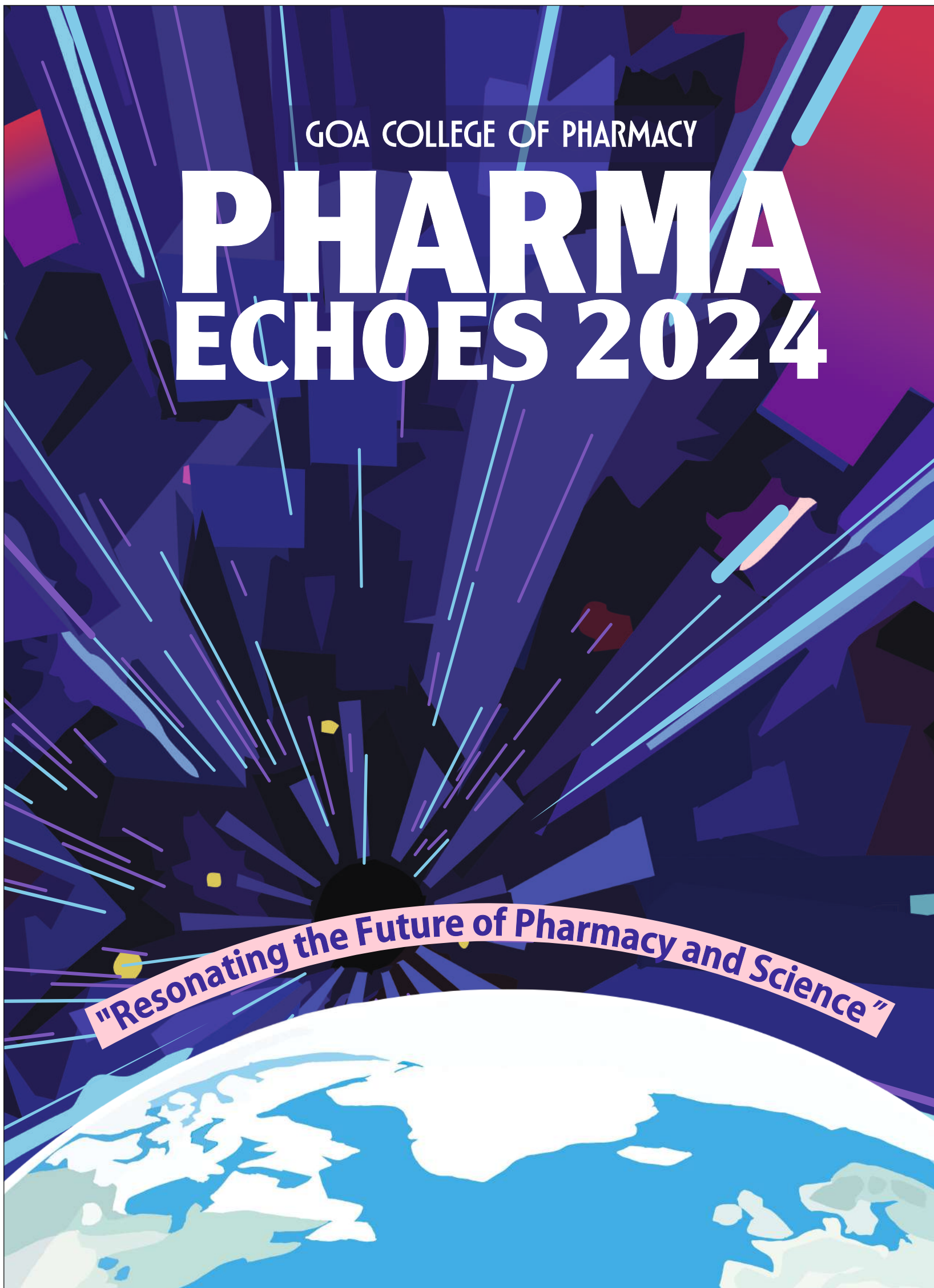


GOA COLLEGE OF PHARMACY

# PHARMA ECHOES 2024

"Resonating the Future of Pharmacy and Science"



# PHARMACISTS' OATH

I swear by the Code of Ethics of Pharmacy Council of India in relation with the community and not acts as an integral part of health care 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 counseling of patients.  
I shall endeavour 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 my professional practice and never divulge unless compelled to do so by the law.

I shall associate with organizations having their objectives for betterment of the Profession of Pharmacy and make contribution to carry out the work of those organizations.

While I continue to keep this oath un-violated, 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!.



In grateful remembrance of our  
teacher & colleague who has made  
a lasting difference



DOB:  
27th January 1972



DOD:  
7th June 2024

**Prof. PRASHANT JIVAJI BHIDE**

"A good teacher is like the rising sun that shines to fill  
the empty and dark minds with the light of education.  
Your teachings of pharmacy and life shall forever  
be cherished".

PRINCIPAL, STAFF AND STUDENTS  
**GOA COLLEGE OF PHARMACY**  
**PANAJI-GOA**

# EDITOR'S NOTE



**Ms. MALLIKA G. RANE**  
Magazine Secretary

As I sit down to pen this message, I find myself reflecting on the transformative journey that pharmacy, and indeed the world of science, has taken in recent years. In an era marked by rapid advancements, we stand at the crossroads of innovation and compassion—where every breakthrough in healthcare is not just a leap in technology, but a step closer to healing, to hope.

This year's theme, "Innovating Health, Inspiring Minds," speaks not only to the advancements in our field but to the hearts and minds that drive them.

Our tagline, "Resonating the Future of Pharmacy and Science," echoes the sentiment that the work we do today will reverberate in the future. Each small discovery, each innovative idea, and every patient interaction contributes to a larger movement—a movement that ensures the future of healthcare is brighter, more inclusive, and more compassionate.

There was a time when I approached pharmacy with a hint of skepticism, uncertain of the role it played in the vast landscape of healthcare. But over time, as I immersed myself in its depths, I found myself captivated—not just by the science, but by the impact it has on lives, the dedication it demands, and the trust it earns from those we serve.

Pharmacy, I've come to realize, is not just a career; it's a noble commitment, a profession woven from

**"Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come".**

compassion and precision. Today, I am proud to be a part of this transformative field, where each step forward is a step toward a healthier, better world.

I wholeheartedly attribute the success of this edition to the unwavering dedication and sincere efforts of the Magazine Committee. I extend my deepest gratitude to our Principal, Dr. G. K. Rao, and Dr. Rajashree Gude, alongside our esteemed Magazine Advisor, Dr. Raghuvir Pissurlenkar. Special thanks are also due to the faculty members of the committee: Dr. Mythili Krishna J., Ms. Shailaja Mallya, and Dr. Nutan L. Naik, for their invaluable guidance and continuous support. Their leadership has truly been a driving force behind this endeavor.

I would also like to acknowledge the tireless efforts of the Editors and Coordinators for their seamless collaboration in managing the editorial process and securing content for this edition.

My heartfelt appreciation extends to Mrs. Rinkey Yadav for her outstanding work in designing the magazine.

As I bid adieu to my role, I am reminded that this is not the end, but the beginning of new chapters—for myself, for this magazine, and for each one of us as we continue on our paths. Though my time as the Secretary may be concluding, I will carry with me the lessons learned, the friendships made, and the passion for this ever-evolving field.

To those who will follow in our footsteps—know that you are the future. Keep pushing, keep dreaming, and keep innovating. The world is waiting for your brilliance to resonate.



# MAGAZINE COMMITTEE



Dr. Gopal Krishna Rao  
Principal



Dr. Raghuvir R. Pissurlenkar  
Chairperson



Dr. Mythili Krishna J.  
Member Secretary



Dr. Nutan L. Naik



Smt. Shailaja Mallya



Mallika Rane  
Editor- In-Chief

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**Coordinator**  
3rd year B.Pharm



Sakshi  
**Coordinator**  
M.Pharm



Rinky Dcosta  
**Coordinator**  
4th year B.Pharm



# PRINCIPAL'S NOTE



**Dr. GOPAL KRISHNA RAO**  
Principal

It's really pleasing to note the talent of our students and faculty culminating into compendium of all the activities of our institute into college magazine "Pharma Echo's – 2024."

This annual college magazine, documents all the scientific and professional activities, and showcases the abundant talent in terms of rich culture, sportsmanship in addition to academic excellence and scholarly research activities of our institute and is a true reflection of the enthusiasm and immense talent through "Pharma-Echo's 2024". This magazine stands as a testimony for the untiring efforts in encouraging the students and faculty to contribute to the development of science, research and service to community.

Goa College of Pharmacy, under the aegis of Government of Goa, has played a pivotal role in shaping the careers of several "pharma professionals" for various walks of pharmacy profession by providing an appropriate training in academics, research and the skillsets. The institute has maintained the status of one amongst top 100 institutes in NIRF ranking since 2015 and also is accredited by NBA upto June 2026.

Now, the institute in addition to achieving excellence in academics, aiming high standards in research in pharmaceutical sciences. Many faculties have been actively engaged in submitting project proposals to various funding agencies and its pleasing to share the information that, we have received a good number of grants received from GSRF, Goa including two doctoral fellowships for full time Ph.D. scholars. We are hopeful of receiving many more in future, which would enhance research facilities in the institute and motivates us to take up more meaningful research activities so as to contribute to the pharma industry by enlarge and

**"Never stop learning. The more you learn, the better equipped you will be to succeed"**

general public in particular.

Now it is the responsibility of all the stakeholders to ensure that our institute being one of the oldest institute highest degree of excellence in academics, research, co-curricular and extracurricular activities and thus improving the ranking of our institute as one amongst top 50 Pharma institutions in the country in the coming years.

We have been conducting various continuing educational programs for students and practicing pharmacy professionals, and health camps for the benefit of the general public with 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 and encouragement.

It is also 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 and active contribution to the growth of this institution in all the 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 Government of Goa for their patronage and encouragement provided to excel in all the activities. My special thanks to Governing Committee, Alumni Association of GCP, various associations and sponsors for their unstinted support and encouragement to this institution.

"Never stop learning. The more you learn, the better equipped you will be to succeed"

Keep learning responsibly & succeed always,  
Happy Reading!

Yours sincerely,

**Dr. Gopal Krishna Rao**  
Principal

# CHAIRPERSON'S NOTE



Dr. RAGHUVIR R. PISSURLENKAR  
Chairperson

**"Imagination is more important than knowledge. For knowledge is limited, whereas imagination encircles the world."  
— Albert Einstein**

In a world where the boundaries of science and healthcare are ever-evolving, Pharma Echoes 2024 stands as a reflection of our collective aspirations and pioneering spirit. It brings me great pleasure to introduce this edition, which embraces the theme 'Innovative Health, Inspiring Minds' and resonates with the future of pharmacy and science.

This magazine continues to serve as a dynamic platform for students and faculty alike to showcase their creativity, ideas, and aspirations. Whether through scientific discourse, artistic expression, or explorations into future healthcare trends, our community is united in its passion for shaping a healthier tomorrow.

Our students are future pharmacists, thinkers, and innovators, committed to their holistic development. With every page of Pharma Echoes 2024, we aim to inspire minds and ignite the drive for innovation in healthcare, staying true to the ethos of our institution. Together, we will resonate in the future of pharmacy by transforming challenges into opportunities and fostering a culture of progress.

I extend my warmest congratulations to the entire team who have worked tirelessly to bring this magazine to life. Their dedication mirrors the very essence of what we hope to achieve as professionals in this field—constant innovation and a commitment to advancing health.

I hope this edition sparks your curiosity, broadens your horizons, and fuels your passion for the ever-expanding realms of pharmacy and science.

Best regards,

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

# STUDENT'S COUNCIL 2023-24



Sayali Divkar  
Cultural Secretary



Mallika Rane  
Magazine Secretary



Shivraj Dalvi  
General Secretary



Devesh Kudalkar  
Sports Secretary



Tanaya Shetye  
Ladies Representative



# STUDENT'S COUNCIL 2023-24

## CLASS REPRESENTATIVES



Adithi Ajit  
1st year,  
B.Pharm



Salehanur Azhar  
1st year,  
B.Pharm



Md Aman Alam  
2nd year,  
B.Pharm



Mihir M. Vernekar  
3rd year,  
B.Pharm



Rinky D'costa  
4th year,  
B. Pharm



Sumukh Verlekar  
M.Pharm



Neha Achari  
1st year,  
D.Pharm



Mohammed Anas  
2nd year,  
D.Pharm



# GENERAL SECRETARY REPORT



**SHIVARAJ DALVI**

सर्वे भवन्तु सुखिनः

"May all be happy." (A reminder of our responsibility towards the well-being of all members.)

## Installation And Initial Initiatives

The council for the academic year 2023-24 was officially inaugurated on 17th November 2023. Adorned with our badges, we keenly felt the weight of our responsibilities; it was now incumbent upon us to effectuate positive transformations. The investiture ceremony, graced by our principal, Dr. Gopalkrishna Rao, along with esteemed committee members, marked the commencement of our collaborative journey.

Our inaugural major initiative was the observance of National Pharmacy Week, held from 22nd November in conjunction with IPA and CDAG. We orchestrated a series of competitions for students, encompassing poster creation, rangoli, and slogan contests. Additionally, on 24th November, a General Health Camp was hosted for all faculty and students, featuring an insightful presentation on anemia delivered by a visiting physician.

## Commemorations And Competitions

On 19th December, we commemorated the 62nd Goa Liberation Day with competitions in photography and elocution. The formal proceedings included stirring performances of patriotic songs by students and an eloquent address by one of our students, complemented by sir Dr. M.P. Joshi's discourse on notable figures in Goa's liberation.

For National Voter's Day on 25th January 2024, the Directorate of Technical Education organized an intercollegiate poster competition. Three of our students participated and distinguished themselves by securing 2nd and 3rd places, thereby effectively underscoring the significance of civic engagement. We observed Republic Day with a flag hoisting ceremony, followed by a formal program and an engaging quiz competition for both students and faculty.

## Intercollegiate Participation And Cultural Events

Throughout the year, our college actively participated in PLEXUS, one of Goa's most esteemed intercollegiate cultural events, held from 4th to 6th March 2024. Students engaged enthusiastically in a diverse array of activities, reveling in the vibrant atmosphere. Goa College of Pharmacy bagged 5th place, competing against around 16 other colleges.

The highly anticipated FORMULATIONS event took place on 2nd and 3rd May 2024, marking our inaugural grand event as a council. We organized a plethora of competitions, fostering a spirit of camaraderie among classes, culminating in an exhilarating DJ night.

As we bid farewell to our seniors on 12th July 2024, we presented tokens of appreciation and shared cherished memories through a video montage. Performances from second-year students added a poignant dimension to the occasion.

Independence Day was celebrated on 14th August 2024, featuring quiz and patriotic singing competitions, followed by a flag hoisting ceremony and the distribution of annual sports prizes. Krishna Janmashtami was celebrated on 26th August 2024 with an array of engaging competitions, in which third-year students emerged as the overall victors.

On Teacher's Day, observed on 5th September 2024, we organized a carrom tournament for our esteemed educators, recognizing winners in both male and female categories, followed by a cultural program expressing our profound gratitude.

### Community Initiatives And Concluding Events

The Swachh Bharat Abhiyaan campaign was conducted within our college premises, with both students and faculty actively participating in cleanliness initiatives. As we approached the culmination of our tenure, we celebrated SHARDOTSAV'24 on 10th October 2024, and we organized several competitions, with the MPharms emerging as overall champions and the second years as runners-up.

### Sporting Achievements

This year marked the eagerly anticipated return of the Annual Athletic Meet after a five- year hiatus, held at the Athletic Stadium in Bambolim. The palpable excitement among students and faculty fostered an unforgettable atmosphere of camaraderie. Our college participated in various intercollegiate tournaments organized by Goa University, excelling in athletics, cricket, chess, and badminton. Notably, the women's badminton team achieved runner-up status at the state level. In various sporting events: - Football (Men): The II Year BPharm team triumphed. - Football (Women)\*\*: The MPharm team emerged victorious. - Badminton\*\*: Numerous singles and doubles competitions showcased our prowess. - Table Tennis, Carrom, and Chess: Our students excelled, attaining top positions across various categories.

