ना वेळ जाता,
तेंच कळपाक चुकता

अशा सांजेच्या वेळार, दर्यादेगेचें थंड वारें,
तातूंत दर्याचीं ल्हारां,
आनी मळबांत सूर्यास्ताचें जादूळें रंग,
आमचें मन भुलयता, धादोसकाय दिता अभंग

जसो जसो वता वळ,
तेन्ना अशें दिसता, जशें कि,
दर्याचीं थी भरती सुकती, म्हळ्यारूच,
आमच्या जिणेंतले सुख-दुख्खाचें खेळ

जन्ना मनांतले विचार करता आमकां पिशांतर,
तेन्ना हो वारो, ही ल्हारां, हो सैम,
जीव आमचो सुखायता, आमकां सपनायता निरंतर

सगळें बरें वायट खीण फाटीं दवरून,
त्या सैमाच्या परमळांत वतात आमी मिसळून

घुस्पिल्लें मन हे शांतताय मागता मागता,
काळजांत, मनांत गुथिल्लें विचार, सगळीं गुपितां,
सैमाच्या कानांत सांगून वता

मोकळेपणाचो स्वास दिता, सैमाची ही मांडी,
आमचें एकलेंपण फाटीं घालून वांगड दिता,
निसर्गाची ही जोडी

रेंवेंत पांय पुरोवन, दर्यादेगेर बसून,
आमच्या मनाचो वाडयता गाज, दर्याचो तो गाज

निशैल्ले आमचें जिणेक, हो दर्यादेग दिता आदार
आनी केन्ना केन्ना हो देखाव, कांटो उबो करता
आंगार

भांगराळो हो वेळ सोंपता सोंपता, देवालागीं
मागतां,
फांतरांवरी काळीज आमचें करचें निबर,
नव्यान फुडल्या दिसाक तोंड दिवपाक,
करची आमकां आत्मनिर्भर

- दीपलक्ष्मी दशरथ कांबळी
एम. फार्म दूसरें वर्स

When someone talks to you almost
everyday, it becomes a routine right?
But then, when they stop talking to
you out of nowhere...you get scared
to even say anything because you
feel like you will ruin something
between the two of you.

Can't help but think,
"what did I do wrong?"
"Am I talking too much?"
"Am I not good enough?"

You both just suddenly stop a talking
and you slowly start to fade away
from each other,
Isn't it the saddest thing?

When you finally meet a person,
And u think
" Yes! This is gonna be right, thanks
god , you sent someone I can trust "
Then suddenly the person stops
talking for days after days, months
after months
That feeling of being abandoned
stabs the heart.

Is it always that only you have to start
a conversation or else
the conversation is never born
Why is it like this ?
Why?

Adrija
-Adrija Roy

बाल मजदूरी

बाल मजदूरी क्या है? यह मैं और आप सब अच्छे से जानते हैं। बाल श्रम एक व्यापक शब्द है जिसके तहत हम एक बच्चे के बचपन को लूटने के प्रयास को फिट कर सकते हैं। यह बच्चे से उनकी अप्रयुक्त क्षमता को छीन लेता है और केवल उस ऊर्जा का बहुत कम उपयोग करता है जो बच्चे के पास है। यह बच्चे के लिए हानिकारक है तथा उनके मानसिक और शारीरिक विकास को भी बाधित कर सकता है। यह निश्चित रूप से बच्चे को जीवन भर के लिए डराता है। यह एक अनैतिक प्रथा है और बच्चे की विकास प्रक्रिया के साथ छेड़छाड़ करती है। इससे बच्चा जीवन भर जख्मी रह जाता है। यह उन पर जितना भावनात्मक दबाव डालता है, वह हमारे लिए बिल्कुल अकल्पनीय है। उसी सुविधा में काम करने वाले अन्य बच्चों को भी जबरदस्त हिंसा का शिकार होना पड़ता है और उन्हें प्रतिकूल परिस्थितियों में रखा जाता है। जब वे इन अत्याचारों को देखते बड़े होते हैं, वे हानिकारक वयस्क भी बन जाते हैं। बाल श्रम का विकास हमें औद्योगिक क्रांति से देखने को मिलता है। भारत में बाल श्रम मुख्य रूप से देश की गरीबी के कारण देखा जाता और खराब स्कूली शिक्षा के अवसर। बाल श्रम के शिकार ग्रामीण और शहरी दोनों क्षेत्रों में हमें देखने को मिलता है। बच्चों को कभी-कभी खराब कामकाजी परिस्थितियों और अपर्याप्त मजदूरी, भोजन या आराम के तहत काम करने के लिए मजबूर किया जाता है। कई बच्चे शारीरिक, यौन, मानसिक और भावनात्मक रूप से प्रभावित होते हैं। उनके कुछ माता-पिता परिवार की बुनियादी आवश्यकताओं को पूरा करने के लिए पर्याप्त आय उत्पन्न करने में असमर्थ है जिसके चलते उन्हें यह काम

