

ST JOHN INSTITUTE OF PHARMACY AND RESEARCH PALGHAR



2017
COALESCE
Dream • Innovate • Create

BOARD OF TRUSTEES



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- Chairman - Printania Offset Pvt. Ltd.
- Chairman - Model Co-op. Bank Ltd.
- Vice-Chairman - Christian Chamber of Commerce and Industry, Mumbai
- Member of Catholic Council of India



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- St. Francis Institute of Technology, Borivli • Don Bosco Institute of Technology, Kurla
- Xavier Institute of Engineering, Mahim

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- St. Francis Institute of Management & Research, Borivli
- Xavier Institute of Management & Research, Fort

Humanities & Sciences Colleges (Mumbai)

- Don Bosco Degree College, Kurla

Other Catholic Engineering Colleges

- St. Joseph Engineering College, Mangalore • St. Aloysius Institute of Technology, Jabalpur

Advisory Board Member - Technical & Professional Higher Education

- Archdiocesan Board of Education, Mumbai • Diocese of Mangalore • Diocese of Jabalpur

Advisory Board Member - Hospitals & Nursing colleges (Mumbai)

- Karuna Hospital, Borivli • Holy Family Hospital, Bandra
- Holy Spirit Hospital, Andheri • Holy Family College of Nursing, Bandra
- Holy Spirit College of Nursing, Andheri
- Past President of Lions Club of Bhimanagar, Mumbai

Awards & Recognitions

- Rachana Foundation 'Entrepreneur of the Year' Award in 2003
- Papal Award for Printing Entrepreneurship in 2004
- Catholic Entrepreneur of Karnataka State Award in 2007
- Dimensions 'Entrepreneur of the Year' Award in 2012



Mrs. Elaine D'Souza Buthello

Treasurer

- MBA from Xavier's Institute of Management and Research, Mumbai University
- Graduated with distinction in Bachelor of Mass Media, Mumbai University
- Post Graduate in Communication and Journalism, Mumbai University



Mr. Aldridge D'Souza

Member

- B. E. Mechanical Engineering, Don Bosco Institute of Technology
- Pursuing M.S. in Sustainable Engineering from Rochester Institute of Technology

GOVERNING BOARD

MR. ALBERT W. D'SOUZA

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Chairman & Managing Director, Printania Group of Industries
Chairman, Model Co-op Bank Ltd., Mumbai
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Secretary, Aldel Education Trust
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Tarapur, Boisar

DR. (MRS) PRISCILLA M. D'MELLO

Ex-Principal & Prof. (Pharmacognosy)
Prin. K.M.K. College of Pharmacy, Mumbai

PROF. A. P. D'SOUZA

Ex-Dean of Commerce, University of Mumbai
Director, Model Co-op. Bank Ltd., Mumbai

DR. V. S. VELINGKAR

Prof. & HOD of Pharmaceutical Chemistry,
Prin. K.M.K. College of Pharmacy, Mumbai

MRS. JESSIE VAZ

Ex-Principal
Jamnabai Narsee School, Mumbai

MR. ERROL J. D'SOUZA

Executive Director,
Franco-Indian Pharmaceuticals Pvt. Ltd., Mumbai

DR. (MRS) SAVITA J. TAURO

Principal, St. John Institute of Pharmacy and Research
Member-Secretary



Chairman's Message

Mr. Albert W. D'Souza
Chairman

Greetings from St. John Technical and Educational Campus!

"So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable."

----- Christopher Reeve

After being in industry for 25 years my dream of contributing to the field of education was realized in the year 2008. With the vision of "Excellence in Serving to Educate and Educating to Serve" the St. John Technical and Educational Campus was started in 2008 to impart quality education right from KG to PG to the semi-urban and rural milieu of Palghar district.

Education has continuously evolved. In the 21st century the purpose of education has changed from that of producing a literate society to that of producing a learning society. The focus of education is on the holistic development of the students covering the dimensions of social, cultural, moral, emotional and physical. Critical and innovative thinking, collaboration, decision making, technical skills, soft skills, communication skills is vital to progress in this competitive world.

St. John strives to equip our students for a successful future, by providing them with the necessary skills, knowledge, and values. The state of art infrastructure that includes spacious buildings and airy classrooms, green campus, well stocked library with latest books and national / international journals, IT labs with high speed Internet and latest technology, well equipped workshops, qualified faculty, hygienic canteen has made this campus an abode for quality education in Palghar district.

To make our students industry ready, we have started various initiatives like Skills Training for Employability Program (STEP) which is student driven, Corporate Relations Employability Placement and Training (CREPT), which acts as an interface between industry and institute, Centre for Soft Skills Personality Development (CSSPD), Build Your Brand (BYB), etc. These initiatives have helped our students in getting key placements in prestigious organizations. These students are now our proud Brand Ambassadors.

We appreciate the trust and confidence placed on us by the parents, teachers and students which has motivated St. John in its journey so far. In the coming years we are sure that St. John Technical and Educational Campus will cross more milestones and continue to be the forerunner in the field of holistic education in Palghar district.

In the words of Walt Disney

"All our dreams can come true..... if we have the courage to pursue them."

Campus Director's Message



Mr. Thomas D. Lobo
Campus Director
St. John Technical & Educational Campus

There has been a dramatic growth in higher education in India in recent times. There are over 757 universities, 38,056 colleges and 11,922 stand-alone institutions, according to the all India survey on higher education 2015.

In the 21st century, the challenges for teachers are immense. They need to train the students for critical thinking, communication, collaboration and tech-literacy. Besides students need to be prepared for unknown jobs and skill sets, as job profiles have undergone a sea change today. Managing time to find educational resources and enabling functional communication channels and knowing the students – there's a whole new body of learning that teachers have to acquire today. Also it is up to teachers to make students good human beings equipped for a great career. It is immensely gratifying to see our campus faculty measuring up to these standards.

Today's corporate world is demanding and needs globally competitive talent. In 2020, India will be the only nation in the world which will have a surplus of 47 million young demographics. It is therefore important to ensure that our education system is able to produce employable graduates. The current rate of student employability is much lower than the industry demand. To develop students with work – ready skills are important. We have often heard the corporates say education should help students think beyond the classrooms. Education should not just be 'curriculum driven' but challenging and project driven. Theories should be related to the practical and real world of work. Our various campus initiatives with the underlying theme of "Learning beyond Academics" are well designed to bridge this gap between Academia and Industry and ensure that our students are "industry ready."

My message to all students is "If you want to create the life of your dreams, then you are going to have to take 100% responsibility for your life as well. Taking 100% responsibility means you acknowledge that you create everything that happens to you. You have to take the position that you have always had the power to make it different, to get it right, and to produce the desired result."

"Believe in yourself In the power you have To Control your own life, day by day,
Believe in the strength That you have deep inside, And your faith will help Show you the way.
Believe in tomorrow And what it will bring – Let a hopeful heart carry you through,
For the things will work out If you trust and believe There is no limit To what you can do."

----- Emily Matthews



Advisor's Message

Dr. S. Krishnamoorthy

Advisor - St. John Technical & Educational Campus

All of us do not have equal talent. But, all of us have an equal opportunity to develop our talents." - A.P.J Abdul Kalam.

It is gratifying see the rapid of progress various institutions in St. John Campus and the students, teachers and support staff have made in a wide range of activities. Congratulations to all the students, faculty of the various departments, heads of departments and institutions for the successes achieved.

While one is basking in the glory of achievements, the reality of the current job market should not be lost sight of. Becoming employable is under the control of each and every student whereas job market is not. The campus management and teachers are deploying all the resources under their command to create active learning engagements for the students in class rooms and laboratories. Many teachers are putting in extra efforts to identify employability enhancing skills, design professional skill development tracks under STEP. These provide the much needed opportunities for St. John students to develop individual talents and abilities to highest level possible.

Becoming employable requires the right balance of head, hand and heart. Head symbolises the thinking skills, hand the skills of technologies and tools and heart the soft skills. The only way to acquire proficiency in three ability areas is to engage oneself in all activities that the faculty have designed. Every minute in the college provides opportunities for engagement and students who thus engage themselves have the propensity to become more employable than those who don't. Focus, perseverance and hard work for long hours is the only way.

We the trustees, senior management, faculty and support staff are there to mentor, guide and offer helping hand to each and every student, whatever may be status at the start of academic life to develop self and become a BRAND. Management also has a mission of providing a supportive environment for all employees to maximise one's potential and build a BRAND for self.

So, young people from the student community and staff, both teaching and non-teaching, let us collectively endeavour to Build our Brand on the platform of St. John Technical Campus.

Principal's Message



Dr. Savita J. Tauro

Principal

Warm Greetings from St. John Institute of Pharmacy and Research!

Congratulations to the editorial team for another interesting issue of 'Coalesce'. With growing numbers of students there has been a surge in the enthusiasm to put together ideas, thoughts and opinions, covering a spectrum of articles on technology and literature. And as rightly said that "The Will is more important than the Skill", the effort and determination of the students and faculty is commendable and exhibits their skill and creativity.

Change is a keyword in every area of life and every individual looks forward to a change, but most often expects others to do that 'something' that will bring about the change. At a time when we are experiencing such changes in our everyday lives, we do realize that such changes brought about by the thoughts and actions of others may not always be in tune with our personality or even satisfy our needs.

"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes." - Marcel Proust

Very aptly said and applies to all of us, especially young students graduating and entering into the portals of the business world. The progress in every field or industry is not because of radical discoveries or changes being made each day, but more so due to the changing perceptions of the existing systems. Fundamental theories learnt in the classroom provide basic knowledge, but application of mind in implementing these in an advanced setup is the key to success. Such a success path necessitates one to be alert, perceive and identify key areas for executing one's plan and fulfilling the immediate needs. The present concept of Renew or Recycle is the crucial step to the change that is being expected. Resources to build or discover may be depleting, but the intellectual resource to rebuild or rediscover is the need of the day!

Wishing each one of you renewed energy for a successful 2017!

SJIPR ARCHIVES - 2017

St. John Institute of Pharmacy and Research conducts the four-year full-time Bachelor of Pharmacy course with 100 intake and two-year full-time Diploma in Pharmacy course with 60 intake. The institute is affiliated to University of Mumbai and MSBTE with its programs approved by AICTE and PCI. The institute has uploaded its Self-Assessment Report (SAR) to National Board of Accreditation (NBA) and the visit is expected in the months of February - March 2017. Admissions to both the courses, B. Pharm. and D. Pharm., were complete for the academic year 2016-17. The Diploma in Pharmacy program has received the final u/s 12 approval from Pharmacy Council of India and our students are now registered as Pharmacist with Maharashtra State Pharmacy Council. The Institute has also become a member of Indian Society for Technical Education (ISTE) and initiated a Faculty Chapter of ISTE with 31 faculty members. The Institute has state-of-the-art facilities with 13 well equipped Laboratories, Sophisticated Instrumentation Lab, Machine room and Computer Centre. The Library has over 5000 volumes, 500+ titles, national and international journals as well as a digital centre.

Induction Programme

The academic year commenced on Monday, 22nd August 2016 with Induction Programme for all newly admitted students on campus. Most Rev. Bishop Eugene Joseph - Bishop of Varanasi Diocese presided over the function and Dr. Aloysius Sequeira, Professor and Head - School of Management, National Institute of Technology, Surathkal, Mangalore, was the Chief Guest. Mr. Vivek Mendonsa, Marketing Director, Lawrence and Mayo, and Mr. Adrian Rosario, HR Consultant and Trainer, were the Induction Officers.

