COALESCE

2023

DREAM INNOVATE CREATE

ST. JOHN INSTITUTE OF PHARMACY AND RESEARCH, PALGHAR

NAAC ACCREDITED

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 industries to address challenge 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

PROGRAM EDUCATION OBJECTIVES

- Excel in professional pharmaceutical career and address social needs to industrial, community, hospital and entrepreneurial pharmacy
- Pursue higher education in management or research, engage in professional development and adapt to emerging technologies
- Exhibit adaptability, teamwork, leadership and communication skills to build corporate relations for successful careers
- Practice ethical professional behavior and be conscious of the environment and society

QUALITY POLICY

- To deliver quality and value education, through innovative teaching learning processes and training, to build young and aspiring Pharmacists

PROGRAM OUTCOMES

- Graduates will acquire knowledge on the source, properties, synthesis & formulations, analysis, pharmacokinetics, and pharmacodynamics of drugs
- Graduates will be able to apply knowledge of mathematics and computing tools for pharmaceutical data analysis
- Graduates will be equipped to handle sophisticated analytical instruments and adapt to emerging pharmaceutical technologies
- Graduates will be able to recognize and be aware of environmental issues relevant to pharmacy practice
- Graduates will be aware of various regulations and follow ethical and legal principles of pharmacy profession
- Graduates will be able to effectively document and communicate ideas and concepts in an organized manner
- Graduates will develop and implement time management, resource management, delegation skills and organizational skills
- Graduates will be able to execute pharmaceutical industrial operations; and analyse and evaluate problems encountered therein
- Graduates will develop good managerial and entrepreneurial abilities to execute professional responsibilities
- Graduates will be able to apply the acquired knowledge and practice the pharmacy profession considering historical, social, economic, political and safety issues
- Graduates will be able to pursue lifelong learning as a means of enhancing knowledge in the context of technological advancement

CONTENTS

COALESCE 2023

Dream • Innovate • Create

COALESCE 2023

St. John Institute of Pharmacy & Research

Life at SJIPR

EDITORIAL BOARD

Dear Readers

Greetings from the Editorial Team!

Welcome to the 11th issue of our college magazine **"Coalesce 2023",** a magazine about life at SJIPR. The name, Coalesce, to be sure, is a nod to the most distinctive feature of SJIPR. And it also speaks about the persistent belief that within the St. John Technical and Educational Campus, this institute holds a unique and central place. After a couple of years of hiatus, the college magazine has again seen the light of day. The twinkle in your eyes and the smile on your lips is what we look forward to while you flip through the pages of the magazine which is a reflection of activities at SJIPR.

The Editorial team was looking forward to making this magazine a portal for students to express their innovative minds. This magazine provided a platform for students to exhibit their passion for writing and creativity. We were happy to note that many faculty and students have evinced interest in making Coalesce a success by contributing creatively, with interesting literary, science, arts, and technical articles. This issue is a treasure of poems, stories, beautiful pictures, and topics related to various branches of knowledge. The content mirrors not only the contributors' creative talents but also their analytical thinking. The committee deems it an honor to congratulate all of them. The committee members express our deep gratitude for allowing us to bring out the magazine. We are also grateful to everyone who has encouraged and supported us in our endeavor to bring out the magazine. We hope you enjoy every stop on this tour of the institute today through this magazine. We welcome your feedback and will see you again with a new issue.

EDITOR

Mr. Abhijeet Puri
Assistant Professor

ART WORK & DESIGNING TEAM

Druni Bari

Khan MD. Amaan

Jay Nikam

PHOTOGRAPHY TEAM

Utsav Dandapathak

Shruti Ghadge

Alentina Fernandes

Showkhiya Khan

Mr. Albert W. D'souza
Chairman,
Aldel Education Trust

At the outset, I congratulate the Staff and Students of St. John Institute of Pharmacy and Research for publishing Coalesce 2023. Their unparalleled dedication and hard work is reflected in all aspects of this Issue.

As the St. John Technical and Education Campus enters its 15th year, we have come a long way since its inception. The journey has been filled with many milestones and achievements in Curricular, Co-Curricular and Extra-Curricular activities. New Institutions have been added on the Campus and we have truly become the single largest provider of KG to PG education in Palghar District. This could not have come at a better time as the Government plans to implement the New Education Policy shortly. The breadth of Courses and Programmes make our Campus a hub for high quality Multidisciplinary Education.

Along with Academics, I am happy to mention a focus on Research which has started from the Academic Year of 2022. We are delighted to have a Dean - Research who will be overlooking all Research activities across the Campus with the possibility of interdisciplinary research amongst the Staff and Students. The true spirit of education is one in which the student undergoes holistic development and is prepared to join a skilled workforce that contributes to the progress of Society and the Nation in a meaningful manner.

We at the St. John Technical and Education Campus are ready to embrace changes with our comprehensive Programmes and Technological advantages. I am proud that our Institutes are applying for Accreditation (NAAC - 2nd cycle for SJCEM and SJIPR; 1st cycle for SJCHS). With this, we intend to gain Autonomy and begin plans for a University.

I sincerely urge all the stakeholders of the Campus - the Students, Parents, Teaching and Non-Teaching Staff to continue to put in their best efforts to take the Campus to new heights. I wish everyone the best for all their endeavours along with a Happy and Prosperous New Year 2023.

MESSAGE

Dr. Evans Coutinho
Dean-Research,
St. John Technical and Educational Campus

"Start where you are. Use what you have. Do what you can."
Arthur Ashe

The only constant thing in this world is change! Therefore, we need to adapt to change to survive and succeed. To be Competitive in 2023 and beyond, it is imperative to develop the following basket of skill sets. These are skills in communication (speaking effectively, active listening, body language), Emotional Intelligence (recognizing, understanding and ontrolling your emotions), Cognitive Flexibility (training your brain to adapt to new, changing and unforeseen events), decision-making (making wise choices that will impact you, your colleagues and your surroundings), Coding (learning and becoming competent in a modern programming language), Data Analysis (ability to collect, analyze and interpret data) and finally Digital Marketing (ability to use digital technology to promote yourself and your talents). If you master these skills, you will always thrive in a changing world and will be able to compete and stay ahead of the crowd.

I also take this opportunity to congratulate the staff and students of SJIPR in bringing out an excellent issue of Coalesce 2023.

Dr. (Mrs.) Savita J. Tauro
Principal-SJIPR &
Dy. Campus Director,
St. John Technical and Educational Campus

"Change is the end result of all true learning."
-Leo Buscaglia

Congratulations to St. John Institute of Pharmacy and Research for releasing **Coalesce** at the Annual Day. I am happy to note the collaborative effort of students and faculty to incorporate the accolades and achievements of SJIPR for all to see at a glance in this Magazine. **Coalesce** is a reflection of the strengths and successes of SJIPR.

Education today is in a phase of transition and several changes are expected in the coming years. These changes would modify the methodologies of administering education as well as the scholastic patterns, throwing up several challenges to all the stakeholders but also providing exciting opportunities. Changes and challenges are complimentary and those accepting challenges to change will be the true beneficiaries. In the words of Martin Luther King Jr., "Today, our very survival depends on our ability to stay awake, to adjust to new ideas, to remain vigilant and to face the **challenge** of **change**". The Campus is well-equipped with infrastructure and facilities for an enriching learning experience and we, the faculty of SJIPR, will leave no stone unturned in this journey of educating students and making SJIPR the most sought after Pharmacy Institute in Palghar District. The additional specialisations introduced at the Post-graduate level, collaborations with industry and the commencement of the Indian Pharmaceutical Association – Palghar Local Branch will contribute immensely to build competencies of our students.

I wish every faculty and student of SJIPR success in all their endeavours as we begin another wonderful year.
Happy New Year 2023!

