GOA COLLEGE OF PHARMACY

PHARMA ECHOES

2023

INNOVATE, ILLUMINATE, ELEVATE

Pharmacists' Oath

I swear by the code of ethics of Pharmacy Council of India, in relation to the community and shall act 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 endeavor to discover and manufacture drugs of quality to alleviate sufferings of humanity.

I shall hold in confidence the knowledge gained about the patients in connection with 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.

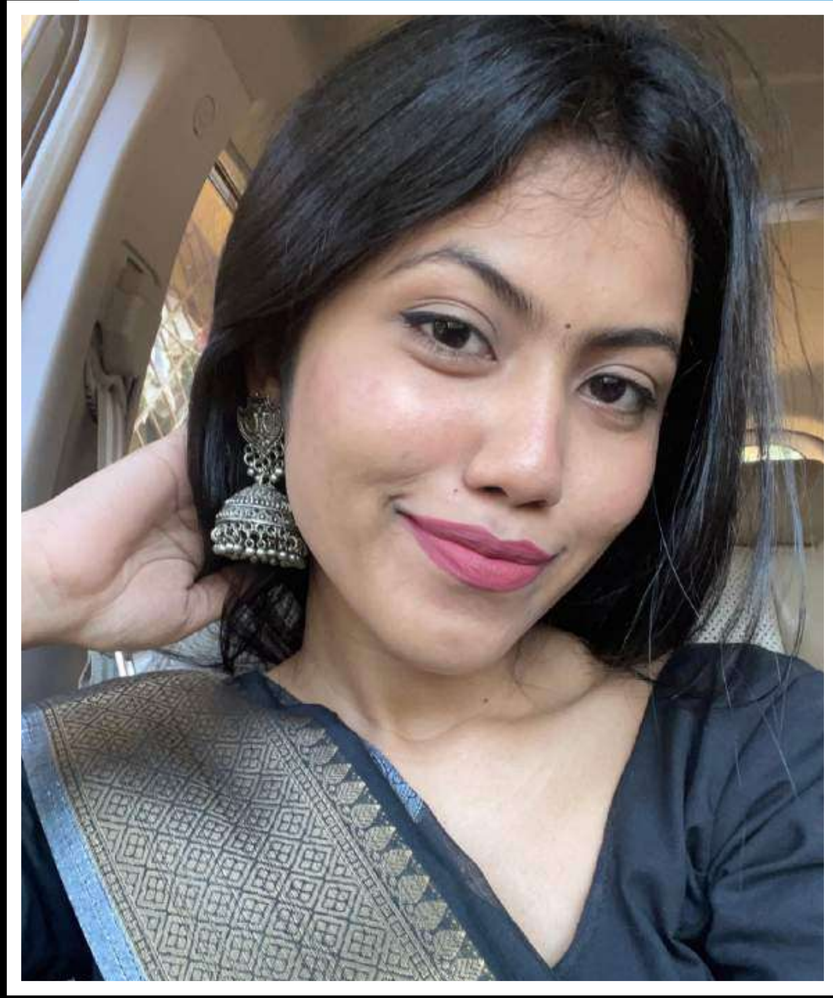
While I continue to keep this oath unviolated, may it be granted to me to enjoy life and the practice of pharmacy respected by all, at all times!

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

Editor's Note

SHARVAREE SONURLEKAR
Magazine Secretary

PHARMA ECHOES 2023



Dear Reader, you hold in your hands the latest edition of our college magazine "*PHARMA ECHOES 2023: Innovate, Illuminate, Elevate*" a tapestry woven with the vibrant threads of creativity, knowledge, and collective brilliance. As the Magazine Secretary, I am delighted to present to you a compilation that reflects the diverse talents and perspectives of our college community.

Our chosen tagline, '*Innovate, Illuminate, Elevate*,' encapsulates the spirit and purpose behind the diverse narratives within these pages.

'*Innovate*' signifies our commitment to pushing boundaries, fostering groundbreaking ideas, and spearheading advancements in the pharmaceutical landscape. It echoes the tireless pursuit of novel solutions that define our industry.

'*Illuminate*' reflects our dedication to shedding light on the latest insights, discoveries, and knowledge that illuminate the path forward. Through the pages of this magazine, we aim to bring clarity to complex subjects, empowering our readers with a radiant understanding of the ever-evolving field of pharmaceuticals.

'*Elevate*' is the pinnacle of our aspirations. It embodies our collective effort to uplift the standards, practices, and impact of pharmaceutical endeavors. As we share stories of excellence and achievements, we invite our readers to join us in elevating the discourse and outcomes in healthcare.

I extend my heartfelt gratitude to our esteemed principal Dr. G.K. Rao for his steadfast support and encouragement, crucial to the realization of this edition. Special acknowledgment is due to the Chairperson Dr. Raghuvir R. Pissurlenkar and members of the Magazine Committee Dr. Mythili Krishna J., Smt. Shailaja Mallya and Dr. Nutan L. N whose dedicated leadership has been instrumental in shaping this publication.

Special recognition goes to the diligent editors, meticulous proofreaders, and talented photographers for their invaluable contributions, ensuring the quality and vibrancy of the content within these pages. The class coordinators merit special recognition for their adept organizational acumen, facilitating seamless collaboration throughout the entire process.

Furthermore, a round of applause is due for the designer whose creativity has visually enhanced the magazine, making it a feast for the eyes. Last but not least, a note of appreciation to the printer whose precision and expertise brought our collective efforts to life on these pages. Your collective contributions have transformed this magazine into a true reflection of our college community's spirit and excellence.

On behalf of the entire magazine committee wishing you a pleasant and enriching reading experience!

Magazine Committee

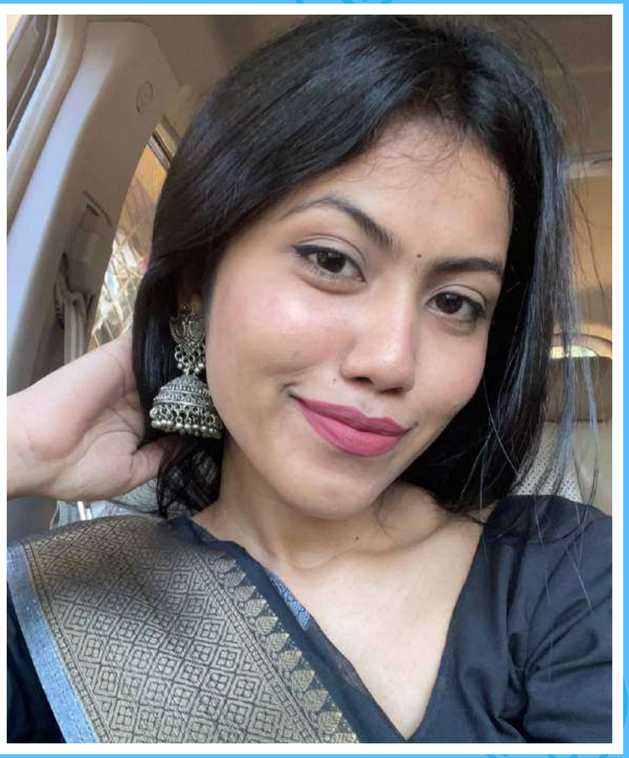
Dr. Gopal Krishna Rao
PRINCIPAL

Dr. Raghuvir R. Pissurlenkar
CHAIRPERSON

Dr. Mythili Krishna J.

Smt. Shailaja Mallya

Dr. Nutan L. Naik



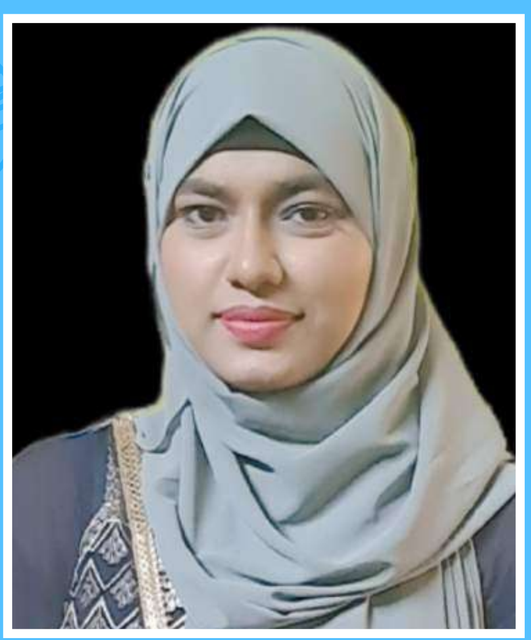
Sharvaree Sonurlekar
EDITOR-IN-CHIEF

Magazine Committee

Saima Kunkalyekar
EDITOR

Siddharaj Pilankar
PROOF READER

Devesh Parsekar
PHOTOGRAPHER



Seemran Tamboli
EDITOR

Rachel Saldanha
PROOF READER

Chandradip Kumbharjuvekar
PHOTOGRAPHER

Eulalia Pinto
COORDINATOR
D.Pharm

Kimberly Sequeira
COORDINATOR
1st Year B.Pharm

Mallika Rane
COORDINATOR
2nd B.Pharm

Rinky Dcosta
COORDINATOR
3rd Year B.Pharm

Aniket Timble
COORDINATOR
4th Year B.Pharm

Disha Dangui
COORDINATOR
M.Pharm

From the Principal's Desk

Dr. GOPAL KRISHNA RAO

It is heartening 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 – 2023."

This annual college magazine, truly a reflection of enthusiasm and talent, Pharma-Echo's 2023 aptly documents all the scientific and professional activities, academic enhancement and showcases the abundant talent in terms of rich culture, sportsmanship in addition to academic excellence and scholarly research activities. 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 carved a niche for itself through academic excellence, research and has been placed at 66th position by MHRD underNational Institutional Ranking Framework (NIRF) also has been accredited by NBA upto June 2026. Having commenced the doctoral research center affiliated to Goa University in 2015, this centerhas successfully produced SIX doctorates and many are in pipeline.

It is the responsibility of all the stakeholders to ensure that our institute being one of the oldest institute to ensure that with better academic, research, co-curricular and extracurricular activities in improving the ranking of our institute as one amongst top 50 Pharma institutions in the country in the coming years.

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.

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 andactive contribution tothe 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.

"Action springs not from the thought, but from readiness for responsibility"

Be ready & be responsible always,

Happy Reading!

Yours sincerely,

Dr. GopalKrishna Rao
Principal

From the Magazine Advisor's Desk

Dr. RAGHUVIR R. PISSURLEKAR

"What you think, you become. What you feel, you attract. What you imagine, you create." - Buddha

A college magazine has always been excellent platform for the students of an institute to express their literary, art and design talent. It brings me great pleasure to announce yet another edition of the college magazine "Pharma Echoes 2023" brought to you by the Magazine Committee under Goa College of Pharmacy - Students' Council 2023. Although we principally belong to the healthcare industry, our students and teachers likewise are brimming with talent in various areas like cultural, sports, and other extracurriculars.

The GCP family leaves no chance and seize the opportunity to express themselves in the college magazine with great enthusiasm. It is a belief that students must be given the opportunity to put themselves on the edge to showcase their talents in any way possible leading to an all-round progress for their future professional careers.

As Chairperson of the Magazine Committee, I extend heartfelt congratulations to our dedicated team on the release of Pharma Echoes 2023. Achieving success is a result of diligent effort and unwavering commitment.

I appreciate the contributions of students and faculty members who played vital roles. Let the echoes of innovation, illumination, and elevation reverberate through our college!

Wish you all a happy reading!

Warm regards,

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

Students Council 2022-23

HARSH GAWAS
(General Secretary)

RASHI DESAI
(Cultural Secretary)

SAHIL GAONKAR
(Sports Secretary)

SHARVAREE SONURLEKAR
(Magazine Secretary)

SWAYUKTA BANDODKAR
(Ladies Representative)

Students Council 2022-23
(Class Representatives)

SHANAIA DA SILVA
(1st Year BPharm)

AAYAN FATANI
(2nd Year BPharm)

SIDDHARAJ PILANKAR
(3rd Year BPharm)

ANIKET TIMBLE
(4th Year BPharm)

SUMUKH VERLEKAR
(MPharm)

HABIBA SHAIKH
(1st Year DPharm)

RYAN MENEZES
(2nd Year DPharm)

GENERAL SECRETARY REPORT

Harsh Gawas

"A leader is one who knows the way, goes the way, and shows the way."
- John C Maxwell

As we come across the end of our eventful and memorable tenure of the academic year 2022-23, with profound gratitude I hereby present my report as the General Secretary for our annual college magazine 'Pharma Echoes 2023'. The Students Council Elections for the year 2022-23 was the biggest of all time in the history of GCP. Withstanding all the difficulties and troubles, with support and trust of my beloved classmates of Third year B.pharm, I was elected as the General Secretary with majority votes. The students council was formed with Rashi Desai as Cultural Secretary, Sahil Gaonkar as Sports Secretary, Sharvaree Sonurlekar as Magazine Secretary and Swayukta Bandodkar as Ladies Representative. A team with same vision and goals, to give best support to all the students in all possible ways was formed and we planned a eventful academic year ahead.

On 1st November 2022, the newly formed council was inducted through a swearing ceremony with great spirit of joy and happiness. On this occasion we were graced with presence of Principal Dr. Gopalkrishna Rao for the formal function. Along with this function, in evening there was celebration of Fresher's Day organised by the SY B.Pharm students with a great teamwork.

Very first event of our council was World Diabetes Day which was conducted with due support of IPA president Dr. Gopalkrishna Rao and IPA secretary Mr. Prasad Tamba on 18th November 2022. We organised various competitions and our GCPians got opportunity to conduct streetplay at Kadamba Bus Stand Panjim , Miramar to spread awareness regarding Diabetes which is causing boon to human life. As a budding pharmacist, we as council were very enthusiastic in organising this event which was a great success indeed.

"A doctor gives life to the patient through medicines, but a pharmacist gives life to the medicine."

National Pharmacy week was celebrated ,during which various educating events were organised by our council.

To commemorate the great sacrifices of Goan soldiers and fighters, we celebrated Goa Liberation day and on this occasion various competitions were organised by our council.

By looking at the interest shown by our First year students and my batchmates, my aim was to make them participate in various intercollegiate events. Our College for the very first time participated in Intercollegiate events like Summer Fest organised by Rotaract club on 26th February 2023 where we won various prizes and also we participated in Ghumat Vighnahara 1.0 event organised by V.M Salgaonkar College of Law on 20th March 2023 and bagged consolation prize.

I am feeling proud to say that myself and my whole students council 2022-23 was felicitated on the event of "Youth Leaders Summit 2023" organised by ABVP held on 16th March 2023.

Annual Prize distribution ceremony of Intramural sports activities held during academic year 2022-23 along with academic years 2019-20 & 2021-22 which were kept pending due to Covid-19 outbreak were carried out on 24th March 2023. On this occasion we were graced by the presence of principal Dr. Gopalkrishna Rao and HOD's of all departments.

Month of March just passed within the blink of eyes and as we entered April, we were here starting with preparations for the most awaiting intra-collegiate cultural and sports event of the year "MAGIA AEON-FORMULATIONS 2023" in association with Vision multi-speciality hospital and Indian Overseas bank. It was held from 25th to 27th April 2023. The three day event showcased many competitions and the students of our institution showed their astounding interest and talents. Great spirit of winning the competitions was seen among the participants. The last day of Formulations 2023 ended with entertaining performance of DJ Curly_m. The M.Pharms emerged as the Winners and the Fourth years bagged Runners-up trophy. This astonishing event was a grand success because of the hard work of our council members and my beloved classmates of TY B.Pharm.

To bid Farewell to our final year M.pharm, Fourth year B.pharm and Final year Diploma seniors, a formal function and farewell party was organised by our council on 16th June 2023.

May the tricolour flag always fly high, symbolising the spirit of India.

Our council celebrated India's 76th Independence Day with great enthusiasm and organised competitions like Quiz and Dance competition on cultural heritage of India.

"Guru Brahma, Guru Vishnu, Guru devo Maheshwara, Guru Sakshat Param Brahma, Tasmai Shri Guravay Namah".

Teacher's Day is a special occasion dedicated to the educators who shape futures and transform our lives. To pay respect to the entire staff of our institution, Teachers Day was celebrated on 5th September 2023. Student of each class vowed their wonderful speeches. Flowers and handmade bookmarks made by our students were presented to the staff as a token of love and appreciation. Later some entertaining games were organised for the teachers which added joy and fun filled environment to the day. Pharmacist day was celebrated in college on 25th September 2023 with theme "Pharmacy strengthening health systems".

Then it was time to celebrate the divine leelas of god Shri Krishna. Krishna Janmashtami was celebrated on 8th September 2023 in which various competitions like Dahi Handi, Blind folded matka breaking, cosplay, garland making, krishna jhula & flute making were organised by our council. I was amazed to see the great interests shown by all students to participate and making the event cheery and enjoyable.

Shardotsav was the last event of our council which was celebrated on 23rd August 2023. In which I was blessed to perform the pooja of Devi Saraswati. To celebrate the culture and art of our students, our council organised various competitions like Ghumat Aarti, Dandiya etc. Everyone fully participated in the events and danced their beat on Garba and Dandiya Raas. Overall winners of the competition were the enthusiastic S.Y B.Pharms. Later in the evening, after offering prayers to goddess Saraswati, the idol was immersed at Miramar beach.

Besides, all the cultural and sports events, our council tried best to sort various problems faced by students. Due to the insufficient time of 1hr for internal exams students faced difficulties, so I took a step and with the help our principal Dr. Gopalkrishna Rao and examination committee chairman Anand Mahajan Sir , we extended the timings to 1hr 30mins. We requested for the revision of timetable of repeat exams , which enabled students to clear and hence helped them to avoid an block for the year. Marksheets of semester exams for academic years 2020-2021-2022 were pending to be given to the students for last 18 months, we reached out this issue to Goa University examination cell and they released the marksheets immediately.

As we requested to the principal during our tenure, I am glad to say that after serving our college and college students for almost 15 years our college bus is getting a farewell and soon we will be getting a
new college bus. Also we looked after the hostel conditions and resolved their issues regarding maintenance and other necessities with due help of our principal and purchase committee.

During our tenure we had put forward the College infrastructure issues to the principal and higher authorities, I am happy to know that our honourable Chief minister of Goa Dr. Pramod Sawant took this issue into consideration and announced in the assembly and promised for the construction of new building of our college.

I take this opportunity to express my gratitude to our respected principal Dr. Gopalkrishna Rao, Students activity committee Chairperson Ms. Lorna Silveira, Member Secretary Dr. Mythili Krishna J., Members Ma'am Vedita Hegde Desai, Ma'am Sabah Jamadar, Sir Anand Mahajan, Sir Vaibhav Potdar for their immense support throughout the year. I thank all the teaching and non teaching staff for their support, cooperation and guidance during this academic year.
Special thanks to my T.Y. B.Pharm batchmates for believing in me to uphold the honour of the post of General Secretary and for their never ending support for organising such successful events.I appreciate each and everyone of you for always helping me throughout this exciting journey. Massive thanks to my fellow council members Rashi Desai (CS), Sahil Gaonkar (SS), Sharvaree Sonurlekar (MS) & Swayukta Bandodkar (LR) for taking up these big responsibilities, working hard throughout this academic year and executing their respective duties to perfection. Incase I have missed out on anyone's name, I extend my sincere thanks to all for supporting me during my tenure as your general secretary. I wish the members of next years students council all the very best.

With Great Powers comes Great Responsibilities, So I made sure the power vested in me by the students of GCP was handled responsibly. Lord Rama bless you all.

UNITED FOR GCP !
LONG LIVE GCP !

Yours truly,
HARSH ANIL GAWAS
General Secretary, Goa College Of Pharmacy
Students Council 2022-23

CULTURAL SECRETARY REPORT

Rashi Desai

Integrity, insight, and inclusiveness are the three essential qualities of leadership.
- Sadhguru

Leading people to a correct direction ,taking them along with you is the biggest strength of a good leader. With the same vision and mission I , Rashi Ramdas Desai got involved as a part of Students Council of Goa College of Pharmacy and it takes me great pleasure to present before you the report as the Cultural Secretary of Goa College of Pharmacy.There was a buzz of excitement in college and enthusiasm to see their new leaders who knews the way , went through the way, and showed the way. Soon after that, 5 pillars of strength were established and I Rashi Ramdas Desai was ready to mark the adventurous journey as a Cultural Secretary of Goa College of Pharmacy.

"it isn't where you came from. it's where you're going that counts."

The Council of 2022-2023 was officially inducted on 1st November 2022 presided over by The Principal of Goa College of Pharmacy, Dr. Gopal Krishna Rao along with the Student Activity Committee comprising of the Chairperson, Ms. Lorna Silveira; the Secretary, Mrs. Mythili Krishna and the members, Dr. Anand A. Mahajan, Mrs. Vedita Hegde Desai, Mrs. Saba Jamadar.Now The responsibility was on our shoulders. We were suppose to carry forward the legacy. With all the blessings the day moved forward , that led us to the freshers party.

Our very first opportunity as a Pharmacist and as the leader came to us when we buckled up for the celebration of 'The World Diabetes Day' on 18th November 2022 with due support of IPA president Dr, Gopalkrishna Rao and IPA secretary Mr. Prasad Tamba to raise awareness about the impact of diabetes on the health of people. On this occasion Students Council 2022-23 organised competitions like , Poster making , rangoli competition and there was an overall street play performance by students of Goa College of Pharmacy which was wrote , directed and established by myself.

The students who performed street play got an opportunity to spread awareness among people and the team performed street play at Panjim KTC bus stand and Miramar beach on 25th November 2023 where they even got the chance to interact with some doctors and public who were eager to know about the diseases .

Pharmacist is the one who gives life to the drugs through the knowledge he gains.

There was National Pharmacy Week Celebration at the Goa College of Pharmacy on 23rd November 2022 to recognize the invaluable contributions pharmacists and technicians make to patient care. On these occasion competitions like poster making and rangoli making competition were conducted.

There is nothing better than to be liberated from the clutches of colonial rule. The 61st Goa Liberation Day was celebrated on 19th December 2022 at Goa College Of Pharmacy. the celebration began at 8:00 am with the flag hoisting ceremony by our Principal Dr. Gopal Krishna Rao, and the singing of the National Anthem. Followed by a patriotic song and a speech, briefing everyone with the significance of the day and what we should learn and must do as a responsible citizen. Also to evolve in the field of science and technology . This was a wonderful message given to students by students on this auspicious day. Soon after Goa's 61st Liberation Day celebration we did the celebration of Indan Republic Day on 26th January 2023.

EVERY student has special talents. It was my duty and privilege to find these talents and to boost them to participate in intercollegiate events. Our College for the very first time participated in Intercollegiate events like Summer Fest organised by Rotaract club on 26th February 2023 . where we won various prizes. Under my guidence we also participated in Ghumat Vighnahara 1.O event organised by V.M Salgaonkar College of Law on 20th March 2023 and bagged consolation prize.

I am feeling proud to say that myself and my whole students council 2022-23 was felicitated on the event of "Youth Leaders Summit 2023" organised by ABVP held on 16 th March 2023.
It's crazy how fast time flies and how things progress. From the month of February I started preparing for the most awaiting and soon to be intra-collegiate event that is Formulations. 'MAGIA AEON' Formulations 2023 was a bang . It was held from 25th to 27th April 2023. The three day event showcased many competitions which included Singing , dancing, cosplay, skit, cooking without fire, mobile games, minute to win it, fashion show , Mr. And Miss Formulations and what not. Funny dance competition was our show stopper. The students of our institution showed their engrossing interest and

talents. There was loads of laughter, fights, enjoyment and enthusiastic spirit among students. The last day of Formulations 2023 ended with powerpack performance of DJ Curly_m. The M.Pharms as Team Alchemist enchanted as the Winners and the Fourth years as team Thunderbird, thundered as the Runners-ups. This event was a magnificent success. All my idea came to life with all the hard work and the support of our Council Members and my adored classmate of T.Y. B.Pharm

The time as a caterpillar was expired. The butterflies were all set with their vivid wings to fly high in the sky.

To bid Farewell to our final year M.pharm, Fourth year B.pharm and Final year Diploma seniors, a formal function and farewell party was organised by our council on 16th June 2023.

Students council 2022-23 celebrated 76th year of India's Independence on 15th August 2023 with flag hoisting. There were competitions organised . Quiz on' Indian heritage and culture' and Dance competition on 'culture of Indian States' were organised.

Teachers are our guiding stars in the process of sailing through the ocean of knowledge. We bow down to show our gratitude and respect towards our beloved teachers. On 5th September 2023 we celebrated Teacher's Day at Goa College of Pharmacy. Each student from class gave remarkable speeches to thank the teachers who made them sail. Flowers and handmade bookmarks made by our students were presented to the staff as a token of love and appreciation. Later some entertaining games were organised for the teachers which added joy and fun filled environment to the day. Pharmacist day was celebrated in college on 25th September 2023 with theme "Pharmacy strengthening health systems".

Gokul me ji kare niwas Gopiyo sang jo rachye raas, Devki-Yashda jinki maiya, aise hai mare kishan kanhaiya. We all have the little Krishna in us somewhere. To celebrate Krishna Leela Krishna Janmashtami was celebrated on 8th September 2023 in which various competitions like Dahi Handi, Blind folded matka breaking, cosplay, garland making, krishna jhula & flute making were organised by our council. Students were all nicely dressed and all set to enjoy these event to their fullest. Overall winners of the competition were the fantastic S.Y. B.Pharm students .

To take blessings of Goddess Saraswati, Puja of Mata Saraswati was conducted at Goa College of Pharmacy on 23rd October 2023 . This was our last event as the students council. After the Puja there were many competitions organised to boost our students talents in the field of Kala. The competitions were, Rangoli Competition, Thali and Diya Decoration, Ghumat Arti Competition and Ghumat Arti Competition.Overall winners of the competition were the enthusiastic S.Y B.Pharms. Later in the evening, after offering prayers to goddess Saraswati, the idol was immersed at Miramar beach.

A people without the knowledge of their past history, origin and culture is like a tree without roots. As a Cultural Secretary of Goa College of Pharmacy it was always my take to keep students rooted and make them aware about the culture.

I would like to express my sincere thanking to our Principal Dr. Gopal Krishna Rao, Chairperson of Students activity committee, my beloved Ms. Lorna Silveira ma'am and the secretary of students activity committee, warm hearted Dr. Mythili Krishna ma'am . Also I would like to thank other members of the Students Activity Committee those are Ma'am Vedita Hegde Desai, Ma'am Sabah Jamadar, Sir Anand Mahajan, Sir Vaibhav Potdar for their immense support throughout the year. I thank all the teaching and non teaching staff for their support, cooperation and guidance during this academic year.

A big gratitude towards my classmates and my friends who were there to support me in every event. Without their support converting my vision into a successful goal was just impossible. I also extend my gratitude towards my fellow council members Mr. Harsh Gawas (GENERAL Secretary) , Mr. Sahil Gaonkar (Sports Secretary), Miss. Swayukta Bandhodkar (Ladies Representative) and Miss Sharvaree Sonurlekar (Magazine Secretary) who were my helping hands in this journey . They understood their responsibility and worked hard to achieve it. This year brought me lot of fun , learning experiences, challenges and decision makings. These moulded me as a human. Uplifted me as a leader. I extend my gratitude to all of them who supported me in this journey as a Cultural Secretary of Goa College of Pharmacy. Giving best wishes to the upcoming council from outgoing Cultural Secretary.

"I am proud of myself for the perseverance I have displayed in pursuing my passions, for never giving up, no matter how tough the journey became. " Now here I am signing off with wide chest filled with pride and bucket full of memories.

United for GCP !
vida longa GCP!

RASHI RAMDAS DESAI
Cultural Secretary
Students Council 2022-23

SPORTS SECRETARY REPORT

Sahil Gaonkar

"The rewards are going to come, but my happiness is just loving the sport and having fun performing."
- Jackie Joyner Kersee (Track and Field Legend)

It is a great pleasure and privilege for me to have been elected as the sports secretary of Goa college of Pharmacy, for the academic session 2022-2023. It was my wish to be the sports secretary of this college, and it was made possible by the support of my fellow GCPians.
First of all, my biggest gratitude to the Almighty GOD for His blessings and His guidance throughout the term. Secondly, I am very grateful and thus, express our heartfelt appreciation to our respected principal Dr.G.K.Rao for his never ending support, advice and encouragement. I am very thankful to the sports committee, the teaching as well as the non-teaching staff of GCP, and my fellow GCPians, for their support and co-operation throughout the academic session.
I have tried my best to fullfill all the promises that I made during my election manifesto.It included events like cricket, football,table tennis,chess ,carrom,and badminton. We also participated in many events at University level and expectations are very high that this trend will be continued in the years to be follow. I am very happy about it since it was a great success and brought me immense joy and true appreciation.
Lots of love and good luck to my fellow GCP sports lovers for making this year yet another memory for life.

Prize distribution of intramural activities held during academic year 2022-23 were carried out on 24th March 2023 along with the prize distributon of the academic years 2019-20 & 2021-22 which were kept pending due to the covid-19 outbreak.
Venue:Main hall of Goa College Of Pharmacy,Panjim.

Thank you,
Sahil Gaonkar
Sports Secretary

Participation in inter-collegiate tournaments organised by Goa University:
In the acedemic year 2022-23 & 2023-24 our college participated in various inter collegiate tournaments organised by Goa University ,like
- Marathon 2022
- Cricket(men)
- Tennikoit (men & women) in which women team reached quarter finals,
- Swimming(men) in which Mr.**Varun Jadhav**, (III Year B.Pharm) won 2nd & 3rd place in 200m free style and 100m backstroke respectively, also our colleges secured 3rd place in inter-collegiate swimming competition for academic year 2023-24
- Football (Men)

Participation in inter-collegiate tournaments and activities organised by different colleges and organisation:
- Walkathon organised by FFSAI in collaboration with Nestle India Limited
- Men Futsal team participated in 1st 6-A side Inter-collegiate Futsal Tournament organised by SES'S Sridora Caculo College & AITD,Mapusa.