Parents Meet of students admitted to First Year B. Pharm. and First Year D. Pharm. was conducted on 17th September, 2016. Parents were invited for a discussion with the management and faculty regarding the curriculum and the other facilities like Mentoring and Counseling available on campus. They were briefed on various aspects of the course including the pattern of examinations conducted by the University/MSBTE as well as Training & Placement activities.

Guest Lectures were organized to provide students inputs beyond syllabus on following topics:

1. Sterile Preparations including Ophthalmics, by Mr. B. M. Shah, Technical Advisor CIPLA Ltd., on 1st October 2016.
2. Let's take some Radiation for your Pharmacy career and Radiopharmaceuticals, by Mr. Shebaz Shaikh, Regulatory Affairs: Chem Pro Pharma, on 20th August 2016.
3. Extraction, Isolation & Standardization of Herbal Medicine, by Dr. Vinayak Naik, Senior Scientist Piramal Health Care, on 19th March 2016.
4. Pharmacovigilance by Dr. Vedula Pendharkar, Manager, CLINO VISION Pvt Ltd, on 27th February 2016.
5. Regulatory Affairs, by Mr. Devendra Bansode Asst Manager, Regulatory Affairs, Abbott Healthcare, Mumbai on 13th February 16.
6. Entrepreneurship, by Mr. Prasad Danave President, The Retail & Dispensing Chemist Association, Mumbai on 23rd February 16.
7. Radiopharmaceuticals, by Mr. Vijay Kadwad Manager, Immunoassay Development, BRIT/BARC, Mumbai on 26th February 16.



IPM (Institute of Pharmaceutical Management):

St. John Institute of Pharmacy and Research collaborated with Institute of Pharmaceutical Management (IPM) to conduct a Seven-Day Certification Course in "Drug Regulatory Affairs" for the students of Third Year B. Pharm. and Final Year B. Pharm. Mrs. Anagha Maharao, Managing Director, Institute of Pharmaceutical Management, and a team from reputed Pharmaceutical Industries conducted training sessions for our students. The course content was very informative and educated the participants on the essential parameters of the Drug or Formulation Approval Process, ICH guidelines, Drug Master File and Dossier preparation as well as the regulatory guidelines for the approval of drug products by various regulatory authorities.

Science Fest :

The theme for Science Fest 2016 was "Science, Society & Environment". The topic for inter-school level competition was "Health, Nutrition and Cleanliness". The inter-college junior and senior level competitions had the topics "Nurture Nature" and "Erase Your E-Waste" respectively. A total number of 19 schools and 3 junior college participated in the competition. The Chief Guest was Ms. Sharada Raut (IPS), Superintendent of Police, Palghar District, who inaugurated the event and addressed the participants. The Chairman of Aldel Education Trust, Mr. Albert W. D'Souza, welcomed the Chief Guest, and all the participating institutes for the event. Students of pharmacy depicted the process of Drug Development from the stage of active pharmaceutical ingredient to the final marketed product.

The Fourth Graduation Day :

St. John Technical Campus held its 4th Graduation ceremony on 19th January 2016. Bishop Emeritus Ignatius Menezes, Diocese of Ajmer, presided over the function. Mr. Albert W. D'Souza, Chairman of Aldel Education Trust, Mrs. Elvina D'Souza, Secretary of Aldel Education Trust, Dr. S. Krishnamoorthy, Campus Advisor, Mr. Thomas Lobo, Campus Director, Fr. John Rumao, Campus Minister, Dr. Satish Takalikar, Principal of St. John College of Engineering and Management, Dr. Savita Tauro, (Principal of St. John Institute of Pharmacy and Research and Dr. Anil Kumar Chaudhary, Principal of St. John College of Humanities and Sciences were the dignitaries on the dais. The guests felicitated Mr. Krishnakumar Yadav for securing the 2nd rank at the University of Mumbai examinations 2015 and 40 students received their degrees.

Annual Day :

St. John Technical Campus celebrated its Annual Day on 16th January 2016 with great gusto. Eminent personalities with diversified background graced us on this occasion. We had Hon'ble Shri Gopal Shetty, Member of Parliament, North Mumbai as the Chief Guest and Dr. Abhay Wagh, Director of MSBTE as the Guest of Honour. The unique feature of this year's Annual Day was the theme based presentation by all the Institutes. The theme "Navraas" portrayed by St. John Institute of Pharmacy and Research displayed the different nine emotions that we come across in various situations of life. The creativity, hard work, talent & team efforts from all the four institutes truly made this function a wonderful way to begin the New Year. The fifth edition of the college magazine, 'Coalesce' was released on this day as part of the Campus Magazine.

World Pharmacist Day :

World Pharmacy Day was celebrated on Tuesday, 27th September 2016, together with Chemist Association of Palghar District on the theme "Pharmacist: Caring for You" to highlight the Role of the Pharmacists in the Healthcare System. It was attended by the Mr. Girish Kokare, Assistant Commissioner, FDA; Mr. R. V. Pongale, Drug Inspector and Mr. Anis Shaikh, President, Chemist Association of Palghar District. The program was attended by about 30 Pharmacists from Palghar. Each Pharmacist was handed over a kit from Pharmacy Council of India. The formal program was followed by Poster Competition.



National Pharmacy Week :

On behalf of the Indian Pharmaceutical Association, the college celebrated National Pharmacy Week (NPW) in the third week of November. The theme for this year was "Pharmacists for a Healthy India; Role in Prevention and Management of Diabetes". St. John Institute of Pharmacy & Research, in association with Chemist & Druggist Association Palghar, conducted Diabetes Awareness Rally in Palghar town from Lakshmi Narayan Mandir to Palghar station on 24th November, 2016. The Drug Information Centre (DIC) team of the institute circulated relevant information to all staff on campus updating them on various aspects of Diabetes, its management and control.

NSS :

The Institute has an active NSS Unit sanctioned by the University of Mumbai. Several activities like World Environment Day, Tree Plantation at Shirgaon Village, International Yoga Day, AIDS Awareness Programme, Blood Donation Campaign, Voter ID Registration Camp and PAN Card Registration Camp have been conducted in the neighbouring areas the Palghar district. The students have also participated in a residential camp from 2nd to 8th January 2016 at Maalti Baug, Save Farm, Kosbad, Dahanu.

Industrial/Hospital Visits and Workshop :

Visits to industries and hospitals were conducted for students to give them an exposure to applications of various subjects that are included in the curriculum.

1. Visit to Karuna Hospital, Borivli West, Wednesday, 28th September 2016: Students of Final Year B. Pharm. had a tour of the various departments of a Multispeciality Hospital.
2. Industrial Visit to Sun Pharmaceuticals and Nipra Packaging Ltd., Silvassa was conducted for students of Final Year B. Pharm. 16th and 17th December 2016.
3. Third Year B. Pharm. students visited Associated Capsules, Dahanu on 12th March 2016.
4. First and Second Year D. Pharm. students visited Dr. M. L. Dhawale Memorial Hospital, Palghar, on 23rd December 2015.
5. First and Second Year D. Pharm. students visited Influx Pharmaceuticals 26th February 2016.
6. Final Year B. Pharm. students attended HPLC workshop on 19th March 2016 conducted by Mr. Prashant Chaturvedi faculty SJIPR.

ISTE :

A ISTE approved Self Financing one week Short Term Training Program (STTP) was Conducted by St. John Institute of Pharmacy and Research, Palghar, from 03rd May to 07th May 2016 on "Technical Upgradation and Innovations in Pharmacy-A Current Challenge" in collaboration with Tarapur Management Association (TMA) as Knowledge Partner. The numbers of participants were 34 including internal and external faculty members.



Faculty Development Programs are conducted regularly to train faculty in various aspects ranging from Technical Skills to Communication and Teaching-Learning Skills. During the last year, several sessions were conducted for all faculty on campus by internal senior faculty and also speakers invited from several fields and institutes.

1. Mr. Leslie Rebello conducted workshop on "Leading Change towards..... Excellence" 29th June 2016.
2. Fr. Francis D'mello, conducted seminar on Building a Joyful Workplace - The Root of Excellence 28th June 2016.
3. Dr. Krishnamoorthy conducted a session on "How to design Activity based T - L process -A paradigm shift from "TELL ME MODE" to "INVOLVE ME MODE". on Saturday, 2nd July 2016.

Publications:

1. Deepak K. Bharti*, Swati S. Rawat, Pankaj K. Sharma and Birendra Srivastava; Evaluation of In vivo Efficacy of Aqueous Extract of Aerial Parts of Cynodon dactylon in Rats with Simultaneous Type 2 Diabetes and Hypertension. *Current Bioactive Compounds*, 2016, 12(1).
2. Jegan Sakthivel* and Saloni J. Jain; Therapeutic Implications of Melatonin Receptors in Brain. *Indo American Journal of Pharmaceutical Research*, March 2016, 3(6): 4771-4778.
3. Meeta N. Jain; Nanobiosensors: A review on its Design and Clinical Applications. *Research Journal of Pharmaceutical Dosage Form and Technology*, March 2016, 8(1): 37-45.
4. Deepak K. Bharti*, Swati S. Rawat, Pankaj K. Sharma and Birendra Srivastava; Comparative evaluation of antidiabetic antihypertensive activity of Cynodon dactylon L. and Phyllanthus niruri L in rats with simultaneous type 2 diabetic and hypertension. *Der Pharmacia Lettre*, 2016, 8(1): 255-263.
5. Tribhuvan Singh* Ravi Kumar V, Amol D. Gholap, Gajanan Sanap, Anjaiah B and Kaduri Roja; in vitro antipyrial activity of psidium guajava leaf extract. *European Journal of Pharmaceutical & Medical Research*, 2016, 3(1): 312 -315.
6. Sahaya Asirvatham*, Bharat V. Dhokchawle and Savita J. Tauro; Quantitative Structure Activity Relationship Studies of Non-Steroidal Anti-inflammatory drugs, A review; *Arabian Journal of Chemistry*, In Press.
7. Vijay Khedkar., *et.al.* New bithiazolyl hydrazones: Novel synthesis, characterization and antitubercular evaluation; *Bioorganic & Medicinal Chemistry Letters*; Available online 22 November 2016 In Press.
8. Vijay Khedkar., *et.al.* Synthesis and biological evaluation of new fluconazole β -lactam conjugates linked via 1,2,3-triazole: *RSC New J. Chem.*, 2016, Accepted Manuscript:



Mughda N. Raut

Highest CGPA at University of Mumbai,
Final Year B. Pharm.
Examinations, May 2016

Congratulations



Dr. Bharat V. Dhokchawle

Awarded Ph. D. in December 2016 on Thesis entitled
"Synthesis, Physicochemical Characterization & Evaluation of Novel Prodrugs"
under the guidance of Prof. (Dr.) Anil B. Bhandari
From Jawaharlal Nehru Technological University, Hyderabad

