

GOA COLLEGE OF PHARMACY

Presents

INNOVATE TO ELEVATE:

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**TRANSFORMING PHARMACY FOR
TOMORROW'S HEALTHCARE**



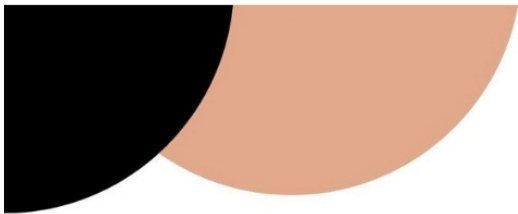

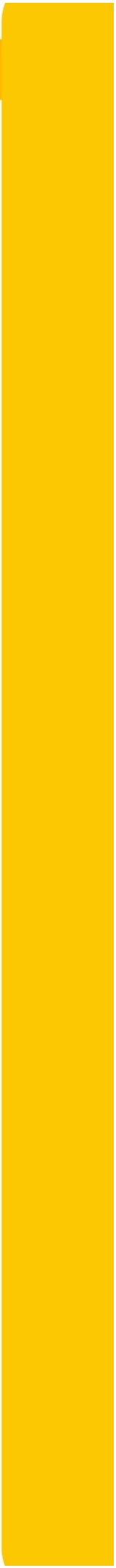
VISION

To be a leader in the field of Pharmacy Education and Research, by developing a culture of excellence through Dynamic educational experiences to a high-achieving diverse student body, thus Empowering them to become leaders in their professions by fostering innovation in Pharmaceutical education, pioneering Clinical research and Community engagement.

MISSION

- **Prepare students of the college to become the next generation scientists, researchers and educators to lead innovative research in pharmaceutical sciences and patient care by embracing interdisciplinary collaboration. (Mapped to PEO 1, 2 & 3)**
- **Carve a niche for the continuous and rigorous education of our students as well as health practitioners in novel drug deliveries and diversified healthcare systems. (Mapped to PEO 1 & 2)**
- **Build in the students and collaborators, a culture of compassion, high moral ethics and congeniality thereby reminding them of the true meaning of their professional responsibilities. (Mapped to PEO 4 & 5)**



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- **Provide a scaffold to our alumni to forge ahead in their careers to build both national and international collaborations and strategic alliances in order to meet un-met medical needs of patients. (Mapped to PEO 3 & 5)**
 - **Foster a culture of inclusivity that attracts and retains an outstanding and diverse faculty and staff. (Mapped to PEO 5)**
 - **Build partnerships with international academic institutions, industries and professional bodies for exchange of ideas and knowledge sharing, in order to promote success, growth and engagement of our students and alumni. (Mapped to PEO 3 & 5)**
 - **Raise awareness of the value of pharmacy among consumers, patients, policymakers, the media, all healthcare partners and stakeholders. (Mapped to PEO 1, 4 & 5)**
 - **Cultivate relationships with patients, decision makers, medical practitioners, and other key stakeholders to meet changing needs, model patient-centered care, and shape the evolving health care system both locally and globally. (Mapped to PEO 1 & 5)**

PROGRAM EDUCATIONAL OBJECTIVES (PEOs)

Our graduates will:

PEO-1: Be successful in their careers as pharmacists in a globally competitive industrial arena and health care.

PEO-2: Pursue higher education, research and development in Pharmaceutical Sciences.

PEO-3: Be engaged in creative and innovative efforts in developing Pharmaceutical Technology.

PEO-4: Be socially and ethically responsible for sustainable development.

PEO-5: Demonstrate leadership qualities and professionalism in their chosen field of specialisation.

PHARMACIST'S OATH

I swear by the Code of Ethics of Pharmacy Council of India, in relation with 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 endeavour to discover and manufacture drugs of quality to alleviate sufferings of humanity.

I shall hold in confidence the knowledge gained about the patients in connection with my professional practice and never divulge unless compelled to do so by the law.

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

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

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

EDITOR'S NOTE

“Innovation is not just about discovering something new—it is about reimagining what already exists and finding ways to elevate it for the greater good of humanity.”

As I sit to pen this note, I am reminded of the ever-evolving journey of pharmacy—a journey that has grown from age-old remedies to cutting-edge technologies, from serving communities in modest dispensaries to shaping the very future of global healthcare.

This year's theme, “INNOVATE TO ELEVATE: Transforming Pharmacy for Tomorrow's Healthcare”, captures the essence of this transformation. Innovation, in its truest sense, is not merely the invention of new medicines or devices. It is the constant pursuit of excellence, the courage to question conventions, and the vision to create solutions that can elevate human well-being. Elevation happens when knowledge finds purpose, when discovery meets compassion, and when science becomes service.

This magazine reflects three pillars: our achievements, our creativity, and our vision for the future. The events recorded here show the vibrancy of our campus life and the dedication that makes each gathering meaningful. The student articles remind us of the power of young voices to question, to inspire, and to innovate. The art and photography showcase the hidden talents that flourish in parallel with academic excellence, proving that pharmacy students are not defined by science alone, but also by creativity and heart.

The pages that follow are more than words and pictures. They are memories of events that filled our campus with energy and learning, articles that capture the curiosity and insight of students, and artworks and photographs that remind us of the beauty of imagination. Every section of this magazine is a testimony to the fact that pharmacy is not just about formulas and experiments—it is also about creativity, collaboration, and the courage to explore beyond boundaries.

This magazine is more than just pages and print - it is a mirror of our aspirations, a canvas where ideas are painted with hope, and a reminder that pharmacy is a living, breathing force—shaped by knowledge, but powered by compassion.



Ms. SHITIJA SHARMA MAGAZINE SECRETARY

None of this would have been possible without the guiding presence of our esteemed Principal, Dr. Gopal Krishan Rao, whose encouragement continues to inspire us to reach higher. A special note of thanks to the Magazine Committee—Chairperson, Dr. Raghuvir R. Pissurtenkar, Member Secretary Dr. Mythili Krishna, and Dr. Shailaja Mallya and Dr. Nutan L. Naik—for their wisdom and constant support in shaping this endeavor.

I would also like to acknowledge the tireless efforts of my co-editor, Sakshi Adkonkar. Working together on this magazine has been a journey of creativity, collaboration, and shared vision. Her dedication and commitment have greatly enriched this edition, making it a true reflection of both intellect and inspiration. My heartfelt appreciation to Saniya Vazarkar and Sanika Shirodkar for their valuable contributions.

And finally, to every contributor—students and peers—you have filled these pages with thoughts, ideas, and aspirations that prove the future of pharmacy is in capable, imaginative hands.

As I bring this note to a close, I remind myself that the journey of innovation is unending. Every achievement is a beginning, not a conclusion. Pharmacy, as a profession, teaches us that progress is continuous—that with every discovery comes new responsibility, and with every elevation comes a new horizon to reach for.

To my fellow readers and future leaders of this noble profession: carry forward the spirit of this theme. Innovate not just with your minds, but with your hearts. Elevate not just the science, but the lives of those you touch. Transform pharmacy not just for today, but for tomorrow's healthcare—for the world that awaits your brilliance, your courage, and your compassion.

MAGAZINE COMMITTEE

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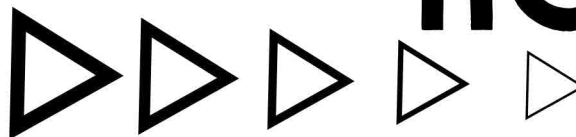
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COORDINATOR
4TH YEAR B.PHARM



KAPEEL GAONKAR
COORDINATOR
M.PHARM



PRINCIPAL'S NOTE



Dr. GOPAL KRISHNA RAO PRINCIPAL

It is immensely pleasing to extend sincere wishes to talented students and faculty for bringing out the college magazine "Pharma Echo's – 2025."

This publication clearly reflects the creativity and talent of the students and teachers, who are committed towards creating a rich learning environment. Education holds the key to unlock new opportunities and it is heartening to see students using platforms like this magazine to express their ideas, thoughts and desires. This annual college magazine stands as a testimony for the true spirit, enthusiasm and activities of all the students and faculty of our institution.

Pharma-Echo's 2025 documents all the academic, scientific, co-curricular and extracurricular activities and showcases the abundant talent in terms of rich culture, sportsmanship in addition to academic excellence and scholarly research articles. This magazine compiles the technical articles and achievements in various facets including cultural activities and sports of our students and faculty.

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

To promote collaborative research activities and placements we have entered into MoU's with Sanofi Synthelabo, Goa, Pfizer Ltd, Goa, Amsar Nutraceuticals and St. Luis College of Pharmacy, USA and various other research centers. With many more such MoU's with many top Pharma industries, research centers in future, our institution is bound create better impact in meaningful research and to cater well trained manpower to the industry.

It is heartening to know that our students have participated in several sports and cultural activities winning several awards in inter collegiate competitions.

Wishing all the editors associated with the publication of the college magazine, a grand success.

Wishing everyone a great success in all your future endeavors.

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.

"Science is organized knowledge. Wisdom is organized life --
-Immanuel Kant

Develop a proper scientific temperament and be well organized to contribute to the development of science and to lead a happy life.

I urge all the students to stay motivated & curious and embrace new challenges with determination. This magazine is a testimony of your abilities and I am convinced that each one of you will continue to contribute positively to the society in your own unique way.

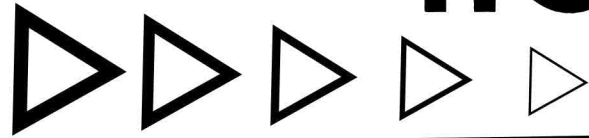
Be positive always,
Happy Reading!

Yours sincerely,

Professor Dr. Gopal Krishna Rao
Principal



CHAIRPERSON'S NOTE



“Innovation distinguishes between what is merely possible and what is truly impactful.”

Dr. RAGHUVIR R. S. PISSURLENKAR **CHAIRPERSON**

In an era marked by rapid advancements in science, technology, and healthcare, Pharma Echoes 2025 stands as a reflection of intellectual curiosity, creative expression, and collective progress. It gives me immense pleasure to present this edition of our college magazine, which embodies the spirit of innovation and forward thinking that defines our academic community. Aligned with this year's theme, "Innovate to Elevate," the magazine celebrates the power of novel ideas, scientific creativity, and transformative research in elevating pharmaceutical education, healthcare outcomes, and societal well-being.

Pharma Echoes continues to serve as a meaningful platform that brings together students and faculty, encouraging the exchange of ideas across academic, creative, and exploratory domains. From scholarly insights and scientific perspectives to artistic contributions and reflections on emerging healthcare paradigms, this publication highlights the diverse talents and dynamic thinking nurtured within our institution.

While rooted in the pharmaceutical and healthcare sciences, our community extends far beyond the boundaries of academics. The magazine showcases the holistic development of our students—individuals who are not only future pharmacists but also responsible professionals, creative thinkers, and contributors to society at large.

At Goa College of Pharmacy, we firmly believe in empowering students with opportunities that foster confidence, creativity, and comprehensive growth. Encouraging participation in such platforms plays a vital role in shaping well-rounded professionals prepared to meet the evolving demands of the healthcare sector.

As Chairperson, I extend my sincere appreciation and congratulations to the Magazine Committee and all contributors whose dedication and perseverance have culminated in the successful release of Pharma Echoes 2025. Their commitment reflects the values of excellence, collaboration, and innovation that we strive to uphold.

I also acknowledge the invaluable contributions of our students and faculty members, whose efforts have enriched this edition. May the pages of Pharma Echoes 2025 continue to inspire reflection, stimulate innovation, and resonate with the pursuit of knowledge and progress.

I wish all readers an insightful and enriching reading experience.

Warm regards,
Dr. Raghuvir R. S. Pissurlenkar
Chairperson

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SIYA LOTLIKAR

CULTURAL SECRETARY



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SHITIJA SHARMA

MAGAZINE SECRETARY



SAMPADA SAWANT

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STUDENTS' COUNCIL 2024-25

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RIYA CHOPDEKAR
1ST YEAR B.PHARM-B DIV



PURVI PARAB
2ND YEAR B.PHARM



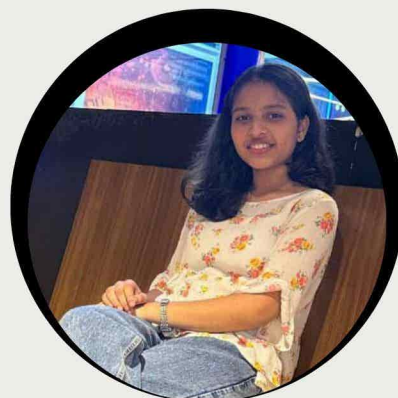
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3RD YEAR B.PHARM



MIHIR VERNEKAR
4TH YEAR B.PHARM



SAHIL GAONKAR
M.PHARM



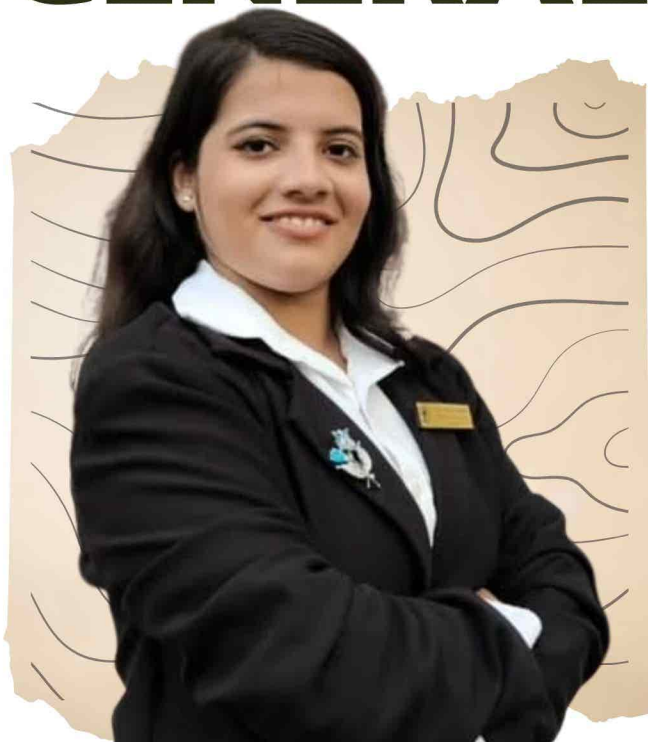
VAISHNAVI DALVI
1ST YEAR D.PHARM



MUKESH RATHOD
2ND YEAR D.PHARM



GENERAL SECRETARY REPORT



CHARULI C. KENI

INSTALLATION AND INITIAL ACTIVITIES

True leadership is not about command, it's about setting an example that inspires others. The academic year 2024–2025 began with this spirit of responsibility, teamwork, and dedication toward collective growth. The year commenced with the grand **Students Council Installation Ceremony** held on 25th October 2024, symbolizing the values of unity, collaboration, and committed leadership. The ceremony was graced by our respected Principal, faculty members, and students, witnessing the newly elected council taking oath to uphold the dignity and ethos of our college.

The same day witnessed the vibrant celebration of the **Freshers' Party**, a joyful occasion where our juniors were warmly welcomed into the GCP family. The day brimmed with laughter, performances, and a spirit of togetherness, reflecting the motto – “Coming together is a beginning; keeping together is progress; working together is success.”

Following this, the college celebrated National Pharmacy Week on 14th November 2024, echoing the essence of our profession – “Pharmacist: A trusted partner in healthcare.” A series of exciting events such as Reel-Making and Poster-Making Competitions were conducted, providing a platform for students to display their creativity and awareness about pharmaceutical sciences.

One of the most impactful activities was the Street Play Awareness Campaign, where our students passionately performed at Miramar Beach, Dona Paula Jetty, Caculo Mall, and within the college premises. The initiative aimed to spread awareness about health, hygiene, and rational drug use among the public.

“यद्यदाचरति श्रेष्ठस्तत्तदेवेतरो जनः।
स यत् प्रमाणं कुरुते लोकस्तदनुवर्तते॥”

The overwhelming response from the audience reflected the success of the campaign and the commitment of our budding pharmacists to serve society beyond the classroom.

“Let us rise above the narrow confines of our individualistic concerns to the broader concerns of humanity.”

– Dr. Martin Luther King Jr.

Nation First – Celebrating Our National Festivals

बल सागर भारत होवो, विश्वात शोभुनी राहो

“May India be as strong as the ocean, and may it shine gloriously in the world.”

The academic year 2024–2025 was marked by the enthusiastic celebration of our national festivals, instilling a deep sense of patriotism, unity, and respect for our country among students and faculty.

The celebrations commenced with the 63rd **Goa Liberation Day** on 19th December 2024. The program began with the flag hoisting ceremony by our respected Principal, followed by the singing of the National Anthem. Students delivered patriotic speeches, accompanied by soulful renditions of patriotic songs. The event was further enriched by a motivational speech by Dr. M.P. Joshi, Head of the Pharmacology Department, inspiring students to uphold the values of freedom, responsibility, and service to the nation.

Our **Republic Day** celebration on 26th January 2025 was observed with the formal flag hoisting Ceremony followed by the singing of the National Anthem. Various competitions were held on 24th January, including Patriotic Singing, Dancing, and Elocution. The overall winners were the M.Pharm students, while the runners-up were 4th-year B.Pharm students.

On the occasion of Republic Day, 26th January 2025, the college organized a heartfelt farewell for Dr. M.P. Joshi, Head of the Pharmacology Department, in recognition of his dedicated service, guidance, and invaluable contributions to the department and the institution. The program was graced by faculty, students, and staff, who expressed their gratitude and respect through speeches. The farewell celebration was not only an acknowledgment of his illustrious career but also a moment to honour his enduring impact on the academic and cultural life of the college.

The **Independence Day** celebration on 15th August 2025 was observed with great enthusiasm. The program commenced with the flag hoisting ceremony by the respected Principal, followed by the National Anthem. Students actively participated in various activities, including patriotic song performances and a slogan-writing competition, reflecting their love for the nation and creative expression of national pride. The celebration reinforced the values of freedom, unity, and respect for the sacrifices of our freedom fighters.

Excellence Beyond Boundaries: Intercollegiate Achievements & Campus Events

“Talent wins games, but teamwork and intelligence win championships.”

From the rhythm of music to the fervour of cultural celebrations, this year was a symphony of talent, teamwork, and unyielding spirit.