करना पड़ता है। हालांकि, कुछ माता-पिता अपने बच्चों को अपनी जीविका कमाने के लिए काम पर भेजने से परहेज करते हैं। एक रिपोर्ट के अनुसार, दुनिया के सबसे निराश्रित और गरीब देशों में लगभग 25% बच्चे बाल मजदूर हैं। भारत में बाल श्रम का प्रमुख कारण उच्च गरीबी दर है, जहाँ बच्चे एक दिन की रोटी कमाने के लिए भी काम करते हैं। बच्चों को सामाजिक दायित्व, या परिवारों द्वारा किए गए ऋण और ऋण के कारण नियोजित किया जाता है। आमतौर पर, बच्चों को अपने परिवारों को ईंट भट्टों, पत्थर और खदानों और कृषि क्षेत्रों में रोजगार देने के लिए मजबूर किया जाता है। प्रवासी श्रमिकों के बच्चों और समाज में हाशिए के वर्गों और दलितों के बच्चों को शहरी क्षेत्रों में छोटे प्रोडक्शन हाउस और कारखानों में काम करने का वचन दिया जाता है। बाल श्रम एक बहुत बड़ी सामाजिक बाधा है जिसे लोगों (विशेषकर माता-पिता और शिक्षकों) और सरकार दोनों की मदद से तत्काल आधार पर हल करने की आवश्यकता है। बच्चे बहुत छोटे होते हैं लेकिन वे किसी भी विकासशील देश के समृद्ध भविष्य का नेतृत्व करते हैं। इसलिए, वे सभी वयस्क नागरिकों की बड़ी जिम्मेदारी हैं और उन्हें नकारात्मक तरीकों से इस्तेमाल नहीं किया जाना चाहिए। उन्हें परिवार और स्कूल के खुशनुमा माहौल में विकसित होने और बढ़ने का उचित मौका मिलना चाहिए। उन्हें माता-पिता द्वारा केवल परिवार के आर्थिक पैमाने को सुरक्षित करने और कंपनियों द्वारा कम लागत पर श्रम प्राप्त करने के लिए प्रतिबंधित नहीं किया जाना चाहिए।