TEACHING FACULTY

BACHELOR OF PHARMACY

DEPARTMENT OF PHARMACEUTICAL CHEMISTRY

| | | | |
|----|----------------------------|-----------------------|----------------------------|
| 01 | Dr. (Mrs) Savita J. Tauro | Principal & Professor | M. Pharm. Sc., Ph.D.(Tech) |
| 02 | Dr. Bharat V. Dhokchawle | HOD & Asst. Professor | M. Pharm. Ph.D. |
| 03 | Dr. Vijay M. Khedkar | Asst. Professor | Pharm. Ph.D.(Tech) |
| 04 | Mr. Prashant K. Chaturvedi | Asst. Professor | M. Pharm. |
| 05 | Mr. Avinash B. Barchha | Asst. Professor | M. Pharm. |
| 06 | Mrs. Deepali M. Nahar | Asst. Professor | M. Pharm. |
| 07 | Ms. Sahaya Asirvatham | Asst. Professor | M. Pharm. |
| 08 | Mr. Ramesh D. Bhusal | Asst. Professor | M. Pharm. |
| 09 | Ms. Saloni J. Jain | Asst. Professor | M. Pharm. |

DEPARTMENT OF PHARMACEUTICS

| | | | |
|----|--------------------------|-----------------|-----------------|
| 10 | Dr. Govind S. Asane | HOD & Professor | M. Pharm. Ph.D. |
| 11 | Dr. Norma L. Rebello | Asso. Professor | M. Pharm. Ph.D. |
| 12 | Mr. Milind D. Kamble | Asst. Professor | M. Pharm. |
| 13 | Mrs. Vrushali N. Gokhale | Asst. Professor | M. Pharm. |
| 14 | Mrs. Meeta N. Jain | Asst. Professor | M. Pharm. |
| 15 | Mr. Amol D. Gholap | Asst. Professor | M. Pharm. |
| 16 | Mr. Prashant Dalvi | Asst. Professor | M. Pharm. |
| 17 | Ms. Akkshata B. Parab | Asst. Professor | M. Pharm. |
| 18 | Ms. Della Verghese | Asst. Professor | M. Pharm. |

DEPARTMENT OF PHARMACOLOGY

| | | | |
|----|----------------------------|-----------------|-----------|
| 19 | Mr. Angel P. Godad | Asst. Professor | M. Pharm. |
| 20 | Mr. Deepak K. Bharati | Asst. Professor | M. Pharm. |
| 21 | Mr. Dnyaneshwar T. Rajgure | Asst. Professor | M. Pharm. |
| 22 | Mr. Jegan Sakthivel | Asst. Professor | M. Pharm. |

DEPARTMENT OF PHARMACOGNOSY

| | | | |
|----|------------------------|-----------------|-----------------|
| 23 | Dr. Galvina R. Pereira | Asst. Professor | M. Pharm, Ph.D. |
| 24 | Mr. Pradeep P. Bawane | Asst. Professor | M. Pharm. |
| 25 | Mr. Abhijeet V. Puri | Asst. Professor | M. Pharm. |

DIPLOMA IN PHARMACY

| | | | |
|----|----------------------------|----------|-----------|
| 26 | Mrs. Dipti H. Chirmade | Lecturer | M. Pharm. |
| 27 | Mrs. Anuradha A. Chaudhari | Lecturer | M. Pharm. |
| 28 | Mr. Vikarm S. Bafna | Lecturer | M. Pharm. |
| 29 | Ms. Pooja Patil | Lecturer | M. Pharm. |
| 30 | Mrs. Sandhya Gawai | Lecturer | M. Pharm. |
| 31 | Ms. Varsha More | Lecturer | M. Pharm. |

NON-TEACHING FACULTY

ADMINISTRATION

| | | | |
|-----|---------------------------|----------------------|-------------|
| 01. | Mr. Shekar D. Poojari | Accounts Manager | B.Com., LLB |
| 02. | Mr. Satishkumar P. Tiwari | Registrar | B.Sc., LLB |
| 03. | Ms. Mary J. Patole | Office Executive | M.Com. |
| 04. | Mrs. Sarita Shetty | Office Executive | M.Com |
| 05. | Mrs. Rupali S. Rumaoo | Office Executive | B.Arts |
| 06. | Mr. Ajinkya lopes | Office Executive | B. Com |
| 07. | Mrs. Vibha V. Patil | Jr. Office Executive | B.Com |
| 08. | Ms. Shubhangi Karbat | Receptionist | H.S.C. |
| 09. | Mr. Abhishek G. Mestry | Office Attendant | H.S.C. |
| 10. | Mr. Girish K. Dhuri | Office Attendant | H.S.C. |

LIBRARY STAFF

| | | | |
|-----|-------------------------|-------------------|----------------------|
| 11. | Mr. Prakash S. Kashide. | Librarian | M. Arts, M.Lib. I. S |
| 12. | Mrs. Rosy Ekka | Library Attendant | B.Arts |

STORES & LABORATORY

| | | | |
|-----|---------------------------|----------------------|------------------------|
| 13. | Mr. Rais Ahmed M. Ansari | Store Keeper | B.Sc., D. Pharm. |
| 14. | Mr. Javed N. Shaikh | Laboratory Assistant | B.Arts, D. Pharm. |
| 15. | Mrs. Bhakti A. Patil | Laboratory Assistant | B.Sc. |
| 16. | Mr. Yogesh M. Patil | Laboratory Assistant | D. Pharm. |
| 17. | Mrs. Shalaka S. Chaudhari | Laboratory Assistant | B.Sc. |
| 18. | Mr. Nitish U. Gharat | Laboratory Assistant | B.Sc. |
| 19. | Mr. Harshad D. Satpute | Laboratory Assistant | Diploma in Comp. Engg. |
| 20. | Mr. Pankaj R. Churi | Laboratory Assistant | B.Sc. |
| 21. | Ms. Krunali Patil | Laboratory Assistant | B.Sc. |
| 22. | Mr. Devji P. Chavan | Laboratory Attendant | S.S.C. |
| 23. | Mr. Kishore S. Angre | Laboratory Attendant | S.S.C. |
| 24. | Mr. Sudesh T. Gavankar | Laboratory Attendant | S.S.C. |
| 25. | Mr. Sunil N. Kom | Laboratory Attendant | S.S.C. |
| 26. | Mr. Pascol J. D'souza | Laboratory Attendant | S.S.C. |
| 27. | Mr. Sagar Karbat | Laboratory Attendant | S.S.C. |
| 28. | Mr. Krishna L. Tamore | Laboratory Attendant | S.S.C. |
| 29. | Mr. Ankit P. Patil | Laboratory Attendant | H.S.C. |

ACADEMIC AWARDS & HONORS

STUDENT COUNCIL 2016-17

BACHELOR OF PHARMACY

GENERAL SECRETARY CULTURAL SECRETARY SPORTS SECRETARY TECHNICAL SECRETARY

FINAL YEAR B. PHARM

THIRD YEAR B. PHARM



Ms. Mugdha Raut
9.25 CGPA



Ms. Princy D'monte
8.58 CGPA



Ms. Sadhana Santra
8.69 CGPA



Ms. Sonam Doshi
8.18 CGPA



Ms. Dhada Zeba H
Final Year B. Pharm.



Ms. Anisha Padiyar P
Third Year B. Pharm.



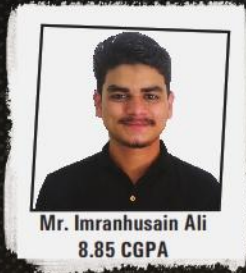
Mr. Shakti Vaishnav K
Third Year B. Pharm.



Ms. Pradnya Shetty
Third Year B. Pharm.

SECOND YEAR B. PHARM

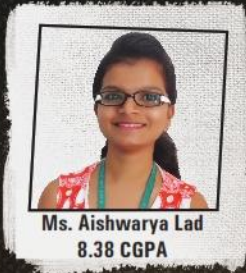
FIRST YEAR B. PHARM



Mr. Imranhusain Ali
8.85 CGPA



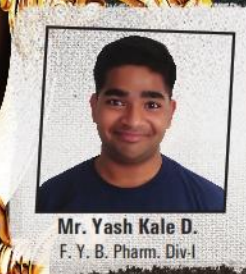
Ms. Anjali Gupta
8.73 CGPA



Ms. Aishwarya Lad
8.38 CGPA



Ms. Saiirya Rodrigues
8.33 CGPA



Mr. Yash Kale D.
F. Y. B. Pharm. Div-I



Mr. Rashid Khan B.
F. Y. B. Pharm. Div-II



Ms. Deepti Mojad B.
S. Y. B. Pharm. Div-I

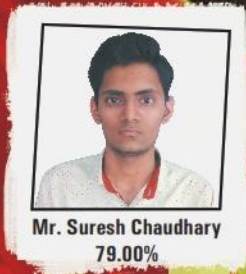
DIPLOMA IN PHARMACY

SECOND YEAR D. PHARM

FIRST YEAR D. PHARM



Ms. Drashti Vira
86.66%



Mr. Suresh Chaudhary
79.00%



Ms. Pooja Ramlal
80.91%



Ms. Manisha Vasant
80.55%



Ms. Rachana Mestry R.
S. Y. B. Pharm. Div-II



Mr. Dinesh Mehta C.
T. Y. B. Pharm. Div-I



Mr. Kush Paliwal N.
T. Y. B. Pharm. Div-II



Ms. Sumi Babu
Final Y. B. Pharm.



Mr. Kamlesh Upadhayay H.
F. Y. D. Pharm.



Mr. Vaibhav Bamboli D.
S. Y. D. Pharm.



ALUMNI SPEAK

**ALSTON MENDES**

**Regulatory Affairs (Formulation)
IPCA LABORATORIES LIMITED,
Mumbai.**

Feels like I have spent my lifetime at SJIPR in just those 4 years. I guess I was the only one from my batch who used to travel the farthest from home to college. But I must tell you it was all worth it, because SJIPR has given me memories that will never fade away. Coming with a lazy face to college, attending lectures and practicals, and rushing back to Palghar station to board the 6:10pm local train had become our daily routine. The time spent in the labs was the main highlight of our day. SJIPR has an amazing infrastructure and well equipped laboratories. The Principal, Teaching and Non-Teaching staff, have played an important role in our learning process. They have been the driving force that helped us achieve our goals and moulded us into the people we are today. They have taught us to make an identity for ourselves in our own independent way. I would take this opportunity to thank them to the fullest! I miss my batch mates. They were like family to me. SJIPR had been my second home, and I wish I could relive those days again with my SJIPR family.

**MAUREEN CRASTO**

**Junior Data Analyst,
Drug Safety Associate Cognizant
Technology Solutions, Airoli.**

It's a great feeling to be a part of the SJIPR alumni. SJIPR has served the purpose by instilling in every individual, a blend of superior knowledge and virtuous character that has prepared me to face further challenges on my own. Right from our dear principle, teachers to the non-teaching staff; all have been catalysts in my life that helped me metamorphose into an individual that one day I dreamt to be. SJIPR has etched an illustrative view of life in a way it compelled me deep within to be a part of it in every possible way. The amazing time spent with my classmates and friends, endless hours spent in lab, completing journals with dedication, behaving like kids and total madness during cultural events was in a long way of turning neglected moments into unforgettable memories & that's what completes my beautiful journey at SJIPR!!