Our students showcased their talent at the Intercollegiate Event **“Rashtra Sankalp”** held on **25th January 2025**, participating in the Sargam Symphony, a singing competition. With remarkable performances, our team emerged **First place winners**, bringing pride to the college and exemplifying excellence beyond the classroom.

The much-awaited flagship event of our college, **Formulations 2025**, was held from **10th to 12th March 2025**. This grand event, managed with teamwork, meticulous planning, and entire class support, was executed with great responsibility. The champions of the event were M.Pharm students, while the runners-up were 4th-year B.Pharm students, celebrating the spirit of healthy competition and collaborative effort.

The festivities continued with **Shri Krishna Janmashtami** on **18th August 2025**, where a variety of cultural competitions were organized, including Blindfold Matka Breaking, Julha, Flute Decoration, Rangoli Making, Radha-Krishna Cosplay, and the Dahi Handi Breaking Competition. The event was marked by joy, creativity, and enthusiastic participation from students across all classes.

A **Farewell party** for the outgoing batch was held on **2nd July 2025**, providing a heartfelt platform to honor the outgoing students and celebrate their memorable journey at the college.

Teachers’ Day was celebrated on **17th September 2025** with great reverence, where students expressed their gratitude, respect, and admiration for the faculty through performances, speeches, and tokens of appreciation.

The year’s celebrations culminated with **Shardostav** on **29th September 2025**, featuring the Saraswati Pooja and a series of cultural competitions. The event exemplified devotion, talent, and active participation, creating an atmosphere of joy and cultural pride across the college campus.

These events reflected the vibrancy, spirit, and excellence of our students, leaving an enduring legacy of achievement and collaboration that inspires all who witness it.

Concluding Events and Community Initiatives

The academic year culminated with a series of meaningful initiatives and concluding events, reflecting the college’s commitment not only to academic excellence but also to community service and social responsibility.

On the occasion of Seva Pakhwada, observed nationwide from 24th September to 2nd October 2025, our college organized a General Health Checkup on 24th September, followed by a CPR and First Aid Training Workshop exclusively for the Final Year B.Pharm students, emphasizing preparedness, healthcare awareness, and practical skills for life-saving situations.

On 25th September, the Pharmacognosy Department spearheaded a sapling plantation drive, instilling environmental responsibility and promoting a greener, sustainable campus.

In celebration of World Pharmacist Day on the same day, the Students’ Council, in collaboration with IPA-SF, organized a series of engaging competitions that highlighted the creativity, knowledge, and professional spirit of our students. Additionally, students participated enthusiastically in the Digital Poster Making Competition organized by DFDA, Bambolim, showcasing innovation and awareness in pharmaceutical sciences.

Concluding the initiatives, a Cleanliness Drive was conducted on 1st October 2025 under the guidance of all HODs, reinforcing the values of hygiene, discipline, and collective responsibility towards a clean and healthy campus environment.

Sports Achievements 2024–25

The year celebrated the talent, energy, and competitive spirit of our students. The Interclass Cricket Tournament on 22nd February 2025 and the Badminton Tournament on 1st March 2025 showcased teamwork, skill, and determination.

The Table Tennis, Chess, and Carrom Tournaments on 29th March 2025 highlighted both mental and physical agility. The Grand Annual Athletic Meet held on 6th March 2025 at Bambolim Stadium brought together students in track and field events, reflecting endurance, coordination, and team spirit.

Conclusion: A Year of Dedication and Achievement

The tenure of the Students’ Council for 2024–2025 has been marked by vision, dedication, and dynamic leadership. From organizing national festivals and intercollegiate competitions to fostering community service and sportsmanship, the council has embodied the spirit of teamwork, creativity, and responsibility. Every event reflected the collective effort, enthusiasm, and commitment of the council members, faculty, and students alike, leaving behind a legacy of excellence and inspiration for the future.

**“कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि॥”**

“You have the right to perform your prescribed duties, but you are not entitled to the fruits of your actions. Never consider yourself to be the cause of the results of your activities, and never be attached to not doing your duty.” – Bhagavad Gita 2.47

CHARULI C.KENI

GENERAL SECRETARY

STUDENTS COUNCIL 2024-25

CULTURAL SECRETARY REPORT



SIYA LOTLIKAR

A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to others. Leadership is to influence, to lead with purpose and serve with passion. Vision, courage, integrity, that's leadership.

When I first joined college, I was just another student who loved being part of every cultural event: cheering, performing, and enjoying the excitement of it all. Never did I imagine that one day I'd be the one organizing those very events. What began as simple enthusiasm soon turned into a journey of responsibility and decision-making, as I unexpectedly found myself stepping into the role of Cultural Secretary, a role I hadn't exactly planned to take up, but one that eventually became a defining part of my college life.

The **investiture ceremony** of the Student's Council for the academic year 2024–2025 took place on the 25th of October, 2024, in the presence of our principal Dr. Gopal Krishna Rao, Chairperson Ms. Lorna Silveria, Member Secretary Mrs. Mythili Krishna, and esteemed committee members Dr. Anand Mahajan, Mrs. Vedita Hegde Desai, Dr. Saba Jamadar, and Mr. Vaibhav Potdar, signifying the commencement of a new chapter in leadership and service. The ceremony included the presentation of badges, marked with a profound sense of honor, responsibility, and pride. The occasion represented the council's collective commitment to uphold the values entrusted to them and to embark on a meaningful journey dedicated to excellence, integrity, and teamwork.

As the council embarked on its journey, the first initiative undertaken was the celebration of **National Pharmacy Week**. In commemoration of the 63rd National Pharmacy Week, Goa College of Pharmacy, in collaboration with the Indian Pharmaceutical Association Goa State Branch and Indian Pharmaceutical Association -Students Forum Goa State Chapter, organized a series of impactful events.

A street play aimed at raising awareness about Tarunyache Mansik Aazar (Mental Health in Adolescents) was performed at multiple locations, including Goa College of Pharmacy, Dona Paula Jetty, Caculo Mall, and Miramar Beach. In addition, the college also hosted poster-making and reel-making competitions. The events were both educational and enjoyable, serving as a dynamic platform to spread awareness while fostering teamwork and community involvement.

The **63rd Goa Liberation Day** was celebrated at our college with pride and enthusiasm. The formal program began with a song performed by two students, followed by an inspiring speech by another student that reflected the spirit of freedom and unity. Dr. M.P. Joshi then addressed the gathering, speaking about some of the well-known personalities who played an important role in Goa's liberation. The event was a meaningful reminder of the efforts and sacrifices made to achieve Goa's freedom.

Rastra Sankalp

One of the highlights of my tenure as Cultural Secretary was our college's participation in intercollegiate cultural event, Rastra Sankalp, held on 25th of January at Goa University Taleigao, Panjim Goa. Our students participated in the reel-making competition and Sargam Symphony. We are proud to share that our college secured the first place in Sargam Symphony, and also won the Best Crowd and the Best Dressed trophies. It was fun, exciting, memorable and a proud moment for all of us to represent our college on such a vibrant platform.

Republic Day Celebration

Honoring the Spirit of the Nation: our college Republic Day celebration was held on 24th of January. Various competitions were organized like group singing, group dance and elocution competition. National anthem was sung and the program ended well. On 26th January, the flag hoisting ceremony was conducted by our Principal, followed by the singing of the National Anthem.

Formulations 2025: A Cultural Fiesta of Talent and Tradition

The most awaited event of Goa College of Pharmacy, FORMULATIONS, was just around the corner, and preparations were in full swing. After numerous discussions and meticulous planning, it was decided that the event would be held over three days – on the 10th, 11th, and 12th of March 2025. This marked our council's first grand event, and we were determined to make it a memorable one. and hard work truly paid off, as the event turned out to be a resounding success. A series of engaging competitions were organized for the students, sparking a healthy spirit of competition amongst the classes as they battled for the prestigious trophy.

Creative decorations and thoughtful details added a vibrant charm to the overall ambiance. The event concluded on a high note with an electrifying musical evening featuring DJ Tesh, whose performances brought immense energy and fun to the show. The M.Pharm students were declared the overall winners of Formulations, while the FourthYear students emerged as the runners-up.

The **FAREWELL CEREMONY** for the graduating batch was held on 2nd July 2025. The event featured a heartfelt video montage highlighting memorable moments from their time at the college, followed by the distribution of tokens of appreciation while being entertained by engaging performances, including a special performance by one of our fourth year student. Students and faculty members were invited to share their thoughts and experiences, creating an emotional and reflective atmosphere. The program concluded with a memorable group photograph, capturing the spirit of the occasion and the bonds formed over the years.

"Ae Watan Mere Watan, Azad Rahe Tu..."

The spirit of patriotism filled the air as **Independence Day** was celebrated with pride and enthusiasm on 15th August at our college. The celebrations began with the flag hoisting ceremony, followed by a formal program that included cultural performances and speeches highlighting the importance of freedom and national unity. A slogan writing competition was held. Additionally, prize distribution for the winners of all Intramural Sports Competition took place, adding a celebratory touch to the day. The event brought together students and faculty in a shared sense of pride and patriotism. It served as a reminder of our duties as responsible citizens and the value of the freedom we enjoy today.

"श्री कृष्ण गोविन्द हरे मुरारी, हे नाथ नारायण वासुदेवा..."

As we moved forward in the academic year, **Krishna Janmashtami** was celebrated with great devotion and enthusiasm on 18th August 2025. The campus came alive with vibrant decorations, traditional music, and the joyful spirit of the festival. A series of exciting competitions were organized, including the Dahi Handi, Blindfold Matka Breaking, Jhula and Flute Decoration, Matka Decoration, Rangoli Making, and the Radha-Krishna Dress-Up Competition. Each event reflected the creativity, cultural pride, and festive energy of the students. Participants dressed in traditional attire, and the enthusiasm of the audience added to the lively atmosphere. The celebrations not only highlighted the cultural richness of Janmashtami but also fostered a sense of unity and teamwork among students.

The Third Year B.Pharm students were declared the overall winners, while the D.Pharm students emerged as the runners-up. The event was a beautiful blend of tradition and togetherness, leaving everyone with cherished memories and a renewed sense of joy.

"Teachers are the compass that guide us on the path of knowledge and enlightenment."

On 17th September, the Students' Council, celebrated **Teacher's Day** with warmth and gratitude. A cultural program was also held, where students expressed their heartfelt appreciation and admiration for their teachers through a song, dance and speeches. To make the day even more engaging, games and spot prizes were organized exclusively for the teachers, adding fun and excitement to the celebration. As a gesture of gratitude, a small token of appreciation was presented to all the teachers. The program concluded with a cheerful photo session, capturing the joyful moments and honoring the invaluable contributions of the teaching faculty.

सरस्वति नमस्तुभ्यं वरदे कामरूपिणि ।
विद्यारम्भं करिष्यामि सिद्धिर्भवतु मे सदा ॥"

As the Students' Council for the academic year 2024-25 approached the end of its memorable tenure, we marked the conclusion with our final grand celebration – **SHARDOTSAV'25**, held on 29th September 2025. The celebration included a variety of engaging competitions such as Garba/Dandiya, Ghumat Aarti, Pooja Thali Decoration, Akash Kandil (Lantern) Making, and Rangoli Designing.

Each event reflected the rich cultural heritage of our country and saw enthusiastic participation from students across all years. The atmosphere was filled with music, color, devotion, and festive joy, bringing everyone together in celebration.

The Third Year B.Pharm students were declared the overall winners of SHARDOTSAV'25, while the Second Year B.Pharm students secured the position of runners-up. The event concluded on a spiritual note with the Uttar Puja and Visarjan, bidding farewell to the divine presence with reverence and gratitude.

SHARDOTSAV'25 served as a fitting culmination to a year marked by teamwork, leadership, and cultural celebration.

Goa College of Pharmacy, Panaji observed **Seva Pakhwada** 2025 from 17th September to 2nd October 2025 promoting social responsibility and community service among students. The activities included a Health Camp held on 24th September coordinated by Dr. Liesl M. Fernandes e Mendonca, a Sapling Plantation Drive which was held on 25th September, overlooked by Dr. Anant Bhandarkar and a CPR & First Aid Workshop on 26th September brought together by Dr. Sachi Kudchadkar and the IPA Student Forum Goa State Chapter.

A Poster Competition on Viksit Bharat 2047 took place on 29th September, coordinated by Ms. Lorna Silveira and Dr. Mythili Krishna J., highlighting students' creativity.

The Seva Pakhwada ended with a Cleanliness Drive conducted in both the hostels and the college premises on 1st October under the Swachh Bharat Abhiyan, coordinated by the HODs and Wardens.

The initiative successfully fostered the values of compassion, service, and civic responsibility, reflecting the true essence of Seva Pakhwada.

Though this role was seemingly new and felt unfamiliar to me coming with its fair share of challenges, we were able to tackle every obstacle that came our way.

When I was first appointed as the Cultural Secretary, I remember ending my speech with the words, "You don't have to be great to start; you have to start to be great." Back then, I didn't realize how much that quote would come to define my year. It became something I lived by through the confusion, excitement, and countless lessons along the way. And so, it feels right to end with the same thought I began with, because that simple belief truly carried me through.

Dear Ganpati Bappa, from the bottom of my heart, thank You for being my strength and my courage. Through every up and down, You've been my silent supporter, my guiding light, and my greatest comfort. When things felt uncertain, I felt Your presence reminding me to trust, to believe, and to keep moving forward. Your blessings have been my greatest gift. Thank You, Bappa, for always being there for me, holding my hand through every step of my journey.

I extend my heartfelt gratitude to the Principal and Student Activity Committee and to the entire teaching and non-teaching staff for this opportunity and their trust. I'd especially like to thank my council members—Charuli Keni (General Secretary), Ryan Menezes (Sports Secretary), Shitija Sharma (Magazine Secretary), and Sampada Swant (Ladies Representative)—for being a tremendous support throughout my tenure. I extend my gratitude to the CR's, assistance CR's, and my entire class for their hard work. I'd also like to extend my thanks to my friends who have been my support. And last but definitely not the least my deep thanks also go to my parents for their unwavering support and guidance. As my chapter closes, I encourage my successors to continue the legacy. I now take leave as the Cultural Secretary of the Goa College of Pharmacy Student Council 2024-25 with cherished memories and extending my best wishes to the upcoming council.

SIYA LOTLIKAR
CULTURAL SECRETARY
2024-25

SPORTS SECRETARY REPORT



RYAN MENEZES

***“You weren’t born to be a winner; you were born to be a fighter. Winners are just fighters who never quit.” ---
Vince Lombardi.***

It has been a great privilege and honour to serve as the Sports Secretary of Goa College of Pharmacy for the academic year 2024–2025. This role has been an enriching and rewarding experience, allowing me to contribute to the promotion of sports and teamwork within our college community.

To begin with, I express my deepest gratitude to Almighty God for his abundant blessings, guidance, and grace, which enabled the successful organization and execution of all sports activities throughout the year. I take this opportunity to extend my sincere appreciation to our respected Principal, Dr. Gopal Krishna Rao, for his steadfast support, encouragement, and valuable guidance that constantly inspired us to strive for excellence. I would also like to convey my heartfelt gratitude to our Sports Instructor, Mrs. Sarika Rathod, and the Sports Committee of our college for their consistent dedication, cooperation, and commitment.

Their efforts played a pivotal role in ensuring the smooth and successful conduct of every sporting event. Their motivation and leadership have been instrumental in fostering enthusiasm and a competitive spirit among our students.

A special note of appreciation goes to my fellow council members and friends for their unwavering support, teamwork, and hard work behind the scenes. Their enthusiasm and collaborative efforts ensured the seamless organization of all activities and events.

With immense pride and satisfaction, I present the Annual Sports Report for the academic session 2024–2025. Our institution continues to uphold the spirit of sportsmanship, unity, and excellence. This year witnessed remarkable student participation and several noteworthy achievements in various sporting disciplines.

The college actively took part in multiple intercollegiate tournaments organized by different institutions and successfully conducted a range of intramural competitions on campus. These events not only encouraged healthy competition but also strengthened camaraderie and team spirit among the students.

Embodying the spirit of unity, the 8th Annual Athletic Meet of Goa College of Pharmacy, held on 6th March 2025, was a vibrant celebration of athletic excellence and teamwork. The event, organised at the Bambolim Athletic Ground and presided over by the esteemed Chief Guest, Dr. Ankush Patel, was a resounding success.

The campus buzzed with friendly competition and true sportsmanship as students, faculty, and non-teaching staff alike participated with immense enthusiasm. Their passion and lively spirit made the day truly unforgettable.

Participation in inter-collegiate tournaments organised by Goa University and different organisation.

In the academic year 2024-25 our college participated in various inter-collegiate tournaments organised by Goa University.

Participation is as follows

- Volleyball (Men’s)
- Cricket (Men’s)
- Badminton (Men’s)
- Chess Mixed
- Football (Men’s)

Participation In activities organised by different colleges and organisations

1. Marathon and Walkathon Event of a 5 km marathon and 2 km walkathon for students and staff, organized by the Goa State AIDS Control Society, Panaji.

Our student, Mr Omkar Gad, participated in the marathon, while Dr Lisel Mendonca represented the staff in the walkathon event.