यत्र योगेश्वरः कृष्णो यत्र पार्थो धनुर्धरः।  
तत्र श्रीविजयो भूतिर्धुवा नीतिर्मतिर्ममः॥

"Where there is Krishna, the master of yoga, and Arjuna, the supreme archer, there also is victory prosperity, and righteousness." (A testament to the power of wise leadership and collaboration.)

### CONCLUSION

Reflecting on this enriching journey as General Secretary, I have garnered invaluable experiences, enhanced my confidence, and refined my decision-making capabilities. I extend my heartfelt gratitude to our principal, the Student Activity Committee, my fellow council members, faculty, and friends who provided unwavering support throughout this tenure. As I transition from this role, I encourage my successors to uphold our legacy and aspire to even greater heights.

रामो रामेति रामेति नामस्मरेन्नामस्मरेत्।  
जय श्रीरामः जय श्रीरामः सर्वदा स्मरेत्॥

"He who remembers the name of Rama, remembers it always. Victory to Lord Rama, may His name be ever in our hearts." Thank you all for your trust and support during this remarkable year.

**Shivraj Dalvi**  
General Secretary  
2023-24

# CULTURAL SECRETARY REPORT



**SAYALI DIVKAR**

**“Success is not about how high you have climbed, but how many people you have brought with you”**

A leader is the one who knows the way, goes the way and shows the way. Since first year I was curious enough to be a part of council. Having said that, the time had come to choose the fresh leaders for the new academic year. Being in 3rd year, got a chance to contest elections and I, Sayali Sandeep Divkar fortunately got an opportunity to be the Cultural Secretary of Goa College of Pharmacy, one of the member of Student Council 2023-24. It was going to be a journey full of new experiences and lessons. The excitement was on another level. Presenting before you the Cultural Activity report!!! 'Success is not final, failure is not fatal: it is the courage to continue that counts.'

Our council for the year 2023-24 was officially installed on 17th November 2023. With the badges on coat, felt the heaviness of responsibility. The ball was in our court and had to make a good move for the rest of the year. In presence of our principal Dr.Gopalkrishna Rao, Student Activity Committee Chairperson-Ms.Lorna Silveria, Member Secretary-Mrs.Mythili Krishna and members of committee Dr. Anand Mahajan, Mrs.Vedita Hegde Desai, Mrs. Saba Jamadar and Mr.Vaibhav Potdar Investiture ceremony took place. All 5 of us were set for the journey.

As we begin with the roller coaster ride, our first project was celebrating National Pharmacy week. It was celebrated in collaboration with IPA and CDAG from 22nd November. Various Competitions were organised on the same day for students like Poster, Rangoli and Slogan Making Competition. On 24th November, a General Health Camp was organised in

college premises for all Teaching, Non-teaching staff and students. It was organised in collaboration with Urban Health. One of the doctors gave a talk on Anemia. There is nothing better than to be liberated from the clutches of colonial rule.

The 62nd Goa Liberation Day was celebrated in our college. 2 competitions were organised .i.e. Photography and Elocution Competition. For the formal function, a group of students sung patriotic songs followed by a speech by one of our student, Sahil Rai. A solo song was sung by Sneha Biswas. Further Dr.M.P Joshi sir spoke on some famous personalities who contributed in Goa's Liberation.

**“Voting is not only our right, it is our power”**

On the occasion of National Voter's Day i.e on 25th January 2024, Directorate of Technical Education had organised intercollegiate Poster Competition for various colleges. Many of our students participated. 2 students named Sakshi Adkonkar and Mevelee Dias bagged 2nd and 3rd place respectively. Topic was Importance of Voting Celebrating the glory of India and its freedom fighters on this Republic Day, Our college hoisted the flag in our college premises, followed by formal programme and some performances by our students which was further continued with a quiz competition held for our teachers and students.

**“Participation is one of the best methods of education”**

This Year our college participated in Goa's one of the biggest intercollegiate cultural event i.e PLEXUS- an intercollegiate event of Goa Medical College. It was held on 4th, 5 th and 6th March 2024 at Shyamaprasad Mukherjee stadium Bambolim. Most of the students participated enthusiastically and enjoyed to the fullest. Various events were lined up including group dance, duet singing, face painting, street play, stage play, dance battle, reel and meme making, fashion show, etc. It was a great experience representing our college.



The most awaited event of Goa College of Pharmacy i.e. FORMULATIONS was round the corner. We started the preparation. After long discussions and struggles came to the conclusion of having it for 2days i.e on 2nd and 3rd May 2024. It was our first grand event which we as a council were about to organise. And indeed was a successful one. Various events were organised for our students. The battle was between the classes to win the trophy. Few extra elements in decoration brightened the show. The event ended in a musical way with DJ- DEVAYAA who added fun to the show.

It was time to say Goodbye to our seniors, Farewell was organised on 12th July 2024. A token of love was given to our seniors. Video depicting Memory down the lane was projected, included their college memories. The programme was graced by the performance of 2nd years Irisa and Jayson, along with Shantanu from 4th Year. Students were asked to share their experiences. Teachers too expressed their feelings.

Ae Watan Mere Watan Azad Rahe Tu!!!!

Independence day celebration was held on 14th August 2024. 2 competitions were organised, Quiz and Patriotic singing Competitions. Full fledged participation was seen from students. On 15th August Flag hoisting followed by formal programme was held. Further, annual sports along with cultural event prize distribution took place in the main hall.

।श्री कृष्ण गोविन्द हरे मुरारी, हे नाथ नारायण वासुदेवा।।

As we move ahead, Krishna Janmashtami was celebrated on 26th August 2024. Various Competitions such as Dahi Handi, Blind folded Matka Breaking, Wall hanging, Matka and Flute Decoration, Thali Decoration competitions were organised. Overall winners were 3rd years and Runners up were 4th years.

**“Teachers are the compass that guides us on the path of knowledge and enlightenment”**

On 5th September 2024, Student Council along with Students of GCP celebrated Teacher’s Day. Carrom Tournament was organised for our beloved teachers. They participated enthusiastically. Winners were declared in 2 categories Male: Dr.Anant Bhandarkar and Female: Mrs. Asmita Arondekar. Cultural programme was held where students expressed their feelings about teachers. A small token of appreciation was presented to all teachers. Performances were showcased followed by games.

“Swachh Bharat Abhiyaan, Ek kadam Swachhta ki ore” Swachh Bharat Abhiyaan was conducted this

year in our college premises. All students were assigned classes to clean. Students including the teachers participated in the same.

सर्व मंगल मांगल्ये शिवे सर्वार्थ साधिके। शरण्ये त्रयम्बिके गौरी नारायणी नमोस्तुते।।

And the final count down begins as we organise our last event as Cultural Secretary and as a whole council for the year 2023-24. It’s the SHARDOTSAV’24. This year I was grateful enough and blessed to get the opportunity of performing Puja of Devi Saraswati. Shardotsav was celebrated on 10th October 2024. On this occasion we organised number of competitions like Garba/Dandiya, Ghumat arati, Garland, Akash Kandil, Reel Making and Rangoli Competition. Overall winners were Mpharms and Runners up were our juniors i.e 2nd years. Followed by Uttar Puja and Visarjan.

In conclusion, this has been a fulfilling and enriching experience for me. It actually built my confidence, decision making ability, courage to face every situation.

This Journey of being cultural secretary has given me lots of lessons, experiences, teachings. I remember the day I got elected as C.S of G.C.P , was a bit nervous and excited as well. I would like to extend my heartfelt gratitude towards our Principal and Student activity committee for giving me this opportunity and believing in me with the responsibilities. Followed by my parents who supported and guided me in each and every step. Further teaching and non-teaching staff a big thank you. Next would like to thank my very own council members Shivaraj Dalvi(General Secretary), Devesh Kudalkar(Sports Secretary), Mallika Rane(Magazine Secretary) and Tanaya Shetye(Ladies Representative) who have been a great support to me throughout my tenure and also to all the CR’s. Followed by our class C.R. and Assistant C.R along with my class for their unwavering support and hard work. It would have been impossible without your presence and support. Last but not the least my friends who were my backbone during my tenure as C.S. A very big thank you.

While this chapter comes to a close, I encourage my successors to continue the legacy and strive for even greater heights. Thank you all for your trust and support during my tenure. Shall take a leave as the CULTURAL SECRETARY OF Goa College Of Pharmacy Student Council 2023-24 with a bunch of memories which I shall cherish for the rest of my life. Wishing the very best to the upcoming council.

**SAYALI SANDEEP DIVKAR**  
Cultural Secretary  
2023-24



# SPORTS SECRETARY REPORT



**"The difference between the impossible and the possible lies in determination."**  
— Tommy Lasorda

It was a great honour for me to represent as the Sports Secretary of Goa college of Pharmacy for the academic year 2023-24. It was a complete new experience for me as I was delighted and excited at the same time.

Firstly, I would like to express my heartfelt gratitude to Almighty God for His abundant blessings, guidance, and grace that enabled me to

successfully organize and celebrate all the events throughout the year. I also want to extend a sincere thank you to our principal Dr Gopal Krishna Rao sir for his continuous guidance and encouragement. A big thank you to our Sports instructor Mrs Sarika Rathod ma'am and Sports committee of our college for their support and dedication that have been

instrumental in the success of all our sport events. Their encouragement and commitment have truly motivated our students to strive for excellence. Lastly I would like to sincerely appreciate my fellow council members and all my friends for their support, commitment and hardwork behind the scenes. Their enthusiasm and cooperation have ensured that each event ran smoothly.

With a great honour and satisfaction, I submit the Annual Sports Report for the academic session 2023-24. Our college has always been the advocate of the culture of sportsmanship and teamwork and this year hasn't been any different either. We have not only seen more people getting involved, but also some quite impressive successes in all sorts of sporting events. We participated in various inter- collegiate tournaments organised by different institutions. We also organised various intramural tournaments for our college students.

## Annual Athletic Meet – A Return After 5 Years

One of the highlights of this year was the 7th Annual Athletic Meet, which was organized after a long awaited gap of 5 years which could not be held due to covid-19 pandemic. The anticipation and enthusiasm among students and staff made this event truly special. From track events to field competitions, each moment was filled with excitement and a renewed sense of unity.

Venue : Athletic stadium, Bambolim

**Devesh Kudalkar**  
Sports secretary  
2023-24

**Participation in inter-collegiate tournaments organised by Goa University:**

In the academic year 2023-24 and 2024-25 our college participated in various inter-collegiate tournaments organised by Goa University,  
Participation is as follows:-

1. Athletics ( Men & Women)
2. Cricket (Men)
3. Chess (Mix)
4. Badminton ( Men & Women) in which Women's team secured Runner's up position at the state level with Ms Manjushri Raut being named as the Best player of the championship
5. Tennikoit (Women)

**Participation in inter-collegiate tournaments/activities organised by different colleges and organization:**

1. Inter-collegiate light ball cricket tournament organised by P.E.S's Rajaram & Tarabai Bandekar College of Pharmacy & P.E.S's College of Education, Farmagudi Ponda
2. Marathon of 5km and 3km for students and staff respectively organised by Goa State AIDS Control Society, Panaji

EVENTS	WINNERS	RUNNER UP
1. Football (Men) Venue: St. Cruz Football ground, Calapor	II Year BPharm	IV Year Bpharm
Best Footballer (Men) : Aman Alam (II Year Bpharm)		
2. Football (Women) Venue: St. Cruz Football ground, Calapor	Mpharm	II Year Bpharm
Best Footballer (Women): Mansi Kumbhar (MPharm)		
3. March Past Venue: Athletic Stadium, Bambolim	Dpharm	
4. Annual Athletic Meet	II Year BPharm	Dpharm
Individual championship (Men) : Noble Mathew (II Year Bpharm) Abhishek Bind (II Year Bpharm)		
Individual championship (Women) : Teertha Shetye (IV Year Bpharm)		
5. Badminton Venue: Campal Indoor stadium, Panaji		
Badminton singles (Men)	Prathamesh Parihar (DPharm)	Pavan Kumar Lamani ( III Year Bpharm)
Badminton singles (Women)	Muskan Sharma (III Year BPharm)	Nupur Gurav ( I Year Bpharm)

Badminton Doubles (Men)	Prathamesh Parihar & Harsh Rathi ( Dpharm)	Mihir Vernekar & Pavan Kumar Lamani (III Year Bpharm)
Badminton Doubles (Women)	Eulalia Pinto & Habiba Shaikh (Dpharm)	Muskan Sharma & Simran Rane (III Year Bpharm)
Mixed Doubles	Prathamesh Parihar & Aditi Naik (Dpharm)	Mihir Vernekar & Muskan Sharma ( III Year Bpharm)
6. Table Tennis Venue : Dhanvantari, Goa College of Pharmacy		
Table Tennis singles (Men)	Prathamesh Parihar (DPharm)	Aman Alam ( II Year Bpharm)
Table Tennis singles(Women)	Diya Gaitonde (II Year BPharm)	Vaishnavi Kamat ( II Year Bpharm)
Table Tennis Doubles (Men)	Prathamesh Parihar & Kamlesh Borana (Dpharm)	Sumukh Verlekar & Amogh Kinnerkar (Mpharm)
Mixed Doubles	Aman Alam & Diya Gaitonde (II Year Bpharm)	Vipul Rao & Vaishnavi Kamat( II Year Bpharm)
7. Carrom Venue : Dhanvantari, Goa College of Pharmacy		
Carrom singles (Men)	Sanjay Chavan (I Year BPharm)	Sapnil Gaonkar ( II Year Bpharm)
Carrom singles (Women)	Disha Dangui (MPharm)	Bhakti Bhobe ( II Year Bpharm)
Carrom Doubles (Men)	Sumukh Verlekar & Akhilesh Gogate (Mpharm)	Vrushabh Naik & Nitesh Yadav (I Year Bpharm)
Mixed Doubles	Prashant Gawade & Goutami Kauthankar (III Year Bpharm)	Sumukh Verlekar & Disha Dangui ( Mpharm)
8. Chess (Mix) Venue : Dhanvantari, Goa College of Pharmacy	Tanay Gaude ( I Year BPharm)	Raj Gaude (Dpharm)
9. Cricket Venue : GPP Playground, Panaji	IV Year BPharm	II Year Bpharm
Best Cricketer (Men) – Sahil Gaonkar (IV Year Bpharm)		
Best Cricketer (Women) - Teertha Shetye (IV Year Bpharm)		

The Overall Individual Championship for the academic year 2023-24 in MEN CATEGORY was bagged by Mr. Prathamesh Parihar from II Year Dpharm

- The Overall Individual Championship for the academic year 2023-24 in WOMEN CATEGORY was bagged by Ms. Muskan Sharma from III Year Bpharm
- The Overall Individual Championship for the academic year 2023-24 is won by II Year Bpharm
- The Overall Runners up Championship for the academic year 2023-24 is won by Dpharm