Interclass Events held during academic year 2022-23

EVENTS	WINNERS	RUNNERS UP
1.Football Venue: Dr. Alvaro Remgio Pinto Playground Taleigao	IV Year B.Pharm	I Year B.Pharm
Best Footballer: Nooman Khan (IV B.Pharm)		

EVENTS	WINNERS	RUNNERS UP
2.Chess *Venue: Dhanvantari Of Goa College Of Pharmacy,Panjim*	Raj Gaude(I Year D.Pharm)	Aakib Khan(II Year M.Pharm)
3.Carrom *Venue: Dhanvantari Of Goa College Of Pharmacy,Panjim*		
2.Chess *Venue: Dhanvantari Of Goa College Of Pharmacy,Panjim*	Raj Gaude(I Year D.Pharm)	Aakib Khan(II Year M.Pharm)
Carrom(Men)	Vedang Kauthankar (III Year B.Pharm)	Aakib khan(II Year M.Pharm)
Carrom(Women)	Anjum Kasar(I Year D.Pharm)	Kirti Naik (II Year M.Pharm)
Carrom Doubles(Men)	Vinayak Sasolkar & Aakib Khan(II Year M.Pharm)	Yashwant Naik & Prashant Gaude(II Year B.Pharm)
Carrom Doubles(Women)	Anjum Kasar & Mehreen Shaikh(I Year D.Pharm)	Kirti Naik & Isha Gad (II Year M.Pharm)
Carrom Mixed Doubles	Akhilesh Gogate & Nmrah Khan(IV Year B.Pharm)	Sumukh Verlekar & Kirti Naik(II Year M.Pharm)
4.Table Tennis *Venue: Dhanvantari Of Goa College Of Pharmacy,Panjim*		
Table Tennis(Men)	Stennic Ferrao(IV Year B.Pharm)	Harsh Gawas(III Year B.Pharm)
Table Tennis(Women)	Diya Gaitonde(I Year B.Pharm)	Vaishnavi Kamat(I Year B.Pharm)
Table Tennis Doubles(Men)	Advait Laad Shiradkar & Stennic Ferrao(IV Year B.Pharm)	Mohammad Anas & Karan Dhavane(I Year D.Pharm)
Table Tennis Doubles(Women)	Vaishnavi Kamat & Diya Gaitonde(I Year B.Pharm)	Kirti Naik & Isha Gad(II Year M.Pharm)
Table Tennis Mixed Doubles	Advait Laad Shiradkar & Medam Venkata Komali(IV Year B.Pharm)	Aman Alam & Vaishnavi Kamat(I Year B.Pharm)
5.Badminton *Venue: Campal Indoor Stadium, Panjim.*		
Badminton(Men)	Mihir Vernekar (II Year B.Pharm)	Pavan Lamani (II Year B.Pharm)
Badminton(Women)	Isha Gad (II Year M.Pharm)	Muskan Sharma (II Year B.Pharm)

EVENTS	WINNERS	RUNNERS UP
Badminton Doubles (Men)	Aman Alam & Ratvish shetye (I Year B.Pharm)	Aditya Gawas & Sanat Tambe (II Year D.Pharm)
Badminton Doubles(Women)	Muskan Sharma & Kinley Zangmo (II Year B.Pharm)	Rutuja Kulkarni & Kavita Sen (I Year D.Pharm)
Badminton Mixed Doubles	Mihir Vernekar & Muskan Sharma (II Year B.Pharm)	Isha Gad & Aakib Khan (II Year M.Pharm)
6.Cricket *Venue:* GPP Playround, Panjim	III Year B.Pharm	IV Year B.Pharm
Best Cricketer: Atharv Keny (III B.Pharm)		

Overall Individual Championship 2022-23 in **MEN SECTION** was shared by Mr.Advait Laad shirodkar & Mr.Stenick Ferrao both from IV Year B.Pharm.

Overall Individual Championship 2022-23 in **WOMEN SECTION** was bagged by Miss. Isha Gad from II Year M.Pharm

The Overall Individual Championship for the Year 2022-23 is won by IV Year B.Pharm.

The **Overall Runners-Up for the year 2022-23** is won by M.Pharm.

FRAMES & EVENTS 2022-23

1st November 2022

STUDENTS' COUNCIL 2022-23

Students' Council Investiture Ceremony

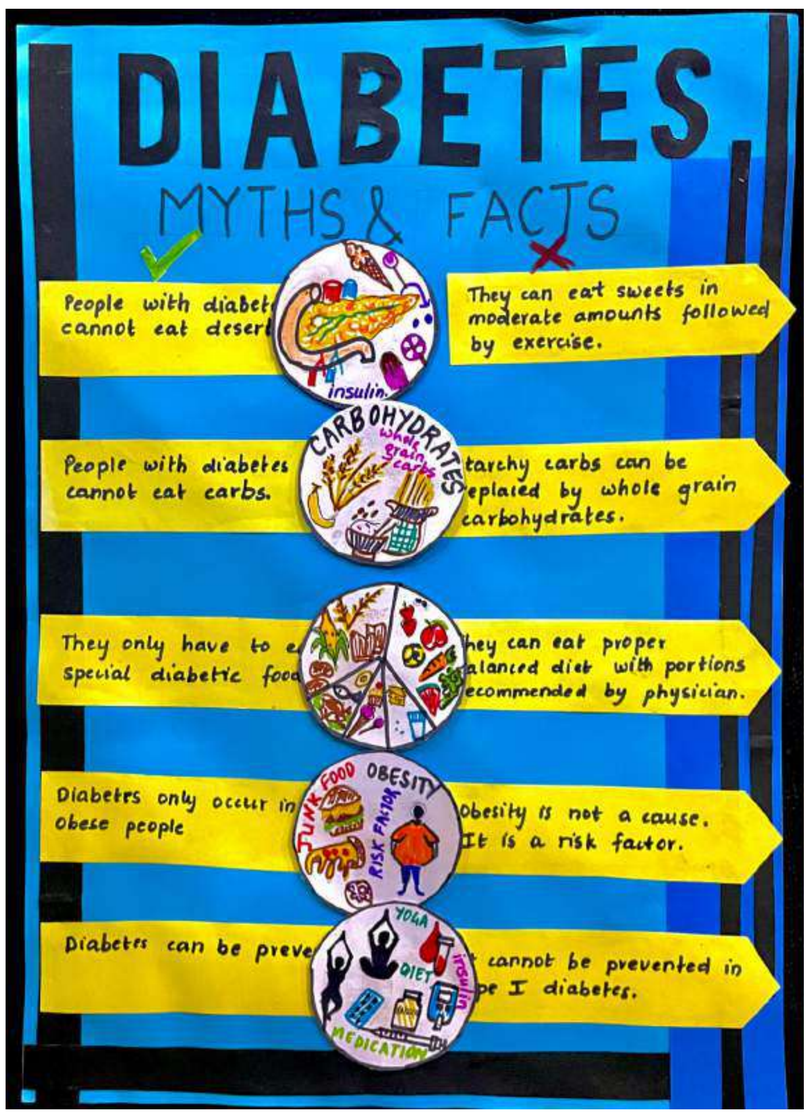
GOA COLLEGE OF PHARMACY
welcomes you to the
INVESTITURE CEREMONY
OF
STUDENTS COUNCIL

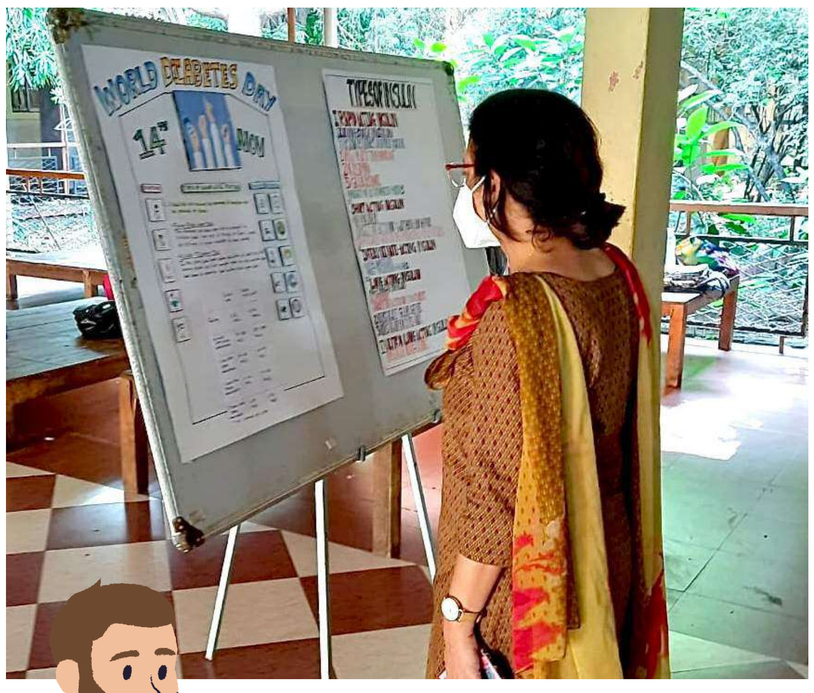
GOA COLLEGE OF PHARMACY
welcomes you to the
INVESTITURE CEREMONY
OF
STUDENTS COUNCIL

INVESTITURE CEREMONY
OF
STUDENTS COUNCIL
2022

GOA COLLEGE OF PHARMACY
INVESTITURE CEREMONY

14th November 2022





World Diabetes Day

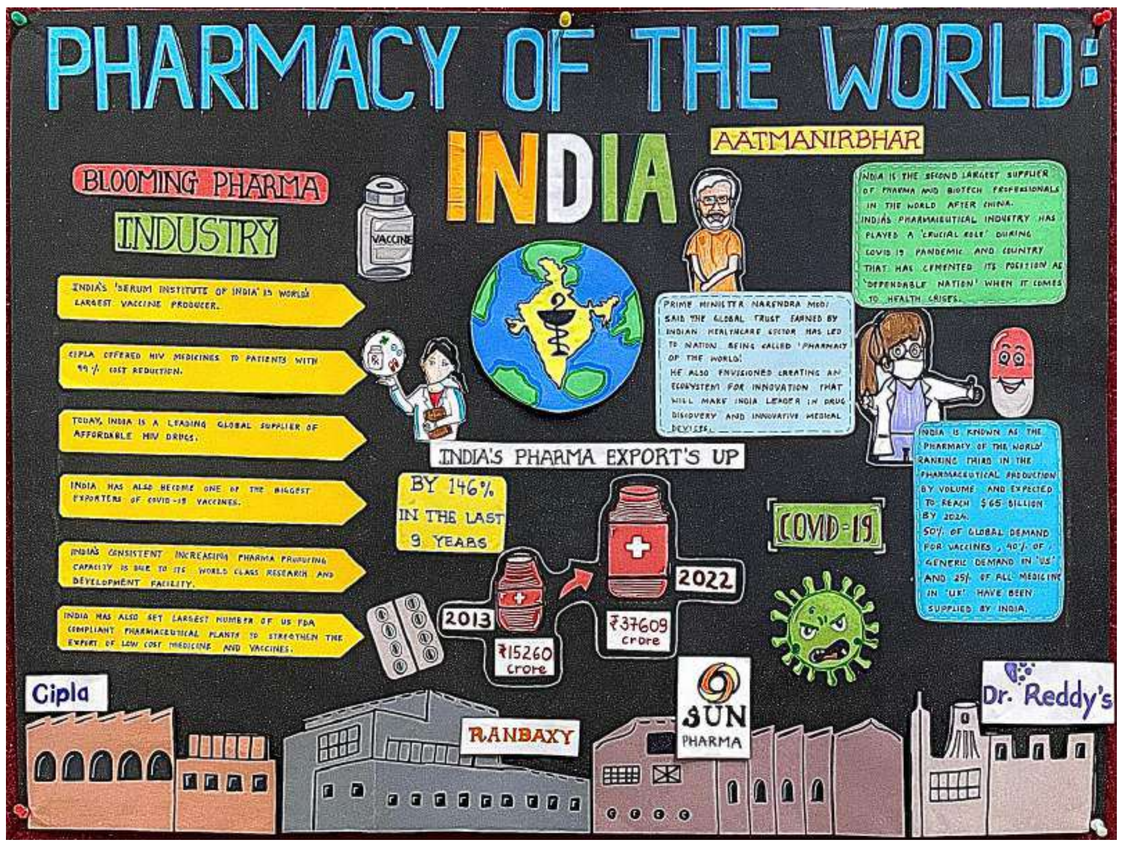
Panjim KTC Bus Stand

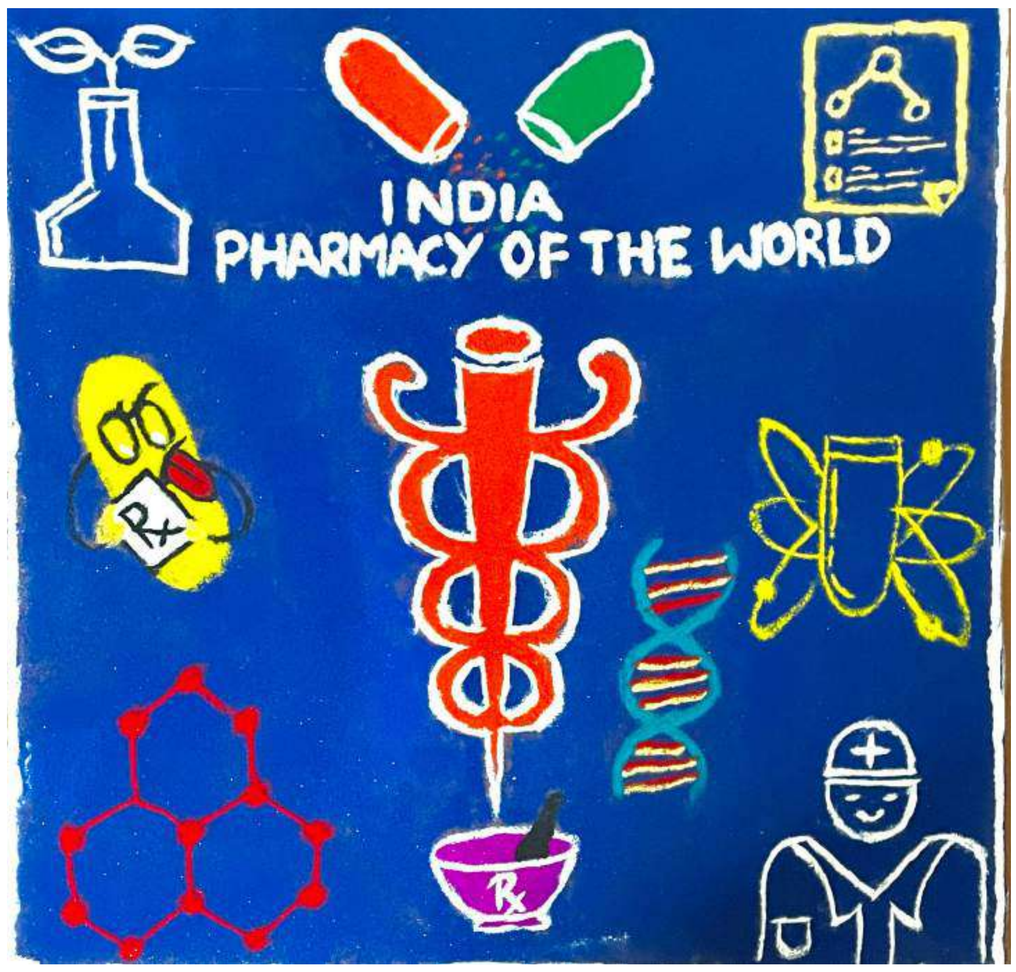
Miramar Beach

Street Play - Diabetes: Myths & Facts

23rd November 2022

THE INDIAN PHARMACEUTICAL ASSOCIATIONGOA STATE BRANCH
in association with
GOA COLLEGE OF PHARMACY & CHEMISTS AND DRUGGISTS ASSOCIATION GOA





61st National Pharmacist Week

61st

GOA LIBERATION DAY

19th December 2022

61st Goa Liberation Day

29th December 2023

Intramural Football Tournament

26th January 2023

74th Republic Day

27th February 2023

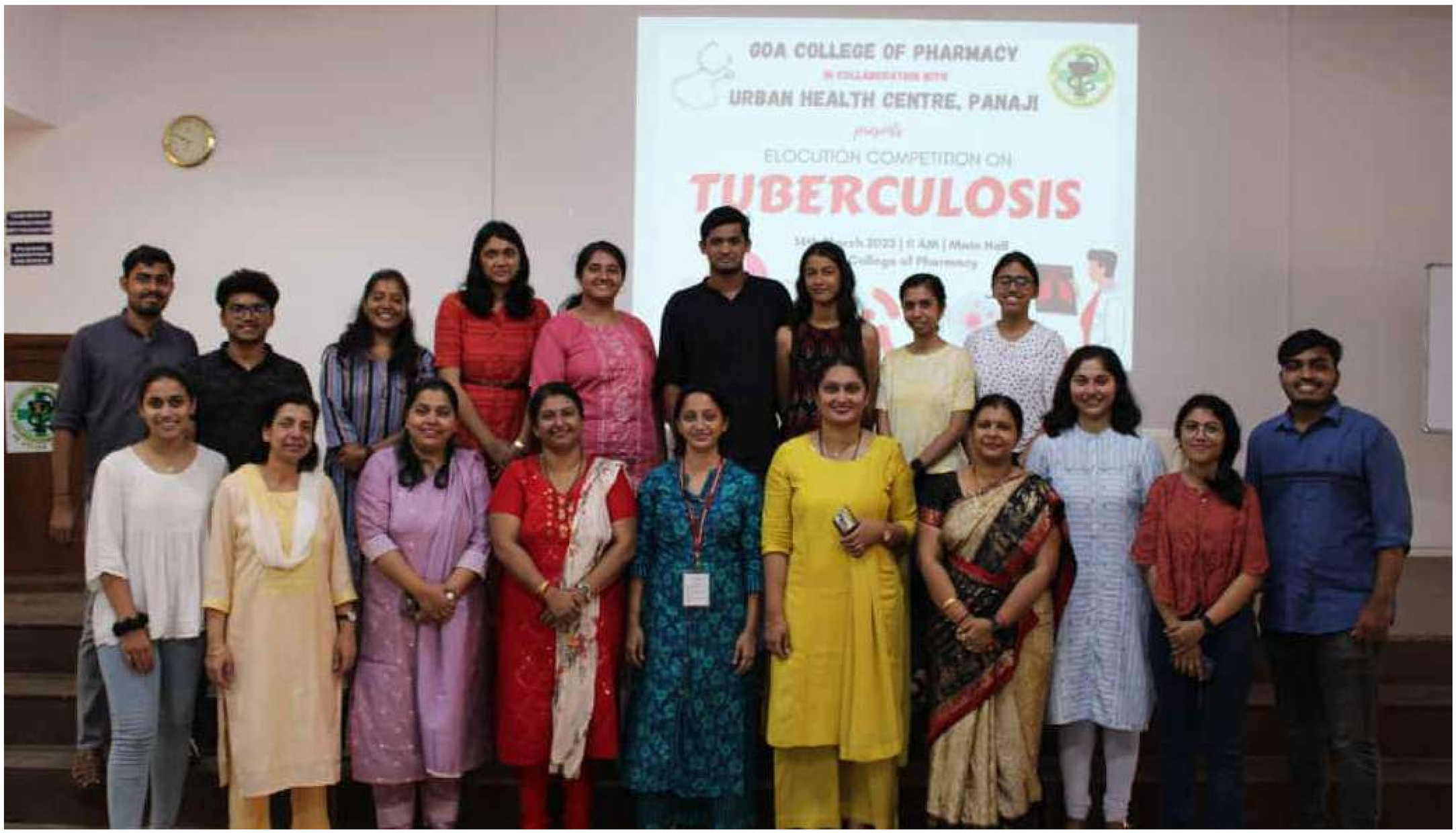
Intramural Badminton Tournament

2nd March 2023

Satyanarayan Pooja

11th March 2023

Intramural TT, Carrom & Chess Tournament

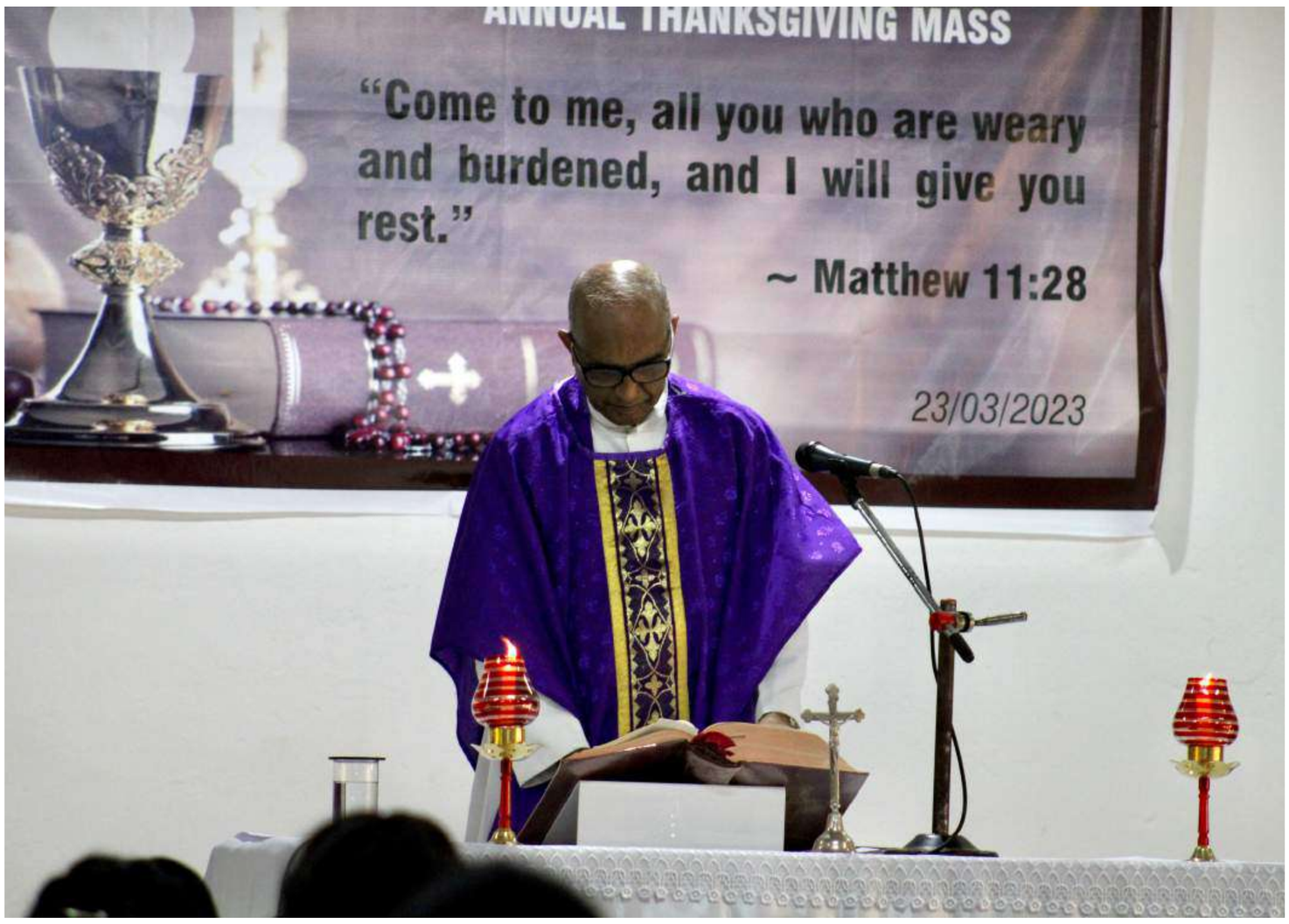


Elocution Competition on “Tuberculosis”

18th March 2023

Intramural Cricket Tournament

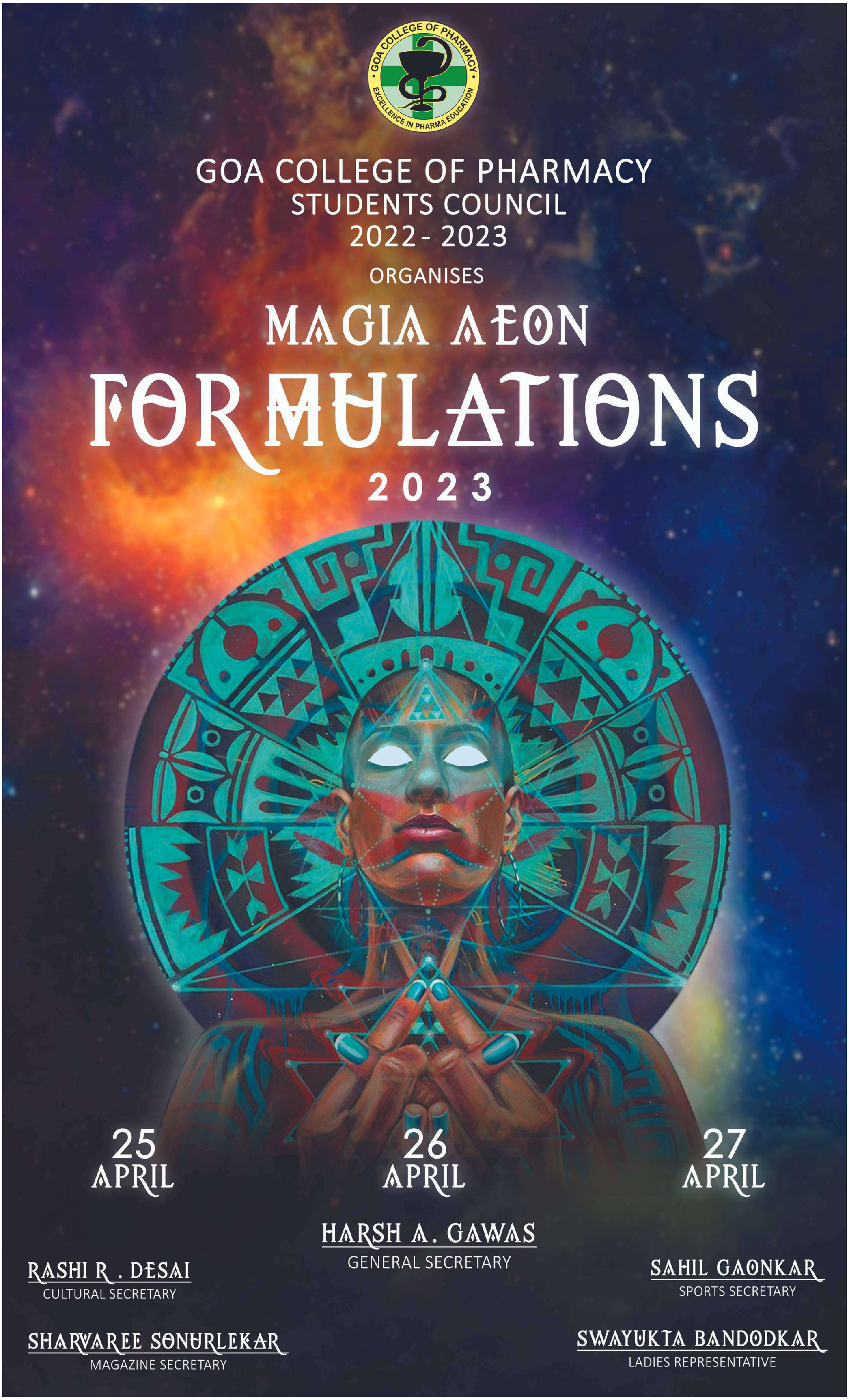
23rd March 2023



Annual Thanksgiving Mass

18th March 2023

Intramural Sports Annual Prize Distribution


GOA COLLEGE OF PHARMACY
EXCELLENCE IN PHARMA EDUCATION
GOA COLLEGE OF PHARMACY
STUDENTS COUNCIL
2022 - 2023
ORGANISES
MAGIA AEON
FORMULATIONS
2023
25 APRIL
26 APRIL
27 APRIL
HARSH A. GAWAS
GENERAL SECRETARY
RASHI R. DESAI
CULTURAL SECRETARY
SAHIL GAONKAR
SPORTS SECRETARY
SHARVAREE SONURLEKAR
MAGAZINE SECRETARY
SWAYUKTA BANDODKAR
LADIES REPRESENTATIVE

FORMULATIONS: Magia Aeon

GE OF PHARMACY
NTS COUNCIL
22 - 2023
RGANISES

GOA COLLEGE OF PHARMACY
2022 - 20
ORGANISE
YAMAHA

PHARMACY
OUNCIL

ARMACY
2023
2 0 3

GOA

GOA
TIONS

FORMULATIONS: Magia Aeon

27th April 2023

Day Two

FORMULATIONS: Magia Aeon

28th April 2023

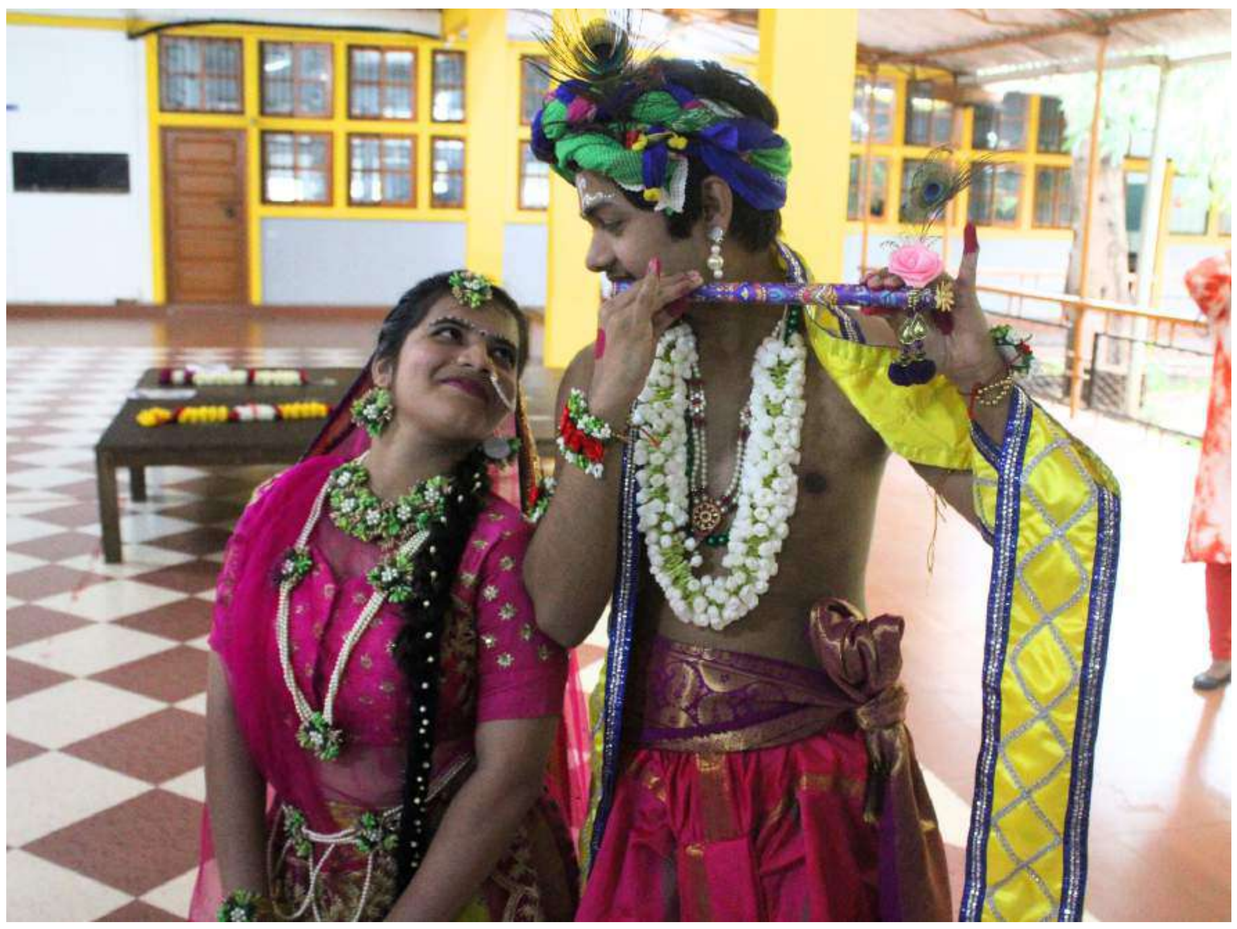
Day Three

14th June 2023

Farewell Party

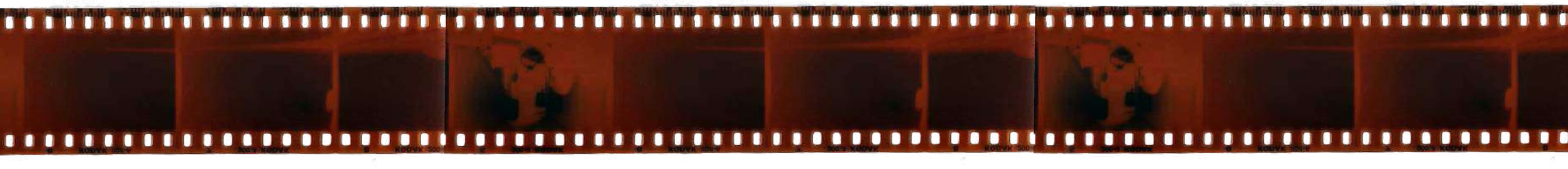
Teacher's Day

8th September 2023



Krishna Janmashtami

CANTEEN



23rd October 2023

Shardotsav

World Pharmacist's Day

Governing Commitee
Goa College of Pharmacy, Panaji, Goa

Dr. Praveen Khullar
CHAIRMAN
Head of Global Develepment Centre, Goa &
Dy. Head Development Centres Network
EP+GX (GEM)
M/s. Sanofi Synthelabo India Pvt. Ltd., Verna,
Goa