INTRAMURAL SPORTS EVENTS 2025

EVENTS	WINNERS	RUNNERS UP
Football (Men's) Venue: Taleigao Panchayat Ground	I Year B.Pharm	M.Pharm
Best Footballer (Men's): Aniket Dubal (I Year B.Pharm)		
Football (Women's) Venue: Taleigao Panchayat Ground	IV Year B.Pharm	II Year B.Pharm
March Past Venue: Athletic Stadium, Bambolim	IV YEAR B.pharm	
Annual Athletics Meet	Diploma	III YEAR B.PHARM
Individual Athletics Championship (Men's): Noble Mathew (III Year B.Pharm)		
Individual Athletics Championship (women's): Sayali Divkar (IV Year B.pharm)		
Badminton Venue: Campal Indoor Stadium, Panaji		
Badminton Singles (Men's)	Vedant Kirlapalkar (M.Pharm)	Pavankumar Lamani (IV Year B.Pharm)
Badminton Singles (Women's)	Manjushri Raut (M.Pharm)	Nupur Gurav (III Year B.Pharm)
Badminton Doubles (Men's)	Pavankumar Lamani & Mihir Vernekar (IV Year B.Pharm)	Sidhiraj Parsekar & Durvang Parab (M.Pharm)
Badminton Doubles (Women's)	Manjushri Raut & Mansi Kumbhar (M.Pharm)	Irisa Fernandes & Anusha Hattaraki (II Year B.Pharm)
Badminton Mixed Doubles	Vishal Mudakekar & Manjushri Raut (M.Pharm)	Mihir Vernekar & Muskaan Sharma (IV Year B.Pharm)
Table Tennis Venue: Dhanvantari, Goa College Of Pharmacy		
Table Tennis Singles (Men's)	Aniket Dubal (I Year B.Pharm)	Pretesh Naik (IV Year B.Pharm)
Table Tennis Singles (Women's)	Vaishnavi Kamat (III Year B.Pharm)	Shanaia D'silva (III Year B.Pharm)
Table Tennis Doubles (Men's)	Akilesh Gogate & Vishal Mudakekar (M.Pharm)	Aniket Dubal & Emerson Colaco (I Year B.Pharm)
Table Tennis Doubles (Women's)	Vaishnavi Kamat & Shanaia D'silva (III Year B.Pharm)	Aditi Parab & Iris Gonsalves (IV Year B.Pharm)
Table Tennis Mixed Doubles	Noble Mathew & Shanaia D'silva (III Year B.Pharm)	Nash Colimao & Vaishnavi Kamat (III Year B.Pharm)

Carrrom
Venue: Dhanvantari, Goa College Of Pharmacy

Carrrom Singles (Men's)	Shivraj Dalvi (IV Year B.Pharm)	Sanjay Chavan (II Year B.Pharm)
Carrrom Singles (Women's)	Aditi Parab (IV Year B.Pharm)	Sadiya Attar (III Year B.Pharm)
Carrrom Doubles (Men's)	Akilesh Gogate & Vishal Mudakekar (M.Pharm)	Yogendra Gaude & Chandradip Kumbharjuvekar (M.Pharm)
Carrrom Doubles (Women's)	Neha Salgaonkar & Pranjali Kerkar (II Year B.Pharm)	Sampada Sawant & Sadiya Attar (III Year B.Pharm)
Carrrom Mixed Doubles	Aditi Parab & Shivraj Dalvi (IV Year B.Pharm)	Akilesh Gogate & Tanishka Dhavjekar (M.Pharm)
Chess Venue: Dhanvantari, Goa College Of Pharmacy, Panaji	Shubhang Hudekar (M.Pharm)	Pratik Nagoji (II Year B.Pharm)
Cricket Venue: GPP Playground, Panaji	D.Pharm	IV Year B.Pharm
Best Cricketer: Mihir Vernekar(IV Year B.Pharm)		

The Overall Individual Championship for the academic year 2024-25 in men's category was awarded to Mr. Vishal Mudakekar (M.Pharm)

The Overall Individual Championship for the academic year 2024-25 in Women's category was awarded to Ms. Manjushri Raut (M.Pharm)

The Overall Championship for the academic year 2024-25 was secured by M.Pharm .

The Overall runners up for the academic year 2024-25 was secured by IV Year B.Pharm .

RYAN MENEZES

SPORTS SECRETARY

STUDENTS COUNCIL 2024-25

GOVERNING COMMITTEE

Goa College of Pharmacy, Panaji , Goa

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

EXPERTISE AT WORK

Patent Achiever of the Year

Dr. Liesl Maria Fernandes e Mendonca
(Assistant Professor)
Department of Pharmacology

Patent: 01

Title: Isolation of Gardenin-B from *Bauhinia foveolata* leaves and its anticancer activity against cervical cancer cell lines.

Patent No: 556135

Name of the Inventor/s: Dr. Liesl Maria Fernandes e Mendonça, Dr. Arun Bhimrao Joshi, Dr. Anant V. Bhandarkar, Dr. Himanshu Joshi, Dr. Prasanna Habbu, Dr. Samantha Fernandes.

Date of Grant of Patent (Invention): 11-12-2024.

Papers published:

Fernandes e Mendonça L.M., Joshi A.B., Bhandarkar A.V. and Joshi H. Potential anxiolytic therapeutics from *Hybanthus enneaspermus* (L.) F. Muell. - mitigate anxiety by plausibly modulating the GABA_A-Cl⁻ channel. *Neurochem. Int.* Jul 2024,178:105804. [10.1016/j.neuint.2024.105804](https://doi.org/10.1016/j.neuint.2024.105804)

Fernandes e Mendonça L.M., Joshi A.B., Bhandarkar A.V. and Joshi H. Antioxidant, Antiproliferative, Pro-apoptotic and cell cycle arrest properties of crude extract and biofractions of *Hybanthus enneaspermus* Linn. to combat breast cancer. *Res J Pharm Technol.* 2023,16(9):4127-34. [10.52711/0974-360X.2023.00675](https://doi.org/10.52711/0974-360X.2023.00675)

Fernandes e Mendonça L.M., Joshi A.B., Bhandarkar A.V. and Joshi H. Phytoconstituents from *Piliostigma foveolatum* (Dalzell) Thoth. leaves induce antiproliferative effect, apoptosis, and cell cycle arrest in Hop-62 cells. *Nat Prod Res.* 2023 (online). 2024,38(5):768-77. [10.1080/14786419.2023.2197228](https://doi.org/10.1080/14786419.2023.2197228)

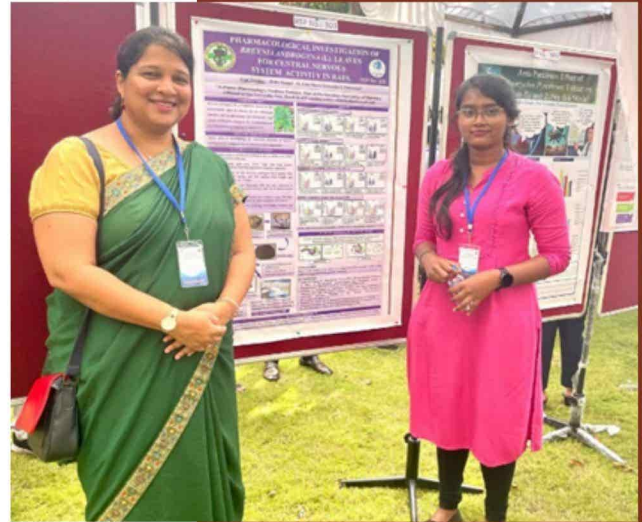
Paper presentations:

i) Lobo J, Naik A, Gouli N, Shinde S, Fernandes e Mendonça L.M. Research showcase presentation on “Assessment of Knowledge, Attitude and Practice (KAP) for the administration of vaccinations to the paediatric population in Goa”, presented by Mr. Amogh Naik at the 9th Annual International Conference on IPR Sustainable prosperity: Role of IPR, at Raj Bhavan, Goa on 12th and 13th Nov 2024.

ii) Dhatkar A, Dangui D, Fernandes e Mendonça L.M. Research showcase presentation on Pharmacological investigation of *Breynia androgyne* (L.) leaves central nervous system activity in rats presented by Ms. Arati Dhatkar at the 9th Annual International Conference on IPR Sustainable prosperity: Role of IPR, at Raj Bhavan, Goa on 12th and 13th Nov 2024.

iii) Dhatkar A, Sawant Bhosle M, Fernandes e Mendonça L.M. Pharmacological evaluation of *Getonia Floribunda* Roxb. leaves for anxiolytic activity- an in vitro, in vivo and in silico approach, presented by Ms. Arati Dhatkar at SPER 14th Annual International Conference & Exhibition [SPER 2025] at NGSM Institute of Pharmaceutical Sciences, Nitte (Deemed to be University), Mangalore Karnataka, India on 24th and 25th Jan 2025.

iv) Lobo J, Naik A, Gouli N, Shinde S, Fernandes e Mendonça L.M. “Administration of Medications for Common cold, Fever and Diarrhoea to the children in Goa - a KAP study” presented by Ms. Jeanne Lobo at National Convention on Palliative Care Organised by National Association of Palliative Care for AYUSH & Integrative Medicine (NAPCAIM) at the Sai Nursing Institute, Sanquelim, North Goa on 11th October 2025.



EXPERTISE AT WORK

Doctoral Achievers of the Year

Dr. Vaibhav Potdar (Assistant Professor)
Department of Pharmaceutical Chemistry

Has been awarded the degree of Doctor of Philosophy (Ph.D.) in Pharmacy by Goa University on 29 April 2025. His research, titled "**Targeting Tuberculosis by Multitarget Approach: Design Synthesis and Evaluation of Novel Heterocyclic Compounds,**" was completed under the guidance of Dr. Arun B. Joshi.

His work focused on developing a new type of drug to treat tuberculosis, aiming to hit multiple targets within the Mycobacterium tuberculosis bacteria for better effectiveness.

As part of his Ph.D., Dr. Potdar published two research papers in Scopus and UGC-listed journals, and actively presented his findings at national and international platforms.

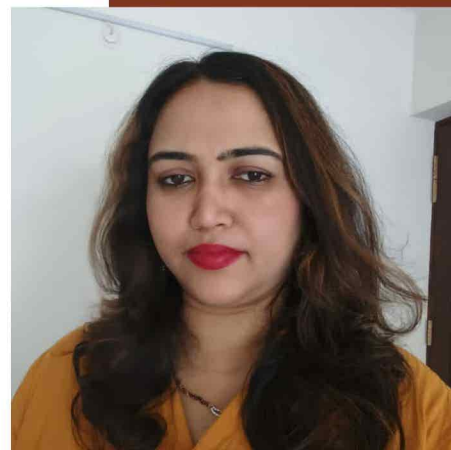


Dr. Saba G. Jamadar (Assistant Professor)
Department of Pharmaceutics

Her research, titled "**Design, Development and Characterization of Nano Formulations for Effective Drug Delivery,**" was carried out under the guidance of Dr. Gopal Krishna Rao, Principal, whose wisdom and mentorship illuminated every stage of her research journey.

Her work focused on developing Nanostructured Lipid Carriers (NLCs) for the drugs Clozapine and Asenapine Maleate, used in the treatment of neurological disorders such as schizophrenia and bipolar disorder. The primary aim was to enhance drug solubility, bioavailability, and brain-targeted delivery, thereby improving therapeutic outcomes and minimizing side effects.

Through the approach of Design of Experiments (DoE), advanced characterization techniques, and in-vivo pharmacokinetic studies, her research successfully demonstrated the potential of NLC-based formulations for effective drug delivery.

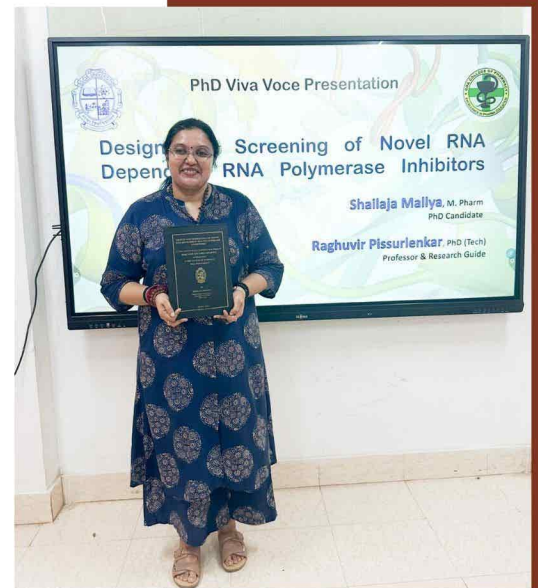


EXPERTISE AT WORK

Scholarly Milestones: Successful PhD Defenses

Shailaja Mallya (Assistant Professor)
Department of Pharmacology

Has successfully defended her Ph.D. thesis on the topic **“Design and Screening of Novel RNA Dependent RNA Polymerase Inhibitors”**, marking the culmination of years of dedicated research under the guidance of Dr. Raghuvir R. Pissurlenkar .



Pooja Yadav (Research Scholar)
Department of Pharmacology

Has successfully defended her Ph.D. thesis titled **“Adverse Drug Reactions Monitoring and Reporting in a Tertiary Care Teaching Hospital in Goa,”** conducted under the valuable guidance of Dr. Gopal Krishna Rao and the co-guidance of Dr. Shailendra S. Gurav. This research represents a significant contribution to the field of pharmacovigilance and patient safety.



TEACHING FACULTY

DEPARTMENTAL PHOTOS

Department of
Pharm. Chemistry



Department of
Pharmaceutics

Department of
Pharm. Analysis



TEACHING FACULTY DEPARTMENTAL PHOTOS

Department of
Pharmacognosy



Department of
Pharmacology

Department of
Microbiology



NON-TEACHING FACULTY

SUPPORTING STAFF

Lab Assistants and Technician



Office Administration



Physical Education Instructor



Library Department



Transport Team

TEACHING FACULTY

DR. GOPAL KRISHNA RAO

DR. ARUN B. JOSHI

DR. SANJAY PAI P.N.

DR. YOGITA N. SARDESSAI

DR. RUPESH K. SHIRODKAR

DR. ANAND A. MAHAJAN

DR. SHAILENDRA S. GURAV

DR. RAGHUVIR R. PISSURLENKAR

DR. RAJASHREE S. GUDE

KUM. LORNA P. SILVEIRA

SMT. TEJA V. WALKE

DR. TITIKSH LAXMIKANT DEVALE

DR. BOTHIRAJA CHELLAMPILLAI

DR. SACHI KUDCHADKAR

SHRI VITHAL BHANDARE

DR. VAIBHAV POTDAR

KUM. SHAILAJA MALLYA

SMT. VEDITA HEGDE DESAI

DR. MYTHILI KRISHNA J.

SMT. SHWETA S. BORKAR

SMT. SEEMA S. SHET

DR. SABA G. JAMADAR

DR. ADISON FERNANDES

SMT. ASMITA S. ARONDEKAR

DR. RAHUL S. CHODANKAR

SHRI ROHAN R. PRABHU

DR. LIESL M. FERNANDES E MENDONCA

DR. NUTAN L. NAIK

SHRI RAVEENDRA L. HULLOLIKAR

DR. ANANT V. BHANDARKAR

DR. DAMITA LOURDES COTA

PRINCIPAL

PROFESSOR

PROFESSOR

PROFESSOR

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ASSOCIATE PROFESSOR

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NON-TEACHING FACULTY

SHRI. SERTORIO COLACO

SHRI. GIRIDHAR V. GAWADE

MRS. SARIKA ANIL RATHOD

SHRI. KALIDAS PHADTE

SMT. NILISHA P. VOLVOIKAR

SMT. ARLETTE BARRETO

SHRI. VINAY NAIK

SMT. VAISHALI P. PAGUI

SMT. JENNIFER RODRIGUES

SHRI. MOHAN M. GAUDE

SMT. VAISHALI RAUT

SMT. SHILPA GAWAS

SHRI. SHAM BABU KHARWAT

SMT. SHANTI NAIK

SHRI. NARAYAN SHETGAONKAR

KUM. SWETA S. VAIGANKER

SMT. SWAPNAJA B. SALGAONKAR

SMT. DEEPALI UMESH KHOLKAR

SMT. VARSHA N. RASAIKAR

SMT. FARHEEN A. SHAIKH

KUM. SHREYA G. MADKAIKAR

SHRI. SANTOSH S. TALAVANEKAR

SMT. JOSEFINA ALBERTINA PEREIRA

SMT. RIYA P. PARVATKAR

SHRI. RAMA R. BAGKAR

SHRI. DEVANAND J. FADTE

SHRI. ARJUN SAWANT

SHRI. THOMAS MARTIN

SHRI. SANDESH GOMES

SMT. MANISHA M. MASURKAR

SHRI. ANAND V.T. PEDNEKAR

HEAD CLERK

ACCOUNTANT

INSTRUCTOR OF P.ED

TECHNICAL ASSISTANT

TECHNICAL ASSISTANT

DOCUMENTATION ASSISTANT

DOCUMENTATION ASSISTANT

UDC

UDC

STOREKEEPER

LIBRARY ASSISTANT

LABORATORY ASSISTANT

LABORATORY ASSISTANT

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IDC

DRIVER

MULTI-TASKING STAFF

MULTI-TASKING STAFF

MULTI-TASKING STAFF

MULTI-TASKING STAFF

MULTI-TASKING STAFF

NON-TEACHING FACULTY

SMT. HARISHA HARIDAS GAONKAR

SHRI. GABRIEL TIMOTEO

SHRI. PRAVIN T. NAIK

SHRI. HITENDRA R. SHIRODKAR

SHRI. VISHAL KHOT

SHRI. JOSEPH FERNANDES

SHRI. DATTARAJ P. NAIK

SMT. VIDYA SANDEEP SHINDE

MS. SUMEEDHA S. HARMALKAR

SHRI. GURUDAS C. SHIRODKAR

MISS. HIMANI G. PARAB

SHRI. NITESH Y. CHODANKAR

SHRI. VAIBHAV Y. KUNDLIKAR

SHRI. ANAND NAIK

SHRI. NARAYAN S. SALGAONKAR

SMT. KANCHAN B. KALANGUTKAR

SMT. PRASHANTI M. VOLVOIKAR

SMT. GUNJAN GOVIND GAONEKAR

SHRI. SANDEEP R. GAWADE

SMT. RUKMINI P. GAONKAR

SHRI. TULSHIDAS GAONKAR

SHRI. NITESH PARAB

SHRI. ASHWIN CLIVE OLIVEIRA

SHRI. AMAR GAONKAR

SHRI. VISHAL GAONKAR

SHRI. AVIDAS SAGUN USAPKAR

SHRI. NARAYAN VISHNU GAWAS

SHRI. SAGAR SANTOSH BOTTARKAR

SHRI. SHIVDAS RAJAN BHAGAT

MR. YASH S. FADTE GAONKAR

MULTI-TASKING STAFF

MULTI-TASKING STAFF

MULTI-TASKING STAFF

MULTI-TASKING STAFF

MULTI-TASKING STAFF

MULTI-TASKING STAFF

STOREKEEPER

LIBRARY ASSISTANT

LABORATORY ASSISTANT¹⁴

BUS CLEANER

STENO SECRETARY

IDC

ELECTRICIAN

DRIVER

ATTENDENT

ATTENDENT

ATTENDENT

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ATTENDENT

ATTENDENT

SECURITY GUARD

SECURITY GUARD

SECURITY GUARD

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SECURITY GUARD

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SECURITY GUARD

SECURITY GUARD

SECURITY GUARD

STOREKEEPER

CLASS PHOTOGRAPHS



1st Year B.Pharm



2nd Year B.Pharm



3rd Year B.Pharm



4th Year B.Pharm



M.Pharm



1 st Year D.Pharm



2 nd Year D.Pharm

Academic Achievers

BACHELORS OF PHARMACY

First Year B.Pharm

- 1) Anna Maria A : CGPA -9.10
- 2) Flynnie Fernandes : CGPA -8.97

Second Year B.Pharm

- 1) Malvika Manoj Deshpande: CGPA - 9.17
- 2) Colleen Flavia Caeiro: CGPA - 8.89