ULTRAMODERN INFRASTRUCTURE



COLLEGE BUILDING



LIBRARY

COMPUTER LABORATORY


CLASSROOM



PHARMACEUTICS LABORATORY



PHARMACEUTICAL CHEMISTRY LABORATORY

ULTRAMODERN INFRASTRUCTURE



PHARMACOLOGY LABORATORY

PHARMACOGNOSY LABORATORY


MEDICINAL PLANT GARDEN



MICROBIOLOGY AND PHARMACEUTICAL BIOTECHNOLOGY LABORATORY



M. PHARM. QUALITY ASSURANCE (QA) LABORATORY



M. PHARM. QUALITY ASSURANCE (QA) LABORATORY

PUBLICATIONS

- Sagar R. Pardeshi, Eknath B. Kole Harshad S. Kapare, Sachin M. Chandankar, Prashant J. Shinde, Ganesh S. Boisa, et al. Progress on Thin Film Freezing Technology for Dry Powder Inhalation Formulations, Pharmaceutics 2022, 14, 2632.
- Pardeshi C. V., Kothawade R. V., A. R. Markad , Pardeshi S. R., Kulkarni A. D., Chaudhari P. J. et al. Garcia, Sulfobutylether-B- cyclodextrin: A functional biopolymer for drug delivery applications,Carbohydrate Polymers, 2022
- Saswati Panigrahi, Dr. Uma Shankar Mishra, Dr. Prasanna Kumar Dixit & Dr. Piyusha Ranjan Mishra, Phytochemical screening, isolation and characterization of potential bioconstituents present in hyptis suaveolens. International Journal of Health Sciences, 2022, 6(S2), 10767–10778.
- Saswati Panigrahi, Dr. Uma Shankar Mishra, Dr. Prasanna Kumar Dixit, & Dr. Piyusha Ranjan Mishra, Isolation and Characterization of Bioconstituents resent in Calendula arvensis leaf, Neuro Quantology, 2022
- Puri V. Abhijeet, Gokhale N. Vrushali, Isolation, Characterization of Banana Starch and its Evaluation as a Disintegrating Agent in Dispersible Lornoxicam Tablet, Drug Delivery Letters 2022; 12(4):276-286
- Pradnya Patil, Afrin Ansari, Savita. J. Tauro and Sahaya Nadar, Green Recipes To Pyrimidine, Current Organic Synthesis, 2022
- Nisha V Kalayil, Shona S D'souza, Showkhiya Y Khan, Pallavi Paul, Artificial Intelligence In Phrmacy Drug Design. Asian J Pharm Clin Res.2022;15(4):21-7
- Pradnya Patil, Afrin Ansari, Savita. J. Tauro and Sahaya Nadar, Green Recipes To Pyrimidine, Current Organic Synthesis, 2022
- Sahaya Nadar, Tabassum Khan & Abdelwahab Omri, Reemergence of monkeypox: prevention and management Expert Review of Anti-infective Therapy, 2022
- Sahaya Nadar, Tabassum Khan, Simon G. Patching & Abdelwahab Omri. Development of Antibiofilm Therapeutics Strategies to Overcome Antimicrobial Drug Resistance. Microorganisms. 2022; 10(2):303

GRANTS RECEIVED

- Dr. Govind Asane received an AICTE-ISTE grant of Rs. 93,000 for A.Y. 2021-22 for conducting Short Term Training Programme (STTP) on “Emerging Areas in Science and Technology”. The programme was conducted during 24th – 31st January 2022.

ORAL AND POSTER PRESENTATION

- Sahaya M. Nadar presented a poster at International Conference on Emerging Trends in Drug Discovery and Development (ICETD3-2022) held on 20/01/2022 to 21/01/2022 for Topic : “Identification of newer hits as potential FAK inhibitors using in-silico methods”
- Afreen Ansari prsented a poster at International Conference on Emerging Trends in Drug Discovery and Development (ICETD3-2022) held on 20/01/2022 to21/01/2022 for Topic : “Benzohydrazide Schiff base derivatives: Design, Synthesis, Spectroscopic study, and Antimicrobial screening”.
- Dr. Norma Rebello made an oral presentation at Pharma Literati, for the Topic : “Idea to Market" competition held in June 2021 and on 28th February 2022.
- Deepali M. Nahar, Assistant Professor, Department of Pharmaceutical Chemistry, awarded with **Best Oral Presentation".** on the topic “Design, Synthesis and Evaluation of Small Molecules Targeting NS2B - NS3 Protease Enzymes of Dengue Virus" at International Conference on Virus Evolution, Infection, and Disease Control (ICVEIDC), which was held from the15th to the 17th of December 2022 at the School of Life Sciences, University of Hyderabad

Mrs. Deepali M. Nahar
Assistant Professor,
Dept. of Pharmaceutical Chemistry
awarded with "Best Oral Presentation”

STUDENTS ACHIVEMENTS

55TH YOUTH FESTIVAL MUMBAI UNIVERSITY

Yash Dadarkar
Final Year B. Pharm.
Secured 2nd Place
Story Telling

Anush Sequeira
Final Year B. Pharm.
Secured 3rd Place
Western Instrumental Solo

Abhishek Mishra
Third Year B. Pharm.
Zonal level Consolation
prize in Elocution

Sancia Carvalho
Third Year B. Pharm.
Consolation Prize
for Fine Art

AVISHKAR 2022-23

Ayush Kaikade
Final Year B. Pharm.

Stanislaus D'Souza
Final Year B. Pharm.

Selected for Zonal rounds of
Aavishkar- Research Convention AY 2022-23

IPA-MSB-SF & Rx IGNEUS

Sanjana Salgaonkar
Final Year B. Pharm.

Rekha Taral
Final Year B. Pharm.

2nd Prize at Showbizz Event

Laksha Shetty
Final Year B. Pharm.

Jyoti Yadav
Second Year B. Pharm.
2nd Prize at
Mehendi Event

Parnika Chaudhari
Third Year B. Pharm.
2nd Prize at
Solo Singing Event

M.D Aman Khan
Third Year B. Pharm.
2nd Prize at
Rx Gullyboy Event

POSTER PRESENTATION COMPETITION

Ankita Lonkar

Kaustubh Desle

Priyanka Sawant

Kunika Champanerkar

M. Pharm.
1st Prize Winner At National Level Online Digital
Poster Presentation Competition
Organised by Academic Decipher, Mumbai

M. Pharm.
2nd Prize in
Disso Research Presentation,
India. 2022 West Zone

BUREAU OF INDIAN STANDARDS (BIS) SJIPR

Sejal Pagdhare

Jidnya Patil

1st Prize Winner
Standards Writing Competition
T. Y. B Pharm

Chhaya Gupta

Neha Pandey

2nd Prize Winner
Standards Writing Competition
T. Y. B Pharm

Ulia Andrades

Krutika Kudu

3rd Prize Winner
Standards Writing Competition
Final Year B Pharm

ACADEMIC AWARDS

First Year M. Pharm.

Nitin Ade
8.23 CGPA

Samiksha Mhatre
8.08 CGPA

Second Year M. Pharm.

Mrunal Patil
8.15 CGPA

Kunika Champanerkar
8.00 CGPA

Final Year B. Pharm.

Nadita Pandey
9.28 CGPA

Aasami Shairish
9.10 CGPA

Third Year B. Pharm.

Ashish Dubey
8.59 CGPA

Bhagyashree Chaudhari
8.51 CGPA

Second Year B. Pharm.

Ganesh Boisa
8.64 CGPA

Jidnya Patil
8.61 CGPA

First Year B. Pharm.

Bhoomika Tiwari
8.18 CGPA

Kajal Singh
8.17 CGPA

Second Year D. Pharm.

Smrutika Gurav
86.8%

Chinay Chafekar
85.7%

First Year D. Pharm.

Jyoti Solanki
82.6%

Deepak Vishwakarma
81.4%

STUDENT COUNCIL

Sandeep Wala
General Secretary

Vipin Joshi
Treasurer

Merlin Kennedy
Cultural Secretary

Chandan Yadav
Sports Secretary

Abhishek Mishra
Technical Secretary

Jay Nikam
Media and Editorial Co-ordinator

Parnika Chaudhari
Ladies Representative

Showkhiya Khan
Alumni & Placement Co-ordinator

Vinayak Singh
Student Representative (D. Pharm.)

Nitin Ade
Student Representative (M. Pharm.)

Amaan Khan
Leader (N.S.S.)

Palak Khemka
Leader (N.S.S.)

IPA-MSB-PALGHAR LOCAL BRANCH

The Indian Pharmaceutical Association-Maharashtra State Branch-Palghar Local Branch (IPA-MSB-Palghar Local Branch), was inaugurated by Dr. Rakesh Tirpude (Former Assistant Commissioner, (Food, and Drug Administration) Maharashtra on Saturday, September 24th 2022.

The Hon. Chairman of Aldel Education Trust's St. John Institute of Pharmacy and Research, Mr. Albert W. D'Souza, welcomed all the guests and conveyed his best wishes to IPA-MSB-Palghar Local Branch. Mr. Nitin Maniar, Hon. Secretary, Indian Pharmaceutical Associaltion - Maharashtra State Branch, elaborated on the work and objectives executed by Indian Pharmaceutical Association and extended his kind regards for the inception of IPA-MSB-Palghar Local Branch. Dr. Digambar Zawar, Founder and Managing Director, Kamla Group of Companies commented on the milestones achieved in the field of Pharmacy internationally and briefed the dawn of medicines manufactured in Palghar District. In the foreseeable future, he envisioned Palghar advancing, particularly in the Pharmacy sector. Mr. Anis Shaikh, Chairman, Chemists Association of Palghar District, highlighted the services rendered by pharmacists during the COVID-19 pandemic and guided the students on future opportunities in this field.

The chief guest of the program, Dr. Rakesh Tirpude asserted that progress in any field lies in attaining a thorough knowledge of that field and that hard work consistently leads to success. The event was attended by several representatives from pharmaceutical industries in Palghar and Boisar as well as representatives of the Chemists Association of Palghar Town. Dr. Savita Tauro, Principal, SJIPR, thanked the IPA-MSB for collaborating with SJIPR to commence the Palghar Local Branch and on behalf of the faculty and students assured the IPA-MSB to make this branch vibrant with activities to promote the profession of Pharmacy and work towards the awareness and improvement of health in the local region.

The Indian Pharmaceutical Association- Student Forum (IPA-MSB-SF, Palghar Local Branch), staff, and all others event contributed a great deal of time and effort towards this inaugural ceremony.