**IGNATIUS LOBO**

**MBA Pharmaceutical Management
NMIMS, Mumbai**

It is virtually impossible to compete in today's global economy without a college degree. These words of Bobby Scott were in mind on my first day of college. However in the next four years, I learned the true power of co-operation over competition. Together as a class we excelled and achieved great heights both in academics and extra-curricular activities. In this process I realized my true potential and for this I whole heartedly thank my classmates. SJIPR has the great infrastructure with well-maintained labs, wide range of events, competitions and activities and good sports facilities which has helped me in my holistic development. However SJIPR's greatest assets are its highly dedicated teachers who are student oriented and easily approachable. The Pharma marketing event in the college was the event which placed in me this desire to pursue a career in marketing. The amalgamation of all these valued services provided by the institute has made me inculcate attributes which are now helping me chase my dreams.

**PURVA V SAMANT**

**M. Pharm. Pharmaceutics
NMIMS School of Pharmacy &
Technology Management. Shirpur.**

The period four years in college was an epoch in my life! We are out of the college today, studying in various institutes, but this is where we are understanding the importance of the rigorous schedule and the sternness of our professors. If it was not for them, we wouldn't have been where we are today! They taught us by going out of their way, our Principal ma'am extended full support whenever needed. Since I have got this opportunity, I want to thank each member of my SJIPR family for making my B.Pharm journey successful and memorable. You all hold a special place in my life! SJIPR has given me memories that will last a lifetime! I wish this institute grows by leaps and bounds.

**PRINCY D'MONTE**

**M.Pharm (Pharmaceutics)
VES College of Pharmacy, Mumbai**

In the wake of new journey, I entered St. John's. Initially it was a bit of torture but ended with more of bliss. Life in St. John's was never less than an adventure. Early morning lectures, practical fun, Saturday's working, cultural, Sport was all energetic. All of it with teacher's who have been supporting till date. Our teachers were able to diagnose the difficulties we had in understanding the material and address to all of those difficulties. The institute took great efforts to bring out the best in us and help us excel in all what we did. The non-teaching staffs who have been of great help always. This journey would have been incomplete without my batch of 2012-2016 with really amazing people whom I had around. This institute has helped me grow throughout the learning process. Two most important aspects I learned here was dedication and discipline. SJIPR has given me splendid memories that I would cherish for lifelong. I am thankful to each one of u who has helped me in this journey. Wishing all the very best to this St. John's family.!!!!

*From Editorial Desk***EDITORIAL TEAM****Mr. Abhijeet Puri**
Asst. Professor**Dr. (Mrs.) Galvina Pereira**
Asst. Professor**Mr. Jegan Sakthivel**
Asst. Professor**Ms. Saloni J. Jain**
Asst. Professor**Mr. Vikarm S. Bafna**
Lecturer**Mrs. Anuradha Chaudhari**
Lecturer**Ms. Vineta Amin**
T. Y. B. Pharm.**Ms. Pratibha Parui**
T. Y. B. Pharm.**Ms. Preshita Adbole**
T. Y. B. Pharm.**From Editorial Desk**

You have in your hand the fifth issue of "COALESCE" an amalgamation of Imagination, Creativity, Hard work and Memories brought together by many budding writers, poets, artists from our invincible SJIPR students, faculty and staff. It was indeed a splendid year with our student bringing laurels to the Institute in all possible spheres. We have packed the issue with knowledge, quizzes, poems, paintings etc. as a chronicle to this year's events and tried our best to make these memoir help you in recapitulating your eventful journey at SJIPR. With sense of pride and satisfaction I would like to say that with active support of management, staff and students "COALESCE" has come alive and we are very grateful to each one of them. I hope you enjoy every page of COALESCE. We welcome your feedback and will see you again in 2018 with a new issue.

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FIVE SURPRISING BENEFITS OF COCONUT OIL FOR YOUR HEALTH.

The most recent craze surrounding coconut oil has been the traditional Ayurvedic practice, oil pulling. Consumers have flocked to supermarkets and health stores to get their hands on one of oral health's best kept secrets, but the benefits of this antibacterial and anti-fungal super ingredient doesn't stop at your teeth. Coconut oil is the latest food cure-all that can have profound positive effects on your overall health. Coconut oil is a heart-healthy food that can help keep your body running smoothly and efficiently in a number of ways.

- 1. Lowers Cholesterol:** - This super food is loaded with saturated fats that actually raise HDL (good) cholesterol and lowers your risk of heart disease. Coconut oil contains an unusual blend of short and MCFAs, specifically lauric, capric, and myristic acids that are linked to special health benefits, such as reducing cholesterol.
- 2. Weight Loss Aid:** - The medium-chain triglycerides in coconut oil can speed up energy usage compared to other fats. The MCTs in coconut oil, digest as fast as sugar in the body. They are used up preferentially as opposed to other fuel sources and so don't get added to fat cells or ultimately contribute to weight gain.
- 3. Moisturizes Skin:** - Coconut oil can be used as a skin moisturizer because of its vitamin E content and its positive antioxidant action in the body. This helps stop the damage to the tissues in the body since oxidation is a major source of skin aging. Coconut has surprising benefits when applied to the skin as a moisturizer. It can reduce the harmful skin germ called staph aureus. Its anti-microbial properties can also be useful with things like acne, eczema, psoriasis, and staph infections. Coconut oil can improve the moisture and lipid content of people with dry skin.
- 4. Better Brain Function:-**The MCTs in coconut oil provides a "secondary fuel source" aside from glucose that the brain and nervous system can function on. High sugar can contribute to neurological problems, including Alzheimer's, which has been theorized as a "type 3 diabetes. In Alzheimer's, the brain effectively blocks glucose uptake, so it is fuel-deprived, which can lead to general neurodegeneration. Coconut oil's MCTs may provide therapeutic benefits for memory-impaired adults.
- 5. Kills Bacteria, Viruses, and Fungi:** - Coconut oil has lauric acid, which is believed to have anti-fungal, anti-viral, and antibacterial properties. This makes it helpful with various types of infections. The saturated fats present in coconut oil have antimicrobial properties and help in dealing with various bacteria, fungi, and parasites that can cause indigestion. Lauric acid and monolaurin can kill pathogens like the bacteria Staphylococcus aureus. Also added coconut oil helps in absorption of other nutrients, such as vitamins and minerals. Add coconut oil to your daily diet for better health!



Dezaree Raut
T. Y. B. Pharm.

HEALTHY PEOPLE CAN'T BOOST THEIR IMMUNE SYSTEM

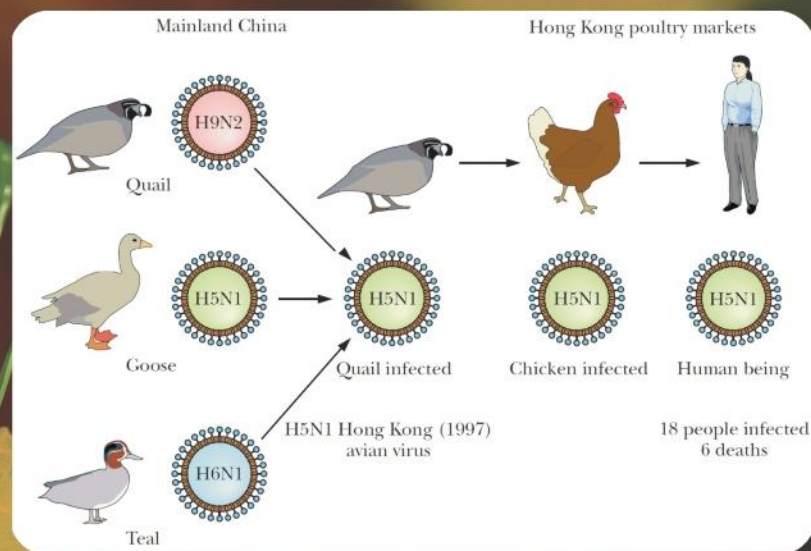
Walk through a Pharmacy, and you're likely to see plenty of products claiming to boost your immune system. There are many problems with those claims. Despite the way it's portrayed, the immune system is not one thing: it's a complex system that incorporates multiple cells, organs, and biological functions. In the simplest terms, the immune system is made up of two parts: innate and acquired. The innate response is what you notice when you get sick. It attacks infection with mucus, fever, coughing, and, in general, inflammation. What it lacks in specificity, it makes up for in speed. But it doesn't actually drive infection out of the body. That's up to the acquired response: the antibodies your system collects from past illnesses and vaccines. (In fact, vaccination could be considered the exception to the immunity rule- they're the only known way to improve your immune system. Even still, a vaccine can't boost the system's overall response; just its ability to fight the bug it's designed for). Since over-the-counter immunity boosters aren't vaccines, they must claim to boost the innate response-that is, the one that can't actually drive away infection but does cause inflammation, giving you inconvenient symptoms like a runny nose and fever. Even if you could boost your innate immune system and suffered through those symptoms, it wouldn't be good for you. Long-term inflammation is associated with all sorts of ill health effects, including a hardening of the arteries and heart attacks. You can however, put your body in the best possible shape for the next time infection strikes. Eat a balanced diet, get enough rest, and drink enough water and exercise, and your plain old garden-variety immune system will be ready to fight off invaders. And if you do get sick, opt for a little bit of immune suppression: that's how ibuprofen and antihistamines make you feel better, after all.



Sayali Churi
T. Y. B. Pharm.

AVIAN INFLUENZA: THE NEXT PANDEMIC?

Certainly anyone reading this article has had the flu, a disease that most people take for granted as an annoying fact of life. Many flu-like illnesses are common, but it is possible to distinguish them from the flu itself. During the winter, news media give information on how to distinguish a cold from flu. The distinction is that the flu is caused by the influenza virus, which has been with us for a long time and has never been controlled by modern medicine. Between flu epidemics, new strains of the virus develop to which we have little resistance. A single particle of the influenza virus (a virion) is a singlestranded RNA template strand genome with a protein coat that protrudes through a lipid bilayer envelope. Influenza viruses cause infections of the upper respiratory tract that lead to fever, muscle pain, headaches, nasal congestion, sore throat, and coughing. One of the biggest problems is that people who catch the flu often get secondary infections, including pneumonia, which is what makes the flu potentially lethal. An influenza virus is responsible for most human illness. The most prominent features of the virus envelope are two spike proteins. One is called Hemagglutinin (HA), which gets its name because it causes erythrocytes to clump together. The second is neuraminidase (NA), an enzyme that catalyses the hydrolysis of a linkage of sialic acid to galactose or galactosamine. HA is believed to help the virus in recognizing target cells. NA is believed to help the virus get through mucous membranes. Sixteen subtypes of HA are known (designated H1–H16), and nine subtypes of neuraminidase (designated N1–N9) have been catalogued. H1, H2, H3, N1, and N2 occur in most of the known viruses that affect humans. Individual influenza viruses are named by giving the subtypes of HA and NA—for example, H1N1 or H3N2. The virus that causes the avian influenza that has been so much in the news is H5N1. The presence of the H5 protein affects humans, but so far to a lesser extent than the other HA subtypes. It does, of course, affect birds, with many fatalities among chickens, ducks, and geese. Great concern has arisen about widespread infection of humans by this virus. Contact with domestic poultry has been the main avenue of infection. Human-to-human infection as a result of casual contact has not been observed. Migratory water birds are primary hosts for the influenza virus, which they spread to domestic birds. Genetic rearrangement takes place and produces viruses that can be transmitted to humans. An outbreak in China in 1997 provides a striking example of how the process works. The deadly strain of influenza that appeared at that time was a combination of three viral strains from quail, geese, and teal from mainland China. Genetic recombination took place in the Hong Kong poultry markets, with quail serving as a repository for the H5N1 virus (Figure). Chickens were then infected, and finally humans. Quail were subsequently banned from the Hong Kong poultry markets after a mass slaughter of poultry. The H5N1 virus reappeared in Hong Kong in 2001, and there was a second slaughter of chickens. Most cases of avian influenza have occurred in Asia, with high mortality rates among those infected. Considerable effort is going into ways to prevent and treat avian flu. It would be highly desirable to have a vaccine specific for this form of flu. As