# GOVERNING COMMITTEE

Goa College Of Pharmacy, Panaji, Goa

<b>Dr. Praveen Khullar</b> Senior Director, Development Centre, Goa & Regional Co-ordinator APJ Generic BU, M/s. Sanofi Synthelabo India Pvt. Ltd., Verna, Goa.	<b>Chairman</b>
<b>The Secretary (Education)</b> Government of Goa.	<b>Member</b>
<b>AICTE (India Council for Technical Education)</b> Regional Officer (Western)	<b>Ex-Officio-Member</b>
<b>Dr. Vivek B. Kamat</b> Director Directorate of Technical Education, Government of Goa	<b>Ex-Officio-Member</b>
<b>Dr. Gopal Krishna Rao</b> Principal, Goa College of Pharmacy, Panaji, Goa.	<b>Member Secretary</b>
<b>The Director</b> Directorate of Food and Drug Administration, Government of Goa	<b>Member</b>
<b>Director</b> Directorate of Health Services, Goa.	<b>Member</b>
<b>Mr. Srinivasa Rao Kalkutla</b> Vice President, M/s. Lupin Limited, Verna, Goa.	<b>Member</b>
<b>Mr. Prasad S. Tamba</b> Secretary, Indian Pharmaceutical Association, Goa State Branch.	<b>Member</b>
<b>Prof. B.F. Rodrigues</b> Department of Botany, Goa University.	<b>Member</b>
<b>Dr. Rajesh Parab</b> Managing Director, M/s. Colorcon Ltd., Verna.	<b>Member</b>
<b>Shri Vivek V. Belokar</b> Assistant Director(C), Directorate of Technical Education, Government of Goa.	<b>Member</b>
<b>Dr. Sanjay Pai P.N.</b> Professor, Department of Pharmaceutical Chemistry, Goa College of Pharmacy, Panaji, Goa.	<b>Internal Faculty Member</b>
<b>Dr. (Mrs.) Rajashree Gude</b> Associate Professor in Pharmaceutics and Training & Placement Officer, Goa College of Pharmacy, Panaji, Goa.	<b>Internal Faculty Member</b>
<b>General Secretary, Students Council,</b> Goa College of Pharmacy, Panaji.	<b>Member</b>



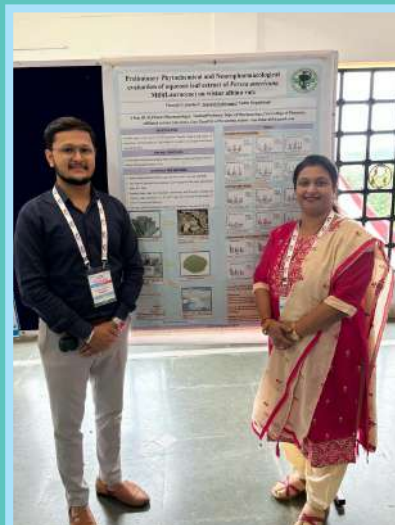
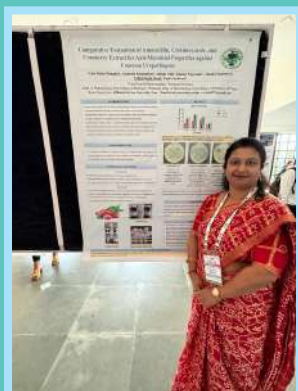
# EXPERTISE AT WORK

## Ms VEDITA HEGDE DESAI (Assistant professor) Department of Pharmacology

Details of publications

01. International Journal of current science (IJCSPUB) December 2022, Volume 12 Issue 4 "Screening of synergistic anxiolytic effect of diazepam and zinc on noise stressed rats"  
Authors: Vishwani V Naik, Vedita Hegde Desai, Sam Noronha

02. Drug Research April 2024, 2024: 74:1-7 "synergistic anxiolytic efficacy exploring the combined effects of diazepam and zinc chloride in wistar albino rats"  
Authors: Vishwani V Naik, Vedita Hegde Desai, Sam Noronha



## Prof. (Dr.) SHAILENDRA SHIVAJI GURAV Department of Pharmacognosy

- Honored to be included in the list of 'World's Top 2% Most Influential Scientists' for 2023 declared by Stanford University, USA, in August 2024



# TEACHING FACULTY



Department Of Pharm. Chemistry



Department Of Pharmaceutics



Department Of Pharm. Analysis

*Departmental photos*





Department Of Pharmacognosy



Department Of Pharmacology



Department Of Microbiology



# NON-TEACHING FACULTY



Physical Education  
Instructor



Office Administration



Lab Assistant's and Technician



Transport Team



Library Department



Computer Lab Administrator

*Supporting staff*

# TEACHING FACULTY

Dr. Gopal Krishna Rao	Principal
Dr. Arun B. Joshi	Professor
Dr. Madhusudan P. Joshi	Professor
Dr. Sanjay Pai P.N.	Professor
Dr. Yogita N. Sardesai	Professor
Dr. Rupesh K. Shirodkar	Professor
Dr. Anand A. Mahajan	Professor
Dr. Shailendra S. Gurav	Professor
Dr. Raghuvir R. Pissurlenkar	Professor
Dr. Rajashree S. Gude	Associate Professor
Kum. Lorna P. Silveira	Associate Professor
Smt. Teja V. Walke	Associate Professor
Dr. Titiksh Laxmikant Devale	Associate Professor
Dr. Bothiraja Chellampillai	Associate Professor
Dr. Sachi Kudchadkar	Assistant Professor
Shri Vithal Bhandare	Assistant Professor
Shri Vaibhav Potdar	Assistant Professor
Kum. Shailaja Mallya	Assistant Professor
Smt. Vedita Hegde Desai	Assistant Professor
Dr. Mythili Krishna J.	Assistant Professor
Smt. Shweta S. Borkar	Assistant Professor
Smt. Seema S. Shet	Assistant Professor
Smt. Saba G. Jamadar	Assistant Professor
Dr. Adison Fernandes	Assistant Professor
Smt. Asmita S. Arondekar	Assistant Professor
Dr. Rahul S. Chodankar	Assistant Professor
Shri Rohan R. Prabhu	Assistant Professor
Dr. Liesl M. Fernandes e Mendonca	Assistant Professor
Dr. Nutan L. Naik	Assistant Professor
Shri Raveendra L. Hullolikar	Assistant Professor
Dr. Anant V. Bhandarkar	Assistant Professor
Dr. Damita Lourdes Cota	Assistant Professor

# NON - TEACHING FACULTY

Shri. Sertorio Colaco	Head Clerk
Shri. Giridhar V. Gawade	Accountant
Mrs. Sarika Anil Rathod	Instructor of P. Ed
Shri. Kalidas Phadte	Technical Assistant
Smt. Nilisha P. Volvoikar	Technical Assistant
Smt. Arlette Barreto	Documentation Assistant
Shri. Vinay Naik	Documentation Assistant
Smt. Vaishali P. Pagui	UDC
Smt. Jennifer Rodrigues	UDC
Shri. Mohan M. Gaude	Storekeeper
Smt. Vaishali Raut	Library Assistant
Smt. Shilpa Gawas	Laboratory Assistant
Shri. Sham Babu Kharwat	Laboratory Assistant
Smt. Shanti Naik	Laboratory Assistant
Shri. Narayan Shetgaonkar	Laboratory Assistant
Kum. Sweta S. Vaiganker	Laboratory Assistant
Smt. Swapnaja B. Salgaonkar	Laboratory Assistant
Smt. Deepali Umesh Kholkar	Laboratory Assistant
Smt. Varsha N. Rasaikar	Laboratory Assistant
Smt. Farheen A. Shaikh	Laboratory Assistant
Kum. Shreya G. Madkaikar	Laboratory Assistant
Shri. Santosh S. Talavaneikar	LDC
Smt. Josefina Albertina Pereira	LDC
Smt. Riya P. Parvatkar	LDC
Shri. Rama R. Bagkar	LDC
Shri. Devanand J. Fadte	Driver
Shri. Arjun Sawant	Multi-Tasking Staff
Shri. Thomas Martin	Multi-Tasking Staff
Shri. Sandesh Gomes	Multi-Tasking Staff
Smt. Manisha M. Masurkar	Multi-Tasking Staff
Shri. Anand V.T. Pednekar	Multi-Tasking Staff



# NON-TEACHING FACULTY

Smt. Harisha Haridas Gaonkar	Multi-Tasking Staff
Shri. Gabriel Timoteo	Multi-Tasking Staff
Shri. Pravin T. Naik	Multi-Tasking Staff
Shri. Nitesh P. Mavlingkar	Multi-Tasking Staff
Shri. Hitendra R. Shirodkar	Multi-Tasking Staff
Shri. Vishal Khot	Multi-Tasking Staff
Shri. Joseph Fernandes	Multi-Tasking Staff
Miss. Himani G. Parab	Steno Secretary
Shri. Nitesh Y. Chodankar	L.D.C.
Shri. Anand Naik	Driver
Shri. Narayan S. Salgaonkar	Attendant
Smt. Kanchan B. Kalangutkar	Attendant
Smt. Prashanti M. Volvoikar	Attendant
Smt. Gunjan Govind Gaonekar	Attendant
Shri. Sandeep R. Gawade	Attendant
Smt. Rukmini P. Gaonkar	Attendant
Shri. Tulshidas Gaonkar	Security Guard
Shri. Nitesh Parab	Security Guard
Shri. Sandeep Kumar Prajapati	Security Guard
Shri. Amar Gaonkar	Security Guard
Shri. Devrath Sitaram Kankonkar	Security Guard
Shri. Avidas Sagun Usapkar	Security Guard
Shri. Narayan Vishnu Gawas	Security Guard
Shri. Sagar Santosh Bottarkar	Security Guard
Shri. Shivdas Rajan Bhagat	Security Guard
Mr. Yash S. Fadte Gaonkar	Accounts Executive
Ms. Aeshywaraya M. Gaonkar	Data Associate
Shri. Dattaray P. Naik	Storekeeper
Smt. Vidya Sandeep Shinde	Library Assistant
Shri. Vinod V. Naik	Laboratory Assistant
Ms. Sumeedha S. Harmalkar	Laboratory Assistant
Shri. Gurudas C. Shirodkar	Bus Cleaner

# ACHIEVER'S

Sakshi Adkonkar and Mevelee Dias secured 2nd and 3rd place in the Poster competition organised by DTE Porvorim on the occasion of 14th National Voter's Day, 2023



Manjushri Raut  
(M.Pharm,  
Pharmacognosy)

- Winner at season 2 Badminton tournament organised by senior shuttlers bicholim Goa in Ladies singles category, February 2024
- Winner at All Goa Badminton tournament organised by Verem



United Sports and cultural club in Team event, February 2024 Runner up at All Goa Badminton Team Championship organised by Smash Squad, May 2024

- Winner at Women's Badminton singles tournament organised by St.Rita's Chapel Youth, Carona, August 2023
- Semi-finalist at 11th All Goa Late Vincent Lobo badminton tournament
- Ladies singles, Parra Goa February 2023



Muskan Sharma (Third year, B.Pharm) was the 1st Runner Up of GSL's Mini Marathon organized by Goa Shipyard Limited, 2023

-Manjushri Raut, Muskan Sharma, and Nupur Gurav secured the Runner-up position at the Intercollegiate Badminton Championship 2024-2025.

-Manjushri Raut was awarded the Best Player (Women)

The students of Goa College of Pharmacy fervently participated in the event of Plexus 2024 hosted by the Goa Medical College from 4th to 6th March 2024. We competed enthusiastically with colleges from all over Goa, displaying our diverse talents. We secured places in the following events:

- Treasure hunt: 3rd place
- Leaf painting: 4th place
- Poster competition: 5th place
- Street play: 4th place
- Duet singing: 2nd place
- Stage play: 4th place
- Short story writing : 2nd place
- Reel making : 5th place
- Photography: 3rd place
- CS events: 2nd place

### **Shanaia da Silva**

secured the first place in the presentation competition organised by 1979 Classmates group of GCP in collaboration with PES's Rajaram and Tarabai Bandekar College Of Pharmacy, Ponda-Goa





# CLASS PHOTO GRAPHY



1st year, B. Pharm



2nd year, B. Pharm



3rd year, B. Pharm



4th year, B. Pharm





1st year, M.Pharm



2nd year, M.Pharm



D.Pharm

# ACADEMIC ACHIEVER'S Bachelor of Pharmacy

## **First year B.Pharm**

1. Aditi Anand Kalangutkar : CGPA - 8.92
2. Colleen Flavia Caeiro : CGPA - 8.88

## **Second year B.Pharm**

1. Chaya Gururaj Rathod : CGPA - 8.64
2. Shanaia Juana Da Silva : CGPA - 8.6

## **Third year B.Pharm**

1. Delicia Alina Almeida: CGPA - 8.86
2. Mallika Rane: CGPA - 8.5

## **Fourth year B.Pharm**

1. Gouli Neha Nagesh : CGPA - 8.86
2. Rachel Jalene Saldanha: CGPA - 8.7



### **Master of Pharmacy**

#### **Department of Pharmacognosy**

- 1.Vedita Kumar Gauns: CGPA -8.69
- 2.Ekta Mohan Parab : CGPA -8.69

#### **Department:Pharmaceutical Quality Assurance**

- 1.Vishal Laximan Mudakekar :CGPA - 8.38
- 2.Tanishka Devendra Dhavjekar : CGPA- 8.00

#### **Department of Pharmaceutical Chemistry**

- 1- Manasi Hanamant kumbhar : CGPA - 7.92
- 2- Pranil Devdas Arolkar : CGPA -7.08