Mr. Albert W. D'souza
(Chairman)
Aldel Education Trust, Palghar

Dr. Rakesh Tirpude
Former Assistant Commissioner,
FDA, Maharashtra

Dr. Digambar Zawar
Founder & Managing Director,
Kamla Group of Companies

Mr. Nitin Maniar
Hon. Secretary,
IPA - Maharashtra

Mr. Anis Shaikh
Chairman, Chemists
Association, Palghar District



IPA-MSB STUDENTS FORUM

Md. Amaan Khan
Associate Editor

Siddhesh Patil
Associate Sports Secretary

Druni Bari
Joint Pharmacy Education Officer

Isha Kewat
Cell Public Relation Office Member

Archanna Nair
Cell Cultural Member

Jyoti Yadav
Cell Pharmacy Health Office Member

Diana Jacob
Cell Executive Member

Kirti Sharma
Cell Student Exchange Office Member

Prathamesh Mahajan
Cell Finance Member

The Indian Pharmaceutical Association Maharashtra State Branch Students Forum is a wide canopy that brings all the regional colleges under one roof. It is a students forum, by the students for the students. The IPA-MSB-SF carries out activities such as Literary events, Sport events, Cultural events, Health campaigns, Hospital and Nursery visits. It also actively carries out events such as Debate, Poster making, Paper presentation.

PHO COMMITTEE SJIPR

Abhishek Mishra | Samrudhi Deshpande | Shambhavi Choudhary | Akanksha Goswami | Bhakti Patne | Happy Singh | Kavita Patil | Mrunali More | Atharva Oak | Mangesh Rai

Public Health Office (PHO) Committee was initiated by Indian Pharmaceutical Association (IPA) to highlight the importance and essence of health and well-being. Empowering health for all sectors of people is the main aim of IPA . The SJIPR PHO committee is working effortlessly by contributing to the Palghar region and to the Nation with all the parameters that are essential. The selfless volunteers are the pillars of the selfless service.

Dhawal Sankhe
Pursuing MBA in Pharmaceutical Management,
NIPER S.A.S. Nagar (Mohali).

At the very outset, I extend my sincere thans to the esteemed faculty at SJIPR, who cultivated the quest for continuous learning through a plethora of theoretical and practical training sessions. The entire staff always has showcased professionalism and extended immense help wherever required by considering students' development as a focal point. The overall environment in SJIPR has helped me foster and hone my skills as an individual by participating in several technical and sports competitions, allowing me to portray leadership and cultivating a sense of confidence in my overall being. On the personal front, I have gained friends from colleagues into an extended family for a lifetime, going to good places in their careers. The paradigm shifts to the new normal did not deter the sheer enthusiasm of the faculty, and the training sessions happened as they used to with the same vigor during the COVID-19 times. SJIPR is a one-stop learning destination that I would recommend to every aspiring Pharma graduate.

Kimaya Save
Pursuing MBA In Pharmaceutical Management
IIHMR, University, Jaipur

SJIPR has prepared me to face the worst or toughest course of action that I'll meet These four years have been wonderful for me. I have made friends and connections. I have grown academically and professionally. SJIPR will teach you to excel academically; there are no second thoughts on that subject, but it will also prepare you to face the outside world and show you the competition level you will face in the future. Due to the pandemic, 1.5 years of academics continued from home. During that time, I missed my college life a lot. Surely, I covered some part of it after the Lockdown was uplifted. I hope you all would enjoy your time in St. John, I'll like to convey a message to future students enjoy your UG life at SJIPR, live to your fullest don't get scared about your future. You all are getting shaped knowingly – unknowingly, and surely will succeed in the future.

Dekai Banerjee
Pursuing Master in Pharmacy (Pharma Technology) and
MBA in Pharma Tech and Healthcare Management, NMIMS, Mumbai

Most of the time, I always wanted to be on the other side of my college gate, and when the day came, I found many memories left deep inside the gates of SJIPR, which still linger in my heart. Basking in the sun with friends, short naps during the lecture; teasing friends; last day exam preparations; small moments of success; care and love of friends and faculty. Blank viva's; birthday celebrations; taking extra supplements to increase the length of answers; waiting for cultural programs; future planning and the passion for becoming 'A Pharma Graduate' one day. All these moments ended the day we left and turned into memories that still ring a bell on our Happy Days! So, the journey can always turn into happy days, not the race. Things may end, but memories will last forever. Thank you, SJIPR, for believing in me and making my Undergraduate program memorable. I will cherish the memories, and my relationship with you will always remain special and near to my heart. Thank you for everything, SJIPR.

Manasvi Bari
Pursuing MBA in Pharmaceutical Management,
NIPER, Ahmedabad.

My journey during college days was splendid, and all kudos to SJIPR for making it a meaningful part of my life. With my four years of stay here, I would honestly say that if you want to discover your potential and be encouraged, there is no better place than SJIPR. The dynamic management and professors here put their trust in the students and continuously supported us to reach heights. The best part about being in SJIPR was exposure to practical knowledge through lab sessions and various competitions. This valuable exposure helped me gain a deeper understanding of the concepts learned in theory. The vast opportunities and the competitive environment have always helped to bring out the best of me. And how can I forget the friends that I have made during this precious time of my life? The SJIPR pages of my life diary stand evergreen, and my relationship with this place will remain forever. Wholehearted thanks for everything!

Rinkesh Patel
Pursuing MS Pharmaceutics in Industrial Pharmacy, Long Island University,
Brooklyn Campus, New York, United States

I express my deepest gratitude to SJIPR for helping me acquire the abilities that helped me pursue my Master's. I am truly grateful to my professors and peers for fostering an environment conducive to learning and development. During my undergraduate years, I received advice and guidance that inspired me and gave me the direction I needed to reach my objective. They also provide a huge platform for sports and cultural activities. My respected professors nourished and shaped me into a vibrant person, and I am deeply grateful to them. I would also like to thank my friends for helping me develop my individuality. Being a part of SJIPR fills me with joy and pride.

Nandita Pandey
Pursuing Master in Pharmacy, Pharmacology
NIPER, Hyderabad

My journey to NIPER began from SJIPR, when, during Lockdown, one of my seniors and my Professor told me to start preparing for GPAT/NIPER. I started preparing for the entrance with no clue where to start and what to study, considering that we have to cover the entire B. Pharm syllabus for the entrances. Initially, as happens with every aspirant, there were phases of doubts about oneself, getting overwhelmed with the huge syllabus and the competition. But to achieve anything in life, you always start with the smallest steps first, which ultimately takes you towards your bigger goal in life. And the most important thing I have realized is, "First, it happens in the mind and then in reality." So, practicing and maintaining positive self-talk is essential, believing that you have already achieved what you aim for. I wish you all the best in your future endeavours, and keep giving your best rest; everything will fall into place.

GUEST LECTURES

- Mr. Gajanan Deo, Sr. Manager, Viatris Pharma, Nasik conducted a lecture on the Topic: “Pharma Career” on 19th January, 2022., for S. Y. D. Pharm.
- Mr. Sachin Shinde, Deputy. Manager, Zim Lab. Nagpur conducted a lecture on the Topic: “Scope of Pharmacy in Pharma industry” on 19th Ferbruary, 2022., for F. Y. D. Pharm.
- Mr. Ryan Pinto, Knowledge Valley, Mumbai conducted a lecture on the Topic: “Competitive Exam Guidance” on 29th March, 2022., for S. Y. D. Pharm.
- Dr. Krishna Iyer, Principal & Professor, Bombay College of Pharmacy, Mumbai conducted a lecture on the Topic: “Multicompartment Models - Biopharmaceutics” on 5th April, 2022 For Final Year B. Pharm., and M. Pharm.,
- Mrs. Pooja Vishal Maulikar, Examiner of Patents and Designs, RGNIIPM, Nagpur conducted Online Workshop on “Intellectual Property Rights (IPR) & Patents and Designs filing” on 15th July, 2022., for D. Pharm., B. Pharm., M. Pharm., and Faculty.
- Dr. Avinash Dhake, Professor, SMBT College of Pharmacy, Nashik, conducted a lecture on the Topic: "An overview on Preformulation studies" on 6th August, 2022., for B. Pharm., and M. Pharm.
- Dr. Jnanadeva Bhat, Head - Formulation R&D, Ms. Anita Solanki, Write Paper & Publications and Ms. Dorene Almeida, Lead - Applications R&D ACG Capsules, Kandivali conducted a lecture on the Topic: “Novel Approaches in Hard Capsules” For M. Pharm., Final Year B. Pharm., and Third Year B. Pharm. on 11th Aug 2022
- Mr. Bhalchandra Habade, Director of HRW Organics Pvt Ltd., Nashik, conducted a lecture on the Topic: “Business Opportunities in Pharmaceutical Sector” 6th August, 2022., for D. Pharm., B. Pharm., M. Pharm., and Faculty.
- Dr. Evans Coutinho, Dean, Research, St. John Technical and Educational Campus, Palghar conducted a lecture on Topic: “Under Graduate Research” 6th September, 2022., for Final Year B. Pharm., and Third Year B. Pharm.

Dr. Sameer Dhumal on
Executive, QA,
GSK Pharmaceuticals Pvt. Ltd.