Dr. Gopal Krishna Rao
MEMBER SECRETARY
Principal, Goa College of Pharmacy, Panaji,
Goa - 403001
President, Indian Pharmaceutical Association,
Goa State Branch, Panaji, Goa

Shri. Vivek B. Kamat
EX-OFFICIO MEMBER
Director, Directorate of Technical Education,
Government of Goa

Smt. Jyoti J. Sardesai
MEMBER
Director, Directorate of Food and Drugs
Administratio, Government of Goa

Shri. Srinivas Rao Kalakuntla
MEMBER
Site Head & Vice President Manufacturin, Lupin
Limited, Verna, Goa

Shri. Prasad S. Tamba
MEMBER
Secretary, Indian Pharmaceutical Association,
Goa State Branch, Panaji, Goa

Dr. Bernard F. Rodrigues
MEMBER
Senior Professor, Department of Botany, Goa
University, Talegaon Plateau, Goa - 403206

Dr. Rajesh Parab
MEMBER
Managing Director, M/s. Colorcon Asia Pvt.
Ltd., Verna, Goa

Shri. Vivek W. Belokar
MEMBER
Assistant Director (C), Directorate of Technical
Education, Government of Goa

Dr. Sanjay Pai P. N.
INTERNAL FACULTY MEMBER
Professor, Department of Pharmaceutical
Chemistry, Goa College of Pharmacy, Panaji, Goa

Dr. Rajashree Gude
INTERN FACULTY MEMBER
Associate Professor and Training & Placement
Officer, Goa College of Pharmacy, Panaji, Goa

Mr. Harsh Gawas
MEMBER
General Secretar, Students' Council 2022-23,
Goa College of Pharmacy, Panaji, Goa

Department of Pharmaceutics

Dr. Prashant J. Bhide
PROFESSOR

Dr. Rupesh K. Shirodkar
PROFESSOR

Dr. Rajashree Gude
ASSOCIATE PROFESSOR

Dr. Bothiraja Chellampillai
ASSOCIATE PROFESSOR

Smt. Seema S. Shet
ASSOCIATE PROFESSOR

Smt. Saba G. Jamadar
ASSOCIATE PROFESSOR

Shri. Rohan R. Prabhu
ASSOCIATE PROFESSOR

Department of Pharm. Analysis

Dr. Sanjay Pai P.N.
PROFESSOR

Dr. Anand Mahajan
PROFESSOR

Dr. Adison Fernandes
ASSOCIATE PROFESSOR

Smt. Shweta S. Borkar
ASSOCIATE PROFESSOR

Smt. Sachi Kudchadkar
ASSOCIATE PROFESSOR

Department of Pharmacology

Dr. Madhusudan Joshi
PROFESSOR

Smt. Shailaja Mallya
ASSOCIATE PROFESSOR

Smt. Vedita Hegde Desai
ASSOCIATE PROFESSOR

Dr. Liesel M. Fernandes e Mendoca
ASSOCIATE PROFESSOR

Smt. Asmita S. Arondekar
ASSOCIATE PROFESSOR

Dr. Damita Lourdes Cota
ASSOCIATE PROFESSOR

Department of Pharmacognosy

Dr. Arun B. Joshi
PROFESSOR

Dr. Shailendra S. Gurav
PROFESSOR

Dr. Mythili Krishna J.
ASSOCIATE PROFESSOR

Dr. Anant Bhandarkar
ASSOCIATE PROFESSOR

Department of Pharm. Chemistry

Dr. Gopal Krishna Rao
PROFESSOR

Dr. Sanjay Pai P.N.
PROFESSOR

Dr. Raghuvir R. Pissurlenkar
PROFESSOR

Kum. Lorna P. Silveira
ASSOCIATE PROFESSOR

Smt. Teja V. Walke
ASSOCIATE PROFESSOR

Shri. Vithal Bhandare
ASSOCIATE PROFESSOR

Shri. Vaibhav Potdar
ASSOCIATE PROFESSOR

Shri. Rahul Chodankar
ASSOCIATE PROFESSOR

Dr. Nutan L. Naik
ASSOCIATE PROFESSOR

Dr. Titiksh Laxmikant Devale
ASSOCIATE PROFESSOR

Shri. Raveendra L. Hullolikar
ASSOCIATE PROFESSOR

Department of Microbiology

Dr. Yogita N. Sardessai
PROFESSOR

Publications

1.Mallya S, Pissurlenkar RRS. In-silico Investigations for the Identification of Novel Inhibitors Targeting Hepatitis C Virus RNA-dependent RNA Polymerase. Medicinal Chemistry (Shariqah (United Arab Emirates)). 2023 Oct. DOI: 10.2174/0115734064255683230919071808. PMID: 37815178.

2. J. Sureshkumar, C. Jenipher, E. Amiri-Ardekani, M. Kalaskar, **S. Gurav,** M. Ayyanar.Local people's knowledge on wild edible and economically important pteridophytes of India: a review. ***Human Ecology*** 2023. https://doi.org/10.1007/s10745-023-00445-6 **(Springer IF-2.0)**

3. R Prasad, R Chikhale, N Rai, N Akojwar, R Purohit, P Sharma, O Kulkarni, D Laloo, **SGurav**, P Itankar, S Prasad. Rutin from *Begonia roxburghii* modulates iNOS and Sep A activity in treatment of Shigella flexneri induced diarrhoea in rats: An in vitro, in vivo and computational analysis. ***Microbial Pathogenesis 2023***, https://doi.org/10.1016/j.micpath.2023.106380 **(Elsevier IF- 3.8)**

4. Ritesh Bhole, Shailendra Gurav, Breaking Through Resistance in mCRPC: Enzalutamide Analogues as Effective Anticancer Agents for Enhanced Male Survival. ***Results in Chemistry 2023,*** (https://doi.org/10.1016/j.rechem.2023.101143 **(ElsevierIF- 2.3)**

5. Girish Gawas, Muniappan Ayyanar, Rupesh Chikhale, Mohan Kalaskar, **Shailendra Gurav**. Process optimization for the bioinspired synthesis of gold nanoparticles using *Cordyceps militaris*, its characterization and assessment of enhanced therapeutic efficacy. ***Pharmaceuticals, 2023,*** 16 (9) 1311. https://doi.org/10.3390/ph16091311**(MDPI IF- 4.6)**

6. Mohan Kalaskar, Vivek Redasani, Sanjay Surana, Rupesh Chikhale, **Shailendra Gurav**. Isolation and characterization of anti-inflammatory compounds from *Ficus microcarpa* L.f. stem bark. ***Plants, 2023,*** 12 (18) 3248.https://doi.org/10.3390/plants12183248 **(MDPI IF- 4.5)**

7. V Metkari, R Shah, N Salunkhe, **S Gurav**. QBD approach for the design, optimization, development, and characterization of naringenin-loaded phytosomes to enhance solubility and oral bioavailability. ***Journal of Pharmaceutical Innovation 2023,*** 1-15**.** https://doi.org/10.1007/s12247-023-09775-w **(Springer IF 2.6)**

8. M Ayyanar M Divya, G Shanti, S Amalraj, E Amiri-Ardekani, **S Gurav**. Hypoglycemic, anti-inflammatory and anti-aging potential of *Canthiium coromandelicum* (Burm.f.) Alston leaf extracts: In-vitro and in-silico ADMET studies. ***South African Journal of Botany 2023,*** 161, 377-386 https://doi.org/10.1016/j.sajb.2023.08.036 **(Elsevier IF-3.1)**

9. Rupali Prasad, **Shailendra Gurav**, Rupesh Chikhale, Satyendra Prasad. Analysing the impact of eriosematin E from Eriosema chinense Vogel. against different diarrhoeagenic pathovars of Escherichia coli using in silico and in vitro approach.***Journal of Biomolecular Structure and Dynamics 2023***, In Press. https://doi.org/10.1080/07391102.2023.2246570 **(Taylor and Francis IF-5.235)**

10. M Ayyanar M Divya, G Shanti, S Amalraj, E Amiri-Ardekani, **S Gurav**. Evaluation of in vitro enzyme inhibitory, anti-inflammatory, antioxidant, and antibacterial activities of Oldenlandia corymbosa L. and Oldenlandia umbellata L. whole plant extracts. ***Pharmacological Research - Modern Chinese Medicine***, 2023, 8: 100286https://doi.org/10.1016/j.prmcm.2023.100286 **(Elsevier Cite Score-0.6)**

11. S. Gracias, M. Ayyanar, M. Kalaskar, N. Gurav, S. Nadaf, R. Bhole, **S. Gurav**. Fabrication of chitosan nanocomposites loaded with biosynthetic metallic nanoparticles and their therapeutic investigation. ***Environmental Research*** 2023,11609. https://doi.org/10.1016/j.envres.2023.116609 **(Elsevier IF-8.3)**

12. R. Bhole, C. Bonde, A. Pant, R. Chikhale, **S. Gurav.** Unlocking the Potential of PROTACs: A Comprehensive Review of Protein Degradation Strategies in Disease Therapy. ***Bioorganic Chemistry*** 2023, 139:106720.https://doi.org/10.1016/j.bioorg.2023.106720 **(Elsevier IF-5.1)**

13. R. Bhole, V. Sarode, L. Kothapalli, **S. Gurav**, R. Chikhale. Design, Synthesis and Pharmacological Evaluation of Some 2-Methylsulfanyl-1,4-Dihydropyrimidines Derivatives as an Analgesic Agent. ***Russian Journal of Bioorganic Chemistry*** 2023,1-8. https://doi.org/10.1134/S1068162023040076 **(Springer IF-1.0)**

14. R. Bhole, C. Bonde, G. Girase, **S. Gurav.** Stability Indicating Validated Novel RP-HPLC Method for Dexlansoprazole and LC-MS/MS Study of Degradation Product. ***Palestinian Medical and Pharmaceutical Journal*** 2023. (In Press)

15. M. Ayyanar, C. Jenipher, J, Krupa, S. Amalraj, **S. Gurav**. Phytochemical composition, in vitro antioxidant and antibacterial activity of *Moringa concanensis* Nimmo leaves.***Vegetos*** 2023. https://doi.org/10.1007/s42535-023-00663-9 **(Springer- Cite Score- 2)**

16. M. Ayyanar, C. Jenipher, J. Sureshkumar, G. Rajiv, **S. Gurav**. Genus Equisetum L.: areview of its taxonomy, traditional uses, phytochemistry and pharmacological potential. ***Journal of Ethnopharmacology*** 2023, 314:116630https://doi.org/10.1016/j.jep.2023.116630 **(Elsevier IF-5.4)**

17. D. Halarnekar, M. Ayyanar, M. Kalaskar, N. Gurav, S. Nadaf, S. Gurav. Eco Synthesized Chitosan/Zinc Oxide Nanocomposites as the Next Generation of Nano-Delivery for Antibacterial, Antioxidant, Antidiabetic Potential, and Chronic Wound Repair. International Journal of Biological Macromolecules 2023, 242 (1)124764.https://doi.org/10.1016/j.ijbiomac.2023.124764 (Elsevier IF-8.2)

18. S. Nadaf, G. Jena, N. Rarokar, N. Gurav, M. Ayyanar, S. Prasad, S. Gurav. Biogenic and biomimetic functionalized magnetic nanosystem: synthesis, properties, and biomedical applications. ***Hybrid Advances*** 2023, 3:100038.https://doi.org/10.1016/j.hybadv.2023.100038 **(Elsevier)**

19. R Prasad, N Yenorkar, S Dhaswadikar, S Sinha, M Dhobi, D Laloo, **S Gurav**, PItankar, S Prasad. A systematic antidiarrhoeal evaluation of a vegetable root Begonia roxburghii and its marker flavonoids against nonpathogenic and pathogenic diarrhoea. ***Food Bioscience*** 2023, 53:102672. https://doi.org/10.1016/j.fbio.2023.102672**(Elsevier IF-5.2)**

20. S. Sapkal, A. Tatiya, S. Firke, V. Redasani, **S. Gurav**, M Ayyanar, M Kalaskar. Phytochemical profile, antioxidant, cytotoxic and anti-inflammatory activities of stem bark extract and fractions of Ailanthus excelsa Roxb.: in vitro, in vivo and in silico approaches. ***Heliyon*** 2023 9:e15952. https://doi.org/10.1016/j.heliyon.2023.e15952**(Elsevier IF-4)**

21. L. Akotkar, U. Aswar, R. Patil, D. Kumar, M. Aswar, J. Pandey, **S. Gurav.** Antidepressant effect of alpha lipoic acid in rats exposed to chronic unpredictable mild stress: Putative role of neurotransmitters and 5HT3 receptor. ***FuturePharmacology*** 2023**,** 3, https://doi.org/10.3390/futurepharmacol3020025 **(MDPI)**

22. AA Gavit, MB Gagrani, **SS Gurav**, M Ayyanar, VG Beldar, AU Tatiya, MG Kalaskar.Chemical composition and biological activities of Lonicera caprifolium L. (Caprifoliaceae) essential oil. ***Natural Product Research*** 2023, 1-9.https://doi.org/10.1080/14786419.2023.2193745 **(Taylor and Francis IF-2.2)**

23. Patil R., Aswar U., Akotkar L., Bodhankar S., **Gurav S**. Rodent Models for Diabetes. ***3 Biotech*** 2023, 13 (80), 1-18. https://doi.org/10.1007/s13205-023-03488-0**(Springer IF-2.8)**

24. V.S. Pragadheesh M.S. Arul Raj, S. Amalraj, R. Murugan, P. Gangapriya, V. Sundaresan, **S.S. Gurav,** M. Ayyanar. A comparative analysis of leaf essential oil profile, in-vitro biological properties and in-silico studies of four Indian Guava (Psidium guajava L.) cultivars, a promising source of functional food. ***South African Journal of Botany*** 2023, 153:357-369 https://doi.org/10.1016/j.sajb.2023.01.005**(Elsevier IF-3.1)**

25. **Shailendra Gurav**, Manish Wanjari, Ritesh Bhole, Nishikant Raut, Satyendra Prasad, Suprit Saoji, Rupesh Chikhale, Pukar Khanal, Amit Pant, Muniappan Ayyanar, Nilambari Gurav. Ethnological validation of Ashwagandha (*Withania somnifera* L. Dunal) ghrita as Vajikarana Rasayana': *in-silico, in-vitro* and *in-vivo* approach.***Journal of Ethnopharmacology*** 2023, 304, 116064.https://doi.org/10.1016/j.jep.2022.116064 **(Elsevier IF-5.4)**

26. Rarokar, Nilesh, Roshani Agrawal, Sakshi Yadav, Pramod Khedekar, C. Ravikumar, Darshan Telange, **Shailendra Gurav**. Pteroyl-γ-l-glutamate/Pluronic® F68 modifiedpolymeric micelles loaded with docetaxel for targeted delivery and reduced toxicity.***Journal of Molecular Liquids*** 2023, 120842.https://doi.org/10.1016/j.molliq.2022.120842 (**Elsevier IF-6)**

27. S. Nadaf, S. Killedar, V. Kumbhar, D. Bhagwat, **S. Gurav.** Pazopanib-laden lipid based nanovesicular delivery with augmented oral bioavailability and therapeuticefficacy against non-small cell lung cancer. ***International Journal of Pharmaceutics,*** 2022, 628: 122287 https://doi.org/10.1016/j.ijpharm.2022.122287 (**Elsevier IF- 5.8**)

28. **Shailendra Gurav**, Poonam Usapkar, Muniappan Ayyanar, Samir Nadaf, Rupesh Chikhale. Preparation, characterization, and evaluation (*in-vitro, ex-vivo,* and *in-vivo*) of naturosomal nanocarriers for enhanced delivery and therapeutic efficacy of hesperetin. ***PLOS One***, 17(11): e0274916https://doi.org/10.1371/journal.pone.0274916 (**PLOS IF-3.7**)

29. Malaria, S.S., Mary DCruz, C.E., Kumar, L., Bhide, P.J., **Shirodkar, R.K.**, 2023. Formulation and characterisation of lacidipine niosomal gel for transdermal delivery. Tenside Surfactants Detergents, 60(2), pp.124-139. ***[Impact Factor:1.058]***

30. Kantak, M.N., Kumar, L., Bhide, P.J., **Shirodkar, R.K.**, 2023. Oral Gastroretentive Film of Lacidipine for the Treatment of Gastroparesis. ASSAY and Drug Development Technologies, 21(3), pp.97-109. ***[Impact Factor:1.8]***.

31. Natekar, R.M., DCruz, C.E.M., Kumar, L., Bhide, P.J., **Shirodkar, R.K.**, 2023. Felodipine-loaded Spanlastics: superior nanocarriers for transdermal delivery. Tenside Surfactants Detergents, 60(4), pp.296-311. ***[Impact Factor:1.058***

32. Dessai, A.A., Kantak, M.N., DCruz, C.E.M., Kumar, L., Bhide, P.J., **Shirodkar, R.K.**, 2023. Formulation and Characterization of Nanoparticulate Drug Carrier System for Lacidipine. ASSAY and Drug Development Technologies, 21(7), pp.309-324. ***[Impact Factor:1.8]***.

Books & Book Chapters

Dr. Shailendra S. Gurav
PROFESSOR
Dept. of Pharmacognosy

by Dr. Shailendra Gurav

Books:

1. Indian System of Medicine
ISBN: 978-93-5451-000-0 (Nirali Publications) (2023)

2. Laboratory Manual of Pharmacognosy
ISBN: 978-93-95951-04-3 (Nirali Publications) (2023)

Book Chapters:

1. Application of nanophytomedicine for effective target delivery of drugs in the treatment of central nervous system disorders, In: Phytochemical Drug Discovery for Central Nervous System Disorders: Biochemistry and Therapeutic Effects. ISBN:9781119794127. https://doi.org/10.1002/9781119794127.ch18 (Wiley) (2023).

2. Delivery of nutraceuticals using nanoparticles, In: Nutraceuticals: Sources, Processing methods, Properties and Applications. ISBN: 978-0-443-19193-0.https://doi.org/10.1016/B978-0-443-19193-0.00006-X (Elsevier- Academic Press)(2023)

3. Role of artificial intelligence and machine learning approach in natural products-based drug discovery, In: Phytochemistry, computational tools and databases in drugdiscovery. ISBN: 978-0-323-90593-0. https://doi.org/10.1016/B978-0-323-90593-0.00012-5 (Elsevier) (2022).

Research Credentials

by Dr. Shailendra Gurav

***Granted Patents (04)*:**
International (03):
1. Antimicrobial silver nanoparticles synthesized using the endophytic fungus *Phyllosticta capitalensis*- (German Utility Model No.: 20 2023102352)
2. Phospholipid-based nano-vesicles for improved delivery of boswellic acids (German Utility Model No.: 20 2023102351)
3. *Cordyceps militaris* mediated gold nanoparticles having antimicrobial, antidiabetic and antioxidant activities (German Utility Model No. 202022105430)
Indian (01):
1. A bioconversion method for the preparation of 2-Chlorobenzene-1,4-diol (Indian Patent No. 433851)

Filed Indian Patent Applications:
1. Proplois solid dispersion tablet formulation for improving immunomodulatory activity
Application No. 202321064170
2. Chitosan nanocomposites loaded with biosynthetic metallic nanoparticles
Application No. 202321012426
3. Chitosan and Zin oxide Nanocomposite
Application No. 202321007260
4. Naturosomal boswellic acid delivery with enhanced anti-arthritic activity
Application No. 20221071819)
5. Evaluating Isoniazid- Folic acid conjugate for enhanced anti-tubercular potential(Patent Application No. 202321059765)
6. Design and synthesis of vitamin drug conjugate for its anti-tubercular activity (PatentApplication No. 202221044407)
7. Medicinal formulations containing 2-pyrone compound/s (Patent Application No. 202221067578)
8. 2-pyrone compound for the treatment of infections and related complications due tosars virus and its variants (Patent Application No. 202221067577)
9. 2-pyrone compound for the treatment of infections and related complications due to sars virus and its variants (Patent Application No. 202221067579)

Dr. Shailendra S. Gurav

PROFESSOR
Dept. of Pharmacognosy

Honored as **“International Research Fellow”** of **INTI International University, Malaysia**

Nominated as **‘Chairperson’** of **‘Board of Studies’** in **Faculty of Pharmacy**, Goa University, Goa, India

Nominated as **Member** of **‘Board of Studies’** in **Faculty of Pharmacognosy**, SPPU University, Pune, India

Award: Along with **Kum. Slavika Gracias** Bagged 2nd place, Dr. P.D. Patil National Award for Best thesis in Pharmaceutical Sciences 2022-Natural Products category on 20th May 2023. Award instituted by Dr. D.Y. Patil Institute of Pharmaceutical Sciences and Research, Pimpri, Pune.
Thesis topic: Fabrication of Chitosan Nanocomposites Loaded with Biosynthetic Metallic Nanoparticles and their Therapeutic Investigation.
The research has been published in the Journal of Environmental Research, Elsevier, having an impact factor of 8.4.
Citation: Gracias S, Ayyanar M, Peramaiyan G, Kalaskar M, Redasani V, Gurav N, Nadaf S, Deshpande M, Bhole R, Khan MS, Chikhale R. Fabrication of chitosan nanocomposites loaded with biosynthetic metallic nanoparticles and their therapeutic investigation. Environmental Research. 2023 Oct 1;234:116609.

Smt. Shailaja Mallya

ASSOCIATE PROFESSOR
Dept. of Pharmacology

Poster Presentation: Presented poster at 7th Annual International Conference on IPR; Current Global Trends in IPR: What we do/should know on the topic on the Topic “Structure-based identification of novel Anti-Hepatitis C viral agents targeting RNA Dependent RNA Polymerase” on 15-16 November 2022, held at Goa College of Pharmacy.

Expertise At Work

Dr. Rupesh Shirodkar

PROFESSOR
Dept. of Pharmaceutics

Resource Person: Delivered a Guest Lecture on “Recent Advances in Pharmaceutical Formulations” at One-Day Continuing Pharmacy Education (CPE) Program for Pharmacist, organised by Goa State Pharmacy Council in collaboration with PES’s Rajaram & Tarabai Bandekar college of Pharmacy, Farmagudi-Ponda.

Conference: Participated as Delegate and Chairperson in Manipal Pharmaceutical conference (MPCON) 2023 Organized by Department of Pharmaceutics, Department of Pharmaceutical Quality Assurance, Department of Pharmaceutical Regulatory Affairs and Management, Manipal College of Pharmaceutical Sciences, MAHE, Manipal from September 28-30, 2023.

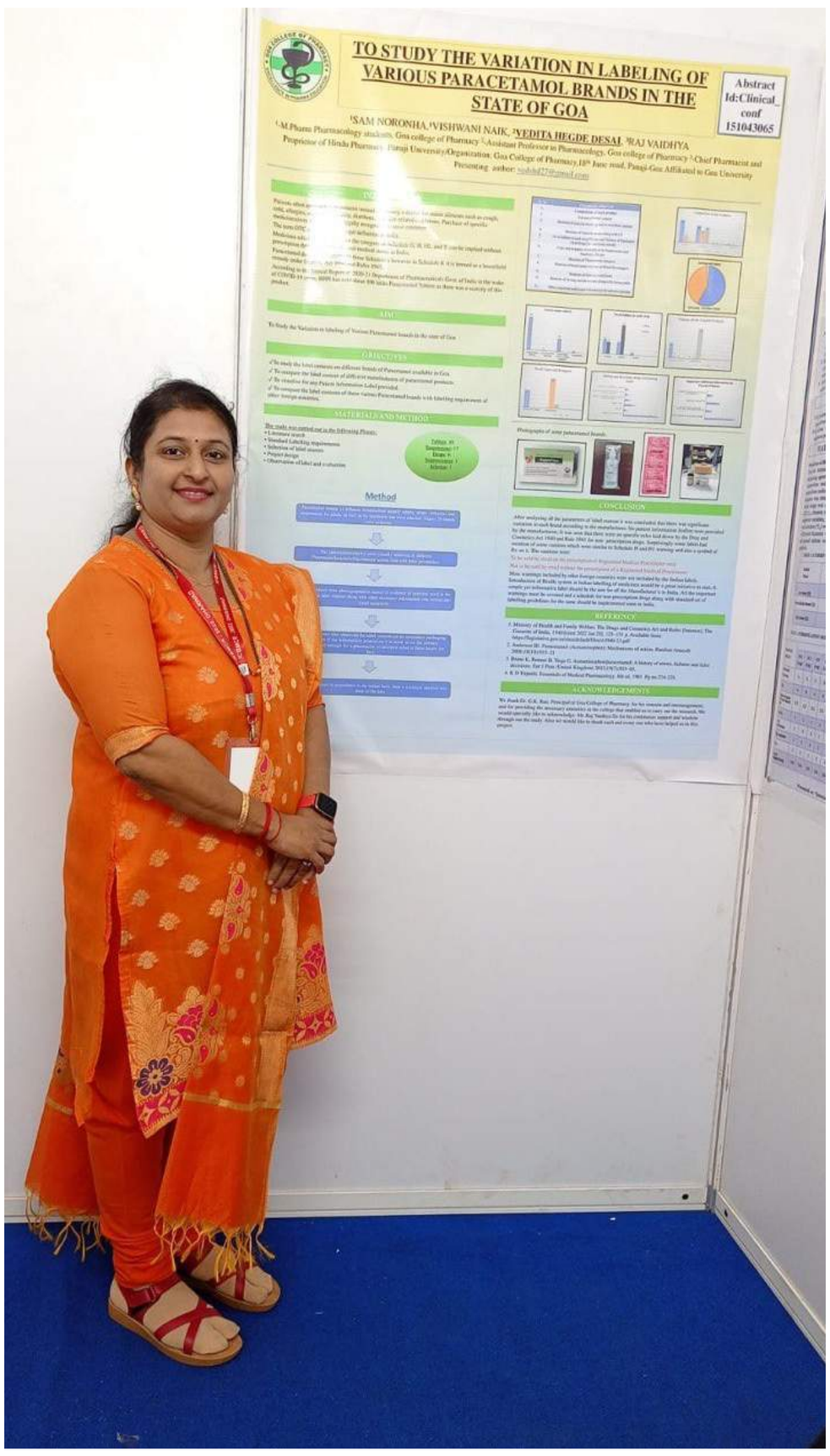
Smt. Vedita Hegde Desai

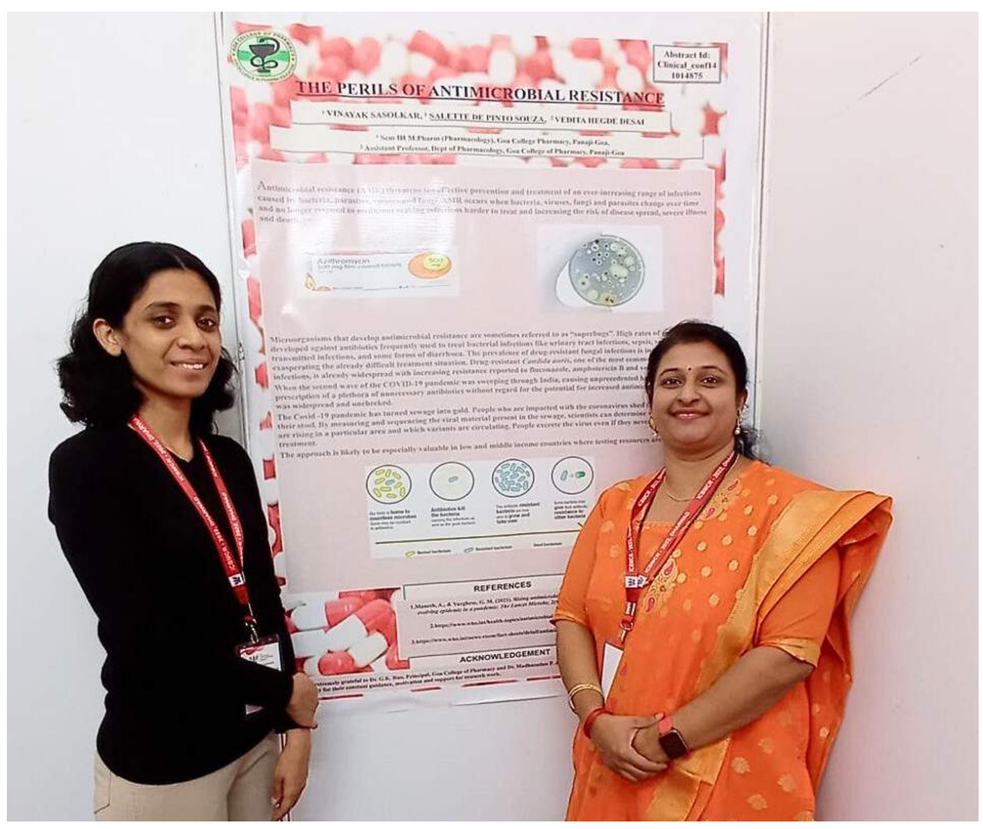
ASSOCIATE PROFESSOR
Dept. of Pharmacology

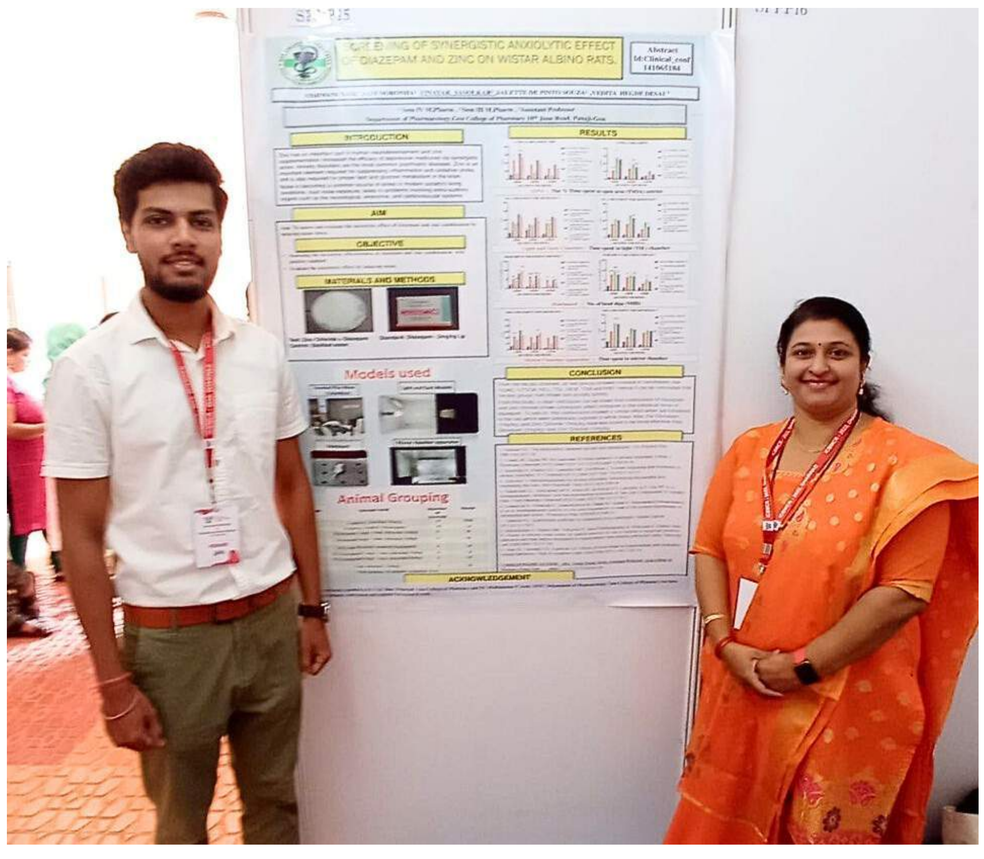
Conference & Presentation: Attend International conference on Biomedical Clinical Research on 21st & 22nd November 2022 at SDM University, Dharwad.