HA is the major protein on the surface of the virus, it is also the major site of attack of antibodies against influenza. It is also the protein that shows a lot of genetic drift, which is responsible for the fact that new strains are always developing, and it is difficult to develop a vaccine that is

efficient for very long. This is also why there is a new flu vaccine every year that is supposed to be specific for the current strains that are being found. Antibiotics are of no use in treating viral infections. Antiviral drugs exist, and there are calls to stockpile supplies of them. The World Health Organization (WHO) monitors documented cases of avian influenza throughout the world and the response to the spread of infection. Many organizations throughout the world are making contingency plans for an outbreak of avian influenza. Discussions of vaccines, drugs, and quarantine all enter into the picture. Ethicists, for their part, debate questions about who should get vaccine in times of limited supplies. Avian influenza may or may not be the next pandemic. The big question is whether ease of transmission from human to human will increase. If the disease begins to spread, timely use of drugs and quarantine may stop a pandemic before it starts. One point is clear, though. Sooner or later, another pandemic will come, whether the cause is avian influenza of the H5N1 variety or something else.

Annotated Bibliography:-

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Zeba Dhada

Final Year B. Pharm.

LEECH THERAPY

After thousands of years of use as an alternative treatment to blood-letting (an antiquated and abandoned practice of draining blood to cure diseases) and amputation, today it is approved as commercial marketing for medical purposes. Medicinal leeches are blood-sucking aquatic animals that live in fresh water. A recent case study showed how traditional Unani medicine, which includes leech therapy, was able to help save the foot of a 60-year-old woman with diabetes that faced amputation. Synthetic forms of leech saliva now exist, but researchers have discovered that using as few as four leeches in one session can help reduce the risk of amputation.



During a session, live leeches attach themselves to the target area and draw blood. They release the proteins and peptides that thin blood and prevent clotting, thereby improving circulation and preventing tissue death. The leeches leave behind small, Y-shaped wounds that usually heal without leaving a scar. Because leeches are so effective at increasing blood circulation and breaking up blood clots, it should be no surprise that they can be used to treat circulatory disorders and cardiovascular disease. Chemicals derived from leech saliva have been made into pharmaceutical drugs that can treat:

1. Hypertension
2. Varicose veins
3. Hemorrhoids
4. Arthritis
5. Skin problems
6. Secondary ischemia-related dermatitis



Rupali Bundele
T. Y. B. Pharm.

Leech saliva is also being tested as a possible treatment for cancer and for its potential to stop the spread of cancer cells. Animal testing shows that directly injecting leech saliva into dogs helps prevent the colonization of cancer cells. Leech therapy has established itself as an alternative remedy for the treatment of vascular disorders, since leech saliva can temporarily improve blood flow and ameliorate connective tissue.

Use for Diabetes Mellitus: One of the most severe complications of Diabetes Mellitus is the cardiovascular ones due to coronary atherosclerosis, hyperglycemia, increased blood lipid levels, platelet adhesion disorders, coagulation factors, high blood pressure, oxidative stress, and inflammation. Diabetic patients are at a high-risk of myocardial infarction, which is the main death-causing reason in type II Diabetes Mellitus. On the other hand, the presence of blood-affecting peptides and proteins in leech saliva can be of an important benefit for the relieving of these conditions. First of all, hirudin plays an essential role in preventing clotting process because of its ability to bind thrombin and consequently suppress thrombin-mediated conversion of fibrinogen into fibrin enabling it to be efficacious for the relieving of ischemic events.

PETRICHOR - The sweet smell of rain..!!

Rain is one of the most beautiful gifts bestowed on us by nature. Almost everyone (except bats and foxes) love the rainy season, especially the first rain of the summer season. The sight of raindrops falling after a long summer is truly beautiful, and the only thing more beautiful is the 'smell' of that rain when it first hits the ground. Before it hits the ground, rain is just water. It has no smell. But after the drops hit the ground and interact with dirt, the fresh and almost sweet fragrance of rain is let go. Now, scientists think they've identified the exact mechanism that releases this aroma into the environment. The smell actually refers to the fluid that flows like blood in the veins of the gods. The scientist talked about aromatic oil from plants, and certain chemicals from bacteria, that lead to this smell that we get after a rain. Soil-dwelling bacteria called actinomycetes produce spores in the dry soil. When a raindrop hits a porous surface it traps tiny pockets of air. These bubbles then speed upward, like bubbles in a glass of champagne, before breaking the drop's surface and releasing microscopic particles, called aerosols, into the air. Such aerosols carry the scent, as well as bacteria and viruses from the soil. Raindrops that move at a slower rate tend to produce more aerosols; this serves as an explanation for why the petrichor is more common after light rains. During heavy rain, the speed of the drops represses the creation of bubbles stopping the release of aerosols. It is thought by some scientists that our reliance on rain in cultures throughout history may be the reason why so many people enjoy the smell of rain.



Anjali Gupta
T. Y. B. Pharm.

INTERESTING FACTS ON INDIA THAT YOU HAD NO IDEA ABOUT

"India is, the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend, and the great grandmother of tradition. Our most valuable and most instructive materials in the history of man are treasured up in India only."

These are not our words. These are the words of the great Mark Twain. And here are some Indians facts to support his statement:

1. A floating post office: India has the largest postal network in the world with over 1, 55,015 post offices. A single post office on an average serves a population of 7,175 people. The floating post office in Dal Lake, Srinagar, was inaugurated in August 2011.



2. The wettest inhabited place in the world; Mawsynram, a village on the Khasi Hills, Meghalaya, receives the highest recorded average rainfall in the world. Cherrapunji, also a part of Meghalaya, holds the record for the most rainfall in the calendar year of 1861.



3. Bandra Worli Sea- link has steel wires equal to the earth's circumference; It took a total of 2, 57, 00,000 man hours for completion and also weighs as much as 50,000 African elephants. A true engineering and architectural marvel.

4. The highest cricket ground in the world; At an altitude of 2,444 meters, the Chail Cricket Ground in Chail, Himachal Pradesh, is the highest in the world. It was built in 1893 and is a part of the Chail Military School.



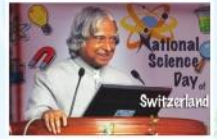
5. Shampooing is an Indian concept; Shampoo was invented in India, not the commercial liquid ones but the method by use of herbs. The word 'shampoo' itself has been derived from the Sanskrit word champu, which means to massage.

6. The Indian national Kabaddi team has won all World Cups;- India has won all 5 men's Kabaddi World Cups held till now and have been undefeated throughout these tournaments. The Indian women's team has also won all Kabaddi World Cups held till date.



7. Water on the moon was discovered by India; - In September 2009, India's ISRO Chandrayaan- 1 using its Moon Mineralogy Mapper detected water on the moon for the first time.

8. Science day in Switzerland is dedicated to Ex-Indian President, APJ Abdul Kalam;- The father of India's missile programme had visited Switzerland back in 2006. Upon his arrival, Switzerland declared May 26th as Science Day.



9. The first rocket in India was transported on a cycle;- The first rocket was so light and small that it was transported on a bicycle to the Thumba Launching Station in Thiruvananthapuram, Kerala.

10. India is the world's second-largest English speaking country;- India is second only to the USA when it comes to speaking English with around 125 million people speaking the language, which is only 10% of our population. This is expected to grow by quite a margin in the coming years



11. The first country to consume sugar; - India was the first country to develop extraction and purifying techniques of sugar. Many visitors from abroad learnt the refining and cultivation of sugar from us.

12. Diamonds were first mined in India; - Initially, diamonds were only found in the alluvial deposits in Guntur and Krishna District of the Krishna River Delta. Until diamonds were found in Brazil during the 18th century, India led the world in diamond production



13. A special polling station is set up for a lone voter in the middle of Gir Forest; - Mahant Bharatdas Darshandas has been voting since 2004 and during every election since then, a special polling booth is set up exclusively for him as he is the only voter from Banej in Gir forest.



Compiled by
Nayan Choudhary
F. Y. D. Pharm.

INDIA

"You must be the change you wish to see in the world" - Mahatma Gandhi

TEN FOODS THAT DETOX THE BODY

When it comes to detoxing your body, there are many techniques you can follow and supplements you can take. One plan in particular is to eat detoxifying foods. Here is a list of detox foods that are a great addition to everybody's diet.

- 1. Fruits:** - Fruits are high in liquid-content which helps the body wash out toxins. They are also very easy to digest and are high in antioxidants, nutrients, fibre, and important vitamins.
- 2. Green Foods:** - Fill your refrigerator with blue green algae, barley, wheatgrass, kale, spinach, spirulina, alfalfa, chard, arugula, or other organic leafy greens. These plants will help give a chlorophyll-boost to your digestive tract. Chlorophyll rids the body of harmful environmental toxins from toxic metals, herbicides, cleaning products and pesticides. They also aid the liver in detoxification.
- 3. Lemons, Oranges, and Limes:** - Citrus fruit aids the body by flushing out toxins and jump-starting the digestive tract with enzymatic processes. Lemon juice supports the liver in its cleansing processes. To increase detoxification, start each morning with a warm glass of lemon water. Remember, vitamin C is one of the best detox vitamins around, as it transforms toxins into digestible material. Eat vitamin c foods often to help get more of these benefits.
- 4. Garlic:** - This pungent little bulb is one of the best detoxing foods out there. It helps stimulate the liver into producing detoxification enzymes that help filter toxic residues from the digestive system. I recommend adding sliced or cooked garlic to a suitable dish, as this will help any detox diet.

- 5. Broccoli Sprouts:** - Extremely high in antioxidants, the ability for broccoli sprouts to stimulate the detoxification enzymes in the digestive tract is unparalleled. The sprouts are actually more effective than the fully-grown vegetable.
- 6. Green Tea:** - Packed full of antioxidants, green tea washes toxins from the system via its liquid content, but also contains a special type of antioxidant called catechins, which are known to increase liver function.
- 7. Mung Beans:** - The mighty mung bean has been used by Ayurvedic doctors for thousands of years. It is incredibly easy to digest, and absorbs toxic residue from the intestinal walls.
- 8. Raw Vegetables:** - Best juiced or eaten raw: Onions, carrots, artichokes, asparagus, broccoli, cabbage, kale, Brussels sprouts, cauliflower, garlic, beet, turmeric, and oregano. The combination of these foods will help your liver purge toxins during the cleansing process. These are high in naturally occurring sulphur and glutathione. Sulphur helps the liver detoxify harmful chemicals.
- 9. Seeds and Nuts:** - Incorporate more of the easily digestible seeds and nuts into your diet. Flax seed, pumpkin seeds, almonds, walnuts, hemp seeds, sesame seeds, chia seeds, Siberian cedar nuts, and sunflower seeds are all excellent options. While detoxing, avoid nut butters.
- 10. Omega-3 Oils:** Use hemp, avocado, olive, or flax seed oil while detoxing. This will help lubricate the intestinal walls, allowing the toxins to be absorbed by the oil, and eliminated by the body.