Mr. Bhalchandra Habade
Director of HRW Organics Pvt Ltd.,
Nashik

Mr. Sachin Shinde,
Deputy. Manager, Zim Lab.
Nagpur

Mr. Ryan Pinto
Knowledge Valley,
Mumbai

Dr. Krishna Iyer
Principal & Professor, Bombay
College of Pharmacy, Mumbai

Mrs. Pooja Maulikar,
RGNIIPM,
Nagpur

Dr. Jnanadeva Bhatt, Head-Formulation,
ACG Capsules,
Mumbai

Dr. Avinash Dhake
Professor, SMBT COP,
Nasik

Dr. Evans Coutinho
Dean, Research, SJTEC,
Palghar

SYMPHORIA 2022

Annual event Symphoria 2022 was conducted by Department of Pharmaceutical Chemistry. It was a three Day e-Symposium organized from Thursday, 3rd to Saturday, 5th March 2022. The theme for the Symposium was 'Emerging Trends in Drug Discovery and Development'. Total 348 delegates registered out of which 247 were external and 101 were Internal participants.Following are the details of Resource Person for the e-Symposium

- Dr. Ajit Nair
  Chief Development Officer, Rhizen Pharmaceuticals AG
  Topics: Keynote Address

- Dr. Prajakt Barde, Medical Director, MedIndite Communications Pvt. Ltd
  Topics: Drug Development: Clinical Development Science Nuances & possible Solutions.

- Mr. Sachin Mangalvedhekar
  Head - Clinical & PV QA, Glenmark Pharmaceuticals
  Topics: Clinical Trials, Pharmacovigilance and Quality-Basics to Advanced.

- Dr. Girinath Pillai,
  Director, Zastra Innovations Pvt. Ltd.
  Topics: Role of Machine Learning and ADME in Lead optimization

- Prof. D. Velmurugan
  Former HoD, UGC BSR Faculty & Emeritus Professor, University of Madras
  Topics: Recent Trends in Herbal Based Drug Discovery.

- Dr. Venkatesan Jayaprakash
  Prof. Dept of Pharm. Sci. and Tech. BIT Mesra, Ranchi
  Topics: Exploring conditionally essential targets for antitubercular drug.

- Dr. Shridhar Narayanan
  CEO and Founder, Foundation for Neglected Disease Research (FNDR)
  Topics: Discovery of antitubercular drugs

INDIAN SOCIETY FOR TECHNICAL EDUCATION SHORT TERM TRAINING PROGRAM (ISTE-STTP) 2022

AICTE-ISTE Sponsored One Week Induction Program was conducted from Monday, 24th January to Monday, 31st January 2022 on "Emerging Areas in Science and Technology". The programme was limited to 100 participants, from which 23 were ISTE Life MembersmFollowing are the details of Resource Persons

Dr. Ketan M. Ranch
Associate Professor,
L.M. College of Pharmacy Ahmedabad
Topic- Application of QbD in Drug Delivery

Dr. Vijay Joshi
Senior Advisor, Rashtriya Uchchatar Shiksha Abhiyan (RUSA), Mumbai
Topic: National Education Policy 2020

Dr. Vandana B Patravale
Professor, Department of Pharmaceutics, Institute of Chemical Technology, Mumbai
Topic: Computational Pharmaceutics - Opportunities and Challenges

Dr. Vivek Borse
DST INSPIRE Faculty, NanoBioSens Lab, Department of Medical Devices, (NIPER) Hyderabad
Topic : Development of in vitro diagnostics

Prof. Vijay D. Vaidya
Executive Secretary, ISTE
Topics: Keynote Address

Dr. Anuradha Mujumdar
Dean, Faculty of Science and Technology, University of Mumbai
Topic: Network Pharmacology

NATIONAL SERVICE SCHEME (NSS)

Patient Counselling
Thembode Road, Palghar on
22nd September, 2022

International Yoga Day Celebration,
University of Mumbai,
on 16th to 21st June

Cleanliness Drive,
Dastooripada Palghar, on
10th August, 2022

Tree Plantation Drive
Palghar, Manor Road, on
14th September, 2022

Har Ghar Tiranga Rally
Shelwadi Palghar, on
15th August, 2022

NSS Malnutrition Skit
Punit Nagar Palghar, on
16th August, 2022

DEPARTMENT OF LIFELONG LEARNING AND EXTENSION (DLLE)

Poster Presentation
23rd September 2022

(Cleanlieness) Drive on
16th December, 2022

A Cleanliness drive was organized as a
Community Outreach Program on 3rd October,

A Public Awareness Program on "OTC medication & its side effects" was conducted on 16th December 2022.

SJIPR-BIS STANDARDS CLUB

Bureau of Indian Standards (BIS) is the National Standard Body of India established under the BIS Act 2016 for the harmonious development of the activities of standardization, marking and quality certification of goods and for matters connected therewith. BIS is known to set standards for consumable products. Standards are the basic product requirements that are to be met and certification is thereby provided by BIS in order to ensure the safety of its use in consumers day to day life. It has been providing traceable and tangible benefits to the national economy in a number of ways – providing safe reliable quality goods; minimizing health hazards to consumers; promoting exports and imports substitute; control over proliferation of varieties etc. through standardization, certification and testing. St. John Institute of Pharmacy and Research has collaborated with Bureau of Indian Standards (BIS) to conduct activities with an aim to raise the bar of quality standards among the School and Professional Course Students i.e Nurturing ambassadors of Standards and Quality. The Bureau of Indian Standards has devised a 'Standard's Club' at St. John Institute of Pharmacy and Research for the awareness and the vocalisation of the importance of standards in our life. The Standards Club at SJIPR was inaugurated on 10th June 2022 by Mr. Devansh Deolekar, Scientist D, Bureau of Indian Standards, Mumbai Branch Office I, Government of India in presence of Mr. Aldridge D'Souza, and Mrs. Elvina D'Souza, Management, Aldel Education Trust and Dr. Savita Tauro, Principal, SJIPR. The activities were co-ordinated by the Mentor, Dr. Norma Rebello and Standards Promotion Officer, Mr. Sameer Kumar, Bureau of Indian Standards, Mumbai Branch Office I, Government of India.

Total 57 students have enrolled as Members and the events are conducted through the 6 membered core committee.

Exposure Visit at Western Regional Office and Laboratory, Bureau of Indian Standards, Mumbai Branch Office, Government of India on, 15th July 2022

Standards Writing Competition on 12th August 2022

World Standard's Day Celebration at BIS, Branch Office Mumbai on, 16th October 2022

APPLICATION OF ARTIFICIAL INTELLIGENCE IN HEALTHCARE MANAGEMENT

The health industry is an emerging and rapidly changing industry with a large amount of data generated every second. Manually scrutinizing and filtering data would necessitate a large number of workers and could result in human error. Such human error can be unpleasant and harmful in various ways, so a computer system or technology can help avoid such situations. AI and its application in multiple industries cannot be ignored because it plays an important role in such sectors. For example, in the health industry, AI plays an important role in minimizing errors, drug discovery, precision medicine, and various diseases that can be traced back to multiple factors. In the current context, an attempt is made to list the number of AI applications that will benefit the health industry.

INTRODUCTION:

Artificial Intelligence is a subfield of computer science that deals with problem-solving using symbolic programming. The primary goal of Artificial Intelligence is to recognize useful information and process problems. Many branches of statistical and machine learning, pattern recognition, clustering, and similarity-based methods are included in Artificial Intelligence.

THE NEW AGE OF HEALTHCARE:

Big Data and Machine Learning are influencing almost every aspect of modern life, including entertainment, commerce, and healthcare. There is hope that the application of Artificial Intelligence will significantly improve all elements of healthcare. Algorithms are already outperforming radiologists in detecting malignant tumors and advising researchers on how to build cohorts for expensive clinical trials.

FUTURE OF ARTIFICIAL INTELLIGENCE:

Artificial Intelligence (AI) can potentially positively impact doctors and patients in healthcare. As AI technologies advance, they will alter how doctors view their patients, reduce healthcare costs, and advance medical care in areas with limited access.

LIMITATIONS:

In many cases, the term "Artificial Intelligence" may be misleading because it refers to far more advanced technology than today. At its best, current technology - which includes a variety of Machine Learning methods - can achieve narrow Artificial Intelligence (ANI) in various fields. However, this is happening at an unbelievable rate. These artificially intelligent programs outperform humans in specific tasks. To avoid over-hyping the technology, current AI's medical limitations must also be acknowledged.

AI IN THE COVID-19 PANDEMIC:

The medical industry is looking for new technologies to monitor and control the spread of the COVID-19 (Coronavirus) pandemic in this global health crisis. AI is one such technology that can easily track the spread, identify high-risk patients, and aid in real-time infection control.

Early infection detection and diagnosis: It can quickly analyze unusual symptoms and other red flags, alerting patients and healthcare authorities. AI uses medical imaging technologies such as CT and MRI scans of human body parts.

Monitoring the treatment: A neural network can also be developed to extract the visual features of this disease. This would help in proper monitoring and treatment for those affected by the virus, as well as predict its spread.

Contact tracing of the individuals: AI can also predict the future course of this disease and its likely reappearance.

Development of drugs and vaccines: By analyzing the available data on COVID-19, AI is used for drug research. It is useful in the design and development of drug delivery systems. This technology accelerates drug testing in real-time, whereas standard testing takes a long time.

Reducing the workload of healthcare workers: Artificial intelligence (AI) is being used to help reduce the workload of healthcare workers. It aids in early diagnosis and treatment by utilizing digital approaches and decision science, and it provides the best training to students and doctors regarding this new disease called COVID-19.