Third Year B.Pharm

- 1) Shanaia Juana D'silva : CGPA - 9.06
- 2) Kimberly Juliana Sequeira : CGPA - 9.04

Fourth Year B.Pharm

- 1) Aliya Shaikh: CGPA- 8.95
- 2) Delcia Almeida : CGPA - 8.95

MASTERS OF PHARMACY

Pharmaceutical Chemistry

- 1) Arya Jaikrishna Vaigankar: CGPA- 8.85
- 2) Hardik Kiran Naik: CGPA - 8.54

Pharmaceutical Quality Assurance

- 1) Laveena Naik: CGPA - 8.46
- 2) Nikita Nitin Parkar: CGPA- 8.31

Pharmacology

- 1) Shubhang Sudhir hudekar :CGPA - 8.77
- 2) Prapti Premanand Budke :CGPA - 8.69

Pharmacognosy

- 1) Harshita Shet: CGPA - 8.77
- 2) Manjusha Madhu Gaude: CGPA - 8.15

DIPLOMA

First Year D.Pharm

- 1) Kavita Suresh Dessai- 83.30%
- 2) Mehrun Nsha Shah - 75.80%

Second Year D.Pharm

- 1) Elisha Dinayah Rodrigues- 80.90%
- 2) Prajakta Bhiku Naik- 79.45%

Master's Dissertation Defenders

MASTER OF PHARMACY Pharmaceutical Quality Assurance

- 01 Aditi Deelip Desai
- 02 Amogh Dilip Kinnerker
- 03 Deepti Heramb Halarnekar
- 04 Kiranmai Kokkanti
- 05 Mudakekar Vishal Laximan
- 06 Onaswi Lav Mulavi
- 07 Sadanand Santosh Lotlekar
- 08 Satarkar Siddhi Ashok
- 09 Sejal Surendra Kunkolienkar
- 10 Shrutika Pandurang Morajkar
- 11 Sivan Sandeep Achrekar
- 12 Tanaya Vithu Gawde
- 13 Tanishka Alias Durga Devendra Dhavjekar
- 14 Tejaswi Pandurang Naik

MASTER OF PHARMACY Pharmaceutical Chemistry

- 01 Arolkar Pranil Devdas
- 02 Manasi Hanamant Kumbhar
- 03 Rajkumaran M

MASTER OF PHARMACY Pharmacognosy

- 01 Ekta Mohan Parab
- 02 Guans Vedita Kumar
- 03 Gogate Akhilesh Sachin
- 04 Malini Alias Vaishnavi Devendra Kerkar
- 05 Manjushri Raut
- 06 Mekhala Tulsidas Salgaonkar
- 07 Mrunali Shivprasad Chari
- 08 Rukma Ravindra Nagvenkar
- 09 Sakshi Santosh Chodankar
- 10 Sanjana Prabhakar Naik
- 11 Shetgaonkar Upendra Santosh

MASTER OF PHARMACY Pharmacology

- 01 Arati Anil Dhatkar
- 02 Mayuri Bhagwan Naik
- 03 Saheel Deepak Nipanikar
- 04 Shejal Suhas Naik
- 05 Shruti Rajan Pol

GPAT QUALIFIERS 2025



1) Simran Santosh Rane

Score - 340/500

Rank - AIR 18

2) Anabelle Alicia Andrade

Score: 293

Rank: 185

3) Puja Dharmesh Thakkar

Score : 96.81

Rank : 1524

4) Prashim Kurtikar

Score : 104

Rank :14930

5) Vaishnavi Gajanan Gaonkar

Score: 100

Rank: 15802

NIPER QUALIFIERS 2025



1) Simran Santosh Rane

Score - 76.25/100

Rank - AIR 9

2) Anabelle Alicia Andrade

Score: 72.37/100

Rank: 28

CULTURAL ACHIEVERS

Proud Winners of Sargam Symphony at Rashtra Sankalp - 25th January 2025

With immense pride and joy, we share that our students made the institution proud by winning First Place in the Sargam Symphony competition at Rashtra Sankalp, held on 25th January 2025.



Participated in Quiz Competition - 23rd september, 2025

Sabir Inamdhar B.Pharm sem 7 and Lara Oliveira B.Pharm sem 5, Participated in quiz competition which was organized by Goa Energy Development Agency(GEDA) at GCCI chambers



1st PLACE

Saniya Shetgaonkar - 3rd year B.pharm

Poster Making Competition - on the occasion of world Pharmacist Day on 25th September 2025

Directorate of Food and Drugs Administration Bambolim Goa, through Goa State Price Monitoring and Resources unit Organised a poster making competition under theme "Think Health ,Think Pharmacist"



2ND CONSOLATION

Nupur Narvekar - 4th year B.Pharm



2ND PLACE

Vishvesh Kerkar - M. Pharm

Digital Poster Making Competition- 25th September 2025

Ms. Lara Oliveira, a B.Pharm Semester V student, secured third place in the Digital Poster Competition based on the theme "Balanced Plate, Balanced Life", organized during the Nutrition Summit 2.0 by Goa College of Naturopathy and Yogic Science, Sankhali-Goa.



BALANCED PLATE, BALANCED LIFE

Our student, Ms. Shanaia Juana D'Silva, was invited as the Keynote Speaker at this year's "CONNECT 2K25" Seminar and Tri-State Intercollegiate Academic Event, held on 10th October 2025.

This invitation followed her remarkable achievement of securing the First Place for two consecutive years at "CONNECT 2K23" and "CONNECT 2K24" : the Tri-State (Goa-Karnataka-Maharashtra) Pharmacy Intercollegiate Presentation Competition organized by the 1979 GCP Classmates Group at Rajaram and Tarabai Bandekar College of Pharmacy, Farmagudi, Ponda, Goa.

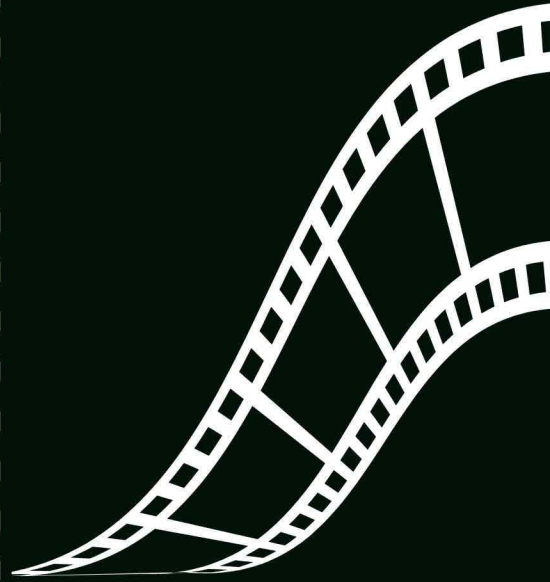
She delivered a keynote address on the topic: "3D Printing of Pharmaceuticals: Precision and Personalized Medicine Will Force Out the 'One-Size-Fits-All' Approach."



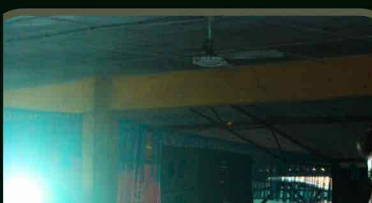
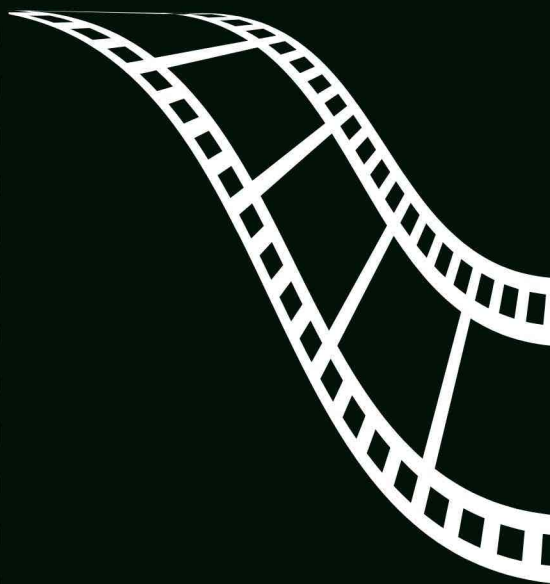
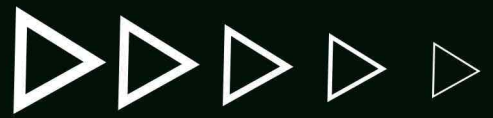
IPA National Elocution Competition 2025- 16th October 2025

Mr. Noble Eby Mathew emerged as the runner-up in the State Level Round of the IPA National Elocution Competition 2025, organized by the Education Division of the Indian Pharmaceutical Association. He has now qualified for the semi-final round.