Cracking Knuckles: Is It Harmful?

When Dr. Donald L. Unger was a child, his mother and other relatives told him that cracking his knuckles would cause arthritis. Instead of just ignoring the warnings, Unger took a more scientific approach: he spent 50 years cracking the knuckles on only his left hand at least twice a day. He left his right hand alone as a control. In a letter to the editor of *Arthritis & Rheumatism*, he estimated that he cracked the knuckles of his left hand at least 36,500 times, while the knuckles of his right were cracked "rarely or spontaneously." At the end of his experiment, he examined his hands for arthritis and found none. "This result calls into question whether other parental beliefs, e.g., the importance of eating spinach, are also flawed," he concluded. "Further investigation is likely warranted." In 2009, Dr. Unger's experiment won an Ig Nobel Prize, an award given to scientists for "achievements that first make people laugh, then think." "Of course, this is just one experiment with a sample size of one. Though there has been research into the health effects of knuckle cracking, most of it is many decades old. In December 2015, however, researchers presented a study to the Radiological Society of North America that found no immediate differences in pain, swelling, flexibility, or grip strength between groups of people who had and hadn't cracked their knuckles.



Dezaree Raut
T. Y. B. Pharm.



Vevona Fernandes
T. Y. B. Pharm.

inspire to reach higher

Chanakya Neeti

(also known as Neetishastra). The Arthashastra discusses monetary and fiscal policies, international relations, war strategies and also outlines the duties of a ruler. Chanakya Neeti is a treatise on the ideal way of life, and shows Chanakya's deep study of the Indian way of life.

*Good sayings, though short, can be profound and have the power to transform one's life and one's thoughts. Empowering words "I.N.S.P.I.R.E." us to reach higher. T

*Some verses from Chanakya Neeti:- Importance of determination "Yaddooram Yadduraaraaddhyam Yachcha Doore Vyavasthitam, Tattsarva Tapasaa Saaddhyam Tapo hi Duratikramam." Even if the destination or the desired object be far away or difficult to achieve one can reach it or get it if one is determined. Nothing is impossible for a determined person. Don't speak ill of others "Yaddeechchasi Vasheekartu Jagadeken Karmana. Paraapavaadashaastreebhyo Gaam Charanteem Nivaarya." If you want to overpower the entire world merely by just one action, then put restraint upon your tongue speaking ill of others.

1. The greatest and the best "Shaantitullyam Tapo Naasti Na Santoshaatparamsukham Na Trishnayaaparo Vyaadhirnacha Dharmo Dayaaparah." No penance is greater than the one done for maintaining peace, no peace is better than the one received from satisfaction, no disease as more damaging than greed and no Dharma is better than the one having compassion for all.
2. Be active and flexible to change "Anaagat vidhaataa Cha Prattutpannamatistathaa Dvaavetau Sukhameveta Yaddbhavishyo Vinashyati." He who is aware of the future troubles and who possesses sharp intelligence remains happy. In contradiction to this stage, he who remains inactive, waiting for the good days to come destroys his own life.
3. Live in the moment "Gatam Shoko na Kartavya Bhavishyam Naiv Chintayet Vartamaanen Kaalen Pravartante Vishakshanaah" One should not grieve for the past and worry for the future. The wise care for the present and chart their life's course accordingly.
4. Don't publicise before achieving "Manasaa Chintitam Kaaryam Vachsa Na Prakaashyet Mantrem Rakhned goodham Kaaryam Chaap Niyojet." One should never leak out one's well thought out intentions, determinations and they should be jealously guarded like some secret Mantra. The implementation of them should also be achieved without any funfare and in total secrecy (to ensure their successful accomplishment.)
5. Learning from the lion: put in 100% "Prabhootam Kaaryampi Vaa Tattparah Prakartumichati Sarvaarambhen Tattkaarya Singhaadekam Prachakshate." Whether it be big or small, we must do every work with our full capacity and power. This quality we must learn from the lion. It would kill a rabbit or attack an elephant with its full ferocity.
6. Learning from the heron: Focus "Indriyaani Cha Sanyamya Bakavtyyapandito narah Deshkaal Balam Gyaattvaa Sarvakaaryaani Saadhayet." Controlling all your senses like the heron and after carefully considering the factors of time and space and the capacity of self the wise accomplish their work successfully. The heron has this great capacity to forget everything else to concentrate on its target.
7. Learning from the dog "Baahavshee Svalpasantushtah Sunidro Laguchetanaa Swaamibhaktashcha Shoorashcha Shadete Shvaanato Gunaah." Deriving satisfaction out of a little eating even in the famished condition, being alert despite being deep in slumber, faithfulness and bravery –these six qualities ought to be learnt from a dog
8. Learning from the donkey "Sushraantoapi Vahed Bhaaram Sheetoshna Na Pashyanti Santushtashcharato Nittyam Treeni Shikshechacha Gardabhaat." The capacity to carry the load despite being bone-tired, being undaunted by the vagaries of weather and getting satisfied in all the conditions - these three qualities are to be learnt from the donkey.



Apoorva More
T. Y. B. Pharm.

HOW CAN ONE MAKE A DIFFERENCE IN ONE'S PHARMACY PROFESSION?

Pharmacy is the science of preparing and dispensing of drugs. The scope of pharmacy practice includes more traditional roles such as compounding and dispensing medications, and it also includes more modern services related to health care, including clinical services, reviewing medications for safety and efficacy, and providing drug information. Pharmacists, therefore, are the experts on drug therapy and are the primary health professionals who optimize use of medication for the benefit of the patients. We have chosen Pharmacy as a profession after careful consideration of the importance of pharmacy in everyday life. This is especially true in a country like India where the private healthcare sector is responsible for a majority of healthcare and most expenses are paid out of pocket by patients and their families, rather than through insurance. Pharmacy is an interesting and ever-changing field. An intriguing aspect of this profession is the wide spectrum of opportunities for real social service available. However, we believe that before a career is even considered, one must examine their motivations. Our personal interest in the pharmaceutical profession is rooted in our desire to be involved in the improvement of others' health, to be knowledgeable in the various topics pertaining to health care, and to possess the means to explore our fullest potential through a meaningful career. A significant part of our character is devoted to caring for other people and contributing to their well-being. Though we have not yet gained any work experience in this field, through observation and personal experience, we have learned that the health professions are dedicated to this same mission. When we visit the pharmacy and receive consultation about a medication from the pharmacist, we feel that we are being taken care of and helped in a meaningful way. Pharmacists give patients a sense of reassurance that they are cared for and instil trust in patients that they are being treated as individual's. Thus we would like to become such a person who is actively involved in advising patients with great care. In the first two years of the Pharmacy education, we have been learning about life and health on different levels. The body systems, their functions, chemical make-up of the human body, laboratory preparations of cosmetic products have been of great interest, we are therefore looking forward to entering the professional program and start learning in great detail about the many different medicines and their interactions with the body systems. More importantly, we are excited to apply the knowledge we have gained through our education to our daily life and career. Being a pharmacist will allow us to incorporate what we are learning at present, while gaining new knowledge as technology is enhanced and new discoveries made. It is important to us that we have a passion for whatever path our life takes. Some ways to bring a small change;

1. Greater use of generic drugs : A generic drug is identical or bioequivalent to a brand name drug. In India cost of medical care is increasing with prices going up drastically. Often doctors prescribe costly drugs from multinationals. This has led many households to incur Catastrophic Health Expenditure (CHE) which can be defined as health expenditure that threatens a household's capacity to maintain a basic standard of living. Many people are unable to afford these drugs and thus we can really contribute by suggesting generic drugs which will have same effects for customers.

This would enable us to help customers with drugs, especially lifesaving drugs being very costly.

2. Pharmacy Newsletter/ Handouts : Creating public awareness of common health issues and ways to avoid sickness would also be in our focus. Through write ups or community newsletters, we would like to address common illness like fever, headaches - the causes and ways to avoid them and necessary treatment that can be taken. During specific seasons like monsoons we would also create bills or placards highlighting most common monsoon diseases and ways that they can be avoided. This would help create public awareness and also serve in avoiding common illnesses.

3. Collaboration through Community Pharmacist : We can collaborate with a community pharmacist. We can enrol ourselves in an NGO and help in organizing free health camps in rural areas, especially for the needy and deprived section of society. This will help the needy get health and drug benefits with either low or no costs.

4. Pharmacy Research : Pharmacy practice research, is a specialty field within the wider area of health services research, which focuses on examining how and why people access pharmacy services, how much care costs, and what happens to patients as a result of this care. Its aim is to support evidence-based policy and practice decisions where pharmacists are employed or medicines are prescribed or used. This is a very wide and interesting topic and we would like to contribute in this field especially - Medicine access and rational use where many drugs are sold over the counter. Findings from pharmacy practice research have supported health policy changes affecting pharmacy. In some instances they have been the driver for a new service to be delivered through pharmacy, such as smoking cessation or repeat dispensing. In other instances they have provided evidence to underpin a policy change (e.g. pharmacist prescribing) which is in line with our current philosophy. To sum up, our future pharmacy career is full of exciting times and getting involved in letting people enjoy healthier lives as well as contributing back to society in our own way through the above mentioned measures. We could try hard to live the value we have chosen with the sole desire to be known by people as the pharmacist who cared for them and used our personal touch for good rather than for monetary benefits only.



Iwana Menezes
T. Y. B. Pharm.

BIOMAGNETIC WATER - A MIRACLE TO YOUR HEALTH

What is Bio-Magnetic Water?

Water is paramagnetic in nature. That it can hold a magnetic charge. The earth has a magnetic field and it charges the natural water with its magnetic field. But when water passes through treatment plants and is carried through pipes to your place, it loses its magnetic charge and bio-magnetism. By treating the water with magnetic fields it simply restores the natural energy and balance that nature required. The magnetized water has more hydroxyl (OH) ions that form alkaline molecules, which reduces the acidity of water. Normal tap water has a pH of about 7. Magnetized water is more alkaline and can have a pH as high as 9.2. The surface tension is reduced when the water is magnetized. The bio-magnetized water feels softer to drink. It is thinner water, wetter, and more absorbable to the body. It is able to penetrate cell walls and deliver the nutrients that it carries.

What are the Health Benefits Of Bio-magnetized water?

Your body weight is over 70% of water. All the biological functions in the human body including circulation, digestion, absorption, and excretion depend on water. Water is required for blood, the lymphatic system, and for healthy skin and better muscles. As per the health professionals, when you are sick, the pH of your body is more acidic. Magnetized water, which is more alkaline, raises the pH of your body, which allows the body to get rid of the toxins accumulated over time. Bio-magnetized water is energy-building, activating, cleansing, and detoxifying in nature. By drinking bio-magnetized water, people have reported resolving bladder problems, recovering quickly from a stroke, alleviating arthritis pain, reducing blood pressure, and breaking up kidney and gall stones. Scientific studies conducted have proved that magnetized water has health benefits for animals. Therefore it seems reasonable that it should also be beneficial for humans.