CONCLUSION:

AI has a significant effect on the health industry and pharmaceutical industries. It has opened the channels of possible outcomes and scrutinizing the data has become easy for the government. All the health schemes and parameters of good health can be easily traced back through loads of data.

Compiled by :
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MICROWAVE SYNTHESIZER : AN EFFECTIVE PARADIGM OF GREEN CHEMISTRY

Green Chemistry is crucial in ensuring that our next generation of chemicals, materials, and energy is more sustainable than our current generation. One such strategy is Microwave synthesis, which entails switching out conventional heating methods for more contemporary ones, including microwave irradiations, to minimize the carbon impact. This review places particular emphasis on the idea of Microwave-Assisted Organic Synthesis (MAOS) as well as the sensible application of the Catalyst Microwave Synthesiser, a crucial instrument for environmentally friendly chemistry.

Microwave Synthesis

Tool for Green Chemistry: Thanks to microwave synthesis, chemists have extra time to exercise their creativity, try new hypotheses, and create new procedures. Chemists can now carry out the identical process in minutes rather than spending hours or even days synthesizing a single compound. The issue with solvent waste disposal has been solved by conducting procedures without a solvent under microwave irradiation. Under solvent-free circumstances, combining microwave irradiation with mineral-supported catalyzed reactions results in clean chemical processes with faster reaction rates, higher yields, improved selectivity, and easier manipulation.

Microwave Synthesis V/S Conventional Synthesis: Traditional reaction heating methods like oil baths, sand baths, and heating mantles are slow and produce a hot reaction vessel surface where substrates, products, and reagents frequently degrade over time. The temperature of the reaction vessel is higher than the temperature of the reaction mixture, depending on the thermal conductivity of the various materials that must be penetrated. In contrast, microwave radiation is delivered remotely into the chemical reactor and penetrates through the reaction vessel's walls to directly heat the reactants and solvents, as illustrated in Fig. 1

Catalyst Microwave Synthesizer Components:

High power source – A magnetron is a Thermionic diode that produces microwaves due to its directly heated cathode and anode.

Waveguide feed is a rectangular channel that allows microwaves to travel from the magnetron to the microwave cavity. It has metal sheet-made reflecting walls. These barriers improve the efficiency of the oven by preventing radiation leakage.The oven cavity is constructed to get much energy primarily electric energy.

Reaction vessel - For microwave-induced organic reactions, a tall, loosely-covered beaker with a capacity higher than the volume of the reaction mixture serves as the reaction vessel.

Conclusion & Future Perspective:

In addition to increasing product yields and reaction rates, microwave heating has proven to be a useful technique for synthetic chemists since it provides a secure and practical way to heat reaction mixtures to high temperatures. This new technology has developed as a green chemical pathway in addition to being safer since it satisfies some of the key requirements of green chemistry. Several applications in organic synthesis, where procedures with greater yields and purified products are highly needed, have already been created using it as a promising technique. The ability to use the MAOS technique has allowed the pharmaceutical industry to propose increasingly diverse goals for some innovative medications and Active Pharmaceutical Ingredients (APIs).

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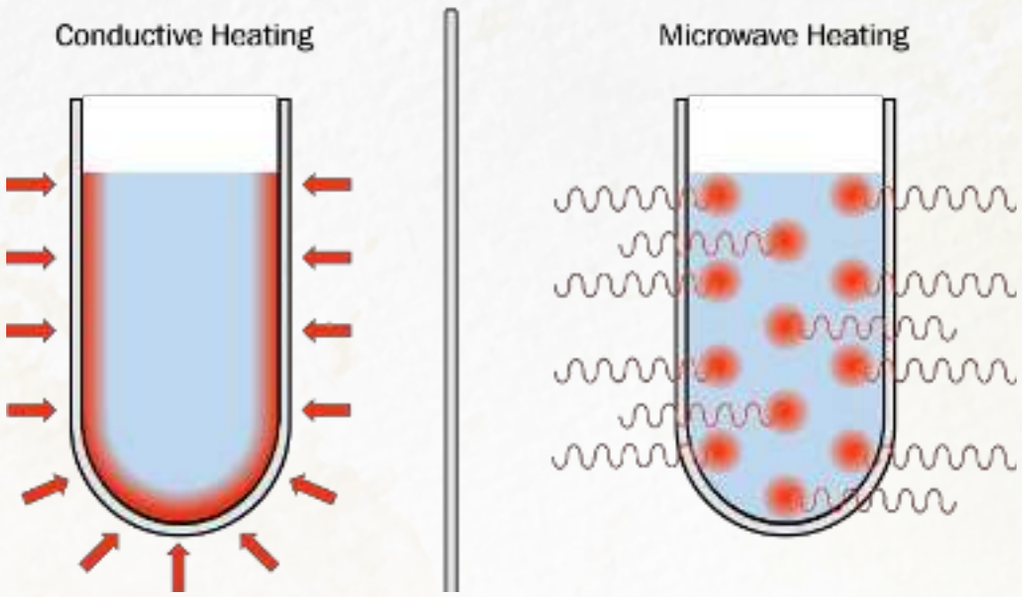

Fig. 1: Conventional Heating V/S Microwave Heating

MASTER OF YOUR MIND - SUBCONSCIOUS MIND

"Do you know that our subconscious mind is a million times more powerful than the conscious mind"?
In Fact, we operate on this Subconscious mind For 95 to 99% of our life. A homeostatic impulse, a component of our subconscious mind, controls processes, including body temperature, heart rate, and respiration. It is the consciousness that is just below our awareness level. The unconscious mind is a real thing. It is really real and fundamental to who we are. Long-term memory, emotions, feelings, habitual patterns and interpersonal relationships, addictions, involuntary body functions, developmental stage, creativity, and spiritual connection are all concerns of the subconscious mind. The ERTAS and limbic system are where most of the brain's "id" (or "system unconscious") processes are performed, whereas the basal ganglia and cerebellum are where most of the "repressed" (or "system unconscious") activities are performed.

Learning how to synchronize a new set of complex activities is most likely challenging, such as riding a bike or memorizing steps to dance precisely. These movements develop to require less conscious awareness as we gain proficiency until everything starts to occur easily. Amazingly, one of the most potent internal forces that influence human behavior, the subconscious mind, is the one controlling all of these involuntary actions (also commonly referred to as the nonconscious mind). But many individuals are unaware that our brain controls our mental state in the same way it influences our physical condition. Every time we attempt anything new, we experience a subliminal tug back toward our familiar surroundings. We will feel anxious and unpleasant just by considering doing something different from what we are used to.
In addition to repeatedly providing us with ideas and impulses that imitate and replicate the things we have done in the past, our mind is continuously filtering and drawing our attention to information and stimuli that confirms our preexisting beliefs. Our five senses are actively taking in information at all times when we are awake.

Similar to how a computer saves data, these experiences are preserved as memories. But most of this knowledge may be retained without thinking about it. 95–99% of what we do each day is probably forgotten. But because hypnosis can revive long-forgotten memories, we know that these ideas and pictures are still in your mind. Although we may not always be aware of it, our subconscious mind is constantly active. Our subconscious mind, also known as the unconscious mind, houses all the information stored from every experience we have ever had. This is why we occasionally experience deja vu. Studies in psychology on how the brain functions show that our experiences, particularly those from early childhood, impact how we think and behave. Even though you don't recall most of your life events, unconscious memories shape 90 to 95% of your behavior. Fundamentally, the new research reveals a much more active, independent, and intentional subconscious brain than was previously believed. The unconscious is perfectly capable of running the program it chooses to run. Goals, whether to eat, mate, or guzzle down an iced latte, are like neural software programs that can only be performed one at a time in the brain. Our dreams are related to the subconscious mind. Since the beginning, scientists, philosophers, and theologians have investigated plans and developed various hypotheses and interpretations.

According to Sigmund Freud, dreams are a window into our unconscious and a manifestation of our deepest needs, anxieties, and repressed childhood experiences or obsessions, most of which are sexual in character. Even Freud acknowledged that "sometimes even a cigar is only a cigar." Currently, it is largely accepted in neuroscience that dreams are completely physiological and represent the brain's attempt to make sense of random ideas and images from recent daytime experiences or memories that race through the mind while we sleep. Our subconscious mind uses images, sentiments, and metaphors to communicate, emphasizing emotion over reason or logic. The intricate brain system that links the subconscious and the conscious mind is known as intuition. It is a brain function that doesn't involve analytical thought. While many of us believe we can multitask, it is not easy to maintain conscious attention on two things at once. When we try to focus on two things at once, the brain shifts its attention from one to the other before returning to the first. We are never able to focus on two things at once at the same time. Similarly, it is physically impossible to be angry and peaceful at the same moment or to be pleased and sad, but humans can quickly change between emotional states. However, our subconscious is a natural multitasker.
Our subconscious is always awake. It is constantly working. It manages each of your essential processes. Before you go to bed, forgive everyone and yourself. This will hasten the healing process. Suggestion rules the subconscious mind; it accepts all recommendations, does not fight with you, and carries out your requests. Keep your imagination going beyond what you think is possible since your subconscious mind doesn't mind it.

So who is controlling your life?...
Not you really.
It is your subconscious mind...
A power within you..