- Sayed Shahzan



MONALI GOKHARANKAR



MONALI GOKHARANKAR





Anjum



Mehreen Shaikh
FYD PHARM



MONALI GOKHARANKAR





MONALI GOKHARANKAR



MONALI GOKHARANKAR





MONALI GOKHARANKAR



Tanishk Narvekar



Tanishk Narvekar





Anjum



Tanishk Narvekar



Mehreen shaikh
FY D. Pharm





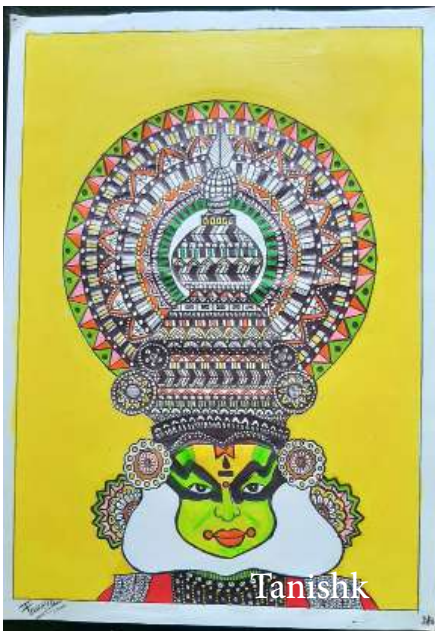
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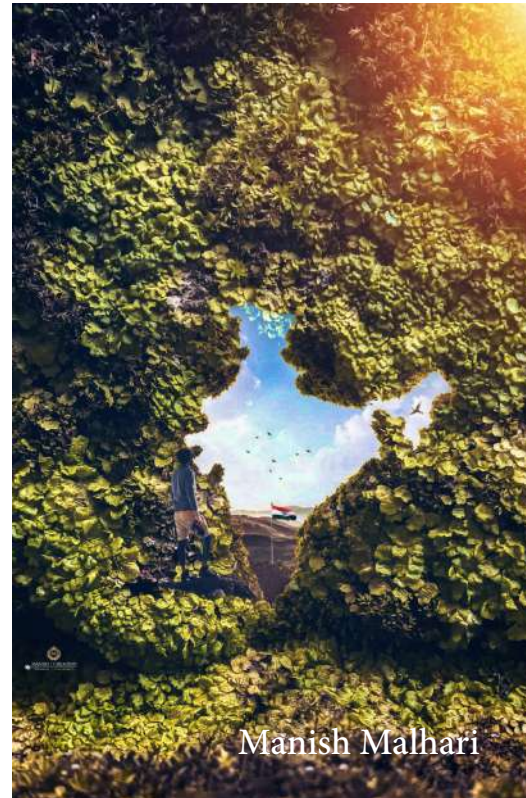


Shubhati Vast



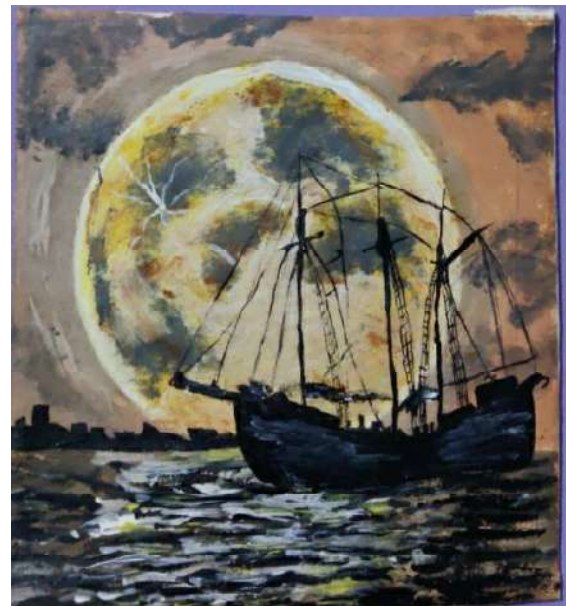
Omkar







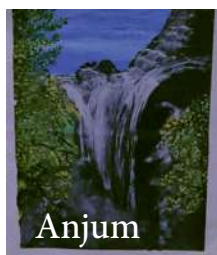
Esha A. Khandekar



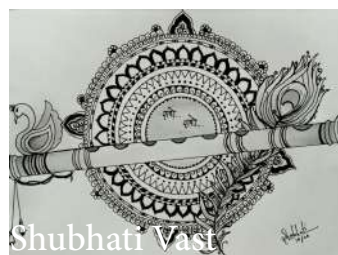
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SOONI FERNANDES