#### **Department of Pharmacology**

- 1.Arati A. Dhatkar: CGPA -7.92
- 2.Mayuri B. Naik : CGPA -7.85

### **DIPLOMA IN PHARMACY**

#### **First year D.Pharm**

1. Prajakta Bhiku Naik 81.40%
2. Sidonia Rodrigues 80.40%

#### **Second year D.Pharm**

- 1.Vaishnavi Kashinath Kanekar- 83.63%
2. Socorro Minguel Fernandes- 80.54%

# YEAR AT GLANCE



**Student Council Installation Ceremony - 17th November 2023**









**62nd National Pharmacy Week - 22nd November 2023**





**General health camp - 24th November 2023**





## 62nd Goa Liberation Day - 19th December 2023





**74th Republic Day - 26th January 2024**





## 7th Annual Sports Meet









## Intramural Badminton Tournament







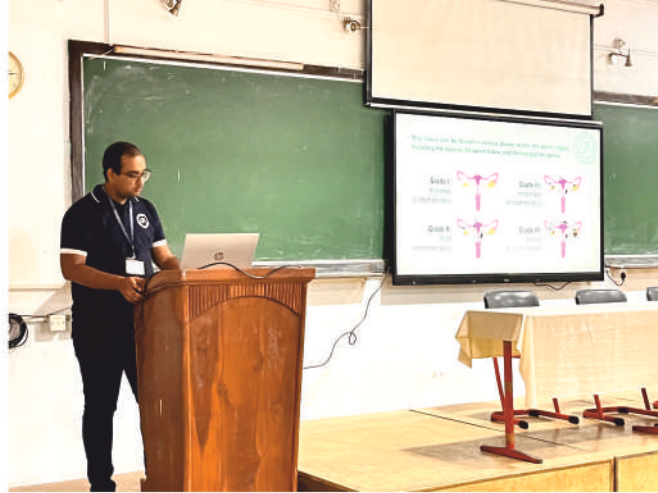


**Intramural table tennis, carrom and chess tournament**



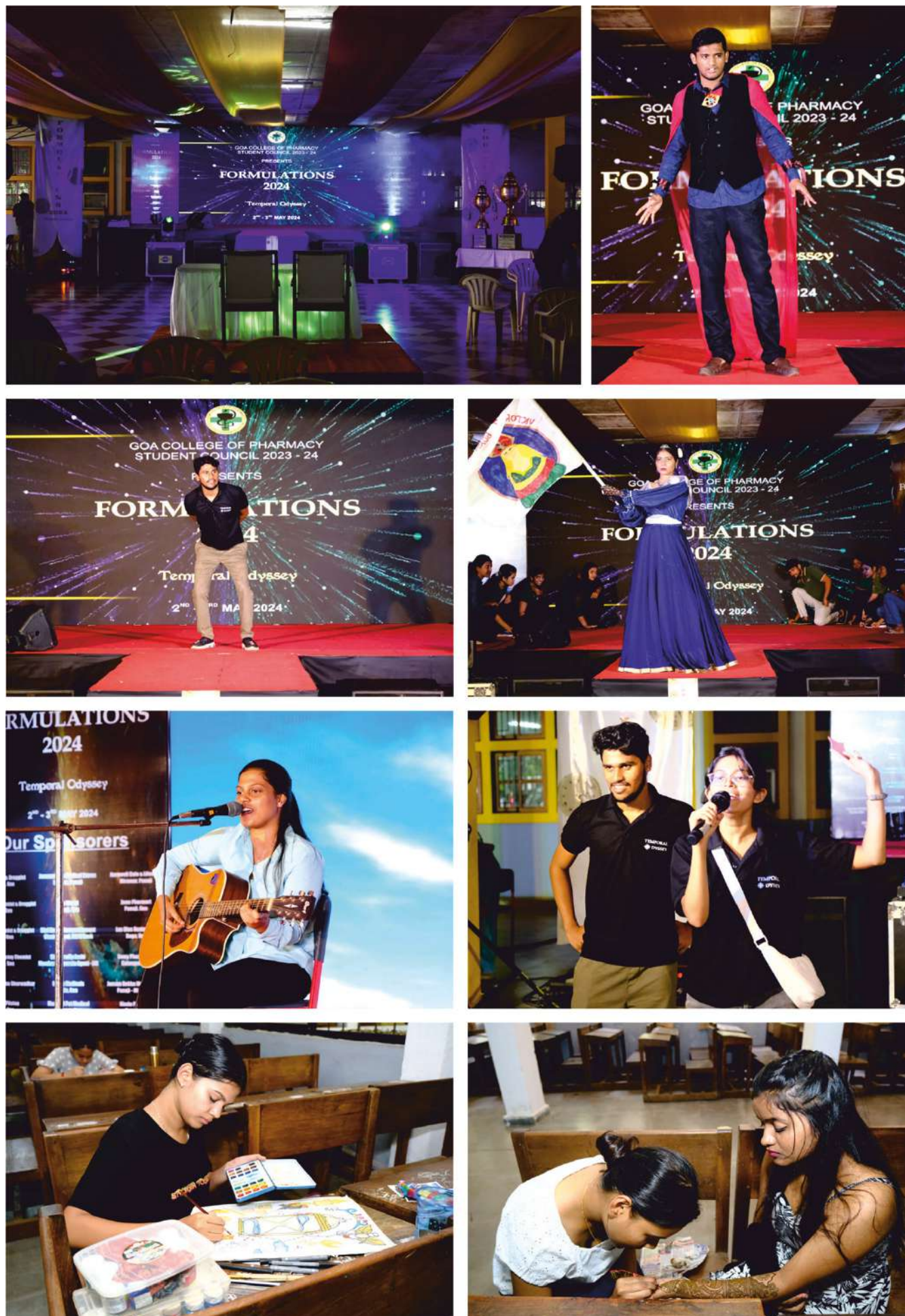






## Awareness session on Endometriosis





**Formulations 2024 - 2nd and 3rd May 2024**























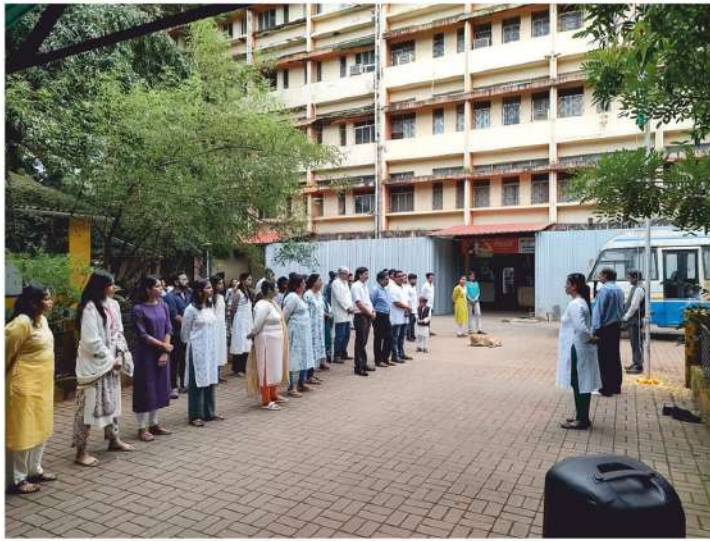






## Farewell - 12th July 2024





## 78th Independence Day Celebration - 15th August









**Teacher' s Day - 5th September 2024**









## Swachh Bharat Abhiyaan - October 2024



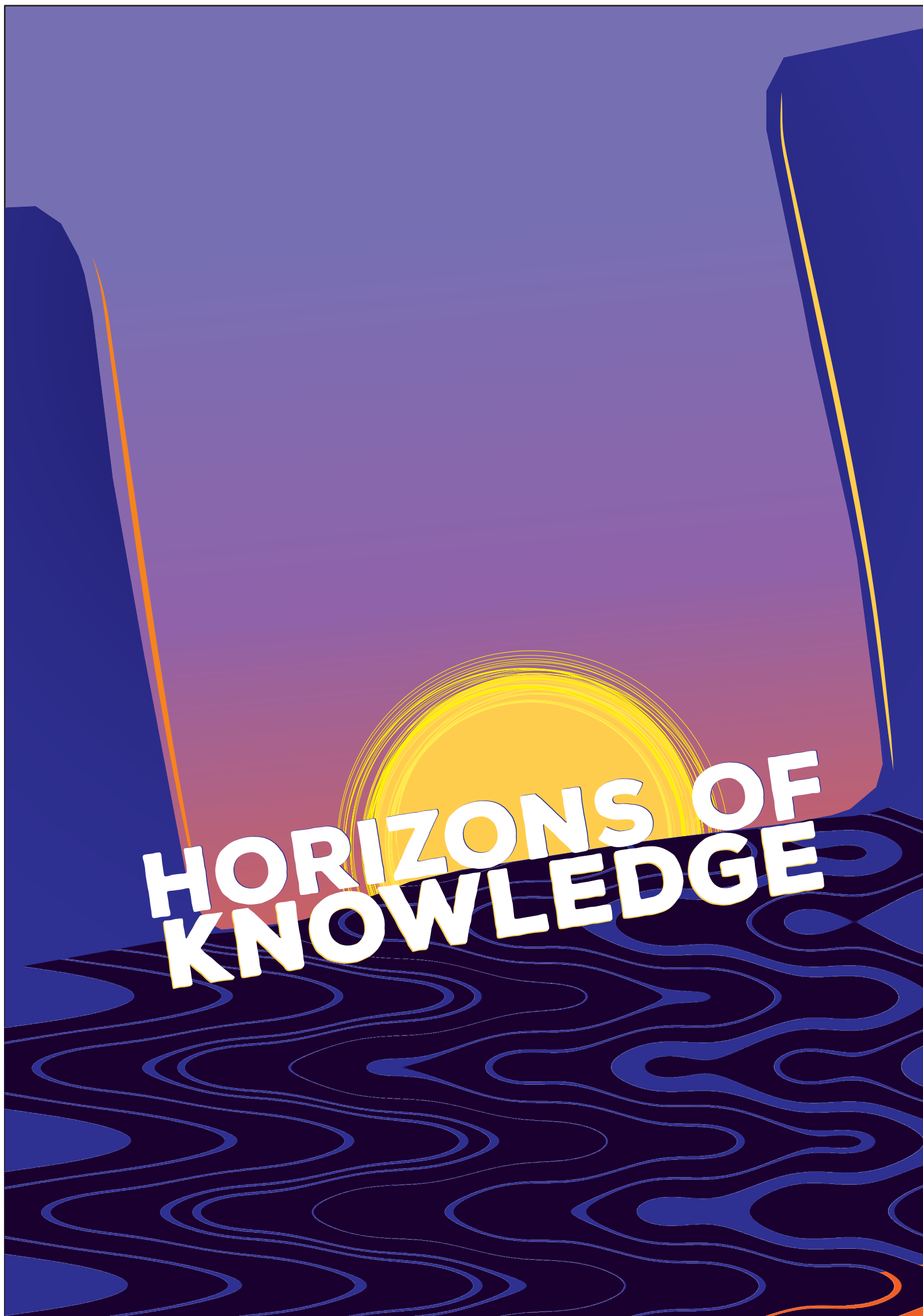






## Shardotsav - 10th October 2024





# WOMEN IN PHARMACY: CHALLENGES AND ACHIEVEMENTS



**SIYA SHAMRAO LOTLIKAR**  
Third year B.Pharm

## *The Historical Context:*

The historical context of women in pharmacy is a fascinating narrative of perseverance, innovation, and societal evolution. Throughout much of history, pharmacy was predominantly a male-dominated field, with women facing significant barriers to entry and advancement. In ancient times, women often played integral roles in herbal medicine and apothecary practices within their communities.

However, as formalized pharmacy emerged during the Middle Ages and Renaissance, women's involvement became increasingly marginalized. In Europe, for example, guilds and professional organizations restricted women's access to formal education and professional opportunities. Despite these obstacles, women persisted in their pursuit of pharmacy knowledge and practice.

The late 19th and early 20th centuries saw a gradual shift towards greater acceptance of women in pharmacy, particularly in the United States and Europe. However, progress was slow, and gender discrimination persisted within the profession. Women pharmacists often faced unequal pay, limited career advancement opportunities, and societal expectations regarding their roles as caregivers and homemakers. The mid-20th century marked a turning point, with increasing numbers of women entering pharmacy schools and joining the workforce. The feminist movement of the 1960s and 1970s further propelled efforts to break down barriers and promote gender equality in all professions, including pharmacy.

## *Breaking Barriers in Education and Research:*

Breaking barriers in education and research has been a pivotal aspect of the journey for women in pharmacy, shaping both their roles within the profession and the future of healthcare. Historically, women faced significant obstacles in accessing formal education and pursuing careers in pharmacy. However, through resilience, advocacy, and determination, women have progressively shattered these barriers. In the realm of education, women fought for admission to pharmacy schools and equitable opportunities for learning. These efforts led to the gradual integration of women into pharmacy education programs, paving the way for future generations. Today, women represent a substantial portion of pharmacy students worldwide, with many achieving academic excellence and leadership roles within their institutions. Programs and initiatives aimed at promoting diversity and inclusion have further supported the advancement of women in pharmacy education, ensuring equal access and opportunities for all aspiring pharmacists. Despite historical underrepresentation, women researchers have excelled in diverse areas such as pharmaceutical sciences, clinical research, and pharmacotherapy.

Organizations and professional societies have played a crucial role in advocating for equal opportunities and recognition of women researchers. Looking ahead, breaking barriers in education and research remains essential for empowering women in pharmacy and shaping the future of the profession. Continued efforts to promote diversity, equity, and inclusion will ensure that all pharmacists, regardless of gender, have the opportunity to contribute their talents and expertise to improving healthcare and driving innovation in pharmacy practice and research.



### ***Addressing Challenges and Advancing Equity:***

Despite their significant contributions, women in pharmacy continue to face challenges such as gender discrimination, wage disparities, and underrepresentation in leadership positions. Recognizing these barriers, efforts have been made to promote gender equity and inclusivity within the profession. Professional organizations and advocacy groups advocate for policies that support women pharmacists, including equal pay initiatives, mentorship programs, and leadership development opportunities. By addressing these challenges head-on, the pharmacy profession can harness the full potential of its diverse workforce and drive meaningful change.

### ***Conclusion***

In the tapestry of pharmacy, women have woven an irreplaceable thread, shaping its past, defining its present, and charting its future. Their journey, marked by breakthroughs in education, pioneering research endeavors, and bold leadership strides, stands as a testament to resilience, perseverance, and unwavering dedication. As we reflect on their invaluable contributions, let us not merely admire their achievements but commit to fostering an environment of gender equity and inclusivity. At IIMT University, this dedication to empowering women in pharmacy isn't just a mission; it's a cornerstone of our ethos. Together, let's envision a future where every female pharmacist is celebrated, supported, and given equal opportunities to thrive. By embracing diversity and recognizing the multifaceted talent within our ranks, we can cultivate a vibrant and inclusive pharmacy profession that resonates with the aspirations of female pharmacists worldwide.



# THE ROLE OF PHARMACISTS IN MANAGING CHRONIC DISEASES



**SHANAIA D'SILVA**  
Second year, B.Pharm

Imagine a world where every patient with a chronic disease has a dedicated healthcare partner ensuring their medication is optimized, their symptoms are managed, and their quality of life is enhanced. This isn't a far-off ideal but a growing reality thanks to the pivotal role pharmacists are playing in chronic disease management. In an era where healthcare systems are stretched thin, pharmacists are emerging as indispensable allies in the fight against chronic conditions like diabetes, hypertension, and asthma.

Chronic diseases, which include conditions such as diabetes, hypertension, and chronic obstructive pulmonary disease (COPD), are the leading cause of death and disability worldwide. According to the World Health Organization, these conditions account for more than 70% of all deaths globally. With such staggering statistics, how can the healthcare system effectively manage and improve outcomes for millions living with chronic diseases?

Pharmacists are increasingly stepping into roles that extend far beyond traditional medication dispensing. Their expertise in medication management, patient education, and health monitoring; positions them as crucial players in chronic disease care. As Dr. Erin Albert, a pharmacy educator and author, aptly puts it, "Pharmacists are the medication experts, and their involvement in chronic disease management is essential to optimizing patient outcomes."

Consider the case of John, a 62-year-old patient with diabetes and hypertension. Before working with a pharmacist, John struggled to manage his complex medication regimen and often missed doses, resulting in poor blood sugar control and frequent hospital visits. After collaborating with a pharmacist, his medication was carefully adjusted, and he received personalized education on lifestyle changes and self-monitoring. With this support, John's condition stabilized, and he reported a significantly improved quality of life. This example underscores the transformative impact pharmacists can have on chronic disease management.

Another compelling instance is the work of pharmacist-led clinics in managing hypertension. For example, the Hypertension Management Program at the University of California, San Francisco, utilizes pharmacists to conduct regular blood pressure checks, adjust medications, and provide counseling. The results have been impressive: patients under pharmacist care experience better blood pressure control and fewer complications. The success of such programs highlights the value pharmacists bring in not only managing but also preventing the progression of chronic diseases.

Yet, despite these successes, challenges remain. How can we ensure that pharmacists are effectively integrated into healthcare teams? What barriers need to be overcome to maximize their potential in chronic disease management? These are critical questions that healthcare systems must address. As Dr. Aaron S. Kesselheim, a professor at Harvard Medical School, notes, "The potential for pharmacists to improve chronic disease management is immense, but it requires systemic changes and a redefinition of their roles within healthcare teams."



Pharmacists are uniquely equipped to tackle the complexities of chronic disease management. Their role involves not just dispensing medications but also performing medication therapy management, which includes assessing the appropriateness of treatments, monitoring for adverse effects, and ensuring adherence. Additionally, they offer valuable patient education, helping individuals understand their conditions and the importance of lifestyle changes.

The impact of these contributions extends beyond individual patients. By improving medication adherence and managing side effects, pharmacists can reduce hospital admissions and overall healthcare costs. A study found that pharmacist-led interventions in chronic disease management can lead to significant cost savings and improved patient outcomes. This evidence supports the integration of pharmacists into chronic disease management teams as a cost-effective strategy to enhance care.

In conclusion, the role of pharmacists in managing chronic diseases is both critical and transformative. As healthcare systems evolve to address the growing burden of chronic conditions, pharmacists are emerging as vital contributors to patient care. Their expertise in medication management, patient education, and disease monitoring enhances the quality of care and improves health outcomes.

As we look to the future, it is imperative that we continue to support and expand the role of pharmacists in chronic disease management. The potential benefits are immense, not only for individual patients but for the healthcare system as a whole. In the words of Benjamin Franklin, "An ounce of prevention is worth a pound of cure." By harnessing the full potential of pharmacists, we can move closer to a future where chronic diseases are not just managed but effectively prevented and controlled. The path forward is clear: let us embrace and fully integrate pharmacists into the heart of chronic disease care, ensuring that every patient receives the comprehensive support they need to lead healthier, more fulfilling lives.