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PROTEIN PRENYLATION AND THEIR APPLICATIONS

Prenylation occurs in all eukaryotic cells. Rhodotorucine A, a yeast mating factor peptide, was prenylated for the first time in 1979 in Japan. More fungal peptides will be identified in five years. Sex hormones with a C-terminal farnesyl group were released. Unknown yet stoichiometric and stable, this change is a fundamental component of the process, a list of mate-inducing variables. First-ever discovery of mammalian prenylation. Functional protein requires prenylation. The farnesyl (15-carbon) or geranylgeranyl (20-carbon) group is transferred to protein cysteine residues in three steps. Specialized prenyl-binding domains help protein-protein binding. Farnesylation and geranyl geranylation are crucial for protein membrane anchoring. These post-translational changes are catalysed by FTase or PT-I. (GGTase-I). These enzymes identify a CaaX pattern, where "C" is the cysteine to be prenylated.

Prenylation helps diversify flavonoids, coumarins, and isoflavonoids. Prenylated chemicals exhibit anti-cancer, anti-spasmodic, anti-bacterial, anti-fungal, anti-inflammatory, and anti-androgen action. Prenylated chemicals are useful for making medications and functional foods due to their anti-disease effects. Prenylation of aromatic chemicals like indole, ketones, and aldehydes may lead to molecule discovery. azoles, anilines, thiols, indole, -carbonyl bromides, and aryl bromide undergo prenylation. Prenylation yields (-)-17-hydroxy-citrinin and (+)-streptavidin. Comparing the projected amino acid sequences of these two proteins, additional Ras proteins, mating factors, and lamin B and prelamin A revealed a shared carboxy-terminal region. A CAAX box contains cysteine, an aliphatic amino acid, and a carboxy-terminal amino acid. The yeast mating hormone a-factor structure was farnesylated and carboxymethylated at the carboxy-terminal cysteine ("). This discovery predicted that ras protein's carboxy-terminal cysteine would be farnesylated. Prenylation increases the lipophilicity of proteins for effective membrane anchoring.

Prenylated proteins are involved in cell signalling and regulation. The first prenylated polypeptide was the mating factor from Rhodosporidium toruloides, an undecapeptide with a C-terminal S-farnesyl-cysteine methyl ester. These mating factors are farnesyl groups coupled to peptide cysteines. Farnesyltransferase and geranylgeranyl transferase type 1 (GGTase-I) attach single isoprenoid groups to proteins.

Biotechnology application:

The ability of FTase to change a single cysteine residue in the C-terminal CaaX motif and incorporate isoprenoid analogs with bioorthogonal functions has been utilized for site-specific protein modifications in recent years. This is feasible because a CaaX-box at the C-terminus of practically any protein is enough to make it an effective FTase substrate. Functionalization of the resultant proteins by bioorthogonal processes provides a simple way to produce a large range of site-specific protein conjugates. For immobilization of proteins (GFP or G.S.T.) onto solid surfaces such as glass slides or agarose resin, the Poulter and Distefano groups employed azide- and alkyne-functionalized F.P.P. analogs in FTase-catalysed reactions followed by click reactions or Staudinger ligations. Maynard and colleagues used a similar technique to immobilize mCherry protein tagged with 25 onto a patterned azide-functionalized surface produced by microcontact printing.

Waldmann and colleagues used a photo-chemical thiolene reaction between farnesylated recombinant proteins and surface-exposed thiols from functionalized surfaces to immobilize functional proteins in an orientated and selective manner (mCherry and Ypt1) Poulter and colleagues have immobilized the glutathione S-transferase enzyme and antibody-binding protein G to self-assembled monolayers on gold surfaces in a highly organized, regioselective manner. They also developed immobilized recombinant antibody-binding protein L sandwich antibody arrays for trapping antibodies for direct and sandwich-type immunofluorescent detection of ligands in a microarray manner. In general, where oriented protein immobilization is required, the prenylation-based immobilization strategy has several potential biomedical and biotechnology applications, such as protein arrays and diagnostic applications based on immunoassays, Surface Plasmon Resonance (S.P.R.), or electrochemical methods. A nanoscale-sized defined tetrahedron architecture composed of four oligonucleotides and four GFP molecules, therapeutically relevant proteins GIP and H.I.V. NC attached to oligonucleotides, and DNA-protein cross-links as D.N.A. lesions to study D.N.A. repair, and replication are just a few of the protein-DNA conjugates that have been synthesized using this method[1].

Reference

[1] Protein Prenylation and Their Applications. Modif Biomol 2022.

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NANOSPONGES: A NOVEL DRUG DELIVERY SYSTEM

In drug development, sustained release technology must minimise discomfort from a wide range of APIs to improve patient compliance, formulation stability, and shelf life. Researchers face issues with drug delivery and release. Nanosponges may solve these problems. Nano sponges are virus-sized mesh structures that can retain drugs. Small sponges move through the body and deliver medicine in a controlled and predictable manner. Cross-linked polymers enclose medicinal compounds. It may reduce unwanted effects, improve stability, add elegance, and increase formulation flexibility. They're lipophilic and hydrophilic.

Advantages: Masks disagreeable taste and converts liquids to solids with fewer negative effects. Biodegradable, non-allergenic, non-irritating, non-mutagenic. Their average pore size is 0.25m, so germs can't penetrate. They're stable from pH 1 to 11 and tough up to 300^{0}C.

Disadvantages: Nano sponges include only small molecules. Depend only upon loading capacities

Composition

Polymer: Substituting functional and active groups affects the polymer's cross-linking ability. Polymer selection relies on needed drug release and encased drug. Hyper cross-linked polystyrenes cyclodextrins, polyvelerolactone, ethyl cellulose, and PVA.

Cross-linking agent: Selection of cross-linking agent depends on the structure of the polymer and the drug to be formulated.

Drug substance: Antibiotics, anticoagulants, anticonvulsants, antiepileptic drugs, antifungal agents, antihistamines, antihypertensive agents, cardiac drugs, antioxidants, anthelmintic, diuretics, antipsychotic drugs, NSAIDs, steroids, etc.

Method of Preparation of Nanosponges:

Emulsion solvent diffusion method: Method uses organic and aqueous phases. Aqueous phase contains PVA and organic phase contains medication and polymer. The medication and polymer are combined with organic solvents and introduced gently to the aqueous phase. Nano sponges are filtered, rinsed, then air-dried or baked at 40^{0}C for 24 hours. Products were stored in a vacuum desiccator to remove leftover solvent.

Quasi- Emulsion Solvent Method: The Nano sponges are prepared by using the different polymers. To prepare the inner phase Eudragit RS100 was dissolved in suitable solvent and the drug was added to solution and dissolved under ultra-sonication at 35^{0}C. The inner phase was poured into the PVA solution in water (outer phase). It was stirred for 60mins and the mixture was filtered to separate the nanosponges. Then dried in an air-heated oven at 40^{0}C for 12hrs.

Solvent Method: Mix the polymer with a suitable solvent, particularly with a polar aprotic solvent such as dimethyl formamide, di methyl sulfoxide. Then add this mixture to excess quantity of the cross-linker, molar ratio of 4:16. Carry out the reaction at temperature ranging from 10^{0}C to the reflux temperature of the solvent, for a period of 1 to 48hrs. Dry the product under vacuum and grind in a mechanical mill to obtain homogeneous powder.

Ultrasound Assisted Synthesis: Mix the polymer and the cross-linker in a particular molar ratio in a flask. Sonicated the mixture for 5hrs for 90^{0}C. Then allow the mixture to cool and break the product roughly. Wash the product with water to remove the unreacted polymer and subsequently purify by prolonged Soxhlet extraction with ethanol. Dry the obtained product under vacuum and store at 25^{0}C until further use.

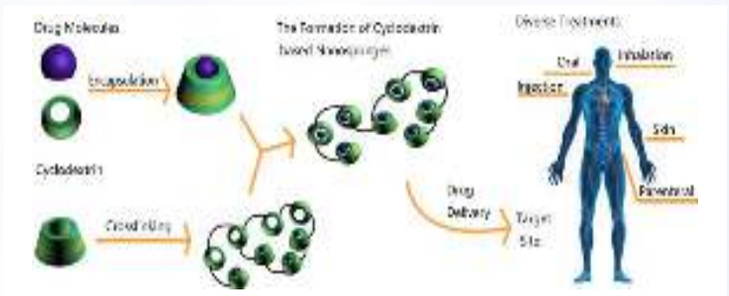
Characterization

Thermo-analytical Methods: Thermo-analytical methods determine whether the drug substance undergoes some change in the thermal degradation of the Nano sponge.

Infra-Red Spectroscopy: The interaction between Nano sponges and the drug molecules in the solid state can be estimated by using Infra-Red spectroscopy. Nano sponge bands often change only slightly upon complex formation. Infrared spectral studies give information regarding the involvement of hydrogen in various functional groups.

X-ray Diffractometry: Powder XRD detects solid-state inclusion complexes. Liquid has no diffraction pattern, unlike a Nano sponge. Two components create a mixture's diffraction pattern. They provide a mixture different peaks and determine chemical degradation and complicated creation.

Zeta potential: It measures surface charge by adding an electrode. It can be estimated in particle size equipment (Zeta Sizer).