HIGHLIGHTS IN FRAMES



Students' Council

investiture ceremony



Summer Camp -

Hands on training in spectroscopy and chromatographic techniques



63RD NATIONAL PHARMACY WEEK

14TH NOVEMBER 2024



63rd Goa Liberation Day 2024

POST OFFICE
1973
JUL 12
PAID 4.50
No. 8876





INTRAMURAL FOOTBALL TOURNAMENT 2025



11th January 2025



REPUBLIC DAY

26TH JANUARY 2025



CRICKET TOURNAMENT



22ND FEBRUARY 2025 | GPP GROUND



ANNUAL THANKSGIVING MASS, 2025

27th February 2025



1ST MARCH, 2025

BADMINTON

INTRAMURAL TOURNAMENT



8TH ANNUAL ATHLETIC MEET

MARCH 6, 2025

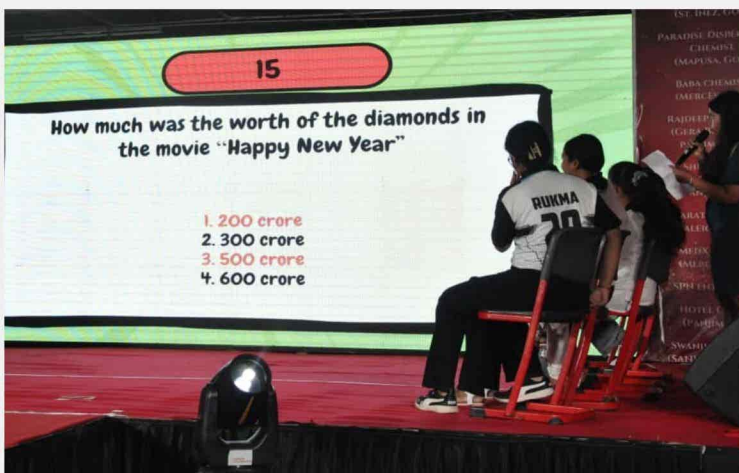


 **BAMBOLIM ATHLETIC
STADIUM**



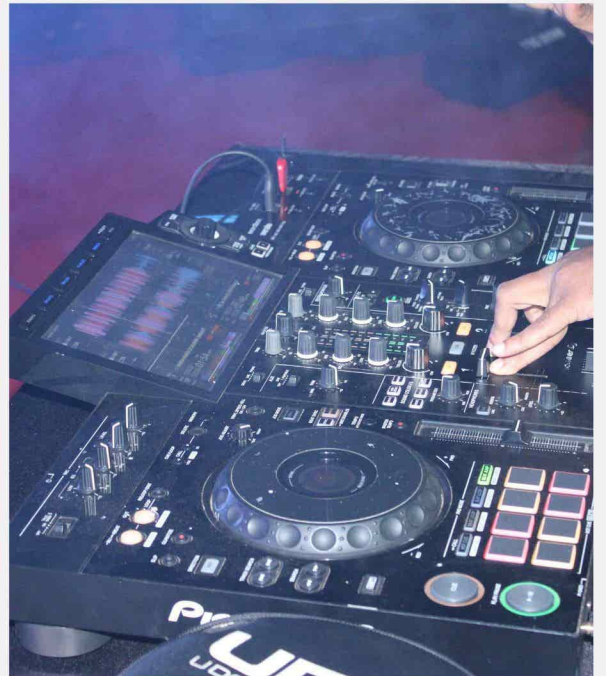
FORMULATIONS 2025- MARCH 10,11,12













INTRAMURAL TABLE TENNIS, CARROM AND CHESS TOURNAMENT

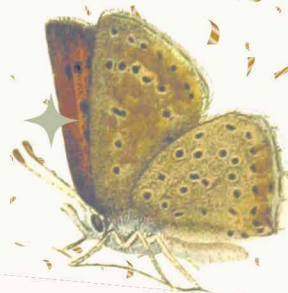
29TH MARCH 2025





CLASS OF 2025

The journey, the joy, the memories.
2nd July 2025

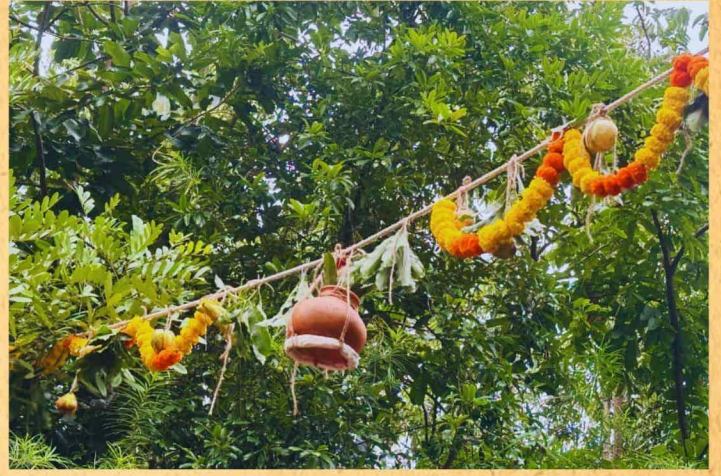


79TH INDEPENDENCE DAY CELEBRATION 15TH AUGUST 2025



Krishna Janmashtami

18th August 2025



Teacher's Day Celebration

17th September 2025





SEVA *pakwada*

17th September - 2nd October 2025



GENERAL HEALTH CHECK UP

24TH SEPTEMBER 2025

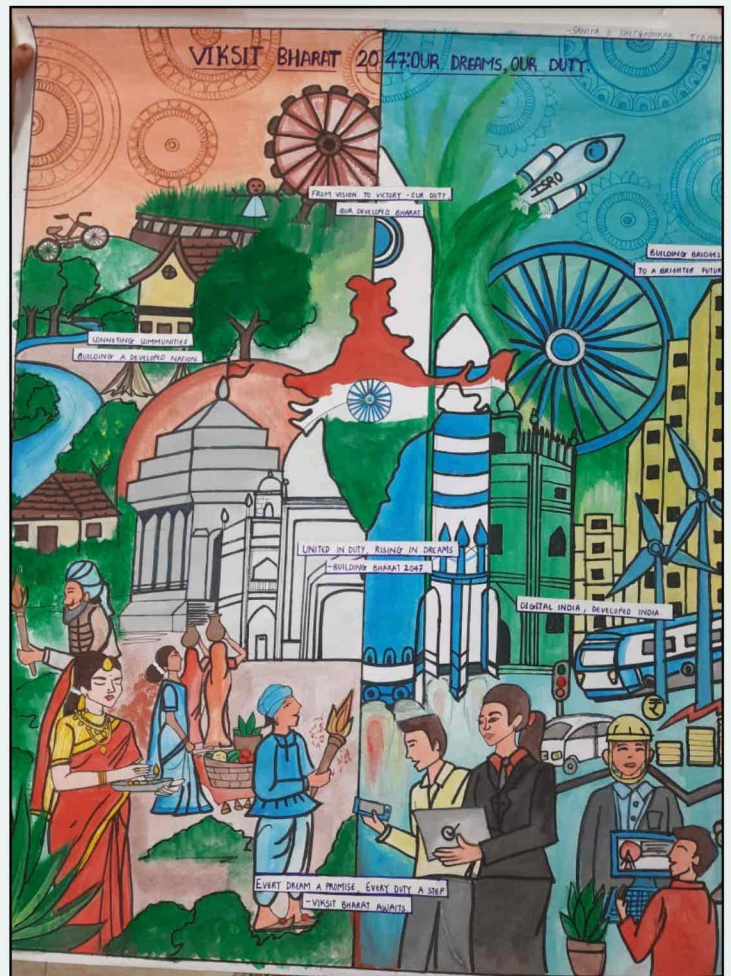


POSTER MAKING COMPETITION - VIKSIT BHARAT 2047 : OUR DREAM ,OUR DUTY

24TH SEPTEMBER 2025



1st place- Ms. Diksha Tanawade
3rd year B.Pharm



2nd place- Ms. Saniya Shetgaonkar
3rd year B.Pharm

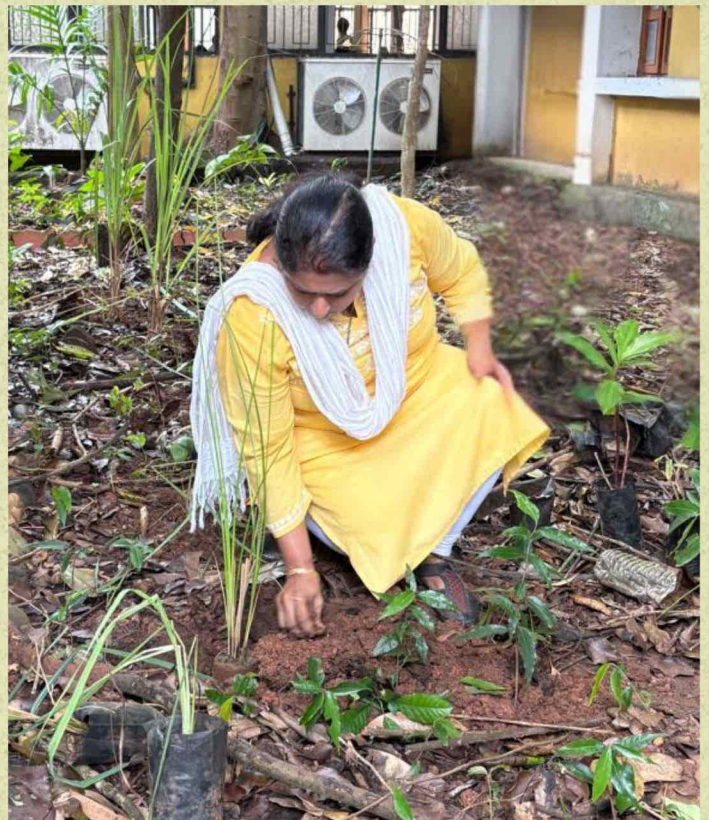


3rd place- Mr. Vivesh Kerkar & Ms. Pratiksha Velip
1st year M.Pharm

SAPLING PLANTATION CAMPAIGN

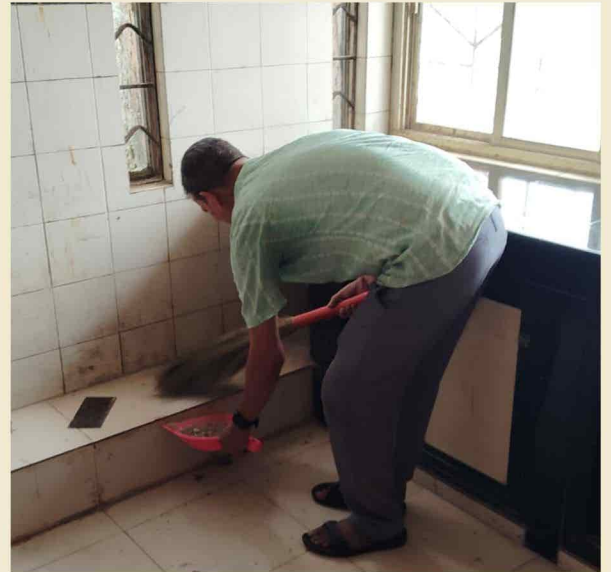
25th SEPTEMBER 2025

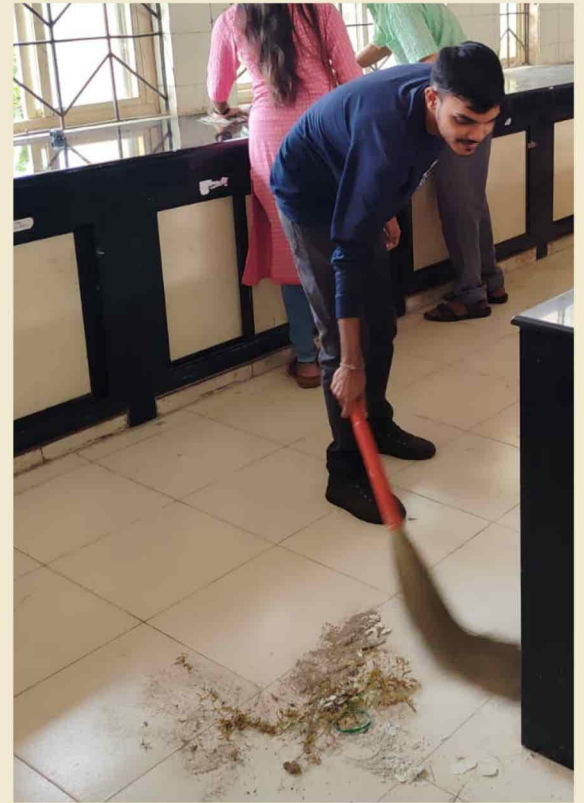
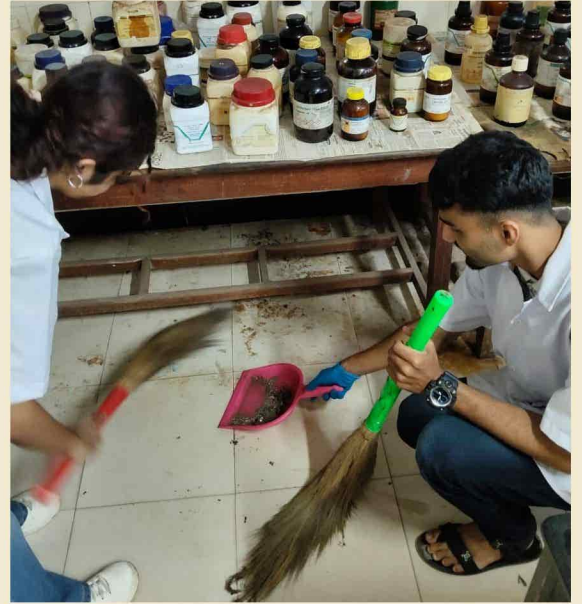
#PlantATree #GreenIndia #SaveOurPlanet



CLEANLINESS DRIVE

1ST OCTOBER 2025





Shardotsav

29th September 2025







PHARMACOGENOMICS: CUSTOMIZING TREATMENT THROUGH GENETICS.



Anna Maria A
F.YBPharm (A)

As pharmacy students, we extensively study about medicines — their mechanisms, therapeutic effects, and potential side effects. However, an intriguing question often arises: How do individuals respond differently to the same medication? This explanation extends beyond the drug itself and lies within the unique genetic makeup of an individual. Each individual has a unique set of genes that act as biological blueprints that direct our bodies to metabolize drugs,

from absorption to breakdown and elimination. As the world rapidly advances, innovations in science and technology are transforming the way we approach healthcare. Among these breakthroughs, pharmacogenomics — the study of how a person's genes affect their response to medicines is emerging as a powerful way to customize treatments, improving patient outcomes and reducing side effects.

'Pharmacogenomics' (often abbreviated as 'PGx'), as the name suggests, is the combination of the terms "Pharmacology" and "Genomics".

Pharmacology is the science of drugs and their effect on living systems, & Genomics is the study of the set of genes of an organism. Thus, Pharmacogenomics analyzes how the genetic makeup of a patient affects their response to drugs. It studies how acquired and inherited genetic variations affect drug response by linking DNA mutations with pharmacokinetic processes, pharmacodynamic effects, and immunogenic responses. While some patients may show therapeutic success with a standard dose of medication, others might show severe side effects or may show no clinical response at all. These differences arise due to the genetic variation, Mainly due to the Single Nucleotides

Polymorphisms (SNPs), which are variations in DNA sequences that occur when a single nucleotide (A, C, G, or T) is different between individuals in a population. This impacts the drug absorption, distribution, metabolism, and excretion (ADME). For instance, the CYP2D6 enzyme converts codeine into its active form, morphine which provides its analgesic effect. Some may convert it too quickly into morphine, leading to toxicity, while others may not convert it at all, resulting in no pain relief. By identifying these genetic differences beforehand, doctors can prescribe drugs more accurately.

It involves three steps: genetic testing, interpretation, and tailored treatment based on it. Genetic testing consists of a DNA test to identify gene variants like the CYP450 family genes, which influence drug response. Based on these, tailored treatment ensures the medication and dosages are customized for that particular patient. Pharmacogenomics has several key applications across various fields of medicine. In oncology, it helps select the most effective chemotherapy or specific drugs based on tumor genetics. In cardiology, it guides personalized use of anticoagulants like warfarin and clopidogrel. In psychiatry, it supports safer and more effective antidepressant and antipsychotic use. It also plays a role in infectious diseases by predicting drug reactions to treatments such as HIV, and in transplant medicine, it helps adjust immunosuppressant doses to reduce toxicity.

Pharmacogenomics provides benefits in the healthcare system, enabling the selection of medication based on the individual's genetic profile, minimizing adverse reactions, enhancing the therapeutic effects, and finally ensuring patient safety. It can help to avoid adverse drug reactions, which cause about 7% of hospital admissions worldwide. As genetic testing advances, this field will play a major role in redefining the health care system to treat various diseases, from cancer to mental health. It marks a step towards the future where medicines are personalized and more effective. As future pharmacists, understanding this empowers us to improve healthcare by making it safer, smarter, and effective.

FAKE CURES, REAL CONSEQUENCES: FIGHTING HEALTH LIES ONLINE

“THE FIGHT AGAINST HEALTH MISINFORMATION STARTS WITH
EDUCATION, NOT CENSORSHIP.”

— Dr. Sanjay Gupta, Neurosurgeon and CNN Chief Medical Correspondent

In a world where fake information gets spread faster than any factual information, even “BBC STUDY FINDS” has said people believe in fake information more than the real ones, well, what do we expect in a society where social media has become the primary source of information?



DISHA VISHWAKARMA
F.Y B.PHARM

This misinformation is largely spread by unqualified and uninformed individuals on the internet. Some influencers attempt to play the role of doctors or the pharmacists, advising people on how to use medications for a various health issues. This trend notably surged during the COVID-19 era.

The COVID-19 pandemic became a catalyst for misinformation across the country, with experts speculating that around 32.9% of the population refused to acquire the proper vaccinations despite them being widely available. Much of this reluctance was driven by misinformation circulating on social media platforms like WhatsApp and YouTube, which enabled widespread rumors about vaccine safety. For example, false claims spread that individuals with pre-existing conditions such as diabetes or hypertension could face severe complications or even death if they received the COVID-19 vaccine. These unsubstantiated rumors undermined public health efforts to promote vaccination.

Researchers have also found that misinformation disproportionately affects rural and marginalized communities, which often have lower health literacy and therefore rely on informal networks, making them more vulnerable to medical misinformation. There are even people online claiming that certain medicines can cure cancer – unbelievable, isn't it? No one should put their life at risk because of advice from unqualified individuals on the internet. Some even go as far as saying that a simple headache could signal a serious heart disease, and then proceed to recommend medicines for it. NOT EVERYTHING YOU SEE ON THE INTERNET IS TRUE. It is always safer to consult a doctor or a pharmacist regarding any medication or health concern. Many online creators twist and distort information for attention, without verifying facts, yet people tend to believe what's online more readily than what a doctor says.

Hence, it is clear that people are more likely to believe interesting or sensational negative information rather than straightforward, factual information. Furthermore, many individuals try to create solutions for problems that do not even exist. If this trend continues, the future of India could face serious uncertainty.

What actions are being taken to combat misinformation?

Both globally and in India, steps are being taken to ensure that any information about treating health problems is verified, backed by clinical evidence, and shared by licensed professionals such as doctors, pharmacists, or research scientists. Some websites now feature verified experts, whom people can consult if they encounter potentially misleading information online.

It is also crucial to educate young people, both in schools and in rural areas, not to believe everything they see on social media. Addressing misinformation may involve ethical measures and collaboration among multiple stakeholders, including tech companies, government agencies, and civil society.

When in doubt, always consult a qualified doctor or pharmacist rather than relying on the internet. Not everything online is true.

THE ROLE OF PEER SUPPORT IN ACADEMIC LIFE

Academic life is a journey filled with challenges, and one of the biggest sources of support during this journey is our peers. While textbooks and teachers guide us, the help we receive from classmates often makes the biggest difference in how we learn and grow. They become our second family as we spend most of our day with them. Throughout my school years and now as a first-year pharmacy student, I've seen both the positive and negative sides of peer support.

Thinking about the positive side of peer support, I recall an incident from 2021.

I was in class 11, and schools were online due to the COVID-19 pandemic. I struggled with online school and had a backlog in almost all subjects, especially organic chemistry. That subject didn't click with me, and the reactions and mechanisms were confusing. One of my classmates, who was strong in the subject, often took time out of her busy schedule to explain the concepts to me. She never made me feel judged or slow. Thanks to her help, I not only improved my understanding but also gained confidence in a subject I once feared. Soon, all my backlogs were gone, and I was back on track.

However, not all experiences were positive. In class 12, when everything went offline again, I felt fearful with exams approaching. Most of my classmates became highly competitive. Once, when I asked a friend for help with a physics problem, she deliberately misled me with the wrong method. That experience left me feeling disappointed and reminded me that not everyone wants to see you succeed.

They say, "Some friendships are just lessons in disguise." That's true, painful experiences with so-called 'friends' shape who we become. I faced similar experiences in first year, but new beginnings start with letting go.



These positive and negative sides of peer support significantly affect a person psychologically. These experiences taught me the power of peer support. Real support goes beyond sharing notes; it's about uplifting each other and growing together. Even now, in pharmacy school, I've met classmates who help each other review topics, clarify doubts, and share resources. That kind of environment makes learning less stressful and more enjoyable.

In the end, peer support plays a significant role in academic life. It can inspire confidence, ease academic pressure, and build a strong learning community. Having good peers is always a blessing, and you're lucky if you find some. Hence, I've learned to value those who genuinely support me, and I'm striving to become that kind of peer for others.

MISINFORMATION

IN THE DIGITAL AGE

The digital age offers many advantages in the pharmaceutical industry with the use of technology being a must in every aspect of pharmacy. However, technology has a significant disadvantage: misinformation. Medical misinformation is information about medical issues that is claimed as fact but is currently false due to a lack of scientific evidence. Social media has seen misinformation about vaccines, diets, and treatments, which spreads fear, confusion, and panic among the public and ultimately endangers people's lives. These claims often go viral with no way of knowing fact from fiction. The algorithm often prioritises virality instead of medical accuracy. An example is vaccines; false claims about vaccines have made some people afraid to get them, which leads to reduced vaccination rates and ultimately leads to preventable outbreaks.



~ Christina DCunha | FYBPharm (A)



Medical misinformation has serious and life-threatening consequences, and it travels much faster due to the internet. Patients, as a result, do not take the proper drugs for treatment. Misinformation can lead to improper dosage, inappropriate use, or unsafe drug combinations. Misinformation also leads to distrust among the public towards medical professionals. Misinformed patients may avoid or delay effective treatment, which only worsens disease outcomes. To combat this, tech companies and healthcare professionals must work together to ensure that only medically accurate, research-based information is being shared. We must also make sure to check sources and think before sharing information. Together, we can protect ourselves and others from misinformation.

Women Empowerment: the call to **STAY STRONG**, not just safe



Gargi Silimkhan
S.Y B.PHARM

In a world where gender equality remains a pressing concern, women empowerment has emerged as one of the most vital and transformative social movements of our time. Women are breaking barriers, challenging stereotypes, and reshaping societies with their resilience and courage. Yet, an age-old narrative persists—the notion of keeping women “safe.” While safety is undoubtedly important, there is a more powerful message that society must amplify: Stay strong. This shift in mind-set goes beyond protection; it cultivates confidence, independence, and unshakeable resilience in women.

Historically, societal efforts to “keep women safe” often translated into limiting their freedom. Girls were taught to avoid risks, stay within prescribed boundaries, and rely on others for protection. This approach, while well-intentioned, inadvertently reinforced a sense of vulnerability and dependency. Strength, on the other hand, empowers women to navigate challenges, take risks, and assert control over their lives. Telling women to “stay strong” emphasizes self-reliance, courage, and the capacity to face adversities head-on. It shifts the focus from fear to empowerment, from restrictions to possibilities.

One of the most effective ways to encourage strength is through education. Educated women are equipped with the knowledge and skills to make informed decisions, pursue careers, and contribute meaningfully to society. Education fosters critical thinking, confidence, and independence, enabling women to challenge societal norms and demand their rights. Moreover, skill development—whether in technology, leadership, or entrepreneurship—enables women to create opportunities for themselves and others. Programs that teach women coding, financial literacy, or public speaking equip them with tools to succeed in competitive fields, breaking gender stereotypes and paving the way for future generations. There’s an urge to determine the role of self-belief and resilience. Strength is not just about physical ability or external achievements; it’s also about inner resilience. Women face unique challenges, from gender bias in workplaces to societal pressures in personal life. Cultivating self-belief is crucial in overcoming these barriers. Resilience can be nurtured through supportive communities, mentorship, and access to mental health resources. Women who learn to believe in their potential and recover from setbacks become powerful role models, inspiring others to persevere and thrive.

Societal stereotypes often portray women as fragile, submissive, or overly emotional. These outdated perceptions undermine their capabilities and potential. By emphasizing strength, we challenge these narratives and create space for diverse expressions of womanhood. Women can be fierce leaders, skilled athletes, ground-breaking scientists, and caregivers—all at the same time. Encouraging strength means celebrating these multidimensional identities and dismantling the rigid moulds that confine them.

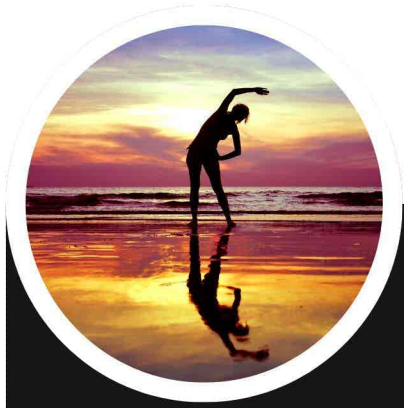
Women’s strength flourishes in an environment that values equality, respect, and opportunity. Governments, organizations, and communities must work together to address systemic barriers such as unequal pay, gender-based violence, and lack of representation in leadership roles. Inclusive policies, safe workplaces, and access to resources are essential in empowering women to stay strong. When women are treated as equals, they are emboldened to pursue their ambitions and make their voices heard.

Telling women to “stay strong” is a revolutionary act in itself. It acknowledges their inherent power and encourages them to harness it. Strength leads to self-determination, enabling women to make choices that align with their values and aspirations. Staying strong doesn’t mean denying vulnerabilities; it means embracing them and finding strength within. It’s about recognizing the value of every woman’s journey, whether she is climbing corporate ladders, raising children, or advocating for change in her community.

The journey toward women empowerment is far from over, but the message is clear: strength, not just safety, is the cornerstone of true empowerment. To all the women reading this—know that your strength lies in your ability to rise above challenges, to dream unapologetically, and to demand the respect and opportunities you deserve.

For society, the call to action is equally important. Let’s create spaces where women can thrive, free from judgment and bias. Let’s teach our daughters to be bold, our sons to be allies, and our communities to celebrate the strength of every woman.

Staying strong is not just an individual choice; it’s a collective responsibility. By embracing this mindset, we empower not just women but entire generations to build a more just, equitable, and inspiring world. Strength sparks change, and change is what drives progress. Stay strong, and together, let’s redefine what it means to live fearlessly.



1. A BALANCED EXERCISE ROUTINE:

A well-rounded fitness routine can include strength training, flexibility exercises, and cardiovascular activities such as jogging, cycling, stretching, or even yoga. The key is to engage in activities that challenge your body within a controlled degree of strain.

One of the most important principles in training is the law of progressive overload. This means that once your muscles adapt to a certain level of stress—such as a specific weight or intensity—you must gradually increase the load or repetitions to continue making progress.