UCSF School of Pharmacy. (2022). Pharmacist-led Hypertension Management Program. UCSF School of Pharmacy Website

UCSF School of Pharmacy. (2022). Pharmacist-led Hypertension Management Program. UCSF School of Pharmacy Website

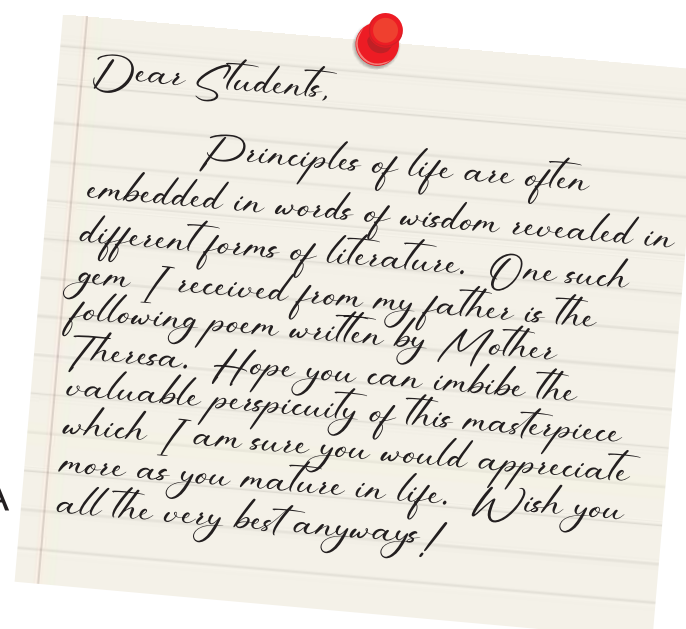
Kesselheim, A. S., & Avorn, J. (2014). "The Role of Pharmacists in Healthcare Reform". New England Journal of Medicine, 370(22), 2123-2125. NEJM Article

WHO. (2021). Noncommunicable diseases. WHO Website





**Dr. MYTHILI KRISHNA JEEDIGUNTA**  
Assistant Professor  
Dept. of Pharmacognosy



## ANYWAY

People are unreasonable, illogical and self centered; Forgive them  
anyway.

If you do good, people will accuse you of selfish ulterior motives;  
Be kind anyway.

If you are successful you win false friends and true enemies; Succeed  
anyway.

The good you do today will be forgotten tomorrow; Do good anyway.  
Honesty and frankness make you vulnerable; Be honest and frank anyway.

People favor underdogs but follow only top dogs;  
Fight for some underdogs anyway.

What you spend years building may be destroyed overnight; Build anyway.  
People really need help but may attack you if you help them;  
Help people anyway.

Give the world the best you have and it will never be enough; Give  
the world the best you have anyway.

You see in the final analysis, it is between you and God; It was never  
between you and them anyway.



# THE BEST YEARS OF OUR LIVES



**ANABELLE ANDRADE**  
Third year B.Pharm

Everyone has heard the generations-old adage: Your college years are the best years of your life. But is there actually any truth in it? Or is it just a throwaway line, meant to keep us slogging in school, in the hopes of a better way of life when we reach college? Just as we've heard the phrase "10th ke baad, mazaa hi mazaa" as a means of motivation to excel in our board exams?

As someone who has spent four years at GCP, I feel qualified enough to answer this question: it's a 50-50 situation, in the sense that it could either be the most beautiful years of your entire life, or the absolute worst. It all depends on what you make of it. So, what determines the outcome, will you leave this college with beautiful memories or with a bad taste in your mouth (like a medicine)? Well, the first and most obvious factor would be: do you enjoy studying the course you chose? If you do, then attending classes, completing assignments, performing practical work, everything feels like a breeze. Even studying for exams (however ceaseless they might be) doesn't feel like a chore.

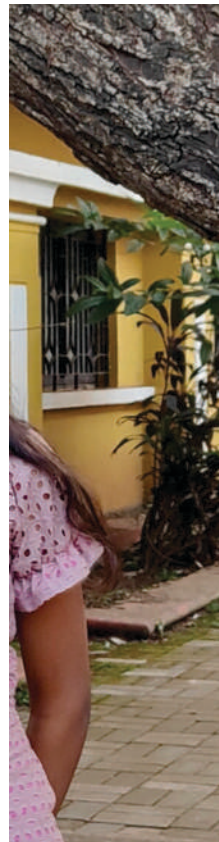
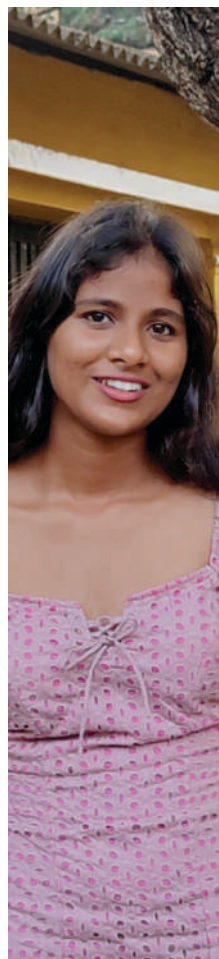
The second, but equally important factor would be the company you choose. We all agree that life would be completely meaningless without anyone to share it with. And the people we choose to share it with are the ones who bring meaning to it. And college happens to be the time when we meet the best people. The friends you make in college are the ones who've arguably seen you at your worst, they've seen you at the 9 a.m. lecture you dragged yourself to, they've seen you on the day before that paper you weren't prepared for, they've seen all your antics and drama. But mostly, they saw you before the responsibilities and hurdles of life came crashing down upon your consciousness. Whether college life were your best years or not, they are most definitely the last years of true freedom. This is the last time when your biggest responsibility is that assignment you have to submit by Monday, and the biggest disappointments are losing in inter-college events, the last time your hard work will be acknowledged by a kind word or a pat on the back, and the last time you and your friends won't have to clear schedules to meet up for lunch. This is the last time it will be okay to be ignorant, and also probably the last time you'll feel young. After this, there's just the drudgery of work and the ever-growing list of responsibilities. Our college years are meant to prepare us for that life, whether we pursue a career in the same course or not. The purpose of education is to teach us to think for ourselves, so that we may grow not just intellectually, but also emotionally. The people we meet along the way are just the icing on the cake!



# THE EVOLUTION OF SOCIAL MEDIA INFLUENCERS



SAKSHI ADKONKAR



2nd year B.Pharm

**"Flipping the logic of contemporary marketing on its head, these social media influencers have come to herald an important new direction in celebrity culture."**

In recent times, social media influencers have evolved from being niche digital personalities to full-blown powerhouses within a mainstream culture — affecting trends, consumer habits and in some instances societal values. In the beginning, influencers were little more than fans sharing their hobbies—beauty routines, workout advice or video gameplay snippets — with a niche audience on platforms such as YouTube and Instagram. Their authentic, raw material was appealing to an audience that had grown tired of the traditional medium and its frankly pretty unobtainable presentation. The connection at its roots was the building block of their impact. With that evolution of the digital space, so too came an evolving industry in influencers. Brands saw the exceptional trust and respect influencers their followers had. Where traditional celebrities were often whole states away, influencers became more like our personal friends, taking us on coffee runs and showing the laundry piling up behind their heads. That realness helped make their endorsements appear more authentic and resulted in them taking consumers on the journey leading to huge changes in purchasing behaviour.

But at the same time, this sector saw sharp growth and many challenges too. However, this has also resulted in an increase of saturation within the market with more and more people desiring to be influencers fake followers continue being linked. A few influencers started considering brand deals over their content quality which turned down the trust they had developed. Furthermore, the increase in fake followers and engagement muddled the waters as brands struggled to understand who was truly influential vs those sporting their numbers with artificial support of some sort (or similarly low quality). However, the influencer industry is ever-changing. On platforms like TikTok, thousands of average users have become viral stars overnight. Besides, the emphasis is no longer on numbers (well it kinda still is) but more now constituent engagement and following in a niche. Brands look for micro-influencers (those with a smaller, but social-specific following) because they encourage more meaningful interactions. To sum it all up, social media influencers have come a long way not just in name but also with how our habits to consume and engage have evolved as well. Though it is not without challenges, its flexibility means that influencers will always be a key part of the future of digital marketing and culture.



# WHY SHOULD I WRITE



**RAMKRISHNA CHOPDEKAR**  
Third year B.Pharm

**"I see writing as a powerful medium with the potential to address and solve people's problem in today's world, provided one is committed to using it effectively."**

"The magazine secretary sent a text message requesting artwork, poems, write-up for our college's upcoming 2024 magazine.

After spending an entire day searching for a topic to write about, I was on the verge of closing my book in frustration. Just then, I noticed a calendar with photos of veer savarkar and Rabindranath Tagore. Upon closer inspection, I realised that the second photo was not actually of Tagore. However, the actions of these

two legends in the past and present days inspired me and provided the topic I was searching for.

Famous writer R.K Narayana once said "A writer is a person who cannot write". This reflects the idea that writing is an intrinsic part of a writer's identity.

It is a straightforward 5 letter word 'write' The individual or writer may have different meaning to it based on different emotions, conditions, experience, feeling's etc.

"I see writing as a powerful medium with the potential to address and solve people's problem in today's world, provided one is committed to using it effectively."

During the British colonial rule, veer savarkar published a book advocating complete Indian Independence by revolutionary means. One of the book he published called The Indian war of Independence about the Indian Rebellion of 1857 which was banned by British colonial authorities.

Again when he was put in cellular jail (kala panni) at Andaman and Nicobar island. He's emotions and love for his nation gave a birth to one of the famous poetry in marathi "Tu majasi ne bharat matrabhumila."

Lokmanya Balgangadhar Tilak started 2 news papers, Marathi news paper "Kesari" and an English paper "Maratha" which created a wave of patriotism among the Indian people. It is a evidence that learning and writing is source of light in darkness.

Writing or jotting down thoughts can resolve up to 50 percent of the work load or confusion when dealing with complex process.

Writing is one of the most important skill student need to developed through out their education. Writing your thoughts will help you to explain yourself, improve communication skills, Creativity and self expression promotes patience, enhances thinking and self confidence.

Clear writing turns out to be important when communication takes place in writing words to each other, clear writing is a sign of clear understanding and thinking. Good writer know how to communicate ,make things easy to understand and know when to leave out the unnecessary.

"One can develop strong writing skills through reading, learning, listening, and practising whenever the opportunities arises. For me the time to focus on this development is now."

In the beginning you'll find it little difficult I, but start with simple try to pen down your thoughts, then work on refining your language replacing the common words or making your wordings more impactful making expression and impact in every single word came out of your pen.

Remember for next time give it a try let the new ideas and thoughts flow and pass on creating new stories ✨☺ and exploring the new possibilities.

# RESPECT. It's not just a word; It's a way of life



**Mrs. SHWETA S. BORKAR**  
Assistant Professor

Respect for ourselves guides our  
morals; Respect for others  
guides our manners  
-Laurence Sterne

In a class on negotiations and the impact of power, two students in a mock group negotiation exercise willingly to walk out of a profitable deal so that a stronger member of the group could be taught a lesson and be left with nothing. When asked in the debriefing session as to the reason, the response that came was that the man in power was asserting his authority over the less powerful groups and constantly showed an arrogant attitude. The lack of respect given was enough for them to accept losses, provided that the student with power, lost face in front of others.

Another group in the same class walked in with extremely different results. The outcome was more equally distributed. In this case, the person in power was asked for the reason. His reasoning was "I know I have power; but I don't need to show it. I have to build relationships with these other players, so it is important I treat them with respect as it is these small relationships that will help me in the future."

Every day, we hear stories of how someone was bullied at school, harassed at work or hurt by others just because of their appearance; by judging someone by the way they look, the accent they use or the language they speak, or who they are related to? Isn't it right? It has nothing to do with their morals, beliefs, or their intelligence and we never really know that person with their funny accent. May be that person, just be the person growing the food who put it on our table. That person who looks different may just be the one who build the roof that goes over our heads. So, we should always be kind towards others; regardless of our differences and also necessary to know that this is a world of co-existence.

Respect is a broad term. Experts interpret it in different ways. Generally speaking, it is a positive feeling or action expressed towards something. Respect is one way of expressing our love and gratitude towards others. It may indeed be the glue that binds people together. Furthermore, it could also refer to something held in high esteem or regard. Showing Respect is a sign of ethical behavior. If we want others to give us respect, it is important that we respect them too. Respect is the most powerful ingredient that nourishes all relationships and creates a good society. Students should learn the true meaning of respect. They must understand what respect means with reference to themselves and to other people. Respect is a lesson that we learn over the years in our life. The ability to treat everyone with respect and equality is an easy trait to learn, but a difficult trait to carry out. Respect is indeed one of the most valuable assets.

Being respected by important people in our lives teaches us how to be respectful toward others. Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. Respect in your relationships builds feelings of trust, safety, and wellbeing. A respectful person is one who shows care and concern for others. He is courteous, kind, fair, honest and obedient. With respect comes a better and more clear way of life. Respect for others helps to promote empathy and tolerance. It helps in building healthy relationships with family and friends. We feel motivated and happy when we are respected by others.



Respect doesn't have to come naturally –it's something you learn. What does respect look like? Think about all the different situations in life where you have to get along with others – how do you know if there's respect with others. There are various signs of a disrespectful relationship. Unfortunately, not all friendship or relationship are mutually respectful. Sometimes, you might find yourself dealing with toxic behaviors from friends/ family and others or even experiencing emotional abuse. Here's what disrespect can look like – Being ghosted, ignored or given a silent treatment, being criticized or insulted, being humiliated, punished, blamed or threatened and many more.

Respect begins with oneself. Respect is an important component of personal self-identity and interpersonal relationships. We must respect and value ourselves so that the rest of the world recognizes us and respect us. There are ways to show respect to others. Respect is a feeling of care for someone, which can be shown through good manners. There are several ways in which we can show respect to others. We all inculcate the value of respecting others from childhood. For example doing Namaste/ greeting when guests come to our home is one way of showing respect to them. It is a gesture of acknowledgement & greeting people. We touch the feet of elders to show respect to them. We must take permission before using another person's property. Teasing, threatening, or making fun of others can hurt them. So, we should respect others' feelings and should not do anything that hurts them.

In conclusion, Respect is a major aspect of human socialization. It is certainly a precious value that must be preserved. Respectful behavior is vital for human survival. Respect is learned, earned, and returned. If we expect respect, then be the first to show it!

If they respect you, respect them. If they disrespect you, still respect them. Do not allow the actions of others to decrease your good manners, because you represent yourself, not others.

Thank you



# ROLE OF PHARMACISTS IN CLINICAL TRIALS



**DIPTI NAVNATH NAIK**

First year, D.Pharm

## What happens in a clinical trial or study?

1. Research staff explain the trial or study in detail, answer your questions, and gather more information about you.
2. Once you agree to participate, you sign an informed consent form indicating your understanding about what to expect as a participant and the various outcomes that could occur.
3. You are screened to make sure you qualify for the trial or study.
4. If accepted into the trial, you schedule a first visit, which is called the "baseline" visit. The researchers conduct cognitive and/or physical tests during this visit.
5. For some trials testing an intervention, you are assigned by chance (randomly) to a treatment group or a control group. The treatment group will get the intervention being tested, and the control group will not.
6. You follow the trial procedures and report any issues or concerns to researchers

7. You may visit the research site at regularly scheduled times for new cognitive, physical, or other evaluations and discussions with staff. During these visits, the research team collects data and monitors your safety and well-being.

8. You continue to see your regular physician(s) for usual health care throughout the study

## What are the different phases of clinical trials?

Clinical trials of drugs and medical devices advance through several phases to test safety, determine effectiveness, and identify any side effects. The FDA typically requires Phase 1, 2, and 3 trials to be conducted to determine if the drug or device can be approved for further use. If researchers find the intervention to be safe and effective after the first three phases, the FDA approves it for clinical use and continues to monitor its effects. Each phase has a different purpose:

- A Phase 1 trial tests an experimental drug or device on a small group of people (around 20 to 80) to judge its safety, including any side effects, and to test the amount (dosage).
- A Phase 2 trial includes more people (around 100 to 300) to help determine whether a drug is effective. This phase aims to obtain preliminary data on whether the drug or device works in people who have a certain disease or condition. These trials also continue to examine safety, including short-term side effects.
- A Phase 3 trial gathers additional information from several hundred to a few thousand people abouts safety and effectiveness, studying different populations and different dosages, and comparing the intervention with other drugs or treatment approaches. If the FDA agrees that the trial results support the intervention's use for a particular health condition, it will approve the experimental drug or device.
- A Phase 4 trial takes place after the FDA approves the drug or device. The treatment's effectiveness and safety are monitored in large, diverse populations. Sometimes, side effects may not become clear until more people have used the drug or device over a longer period of time.