Posters presented:

1."To study the variation in labelling of various paracetamol brands in Goa" by Smt. Vedita Hegde Desai.
2." Screening of synergistic anxiolytic effect of Diazepam and zinc on Wistar albino rats" by Vinayak Sasolkar.
3. " Perils of antimicrobial resistance " by Salette Pinto.







Class Toppers

1st Year D.Pharm

Vaishnavi Kashinath Kanekar
81.7%

Fernandes Socorro Minguel
75.4%

2nd Year D.Pharm

Sanat Prasad Tamba
76.9%

Ryan Carl Menezes
75%

1st Year B.Pharm

Kimberly Juliana Sequeira
8.73

Shanaia Juana Da Silva
8.67

2nd Year B.Pharm

Aliya Shaikh
9.10

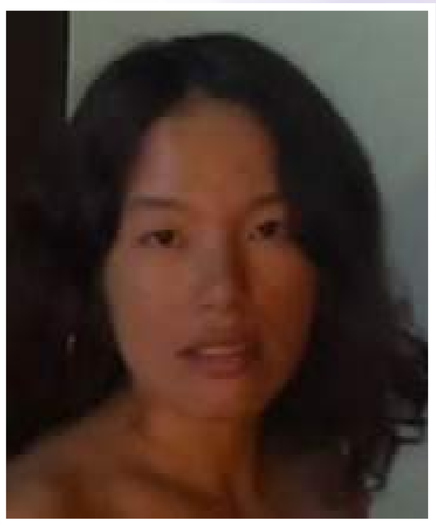
Delicia Alina Almeida
9.07

3rd Year B.Pharm

Neha Gouli
8.88

Tshulthrim Palmo
8.84

4th Year B. Pharm



Sonam Chokey
8.81

Sawant Avani Gurudas
8.79

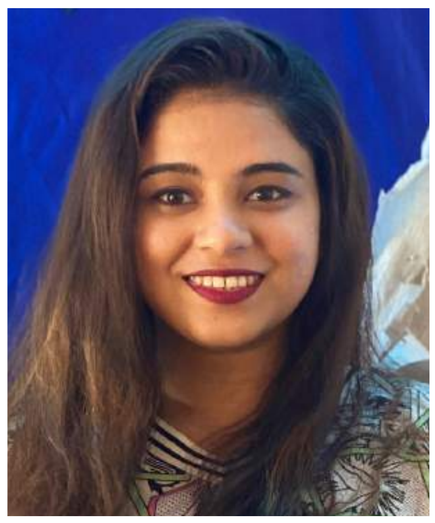
Class Toppers

1st Yr. MPharm Pharm Chem

Vishaka Pramod Hoble
8.23

Afseen Banu Kalghatgi
75.4%

1st Yr. MPharm Pharmacology



Disha Bhuvan Dangui
8.38

Mahima Vilas Sawant Bhosle
8.38

1st Yr. MPharm Pharm QA

Aditi Manjunath Bhandari
8.31

Piyusha Pradip Haldankar
8.31

1st Yr. MPharm Pharmacognosy

Vrushal Milind Sangodkar
8.23

Saniya Niraj Gad
8.08

2nd Yr. MPharm Pharm Chem

Kajrekar Heena Gaffar
8.97

Shetye Samiksha Alias Indira Santosh
8.84

2nd Yr. MPharm Pharmacology

Rivonkar Nevita Dilip
8.83

Nair Anushka Prasad
8.80

2nd Yr. MPharm Pharm QA

Teli Sneha Dinkar
8.66

Kambli Deeplaxmi Dasharat
8.64

2nd Yr. MPharm Pharmacognosy

Naik Samiksha Shrikant
9.10

Adarkar Rudresh Sanjay
8.52

GPAT 2023 Qualifiers

Shivam Hanmant Pawar

Aniket Redkar

Vedita Kumar Gauns

Arati Dhatkar

Utkarsh Arun Gaude

Shrutika Devidas Tilve

Sejal Surendra Kunkolienkar

Yogendra Purushottam Gaude

Students of Goa College of Pharmacy participated in Summer Fest 2023, an intercollegiate event organised by Rotaract Club of Mapusa on 26th February 2023 at Parra Hall, Next to Shree Varadsiddhi Vinayak Sabhagruh.
Nupur Narvekar & Vrushal Sangodkar won 1st position in Umbrella Painting Competition.

Devesh Parsekar got selected among the best 50 pictures in the National Level Photo Contest "Goa Through My Lens" organised by Photo Journalists' Association Goa (PJAG) in association with the Department of Tourism, Government of Goa, Awarded by Tourism Minister Shri. Rohan Khaute on 10th November 2023, in the presence of Shri. Sadanand Shet Tanavade.

Goa College Of Pharmacy, Students Council 2023 got felicitated by Shri. Narendra Sawaikar (NRI Commissioner Goa), Shri Yagywalkya Shukla, (National General Secretary of ABVP) and Sudip Naik (North Goa Convenor ABVP), Sanjay Mulvi (head of seed fund and incubation at CIBA) at "Youth Leaders Summit 2023" organised by ABVP in collaboration with THINK INDIA.

Ms. Anushka Nair of Mpharm Pharmacology Dept won 1st position in Elocution competition on the topic 'Scenario of Generic Medicines in India". It was part of the Awareness Campaign on the topic Affordability, Availability and Accessibility of Essential Medicines' on 24th January 2023 at 'The Great Hall'; Hotel Fidalgo Goa. Organised by Directorate of Food & Drugs Administration, Bambolim Goa, through Goa State Price Monitoring & Resource Unit and Indian Pharmaceutical Association-Goa Branch.

Aniket Timble, Sonam Chokey, Pema Metho Wangden bagged Runners Up position at National Level Pharma Quiz Competition Organized By The IPA at RIPER , Andhra Pradesh on 3rd Dec 2022.

Goa College Of Pharmacy students won Consolation prize (Cash prize) in First Edition of Inter-College Ghumat Aarthi Competition organised by V.M Salgaocar college of Law, Miramar Goa on 20th March 2023.

Students of Goa College of Pharmacy participated in "CONNECT 2K23" presentation competition organised by 1979 Classmates' Group of GCP in collaboration with Goa College of Pharmacy.
Ms. Shanaia Da Silva secured first place whereas Ms. Kimberly Sequeira secured third place.
The Overall Trophy was won by Team Goa College of Pharmacy including Ms. Kimberly Sequeira, Ms. Krisha Vyas, Ms. Neha Gouli, Ms. Shanaia Da Silva, Mr. Siddharaj Pilankar & Ms. Sharvaree Sonurlekar.

Mr.Melysunn Sunny Revs (I Year D.Pharm) won,

- Silver medal for the state of Goa in National Bench Press Championship held at Aurangabad, Maharashtra in Jan, 2023.
- Silver medal in Deadlift Championship held at Arambol.
- Silver medal in 120+Junior Category & Gold medal in 120+Junior and Senior Category members in powerlifting competition organised by Goa Super Bodies Powerlifting Association.

Miss.Mrunali Mayekar (II Year M.Pharm) won,

- Gold medal in the Inter-Collegiate Deadlift Championdhip 2022-23 in 63kg category with a lift of 100kg,organised by GVM's GGPR College of Commerce and Economics in association with Trishul Sports & Cultural Association at GVM's ,Ponda.
- Gold medal in State Bench Press Championship 2023 UNIQUIPPED (RAW) in 57kg category with a Bench Press of 40kg, organised by Bhartiya Janata Morcha held at Dabolim ,Vasco.
- Silver medal in State Bench Press Championship 2023 UNIQUIPPED (RAW) in 57kg category with a Bench Press of 35kg and a trophy for maximum repetition of deadlift, organised by Trishul Sports & Cultural Association at GVM's,Ponda.
- Bronze medal in State Deadlift Championship 2022 in 57 kg category with a lift of 85kg, organised by Chowgule Sports centre in association with Trishul Sports & Cultural Association held at Margao.

Mr.Varun Jadhav, (III Year B.Pharm) won 2nd & 3rd place in 200m free style and 100m backstroke respectively in the inter-collegiate tournaments organised by Goa University, also our colleges secured 3rd place in inter-collegiate swimming competition for academic year 2023-24

Mallika Rane of T.Y B.pharm, participated in the discipline of Netball at the 37th National Games 2023.

1st Year D.Pharm

2nd Year D.Pharm

1st Year B.Pharm

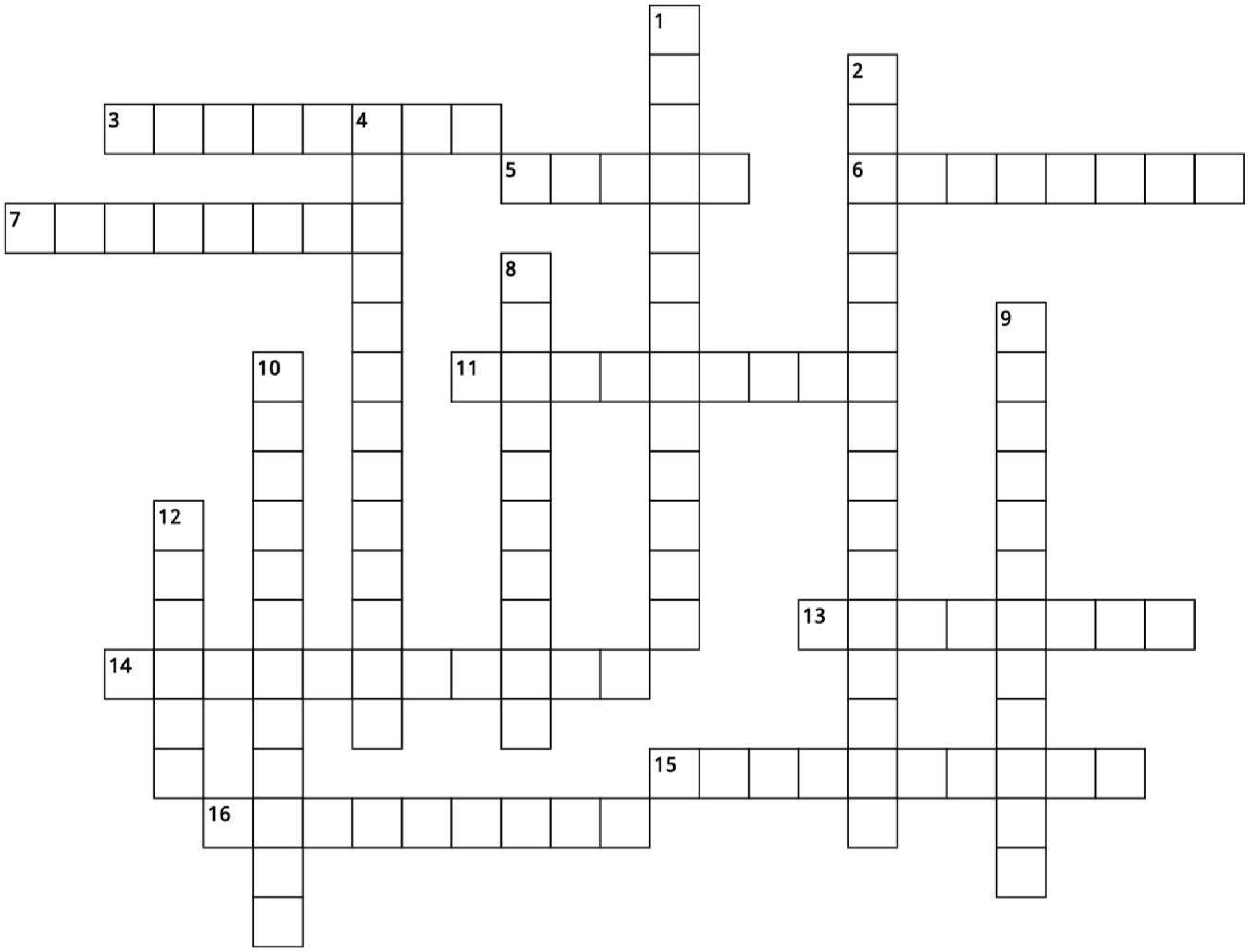
2nd Year B.Pharm

3rd Year B.Pharm

4th Year B.Pharm

1st Year M.Pharm

Crossword Puzzle



Across

3. The science of preparing and dispensing drugs.

5. Class of drugs like ibuprofen or aspirin.

6. A substance that enhances the body's immune response to an antigen.

7. A substance that causes drowsiness and is used in the treatment of insomnia.

11. A medical drug used to relieve pain.

13. A substance used in the treatment, cure, prevention, or diagnosis of disease.

14. Act of introducing a vaccine into the body to produce protection from a specific disease.

15. The study of the harmful effects of drugs.

16. A chemical substance used to enhance or inhibit the action of another substance.

Down

1. Type of drug used to treat blood clots.

2. The branch of pharmacology concerned with the action of drugs in the body.

4. A neurotransmitter that can trigger acid secretion by directly acting on the parietal cell or by triggering release of histamine.

8. First antibiotic discovered.

9. Made by ester linkages between fatty acids and glycerols.

10. The study of drugs and their interactions with living organisms.

12. Survival of H.pylori in the acidic environment of the stomach is dependent on this enzyme

Sakshi Adkonkar

ARTICLE ARRAY

Personalized Medicine: Tailoring Treatments in the Pharma Landscape

Brenda D'souza
Third Year B.Pharm

"Personalized medicine, driven by genomics and data science, tailors treatments to individuals, revolutionizing healthcare and drug development. Challenges include ethics and accessibility, but the future is promising."

The world of medicine is undergoing a profound transformation, one that promises to reshape the way we treat diseases and care for patients. This transformation is driven by the concept of personalized medicine, a cutting-edge approach that tailors medical treatments to the unique characteristics of each individual. In the pharmaceutical landscape, personalized medicine is revolutionizing the way drugs are developed, prescribed, and administered, offering hope for more effective and precise healthcare.

Understanding Personalized Medicine

Personalized medicine, also known as precision medicine, is a medical approach that recognizes the diversity of patients and their unique genetic, molecular, and environmental makeup. It seeks to customize healthcare interventions based on individual factors, including genetics, lifestyle, and personal health history. This approach contrasts with the traditional one-size-fits-all model of medicine.

The Genomic Revolution

The Human Genome Project, completed in 2003, marked a pivotal moment in the advancement of personalized medicine. This international effort led to the identification and mapping of all human genes, providing a comprehensive understanding of our genetic code. The knowledge gained from this project paved the way for tailoring treatments to an individual's genetic profile.

The Role of Pharmacogenomics

Pharmacogenomics is a crucial component of personalized medicine in the pharmaceutical landscape. It focuses on how an individual's genetic makeup influences their response to medications. By analysing a patient's genetic information, healthcare providers can predict how they will metabolize and respond to specific drugs. This knowledge enables the selection of the most effective and safest treatment options, reducing the risk of adverse drug reactions.

When will personalized medicine reach the clinic?

Tremendous progress has been made to make medicine more personalized since the publication of the human genome in the early 2000s. A boom in multiomics and data science techniques is helping to develop healthcare options that are better tailored to individual patients' needs rather than fitting them into a one-size fits all approach.

However, according to Dr. Ashley Sanders, a group leader at the Max-Delbrück-Centrum für Molekulare Medizin (MDC) in Berlin, Germany., personalized medicine has some way to go before being systematically integrated into healthcare systems: "Generating the multiomics data required to deeply characterize patients requires expensive technologies that are not readily available in clinics. Extracting the disease characteristics from these data requires specialized knowledge and computational experience which takes time to analyse. The current challenge is to reduce the cost and time for diagnosis so that we can implement personalize medicine in routine clinical practice."

Perhaps what's needed most to make personalized medicine accessible for more patients is not technological advancements, but methods to streamline personalized healthcare approaches into broader healthcare systems.

Applications in Drug Development

Personalized medicine is changing the way drugs are developed and tested. Pharmaceutical companies are increasingly embracing the concept of "targeted therapies." Instead of creating drugs designed for broad populations, they are now developing treatments that specifically target the genetic or molecular characteristics of a subgroup of patients. This approach streamlines clinical trials, expedites drug approvals, and ensures that the right treatment is given to the right patient.

Cancer as a Model for Personalized Medicine

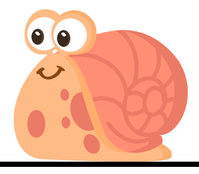
Cancer treatment has been at the forefront of personalized medicine. In the past, cancer was often treated based on its location in the body. Now, genomic profiling of a patient's tumor can reveal specific genetic mutations that are driving the cancer's growth.

Armed with this information, oncologists can prescribe therapies that directly target these mutations, leading to more effective and less toxic treatments.

In conclusion, AI is a double-edged sword because it has both positive as well as negative aspects. AI should be developed and used in a responsible manner while considering its benefits and risks. The future is AI-driven, the progressions in AI systems are constantly evolving and they would be useful and implemented when their pros would be higher than their cons. Moreover, Pharmacists must also be allowed to develop an understanding of AI systems. Data science courses or pharmacy residencies with a focus on AI subjects should be made available for pharmacists seeking more hands-on involvement in AI development, governance, and use. AI would reduce the burden on pharmacists which would allow these professionals to focus on research and on tasks that require more critical thinking. Thus, AI-enabled strategies will be opening up many opportunities in various sectors of healthcare and pharmaceutical research, and this could be a game-changer in futuristic research.

Snail Mucus & Skin Health: An Unconventional Elixir

Karen Fernandes
Third Year B.Pharm



"Snail mucin in skincare, derived ethically, offers anti-aging, moisturizing, and healing properties with collagen and glycolic acid."

Would you rub snail slime on yourself if you thought it could improve your skin? In a sense, some people do it. One of the latest ingredients to take the skincare world by storm: Snail Mucin. When you think of snails, skincare is probably the last thing to anyone's mind, until now. That's because certain beauty products have snail mucin also known snail mucus or slime as an ingredients.

Snail mucin is an excretion from the snail. The mucous like substance is secreted by snails for hydration, lubrication and adhesion properties. In other words, it helps them move across and stick to surfaces, among other functions. It is a highly glycosylated ingredient in skin care products and maybe labelled as snail secretion filtrate.

It is made up of properties like glycoproteins, hyaluronic acid and glycolic acid all of which have long documented effects on the skin health. Snail mucin can be found in several OTC products, such as creams, serums, and masks. Creams typically contain lower concentration of snail mucin then serums, and may have more moisturizing benefits especially for people with sensitive and dry skin. Moreover added active ingredients in formulations of snail mucin can further supplement the mucin's rejuvenating and restorative properties.

Benefits of Snail Mucin for Skin

Research on snail mucin is still new, but some evidence suggests it could promote some of the skin care benefits.

On a chemical level, snail mucin contains several compounds that could offer potential skin care benefits, such as: Collagen and elastin, Glycolic acid and Allantoin.

Moisturizing Properties

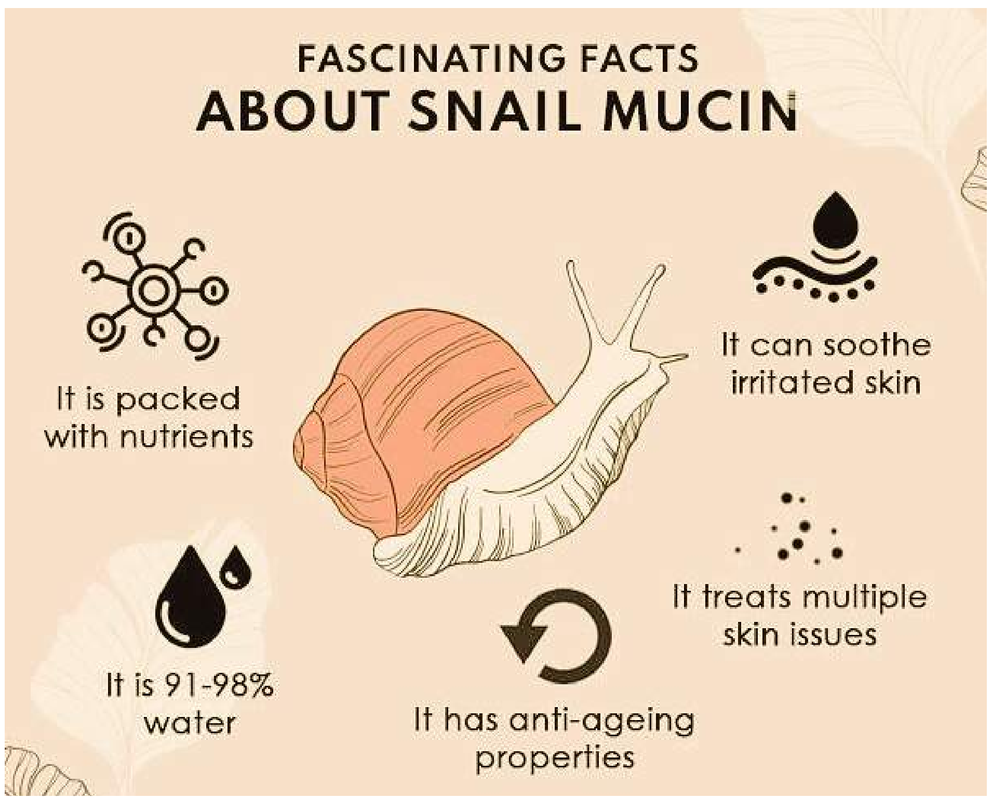
Snail mucin contains substances that trigger the production of hyaluronic acid, a natural substance that retains moisture present in the eyes, skin and joints.

Anti-ageing Properties

Snail mucin is known for its anti-ageing properties due to its collagen and elastin content. As per research, people who followed the regimen experienced significant improvements in skin roughness, firmness and elasticity.

Aids in Wound Healing

An in-vitro study found that snail mucin had antibacterial effects on bacteria isolated from wounds. The study involved African snails, which secretes a substance called achacin that kills bacteria by secreting hydrogen peroxide. The allantoin in snail mucin may be useful for minor cuts, acne, and scarring. The anti-inflammatory properties of snail mucin have also been used to treat skin burns and radiation dermatitis.



Sun Damage Recovery

A study involving mice found that intake of snail mucin could reduce the symptoms of ultraviolet B (UVB) radiation that could to sunburn, aging and skin cancer.

Skin Exfoliation

The glycolic acid in snail mucin can act as a gentle exfoliant, leaving the skin smoother and brighter. Additionally, glycolic acid can break down keratin (a protein that helps form the skin, hair and nails), which helps eliminate dry or rough patches of skin.

How is Snail Mucin collected?

Traditional methods of collecting snail mucin involved soaking snails in pots of water with salt, vinegar or other chemicals to force them to excrete mucin. Since these methods involves cruelty to snails, modern methods for collecting snail mucin have changed considerably.

These days, there is a range of cruelty free methods of snail production and slime excretion. Study shows that the quality of mucin itself depends on what the breeders keeping good environmental conditions for their snails. As a result, breeders themselves control what the snails eat, how they are kept and how the slime is extracted. This also helps in confirming snail mucin products as cruelty free.
Because snail mucin products are topically used, only edible snails are used in skin care products. The popular edible species are Roman snail (Helix pomatia), the common ingredient of the snail, and its close relative the garden snail or the baby gray (Helix aspersa).

Future of Pharmacists, Pharmacy & Pharmaceutical Industries

Dhanashri Naik
Third Year B.Pharm

"Pharmacy, a resilient field, transitioned from local practices to global demands. Amid challenges, it navigates regulation, technology, and promising opportunities."

Pharmacy as a career has been in practice for a long time and it is one of those fields that has stayed in relevance over a long duration of time while undergoing some dynamic changes in the way it is pursued and practised from in-house production and dispensing within a small community to scaling up for large scale production and meeting global demand for safer medications and these changes are just evolving at a pace that has never been seen before while also aiming for focus to be customisation and personalising healthcare. The field has been through its peak glory and then its time of being plateaued with fewer breakthroughs in remarkable innovations which are used by the masses. Being in practice for so long and being emotionally at the center of every human's insecurity; I say this because it deals with a problem which is very dear to us and that is the uncertainty of what happens after death and the fear of not knowing an answer to in virtue of which I believe this field is a strive to humankind to go against nature gradient flow of nature aka ageing and death and continue to be a part of the universe it believes it is conscious in while it is trying to understand and quantify or structure a view around. Owing to this specific quest and fear this field has been heavily scrutinized and regulated over decades. having said that frankly as a patient or consumer, I still believe more regulations are needed to be in place and crafted in a much better way to benefit society as a whole. it is also at the heart of capitalism one of the markers solidifying my say is looking at the top public listed companies across the world and you will find the contribution of this sector to the GDP of some of the most prominent nations of the world which also includes India. it's a field which is an integral field in the global geopolitics' playground. It is an industry that has facilitated different strategies through the case studies implemented in fields such as marketing and commercial large-scale production and talent management which are now implemented in other domains of commerce such as SAAS. Being a part of such a dynamic industry necessitates us to be ahead of the curve all the time. With the opportunity to write this article, I would like to explore some of the advancements happening in computational technology and its overlap with healthcare and draw some of my predictions which may or may not be a reality shortly and some nuggets of info. which is a reality right now but are just a few years behind in implementation here in India at a scale that is recognised by a layman. If possible, I would also try and highlight some of the initiatives by our government in this space which gives insights into the direction in which this field is heading, alas this is where I pen down and materialise my thoughts that pushed me to pursue this degree after my 12th which in short, I happened to do so after browsing through at the syllabus copy of our college that was available online.

Let's get to least important part first and that is why I pursued this degree. Going through the syllabus copy that i chanced upon during admissions , Ifelt like this was something I wanted to pursue because it had genetics and a hint of computer application and also because of familiarity and aloofness of how vast the subject mentioned in the syllabus could be. I was like, hey this seems pretty easy to pass through and I might as well be able to learn to code

simultaneously and boy I was so wrong this degree is a nightmare; it just amazes me how I was able to get to final year and I hope I will clear this degree in the first attempt itself, Wish me luck with that. This was the technical aspect a student of why I chose this degree, coming to the philosophical point of why did I chose this degree? Answer because the sector as a whole seems promising, it has a lot of opportunities and I a young girl thought that it was possible to tap into it I thought. Just like how there are opportunities in software. the only thing that I didn't take into account at all in my course of thought was regulation!! yes, this hell of a kind of regulations that are around this industry is something that requires a lot of capital and patience both of which are highly lacking in the individual writing this article. if we compare it with software... the path is so much more accessible with much fewer regulations to get yourself tinkering around and most importantly less capital expenditure leading to greater impact. Also, as a student, there are so many free quality resources for learning software and simultaneously implementing. order to start you just need a laptop. I just had to write this if we were to talk about the future of pharmacy as a whole, you just tell me how can a sane being think about innovation and breakthrough with so much restriction? ... just how? Well, this is one thing that we as future pharmacists should focus on figuring out i.e., pain point for us to dwell into is first, how we can get hands-on learning in between the mountain of regulations and capital expenses and the accessibility of quality structured resources for learning whose only aim is not to crack some competitive exam and secondly, to cut time and probably even cost in the regulation landscape of FMCG and Pharmaceutical industry. Biocon founder Kiran Mazumdar Shaw whom I admire was able to build what she has built in the biotech space was because she was there doing it at the right time...if I and you were to try and replicate her achievements now I, nearly impossible because the tide of current that will aid you is already gone and it's just a futile effort to go against the gradient. I took her as e.g. To make a point since I admire her but this applies to doing anything in this sector, the boom that created the pharmaceutical landscape of India that we know (highlights being – 3rd in the world by volume, 60% of world vaccines, market growth of 10.7% CAGR by 2028.) sits on the foundation laid on a decade ago. the retail side of it also seems very grim as non-traditional players are hoarding the pool of money in the hands of a few thus making it more and more it's very difficult to envision something in this that can be done without going bankrupt. But some somethings are happening right now that I believe will in a way, free up more time to do more stuff through means of tools designed to become economical someday very shortly enabling the new player to harness and create something in this field of healthcare which is meaningful for the society. I will say it now, before shedding so light on a few points that I could gather up to stay relevant to the title of this article -'There is running away from this advancement saying things like "it will make us dumb" because what I stand by is that we became one level dumber the moment we outsourced memory, by opening it down on a physical entity such as a stone or paper because we gave away a part which took a lot of brain power that was needed to store this information in our heads; but simultaneously it also gave us a superpower to peep into past and store knowledge for longer than our lifetime and pass it down without being distorted in between transmission in a much better way than how we went about before that point. This article is highly biased toward AI and Robotics, something that I look at as an emerging tool, a medium that will only continue to stem on the same idea as that of pen and paper i.e... reducing the burden on our delicate brains and freeing up its space to take even bigger leaps ahead.

Retail pharmacy, as we know them today, will surely not look the way it is right now. In the UK some companies are automating dispensing using something called self-serving Pharmacy Kiosks thus community and hospital pharmacists no longer need to give out medications. This was the heart of what is done by a pharmacist here in India due to a situation created due to fundamentally focusing on the scale over quality to cater to the ever growing population of india and by doing so also inturn reducing the perceived value of a pharmacist. Digitisation also mitigates the chances of human error in reading the prescription. Ai is increasingly getting better at text interpretation keeping context between 2 seemingly dissimilar sentences and words, allowing us to ask it a question which needs decision-making capabilities to answer from a set of knowledge provided.so, it's possible to give a handwritten prescription which can then be read by a robot with accuracy and dispense medicines. If we go one step further and integrate government initiatives like ABHA where complete end-to-end medical data about a patient is uploaded. giving access data to the robot to dispense medicine it is easier to prevent episodes of allergic reactions since the data of the patient as well as what went into making that medication is available to the robot to tailor the formulation of a medicament it is dispensing. What about hacking? frankly the chance of hacking a computer system seems lower compared to a person forgetting their ethics towards their profession .episodes of hacking can be minimised if it's not connected to the internet while the interpretation of data takes place or if we are able to use of blockchain technology is not the hyped bitcoin and Ethereum of our time but the actual technology where communication happens only between 2 parties and this transaction is guaranteed by all the people of that network. Online competitors are making the convenience of medicines at door steps increasing the horizon of accessibility to medicines but at the same time making the retail pharmacy unsustainable for traditional players. This leads to the question of where can a pharmacist come into the picture here. One of the solutions could be to counsel the patients about the medication but we need to remember that we also are a part of being authority which makes it challenging to communicate with patients, it makes more sense for a layman to do more research on his own ,given the greater

sense of assurance he gets by doing so, to go ahead and dig into the complex concepts of science behind consuming anything themselves which is now getting easier and easier but the possibility of getting into a loophole of misinterpretation of data or in the worst case be completely ignorant and believe in fallacies that seem more homely to them. There is growing demand for people seeking the correct answer to their health concerns and also there is growth in the number of people who take this as an opportunity to earn by playing dirty on people's insecurities which relates to the intro of this article.In this case, I believe the right is only through education and awareness about health in the right direction and we as pharmacists should focus on providing the most right and up-to-date information related to drugs but there is the risk that too much of the latest info available to the layman will only lead to the hype or complete hush of products that have potential . complete transparency of testing of new marketed products will eliminate the potential to perform double-blinded randomised clinical trials. here I strongly feel AR and VR can get into the picture really help in getting a rough estimation of how a drug will play out in the real world. Retail pharmacists can upgrade themselves to provide other facilities within community pharmacy like blood test awareness programmes and conduct immunisation programmes as the physical stations to

deploy such drives are already in place implementing is necessary but again there is no point of exclusivity is doing such operation along with the fact that it's very difficult to handle the expenses unless there is government intervention.