Applications: Targeted Drug delivery, Solubility Enhancement, Delivery of protein, and Enhanced skin permeation

Conclusions: Nano sponges can modulate medicine delivery to a place. Hydrophilic and lipophilic molecules can be carried. Small particle size and spherical shape allow for oral, parenteral, and topical administration. Nano sponge technique entraps chemicals, decreasing side effects and improving formulation flexibility, stability, and elegance. Nanosponges, a first-of-its-kind device for oral and targeted medication delivery, provide many benefits over standard topical dose forms for treating tropical diseases. Nanosponge technology provides site-specific drug delivery and patient compliance. This interesting medicine delivery technology needs more research.

References:

[1] A review. International Journal of Applied Pharmaceutics. 2018;7(10):1.

[2] Nanosponges -A Promising Novel Drug Delivery System. Recent Pat Nanotechnol. 2018;12(3):180–91.

Compiled By:
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OTC MEDICATION AND IT'S SIDE EFFECTS

Over-The-Counter (OTC) medicines are those you can buy at the store. You don't need a prescription from your doctor. They help you feel better by treating or preventing common health problems. These could include pain, allergies, constipation, cold and flu, or nausea. But sometimes, OTC medicines can cause adverse effects.

Side effects

Drug-drug interactions: The body metabolizes every drug/medicine differently. When medications are used together, the ways they affect the body can change. This is called a drug-drug interaction.

The main Interaction types are:

1. Duplication: This is when you take two medicines that have similar active ingredients. It can give you more treatment than you need. An example is taking OTC ibuprofen (Advil, Motrin) plus a prescription anti-inflammatory medication. Too much anti-inflammatory or pain reliever can hurt your kidneys or liver.

2. Opposition: Medicines with active ingredients that have opposite effects on your body can interact. This may reduce the effectiveness of 1 or both medicines. For example, OTC decongestants may raise your blood pressure. This can work against (cause opposition to) medications that lower your blood pressure.

3. Alteration: One medicine may change how your body absorbs, spreads, or processes another treatment. For example, aspirin can change the way some prescription blood-thinning drugs work.

Drug-food interactions: Food may change how your body processes some OTC or prescription medicines. This is called a drug-food (or drug-nutrient) interaction. Sometimes the things you eat and drink can affect the ingredients in your medication. This can prevent the medicine from working the way it should. For example, drugs taken by mouth are usually absorbed through the stomach lining. The nutrients from the food you eat are also absorbed this way. If you take a medicine with food, but the directions say not to, your body might not absorb the medicine correctly. But what you eat and when you eat does matter with some medication. This is why some medicines should be taken on an empty stomach. That means 1 hour before or 2 hours after eating. At the same time, some medications are absorbed or processed better when you take them with food.

Allergic reactions: It's not common, but some people are allergic to certain medicines. Signs of an allergic reaction include itching, rash, hives, and breathing problems.

There is a misconception that they are safer because OTC drugs are more readily available than illegal drugs and prescription drugs. While OTC drugs are safe when used responsibly, hundreds of OTC drugs contain psychoactive chemicals that people may try to maximize for recreational use.

Statistics

- Approximately 3.1 million young people aged 12-25 have used a non-prescription cough and cold medication to get high.
- Around 80,000 people annually visit the emergency room due to Paracetamol overdose.
- One in eight teenagers, or approximately 12% admit to abusing OTC cough syrup

Precautions

- Try to limit how often you use OTC medicines. Could you not use them unless you need them?
- Take medicine just as your doctor or the drug facts label instructs. Don't take a higher dose of the medication than recommended.
- When giving medicine to children, use the correct measuring device to ensure they get the right amount. This could be a spoon for measuring medicine or a syringe or cup.
- Don't take capsules apart or stir medicine into your food unless your doctor says it's okay. This may change the way the treatment works.
- Don't take medicine with alcoholic drinks.
- Don't take vitamin pills at the same time you take medicine. Vitamins and minerals can cause problems if taken with some drugs.
- Keep track of any allergies and adverse reactions to OTC medicines in the past. Avoid medications that contain the same ingredients.
- Remember that even if you took medicine in the past with no problems, you could still have a reaction when you take it now.

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FLAVONOIDS AS PHOTOPROTECTIVE AGENTS

We all know that the primary function of sunscreen is to forestall sun-induced erythema. Skin cancer caused by the sun may be prevented by using sunscreens that block more sun rays before they reach the skin. U.V. light is divided into three types Ultraviolet C (U.V.C.), which ranges from 100 to 290 nm; ultraviolet B (UVB), 290 to 320 nm; and ultraviolet A (UVA), 320 to 400 nm. Solar U.V. radiation on Earth's surface is typically 90 to 99% UVA and 1 to 10% UVB, causing erythema and photocarcinogenesis. Contact with cell D.N.A. causes photocarcinogenesis by forming cyclobutene pyrimidine dimers and thymine glycols. However, the research on UVA's function is crucial for several other reasons. The buildup of UVA radiation primarily causes the formation of cancer-causing Reactive Oxygen Species. R.O.S. and reactive nitrogen species are generated when the skin is exposed to U.V. radiation. Hydroxyl radicals, superoxide anion, peroxyl radicals, active precursors singlet oxygen, hydrogen peroxide, and ozone are the most frequent R.O.S. created by U.V. light. The antioxidant and chelating actions of flavonoids, a type of secondary phenolic found in plants, are well-documented. The beneficial health effects of these substances were known for a long time before anyone ever identified them as natural compounds. Antioxidant enzyme activation and free radical and metal chelate transport are two mechanisms by which flavonoids exert their beneficial effects in living systems. Flavonoid structure consists of two benzene rings (A and B) linked by a heterocyclic pyran or pyrone (with a double bond) ring (C). Based on the bond connecting the B ring and the C ring, as well as the oxidation state and functional groups of the C ring,

Flavonoids can be broken down into six distinct groups: Flavones, Flavonols, Flavanonols, Isoflavones, Flavanols, and Anthocyanidins.

Rutin: Rutin, commonly known as rutoside and quercetin-3-O-rutinoside, is a flavonoid glycoside derived from quercetin. Many authors confirmed the sun protection factor UVB (SPF-UVB) and protection factor UVA (PF-UVA) in pharmaceutical formulations, including simply rutin as the main active component as well as in combination with additional photoprotective agents using a transmittance technique established by Diffey et al. (1989). SPF-UVB 4.72 0.20 and FP-UVA 4.92 0.20 were found in rutin formulations. Rutin's protective factor increased when it was combined with physical filters like titanium dioxide (TiO2) and zinc oxide (ZnO)[1].

Quercetin: Quercetin (3,3',4',5,7-pentahidroxyflavone) was discovered that a flavonoid that absorbs in both the UVA and UVB areas, with additional absorption into the UVA region. Evans-Johnson et al. (2013) observed that topical administration of a combination of polyphenols derived from almonds (isorhamnetin, epicatechin, kaempferol), with quercetin at a greater concentration than the others, greatly diminishes apoptosis produced by UVA radiation in dermal fibroblasts, hence maintaining skin shape and cell differentiation, and tends to reduce keratinocytes proliferation. The potential mechanisms may include the absorbance of U.V. radiation, elimination of free radicals generated from this radiation, and modulation of cell signaling and endogenous antioxidant defenses.

Chrysin: Chrysin (5,7-dihidroxiflavon) is a natural flavonoid found in plants and foods like honey and propolis and is said to fight inflammation and carcinogenesis; however, it is rarely used in skin care products. The same study discovered that chrysin protects keratinocytes from U.V. radiation damage. The results demonstrated that chrysin could inhibit apoptosis (R.O.S.) generation and the expression of the enzyme cyclooxygenase-2 (COX-2) generated by UVA and UVB radiation[1,2]

Flavanol cocoa (catechin and epicatechin): Epicatechin and catechin were flavanols that were used in varying doses. Before and throughout the intervention, photo chemoprotection and skin condition markers were assessed. UV-induced erythema was decreased by 15% and 25% in the H.F. groups after 6 and 12 weeks, respectively, but there was no change in the L.F. group[1].

Other Polyphenols with photoprotective activity Hydroxycinnamic acid derivatives (coumaric acid, ferulic acid, caffeic acid, caffeic acid phenylethyl ester): Because of their chemical structures, compounds generated from hydroxycinnamic acid and its homologs and derivatives, present in fruits, vegetables, coffee, and wine, are suitable candidates for photoprotection. For each of these substances, the SPF-UVB technique developed by Diffey et al. (1989), the UVA/UVB ratio, and the critical wavelength were assessed, which are included in Table 1[2].

References

[1] José MT de A.F., et al. Flavonoids as photoprotective agents: A systematic review. J Med Plants Res 2016; 10: 848–64.

[2] Stevanato R, Photoprotective characteristics of natural antioxidant polyphenols. Regul Toxicol Pharmacol 2014; 69:71–7.