Proper stretching and warm-ups are essential to prepare your body for exercise and reduce the risk of injury.

For effective strength training, a person should aim to reach muscular failure—the point at which the muscles can no longer perform the task (for example, lifting the weight any higher or completing another repetition).

Generally, lower repetitions (4–6 reps) build strength, moderate repetitions (8–15 reps) promote hypertrophy (muscle growth), and higher repetitions improve endurance. Typically, three to four exercises with three to four sets each are performed, depending on the individual's experience level and training goals, with volume tailored to ensure steady, controlled progress.

THE FITNESS PILL

2. THE RIGHT DIET:

It is often said that 80% of fitness progress is achieved in the kitchen and only 20% in the gym – and this holds true. Weight loss and muscle gain depend on the principle of “calories in versus calories out.” To lose weight, consume fewer calories than you burn; to gain muscle, consume slightly more than your daily expenditure.

Fitness, however, is not just about how much you eat but what you eat. Understanding healthy food choices is crucial. One of the biggest culprits is sugar – foods high in refined sugar should be minimized or avoided. Natural sweetness from fruits is a safer alternative.

Macronutrients – carbohydrates, proteins, and fats – form the core of a balanced diet. Carbohydrates provide energy, fats support vital functions, and proteins repair and build muscle.

The typical Indian diet is often high in carbohydrates, so gradually increasing protein intake is key. Excellent vegetarian protein sources include paneer, lentils, chickpeas, and beans, while eggs, fish, and meat provide higher protein density.

Before intense workouts, a carbohydrate-rich meal about two hours prior can boost performance.

Ultimately, mindful eating – focusing on nourishment and balance – builds the foundation for lasting fitness and well-being.



Rohan Tallaulekar
S.Y B.PHARM



3. SLEEP

Finally, last but certainly not least, comes sleep. After intense training, when muscles develop micro-tears, recovery and growth occur during rest – primarily while sleeping. Ideally, eight hours of quality sleep is essential for optimal recovery, though growing individuals may need even more. However, excessive sleep can also be counterproductive.

The quality of rest depends not only on duration but also on maintaining a consistent sleep schedule. Regular sleep and wake times help regulate the body's circadian rhythm – the natural sleep-wake cycle influenced by sunlight.

To support this rhythm, exposure to natural sunlight soon after waking is beneficial. Morning or late afternoon sunlight – around sunrise and sunset – helps reset the body's internal clock, improving daytime alertness and nighttime rest. Sunlight should reach the eyes directly (not through glass), though one should never look directly at the sun.

A major modern obstacle to good sleep is screen exposure. Blue light from phones and laptops mimics daylight and suppresses melatonin – the sleep hormone – leading to poor rest, slower recovery, and fatigue.

To counter this, minimize screen time before bed, use blue light filters, or wear blue light-blocking glasses. These small habits significantly improve recovery, performance, and overall well-being.

ENTREPRENEURSHIP

THE HEART OF HUSTLE, BEYOND THE STARTUP: THE GRIT, RISK, AND PURPOSE OF ENTREPRENEURSHIP

The journey to entrepreneurship is rarely straightforward—it's filled with unexpected twists, obstacles, and setbacks. Entrepreneurs often face sleepless nights, failed strategies, missed funding opportunities, and the challenge of attracting customers. It can be so demanding that one question arises, why would anyone willingly pursue such a path?

Yet, every year, countless individuals choose to follow their entrepreneurial dreams. Motivated by a vision and a desire to meet unmet needs, they open local businesses, build innovative tech startups, or transform ideas into impactful products and services. With the right mindset, determination, and strategic plan, you too can turn your entrepreneurial aspirations into a successful reality. In the constellation of modern ambitions, few stars shine brighter than entrepreneurship. It is more than a buzzword, more than a pathway to profit or fame—it is the rare, relentless act of sculpting the future from the raw clay of the unknown. For the college student with ideas simmering beneath the surface, entrepreneurship is both a calling and a crucible, demanding imagination, resilience, and a dash of rebellion.

UNDERSTANDING THE ROLE OF AN ENTREPRENEUR

Entrepreneurs play a vital role in the economy by identifying unmet needs and developing innovative solutions to address them. At the heart of entrepreneurship is the ability to recognize a gap in the market and turn that insight into a viable business venture. This process typically involves creating and launching a new business, crafting an effective marketing strategy - an individual who continuously launches new ventures, sells them, and then begins the cycle again.



~AMAN ALAM
THIRD YEAR B.PHARM

For aspiring entrepreneurs, a lack of financial resources can feel like a significant barrier. However, funding doesn't have to come solely from traditional banks. Alternative sources such as angel investors—who provide capital in exchange for a share of the business or future profits—can help cover early startup or expansion costs. Another option for businesses with strong growth potential is securing investment from venture capitalists, who offer funding in return for equity in the company. Ultimately, becoming an entrepreneur is about more than just starting a business—it's about innovation, persistence, and finding creative ways to bring your vision to life, regardless of financial constraints.

INSPIRING EXAMPLES OF ENTREPRENEURIAL SUCCESS

Many top business leaders began with bold ideas and humble starts, proving the impact of innovation and resilience:

- Steve Jobs co-founded Apple in a garage and later led it to global success.
- Elon Musk launched SpaceX and supports causes like clean water and healthcare.
- Bill Gates co-founded Microsoft and champions global health through his foundation.
- Jeff Bezos grew Amazon from a bookstore to a global e-commerce giant.
- Mark Zuckerberg turned Facebook from a college project into a global platform.
- Sara Blakely built Spanx into a billion-dollar brand with just \$5,000 and no fashion background.

WHAT DRIVES SUCCESSFUL ENTREPRENEURS?

- **Autonomy:** Entrepreneurs value independence, seeking control over decisions and goals without relying on others.
- **Purpose:** They're driven by a mission—believing in their product and aiming to solve real problems.
- **Flexibility:** Many prefer a self-designed work style and schedule, valuing freedom over rigid structures.
- **Financial Success:** The hope of long-term profits and financial stability motivates their hard work.
- **Legacy:** They strive to build something lasting—be it a brand, wealth, or impact on the world.

1. Create a Solid Business Plan

Starting a business without a clear plan is like setting out on a journey without a map. A well-crafted business plan outlines your goals, strategies for growth, target market, and financial projections. It also serves as a crucial tool for attracting investors and guiding your decision-making.

3. Identify Your Target Audience

Understanding who your product or service is for is critical. Not every business appeals to everyone, so it's essential to identify your ideal customer early on. This helps inform decisions like product development, marketing strategies, and even business location.

4. Market and Sell Your Idea

Interest from friends and family is encouraging but not enough. To build a viable business, you must test your idea on a larger scale. Strategic marketing, a clear unique selling proposition, and outreach through the right channels can help build a loyal customer base.

5. Network With Industry Peers

Surrounding yourself with others in your industry can be incredibly valuable. Networking provides access to mentors, potential partners, and investors. Even following entrepreneurs on social media platforms can offer insights, motivation, and practical advice.

The Mindset Beyond the Marketplace

Entrepreneurship is more than just starting a business—it is a mindset, a creative force that dares to imagine a world that doesn't yet exist. Entrepreneurs challenge the status quo and then set about reshaping it.

Risk: The Unwritten Curriculum

Unlike the structured learning environments found in classrooms, entrepreneurship thrives in uncertainty. It is not a subject that can be taught through textbooks alone; it is learned through experience—often the hard way. The cost of entry is high, paid through sleepless nights, failed ventures, and hard-earned insights. Yet, this unpredictability is what makes the journey transformative.

The Silent Revolutions Begin Here

College campuses are fertile ground for the next generation of innovators. With little more than a laptop, internet access, and determination, groundbreaking ventures are born. History has shown us this—from Facebook's beginnings in a Harvard dorm to Elon Musk's early ventures. But entrepreneurship isn't just for tech wizards or business majors; it belongs equally to the poet transforming their art into a platform, the scientist exploring commercialization, or the activist creating scalable solutions. Entrepreneurship is a medium, not a mold—open to all who are ready to shape their own path.

Conclusion: The Invitation

Ultimately, entrepreneurship isn't a final destination—it's the decision to take that first step. It's the bold choice to leave comfort behind and refuse to accept the world as it is. To the student reading this, filled with quiet ambition and unspoken ideas: your journey doesn't have to start with funding or fame. It starts with courage. Because the world doesn't just need more businesses. It needs more builders of possibility, more dreamers who dare to act.

Entrepreneurship—A Journey of Purpose, Not Perfection

Entrepreneurship is not simply about starting businesses—it's about starting movements, challenging norms, and daring to create something where nothing existed before. It is a path paved with risk, resilience, and relentless belief in the power of one idea to change the world. But make no mistake: this journey is far from glamorous. It is often lonely, uncertain, and unforgiving. The rewards, however, are deeper than profit—they lie in impact, growth, and legacy.

As Steve Jobs once said, "The people who are crazy enough to think they can change the world are the ones who do." That "crazy" is often misunderstood as recklessness, but it's really the courage to start when the odds are unclear and the outcome unknown.

Elon Musk framed it bluntly: "Being an entrepreneur is like eating glass and staring into the abyss of death." It's a brutal, often unseen reality that separates dreamers from doers.

Yet, for those who persist, entrepreneurship becomes more than a profession—it becomes a philosophy. A way of seeing problems as opportunities, failure as feedback, and uncertainty as a doorway to innovation.

To all aspiring entrepreneurs: Your idea doesn't need to be perfect. It needs to be real. Your plan doesn't need to be flawless. It needs to be bold. And your journey doesn't need to follow a script. It only needs to begin—with purpose, persistence, and a willingness to grow through the grind.

"Don't worry about failure; you only have to be right once." – Drew Houston, co-founder of Dropbox.

Because at the heart of entrepreneurship lies not just the creation of wealth—but the creation of possibility.

PHARMACISTS ARE UNSUNG HEROES OF HEALTHCARE SECTOR

Open almost any household cupboard and you'll find a medicine box: half-used strips of antibiotics, painkillers kept 'just in case', or tablets saved for emergencies. While this may feel like preparedness, it can also hide serious dangers. On World Pharmacists Day, which is marked annually on Sep 25, it is worth asking if those pills are protecting your health or quietly risking it.

One of the biggest hidden dangers is self-medication. Whether it's taking a fever tablet without guidance, doubling a dose because one wasn't enough, or passing on a pill to a family member, what feels harmless can actually trigger side effects, mask diseases, or cause dangerous interactions. The issue grows even more alarming with antibiotic resistance. Every time antibiotics are taken without advice or stopped midway, bacteria gain a chance to adapt, slowly making these medicines lose their power. A simple infection today could become life-threatening tomorrow.

In this digital age, many people turn to quick fixes online, but Google and AI can't be your doctors. Algorithms don't know your medical history, allergies, or the other drugs you're on. This is why it's so important to separate myths from facts. "If one pill helps, two will work faster," is what we believe when the fact is that double-dosing can be dangerous, even fatal. "Antibiotics cure coughs and colds," is largely perceived to be true when most coughs and colds are viral, and antibiotics do nothing against them. Another myth is that leftover medicines can be reused anytime, when the fact is that expired or inappropriate medicines can harm more than heal.

You can take some simple steps to keep your medicine box safe: check expiry dates regularly, always finish prescribed courses (especially anti-biotics), dispose of old or unused drugs properly, never self-medicate, and above all, trust your pharmacist's guidance.

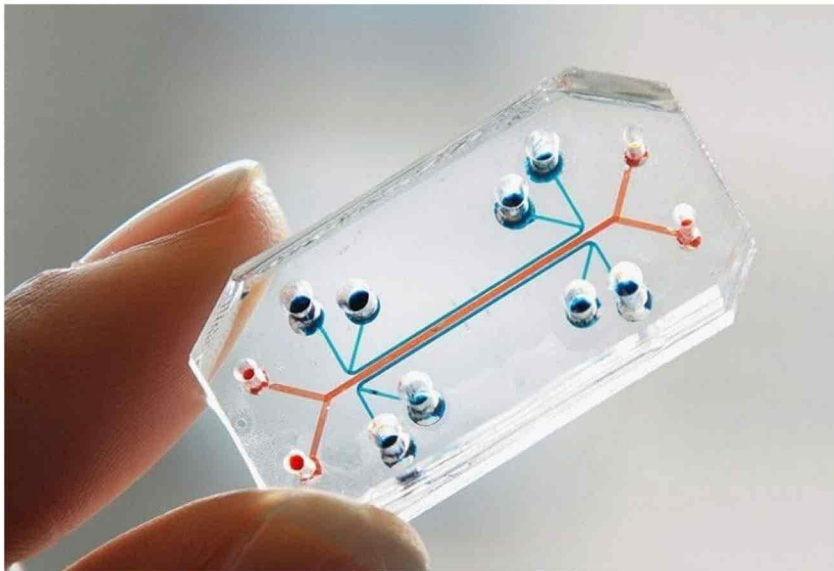


SHANAIA D'SILVA
THIRD YEAR B.PHARM

On this World Pharmacists Day, let us pause to recognise their true impact. A pill, capsule, or syrup is just a chemical until a pharmacist ensures it becomes the right therapy, the right medicine, in the right dose, at the right time. Without them, what heals can just as easily harm. Pharmacists turn medicines into healing, ensure treatment is safe, effective, and tailored to each patient. They spot dangers before we can by catching harmful side effects or drug interactions that could go unnoticed. They defend antibiotics from misuse and replace confusion with clarity, giving us trusted advice in a world full of misinformation. They strengthen the healthcare system by working hand-in-hand with doctors and nurses to improve care.

On World Pharmacists Day, let's remember that safety isn't in the pill or the package, it lies in the pharmacist who ensures every medicine is used the right way.

THE FUTURE OF MEDICINE: EXPLORING HUMAN ORGANS-ON-CHIPS



SAVI TELI
THIRD YEAR B.PHARM

Imagine a future where drug testing is faster, safer, and more accurate—where scientists can simulate human organs on a tiny chip and study diseases without needing human or animal trials. That future is already here, thanks to the groundbreaking field of organs-on-chips technology.

What Are Organs-on-Chips?

Organs-on-chips are tiny, transparent devices—about the size of a USB stick—that replicate the structure and function of human organs. These chips are made from a flexible material called polydimethylsiloxane (PDMS) and contain small chambers lined with living human cells. Channels allow fluids to flow through, mimicking blood circulation, while mechanical forces simulate breathing or muscle contractions.

Each chip is designed to replicate specific organ functions: lungs that “breathe,” hearts that “beat,” livers that “metabolize.” By reproducing these key physiological processes, researchers can study how organs respond to drugs, toxins, or diseases—without involving humans or animals.

The pharmaceutical industry spends billions each year on drug development, but 90% of experimental drugs fail in human trials despite promising results in animal tests. Organs-on-chips offer a more reliable, human-relevant alternative. By using real human cells and replicating actual organ environments, these chips can predict how the body will react to a drug much more accurately.

They also provide a powerful tool for personalized medicine. For instance, a chip lined with a patient’s own cells can help doctors test different treatments before applying them in real life, reducing trial-and-error and improving outcomes.

Though still a developing technology, organs-on-chips are already being adopted by major pharmaceutical companies and research institutions. The U.S. FDA and DARPA have shown strong interest, funding several projects to bring this technology into mainstream medicine.

THE NEXT FRONTIER? BODY-ON-A-CHIP SYSTEMS, WHERE MULTIPLE ORGAN CHIPS ARE LINKED TOGETHER TO SIMULATE ENTIRE HUMAN SYSTEMS—OFFERING A DYNAMIC, REAL-TIME VIEW OF HOW DRUGS TRAVEL, BREAK DOWN, AND ACT THROUGHOUT THE BODY.

NUTRACEUTICALS

AND THEIR GROWING RELEVANCE

In today's world, the concept of healthcare has shifted significantly from treatment-based approaches to preventive care. With growing awareness about lifestyle diseases and immunity, nutraceuticals—a term blending “nutrition” and “pharmaceuticals”—have gained immense popularity. Nutraceuticals refer to food-derived products that provide health benefits beyond basic nutritional value. They are commonly used to promote general well-being, control symptoms, and prevent chronic diseases.

The term was coined by Dr. Stephen DeFelice in 1989, and since then, the industry has expanded rapidly. Nutraceuticals include a wide range of products such as dietary supplements (vitamins, minerals), functional foods (like probiotic yogurts or fortified cereals),

herbal extracts, and medicinal beverages (like green tea). These products help in improving immunity, reducing inflammation, enhancing energy, and delaying aging.

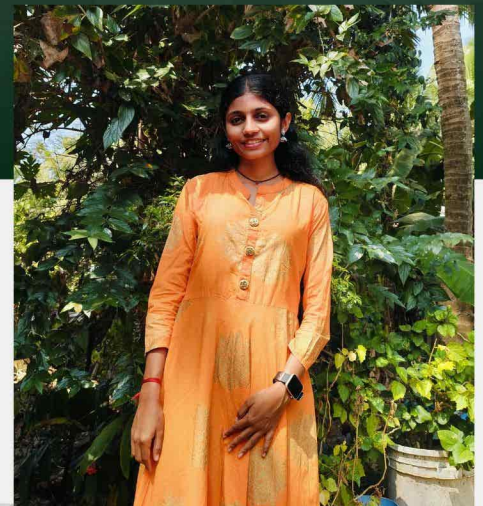
What makes nutraceuticals particularly relevant today is their preventive action. As non-communicable diseases such as diabetes, hypertension, cardiovascular disorders, and obesity rise due to sedentary lifestyles and poor diets, people are looking for natural and safer alternatives to medicines. Nutraceuticals offer exactly that—non-toxic, food-based support to enhance health and reduce dependence on pharmaceuticals. Additionally, they are easily accessible and usually do not require a prescription.

Moreover, the COVID-19 pandemic brought global attention to immune health, accelerating the demand for immunity-boosting nutraceuticals such as vitamin C, zinc, elderberry, and ashwagandha. Consumers are now more conscious of what they eat and are seeking products that provide both taste and therapeutic benefits. This has further fueled the popularity of nutraceuticals.

The scientific community has also responded positively, with increasing research and clinical studies validating the efficacy of certain nutraceuticals. Many compounds, such as omega-3 fatty acids, curcumin, and flavonoids, have shown potential in disease prevention and even adjunct treatment. This growing evidence base is helping healthcare professionals feel more confident in recommending nutraceuticals as part of integrated health plans.