Anjum



Shubhati Vast



SOONI FERNANDES



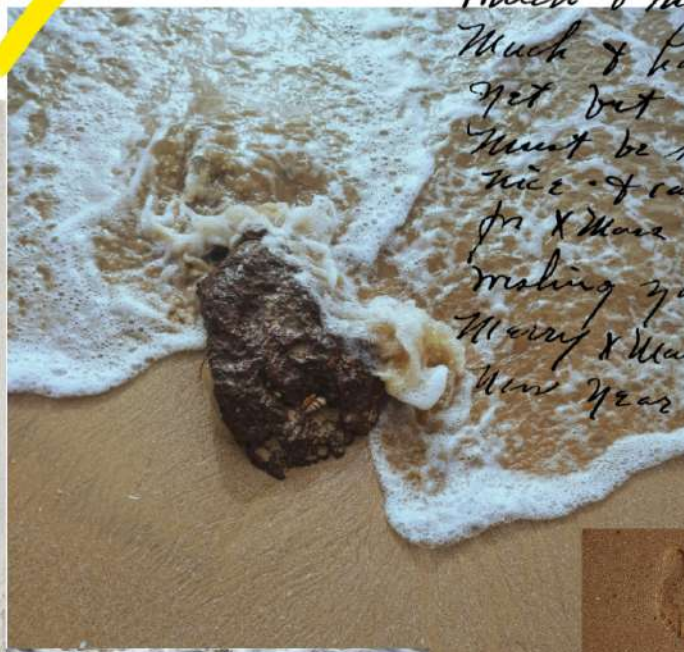
SOONI FERNANDES





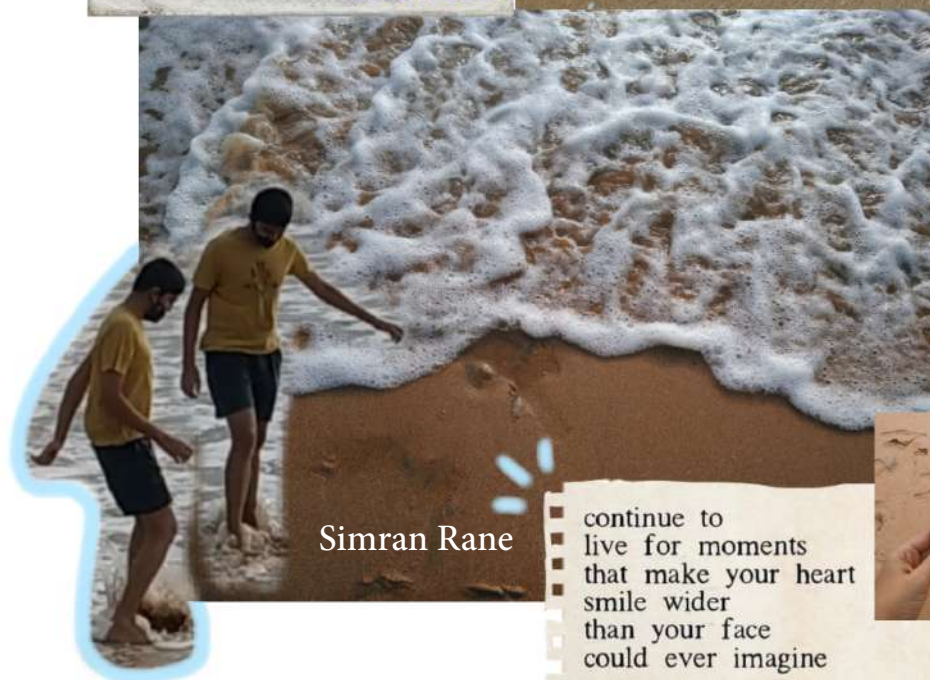
Adrija Roy





Dear (main rec'd)
 Tada and present
 which I thank you
 Much I have not a
 yet but I know I
 must be something
 nice. I can hardly
 for Xmas I'm
 making you all a
 Merry Xmas
 New Year I am so
 yours love

CAPTURING MOMENTS



Simran Rane

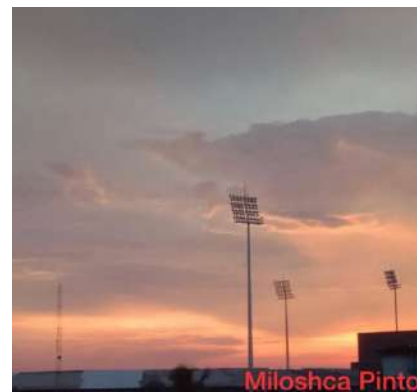
■ continue to
 ■ live for moments
 ■ that make your heart
 ■ smile wider
 ■ than your face
 ■ could ever imagine

-k.