Reported health benefits of drinking magnetic water are:

- It improves digestion, reduces gastric acidity and cures flatulence.
- It improves blood supply and can regulate blood pressure
- It is a diuretic and is beneficial for kidney ailments (removal and prevention of stones), gout.
- It is more sweet than ordinary water and has more clarity.
- It reduces acidity in the body since It is alkaline.
- It revitalizes the body.
- It infuses energy into the body, controls bacteria, and stimulates brain function.
- It can help dissipate toxic deposits in the body's connective tissue.
- It can be used to wash and disinfect external cuts and scrapes.
- It will remove the plaque on your teeth if you use it to brush your teeth, rinse your mouth, and drink.
- It will make your hair softer and more manageable while using less shampoo when used to wash your hair.
- It is ionic so it helps reset the charge on cell walls, thus promoting better circulation.



Deepali Bhogale
F. Y. B. Pharm.

SNP - A Opportunistic Study For Disease Threats

Changes in one base of a DNA triplet codon are called single-nucleotide polymorphisms (SNPs). They are the commonest form of DNA variation in the human genome. It has been estimated that more than 7 million SNPs commonly occur in the human population. Even though SNPs have a lot to do with how one human being differs from another, the mechanism of their expression remains unclear. One well-known point is that the genetic code is degenerate several different triplets of nucleotide bases can code for a single amino acid. A change of a single base that gives rise to a codon that specifies the same amino acid as the original (a synonymous codon) does not make a difference in the amino acid composition or sequence of the product protein. In theory, there should be no observable difference in the expression of a gene as result of a SNP that gives rise to a synonymous codon; the change is "silent." In many cases, this prediction holds true, but there are exceptions. One striking example is found in the substrate specificity of P-glycoprotein, the product of a multidrug resistance gene. It is a transmembrane protein pump that moves drugs out of cells, so that changes in response to a drug can result from the presence of a SNP. This property has profound effects on the results of chemotherapy. Several SNPs are known to occur naturally for this protein, and others have been produced by artificial means.

The variant forms of P-glycoprotein respond to drugs differently because they have different conformations. The variation in conformation arises, in turn, as a result of different rates of translation of the mRNAs that exhibit the variation in nucleotides. Translation in the absence of a mutation results in a normally folded protein because the rate of protein synthesis is normal. In the presence of a SNP, translation takes place at a different rate, giving rise to a differently folded protein. The different conformations of the protein affect the way in which they transport drugs out of cells, giving rise to the observed drug resistance. This effect has been observed in human cell lines as well as in cells derived from other primates. The single example of the P-glycoprotein shows the profound effect that genetic variation at the level of one nucleotide can have on human health. The question immediately arises whether there are more examples of such effects. The answer is that many genetic variations represent risk factors for common diseases. Consequently, extensive studies are being done on genetic analysis and its relationship to human health.

The technique of genome-wide association uses enormous data sets and statistical analysis to correlate genetic markers with the occurrence of common diseases. The first step is to obtain the genome of thousands of people, some of whom have common diseases such as cancer, heart disease, and diabetes, and some of whom are healthy controls. A comparison of the genome scans for patients with a given disease and the control group shows where SNPs occur. When the differences are statistically significant, they provide powerful evidence for a genetic component in the development of disease.

Genome-wide association studies of a number of diseases have been published, and more are in progress. A British study of seven diseases—rheumatoid arthritis, hypertension, Crohn's disease (an inflammatory bowel disease), coronary artery disease, bipolar disorder, and type I and type II diabetes—appeared in June 2007. This study, a joint effort of 50 research teams, used 500,000 genetic markers from the genomes of 17,000 individuals. The study group comprised seven groups of 2,000 each, one for each disease, and a shared control group of 3,000 healthy people. The results of this study made possible the identification of a total of 24 markers associated with these diseases. Needless to say, the prevalence of so many of these diseases made the news a topic of wide interest. Clearly, the information from these studies will have a profound impact on medical practice, but when and in what form is hard to predict. One important point is the extent to which the presence of a given marker increases the probability of developing the disease for which it is a risk factor. Does the risk of developing heart disease or breast cancer rise from 3% to 4%, or does it rise from 3% to 30%? How does the number of markers associated with risk—three, four, or seven—affect the situation? The answers to these questions are far from clear in their application to overall medical knowledge, and even less clear in making predictions for each person at increased risk for a disease. Many people who know that they have genetic risk factors may make lifestyle changes to modulate those risks. Anyone with an increased risk for heart disease, for example, may adopt a diet and exercise regime to lessen the chance that the risk actually leads to the disease. The same sort of logic applies to someone at increased risk for type II diabetes. A lot more research is going to take place before anyone understands what these genes do. Some markers occur in the noncoding regions of DNA, which is another puzzle for investigators. Markers for heart disease and diabetes occur in the same regions of DNA, as do markers for diabetes and Crohn's disease, another puzzle and another opportunity to discover more about how the human body operates. The interplay between genetic and environmental factors is complex, and there is much to learn about this additional level in the connection between genetics and disease risk. The validity of this research depends on gathering very large data sets, and fortunately technology makes that possible. Future developments in methodology will improve matters.



Rachana Mestry
S. Y. B. Pharm.

POSITIVE IMPACT OF SOCIAL MEDIA ON STUDENTS

As per one of the recent survey conducted, 90% of college students use social networks. Technology has shown a rapid development by introducing small communication devices and we can use these small communication devices for accessing social networks any time anywhere, as these gadgets include pocket computers, laptops, iPads and even simple mobile phones (which support internet) etc. For the purpose of education social media has been used as an innovative way. Students should be taught to use this tool in a better way. In the educational class, media is just being used for messaging or texting rather than learning to use these for the good. Social media has increased the quality and rate of collaboration for students. With the help of social media students can easily communicate or share information quickly with each other through various social sites like Facebook, Whatsapp, Hangout and Instagram etc. It is also important for students to do some practical work instead of doing paper work. They can also write blogs for teachers as well as for themselves to enhance their knowledge skills. Social networking sites also conduct online examination which play an important role to enhance the student's knowledge. Social media gives a way to the students to effectively reach each other in regards to class ventures, bunch of assignments or for help on homework assignments. Now a day's social media has become a new set of tools for involving young generation. Many young people start their day to day life are woven by the social media youngsters are in conversation and communication with their friends and groups by using different media and devices every day. Previously it was seen that youngsters are in touch with only friends and their groups in schools and colleges. But nowadays youngsters are in contact not only with known friends but also with unknown people through social networking sites, instant messaging etc. According to BBC recent research proposed that 67% of Facebook users are very common and well known social media portal that consist of the youth and students, so these praise the fact that the youth and student have more focus and relation. Throughout the country teenagers frequently use the web, mobile phones, and online games to communicate, gather information from each other. Social media is helping youngsters to stay connected with each other. It is in our control how to make use of social media. There are many negative points of social media too but if we use it for creative purposes, it would be better for the future of mankind and we will serve the society in better way.

Positive Impacts of Social Media

- Teachers may post on social media about class activities, school events, homework assignments which will be very useful to them.
- It is seen that social media marketing has been emerging in career option, social media marketing prepares young workers to become successful marketers.
- The access of social media provides the opportunity for educators to teach good digital citizenship and the use of Internet for productivity.

- Social networking sites can allow teens to find support online that they may lack in traditional relationships.
- In a Critical Development period youngsters also go for social networking sites for advice and information.
- Youngsters can look for social media to get answers related to their career objectives.



Srishti Singh
T. Y. B. Pharm.

STRUGGLES MAKE YOU SHINE!

We know that a beautiful and colourful butterfly comes from an unappealing worm! Here is a story of a butterfly that was never able to live life as a normal butterfly would have lived. One day a man saw a cocoon with a tiny opening. It meant that the butterfly was trying to make its way out. He had a craze for butterflies and its wonderful combination of colours. He decided to watch how the butterfly would come out of the cocoon. He saw the butterfly struggle hard to break the shell for hours. Unfortunately even after its continuous attempts there was no progress. It seemed the butterfly had tried its best and couldn't try anymore. The man feeling pity for the butterfly, decided to cut the cocoon with a pair of scissors. The butterfly emerged without any struggle! But the butterfly no longer looked beautiful and had a swollen body with small withered wings. It was never able to fly. The man had good intentions but he didn't realize that the struggles butterfly had to go through would make it beautiful with strong wings that would make it fly. This story is applicable in our lives also. Each one of us has struggles in their lives. Struggles are inevitable.

We often feel dejected and lose hope when life gets tough and our efforts go in vain. This story reminds us that each one of us has to undergo struggles to fly and succeed in our lives. Struggles are meant to make us strong! The most successful people are the ones who refused to give up on their dreams, overcoming all the odds against them with perseverance and determination. They realized that their journey is as sweet as their destination. If there were no struggles in our lives we would be crippled just like the butterfly. It is the struggles which make it beautiful, strong and unique. Struggles makes us shine!



Kasbe Saanya
S. Y. B. Pharm.

IT'S ALL ABOUT MY STUDENTS!

My students are my life's important part
From whom I never wanna be apart
Living has become more joyous
Due to my students, who are simply precious!
The smile on their cute face
Gives my teaching journey a good pace
Their laughter that gives out positive ray
In no time, makes my day!
Sometimes logical, sometimes illogical
Might be even nonsense, but all their questions are
dillological!
Innocent are their faces, sweet are their hearts
Behaviour is mischievous, talks are notorious.
Some kids are sincere, some are witty;
All would be remembered, but the most would be
the
ones who are naughty!



Akkshata Parab
Asst. Professor
Dept of Pharmaceutics.

DON'T DELAY TO KNOW THEY ARE GOLD!

Don't delay to know they are gold
Since their eyes are turning old!
Who made us rise
Who made us wise
Like the potter who beautifully mould
Don't delay to know they are gold!
They sacrificed their dreams
They took upon all winds
Protected us from all the cold
Don't delay to know they are gold!
Their eyes today are full of expectations
It's our time to give care and attention
Let our kindness unfold
Let all good things be told
Let tightly their hands be hold
Don't delay to know they are gold!



Deepti Mojad
S. Y. B. Pharm.

Man, Misery and Gratitude

Let's give a thought at, those children brought
up at orphanages,
those kids who have experienced or gone
through child trafficking or abuse of any kind,
Let's give a thought at, those who lost their
loved ones in a disaster, a tragic accident or
even a terrorist attack for that matter,
those suppressed with severe illness whose
dreams are shattered because they have been
succumbed to it,
Let's give a thought at, those children, paupers
who have no much food, no shelter, those who
we daily see at the Railway stations,
busy road junctions struggling to survive with
the least possible means,
Amidst all of this, we still crib, we still are never
satisfied, never grateful with what we have.
We always wish for 'more'. Let's all realise that
"We are lucky and blessed beyond
measures we could think off".
Let's find happiness and be grateful for the
slightest of thing and live life the 'better way'.



Rebecca Lewis
S. Y. B. Pharm.

When IT says

When It says
I can do it, I can do it
IT simply makes me
Ready for the Day

And Enhances self-confidence intimately.

When It says

I like myself, I like my self
It glows blossoms of self –esteem
For the problems in the way

When It says

I can never wait, I can never wait
It makes me persistent everyday
To nestle my Goal.