Clinical trials that test a behavior change, rather than a drug or medical device, advance through similar steps, but behavioral interventions are not regulated by the FDA. Learn more about clinical trials, including the types of trials and the four phases. What happens when a clinical trial or study ends? Once a clinical trial or study ends, the researchers analyze the data to determine what the findings mean and to plan the next steps. As a participant, you should be clear until more people have used the drug or device over a longer period of time. Clinical trials that test a behavior change, rather than a drug or medical device, advance through similar steps, but behavioral interventions are not regulated by the FDA. Learn more about clinical trials, including the types of trials and the four phases.

## What happens when a clinical trial or study ends?

Once a clinical trial or study ends, the researchers analyze the data to determine what the findings mean and to plan the next steps. As a participant, you should be provided information before the study starts about how long it will last, whether you will continue receiving the treatment after the trial ends (if applicable), and how the results of the research will be shared. If you have specific questions about what will happen when the trial or study ends, ask the research coordinator or staff.



# FORMULA 1

## A Thrilling Journey Through Speed, Skill, and Legends.



**GIANINE LOBO**  
Third year, B.Pharm

Since its inception in 1950, Formula 1 (F1) has been synonymous with speed, innovation, and glamour, captivating millions of fans across the globe. Often referred to as the pinnacle of motorsport, F1 is more than just a race—it's a high-octane blend of cutting-edge technology, human skill, and the relentless pursuit of perfection. For anyone with even a slight interest in cars or competition, there's no better time to dive into this incredible world.

F1 has evolved dramatically since its humble beginnings. The first official Formula 1 World Championship race took place at Silverstone, England, in 1950, and was won by Italian driver Giuseppe Farina in an Alfa Romeo. Over the years, the sport has seen incredible technological advancements, from the introduction of rear engines in the 1960s to the modern hybrid power units that dominate today.

The names of legendary drivers like Ayrton Senna, Michael Schumacher, and Alain Prost resonate through F1's history. Schumacher, with his record seven world titles, dominated the 1990s and early 2000s. His dominance paved the way for the rise of new stars, setting the stage for the intense rivalries and fierce competition we witness today. In recent years, a new generation of drivers has emerged, thrilling fans with their incredible skill and sheer determination. Max Verstappen, Lewis Hamilton, Charles Leclerc and Carlos Sainz are among the sport's most prominent figures, each bringing their unique flair to the track.

Max Verstappen, the reigning World Champion, has been a force to reckon with since he joined F1 at just 17 years old. Now driving for Red Bull Racing, Verstappen's aggressive driving style, combined with his exceptional racecraft, has led him to multiple championships. His rivalry with Lewis Hamilton has produced some of the most exciting moments in F1 history, particularly during their intense 2021 season battle.

Lewis Hamilton, a name synonymous with greatness in the modern era, is a seven-time World Champion, equalling Michael Schumacher's legendary record. Driving for Mercedes, Hamilton's blend of speed, consistency, and strategic brilliance has cemented his legacy as one of the greatest drivers in the sport. Beyond the track, Hamilton is a strong advocate for diversity and environmental sustainability, using his platform to drive change.

Charles Leclerc, the young star from Monaco, has shown immense potential with Ferrari. Known for his smooth driving style and impressive race intelligence, Leclerc has quickly become a fan favorite. As Ferrari seeks to return to its former glory, Leclerc's role in leading the team back to championship contention cannot be overstated.

Carlos Sainz, also driving for Ferrari, has steadily carved out a reputation as one of the most versatile and consistent drivers on the grid. Known for his adaptability and calm under pressure. His move to Ferrari from McLaren has seen him grow even more, securing his first career victory at the British Grand Prix in 2022. Together with Leclerc, Sainz forms a formidable duo, making them a constant threat to the competition.

Formula 1 has undergone significant changes to make racing more competitive and thrilling. The introduction of budget caps, revamped car designs for closer racing, and an increased focus on sustainability have all helped to level the playing field. Now, more than ever, every race is packed with action, and anyone can come out on top.

For example, the current season showcases intense rivalries not only between Verstappen, Hamilton, and Leclerc but also emerging talents like Lando Norris and George Russell. With cars reaching speeds over 350 km/h, a race can be decided by mere milliseconds, keeping fans on the edge of their seats until the checkered flag waves.

Formula 1 isn't just about the race on Sunday. It's a world filled with drama, strategic intrigue, and technological marvels. Every race weekend offers practice sessions, qualifying, and the main event, with each part holding significant weight. There's nothing quite like seeing a driver take a corner at incredible speeds or witnessing the tactical genius of a pit stop that shaves mere seconds off a race time.

F1's growing accessibility through streaming platforms and interactive content makes it easier than ever for new fans to get involved. With documentaries like *Drive to Survive* on Netflix, even the behind-the-scenes dynamics are laid bare, giving viewers an inside look at the intensity and passion that fuels every team and driver.

The future of F1 is bright, with the sport expanding into new territories and continuously innovating to stay at the cutting edge of motorsport. As F1 strives for carbon neutrality by 2030, it continues to set the standard not just in racing but also in technology and sustainability.

For anyone looking to immerse themselves in a world of speed, strategy, and spectacle, there's no better time to start watching F1. With races taking place in some of the most iconic cities worldwide—Monaco, Singapore, Austin, and beyond—every Grand Prix is a celebration of global culture, precision engineering, and human excellence.

So, whether you're a car enthusiast, a lover of competition, or just someone seeking thrilling entertainment, tune in to the next F1 race. You might just find yourself hooked on the exhilarating world of Formula 1!







**MEGHANA PRABHU**  
Second year, B.Pharm

# Reality behind the fake

It was a beautiful Sunday morning. The rain had just stopped, leaving the world sparkling and fresh. The sky was a bright, clear blue and the air was filled with the sweet songs of chirping birds. The scent of wet earth lingered, creating a peaceful and rejuvenating atmosphere.

Rani, who was at the vibrant age of 20, full of energy and dreams yet to be realised: "It's so refreshing after the rain. I needed this, but I am still bothered by what I saw on social media."

Neha, Rani's elder sister, in her early thirties, seasoned with experience yet youthful spirit: "What is bothering you?"

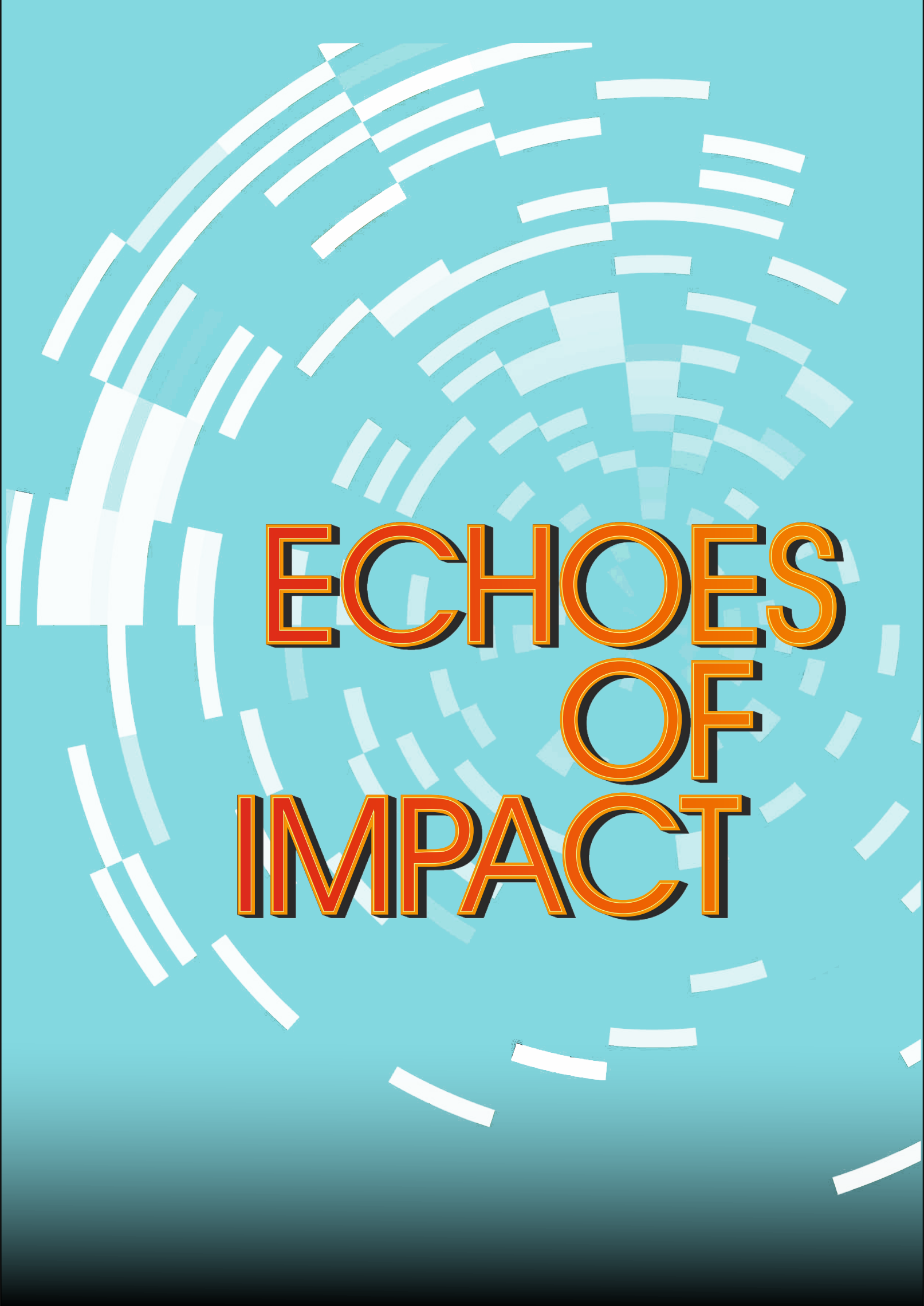
Rani took her mobile, opened her Instagram and started searching for Nia her friend's post at the beach. "Didi see, she visited it last evening. I don't know how she manage this in such a hectic schedule like me and you know she visited with her didi. Look how lucky she is." Neha raising her eyebrows questioned "how do you know sister that she have visited with her didi?". Rani started scrolling through her memory "Ahh, she told me on Friday about it that her sister is taking her somewhere next day."

Neha by little raising her voice said "Rani, I asked you yesterday about the trip and you said you are busy, you are unable to come so I cancelled the trip. Your friends too asked you last time for the movie you didn't accompanied them saying you were not well. Rani accept the fact that you are introvert." Rani starting an argument "who told you that I am introvert? And I don't have time to listen your silly things, I have so much work, okay!" Neha commented back "Then complete your work, even I am not free."

Rani with full of aggression moved inside the room. Started doing her assignment but got distracted with the ringing phone. It was her friend Esha who were calling frequently and interrupting her work. Rani who had a very bad mood started ignoring her call but finally took up. "Hello Esha". Esha whose hobby was to gossip said "hello Rani, what's up?" Rani said "not much, what about you?" Esha replied "ohh, I am tired of doing assignment. You completed?" Rani said "No, not yet, just started". Esha with excitement said "well, let's come straight to the topic, I have got some gossip for you." Rani eagerly said "spit it out!" Esha who was known as news reporter in her college for her gossiping habit Said breathlessly "You know Nia, she posted something on Instagram today, like she visited some beach, It is fake, you know she have taken screenshot of that pic from some influencer's post." Rani who was about to ask something to her but she broke her conversation by clearing Rani's doubt "and I know you will ask me how do I know it? So dear Rani your friend Nia had posted the pictures with back pose and I follow that particular influencer who have posted the same thing." Rani said "oh I see, Now I know, she didn't visited only." Esha replied "yeah, that's what!" Rani said "Look Esha, I am calling you back, I have got some work, okay bye bye". Esha from there "bye bye."

Rani felt very guilty for simply Arguing with her sister just to satisfy her anger. She went to her sister's room asked for the permission to come in. Neha got surprised because she didn't expected that calm request to enter in. She said "yeah, come in" Rani looking at the floor, embarrassed with her did, said "sorry sister, please forgive me." Neha replied "why are you apologizing me?". Rani said "Today I was very rude with you, you know Neha's post is fake. She actually didn't visited any beach she took screenshot from some influencer's post and then posted it through her account."

Neha said "sister I was never upset on you so no need to say sorry and anyways you got that sometimes social media is also fake so you should not believe a lot in it." Rani replied "yes I got some experience through this, I will never repeat the same mistake again." Neha looking at her watch said "it's 11:00 am now go to work, complete your assignment." Rani to her "okay, will meet during the lunch."

The background features a series of concentric white arcs on a blue gradient, creating a ripple effect. The arcs are composed of several segments, some solid white and some semi-transparent, giving a sense of depth and movement. The blue gradient transitions from a light sky blue at the top to a dark navy blue at the bottom.

# ECHOES OF IMPACT



## MEGH PRAVIN VITHALKAR



Doctoral Research Scholar  
Batch of 2016.

**1. Could you please introduce yourself and tell us a little about your current role and responsibilities?**

I am Megh Pravin Vithalkar, a Doctoral Research Scholar at Manipal College of Pharmaceutical Sciences, Manipal Academy of Higher Education, Manipal, Karnataka. Currently, I am pursuing my PhD in Pharmacology, working with a vibrant team of researchers focused on pulmonary cancer and related disorders.

**2. What inspired you to pursue a career in pharmacy, and how did your education at GCP prepare you for this career?**

In all honesty, like many, I initially had no inkling that pharmacy was a professional course. However, fate intervened in 2016 when, after answering the GCET (Goa Common Entrance Test), I inadvertently downloaded the B.Pharm syllabus from the DTE official website. As they say, fate often has its plans, and the syllabus intrigued me enough to take the plunge into this profession. Since then, my journey has been one of exponential growth.

My education at Goa College of Pharmacy (GCP) has been pivotal in shaping my career. I started off uncertain and somewhat intimidated, especially grappling with organic chemistry like a novice tackling a daunting puzzle. However, my perspective shifted dramatically under the guidance of Prof. Mr. Vitthal Bhandare. He had an innate knack for identifying our struggles and offering unique methods to grasp complex concepts. I distinctly recall our first field trip organized by Prof. Dr. Madhusudan Joshi (who later became my M.Pharm guide) to the Valpoi Forest Department, which served as an icebreaker for our batch, fostering friendship and easing us into our studies. As I delved deeper into the coursework, Pharmacology emerged as my favorite subject. I owe this to Prof. Mrs. Maria Helena Godinho, whose deductive teaching style simplified even the most intricate concepts, and her invaluable lectures are still etched in my memory.

### **3. What achievements or milestones in your career are you most proud of?**

Despite being an average student during my B.Pharm, life has consistently presented me with opportunities to discover my true potential. Amidst the pandemic chaos in March 2020, my batchmates and I answered the GPAT in February 2020. I vividly remember the moment the results were announced, revealing that I had qualified. This achievement wasn't just a milestone; it symbolized my journey as a B.Pharm graduate and paved the way for a stipend during my post-graduation.

Achievements aren't always measured quantitatively but can also define who we are and what we aspire to be. Throughout my undergraduate years, I was consistently recognized for my practical skills. It was the hands-on application of theoretical knowledge that ignited my passion. Similarly, the integration of technology in pharmacy intrigued me, leading me to realize that research was my true calling.