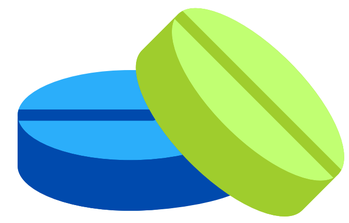
Pharmacovigilance is the new buzz word in pharmacy field. In vigilance possibility that collection of data could be digitised where some of the bias associated with reporting to the authority can be reduced. AI models are now able to read an Xray by training it on medical data .This seems very promising but it won't replace but aid the final decision of a doctor. use case for this technique is basic rudimentary diagnoses like signs of an allergic reaction can be carried out by robots; they are capable of doing it right now they are just being finetuned to reduce chances error .these bots can document and store such data on the cloud and later when chanced upone similar symptoms with different medication it has the ability to conclude both the symptoms alike and then go through its database of drug info And give a rough estimate of what the potential causative ingredient ,in broader terms is able to draws insights into data to help doctors to get to a conclusion much faster. In situation like this the only point of patient contact of a pharmacist may have the potential to be replaced by doctors and nurses .I believe the only viable place for a pharmacist is in data interpretation and analysis using technology. The idea of a pharmacist being a knowledge hub for infomation related to medicines is also easily replicable by a robot that has been on clinical data and has a human-like expression and voice of its own. Advancement in the Personalisation of medication is also happening at a very rapid pace. One technology that I know about is Oxford’s nanopore tech which is making genomic sequencing possible with a tool as small as an at-home blood sugar testing kit and they are trying to reduce to cost per unit so that is far more accessible. This tech will reduce the time and cost needed to sequence a genome and thus enable personalisation of medicine which in turn will completely change the way medicines are dispensed right now. Still, even after pondering on this potential of tech advancement taking away our likelihood, I still believe we won't be eradicated by healthcare space by virtue of how governance works .Since there is the involvement of a large set of people the presence of physical retail units already setup over a huge demographic making upskilling much viable and less chaotic means than complete eradication but it's still a very risky bet to bet on. It seems like the time taken to implement this tech advancement will be longbut looking at the graph of advancement in AI in the last 3 years, and the speed at which breakthrough is happening in the tech space I might just underestimate the time in implementation. Here I feel me as a pharmacist one possible place to be involved in AI space is at the point of training this robot. These robots are under something known as reinforcement learning through human feedback (RLHF) and this feedback has to be from people experts in the respective field the robot is being trained in. Areas related genomically sequenced data processing can also be something that we can be a part of as we are far better equipped for this knowledge than a doctor in a clinical setting as long as regulation-forming authorities also feel the same. Retail pharmacies could also capitalise to be the hub where genomic sequencing takes place; I say this because sequencing the entire genome will take a lot of computation and storage but sequencing as and when needed and storage of that particular data, I feel is lot more feasible to me as of now. retail pharmacists in this era will also have a lot of free time to focus heads down on treating patients with acute illnesses and managing chronic conditions like diabetes, hypertension, and asthma. This will require a change in the mindset of people of the role of a pharmacist from drug dealer to health care provider would like to analogise to a gym trainer with all his body building equipment.

As For **Pharmaceutical industries**, I am really curious how this massive giant will look at technology. It seems very less likely they will jump at the site of new tech owing to their massiveness but they have the power of money to acquire. a small startup that does the grind and show some signs of profitability making them go Crorepati without meeting Amitabh Bachchan. One major place that I feel will undergo disruption industrial point of view is how data is entered in a pharma company from a simple layman prompt to the system and one startup that is trying to tap into this market is induced AI and india startup which is recently backed by founder of Chat GPT'S parent company Open AI. Independent small companies will create something which will improve the efficiency of the businesses by solving very specific pain points compelling an acquisition or use of such products on subscription model. Tech people do not known intricacies of how the pharmaceutical industry works thus this is an opportunity for us to collaborate
with a field which is seemingly very distant from

what we are pursuing and create an entirely new domain for ourselves which merges the fields of industrial pharmacy and ai and robotics, in this case, access to mingle with people other than our domain will play a key role in determining the viability of this opportunity. AI is already extensively used in pharmaceutical industry from shipping to distribution in the entire drug supply chain, but as far as I can see only the pattern recognition AI and not the one that can comprehend and interlink data which require a lot of pre context (generative ai) is being deployed. Traditional database management jobs needing to learn SQL and MS accesses and MS BI will also need a lot more upskilling in terms of using automation AI tools like Bardeen. In drug discovery space, disruption is happening with tools like Alpha Fold 2 which is a machine learning programme that can predict protein structure with accuracy comparable to X-ray crystallography which is the gold standard when it comes to the identification of protein structure. The industry is also facing challenges meeting sustainable production to combat growing concerns about climate change globally which is a challenge we as pharmacists should also keep an eye spot for by participating in packaging material R&D. Another interesting future prospect for us pharmacos, lies is using the study of the gut microbiome and customizing medication production using technologies such as 3D printing here the problem in

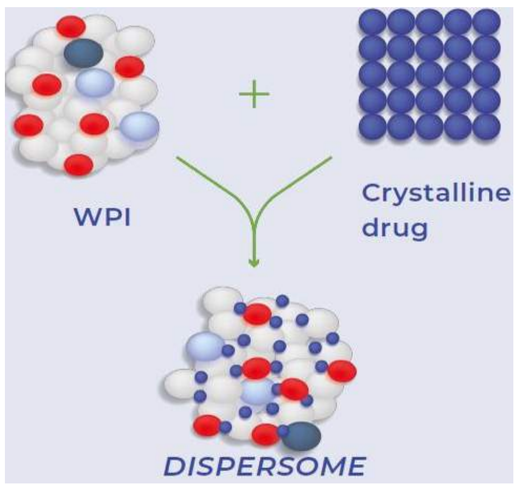
implementation that I can think of is problem of exclusivity for big companies it has potential to create difficulty in marketing their product as exclusive entity produced by them and anyone with raw material and 3D Printer could be able to cater the need which may eat into profits of the gundas in this industry but a very promising opportunity for us as future pharmacists to tap into. There are also innovations happening in creating exoskeletons to extend the ability to perform manual labour and aid differently-abled people. Space X and amazon are trying to get common man to go into space and this new environment of zero gravity will have a great impact on how our microbiome and medications behave . Medication needs to be tweaked in order to be taken to outer space is also something worth exploring. Owing to all this there will be a huge demand for regulations to be set into place to address the implications of all these advancements so human intervention in policymaking will still continue.
to sustain in the future only the speed at which
ideas are generated will be aided with help of generative ai and a smaller number of people will be involved. we might even be able to implement policies virtually before implementing them in the real world; I am making this claim with the fact that stimulation games now have characters which generate a unique response every time you as a live player interacts with them and this response is no at all feed to them.They are trained on stories and other contextual information and responses generated in real time completely made up by the model.

A hundred percent certainty that I have just managed to just scratch the surface of our future in this profession based on my extreme bias toward the greatness of computational technology. Overall to summarise the essence of this lengthy article; the future is highly volatile for us in this industry to a point where I believe even the policy maker in a dilemma about where to deploy the talent that they are churning out of this degree; there is a lot of disruption happening in tech space which will create a base for life science field to build upon spotting an opportunity to be a part of this tide will play a crucial role on how we can bend our future; I hope we can get past all the huge waves in this gold rush can create something beneficial for us as well as for entire mankind.



Dispersome: A Novel Approach to Increase Solubility and Bioavailability of BCS Class II & IV Drug Molecules

Dr. Bothiraja Chellampillai
Associate Professor, Dept. of Pharmaceutics



Solubility is defined as the maximum amount of solute that can be dissolved in a given amount of solvent. Currently, 70–80% of new drug molecules and almost 40% of marketed drugs are poorly soluble, leading to low bioavailability and therapeutic efficacy. There are various techniques that have been developed for enhancing solubility, such as particle size reduction, surfactant formation, salt formation, pH adjustment, and hydrotrophy. However, these approaches showed low drug loading capacity, instability, and not significantly improved solubility. Zerion Pharma has developed Dispersome technology that addresses and greatly enhances poor drug solubility. The Active Pharmaceutical Ingredient (API) is formulated with novel protein-based excipients into amorphous solid dispersions called Dispersomes, which replace the traditionally used polymers, achieving a higher increase in drug loading, solubility, and bioavailability. A dispersome tablet is composed of an active ingredient, drug, or whey protein in a finely combined mixture. Whey proteins are derived from milk as a byproduct of cheese production, which makes it both safe and sustainable. Dispersion ensures fast drug dissolution, less frequent dosing, a more stable plasma concentration, etc.

Revolutionizing Type 2 Diabetes Detection Through AI Advancements

Savi Teli
First Year B.Pharm

“AI detects Type 2 diabetes from voice, offering non-intrusive, 89% accurate screening.”

We all have seen the vast benefits of AII including task automation and data analysis but did you know that scientist have discovered an AI technique that can detect type 2 diabetes?

Almost one in two, or 240 million adults living with diabetes worldwide are unaware they have the condition and nearly 90 percent of diabetic cases are Type 2 diabetes, according to the International Diabetes Federation. The most frequently used diagnostic tests for prediabetes and Type 2 diabetes include the glycated hemoglobin (A1C), along with the fasting blood glucose (FBG) test and the OGTT–all of which include a trip to a healthcare provider for patients.

A new study reveals that analyzing a few seconds of a person’s voice using AI can determine if they have Type 2 diabetes with up to 89% accuracy. This non-intrusive method has the potential to revolutionize diabetes screening by eliminating current detection barriers like time, cost, and travel.

A study from Klick Labs suggests that identifying diabetes could be made simple by combining voice recognition technology and artificial intelligence. Scientists used six to 10 seconds of people’s voice, along with basic health data, including age, sex, height, and weight, to create an AI model that can distinguish whether that individual has Type 2 diabetes. The model has 89 percent accuracy for women and 86 percent for men. The team at Klick Labs looked at a number of vocal features, like changes in pitch and intensity that can’t be perceived by the human ear. Using signal processing, scientists were able to detect changes in the voice caused by Type 2 diabetes. Surprisingly, those vocal changes manifested in different ways for males and females. Klick’s non-intrusive and accessible approach offers the potential to screen vast numbers of people and help identify the large percentage of undiagnosed people with Type 2 diabetes.

Further scientist will expand their research using voice as a diagnostic in other areas such as prediabetes, women’s health, and hypertension.

Global Health Issues & Contributions of Pharma Professionals

Dipti Naik
First Year D.Pharm (2023-24)

"Global health addresses transnational health issues, emphasizing equity and interdisciplinary collaboration. Pharma professionals play a crucial role in addressing emerging global health challenges and promoting patient-oriented care."

What is Global Health?

Global health deals with health issues and determinants that are transnational, meaning they affect multiple countries. Examples of health issues that transcend borders include infectious diseases that travel between countries, as well as non-communicable diseases and conditions that affect many populations around the world . Climate change and pollution are health determinants that affect everyone, especially the poor and vulnerable. Global health us an area for study, research and practice that places a priority on improving health and achieving equity in health for all people worldwide. Global health emphasizes transnational health issues,determinants and solutions;involves many disciplines with in and beyond the health sciences and promotes interdisciplinary collaboration;and is a synthesis of population- based prevention with individuals - level clinical care.

Global health issues involve a complex interplay of factors, many of which exists beyond the confines of a clinic. They must be approached from multiple angles; cultural, economic, environmental, infrastructural, political, social and technological. The involvement of many disciplines, both with in and beyond the health sciences brings the perspective needed to achieve comprehensive solutions. Global health focuses on the health needs of people around the world. Each regional population has it's own global health issue - malaria malnutrition or measles for example - but those issues can affect other population around the world. The most obvious global health concerns deal with communicable and contagious diseases but global health factors include economic and political instability, income and social inequality, lack of education and employment,Insufficient food and medicine,climate change and natural disasters, limited access to quality health care and more. Global health is an all-encompassing concept with many cultural, economic, environmental and social factors.

Why is Global Health important?

Global health is important because it affects all population on our planet as human beings, we are inexorably interconnected; the health is individuals human beings is influenced by the global health of people animals and the environment. The increase in global communication trade and travel in recent decades has provided benefits, but it has also created problems. The movement of people facilities the spread of infectious diseases,which can lead to epidemics or even pandemics. The devastating COVID 19 pandemic-a glaring global health issue-gained momentum until it touched every corner of the globe. Not all global health concerns are related to the movement of the people Obesity, for example, has nothing to with the contagion, but it is a key global health concern and is often referred to as an epidemic;it deteriorates individual health everywhere and is a risk factor in numerous non communicable diseases. Global health is about ensuring a healthy future for everyone,ni matter where they live;its defined as the area of study,research amd practice that places a priority on improving health and achieving equality in heal th for people worldwide.

What is the Contribution of Pharma Professionals?

The role of pharma professionals is ensuring that the supply of medicines is within the law ensuring that the medicine prescribed to patients are suitable. Advising patients about the medicines, including how to take them,what reactions may occur and answering patients questions. Thus pharmacists gave the potential to address emerging global health issues such as health literacy,management of acute and chronic diseases, environmental care, e-health, impact of global travel on the spread of infectious diseases,mental health, traditional and herbal medicines, HIV-AIDS, COVID-19 enhance pharmacovigilance, unmet needs of undeserving patients & addressing our global burdens of diseases such as neurological disorders. Also in tailoring interventions to the needs of the vulnerable population such as geriatric care,adolescent care,pediatric care,maternal care,family planning,people with special needs and palliative care/comfort care. The purpose of pharmaceutical care is

to provide patient oriented care in n outcomes-oriented manner in order to improve the patients quality oF life. The emerging of Global Health Pharmacy aims to define,promote amd recommend the need to go beyondthe pharmacists traditional role of drug dispensing to being an integral part of the health care system And also to describe role of pharmacist in current pandemic situation of Covid-19 providing the health care services to the doctors and patients. The World Health Organization (WHO) and the International Pharmaceutical Federation (FID) have clearly described the significant role of pharmacist in increasing health demands. The ever growing and complicated variety of medications amd non-adherence to prescribed medications have compelled the pharmacist position to evolve into a more patient oriented strategy (eg. Pharmaceutical care). In the current practice most Pharmacy graduates & licensed pharmacists undertake community and hospital practice with a smaller proportion persisting a career in academic or the pharmaceutical industry. Any developing countries are currently dealing with the burden of both communicable and non-communicable diseases. The scope of work of pharmacists.In diverse settings face challenge of global health such as self care and self medication, management of diseases through medication therapy management (MTM). Thus resistance to existing drugs or recreational drugs being abused,,medicines supplied through unregistered online pharmacists,online advertising of prescription drugs, direct - to - consumer websites and the distribution of substandard & spurious, falsely labelled falsified and counterfeit medicines

The spread of a disease doesn't stop at a country's borders with more people living in crowded cities and travelling to other countries,it is easier for germs to spread. Infectious diseases that starts in one part of the world can quickly reach another part of the world. Some of the major diseases currently affecting the countries around the globe include HIV, malaria, COVID-19 and tuberculosis. Besides the spread of diseases, there are other global challenges. Resistance to medicines such as antibiotics is on the rise that makes it harder to treat the certain diseases. Natural and man-made disasters create refugee populations with immediate and long term health problems. Climate change and not enough access to food and safe water are also global problems which can affect people's health. Many countries and health organizations are working together and sharing information on these amd other health issues.

HEART DISEASE and stroke are still leading causes of death for both men and women. NIH - funded scientists currently are looking to the power of precision medicine to better understand and manage these disorders.

CANCER with more that 1.6 million new cases diagnosed each year. But thanks to NIH research, this number is now falling.

OPIOD ADDICTION- NIH supported research has led to effective strategies that can be implemented to save lives and to prevent and treat opiod addiction.

INFECTIOUS DISEASE- NIH scientists are working understand how microbes develop resistance to antibiotics, finding new diagnostic that can quickly detect resistance, new antibiotic drugs and vaccine to prevent and treat bacterial infections.

DIABETES- Diabetes affects 30 million American adults amd children NIH-funded technological advances offer much promise. Health problems are caused by a person's genetic make up, lifestyle behaviors (eg smoking),exposure to toxic substances (eg. asbestos) or other reasons with multiple health problems, ones illness or its treatment might lead to another. Poor health is caused due to lack of physical activity, improper diet, environmental issues ad congenital defects.

Life as an International Student at GOA

Tshulthrim Palmo
Third Year B.Pharm

"The past years have been honestly the best. Goa will always have my heart."

My heart raced, when the admission coordinator announced that there were only a few seats left for the pharmacy course. The line was getting shorter, and I was getting closer to the door. It was finally my turn, and luckily, I got my admission to Goa college of Pharmacy, and I was on cloud nine.

However, it was not until I was about to depart from my family that reality hit me. When the plane took off, the feeling of leaving behind my loved ones in addition to looking forward to an uncertain future was something that I have never experienced before.

I had never lived away from my home. So this was my first time staying far from my family. Home is where your heart is, and I cannot agree more. However, I think it is also worth creating a homely feeling in a place where you will be staying for the next four years.

I remember stepping out of the airport, literally sweating, as Goa is far hotter than my hometown which experience the opposite.

Initially, I had difficulty coping in this new environment, but the Bhutanese seniors were a big help. During the first few weeks, I missed my family a lot, so I often kept myself busy to take my mind off from feeling homesick.

The world felt a little colder and lonelier without my parents by my side. I have had to take care of everything, including cooking, doing laundry, washing dishes, buying vegetables, apart from studying and completing assignments. I have unintentionally learned how to manage my time and budget during my stay here.

My first year was held in online mode due to the pandemic, but from the second year, I got to experience my classes on campus. Everything the professors taught was in English, so I did not encounter any problems in understanding them. Every professor and student here was always willing to assist. It has been a pleasure meeting people from all walks of life and exchanging our thoughts and opinions.

Yes, it took me some time to get adjusted to seeing unfamiliar faces, new environment and new friends, but with time, everything has gotten better each day.

I got to witness so many college events like Shardotsav, formulations, etc., which was a new thing for me and it, has added an additional layer of enjoyment in my life.

As I continued to explore Goa, I found that people here are down to earth. I vividly remember one woman who actually walked with me to the market when I did not know the way. As for the language, I did not face much issue as most Goans here can speak English. Needless to say, I can speak Hindi too. Despite speaking different languages, we were all connected by English.

There are plentiful streets foods and one cannot go wrong in trying those foods. My favorite is shawarma. As I walked around, I was mesmerized by the picturesque landscape and came to know that Goa is a beautiful blend of Indian and Protuguese culture.

It was a bit of a shock to see that they use coconut in almost every meal, and what really surprised me was that despite having traffic rules, people don't follow them. I really had tough time crossing the road, and I still do.

But life is not a bed of roses, it can be pricking sometimes. I remember falling sick during my end-semester exams. Even with my friends present, no one could ever take the place of parents. This was the moment when I really missed their presence and their absence was a constant ache in my heart. As rightly said, hard times help you appreciate the beauty of life.

Now that I am in my final year, I realize how much I have grown. The past years have been honestly the best, but the best is what comes next. It is funny how during my first year, I desperately wanted to go home, but now I want to stay a little longer. After I graduate, I will be taking all the beautiful moments captured on camera with me.

Goa will always have my heart.

Can E-Learning Replace a Teacher?

Smt. Shweta Borkar
Associate Professor, Dept. of Pharmaceutical Analysis

In this fast pacing world where so much of life is technology driven, we actually wonder if teachers would soon become obsolete. If people are asked which days of their lives they would like to relive, then atleast 90% of them would want their School or College days back. Not only education, but school and college providethe complete package of character building, personality development, extracurricular activities and discipline. The traditional “Chalk and Talk” seen in classrooms is one of the oldest and most challenging delivery of knowledge to students.

The term e-learning may be trendy, but the concept itself has been around for decades. It is one of the major advancement in the history of delivering education posing itself to be a boon or a bane is still an unanswered question. E-Learning has a wide array of benefits. One of the major benefits is, it imparts quality education marginalized rates across the globe.

The “Electronic Journal of E-learning” describes e-learning as a use of Electronic media, Educational technology & Information and Communication Technology in education. The “e” in e-Learning encompasses EVERYTHING, EVERYONE and ENGAGING. “EVERYTHING” would mean all types from online courses to forums, blogs and media including FAQ’s, peer interaction, online qualification and certification. “EVERYONE” would include all groups from rich to poor, learned teachers to factory workers. And with the advent of low cost technologies, nowadays this is possible even for the unfortunate. “ENGAGING” involves the interest, challenge and relevance e-learning provides at the bandwidth of the learner.

Remember, the best books do not need to have still pictures, sound or animation to be the best. There is indeed a limit to the knowledge a teacher can give. That is where e-learning comes in. The e-learning environment provides for an exchange and change of information thus allowing consistently new information to be delivered to the learner without the need for a middle man. E-Learning is more flexible than one campus courses and can be accessed using one’s computer with a network, anywhere and anytime. Thus, in this way, it provides for a maximum number of participants with a number of learning styles, preferences and needs.

Even though e-learning is still in its infancy, it has been able to break the silence on literacy by delivering quality education across the globe. Critics will argue that although e-learning is much praised and innovative, a computer cannot completely eliminate a human instructor or other forms of delivery. The magical bond between a teacher and a student cannot be substituted through communication technology. Some topics do require hands on training and people also like to associate a course with a face that they can approach to ask questions on the subject matter. But this all depends on skill and delivery of the teacher and the content, which can vary from teacher to teacher causing in consistency.

A person in their school life not only progresses academically but also imbibes certain values essential for life. A teacher not only imparts knowledge but is also responsible for overall development of a child. They not only are sources of knowledge but also play the critical role of a guide, mentor and most importantly a friend. A teacher recognizes and nurtures every student’s talents and helps them grow in all spheres of life. As a teacher can understand a child’s psychology no virtual source can!

To summarize, can e-learning replace a teacher? Replace? No. Substitute? Never. Assist? Definitely. An e-learning facility cannot guarantee the overall development of the learner and it may even be hindered. Hence e-learning can be strongly advocated as an add-on tool in classrooms. A combination of e-learning with classroom teaching, coined as “blended learning” can be used in classrooms to encourage practical interaction with students and teachers. E-Learning can be used to enhance and complement courses in classroom.

To conclude, I would like to add the statement that **“Technology won’t replace teachers, but teachers who do use technology will definitely replace those who do not”.**

Hostel Life at GCP

Anonymous

Hostel life is a unique and transformative experience for students. It is a microcosm of the real world, where individuals from diverse backgrounds come together to live under one roof. Goa College of Pharmacy, situated in the picturesque Altinho area of Panjim, Goa, boasts a vibrant and enriching hostel life for its students.

"Hostel life is like a cocktail of adventures, friendships, and memories."

This article explores the essence of hostel life at the Boys Hostel of Goa College of Pharmacy and the profound relationships that are formed, turning friends into family.

Hostel life is a journey that begins with the excitement of independence, as students step away from the comforts of their homes. The hostel at Goa College of Pharmacy becomes a second home for these young individuals, offering a safe and comfortable environment to live and learn. As the poet Robert Frost said, "Home is the place where, when you have to go there, they have to take you in." In the hostel, students find solace, camaraderie, and a sense of belonging. The hostel premises at Altinho, Panjim, offer an idyllic setting, making it an even more enchanting place to call home.

One of the most remarkable aspects of hostel life is the camaraderie that develops among the residents. The famous quote by Helen Keller, "Walking with a friend in the dark is better than walking alone in the light," truly captures the essence of hostel life. In the Boys Hostel at Goa College of Pharmacy, friendships are formed that last a lifetime. These friends are more than just companions; they become your support system, your confidants, and your second family. Late-night study sessions, shared meals, and countless conversations forge bonds that transcend the boundaries of time and distance.

Hostel life is a melting pot of diverse cultures and backgrounds, and this diversity enriches the experience. In the Boys Hostel at Goa College of Pharmacy, students from various states and backgrounds come together, bringing with them their unique traditions, cuisines, and languages. This diversity fosters cultural exchange and tolerance, broadening the horizons of each individual.

Hostel life is not just about academics and friendships; it is a holistic experience that shapes one's character. Living independently in a hostel teaches responsibility, time management, and self-reliance. As Mark Twain aptly put it, "Twenty years from now, you will be more disappointed by the things you didn't do than by the ones you did do." Hostel life encourages students to take risks, explore new interests, and make the most of their college years.

The hostel at Goa College of Pharmacy is a microcosm of the real world, preparing students for the challenges they will face in their future careers. It instills a sense of discipline, punctuality, and adaptability.
In the words of Henry David Thoreau, "I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor." Hostel life offers an environment where individuals consciously endeavor to grow and evolve, preparing them to face the world with confidence.

Hostel life at Boys Hostel, Goa College of Pharmacy, Altinho, Panjim, Goa, is a transformative and enriching experience that molds individuals into well-rounded, responsible, and adaptable individuals. It is a journey filled with adventures, lifelong friendships, and cherished memories. Hostel mates are not just friends; they become a second family, offering support and love in times of need.

"Hostel life is not just about staying together; it's about growing together."

The Boys Hostel at Goa College of Pharmacy embodies this sentiment, providing a nurturing and vibrant environment that helps students blossom into confident, responsible, and compassionate individuals

Thriving in the College Maze: A Student's Guide to navigate Mental Health, Wellness & Social Life

Shanaia Da Silva
First Year B.Pharm

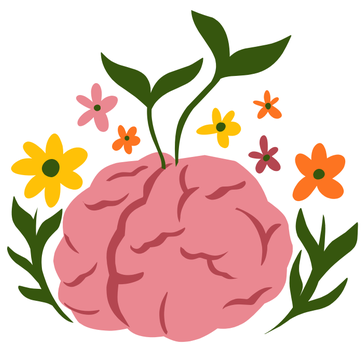
Ah, the college dream—leaving high school behind, stepping into adulthood, and finally gaining the freedom you've been longing for. The expectations are high, and you can almost taste the excitement. But what happens when thisdream meets reality?
In the active realm of college life, it's easy to get caught up in the whirlwind of assignments, social gatherings and the pursuit of self-discovery. Juggling academics, maintaining a social life, and staying on top of your mental and physical well-being..... It's like walking on a tightrope!!!

Here is a short guide to achieving your "that girl"/ "that guy" aesthetic ;)

Mental health and Stress Management

Imagine this, a very common occurrence for us all, you're in the midst of finals, and stress is looming over you like a shadow. Your mental health takes a hit and you struggle to keep up with endless assignments and forthcoming exams. So familiar right?

Let's consider a few practical strategies:
— Breathing exercises are a simple but effective way to calm your nerves and reduce stress and anxiety.
— Practice good Time Management techniques wherein you break tasks into manageable chunks i.e Break tasks into smaller, actionable steps, creating a clear to-do list. Prioritise and allocate time for each chunk, this helps in maintaining focus and productivity.



— Seek help and support when needed - take breaks, talk to family and friends. Its important to remember that you don't have to go through difficult times alone.

Healthy eating and Fitness (on a college budget)

"Guys, I'm broke!", a common phrase we hear or say time and again. As a student it's no secret that our budget might be a bit tight. So, let's explore ways to maintain a healthy lifestyle without breaking the bank.
— Stay hydrated- don't just add sugar and fizz to your life! Stay hydrated with the good stuff- water and fruit juices. It's a secret from keeping those circuits from short circuiting!
— Consider the benefits of packing your own lunch or preparing a wholesome and nourishing meal at home
— Eat lots of fruits and veggies
— Exercise: Take walks, gym, 15-30min home workouts- (highly recommend Chloe Ting and Noel Deyzel)

Balancing Social Life & Academics

Finding the perfect equilibrium between social life and academic commitments is like a cherry on top in this process of becoming the best version of you. Learn to develop healthy habits that stick. Here's an insight into managing this delicate balance.

TIME MANAGEMENT
Prioritization: Identify and prioritize tasks based on their importance and urgency.
(Categorize tasks into four groups: urgent and important, important but not urgent, urgent but not important, and neither urgent nor important). This helps you focus on what truly matters.

Time blocking: Create a daily or weekly schedule that designates periods for studying, work, partying, personal time, and breaks. Remember to stick to the schedule, consistency is key!
Work SMART, not hard: SMART Ogoals are Specific, Measurable, Achievable, Relevant, and Time-bound. This provides direction and motivation for your work.
Eliminate Distractions: Send your distractions on vacation! Find those sneaky culprits that steal your focus and show them the exit door when it's work o'clock.
Learn to Say NO: While it's important to socialize and engage in extracurricular activities, be selective. Don't overcommit and learn to say no when necessary. "Think of your time like a pizza - it's delicious, but there are only eight slices! So, when life tries to give you the whole pizza, remember it's okay to say, 'I'll take a slice, thanks!'"

NURTURING BOTH FRIENDSHIPS AND ACADEMIC SUCCESS
Balancing friendships and academic success are a delicate dance, like trying to keep a friendship bouquet blooming while acing the academic salsa. Remember, communication and time management are your partners in this lively waltz of life!
In the chaos of college life, remember, you're not alone, you're navigating this maze alongside a multitude. Through shared stories, practical tips, and the experiences of fellow students, you can find inspiration and guidance on your path to thriving amidst the maze.

Prioritizing You

Kimberly Sequeira
First Year B.Pharm

“Life isn’t about prioritizing yourself; it’s about creating yourself”, and vey rightly said like another one of the million quotes you must have read about self-love and getting yourself together. Have you ever stopped to wonder, when was the last time you did something, you truly loved? No, think about it, when was the last time you stopped your daily routine without a thought and indulged in something that truly makes you happy, something that transports you to a different realm of happiness? You’d be surprised to realize that you WERE once that person, in your childhood most probably.

It's not alien that in today’s generation, in this rat race of opportunities we call our world, where we’re constantly grabbing at the next big thing to do, the next big ting to gain us success, the next big thing to get us where we want to be five years later, finding an answer to the interview question of where we see ourselves 5 years hence, we lose a part of ourselves along the way. Think about it, the constant stress and influx of negativity that embodies us while we’re at it, brings us to the understanding of the real question, is it really worth it?