Regulatory bodies across the globe are now working to ensure standardization and safety in the nutraceutical sector. Although these products are usually classified as food, not drugs, steps are being taken to regulate quality and authenticity. In India, for example, the FSSAI is actively involved in monitoring nutraceutical products.

Economically, the global nutraceutical market is blooming. It is expected to continue growing at a rapid pace, with Asia-Pacific regions, especially India and China, leading the way. This is largely due to their rich heritage in traditional medicine systems like Ayurveda and Traditional Chinese Medicine, which emphasize the use of herbs and functional foods for healing.



SAIECHA NAIK
THIRD YEAR B.PHARM

In **conclusion**, nutraceuticals are playing a crucial role in modern healthcare by bridging the gap between food and medicine. With increasing lifestyle diseases, public health awareness, and scientific support, nutraceuticals offer a promising future. As people move toward preventive healthcare and holistic well-being, nutraceuticals will continue to gain relevance in supporting long-term health in a natural and safe manner.

How Blockchain is Making Healthcare More Human

Imagine a world where your medical records follow you seamlessly from doctor to doctor, without getting lost in fax machines or incompatible systems. Where you don't have to repeat your entire medical history every time you see a new specialist. Where life-saving drugs can't be counterfeited because their journey from factory to pharmacy is tracked in a way no one can tamper with.

This isn't some far-off future—it's the promise of blockchain in healthcare. And while the word "blockchain" might sound cold and technical, at its heart, it's about restoring trust, security, and control to patients and doctors in a system that often feels bureaucratic and broken.



SEEMRAN TAMBOLI
MPHARM- PHARMACEUTICAL CHEMISTRY

A Simple Solution to a Frustrating Problem

We've all been there: You switch doctors, move to a new city, or see a specialist, and suddenly, your medical history is scattered across different hospitals, clinics, and insurance providers. Getting records transferred can take weeks, if they arrive at all. Mistakes happen. Tests get repeated. Critical information slips through the cracks.

Blockchain could change that by creating a secure, unified system where your health data stays with you—not locked away in some hospital database. Instead of relying on faxes or emails that can be hacked or lost, blockchain lets you share your records instantly and securely with any provider you choose. No more filling out the same forms over and over. No more worrying whether your allergies or past treatments were properly communicated.

Keeping Your Private Data Actually Private

Healthcare data breaches are alarmingly common. Hackers target hospitals because patient records are worth more on the black market than credit card numbers. Once your data is stolen, there's no getting it back—it can be sold, misused, or even held for ransom.

Blockchain fixes this by removing the weak point: a single, hackable database. Instead, your information is encrypted and spread across a network, meaning no one can alter or steal it without leaving a digital fingerprint. You hold the keys—literally. Want to share records with a new doctor? You grant access with a secure digital signature. No middlemen. No unnecessary exposure.

Stopping Fake Drugs and Saving Lives

Counterfeit medicines are a global crisis, with fake antibiotics, cancer drugs, and even vaccines making their way into pharmacies. People think they're getting treatment, but instead, they're getting sugar pills—or worse, something toxic.

Blockchain can track every step of a drug's journey, from the factory to your hands. Each batch gets a digital fingerprint that can't be faked. Pharmacies and patients can scan a code to confirm their medicine is real. It's like a verified chain of custody, but for your health.

Cutting the Red Tape (So Doctors Can Focus on Patients)

Doctors spend hours on paperwork—insurance claims, billing, approvals. Nurses chase down records. Patients get stuck in billing disputes. Much of this could be automated with blockchain's "smart contracts," which execute agreements automatically when conditions are met.

- Did your surgery happen? The insurance payment releases instantly.
 - Did a lab confirm your diagnosis? Your treatment is approved without weeks of back-and-forth.
 - Did you participate in a clinical trial? Your consent and data are recorded permanently, with no risk of tampering.
- This means less time fighting bureaucracy and more time for actual care.

The Road Ahead—Challenges and Hope

Of course, no technology is a magic fix. Hospitals and governments will need to work together to set standards. Patients and doctors will need simple, intuitive tools—not complex systems that add more hassle. And regulators will have to ensure that innovation doesn't outpace privacy protections.

But the early signs are promising. Some hospitals are already testing blockchain for medical records. Researchers are using it to make clinical trials more transparent. Patients in pilot programs are finally feeling what it's like to *own* their health data.

A More Human Healthcare System

At its core, blockchain isn't about technology—it's about trust. Trust that your records are safe. Trust that your medicine is real. Trust that the system works for you, not against you.

For too long, healthcare has been fragmented, insecure, and frustrating for patients and providers alike. Blockchain won't solve every problem, but it's a step toward a system where the focus isn't on paperwork, breaches, or bureaucracy—but on people.

And that's something worth building.

GUJARAT

RIDING TO GUJARAT: A JOURNEY TO REMEMBER

It all began at 4:30 AM in Goa, with our bikes ready and excitement in the air. As we started the ride, the skies opened up – rain came pouring down, soaking us to the bone. Still, spirits were high. Our first destination was Pune, where one of our friends was supposed to join us. On the way, we rode through Anuskura Ghat, a route chosen purely for its scenic beauty. By 4:30 PM, we had reached Pune and headed straight to our friend's place. After a quick freshen-up, we went for a short night spin through the city. Goa to Pune was a smooth ride – except for the rain, which turned my shoes into a swimming pool!



Day 2 started at 5 AM with the goal of reaching Surat. There were two routes: via Nashik or Mumbai. Of course, we chose the more challenging one – through Mumbai traffic. As soon as we hit Panvel, the traffic grew unbearable. By the time we reached Thane, we got lost following Google Maps and spent 5–6 hours just trying to find the correct highway to Surat. Tired and starving (we skipped breakfast), we finally got on the highway and pushed through a sea of trucks and cars. We reached Surat late at night, around 11 PM, and checked into a hotel. I even lost my raincoat that day – classic!

Day 3 was a short trip to the Statue of Unity. We left around 10 AM, planning to arrive by afternoon. The roads were excellent, and we stopped for pictures and GoPro videos along the way. Unfortunately, we didn't realize the statue had an entry ticket system and arrived too late for entry. But we still explored nearby attractions and stayed for the amazing light show. A solo traveler we met ended up riding pillion on my bike – he'd booked a stay specially built for bikers, with a super friendly owner who even invited us to stay. But since our luggage was back at our hotel in Surat, we couldn't stay. We ended the night heading back to Surat.

Day 4 began with the famous Gujarati breakfast – jalebi and fafda (a must-try!). Our plan was to reach Pune, but heavy rains slowed us down, so we stayed the night in Nashik instead.

Day 5 was our return ride to Goa. We started early at 6:30 AM and reached Pune by 11:30. After a lunch break at a friend's place, we began the final leg of the journey. Just as we neared Goa, we got hit by heavy rain again. Riding in the dark through a downpour wasn't easy, but we finally made it back by midnight.

The ride was unforgettable – 2,000+ kilometers across five days, filled with rain, adventure, challenges, and unforgettable memories.



I've shared the full experience on my YouTube channel, THE MIHIR VERNEKAR, where I post my travel vlogs and daily content. Do check it out!

Echoes of Verse

Words that breathe, emotions that echo



चल उड..!

हरूनझालो वेळ किती,
किदयाकरडत बसला तू,
जिकचेस्वप्न रावन गेले,
म्हणूनजगप सोडला तू...

प्रयत्नआहेत पडले कमी,
प्रयासतुझे थोडे झाले,
विश्वासस्वतः जमले उणे,
पेटच्यापायली विजले माले...

वेळअजून ना वचुंक,
खेळअजून ना सोपुंक,
जाळेअजून ना विणुंक,
तूचअजून ना जिंकुंक...

शिस्तीनकरून खर प्रयत्न,
विश्वासकुडीन स्वतः साठय,
देहानतुझा पेटोवन उजो,
स्वप्नतुझे आता जागय...

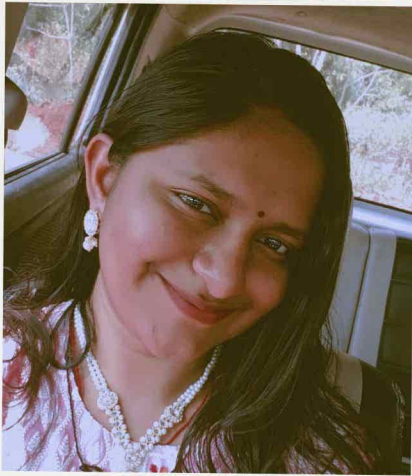
वादळसोसून वारे चिरून,
समुद्रझेलून मार बुड,
दाखयसगळ्यांक तडी मारून,
पाखाफाफडून चल उड...



सलोनी मातोंडकर
तिसरे वर्ष बी.फार्म

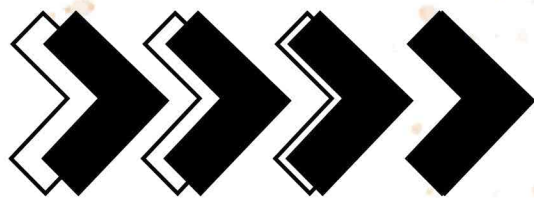
WHERE STRENGTH AND ROOTS MEET

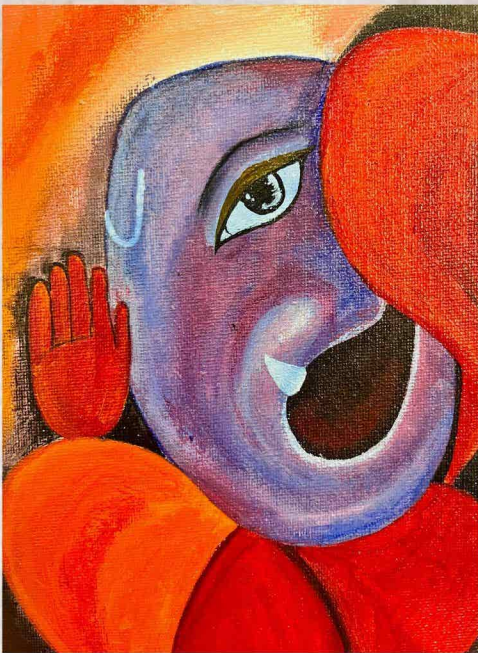
*In a world where I stand on my own two feet,
With dreams woven bold, and a heart that won't retreat.
I tread my own path, fierce and free,
No need for a boy's hand to carry me.
A queen needs no king to rule her own fate,
No need for a story like Cinderella's slate.
For power resides in the strength I possess,
A sovereign in spirit, I choose to progress.
Yet, beneath this strength, my roots run deep,
In the love of my father, in the brother I keep.
They are my anchors, my steadfast guide,
Supporting my journey, always by my side.
Independence blooms, yet bonds never sever,
For family's embrace is my strength forever.*



MEGHANA PRABHU
THIRD YEAR B.PHARM

ARTISTIC REALM





VIDHI VAINGANKAR
1ST YEAR B.PHARM



ASITA SHETGAONKAR
2ND YEAR B.PHARM



TIYA HARMALKAR
1ST YEAR B.PHARM



DIYA RIVONKAR
1ST YEAR B.PHARM

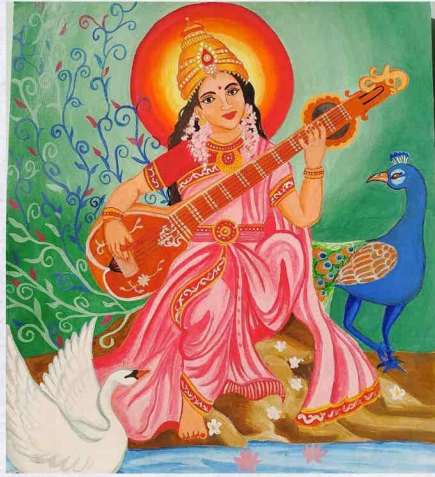




ARPITA PATALE
2ND YEAR B.PHARM



DIKSHA TANAWADE
2ND YEAR B.PHARM

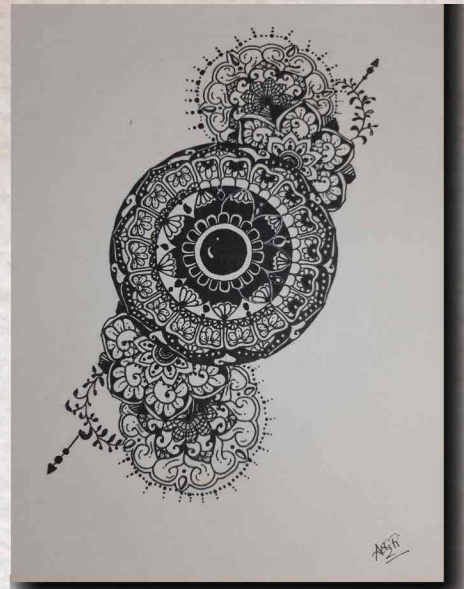
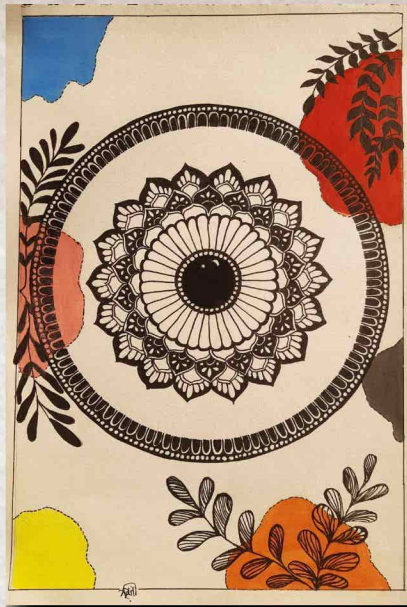