When It says

I am full, I am full
It reminds me of someone in my way
Infort of which I daily Pray.

It makes you confident It Motivates You

It Improves Your Performance,

It teaches you the way to live life

It makes you smile

So who is that It???

It is someone who dwells inside you

It is your Soul

Which makes you and your everyday always new.

KEY TO SUCCESS

Read but write more,
Talk but think more,
Play but read more.

I promise, you will succeed sure.

Eat but chew more.

Sleep but walk more 'weep but laugh more.

I promise, you will succeed sure.

Hate but love more,

Order but obey more,

Quarrel but agree more,

I promise, people will love you sure

Punish but forgive more,

Spend but save more.

Consume but produce more.

I promise, they will respect you more.



Khusboo Bafana
F. Y. D. Pharm.



Pratibha Paruai
T. Y. B. Pharm.



Dilip Kumar Choudhary
F. Y. B. Pharm.

“मैत्री”

हृदयात सहज उमलणारी
विश्वासावर बहरणारी
जीव ओवाळून टाकावा जिच्यावर
अशी जीवापाड जपणारी
असते ती मैत्री!

तासनतास गण्यात रंगणारी
पोट दुखेस्तोवर हसवणारी
अन स्वतःची आसवे
लपवणारी असते ती
मैत्री.....!!!

उगाचच रागवणारी
रागावून आठवणारी
समजून घालून थकणारी
हरले म्हणून जिंकणारी
असते ती मैत्री...

कौतुकाची थाप मारणारी
यशात साथ देणारी पण
अपयशात पहिली धावणारी
अन आपणाला सावरणारी
असते ती मैत्री...

आयुष्यात प्रत्येक वळणावर
हसत खेळत बागडणारी, मदतीचा
हात देऊन
स्वतः स्वतःचीच ओळख लपवणारी
असते ती मैत्री...

एका अंत एकांत

आडवळणाचा रस्ता माझा
दाही दिशांनी फुटला
वेळ प्रसंग असा आला की
त्या क्षणी काहीच सूचेना
काँक्रीटच्या रस्त्यांना
मार्ग माझा सापडत नव्हता.

नाही शोधता आला तो
सुगंध आयुष्यातला
एकांत मग हाच मार्ग
स्वीकारला

भीती वाटते अजूनही
टया भीषण दाहक्तेला

क्षणिक आनंद तो लहरींचा
टोचत राहतो नेहमी मजला

वाऱ्यासंगे झेप घेण्याचा
प्रयत्न तर केव्हाच फसला

मावळली ज्योत समईची
प्रकाश सूर्याची मावळला



Samridhi Kadam
S. Y. B. Pharm.

खुश हूँ

जिंदगी है छोटी, हर पल मैं खुश हूँ,
काम मे खुश हूँ, आराम में मैं खुश हूँ।
आज पनीर नहीं है, आलू में खुश हूँ
आज गाड़ी नहीं है, पैदल ही खुश हूँ।
अगर कोई साथ नहीं, अकेला ही खुश हूँ,
आज कोई नाराज है, उसके इस अंदाज से खुश हूँ।
माना रात है गेहरी, अंधेरे से खुश हूँ,
कल नया सबेरा होगा, उसके इंतजार में खुश हूँ।
जिसे देख नहीं सकता, उसकी आवाज सुनकर खुश हूँ,
जो पा नहीं सकता, उसको सोचकर ही खुश हूँ।
बीता हुआ पल जा चूका है, उसकी मीठी यादों में खुश हूँ,
आने वाले पल का पता नहीं, उसके
इंतजार में खुश हूँ।
मेहनत मैं करूंगा, सफलता मुझे
मीलेगी,
सफलता नहीं भी मीली तो, अपने
मेहनत पर खुश हूँ।
अगर पसंद आए तो मुस्कुरा देना,
आप के मुसकान में मैं भी खुश हूँ।



Dhiraj Pandey
T. Y. B. Pharm.

काँपीमुक्त अभियान

वाचन, लेखन चला करूया
पाठांतरही चला करू
काँपीमुक्त परिक्षा देऊ
अभ्यासाची कास धरू.....॥१॥

दिशा यशाची गाढू आम्ही
पुढेच जाऊ सारे
अभ्यासातून बलाढय होऊ
आज शपथ ही घ्यारे..... ॥२॥

स्वकष्टाची कमाई कमवु
अशीच खोटी शान न दावू
समध्दीच्या वाटेवरची
सुगंधी फुलेच होऊ..... ॥३॥

काँपी बनवी अपंग आम्हां
कुबड्या आत मोडू या
अध्ययनाशी नाते जोडूनी
उंच भरारी घेऊ या..... ॥४॥

“ती”

डोळ्यात “तिच्या” अश्रु आहेत,
परंतु तरीही चेहऱ्यावर निखळ हसू आहे!
मनात प्रश्नांचं काहुर बटलं,
परंतु तरीही स्वप्न ऊराशी बाळगुन “ती उभी आहे”!
आकाशाकडे पाहताना,
ते पक्षी तिला साद घालत आहेत!
आपल्या इवल्याशा पंखांना बळ देऊन
आकाशात उंच भरारी घेण्यासाठी “ती” सज्ज झाली आहे!
समस्या असंख्य आहेत,
परंतु आता “ती” मागे वळून पाहणार नाही आहे!
कारण एका स्त्रीचं सामर्थ्य
“तिला” जगाला दाखवून द्यायचंय,
एका स्त्रीच सामर्थ्य
“तिला” जगाला दाखवून
द्यायचंय.....!!!



Aishwarya Lad
S. Y. B. Pharm.

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

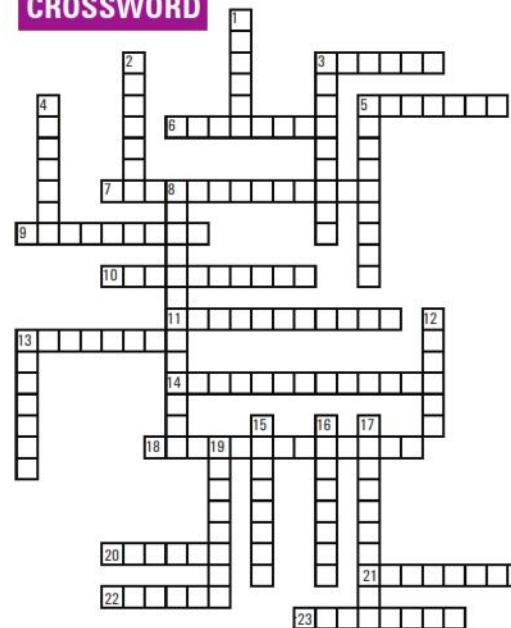
HINTS:

- 1 Agents used to treat gastric discomfort that expels gas from stomach?
- 2 An antibiotic obtained from fungus and unstable in aqueous media?
- 3 Acetyl Salicylic acid
- 4 Polypeptide Antibiotic that inhibits the growth of cancer?
- 5 Agents used to destroy parasitic worms?
- 6 Drugs that depresses CNS?
- 7 Analgesic derived from Morphine?
- 8 British Anti Lewisite (BAL)
- 9 Agents that increases volume of urine?
- 10 Drugs used to treat chronic alcoholism?



Preshita Adbole
T. Y. B. Pharm. (B)

CROSSWORD



Across

- 3 Combination drug made up of amlodipine besylate/atorvastatin calcium
- 5 Brand name of Atorvastatin
- 6 Brand name of Conjugated Estrogen
- 7 Generic name of tripleptal
- 9 Generic name of Celebrex
- 10 Generic name of dalmane
- 11 Generic name for Pravachol
- 13 Brand name of Metformin ER 1000mg (OSM)
- 14 Generic name of Keppra
- 18 Generic name of maxidex
- 20 Brand name of clarithromycin
- 21 Brand name of ceftriaxone
- 22 Brand name of Hydroxyzine Chloride
- 23 Brand name of metaxalone

Down

- 1 Brand name of esomeprazole
- 2 Inhaler form of mometasone
- 3 Generic name of Catapres
- 4 Brand name of Fluticasone Nasal Spray
- 5 Brand name of metoprolol tartrate
- 8 Generic name of Elavil
- 12 Brand name of tamsulosin
- 13 Inhaler form of Fluticasone
- 15 Brand name of quetiapine
- 16 Brand name of diclofenac potassium
- 17 Generic name of Foradil



Vidhi Chauhan
T. Y. B. Pharm.

PUZZEL



Vineeta Amin
T. Y. B. Pharm

A strong, positive mental attitude will create more miracles than any wonder drug.Patricia Neal

PHOTOTHEQUE

BACHELOR OF PHARMACY



FINAL YEAR B. PHARM.



**THIRD YEAR
B. PHARM.
DIVISION - I**



**THIRD YEAR
B. PHARM.
DIVISION - II**



**SECOND YEAR
B. PHARM.
DIVISION - I**



**SECOND YEAR
B. PHARM.
DIVISION - II**



**FIRST YEAR
B. PHARM.
DIVISION - I**



**FIRST YEAR
B. PHARM.
DIVISION - II**



**DIPLOMA IN
PHARMACY**

**FIRST YEAR
D. PHARM.**



**SECOND YEAR
D. PHARM.**

BACHELOR OF PHARMACY

TEACHING FACULTY



NON-TEACHING FACULTY



**DIPLOMA IN
PHARMACY**

**TEACHING
FACULTY**



**NON-TEACHING
FACULTY**





ANNUAL GRADUATION



ANNUAL DAY



SPORTS MEET



SCIENCE FEST



POSTER PRESENTATION



CULTURAL EVENT



OFF CAMPUS LEARNING



TECHNICAL EVENTS



GEUST LECTURES



PHARMACIST DAY



ALUMNI MEET



INDUCTION ORIENTATION



ARTIST ADDA



Simone Mendonca
F. Y. B. Pharm.

Smruti Anamane
S. Y. B. Pharm.



Sayli Churi
T. Y. B. Pharm.

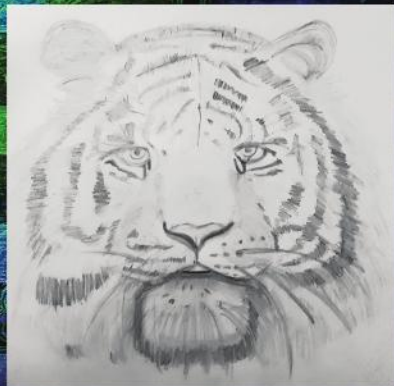


Samriddhi Kadam
S. Y. B. Pharm.



Kanchan C.
S. Y. D. Pharm.

Zeba Shaikh
F. Y. D. Pharm.



Sanya Kasbe
S. Y. B. Pharm.



Khushboo Rafna
F. Y. D. Pharm.

VISION

- Serving humanity through excellence in pharmacy education and research.

MISSION

- To promote quality pharmacy education and training through innovative teaching-learning process.
- To collaborate with industry to address challenges of quality and novel medicines
- To encourage innovation towards designing solutions to meet healthcare needs
- To contribute to the advancement of community pharmacy and public health.
- To empower young minds with value based education, communication and entrepreneurial skills.



ST. JOHN INSTITUTE OF PHARMACY AND RESEARCH

(A Christian Religious Minority Institution)

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