It's a bittersweet emotion no doubt because you start with a bland meal of relentless hard work and toil and end with the sweetest confectionary of fulfillment and completion that makes you go that way. It is really important to chase success and do great things, do big things no doubt, but losing who you truly are, who you always were the person who you were for yourself is the real issue to be worked on. We often times forget to take care of ourselves for the undying need of validation from our peers, our teachers, our parents, our siblings. And in spite of gaining all the success, being on top of the world, we’re human enough to still feel invalidated and the feeling of not being enough never seems to disappear. Well, I’m here to tell you, you are enough and always have been. There is nobody like you in this world and this world has roughly 8 billion people, so that’s something to say!

We are all bombarded with the never-ending routines of our job lives, our school lives, our college lives, but what we really need is some time off to ourselves. We need a balance. As a science student if I might say so myself, it is always a priority to pour our hearts out into our field of study, it being a massive expanse of knowledge. That being said, it becomes increasingly difficult for us to balance our study with leisure. We should work towards taking a few hours in the day to ourselves, doing something we love. It could be art, it could be music, it could be outdoor activities, it could be sports, it could simply be wandering off into thin air, the possibilities are endless.

We need to learn to prioritize our time, prioritize us, prioritize you before anything else. This might be the only secret to the feeling of fulfillment, when you feel that happiness fromwithin yourself, which like everything needs to come from yourself, needs to be worked on, on your own, and it’s as simple as taking time out to do something you love amidst your challenging day of endless tasks. Not only will this boost your mental health but it will give you the sense of security and the feeling of being taken care of from within yourself and that will be the biggest achievement for you and you will evidently note a change in your confidence levels and happiness. Moreover, developing a new skillset comes with doing things you love, that you will keep for a lifetime and that is the key to living a fruitful life!

In conclusion, it’s not worth selling yourself to the magnificent stretches of opportunities the world has to offer, if you’re going to be unhappy by the end of it. It’s time to do things a little differently and prioritize you for a change!

Self Compassion: The Heartbeat of Mental & Emotional Well-being

Miloshka Pinto
First Year B.Pharm

Picture a vast, starlit sky stretching infinitely above you. Each star is a reminder of the countless moments we spend criticizing ourselves. But amidst this, there exists a ray of light. The practice of self compassion, a guiding star leading us towards serenity within.

The ability to embrace our own vulnerabilities without judgement is self compassion. Like a gentle breeze that caresses a weary soul, self compassion encourages us to acknowledge our flaws, fears and imperfections with tenderness. It teaches us that self-love it not selfish; it is a vital potion that nourishes our spirits and empowers us to face the challenges of life with unwavering courage. Self compassion is not a destination but a continuous journey, a life-long commitment to nurturing the soul. When we embrace ourselves with kindness, we radiate a positive energy that transcends boundaries and inspires others to embark on their own paths of self discovery.

Practicing Self-Compassion:

Be gentle with yourself during tough times.

Understand and be patient with your imperfections.

See difficulties as a common part of life.

Balance your emotions during upsetting moments.

Allow yourself to make mistakes; it's part of being human.

Practice mindfulness to stay present.

Let go of seeking validation from others.

Connect with others; sharing pain reminds us we're not alone.

As we end this journey, remember, in each smile you offer to your reflection and every moment you forgive your own mistakes, self-compassion blooms. May your heart be your compass, and may self-compassion be the guiding star that leads you home—to the boundless reservoirs of love and acceptance within.

करंट फार्मसी प्रॅक्टिस ही एक नोबल प्रोफेशनलिझल आहे का ?

Saima Kunkalyekar
Third Year B.Pharm

फार्मसी हा जगातील सर्वात विश्वासाई व्यवसाय म्हणून ओळखला जातो. फार्मसी हे नेहमीच एक सोमांचक आणि फायद्याचे करियर राहिले आहे परंतुअलीकडचे आरोग्य सेवा उद्योगातील सर्वात जास्त पाठपुरावा केलेले क्षेत्रबनले आहे. आज बरेच लोक धोकादायक आणि धोकेदायक आजारांनी ग्रस्तअसलेल्या आजार / आजारी लोकांचा जीव वाचवण्यासाठी फार्मसीलाव्यवसाय म्हणून निवडतात.

"जीवन रक्षक व्यवसाय" म्हणून ओळखली जाणारी फासी आणि प्रत्यक्षातआज फार्मसीचा सराव आशिग्य सेवांच्या वितरणात महत्वाचा आहे. आणिफार्मासिट हे आरोग्य व्यावसायिक आहेत, ज्यांना औषधांचे तपशीलवार ज्ञानआहे आणि ही औषधे द्वारीरात त्यांची क्रिया कशी करतात.

फार्मसी हा कोर्स आहे पी औषधाचा अभ्यास करतो आणि यासंबंधी सर्वसंबंधित माहिती जसे की औषध म्हणजे काय आणि ने कसे बनते आणिआपण ते घेतो तेव्हा काय होते, ते कसे कार्य करते आणि सर्वात महत्त्वाचेम्हणजे आपण बरे कसे हातो. औषधाने उपचार केले. आपल्यापैकी बरेचजण आपले सर्व डॉक्टर बनण्यावर केंद्रित करतात परंतु कार्मसिस्ट लक्षबनण्याची इच्छा नसते, हे एक मनोरंजक सत्य असूनही, डॉक्टरांना औषधाचीमाहिती कार्मासिस्टकडूनक मिळते. जीवशास्त्र किंवा गणित यापैकीकोणत्याही विषयासह बारावी उत्तीर्ण झाल्यानंतर विद्यार्थी फार्मासिस्ट म्हणूनवाहक निवडू शकतो. काय करायचे ते म्हणजे त्यांना CET/ PPHT नावाच्यासामाईक प्रवेश परीक्षेसाठी बसावे लागेल जे प्री फार्मसी चाचणी आहे, ज्यामध्ये भौतिकशास्त्र रसायनशास्त्र आणि गणिताचे/ बायोचे मुलभुत प्रश्नसमाविष्ट आहेत आणि चांगले फसेंटाइल मिळाल्यानंतर फॉर्मसीव्यावसायासाठी निवडले जाते.

करिअर म्हणून फार्मसी का ? अस जरा तुम्हाला प्रश्न पडला असेल तरफार्मासिस्ट हे जगातील सर्वात दृश्यमान आणि सर्वात प्रवेश योग्य आरोग्यसेवा व्यावसायिकांपैकी एक मानले जातात. दररोज, लखो अमेरीकनऔषधांच्या दुकानात जातात आणि त्यांच्या आरोग्य सेवेच्या गरजांसाठीमदत आणि सल्ल्यासाठी फार्मासिस्टवर अवलंबून असतात. तुमच्या कहिवैयक्तिक समस्यांबाबत तुम्हाला मदत करण्यासाठी फार्मासिस्ट विश्वसनीयआहेत आणि तुम्हाला मदत करण्यासाठी ते दिव-रात्र प्रयत्न करतात. फार्मासिस्ट हा जगातील सर्वात विश्वासाई व्यवसाय म्हणून ओळखलाजातो. फार्मसी हे नेहमीच एक रोमांचक आणि कायद्याचे करियर राहिलेआहे, परंतु अलीकडेच आरोग्य आणि फायद्याचे करियर राहिले आहे, परंतुअलीकडेच आरोग्य सेवा उद्योगातील सर्वात लोकप्रिय क्षेत्र बनले आहे.

फार्मासिस्टची भूमिका

रुग्णांना पुरविल्या जाणाऱ्या औषधांचा दर्जा

औषधांचा पुरवठा कायद्याच्या कक्षेत राहिल याची खात्री करणे. रुग्णांनालिहून दिलेली औषधे योग्य आहेत याची खात्री करणे.
औषधे कशी घ्यायची, कोणत्या प्रतिक्रिया येऊ शकतात यासह रुग्णांना सल्ला देणे आणिरुग्णांच्या प्रश्नांची उत्तरे देणे.

सुरक्षित आणि प्रभावी औषधांचा वापर आणि औषधांचा सुरक्षित पुरवठायाविषयी इतर आरोग्यसेवा व्यावसायिकांना सल्ला देणे.

रुग्णांच्या लक्षणांना प्रतिसाद देणे आणि फार्मसीमध्ये बिक्रीसाठी औषधांयासल्ला देणे..

रुग्णांना सेवा प्रदान करणे, जसे की धूम्रपान बंद करणे, रक्तदाब आणिरक्तातील ग्लुकोज भोजणे आणि कोलेस्ट्रॉल व्यवस्थापन, गर्भधारणाचाचणी इत्यादी.

निष्कर्ष

निष्वर्य असा आहे की सार्वजनिक आरोग्याच्या सुधारणेसाठी आपल्यालाफार्मासिस्टची आवश्यकता आहे. वैद्यकीय क्षेत्रात प्रवेश केल्यानेफार्मासिस्टची मामणी बबन आहे आणि या क्षेत्राच्या अनुप्रयोगांची व्याप्तीदेखील वाढत आहे परंतु फार्मासिस्ट होण्यासाठी कठोर परिश्रम, नोकरीचीआवड, सक्षमता आणि दयाळु हृदय आवश्यक आहे आणि त्यालारुग्णाबद्दल सहानुभूती असली पाहिजे कारण फार्मासिस्ट दयालु असेल तररुग्णाला त्याच्यासा बोलणे सोपे वाटते आणि एक विश्वासार्ह नाते निर्माणहोते.

'काही नोकऱ्या संपुष्टात येऊ लागल्या आहेत, पण फार्मासिस्टची नोकरीकधीच संपत नाही, ती सुरूच सहने आणि सुरू राहणार. समाजाला चांगलेआरोग्य प्रदान करणे हे केवळ काम नाही तर माणसाच्या दुसऱ्याशीअसूलेल्या भावनेची जोड आहे. फार्मासिस्ट हाँ समाज आणि जगाचा एकमहत्त्वाचा भाग आहे- डॉक्टर औषधाने जीवन देतात, पण फार्मासिस्टऔषधाला जीवन देतो. म्हणूनच तर म्हागते मी की "करंट फार्मसी प्रैक्टिस हीएक जीवन प्रोफेशनलिझम आहे?

Nourisging Your Way to Optimal Health: The Power of Nutrition

Ishana Hameed
First Year D.Pharm (2023-24)

In a world where health is paramount, one key factor stands tall as the foundation of our well-being: nutrition. The food we consume not only fuels our bodies but also plays a pivotal role in maintaining overall health and preventing various diseases.

Some key aspects of nutrition health:

1. Balanced Diet: Discuss the importance of a balanced diet that includes a variety of food groups like fruits, vegetables, whole grains, lean proteins, and healthy fats. Explain how this balance provides essential nutrients and energy.

2. Nutrient Density: Emphasize the concept of nutrient-dense foods that offer a high concentration of vitamins, minerals, and other essential nutrients per calorie. Encourage readers to prioritize these foods.

3. Portion Control: Address the significance of portion control in maintaining a h.ealthy weight and preventing overeating. Provide practical tips on how to manage portion sizes.

4. Hydration: Explain the role of proper hydration in overall health. Encourage readers to drink an adequate amount of water and explore the benefits of various beverages.

5. Diet and Chronic Diseases: Discuss how nutrition is linked to the prevention and management of chronic diseases, such as heart disease, diabetes, and certain cancers. Provide examples of foods that can lower disease risks.

6. Special Diets: Introduce readers to special diets like vegetarianism, veganism, and gluten-free diets. Explain the benefits and considerations of these dietary choices.

7. Meal Planning: Offer tips for effective meal planning and preparation, including the use of meal prepping and healthy recipes.

8. Mindful Eating: Encourage mindfulness when eating, focusing on savoring flavors, and recognizing hunger and fullness cues to prevent overeating.

9. Label Reading: Educate readers on how to read and interpret nutrition labels to make informed choices when shopping for food products.

10. Eating Disorders: Discuss the importance of recognizing and addressing eating disorders, promoting a healthy relationship with food and body image.

11. Cultural and Regional Influences: Highlight the role of cultural and regional influences in dietary choices and explore how these factors can impact health.

12. Supplements: Provide guidance on the use of dietary supplements, emphasizing that they should complement a healthy diet and not replace it.

“Let food be thy medicine and medicine be thy food.” – Hippocrates

Our Most Cherished Moments as We Graduate

A Survey by Fourth Year B.pharm (2023-24) Students

Rinky: Here at GCP I met the most amazing people, I will miss all my friends that I made here, our enthusiastic spirits and the fun we had while preparing for formulations or Sharda utsav or any other event. The way we used to dance for these events, and cheer our teams. I'll also miss sharing tiffins at lunch break, bunking classes sometimes and roaming with my friends. These are my best GCP memories which i will really miss. My friends and moments I had with them is something I'll always cherish.

Beverly: The rush to get into the college bus in the morning so we don't miss the first lecture.

Tshulthrim: Friends that turned from strangers into family.

Chandradip: Best Friends

Manjusha: The thing I will miss more about being on campus is seeing my friends on a regular basis. College events, this one time festivities and walking around the campus. Studying, sitting on stairs near library with friends during exams is what I'll miss for sure.

Sanjana: Sleeping during the lectures, free time, group studies, industrial visit with buddies, friends, college fests.

Devesh: I will miss my friends the most. Each of my friends holds a special place in my heart, leaving behind memories that I hold dear. Their absence will leave a void in my daily life, reminding me of the laughter and joy we shared. I'll also miss some of our sweet juniors, who added their own unique charm to our college experience.

Riya: The one thing I am going to miss is my friends without who college life is incomplete. I am very much thankful that they supported me in my good and bad times in these 4 yrs and making my journey more beautiful.

Deep: The most important thing is friendship. So I'll miss my friends.

Varun: My friends I made in these institution.

Rachel: The friendships and unwavering support I've had during this academic journey have immeasurable worth, and I'll forever hold these bonds close to my heart.

Dhayesha: So many memories to refresh but Formulations was the best part for me , where our class participated in all the competition , to win to the Trophy and most important how I can forget the name Of our class Teammm Saphirreeee!

Raunak: I will miss meeting all my friends and the memories created with them.

Shruti C: I'll miss my friends group who made college life a little less stressful and more fun :)

Geerishma: Things which I will miss the most is our chit chats during lecture time and in practical labs where we performed various practicals with lots of gossips and fun and how can i forget our college event "Formulations" where we had various competitions where our class came as a unity to fight for the trophy.

Akangsha: I will miss my friends and the time spent with them, sitting in the library and discussing topics explaining to each other and also the all college events.

Anselyn: It was a really fun time from making new friends to participating in college events.....from having lunch together to explaining concepts to each other in the library... not forgetting the memories we made during practicals.

Ugyen: Fish Thali

Vernon: Coffee

Darshan: the campus life, spontaneous adventures, and friends!!

Adrija: I'll miss the peacefulness of this college, it always felt safe in here, sweet senior, sweet classmates, respected professors, made it really great, although sometimes it became tough, but overall this college is a great place, I'll miss everything about this college, because everything gave me lots of life lessons.

Avani: I'm surely going to miss my friends!! The time spent with them and the memories we built together made a beautiful part of my life.

Joywill: Friends

Fynoska: the energetic atmosphere of events and the friendships that i have made will be an integral part of my college experience that i will treasure for a lifetime

Sharvaree: I'll miss cheering "TEAM SAPHIRE" exuberantly on top of my lungs & of course the fun we have during Practicals (Batch 4 & Analysis).

Amogh: Friends and teachers..fun during practical times.

Kapeel: Fun in the pharmaceutics lab with friends and the college events.

Dweep: Formulations

Sahil: I got to be sport secretary here. I'll miss the memories I made organizing various sports events.

Sonia: The Most memorable pages of my college dairy will the most sweetest, but also the toughest time spent with my Batch 4 mates, the drama that we had scripted and performed,laughter together and story session during practical time. Other than this will be the DJ Night where in everyone was dancing with their soul out and the laughter therapy with my cutest friends.

Saurabh: Teaaamm Sapphire..

Saima: The excitement of coming back to college campus after vacations is replete with sharing stories of the holiday gone by. Is what I used to do. Gonna Miss this forever.

Balancing Academics & Relaxation: Strategies for a perfect weekend getaway

Elulia Pinto
First Year D.Pharm

In today's fast-paced world, finding the right balance between academic commitments and relaxation is essential for overall well-being. Weekends offer a perfect opportunity to unwind and recharge, ensuring you return to your studies with renewed vigor.

Planning ahead is key. Set clear academic goals for the week, ensuring you complete essential tasks before the weekend. This way, you can fully relax without the worry of unfinished assignments or upcoming exams.

When choosing your destination, opt for a place that caters to your interests. Whether it's a peaceful nature retreat, a bustling city, or a cultural excursion, align your getaway with what truly relaxes you.

During your weekend getaway, consider a digital detox. Minimize screen time to disconnect from academic stress and foster in-the-moment experiences and quality time with loved ones.

Staying active is important. Incorporate physical activities like hiking, cycling, or yoga into your weekend plans. Exercise is a fantastic stress reliever and mood booster.

Practice mindfulness and relaxation techniques, such as meditation or deep breathing, to help you let go of academic worries and be present in the moment.

Spend time with family and friends to strengthen bonds and create lasting memories. Quality time with loved ones is a crucial aspect of a well-rounded weekend getaway.

Finally, take some time to reflect on your academic goals and achievements during your getaway. This will allow you to return to your studies with a fresh perspective.

Balancing academics and relaxation is an art that, when mastered, can lead to a more productive and fulfilling academic journey. By implementing these strategies, you can enjoy a perfect weekend getaway that not only rejuvenates your spirit but also enhances your academic performance.

Chemistry that clicks

Anabell Andrade
Second Year B.Pharm

Being pharmacists-in-the-making, we are already well-aware of the trials and tribulations faced during the development of new drugs. In an effort to create molecules with the same positive effects as the substances produced within our body, we have to create several new molecules, with only slight modifications in their structures, and study their effects on cells. Through this tedious process, we determine the molecules that are the most effective, most potent and least harmful, and voila! We get ourselves a new drug molecule. But the story isn't over yet. The new molecule has yet to undergo several more clinical trials and tests, before it can make its advent into the market.

However, one of the major complexities of this procedure is that these molecules must be synthesised in many steps, with each step giving rise to undesirable by-products, which must be removed before the process can continue. There is also a great loss of material during these processes.

Fortunately for us, 3 brilliant scientists' research gave way to fascinating results. In the year 2022, scientists Morten Meldal, Barry Sharpless and Carolyn Bertozzi cinched the Nobel Prize in Chemistry for their revolutionary work on 'the development of click chemistry and bioorthogonal chemistry'. Their work in click chemistry has been used to develop pharmaceuticals and mapping DNA, while biorthogonal chemistry refined the pharmaceuticals used to treat cancer.

So, what is click chemistry and in what way can it be useful to us? In simple words, it is when molecular building blocks snap together (or *click* together) quickly and efficiently, like Lego blocks. It all started with one reaction, which has now become the most crucial reaction of click chemistry; the copper-catalysed azide-alkyne cycloaddition.

When Meldal was in his lab, developing methods to find potential pharmaceutical substances, he tried to react an alkyne with an acyl halide in the presence of copper ions and a pinch of palladium as catalysts, a purely routine, everyday reaction. But something unexpected occurred, the alkyne reacted with the opposite end of acyl halide molecule, which was an azide, to form a ring structure called a triazole.

Sharpless described this as an 'ideal' click reaction. The azide is like a loaded spring, where the force is released by the copper ions. It has been proposed that this reaction can be used to easily link different molecules together. If a chemist wants to link two molecules together, they can easily introduce an alkyne in one molecule and an azide in the other, and snap them both together. In pharmaceutical research, it can be used to produce substances that can potentially have therapeutic effects.

But in Bertozzi's lab, a whole new idea was germinating. She had been looking for new reactions that could be used for selectively tag target biomolecules inside living cells, when she struck up on the idea of using strained substrates to drive reactivity. Strain-driven biorthogonal chemistry is now being tested in clinical trials of anticancer drugs that selectively release the drug at the tumour site.

It is the innovation of such brilliant scientists in challenging the limitations of chemistry, that pave the way for the rest of us to follow. As Albert Einstein said, "To raise new questions, new possibilities, to regard old problems from a new angle, requires creative imagination and marks real advance in science." With a little more experimentation, we will be able to help millions of people all around the world, for years to come, using this idea.

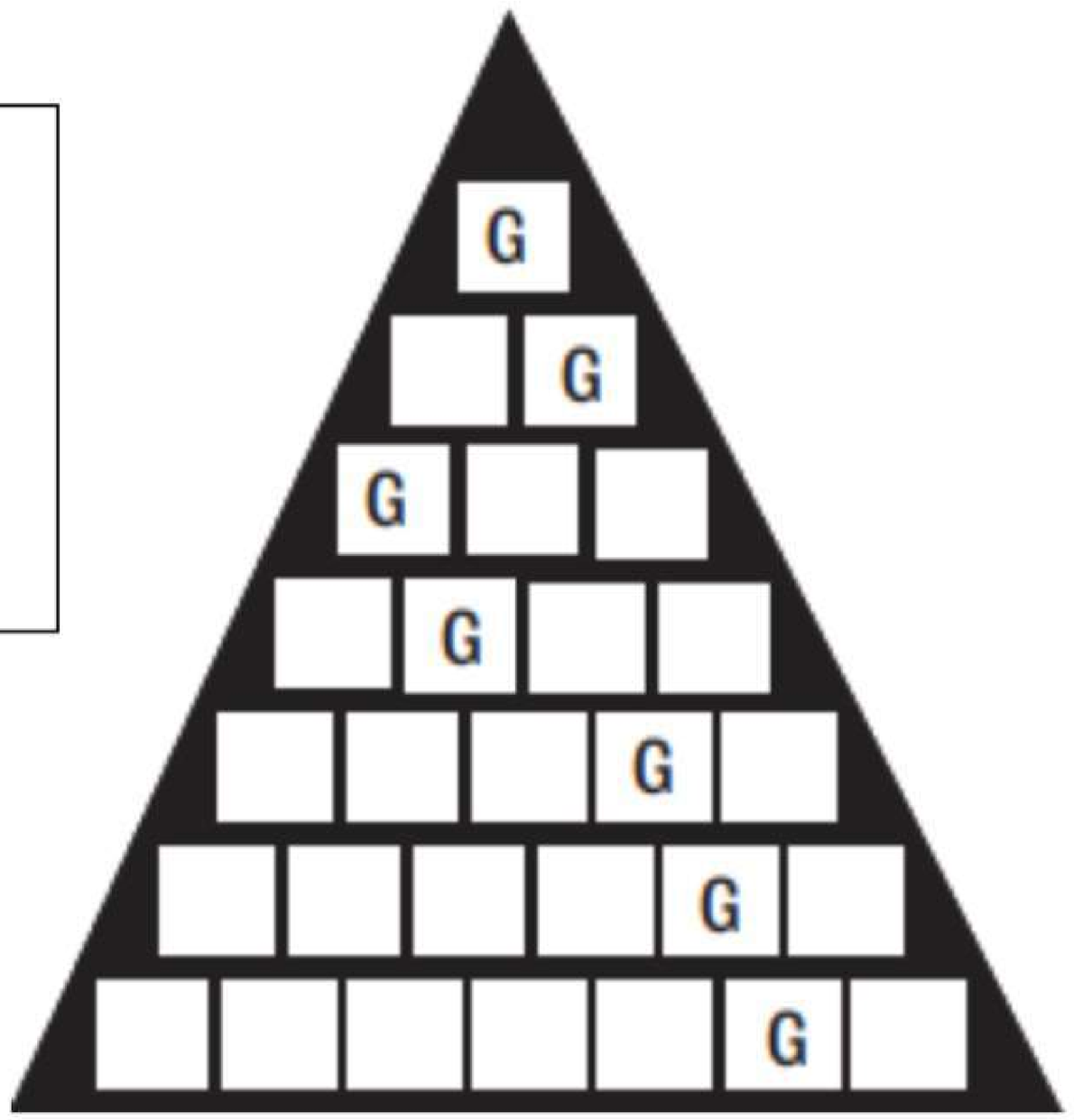
PHARMACY WORD SEARCH

A	Y	H	O	L	I	L	H	F	X	I	T	F	G	Y	V	N	H	X	M	S	D	C	H
P	T	T	W	I	H	C	H	F	G	J	A	W	M	I	K	Y	K	D	D	W	L	H	Y
Q	N	H	D	X	E	S	Z	O	G	M	D	Y	W	U	L	F	L	L	Y	I	K	N	B
P	N	M	U	L	M	P	N	O	I	T	P	I	R	C	S	E	R	P	N	V	G	D	G
M	S	Q	J	Q	R	T	M	A	H	D	E	Y	S	O	S	Z	K	I	L	O	Q	Y	E
A	I	Q	S	I	N	U	A	N	T	I	B	I	O	T	I	C	C	N	B	X	T	D	N
P	N	A	I	C	I	N	H	C	E	T	S	N	C	F	P	A	V	T	F	U	I	C	E
U	Z	L	E	B	A	L	E	A	H	R	L	D	O	S	L	G	K	Q	M	S	Z	X	R
T	C	X	K	F	A	L	E	D	M	O	H	X	M	Y	K	T	E	K	P	G	K	I	I
N	Y	L	D	B	B	N	E	Q	G	Y	H	T	P	L	C	J	J	E	T	W	N	G	C
O	Y	C	A	C	I	F	F	E	F	E	Q	H	O	Y	Y	J	N	Q	R	J	U	V	X
N	A	S	F	C	D	F	J	V	E	K	O	E	U	G	T	S	O	R	E	W	S	A	K
V	R	X	I	T	C	C	I	J	U	B	X	R	N	G	E	D	N	C	Q	U	E	L	F
M	G	D	F	F	J	Y	Q	S	W	F	U	A	D	O	Z	L	T	Z	I	Y	P	D	I
C	E	W	P	A	P	O	Y	F	G	C	N	P	I	U	Q	I	A	J	Q	U	V	S	K
M	F	V	S	W	H	L	E	M	V	J	Q	Y	N	A	O	U	J	S	I	B	N	V	B
P	H	F	Y	R	A	L	U	M	R	O	F	M	G	N	Y	W	L	R	T	I	Q	S	A
M	P	W	P	Z	R	E	S	E	I	G	R	E	L	L	A	K	W	G	M	O	O	T	C
J	K	U	F	E	M	W	N	T	R	T	D	O	S	A	G	E	W	A	B	R	B	K	S
L	D	M	B	E	A	E	U	Q	I	N	H	C	E	T	C	I	T	P	E	S	A	O	X
W	P	E	L	S	C	A	A	A	I	S	W	C	U	R	U	I	D	E	O	S	T	P	L
U	U	E	P	P	I	N	F	M	C	Z	P	R	J	K	V	M	V	T	Z	Y	P	E	C
N	Z	F	R	X	S	K	E	A	E	Y	F	P	B	J	Y	X	C	E	A	D	K	S	I
A	O	C	U	Q	T	D	G	M	N	Z	Y	P	A	R	E	H	T	O	M	E	H	C	B

allergies
antibiotic
aseptic technique
chemotherapy
clinical
compounding
dispense
dosage
efficacy
formulary
generic
injection
label
medicine
OTC
pharmacist
prescription
technician
therapy
vitamins

LET'S BUILD IT:

1. GRAM, ABBR.
2. SILVER FOR THE CHEMIST
3. WANDER ABOUT
4. ELFERLY
5. SHERRIG'S STAR eg.
6. A SMALL HIPSANIC SHOP
7. SLAVERY



POETIC ODYSSEY

Aliya Shaikh
Second Year B.Pharm

Reverie

I sit up on the grass,
Soaking the sun.
I stand firm
Towards the loch i run.

The water, pure.
As if the world is new
Felt so buoyant ,
Shouldn’t be touched by few

The trees could trudge,
Animals talk
“The inhumane humans!”
They would mock.

I pace on the stones
With my bare feet,
Feeling the breeze
as I sit.

I could see the end
With my lazed eyes
In a world of love
And no lies.

I sat alone, felt so great
Not a fret about my schedule
Or of me
Running late.

While I never worried
about my work,
Through the endless grove
I would lurk.

The soft grass
I lay on then,
And soon the bright light
Came to an end.

The alarm rings,
Infront of me the lamp.
With my opened books
On the desk again.

Delicia Alina Almeida
Second Year B.Pharm

Phytoconstituents

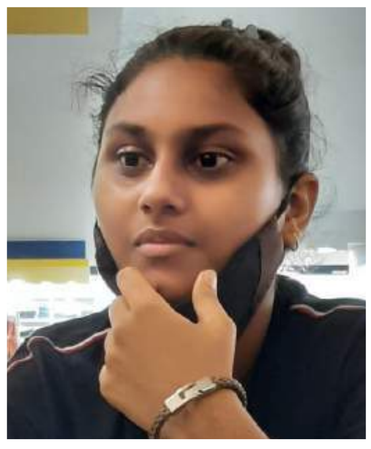
Phytoconstituents nature's gifts with specific
roles to fulfill,
from protecting to beautifying it and all of
Nature's magical things.

Some potent nitrogenous substances
making a difference,
through their tiny quantities.
Morphine, quinine, cinchonine
comprising of all the “ine's”
alkali-like alkaloids,
bitter, colourless, crystalline
treating diverse disorders including
haemorrhoids.

Glycoside, another natural molecule,
with a glycone and aglycone
linked through a bond.
Where aglycone goes far and beyond,
to produce effects, varied effects.
While the glycone aids in dissolution,
Let’s clear out the confusion
of the non-sugar being genin, nothing complex.

Then there are soap-like, foaming,
bitter or sweet saponins,
posing as plant defences.
Next we have the tannins,
non-nitrogenous, astringent,
used for tanning hide
hydrolysable or condensed,
always responding to ferric chloride.

The vibrant pigments in petals,
are thanks to flavanoids.
Also there are volatile oils,
derived from terpenes and terpenoids
which are nothing but isoprenes.
Further we have resins
that are complex, amorphous and unorganised,
hope these are some of the phytoconstituents
you'll recognise.



Jeanne Maria Da Vitoria Lobo
Third Year B.Pharm

New World

At the threshold we're at
With a whole new world ahead of us
In all those classrooms we've sat
Our minds playing back memories of a time, motionless

We're still holding on to the threads of the past
And pulling on the ropes of the future
While travelling the journey called 'present'
That's building a strong survivor

Now we're presented with choices
As many as the stars that dot the skies
Let's hope we hear the loudest of voices
From our hearts, all our desires
Let's not fade into nothingness
And climb the highest of towers
Let's make the greatest versions of us
And make this new world ours

Adrija Roy
Third Year B.Pharm

Love..

Love..

Even though, its such a suffering sometimes ...
Still, it is beautiful.
Still, it is beautiful...
Love is always beautiful...
Everything about love is beautiful...

The tears.., that you shed in love..
they are beautiful.
The Pain.., that you feel in your heart...
that longing...
that yearning for your beloved...
that is beautiful!

All the things that you do for love..
the things..
which go unnoticed...
the things...
which go unappreciated...
they are beautibul?

You are Beautiful!
You !
Who are carrying it in your Heart..
So gently...
So compassionately...
You are Beautiful!

Love is always beautiful.
Everything about love is beautiful...

Shubhang Hudekar
Third Year B.Pharm

दृष्टिकोन

आपल्या जीवनात अनेकदा चढ-उतार येतात.आयुष्यात विविध कारणास्तव असलेल्या तणावांनी मनाचे खच्चीकरण होते.पण निराशेच्या गर्तेत रुतले असता खचून न जाता जिद्दीने पुन्हा उभारी घेणे गरजेचे आहे.प्रतिकुल परिस्थितीत सुद्धा सकारात्मक दृष्टीकोन ठेवून सफलतेकडे पादाक्रांत करणे आवश्यक आहे.
ही कविता आपल्याला आयुष्यात हरून न जाता चिकाटीने प्राबल्य मिळविण्यास प्रेरणा देते.