Pursuing an M.Pharm in Pharmacology at Goa College of Pharmacy allowed me to refine these skills and delve deeper into my research potential. Since then, I've achieved several milestones that I hold dear, such as filing a patent for my post-graduate research, contributing significantly at Abbott India Limited (Goa Plant) and earning commendation for my efforts, and joining Manipal College of Pharmaceutical Sciences with a prestigious fellowship. This fellowship has afforded me the opportunity to participate in esteemed national and international conferences and collaborate with respected professionals worldwide.

### **4. How do you stay updated with the latest developments in the field of pharmacy?**

I firmly believe that information is available everywhere if one seeks it in the right places, but merely reading authentic news isn't sufficient to keep up with the latest developments. As students, engaging in discussions about what we read is crucial, as each person brings a unique perspective to the table. Fortunately, at Goa College of Pharmacy, we always had dynamic professors who were enthusiastic to share and gain knowledge.

### **5. Can you share any interesting projects or research you are currently working on?**

One of the emerging areas of research post-pandemic is respiratory health and related disorders, a field strongly supported by the Indian Council of Medical Research (ICMR). Additionally, with the alarming rise in cardiac and endocrine disorders, drug repurposing has become a novel approach to mitigate these issues. My current project tunnels into these critical areas, exploring innovative and holistic therapies to improve patient outcomes and advance the molecular understanding of these prevalent diseases.

### **6. What advice would you give to current students who are aspiring to have a successful career in pharmacy?**

While the term 'Pharmacy' may seem compact, its opportunities are vast. They say hard work is the key to success, but in today's competitive landscape, combining hard work with smart work will propel you to great heights. Plan meticulously, take small steps, and set achievable goals. Invest in your personal growth, engage in co-curricular activities to enhance your skills, and boost your confidence. As I always say, "You are born to do things that 8 billion people cannot do!" Whether Academics, Research, or Pharma-Industry, always embrace your uniqueness, which will guide you towards a fulfilling career.



## HEMA MAHAMBREY



Healthcare Research Analyst  
Batch of 2019, B.Pharm

### 1. Could you please introduce and tell us a little about yourself?

I am Hema Mahambrey, a Healthcare Research Analyst at GRG Health, Pune. I completed my Bachelor of Pharmacy in 2023 after which I started working as an apprentice at Teva Pharmaceuticals in Verna. However, my strong urge to join a Pharma IT company drove me to learn new skills and surpass all challenges to achieve the same. Apart from my professional profile, I am also a freelance content writer in the healthcare industry. My hobbies include reading books, trying out new recipes and exploring new places. Well, that's pretty much about me!

### 2. What inspired you to pursue a career in healthcare research after your pharmacy degree from GCP?

Healthcare research is a wide branch where you can gather immense knowledge about the latest healthcare news, trends and products. At the

same time, the field allows you to communicate with healthcare professionals globally. Moreover, the healthcare research industry is blooming worldwide and has a long way to go. And last but not the least, I have always dreamt of having my own little desk and wearing typical formal trousers to work everyday! Hence, when I was offered the position, I did not hesitate and that was amongst the best decisions I took!

**3.Can you describe your typical day as a healthcare research analyst?**

As a Healthcare Research Analyst, my day starts with me making a to-do-list for my day so that I can track my work throughout the day. The primary work includes conducting research, both primary and secondary, to gather valuable insights about the project assigned to me. In primary research, I need to reach out to healthcare experts globally to gather their valuable insights about the topic I'm working on. While in secondary research, I have to thoroughly read through research papers, publications, and other websites to gather insights. Combining both, I am responsible for analysing the data, preparing reports and delivering it to the client. My day ends with chai and vadapav while chitchatting with my colleagues.

**4.You've also worked previously as a freelancer writer, How did you get started as a freelance writer, and what type of writing did you focus on?**

I started as a freelance content writer during the Covid lockdown, when we were all at home and had nothing to do! My boredom pushed me to find something that I love and can keep me busy while at home. That's when I learnt about freelance content writing. I created accounts on multiple freelancing platforms, but when nothing worked, I started directly reaching out to content writing agencies. To my surprise I did get a reply from one of India's largest content writing agencies and they hired me as a freelance writer. About my writing, I typically focused on the healthcare sector as I had knowledge about the same. However, apart from my primary niche, I also enjoyed exploring other areas and did write on topics related to Technology, Marketing, and Education.

**5.What advice would you give to current students who are interested in exploring freelance writing alongside their studies?**

I started content writing in the last few months of the Covid lockdown. And I was pretty skeptical if I would be able to manage it along with my classes once college started. But when college actually started, I realized I definitely could! And I believe you all can too. It's just the technique of proper time management. To start content writing, try creating a solid portfolio of your work. Try posting them on social media, as it will make your work more visible. Reach out to content writing agencies and share your portfolio with them. You can also create your own website and publish your work. Moreover, there are multiple freelance websites to choose from such as Fiverr, Upwork, Freelancer.com to name a few. It might take some time to get a little recognition, but do not give up midway.

**6.Can you share any significant achievements or milestones you have reached in your career so far?**

Since I have just started my career, I do not have any major milestone that I have achieved yet. However, I did complete my first project in just a week in Australia and the client was pretty impressed and rated me a 4/5. Small achievement, but many more to come!

**7.How important is networking and professional relationships in your field, and do you have any tips for building these connections?**

I cannot stress enough how important networking and building a professional relationship is! I believe it's the most crucial part of your career as it helps to keep you updated in your field and makes way for new opportunities. The most used app for networking and building professional relationships is LinkedIn. It allows you to connect with experts in your field worldwide. You can be introduced to a new career option, you can learn about the latest skillsets and courses, you can communicate with hiring professionals, you can do internships and so much more! So my quick tips would be to spend a little time on LinkedIn daily, and you will notice the difference in your career outlook within a couple of days!

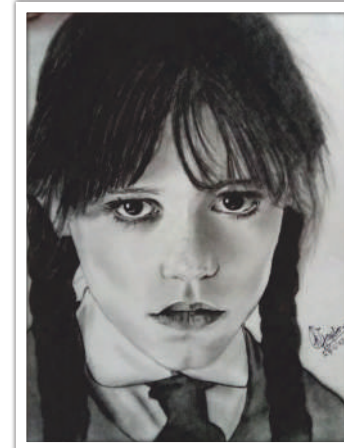




# ARTISTIC ALCHEMY



Aliya Shaikh  
Third year, B.Pharm



Aditi Banaulikar  
First year, B.Pharm



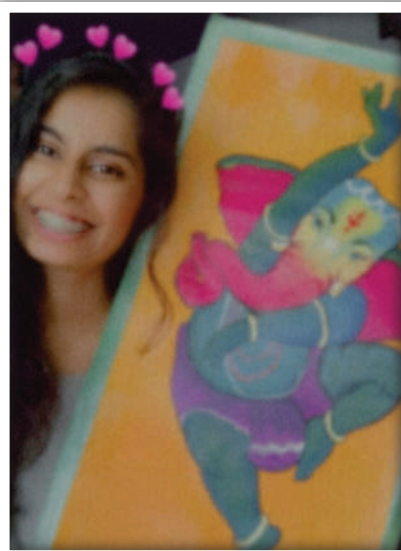
Jayson Karra  
First year, B.Pharm







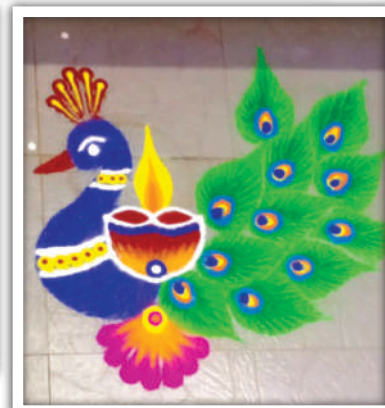
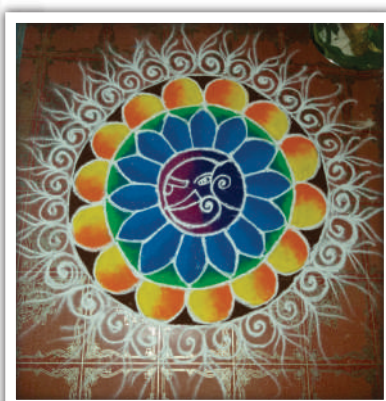
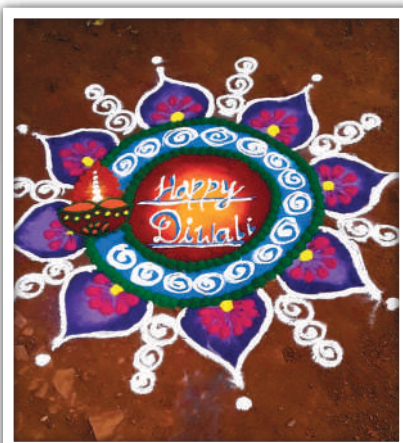
Muskan Sharma  
Third year, B.Pharm







Divya Gadekar  
Third year, B.Pharm



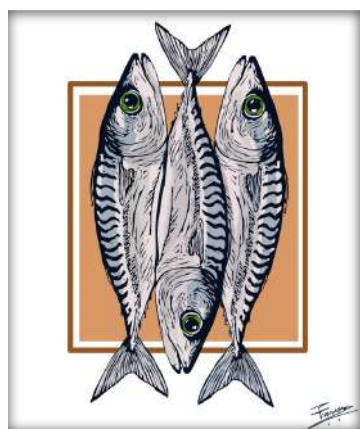
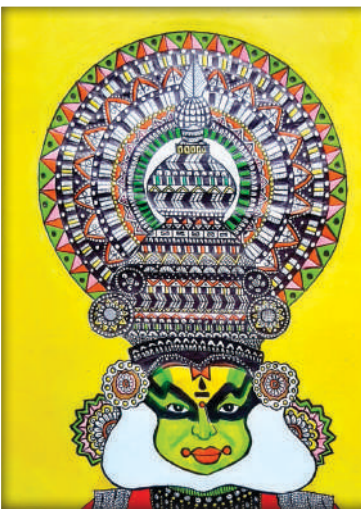
Mevelee Dias  
Third year, B.Pharm







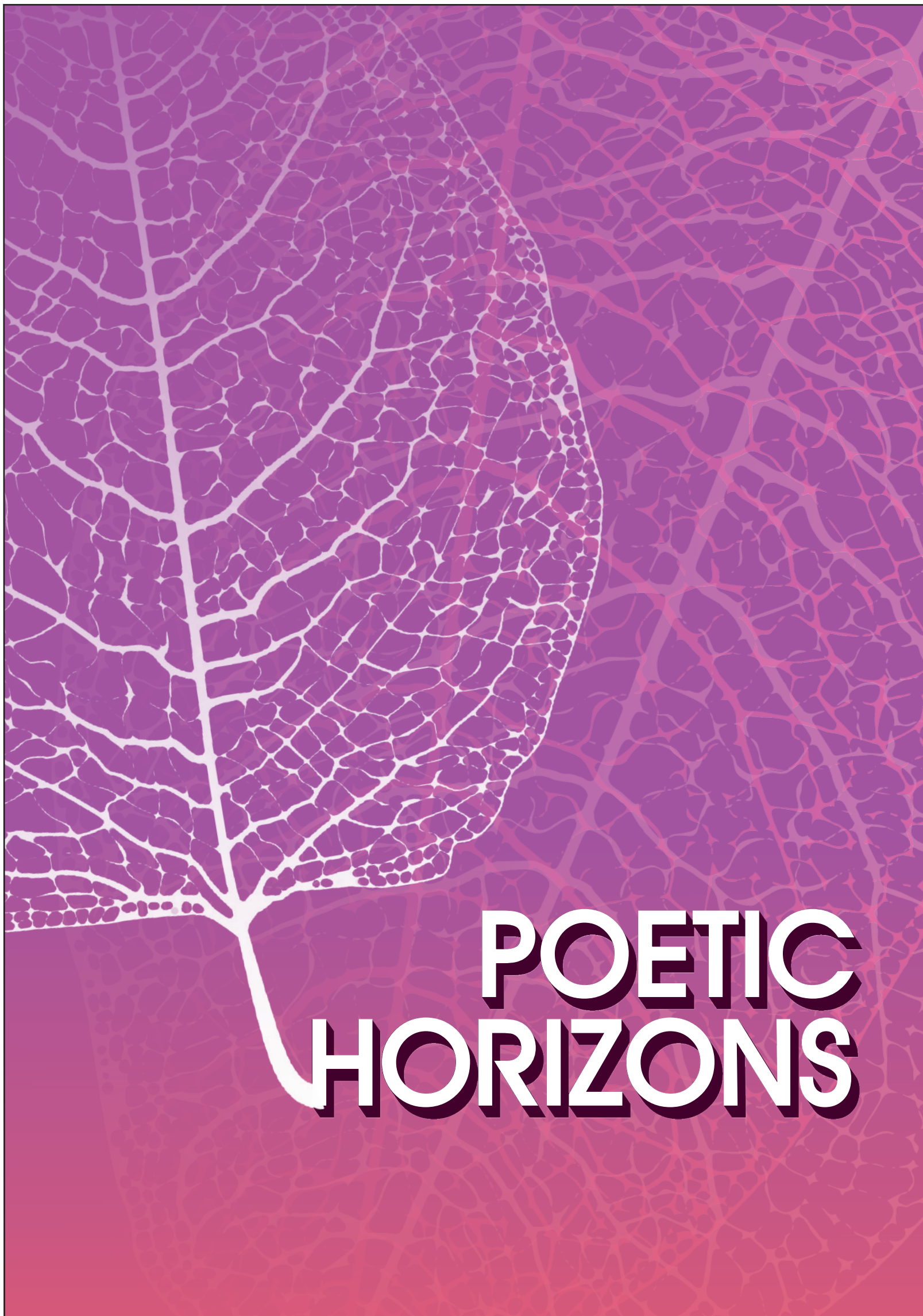
Tanishk Narvekar  
Third year, B.Pharm



Shilpi Sharma  
Second year, B.Pharm









## “चुकलो हांव...”

For all who couldn't live up their dreams...



Saloni Matonkar  
Second year, B.Pharm

जाणून बुजून स्वताक विसरून  
पोटां खातीर धावलो गांव,  
म्हज्यातल्या म्हाका न्हिदोवन  
आयुष्यभर लिपलो हांव...  
चुकलो हांव...

स्वप्न म्हजे भलतेच आसले  
भलत्याचे स्वप्न जगलो हांव,  
छंद सोडून मन मारून  
नाका तितले शिकलो हांव...  
चुकलो हांव...

सगळ्यांचे सगळे वगतार जाले  
म्हजेच फक्त अडले नांव,  
नशीब म्हजे सुस्तेले अशे  
संद सोदीत उरलो हांव...  
चुकलो हांव...

जायते प्रयत्न पळले करून  
परत परत पडलो हांव,  
लोकांच्या उतरांचे बाण सोसून  
जमनिर कोसळून विझलो  
हांव...  
चुकलो हांव...

पडलो हांव, रडलो हांव,  
संघर्ष करत झगडलो हांव,  
चुकी म्हज्यो हेरांक शिकोवन  
स्वप्न म्हजे जगलो हांव...  
चुकलो हांव...

## कभी न हार मानो



Shantanu Sinai Dangui  
Third year, B.Pharm

जीवन के इस संग्राम में,  
कभी हार न मानो तुम।  
हर मुश्किल को हँसकर जीत लो,  
कभी हार न मानो तुम।

अंधेरो से घबराना क्या,  
हर रात का सवेरा होता है।  
थकान में रुक जाना क्या,  
हर मुश्किल का हल होता है।

जो मंज़िल की ओर बढ़े हैं,  
वो मुश्किलों से डरे नहीं।  
कभी गिरते हैं, कभी उठते हैं,  
पर हार को वो माने नहीं।

जो ठान लिया वो करना है,  
हर बाधा को पार कर लेना।  
हर मुश्किल को हरा देना,  
हर सपना साकार कर लेना।

कभी न हार मानो तुम,  
हर दिन एक नई कहानी है।  
हिम्मत और हौसला रखो,  
जीवन की ये जंग जारी है।



**Anabelle Andrade**  
Third year, B.Pharm

## Leaving

You saw no way out  
So you swallowed 15 pills whole  
An easy step for you to take  
But you left a gaping hole.