Archit S. Gaonkar



Miloshca Pinto



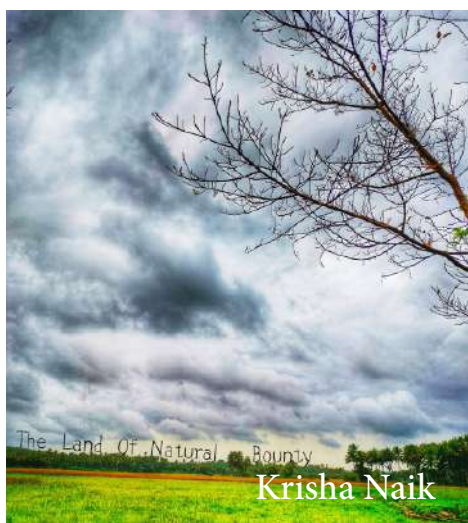
Shefa shaikh



By Eshaan Sawant



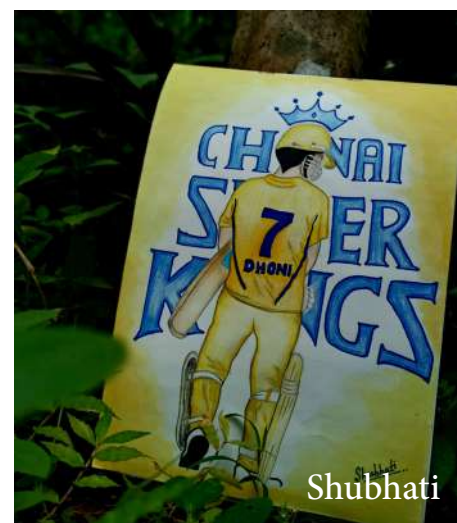
Sakshi Adkonkar



The Land Of Natural Bounty
Krisha Naik



Shubhati



Shubhati



Simran Rane



Simran Rane



Simran Rane



SIDDHI NAVELKAR



SIDDHI NAVELKAR

INDIA AT THE FRONTIERS OF MEDICINE

India is known to be registering its presence prominently in the global pharmaceutical market. It has been rapidly growing in the last few years. It has become the largest producer and supplier of generic medicines globally. It holds a share of 20% of the total global supply by volume. India is also known for fulfilling around 50% of global demand for vaccines. India holds third rank worldwide for the production of pharmaceuticals by volume and 13th by its value. It accounts for almost 10% of the world's total production of medicines by volume and 1.5% by value. India consists of around 60,000 generic brands belonging to 60 therapeutic categories. The Medicine Manufacturing Companies in India produces more than 500 different Active Pharmaceutical Ingredients (APIs). There are around 3,000 pharma companies in India. These companies own 10,500 manufacturing facilities for making pharmaceutical Products in India. Doctors may soon diagnose peptic ulcer & disease stage by recognising breath patterns

Posted On: 07 JUN 2023 5:38PM by PIB Delhi

A newly developed non-invasive method of recognising breath patterns can help rapid, one-step diagnosis and classification of various gastric disorders like dyspepsia, gastritis, and gastroesophageal reflux disease (GERD).