घुडघे जरी टेकले मी
जिंकण्याची आस सोडली नाही
नव्याने उभारी घेणार मी
हा दिवा विझणार नाही

कितीही मागे खेचले मला
हाती कोण्याच्या लागणार नाही
तेजस्वी नयनांनी त्यांनाच पेटवीण
ही आग शमणार नाही

गरुडझेप रोखण्यास माझी
वावटळे होती खूप अधीर
पण मला खाली पाडायची
आकाशात हिम्मत नाही

वाट जरी काट्यांची असली
मनाला थांबणे माहीत माही
आता धेय्य फक्त एकच
पुन्हा कधीही माघार नाही

माझे सामर्थ्य जाळण्याचे
केले प्रयत्न अनेकांनी
पण करेल मला राख
अशी अग्नी अस्तित्वात नाही

सर्वात प्रखर तळपेन मी
रवी सुद्धा जेरीस येईल
माझी चमक झाकेल तरी कोण ?
ब्रह्मांडात अशी ताकद नाही

आता शिखर गाठेन मी
शत्रूचा मारा प्रभावी नाही
निर्विवाद वर्चस्व मिळवेन मी
पुन्हा मागे वळून पाहणे नाही

Shivraj Dalvi
Second Year B.Pharm

व्हावे चंद्र कधी एकदा

व्हावे चंद्र कधी एकदा
खिन्न काळोखी श्वेत झळकावे
चकोर व्हावे चांदण्यांसाठी
क्षितिज स्पर्शूनी गाणे गावे
अस्ताच्या वेळी कुशीत सागराच्या
कुणा न दुखवता निसटूनी जावे
व्हावे चंद्र कधी एकदा

पाऊस

कुणास रडवी
कुणास खेळवी
प्रेम देई कुणास,
कुणांचे हिरावून घेई
कुणी नवस करी त्याच्यासाठी
कुणी देई शिव्या त्याच्यापाठी

पाऊस वेगळा तुझ्यासाठी
पाऊस वेगळा माझ्यासाठी
वेगळा तो सगळ्यांसाठी.

Shivraj Dalvi
Second Year B.Pharm

प्रेम करावे जगण्या ईतके, मरणा ईतके जगून घ्यावे चाळता पाने आयुष्याची जमेल तेवढे लिहीत जावे.

पहावे सारे डोळे भरुनी
झेपेल तेवढे पदरी घ्यावे
चाळता पाने आयुष्याची
जमेल तेवढे लिहीत जावे

करावे कौतुक मनाईतके
अपशब्दही थोडे सहन करावे
चाळता पाने आयुष्याची
जमेल तेवढे लिहीत जावे

प्रेम करावे जगण्या ईतके
मरणा ईतके जगून घ्यावे
चाळता पाने आयुष्याची
जमेल तेवढे लिहीत जावे

करावा द्वेष ठीपक्या इतका
तोंडी मुर्खांच्या न लागावे
चाळता पाने आयुष्याची
जमेल तेवढे लिहीत जावे

वहावे अश्रू सागरा ईतके
स्वत: भोवतीच हास्य करावे
चाळता पाने आयुष्याची
जमेल तेवढे लिहीत जावे

लिहावे मनसोक्त आभाळा ईतके
लिहून आयुष्याचे काव्य करावे
शेवटी मात्र एका दिवशी
लिहिता लिहिताच मरण यावे
लिहिता लिहिताच मरण यावे.

Repulsion

I thought that was it.
but it wasn't.
But something about it felt right.
We felt right. You felt right.
You felt like an evening walk on a road in the rain.
You felt like touching the morning dew.
You felt like stumbling upon a piece of writing that describes me the best.
You felt like a piece of music that
I will hear on loop until I start hating it,
but I will eventually listen to it again.
You felt like nostalgia wrapped in aliveness.
You felt like that movie scene which made me cry. You felt like sipping on hot coffee.
You felt like the silence of a street at midnight.
You felt like the warmth of camp fire
on a chilly winter night.
You felt like the poetry I will have framed on my wall and look at it again and again.
You felt like the memories I will want to fondly look back at and feel alive.
But maybe, it wasn't what they call love.
But it was pretty damn close. So close that it repelled !

The Colour of Hope!

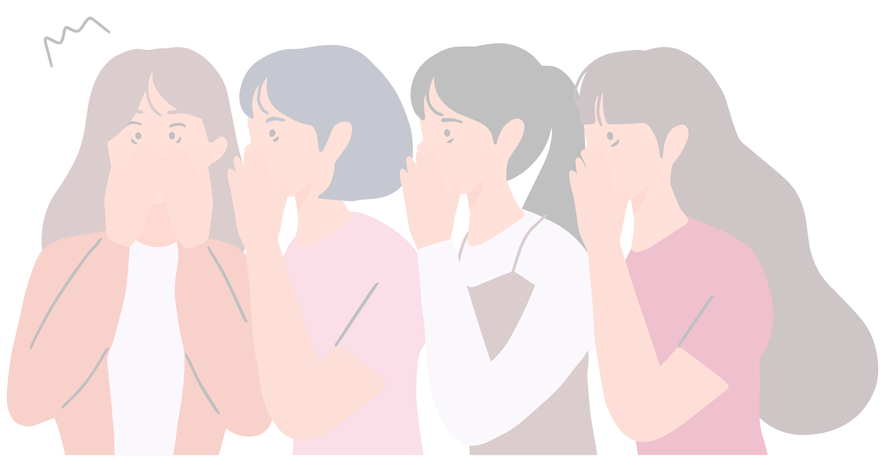
The way it happened,
It must have been a dream.
Because it felt like one,
You felt like one!
But afterall it comes at a cost
A fragile one,
Not to be bargained about.
Your scars and trauma,
The pain and the cries were mine too.
The stories, the talks
The gaze and the hopes were mine too.
But does it even count now?
Saying all of them can be battled and
We're in this together?
Hope changes things way more quicker than anything
It matters, You matter.
As you have given colour to my hopes.
And they look beautiful now,
Just like the way you do with all your scars, pain and the tireless cries.
You are the colour of my hope!

Shanaia Da Silva
First Year B.Pharm

Scuttlebutt

In hushed tones, whispers weave a web,
Gossip's poison, hearts they stab.
Words like daggers, cruel and sly,
Tearing bonds, friendships die.

Let kindness bloom, in place of rumours,
Break the cycle, be the humour.
For in the end, what we say and do,
Reflects the love we share, me and you.



Rishita Chawan
First Year B.Pharm

Yes, we can!

The wind has changed its direction of flowing.
And the fiery sun is brightly glowing.
The roads have been keeping silence these days.
The shops are shutdown to be in safer ways.
The shining mirrors have vanished which reflected the rays.
And the ground is upset 'cause no child plays.
The world has stopped for a while
'Cause there is no one visible at the mile.
The working people have no worries to lie
As the office is tired of setting the file.
If this is the reason then this isn't,
'Cause the world is attacked by a deadly giant.
Shutting the doors making all the ways silent
'Cause indoors the human is living like a hospitalised patient.
The nature has played its game again.
Showed the humans its powers again.
The Almighty wants to see, can we be one' again?
Let us show him that "Yes, we can!'

Vishakha Pramod Hoble
First Year M.Pharm

स्वप्न

स्वप्न माझे साजरे
जसे काळोखातील काजवे
सामोरे आले भयंकर निखारे
मानवाचे भीषण कटारे
घात केला माझ्या दिलावर वेळोवेळी हजारे
शब्दानी , कृतीनी वर्षाव केले अंगारे
काय झाले तुझ्या स्वप्नांचे दुनिया मला विचारे
हाताश झाले मन माझे बिचारे
कितींदा उत्तर द्यावे मी याप्रकारे
रोज सकाळी मे स्वत:ला कसे सावरावे
एक दिवस सर्वांना जाप मिळणार चांगल्याप्रकारे

प्रीत

मन माझे गुंतलेले
हृदयी तुज प्रीत रुजलेले
अजुनी वाटते स्वप्न जणू
मी तुझ्याच विश्वात रंगलेले

सुदैव माझे प्रियकर ,तूच माझा
नव्हता तू भेटला तर, हरवलेली मीच माझी
हर्ष मला देतो तूच नव्ह नव्हे
विचारही तुजविण
माझ्या आत्म्याला खळबळे

धन्यवाद देण्यास ईश्वराला
मी कधीच ना थकवे
गाठ तुझ्याशी बांधली
स्वप्नात पाहिले मी डोरले

Akshaya Avinash Gadekar
First Year B.Pharm (2023-24)

Who's gonna tell them...

Who's gonna tell them
She ain't mad at them when she yells;
She just doesn't want to cry in front of them.
Who's gonna tell them
She ain't rude or introverted;
She just wants her own time.
Who's gonna tell them
She didn't forget them;
She's just afraid of disturbing them.
Who's gonna tell them
She ain't happy;
She's smiling for their sake.

That's human nature after all

In the dilemma of what's happened,
In the confusion of what's happening,
Instead of analysing;
We react hastily.
That's human nature after all.

After a while;
Coming back to senses,
We realise the damage we made
again ending up in confusion,
And spending nights thinking
About right and wrong.

What's next ??
To get things to normal.
An explanation or an apology?
Or just let things be same; Unsolved and broken
Huh! That's human nature after all !

ALUMNI SPEAK

Dr. Rajesh Parab

Executive Board Member of International
Pharmaceutical Excipient Council of India

Hello Friends, I am Rajesh Parab, B. Pharm batch of 1992. Sounds like older generation version of me but I have my latest degree, Ph.D from Goa College of Pharmacy that was awarded in 2020, this makes me part of younger Alumni.
I wish to pen down positive memories from days I spent at GCP (and Hostel) and how that helped me to be what I am today. Those days the intake was about 30 students, so it was a very close group giving best opportunity to be known by all members of College – teaching, non teaching staff. This also means you could get famous or infamous quickly a challenge that was never known at that time. Those were the days where games means either you play in the recreation area or on play ground, we had fun time after long day of study when we played volley ball matches at Hostel court.
Our laboratories were in developing stages when new instruments were getting added each year and we were transitioning from mechanical balances to electronic ones and from manual spectroscopy to automated ones, as digital copies and reference searches were not heard of we would scan through Chemical Abstract for hours to get to what we were looking for, it was teamwork to help each other in their reference findings.
Education Tours, Formulation Event and annual college nights were days to reenergizes and platform for talent showcase, be it singing, dancing, acting or event challenging in antaksharicompetition. I and group of friends miss those fun days where life was simple, free for complex stress and had bit of innocence.
College days will always be remembered in life so make the most of your time. Make friendship that will last for life, become strong team player and never be afraid to innovate or try new things. My best wishes to everyone for future endeavour.

Shri. Rajendra Naik

Hi Dear ones, This is Rajendra Naik, B. Pharm, M. Pharm (Research), Mumbai University graduated from Goa College of Pharmacy, the institution to which I am associated since 1978. I feel very proud to share about the love & attachment of 45 years, 70% of my life with this oldest institution of our country. I am always thankful to the almighty for giving me opportunity to serve my college & students in various capacity as a faculty, examiner, FDA regulator, President-IPA, Registrar-Goa State Pharmacy Council, President-Alumni Association of GCP, Member of Management Council of GCP and others. I have always been a part of the cultural and academic activities of the college. I feel overwhelmed to know that the college always remembers me.
The wonderful memory begins where we students had started an agitation to commence a Boys Hostel with canteen facilities, wherein the college was like a small family of 120 students where a very cordial relation existed between the teachers and students. Students were dedicated to studies and used to avail the library facilities till 9:00pm. Students were also inclined to extracurricular and cultural activities. During those days, we used to actively participate in events like Annual College Gathering, Sports, Picnics, HOP (the most loved event!). In fact, with pride and pleasure, I am happy to share that the Interclass Sports activities were initiated during our batch and still continues with the same enthusiasm.
During our times, the Library and Laboratory, though small were well equipped. A lot of research activities were carried out by the Mumbai University PostGraduate students. The college has improved and expanded in many ways like increase in intake, starting of new PG courses, expanding library and laboratories. These have always been proud moments for me.
With the growth and development of the college and the establishment of various pharma industries in the state, in the capacity as holding various positions in the professional bodies, I could use conduct various conferences, debates, workshops and seminars to upgrade the knowledge of faculty and students. College was actively used as a forum of upgrading knowledge. I am proud that all Alumni of GCP are the best positions in their organisations. I have endless and sweet memories of the college. I am thankful to the Principal, staff and students of GCP for their efforts in achieving accreditation. The college has been consistently ranked within top 70 among the pharmacy colleges in the country, which we all are proud of. Be proud to be a GCPian!!
God Bless you all !!

Smt. Gitanjali Kerkar

Graduation Year 2016
Seagan, Seattle, USA

Goa college of Pharmacy introduced me to pharmaceutical sciences, a field I chose for my career, and I continue to enjoy it! I'm grateful for the opportunities that allowed me to grow academically and express my creativity through college festivals and the college magazine. GCP also led me to cross paths with lifelong friends! I currently live in Seattle, and work on cancer therapy drug development, while continuing to pursue my creative interests in my free time.

Daniel A. Vaz

M.Pharm 2022
Dr. TMA Pai Doctoral Research Fellow at Manipal College of Pharmaceutical Sciences, Manipal Academy of Higher Education, Manipal.

As an alumnus of GCP, completing my UG and PG studies at the institute has given me exposure that has fostered my academic as well as personal growth.
I can assure students of a unique academic environment and dynamic faculty that encourages growth and diverse perspectives. Make use of the resources available, from labs to libraries.
Leaving you a Tip: Identify your interests in the field and focus on them. You'll leave with not just a degree but a foundation for a successful future.
All the best to the future pharmacists!

Brandon Dias

B.Pharm 2021
Kingston University, UK

Goa College of Pharmacy holds a special place in my heart. It shaped my foundation in Pharmacy and provided a nurturing community. Reflecting back, I cherish the memories and mentors who guided me. My gratitude for the college remains unwavering.

Dr. Rajesh Parab

Executive Board Member of International
Pharmaceutical Excipient Council of India

Hello Friends, I am Rajesh Parab, B. Pharm batch of 1992. Sounds like older generation version of me but I have my latest degree, Ph.D from Goa College of Pharmacy that was awarded in 2020, this makes me part of younger Alumni.
I wish to pen down positive memories from days I spent at GCP (and Hostel) and how that helped me to be what I am today. Those days the intake was about 30 students, so it was a very close group giving best opportunity to be known by all members of College – teaching, non teaching staff. This also means you could get famous or infamous quickly a challenge that was never known at that time. Those were the days where games means either you play in the recreation area or on play ground, we had fun time after long day of study when we played volley ball matches at Hostel court.
Our laboratories were in developing stages when new instruments were getting added each year and we were transitioning from mechanical balances to electronic ones and from manual spectroscopy to automated ones, as digital copies and reference searches were not heard of we would scan through Chemical Abstract for hours to get to what we were looking for, it was teamwork to help each other in their reference findings.
Education Tours, Formulation Event and annual college nights were days to reenergizes and platform for talent showcase, be it singing, dancing, acting or event challenging in antaksharicompetition. I and group of friends miss those fun days where life was simple, free for complex stress and had bit of innocence.
College days will always be remembered in life so make the most of your time. Make friendship that will last for life, become strong team player and never be afraid to innovate or try new things. My best wishes to everyone for future endeavour.

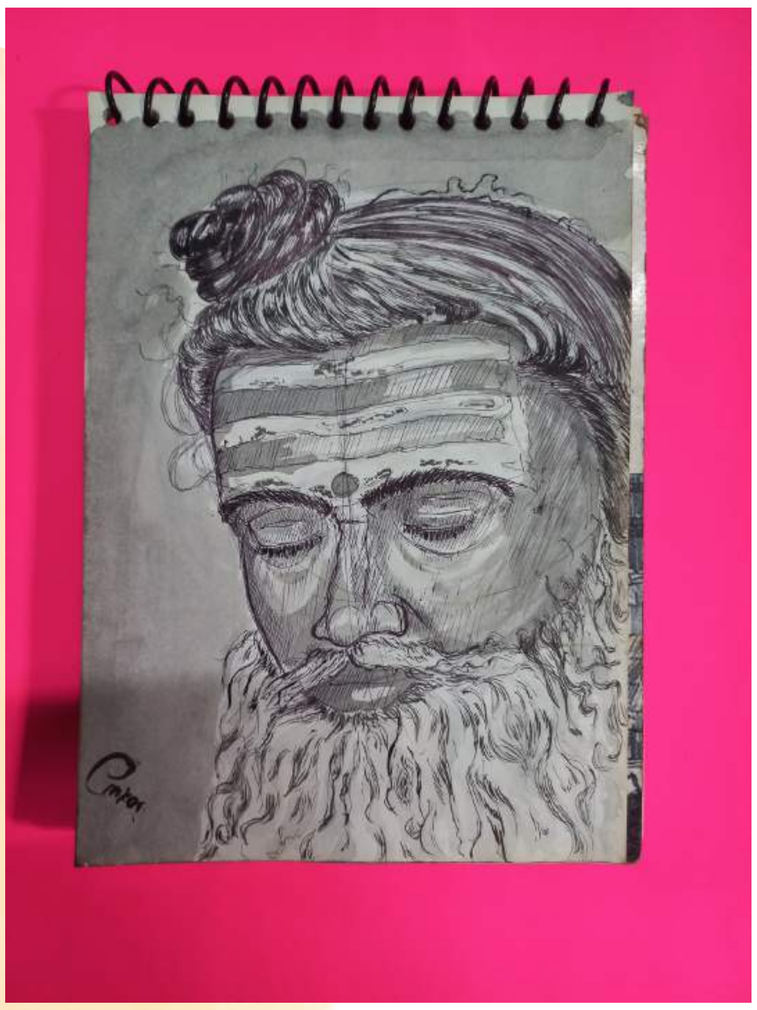
Shri. Rajendra Naik

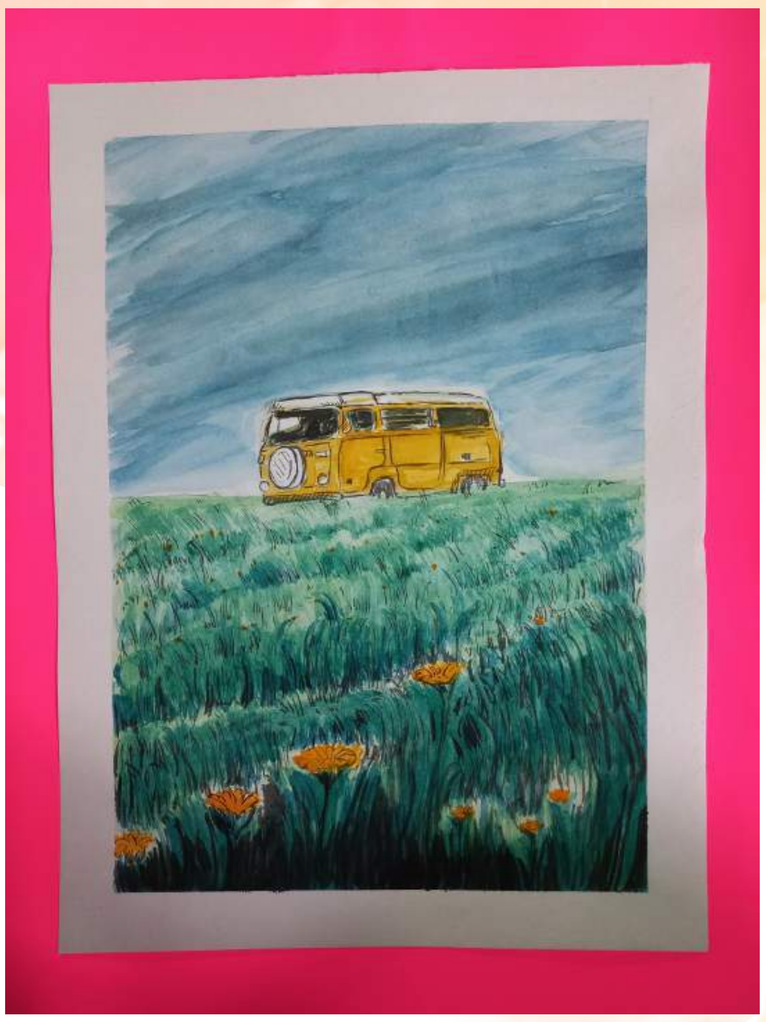
Hi Dear ones, This is Rajendra Naik, B. Pharm, M. Pharm (Research), Mumbai University graduated from Goa College of Pharmacy, the institution to which I am associated since 1978. I feel very proud to share about the love & attachment of 45 years, 70% of my life with this oldest institution of our country. I am always thankful to the almighty for giving me opportunity to serve my college & students in various capacity as a faculty, examiner, FDA regulator, President-IPA, Registrar-Goa State Pharmacy Council, President-Alumni Association of GCP, Member of Management Council of GCP and others. I have always been a part of the cultural and academic activities of the college. I feel overwhelmed to know that the college always remembers me.
The wonderful memory begins where we students had started an agitation to commence a Boys Hostel with canteen facilities, wherein the college was like a small family of 120 students where a very cordial relation existed between the teachers and students. Students were dedicated to studies and used to avail the library facilities till 9:00pm. Students were also inclined to extracurricular and cultural activities. During those days, we used to actively participate in events like Annual College Gathering, Sports, Picnics, HOP (the most loved event!). In fact, with pride and pleasure, I am happy to share that the Interclass Sports activities were initiated during our batch and still continues with the same enthusiasm.
During our times, the Library and Laboratory, though small were well equipped. A lot of research activities were carried out by the Mumbai University PostGraduate students. The college has improved and expanded in many ways like increase in intake, starting of new PG courses, expanding library and laboratories. These have always been proud moments for me.
With the growth and development of the college and the establishment of various pharma industries in the state, in the capacity as holding various positions in the professional bodies, I could use conduct various conferences, debates, workshops and seminars to upgrade the knowledge of faculty and students. College was actively used as a forum of upgrading knowledge. I am proud that all Alumni of GCP are the best positions in their organisations. I have endless and sweet memories of the college. I am thankful to the Principal, staff and students of GCP for their efforts in achieving accreditation. The college has been consistently ranked within top 70 among the pharmacy colleges in the country, which we all are proud of. Be proud to be a GCPian!!
God Bless you all !!