Now we mourn the person  
You would've been  
The great things you would've done  
The sights you would've seen.

"Could we have prevented this?"  
We will always wonder  
Never had I ever imagined  
We'd be pulled asunder  
Like this.

"What pushed you to the edge?"  
We cry as we pull out our hair  
The question haunts our very being  
Everyday the same nightmare.

The world moves on  
And so does time  
Another day, another night

Another verse, another rhyme.

But your ageless face  
Will live on forever in my mind  
At least you can rest now  
That you've left this cruel world behind.

## Pyari Maa

Humare har marj ki dava hoti hai maa kabhi  
daantti hai humein to kabhi gale laga leti hai  
maa, humare aankhon ke aansoo apne  
aankhon mein sama leti hai maa,

Apne hothon ki hansii ham par luta deti hai  
maa, humare khushiyon mein shaamil hokar  
apne gam bhula deti hai maa, jab bhi kabhi  
thokar lage, to humein turant yaad aati hai  
maa,

Duniya ki tapish mein humein aanchal ki  
sheetal chhaaya deti hai maa, khud chaahe  
kitni  
bhi thaki ho, humein dekh kar apni thakaan  
bhool jaati hai maa,

Apne pyaar bhare haathon se humesha  
Humari thakaan mitaati hai maa, baat jab bhi  
ho  
lazeer khaane ki to humein yaad aati hai maa,  
rishton ko Khoobsurati se nibhaana sikhaati  
hai maa, har ache bure ka farak sikati hai maa,

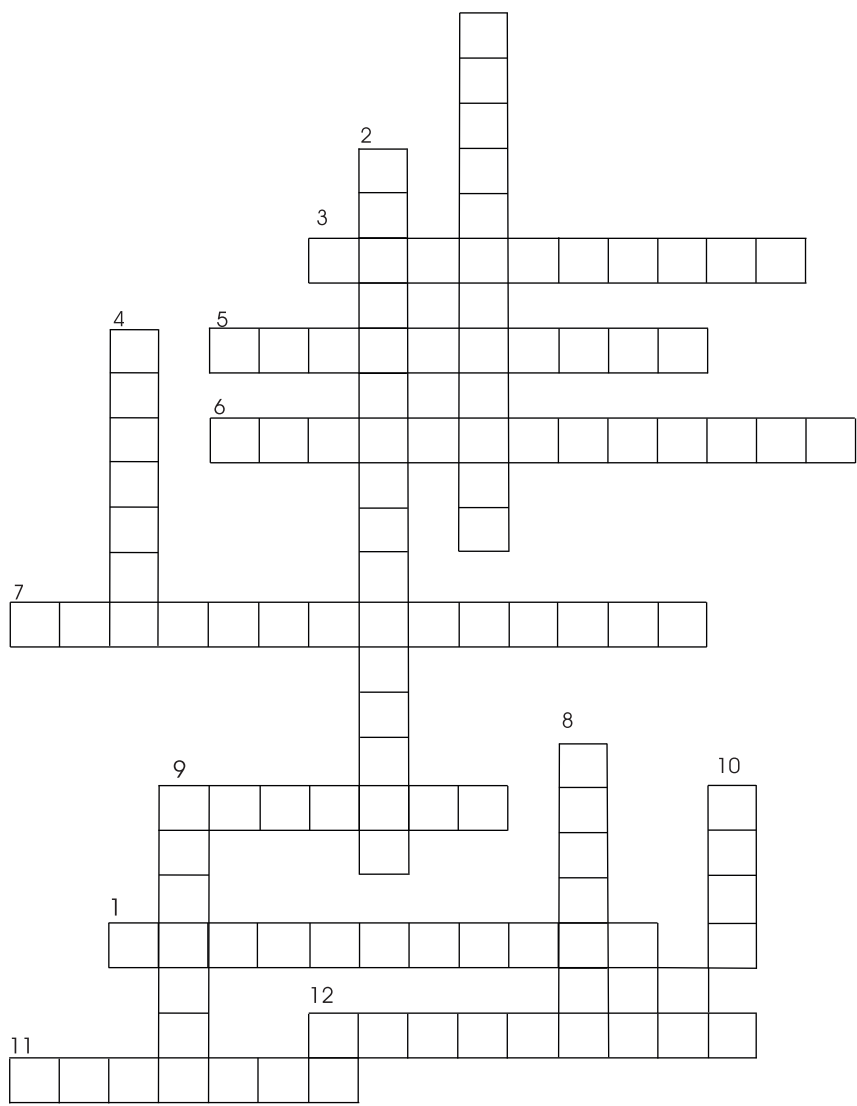
Humari kamiyaabi ke liye din raat Duaein Karti  
hai maa, lafzon mein jise bayaan nahin kiya ja  
sake aisi hoti hai maa,  
Rab ki banayi hui sabse pyari Cheez hoti hai  
Maa .



**Mariam Shaikh**  
Third year, B.Pharm



# CROSSWORD



Sahil Rai  
Second year, B.Pharm

### Across

- 3. Medication to treat bacterial infections
- 5. Professional who dispenses medication
- 6. Medication to relieve allergy symptoms
- 7. Medication available without a prescription
- 9. Study of the structure of the body
- 10. Study of the skin and its diseases
- 11. Unbranded medication with the same active ingredients
- 12. Father of Indian Pharmacy

### Down

- 1. Process of making the body immune to a disease
- 2. Reason not to use a certain medication
- 4. Preventive treatment for infectious diseases
- 8. Amount of medication to be taken
- 9. Unfavorable or harmful effect
- 10. Which Year was First edition Of Indian Pharmacopoeia published in

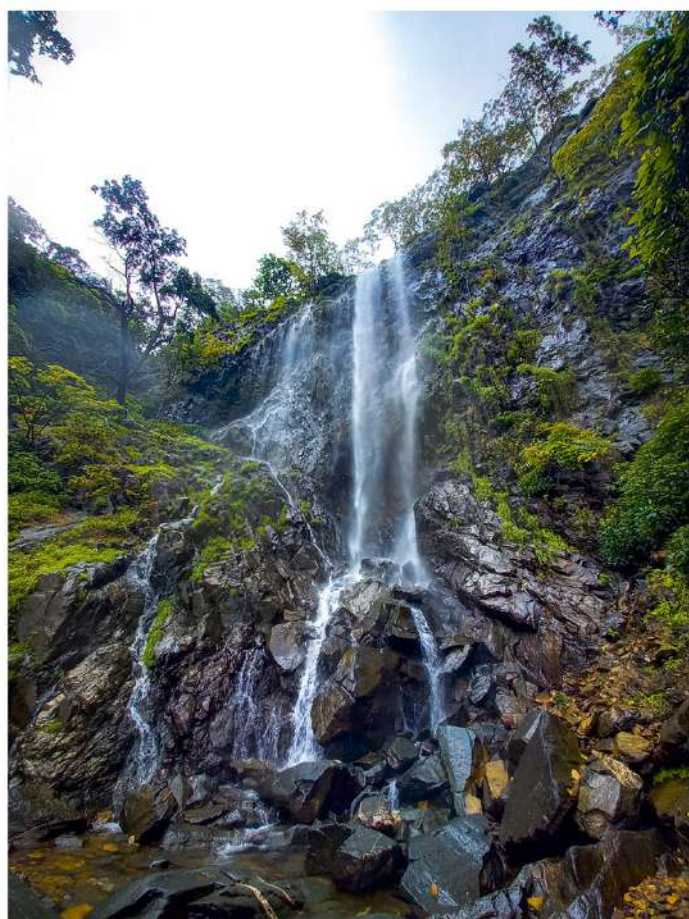
Answers  
Across : 3. (Antibiotic), 5. (Pharmacist), 6. (Antihistamine), 7. (Overthecounter), 9. (Anatomy),  
10.(Dermatology), 11.(Generic), 12. (ML.Schroff)  
Down: 1.(Immunization), 2.(Contraindication), 4.(Vaccine), 8.(Dosage), 9.(Adverse), 10.(1955)







Archit Gaonkar  
Second year, B.Pharm





Aliya Shaikh  
Third year, B.Pharm











- Malvika Deshpande  
First year, B.Pharm



Shubhati Vast  
Second year, B.Pharm







**Sanika Shirodkar**  
Second year, B.Pharm



**Ruchira Bagkar**  
Third year, B.Pharm



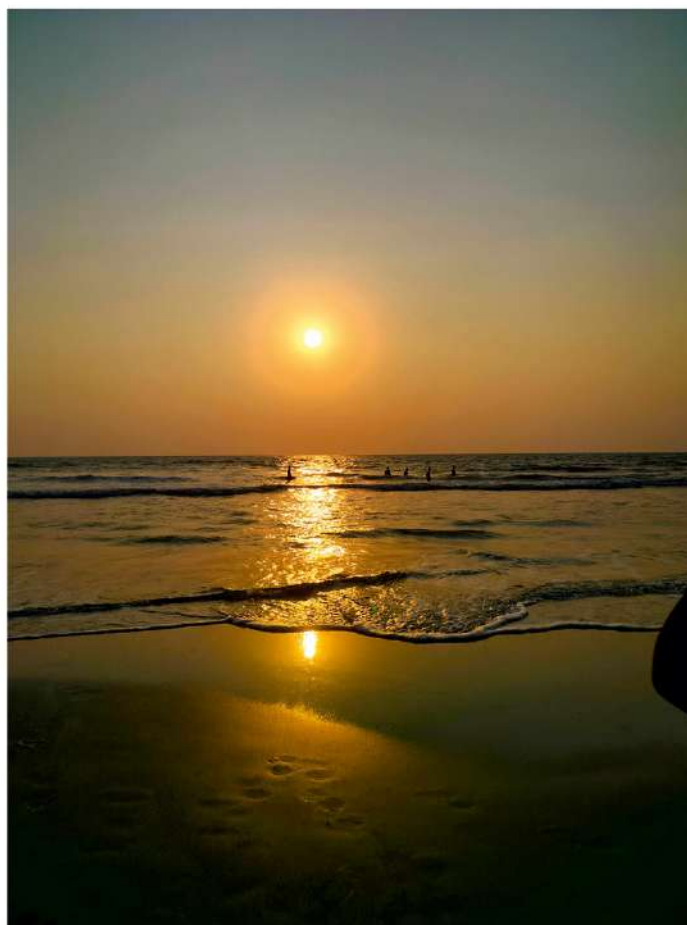
**Sakshi Adkonkar**  
Second year, B.Pharm







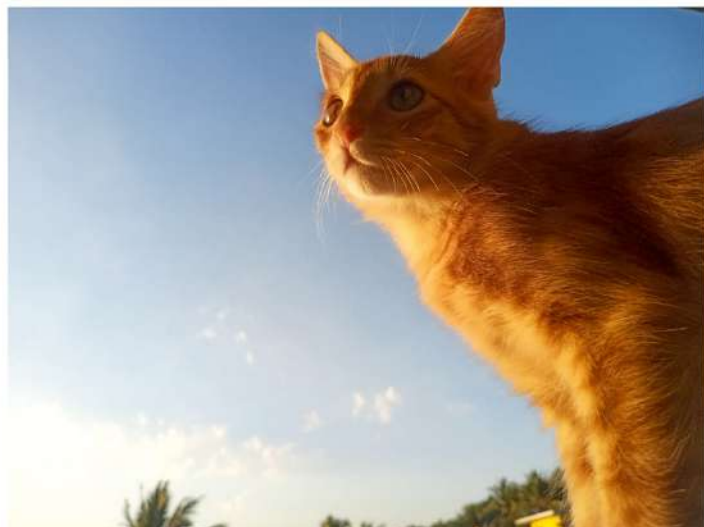
Tanay Gaude  
Second year, B.Pharm





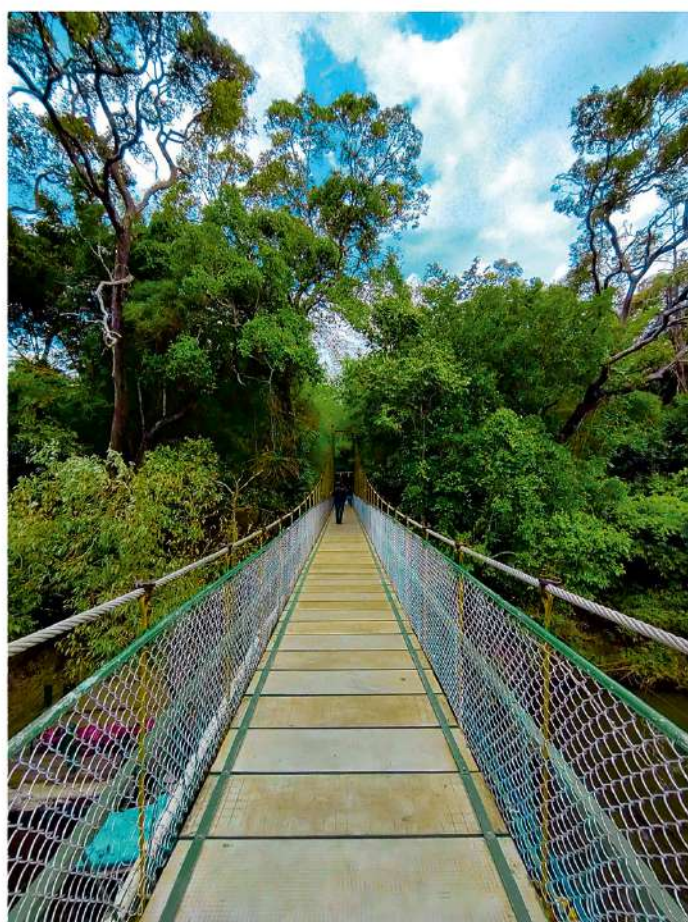
Shreya  
Third year, B.Pharm







Shantanu Sinai Dangui  
Third year, B.Pharm



# QUIZ

## TIMELESS TRIVIA BATTLE

1. X is an Indian Chess Grandmaster. A chess prodigy, he is the third youngest grandmaster in history and the youngest winner of the FIDE Candidates tournament. X won the 2024 Candidates Tournament, held recently in the month of April, making him the youngest contender to compete for the title of World Chess Champion. Identify X.



Simran Rane  
Third year, B.Pharm

2. X born in Anand, Gujarat, this athletic 41 year old reportedly refused a 1CR package offer to work for Deutsche Bank, in 2006, harbouring aspirations to run her own business one day. After her first two start-ups 'Quetzal' and 'Fab-bag' failed she finally got a taste of sweet success in her third venture, which she founded in 2015, together with her husband. Identify X.

3. Laszlo Hanyecz is known as the first person to use X in a transaction when in May 2010, he bought two Papa Johns pizzas for 10,000 X. Identify X.

4. The logo of X has 3 dots to represent the first 3 places where it first started. The founder planned to add a new dot everytime a new location started, but since the business quickly spread, this plan was unachievable. Identify X.

5. Abdul Lateef Jandali popularly known as X. He came to India to get direction in life before founding his company Y. He got fired from his own company Y by John Sculley, the then CEO of Y, as his two products LISA and MACINTOSH failed. He started another company named NEXT Computers. He also acquired PIXAR in 1986 and launched Toy story as an executive producer. Identify X and Y.

6. X was one of the first Indian companies to grant stock options to its employees back in 1993. In 1999, it became the first Indian registered company to be part of any major global index when it was included in Nasdaq. Identify X.

## ANSWERS

1. X- GUKESH D (Dommaraju Gukesh), 2. X- Vineeta Singh, 3. X- Bitcoin (Cryptocurrency), 4. X- DOMINO'S, 5. X- Steve Jobs Y- Apple, 6. X- Infosys