List of new drugs approved in the year 2022 till date

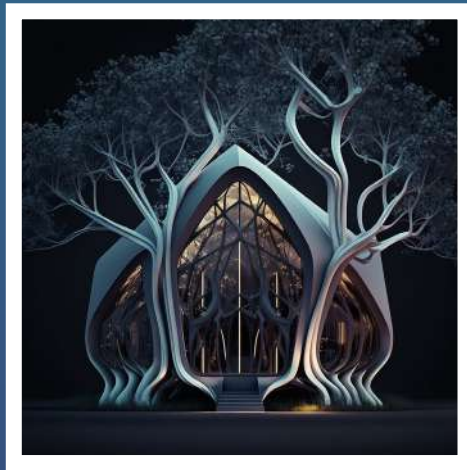
S.No	Name of drug	Indication	Date of issue
1	Triamcinolone Hexacetonide injectable suspension 20mg/ml	For intraarticular, intra-synovial or periarticular use in adults and adolescents for the symptomatic treatment of subacute and chronic inflammatory joint diseases including rheumatoid arthritis and Juvenile Idiopathic Arthritis (JIA), Osteoarthritis and post-traumatic arthritis, Synovitis, tendinitis, bursitis and epicondylitis.	20.01.2022
2	Gimeracil bulk & Oteracil potassium bulk and Tegafur 15mg/20mg, Gimeracil 4.35mg/5.8mg and Oteracil 11.8mg/15.8mg capsules	indicated in adults for the treatment of advanced gastric cancer when given in combination with cisplatin.	01.02.2022
	Topiroxostat tablets 20mg, 40mg and 60mg and bulk	Gout, hyperuricemia.	04.02.2022
3	Nitric oxide nasal spray	For treatment of adult high risk patients with mild Covid-19 having risk of progression of the disease.	08.02.2022
4	Vericiguat tablets 2.5mg/ 5mg/ 10mg	Indicated to reduce the risk of cardiovascular death and heart failure (HF) hospitalization following a hospitalization for heart failure or need for outpatient IV diuretics, in adults with symptomatic chronic HF and ejection fraction less than 45%	25.02.2022
5	Inosine pranobex bulk and Inosine pranobex 500mg tablet	As add on therapy for treatment of mild Covid-19 patients with co-morbidities and moderate Covid-19 patients, in light of Covid 19 outbreak for restricted emergency use in the country	02.03.2022
6	Desidustat bulk and Desidustat tablets 25mg and 50mg	For treatment of Anemia in adult patients with chronic kidney disease (CKD) not on Dialysis and on Dialysis	03.03.2022
7	Lumacaftor bulk, Ivacaftor bulk & Lumacaftor and Ivacaftor tablets 100mg/125mg and 200mg/125mg	Indicated for the treatment of cystic fibrosis (CF) in patient age 2 years and older who are homozygous for the F508del mutation in the CFTR gene.	11.03.2022
8	Liothyronine sodium bulk and Liothyronine sodium tablets 5mcg & 20 mcg	To treat some of the more severe conditions in which the thyroid does not produce enough thyroxine and balance the effect of medicines used to treat an overactive thyroid.	04.04.2022

9	Polyhexamethylene guanidine hydrochloride 1.000lit	For surface disinfection	06.04.2022
10	Finerenone 10mg/20mg film coated tablets	Indicated to reduce the risk of sustained eGFR decline, end stage kidney disease, cardiovascular death, non fatal myocardial infarction, and hospitalization for heart failure in adult patients with chronic kidney disease (CKD) associated with type 2 Diabetes (T2D)	11.04.2022
11	Sugammadex sodium bulk and Sugammadex injection 100mg/ml (single dose vial for bolus injection, IV)	Reversal of neuromuscular blockade induced by rocuronium or vecuronium in adults undergoing surgery	18.04.2022
12	Nirmatrelvir bulk and Combipack of Nirmatrelvir 300mg tablets (2x150mg tablets) and Ritonavir tablets 100mg	For treatment of adult patients with COVID-19, with SpO2 >93% and who have high risk of progression of the disease including hospitalization or death, in light of Covid 19 outbreak for restricted emergency use in the country	21.04.2022
13	Aviptadil bulk and Aviptadil injection (Each ml vial contains Aviptadil 15 mcg)	For treatment of patients with severe COVID-19 with Acute Respiratory Distress Syndrome (ARDS), in light of Covid 19 outbreak for restricted emergency use in the country	29.04.2022
14	Bempedoic acid bulk and Bempedoic acid tablet 180 mg	Indicated as an adjunct to diet and maximally tolerated statin therapy for the treatment of adults with heterozygous familial hypercholesterolemia or established atherosclerotic cardiovascular disease who require additional lowering of LDL-C. Limitation of use: The effect of the drug on cardiovascular morbidity and mortality has not been established.	09.05.2022
15	rdESAT-6 bulk; rCFP-10 bulk and rdESAT-6 and rCFP-10 (Cy-Tb) injection - Each vial (10 dose vial, single dose of 0.1ml) contains: rdESAT-6: 0.05 mcg; rCFP-10: 0.05 mcg	For detection of Latent TB for population of 18 years and above	09.05.2022

<p>16 Pralsetinib Capsule 100mg</p>	<ul style="list-style-type: none"> • Indicated for the treatment of adult patients with metastatic rearranged during transfection(RET)fusion-positive non-small cell lung cancer.,. • Indicated for the treatment of adult and pediatric patients 12 years of age and older with advanced or metastatic RET-mutant medullary thyroid cancer who require systemic therapy. 	<p>26-05-2022</p>
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- Compiled by M. V Komali





Designed By @thehouseofsav



Peace ♥ Love ♥ Pharmacy