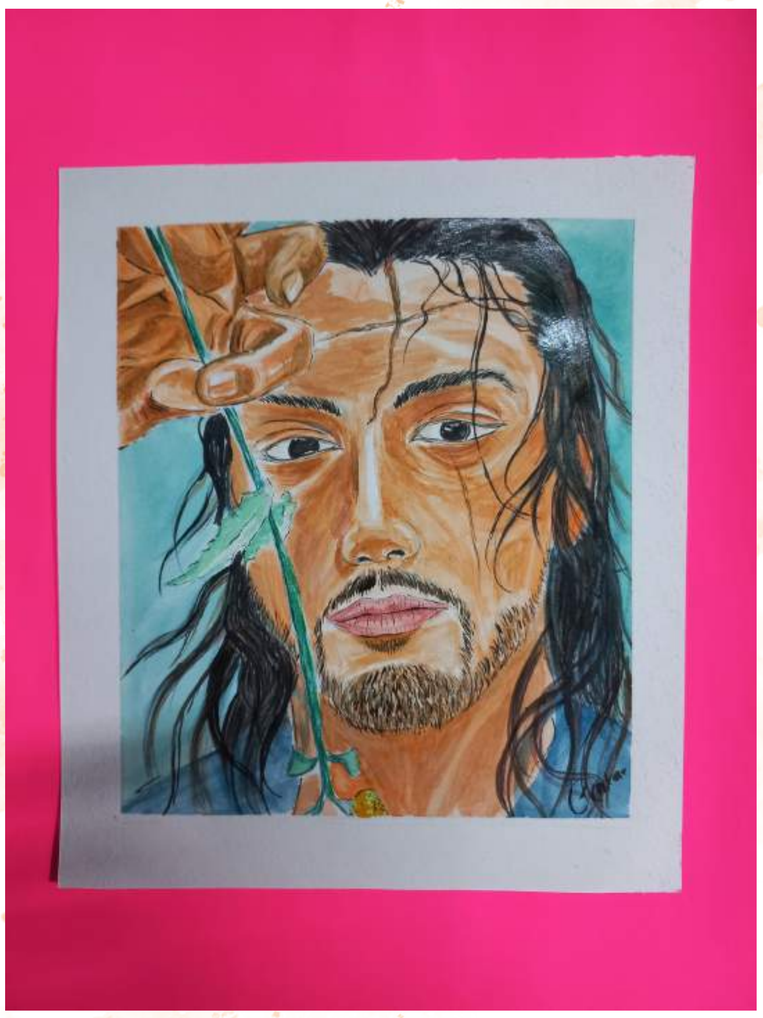
CANVAS CAPTURES

Omkar Gad

First Year B.Pharm





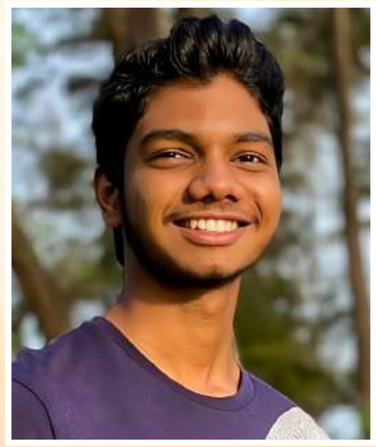


Nupur Narvekar

First Year B.Pharm

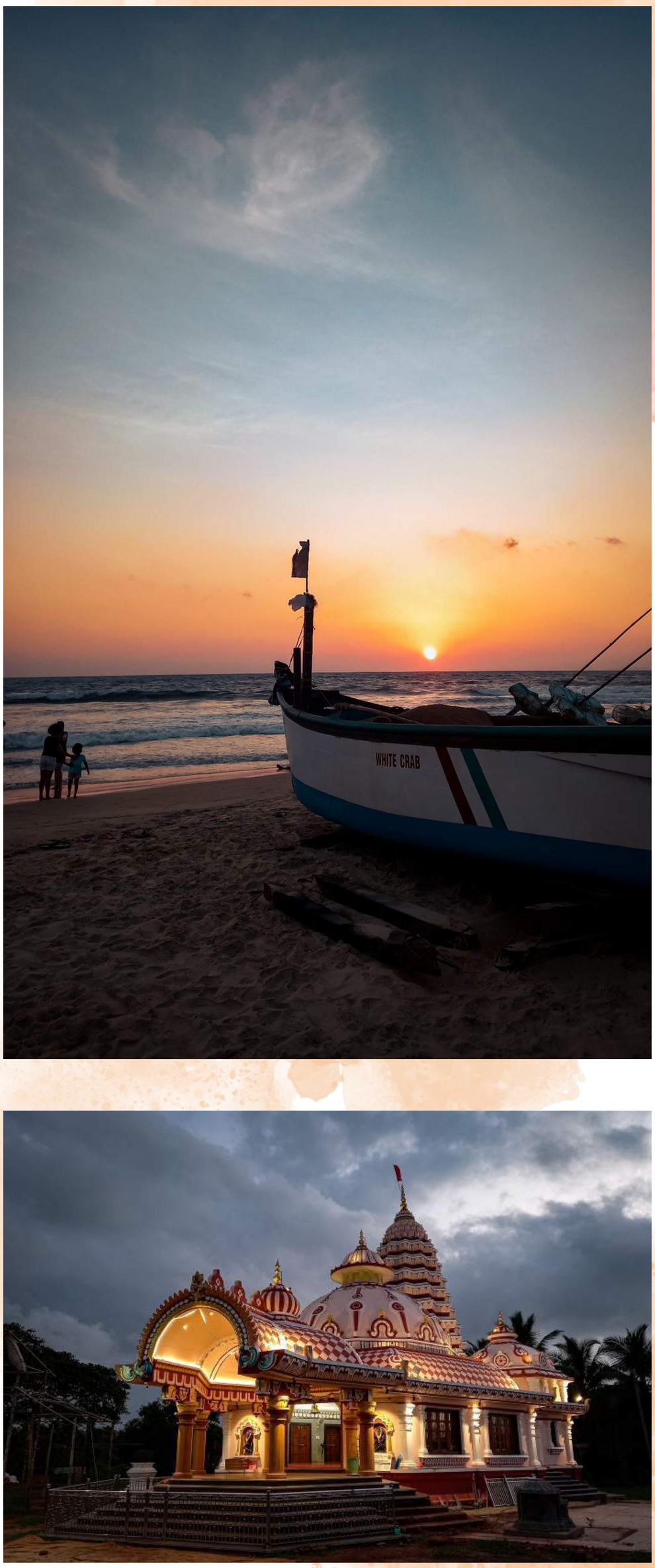
Shubhati Vyas

First Year B.Pharm



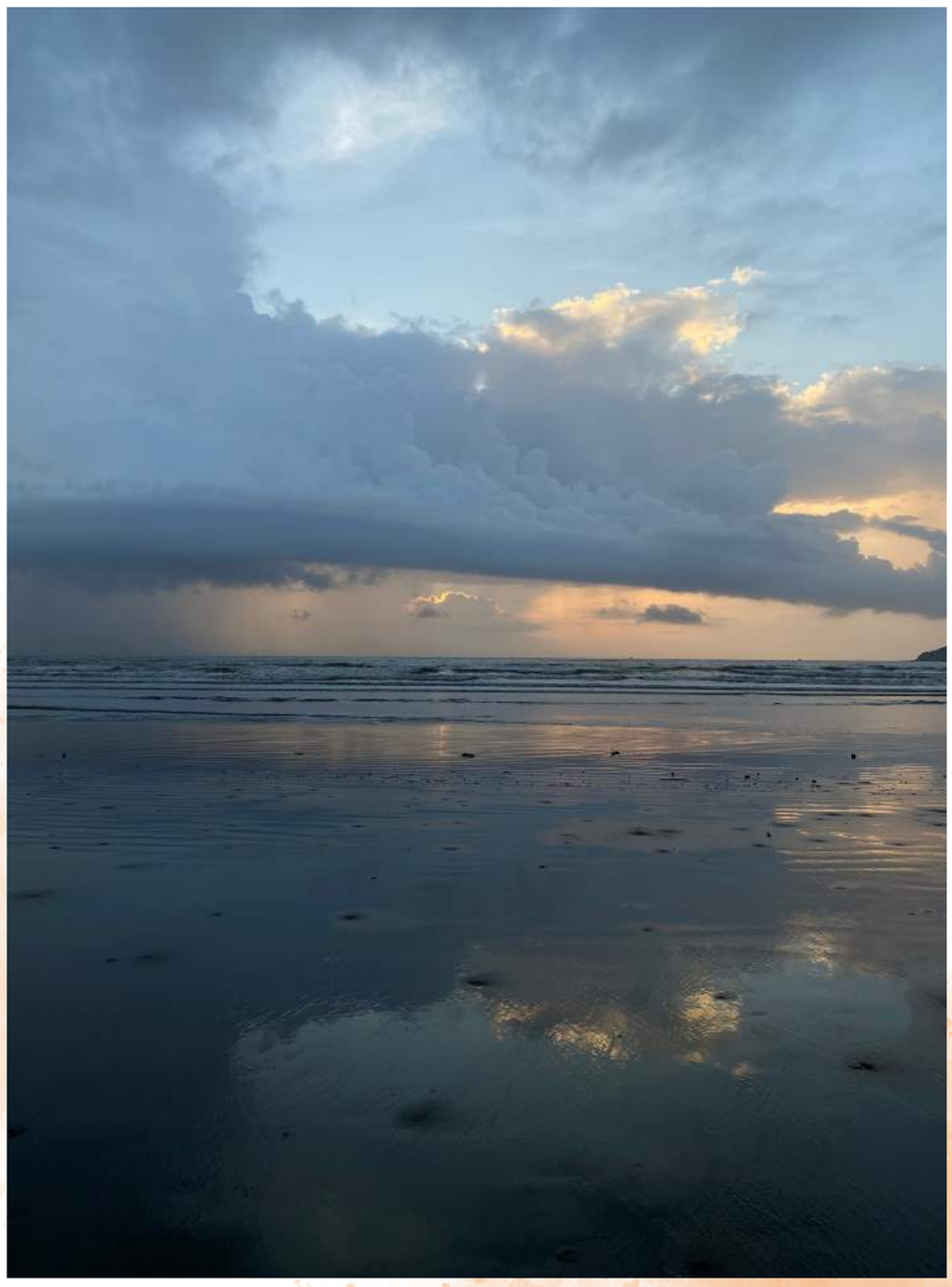
Archit Gaonkar

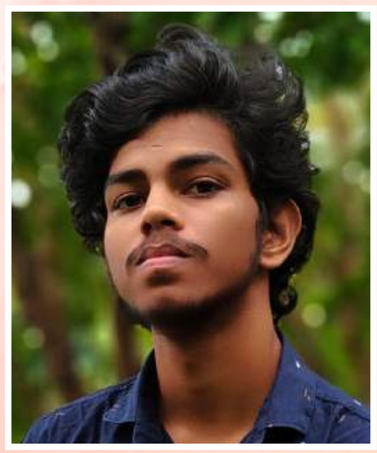
First Year B.Pharm



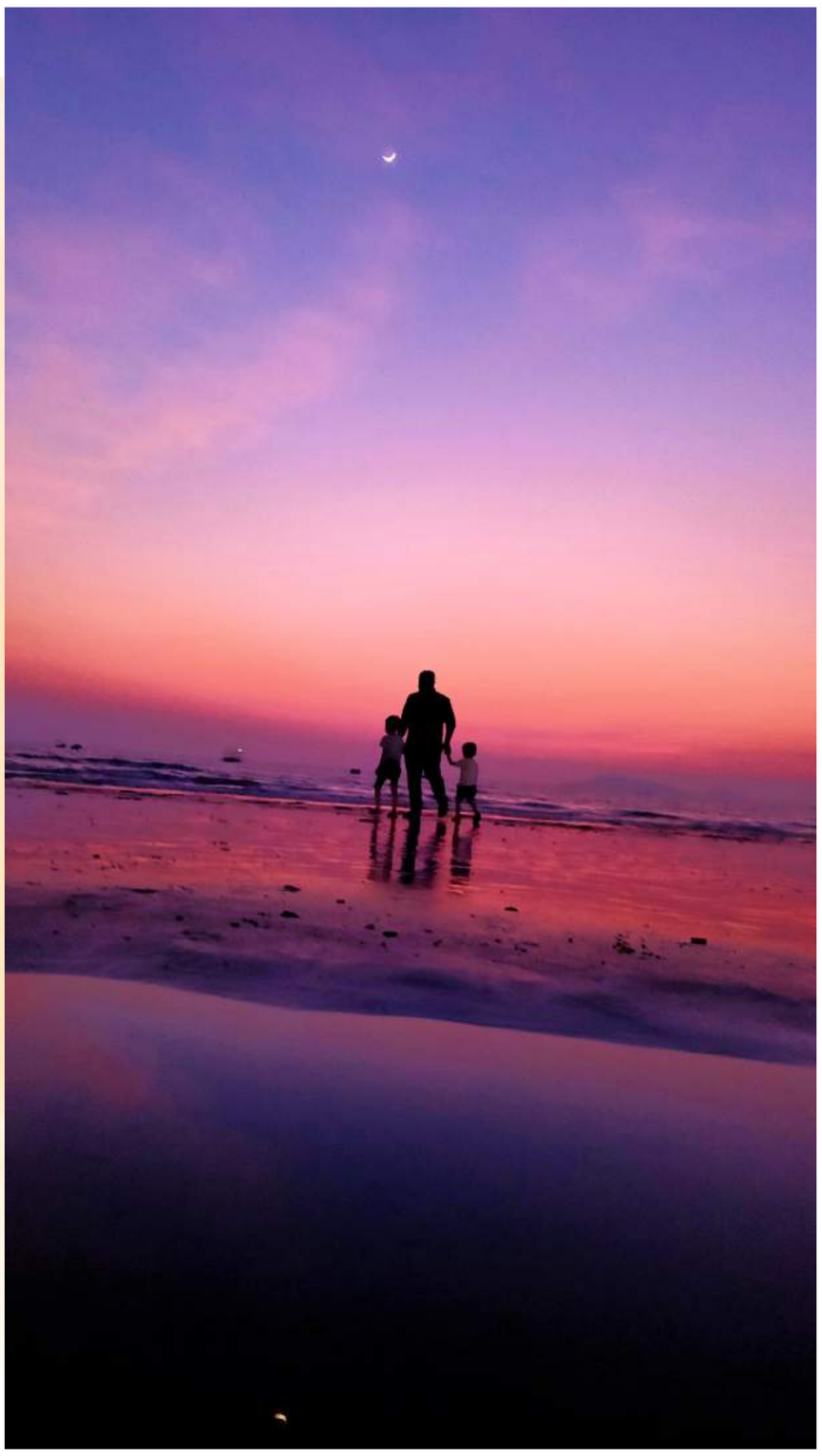
Vaishnavi Kamat
First Year B.Pharm

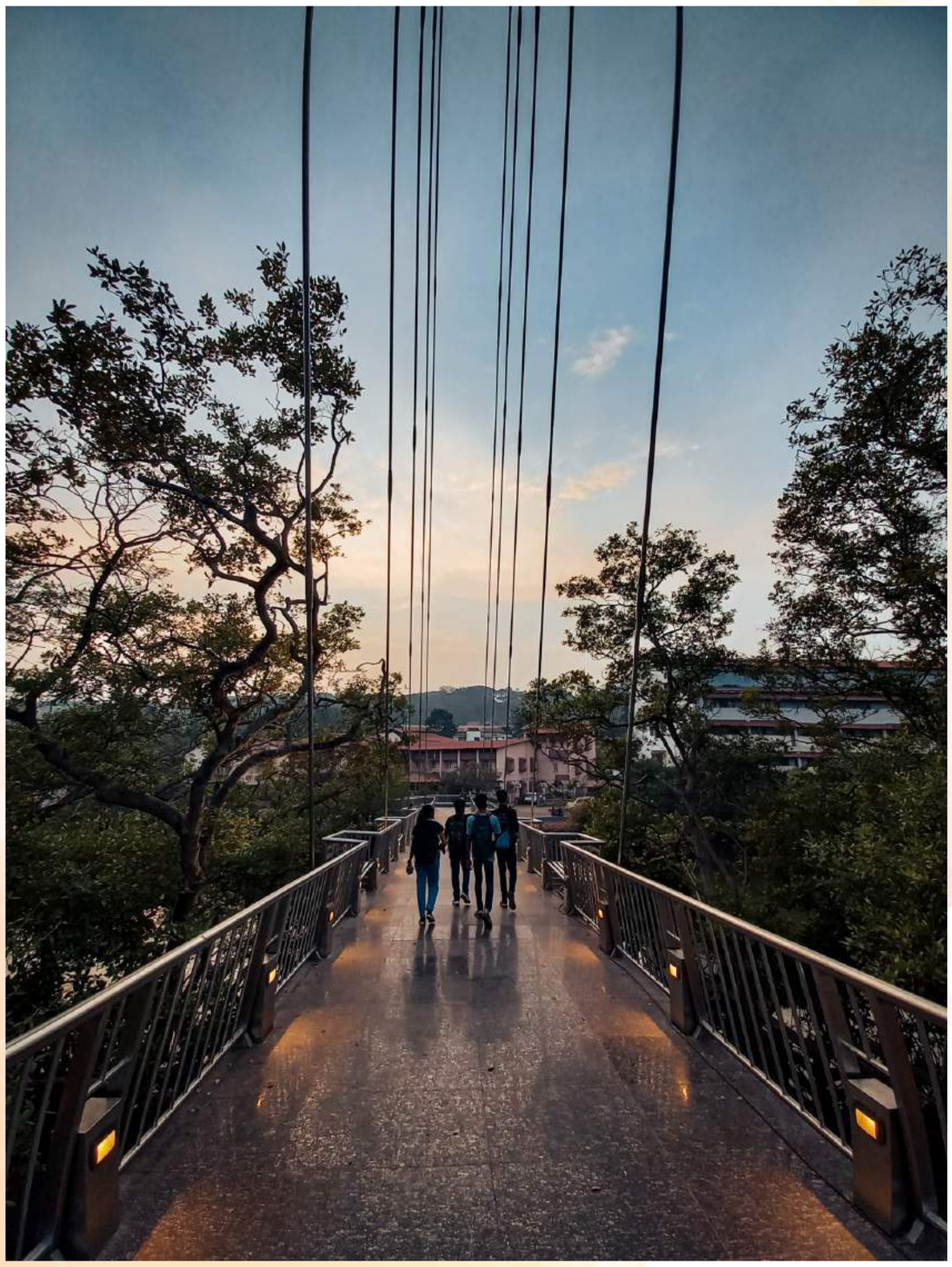
Kimberly Sequeira
First Year B.Pharm



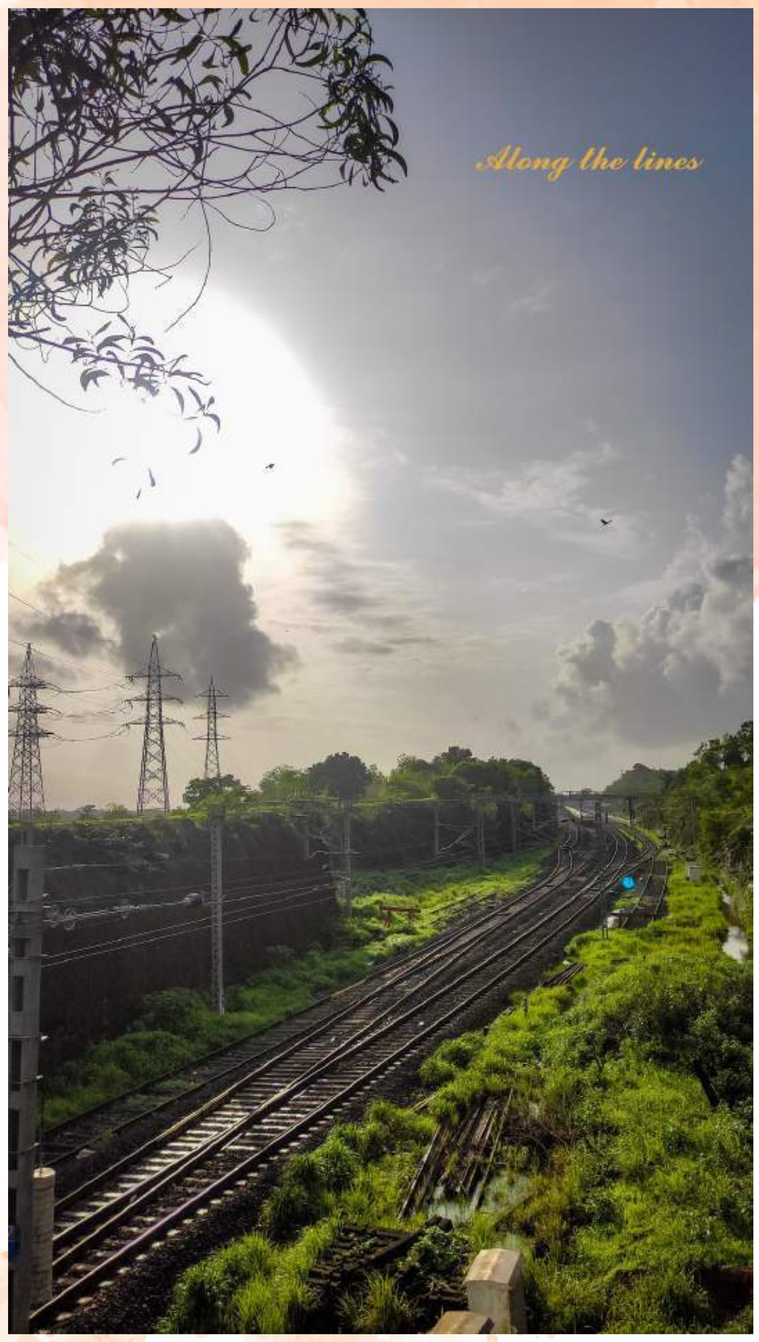


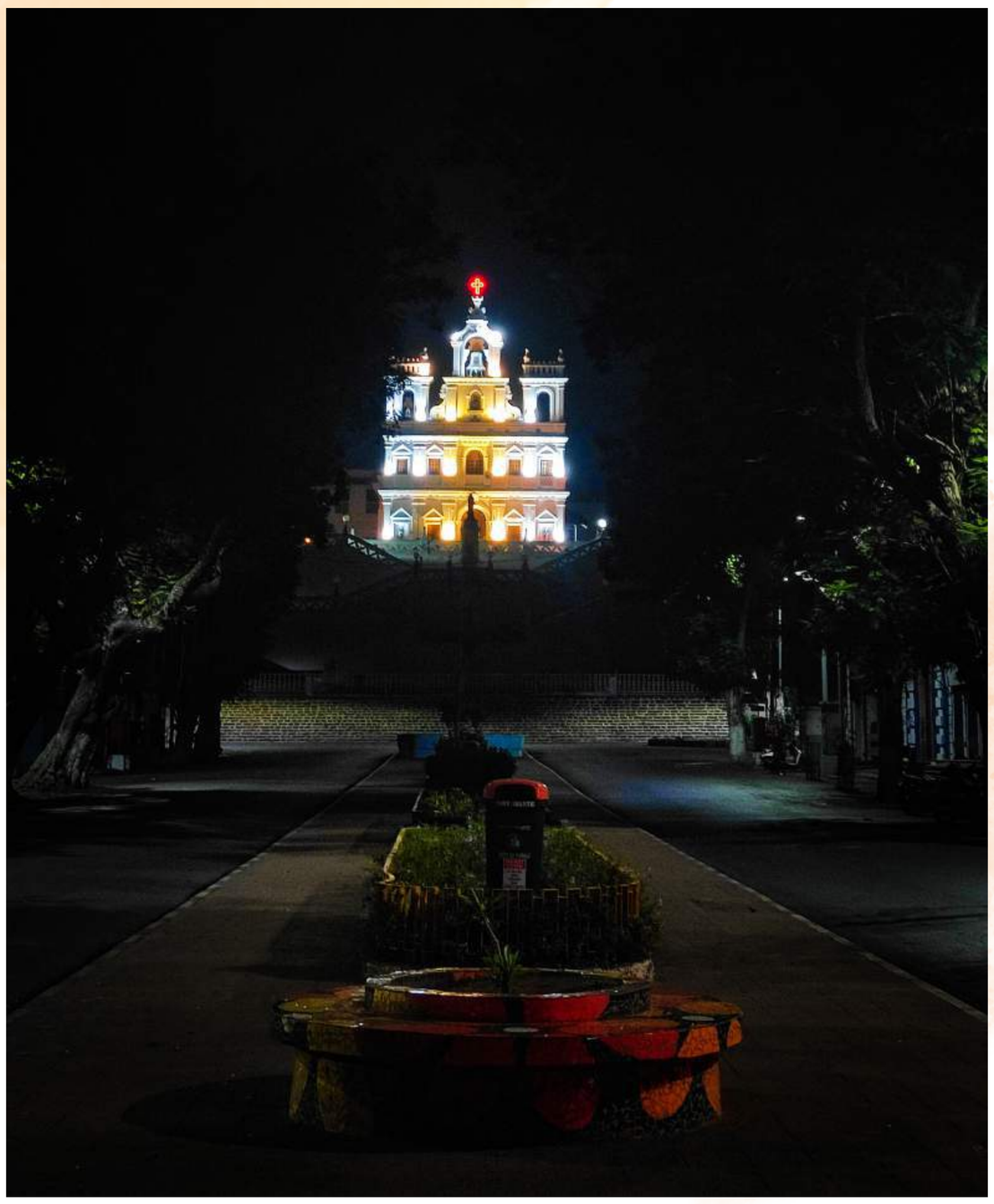
Vipul Rao
First Year B.Pharm

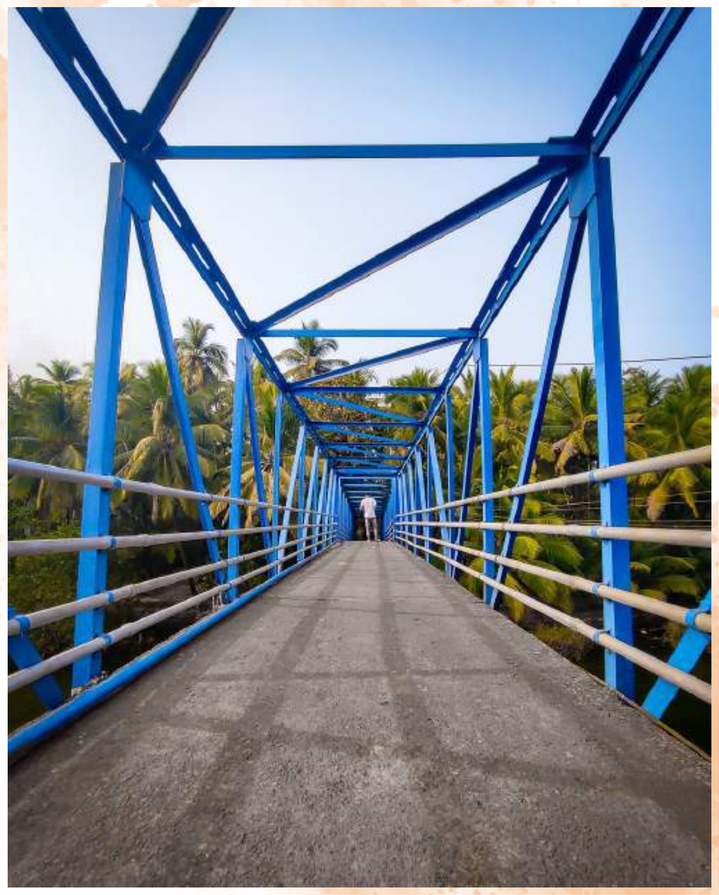


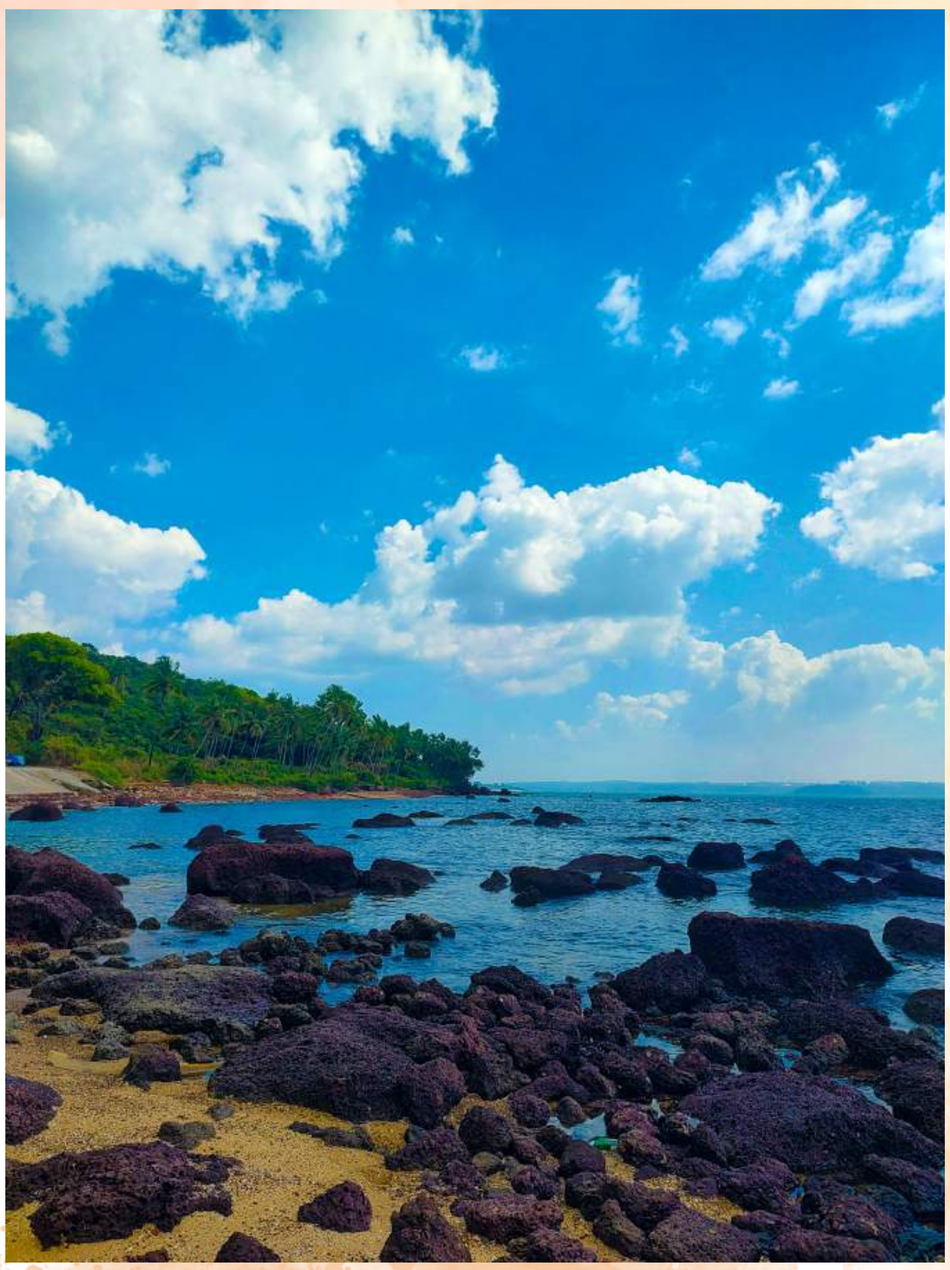


Aman Alam
First Year B.Pharm







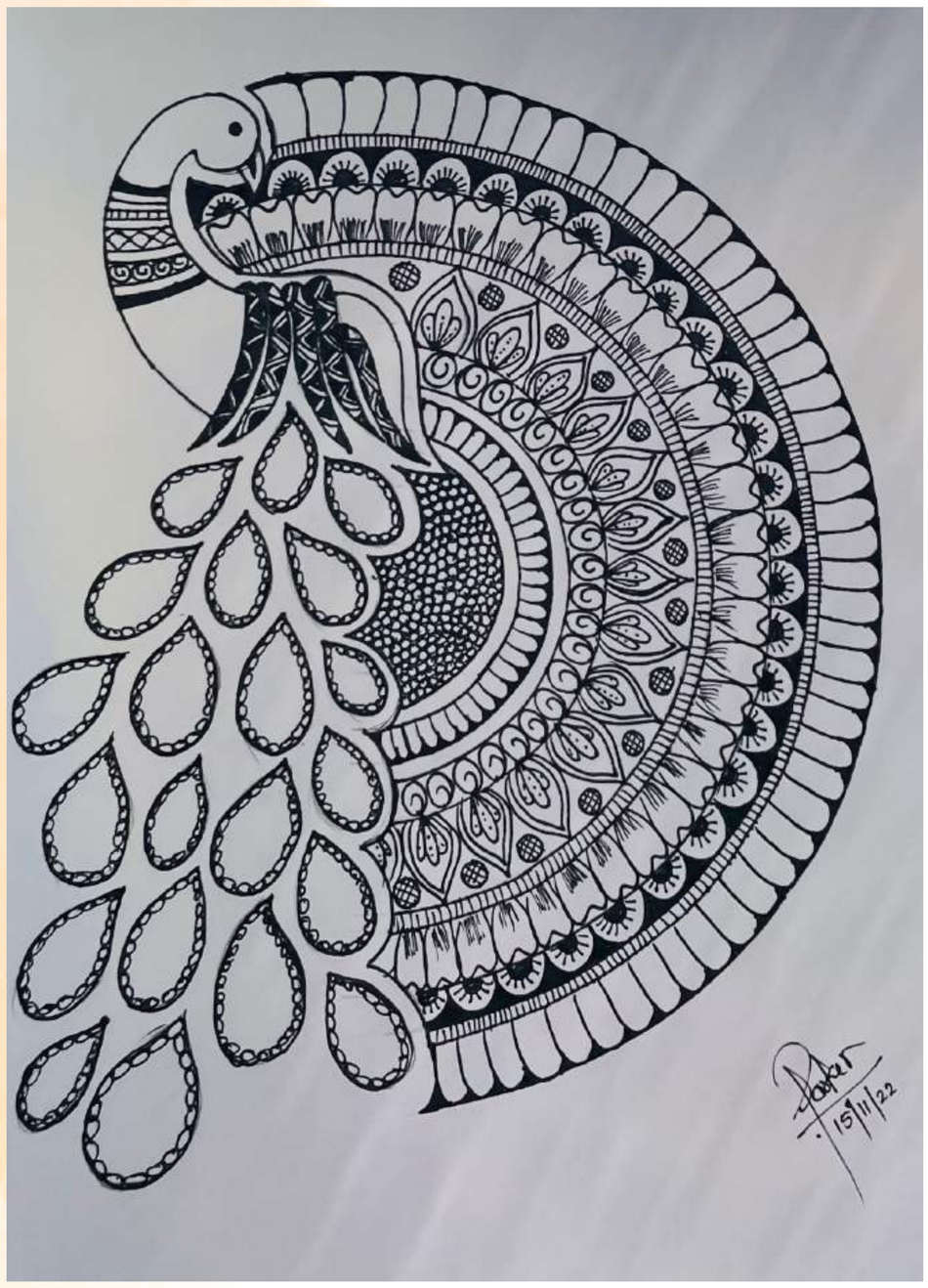


Shantanu Sinai Dangui

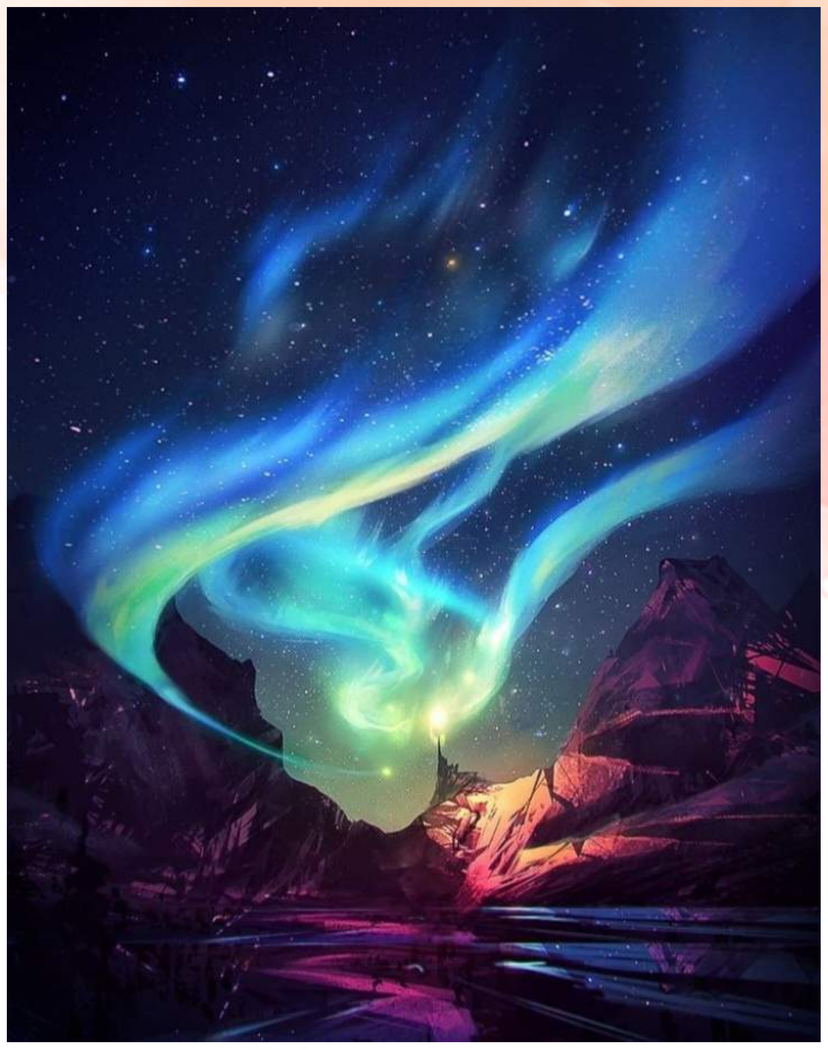
Second Year B.Pharm

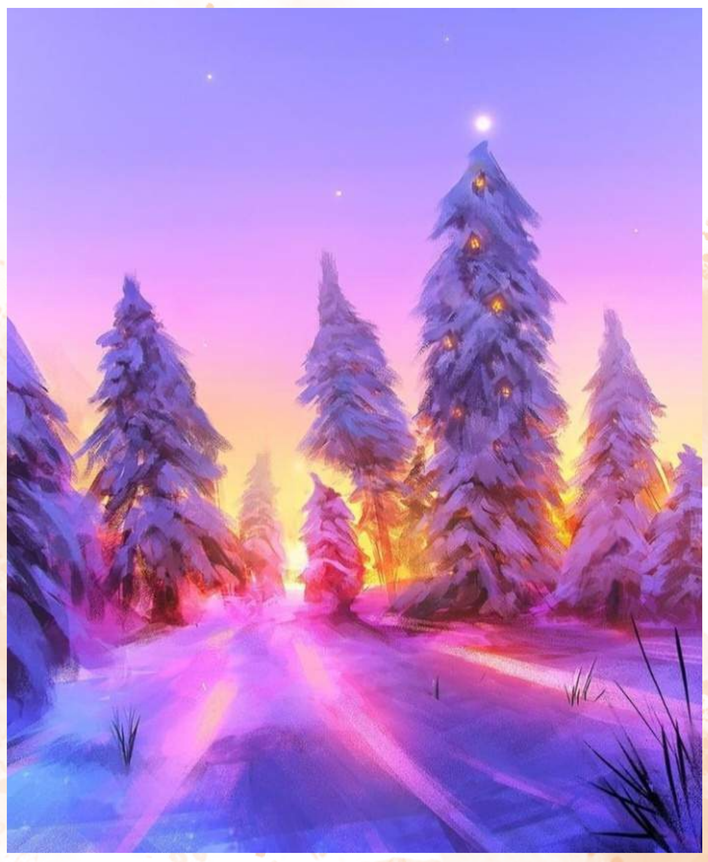
Gourangi Sinai Navelkar
Third Year B.Pharm

Nikita Parkar
Third Year B.Pharm



Adrija Roy
Third Year B.Pharm





GOA COLLEGE OF PHARMACY

18th June Road, Panaji, Goa, 403001
0832-2226883, 0832-2226892
Website: https://gcp.goa.gov.in/

GOA COLLEGE OF PHARMACY