VAIBHAVI RAWAL
4TH YEAR B.PHARM





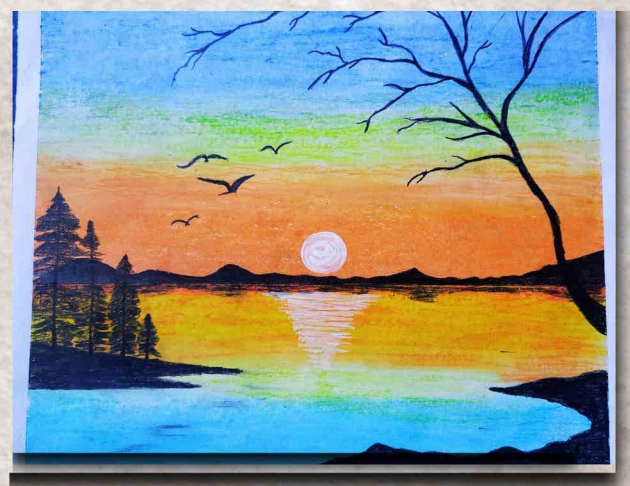
ADITI BANAULIKAR
2ND YEAR B.PHARM



PRANJALI CHODANKAR
3RD YEAR B.PHARM



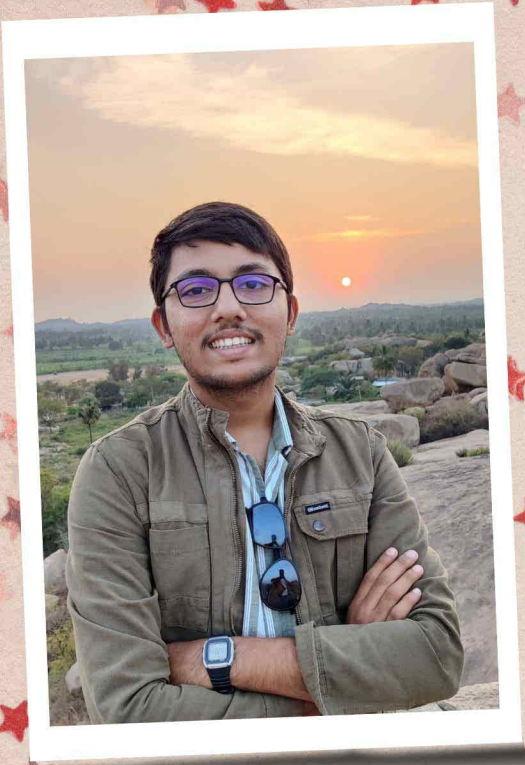
SACHI PARAB
3RD YEAR B.PHARM



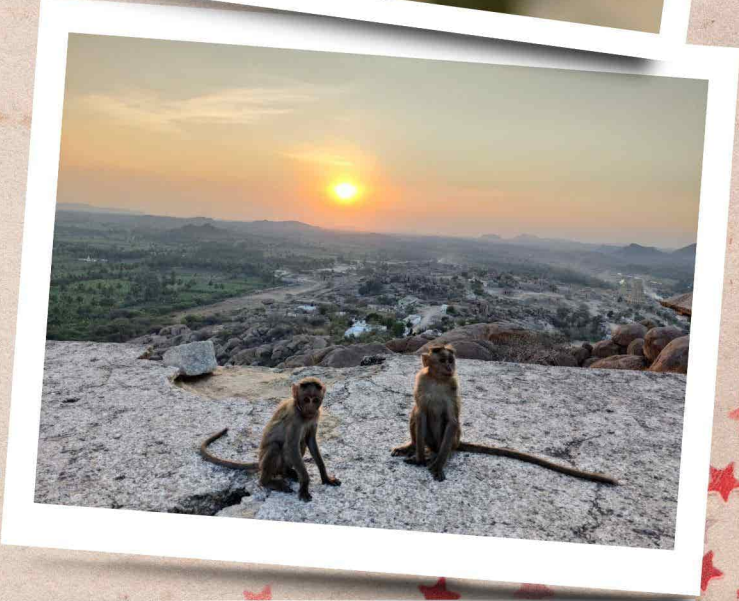


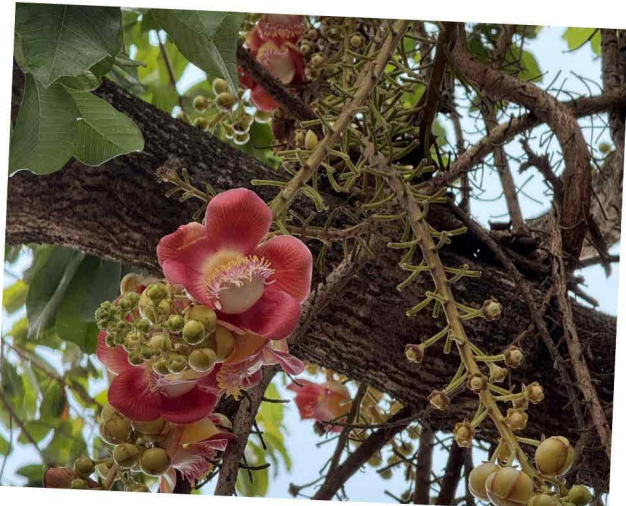
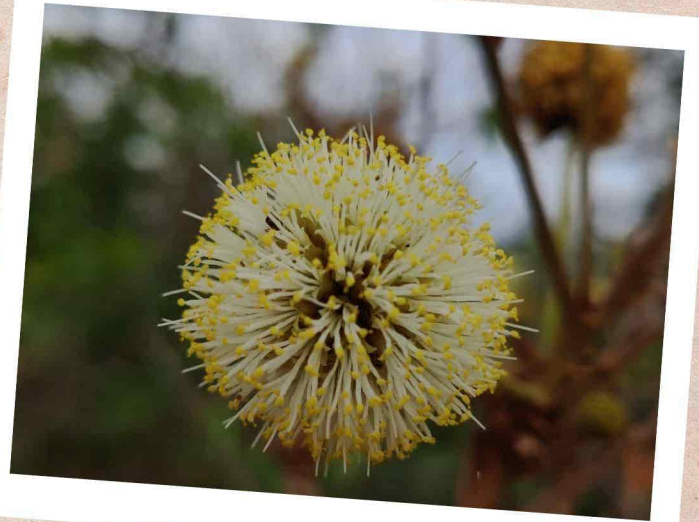
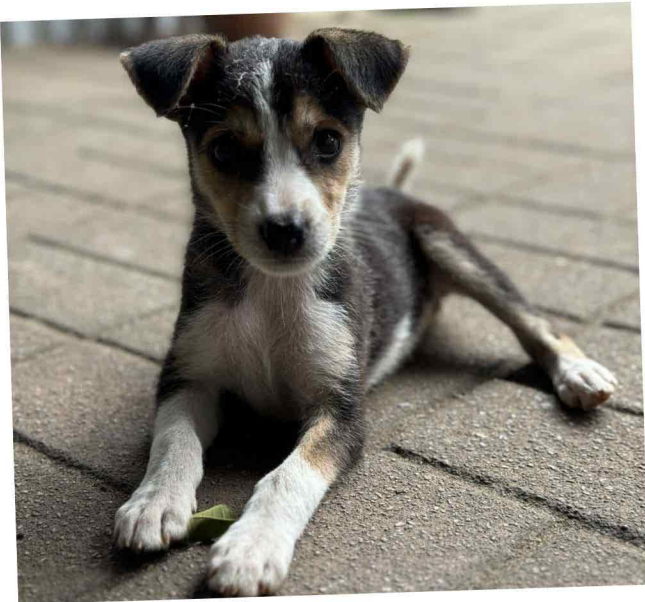
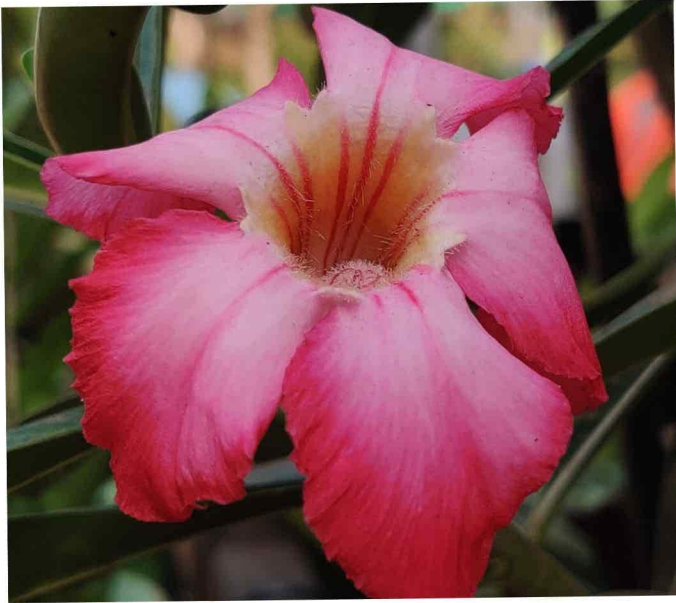
THROUGH THE LENS





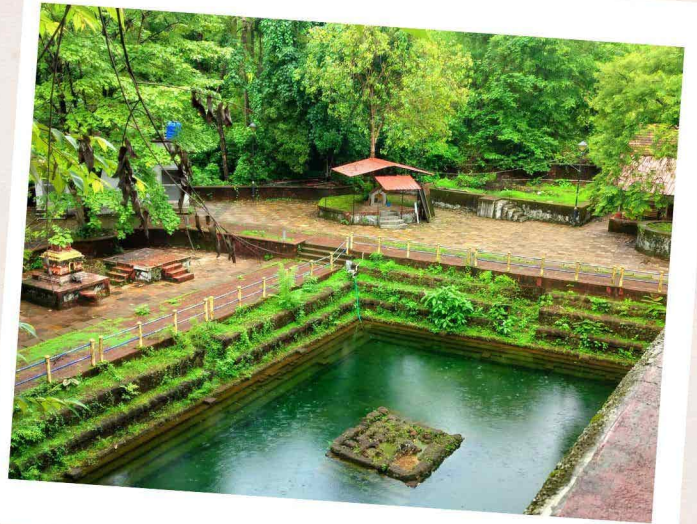
SUMIT GAONKAR
SECOND YEAR B.PHARM



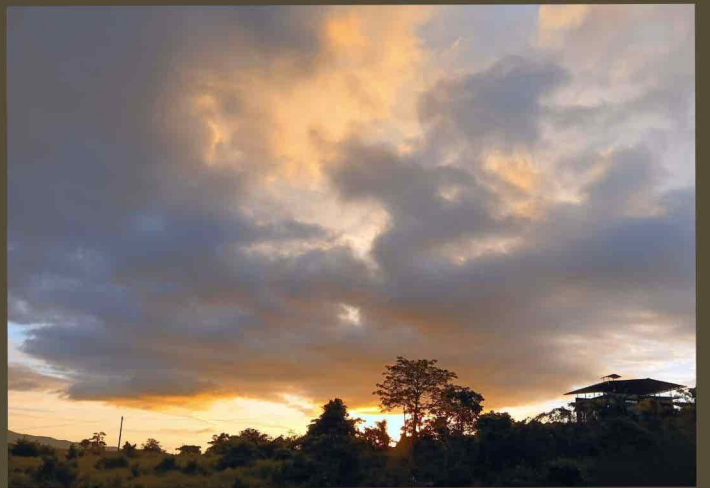




TANAY GAUDE
THIRD YEAR B.PHARM

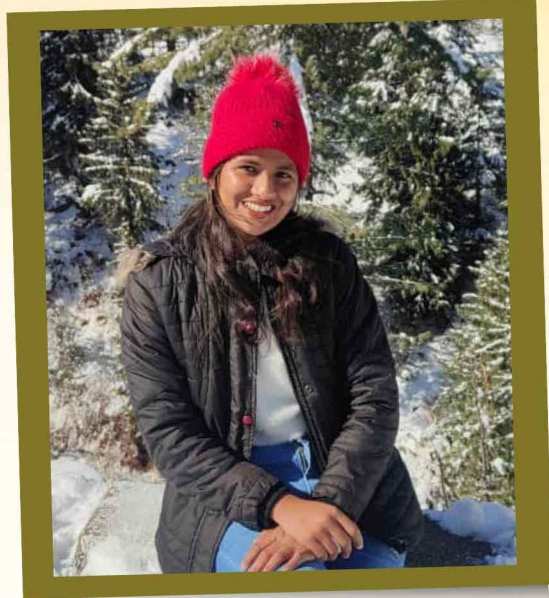
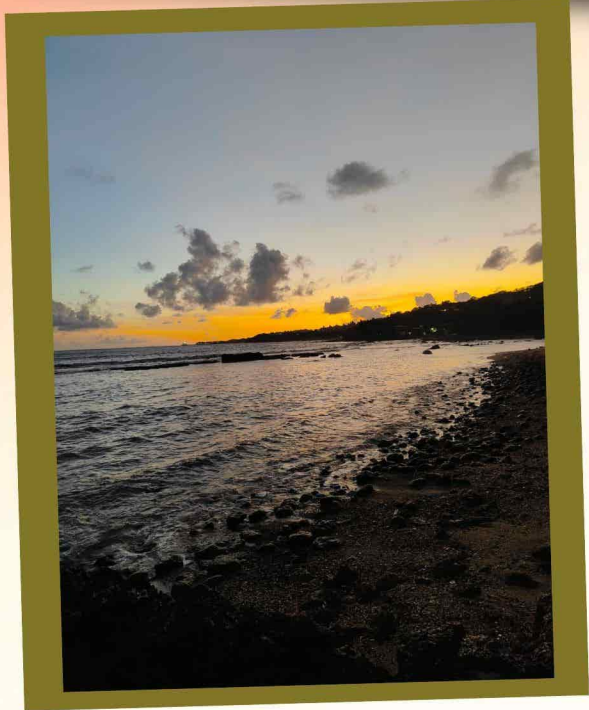
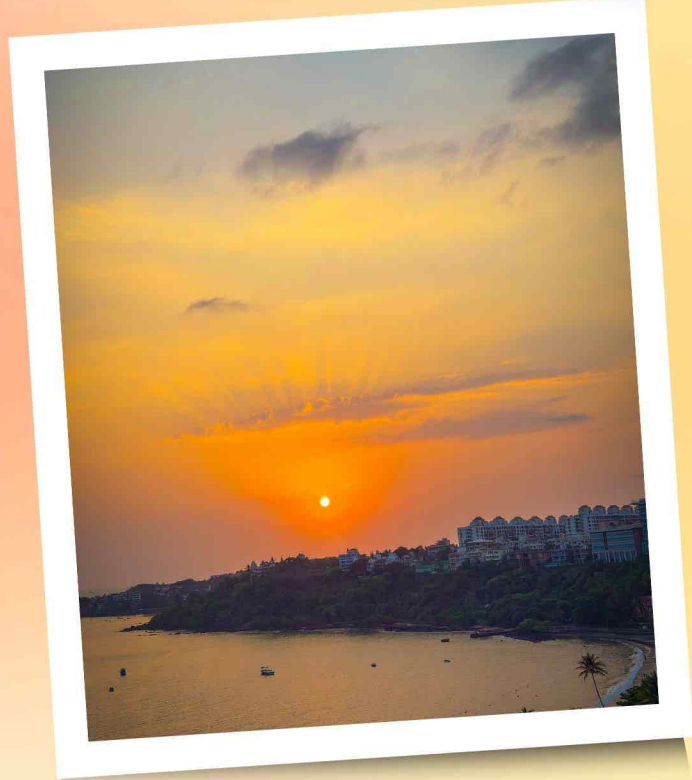
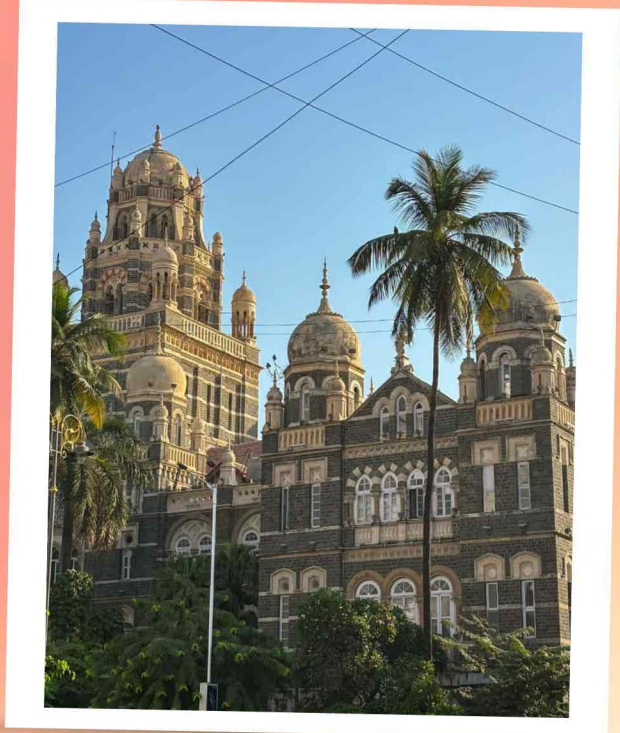


SAIECHA NAIK
THIRD YEAR B.PHARM





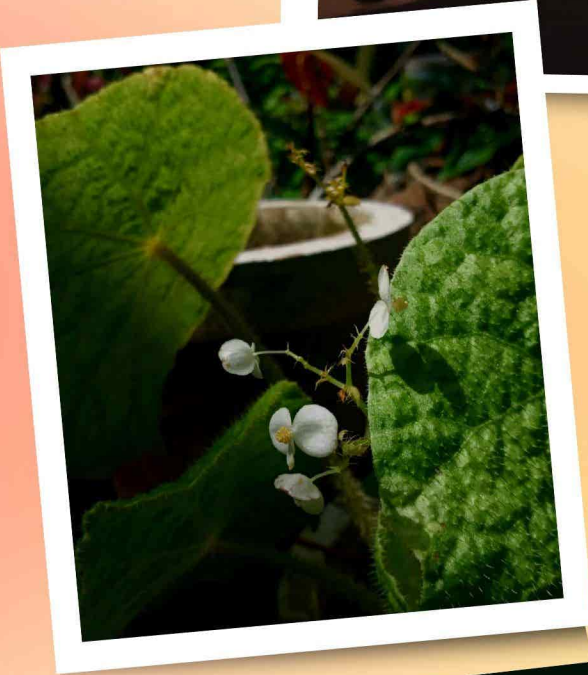
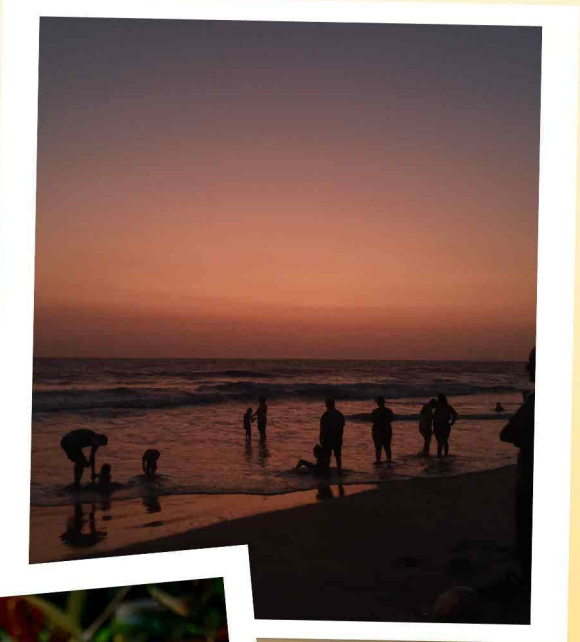
AMAN ALAM
THIRD YEAR B.PHARM



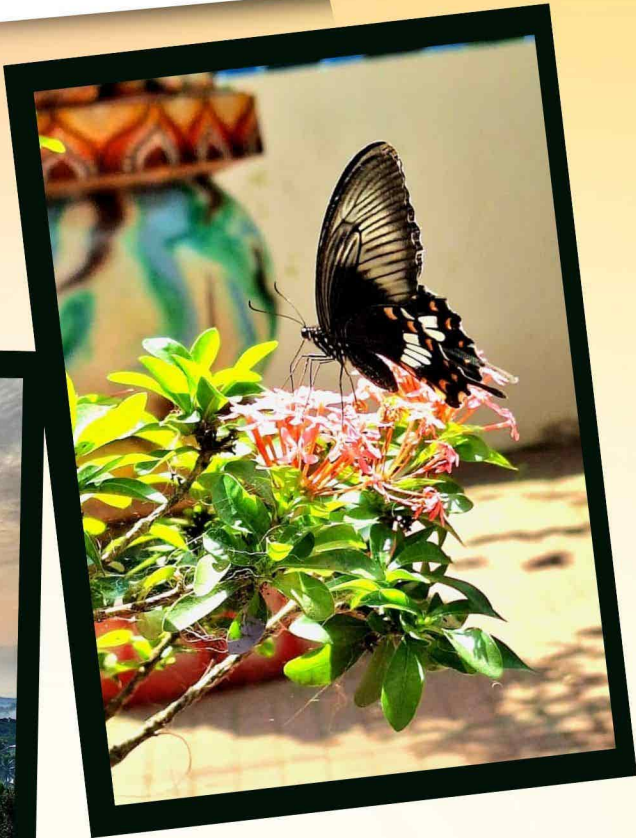
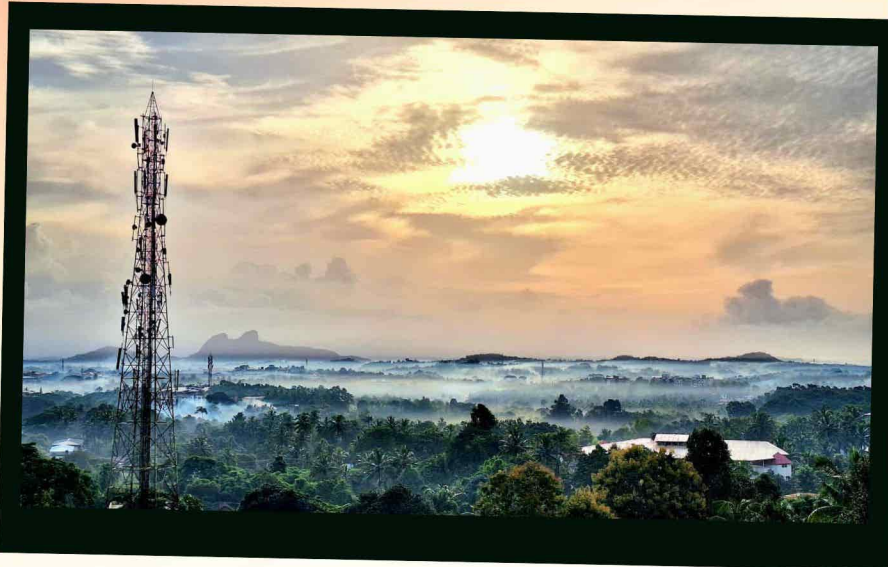
SAKSHI ADKONKAR
THIRD YEAR B.PHARM



SHUBHATI VAST
THIRD YEAR B.PHARM



SANIKA SHIRODKAR
THIRD YEAR B.PHARM



GOA COLLEGE OF PHARMACY