Photoprotective Agent	SPF Value	CriticalWavelength
Coumaric acid	9.3	UVA/UVB 0.17 and c 335 nm
Ferulic acid	11.9	UVA/UVB 0.27 and c 345 nm
Caffeic acid	28.0	UVA/UVB 0.43 and c 365 nm
Caffeic acid Phenylethyl ester	15.8	UVA/UVB 0.52 and c 370 nm

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AYURVEDIC PERSPECTIVE FOR THE MANAGEMENT OF THE LIVER CIRRHOSIS

Our body consists of different organs, and each has a specific function. When it comes to the liver is the most important organ because it plays a role in the body s excretion process of drugs and xenobiotics. Hence it protects by detoxifying foreign substances from the body. Apart from these processes, most physiological activities, such as Growth, and energy metabolism, are linked to the liver. But when it comes to liver disease like Liver cirrhosis, it is the end stage of chronic liver disease. The formation of regenerative nodules in the liver parenchyma characterizes cirrhosis. If this condition is left untreated, it can lead to many problems, some of which can be life-threatening or even fatal. Some allopathic remedies are listed in table 1. Herbals for ayurvedic treatment are *Kalmegh*, *Liquorice* root, *Kabuki*, etc. Treatment with silymarin is the safest choice, with no side effects. Choosing ayurveda ensures that the liver is healed at the cellular level. Natural herbs improve blood circulation and help the body rid itself of extra fat and impurities.

Ayurvedic Remedies for Liver Cirrhosis:
Ayurvedic herbs have a lot of advantages when it comes to liver detoxification and disease elimination. In Ayurveda, the liver is referred to as the Yakriti. Pitta is the dosha that is most involved in the liver's function. The majority of liver problems, including cirrhosis, are caused by worsening Pitta conditions. In Ayurveda, cirrhosis of the liver is described as Kumbha Kamala.

Yakrit Plihantak Churna:
It is a herbal blend of particular herbs that help the liver operate better. It aids the liver in the removal of poisons. It avoids liver failure by regenerating the liver cells. The herb combination is a good treatment for all types of liver issues. It is made entirely of herbs and has no chemicals. **Dose:** Boil 1 tablespoon of powder in 400mL of water until the liquid is reduced to 50mL. Drink the water after straining it. The residue should be left alone. It should be done twice a day.

Liver Detox Formula:
It comprises the best liver-stimulating herbs on the market. Toxins are converted and neutralized into safe by-products. Liver detox formula is a blend of herbs that can help restore and boost liver function. It can be taken daily to help maintain the liver.
Dose: 2 capsules twice daily with warm water after meals.

Herbs Used during Ayurvedic Treatment: Herbs and supplements should never be taken by pregnant or lactating women because the liver processes practically everything you eat, people with liver illness must be extra cautious. As a result, you should use herbs with caution and only under the guidance of your physician.

Some herbal recipes are available for a complete cure for liver disease(2)
Recipe 1:
Zingiber officinale rhizome, *Coriandrum sativum* seeds, *Solanum virginianum* fruit, *Solanum melongena* roots, *Polyalthia longifolia* heartwood: 11g each, add 0.8 L of water heated down to 0.1 L on slow fire. Use it after adding rock salt and Piper longum seed powder.

Recipe 2:
H*olarrhena antidysenterica* seeds, *Macrotyloma uniflorum* seeds, *C. bonduc cotyledons, L. ralancifolia* seeds, *Terminalia chebula* fruits, *Ferulaassafoetida gum, Acorus calamus rhizome, Aristolochia indica* roots, *Macrotyloma uniflorum* seeds and take equal amounts of rock salt. The powder is roasted ground and dissolved in hot water. *Citrus aurantifolia* fruit juice and small amounts of oil are added.

Reference:
[1] Valvi AR, et al. Hepatoprotective Ayurvedic plants – A review, J. Complement Integr 2016 ;13(3).
[2] Wijayagunawardane MPB et al. Indigenous Herbal Recipes for Treatment of Liver Cirrhosis, Procedia Chem. 2015;14:270–6. .

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AYURVEDIC FORMULATION FOR LIVER ILLNESSES

The liver performs many critical activities in the body's upkeep and performance. Carbohydrate, lipid, and protein metabolism; synthesis and storage of vitamins and minerals; conjugation and excretion of steroid hormones; and detoxification of medications and other poisons are only a few of its primary tasks. Because of its multiple functions, the liver impacts proper human growth and development, fertility, cardiovascular health, and bone integrity. The liver is responsible for the body's overall health and functionality. The liver is where most of our body's metabolic and physiological activities, as well as drug and xenobiotic chemical detoxification, take place. The reactive chemical intermediates in this detoxification process cause hepatotoxicity, which damages the liver. As a result, maintaining a functioning liver is essential for general well-being. Environmental contaminants, bad dietary habits and lifestyle, alcohol, and prescription and over-the-counter drug usage, among other things, abuse the liver, resulting in liver disorders such as hepatitis, non-alcoholic fatty liver disease, alcoholic liver disease, cirrhosis, and hepatocellular cancer. The age-old method of herbal medicine is being resurrected by modern practice because of its long-lasting curative impact, ease of availability, natural approach to treatment, and lack of side effects; therefore, herbal medicines are gaining relevance and spreading over the world today. Plants have been used for therapeutic purposes by humans for millennia. It is thought that the usage of medicinal herbs dates back roughly 3000 years. The world's population uses plants to meet basic therapeutic needs, particularly in developing nations. Long-term use of the existing synthetic medications to treat liver issues in this situation causes further liver damage. As a result, Ayurvedic botanicals have grown in popularity and are widely used. To treat liver illness, a variety of Ayurvedic medicines are available on the market. Ayurvedic plants are also being exported in greater numbers. Some examples of plants and their specific parts used to treat liver disorders follow.

Botanical Name	Phytoconstituent	Hepatoprotective activity
Andrographis paniculata	Diterpenes, lactones, and flavonoids are found in A.	By blocking the NF -B signaling route and activating the Nrf2 signaling pathway, andrographolide protects the liver from LPS/D -GalN-induced liver damage.
Silybum marianum **(Milk thistle)**	Silymarin, a combination of flavonolignans made up of four isomers: silibinin, isosilibinin, silichristin, and silidianin, is the active ingredient in milk thistle.	Antioxidant, anti -inflammatory, antifibrotic, detoxifying, and regenerating capabilities are all found in silymarin. It promotes the creation of proteins and the regeneration of the liver.
Picrorhiza kurroa	A glycosidal bitter principle, "kutkin," is a combination of two iridoid glycosides, picroside I and picroside II (kutkoside), which is the active chemical ingredient.	The hepato -protective action of picroliv was investigated in rats with liver injury caused by various substances, including galactosamine hydrochloride, paracetamol, thioacetamide, carbon tetrachloride, lanthanum chloride, mo nocrotaline, ethyl alcohol, and *Plasmodium berghei* infection.
Glycyrrhiza glabra Linn	Glycyrrhizin, a combination of potassium, calcium, and magnesium salts of glycyrrhizic acid that ranges from 2% to 25%, accounts for around 10% of the dry weight of the liquorice root.	By blocking the activity of P4502E1 (the enzyme responsible for CCl4 metabolism), it is bio transformed in the cytochrome P450 system to its metabolite, the trichloromethyl free radical CCL4, preventing hepatoperoxidation.

Liver illnesses are common worldwide, but synthetic drugs have limited utility in treating liver disorders, causing long-term side effects and being expensive; thus, treating liver disorders is inexpensive, safe, and successful. The use of Ayurvedic treatments is useful; however, standardization is needed. The liver is regarded as the mother of all human glands. It is one of the body's primary organs and performs various life-sustaining duties. This article covers the biological source, phytoconstituents, Hepatoprotective activity, marketed formulation, and pharmacological activity. Liver illness is a global concern, and traditional treatments for the disease are sometimes ineffective and can have dangerous adverse effects. Humans have used plants to treat numerous diseases since the dawn of time. Ayurveda is a type of traditional Indian medicine. Because of their safety, efficacy, and cost-effectiveness, Ayurvedic medications have grown in prominence and appeal in recent years. Because of its broad biological therapeutic activity, higher safety margins, and lower costs, Ayurvedic medicines are in considerable demand for health care in developed and developing countries.

References :

[1] Valvi AR, et al. Hepatoprotective Ayurvedic plants – a review. J Complement Integr Med [Internet]. 2016:13(3).
[2] Del Prete A, et al. Herbal Products: Benefits, Limits, and Applications in Chronic Liver Disease. Evid Based Complement Alternate Med. 2012; 1–19.

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Anxiety

'ANXIETY' a seven letter word
But it's depth deeper than the ocean
It feels like a feeling I never want to feel
But anxiety never lets me feel anything

Anxiety is the result of past trauma
Which sticks by your side just like your shadow
It is like the demons present below your bed
In the night they tuck you to bed and cuddle you to sleep

There are days when you can't stop shaking
Your hands, legs and your mind
Questions after questions but I remain silent
Because my anxiety speaks louder than my silence

But does it get better ? It does actually
It will never completely go away
It will be there like a scar on your body
Which will slowly slowly start to fade away
A therapist may help
Or a friend who is your therapist
'HEALING' a seven letter word

-Druni Bari
T. Y. B. Pharm.

Wings of Stone

The shooting star flies away
The hard rock stays,
The shiny sky shies away
Watching the black rock play.

The giant rock sits still
Staring blue and cold
Watching me shiver and trip
Right to the bottom grunting very bold.

The good old rock stays there and red
From the bad blood which I'd once hold.
Leaving me to my cleanest beauty,
Without more wounds to be sold.

Atleast I saved myself from my breaking bones
Breaking to pieces from the fall of the shining star, which smiled at me from the very far.

I needed to chase him,
Not stop him for the truth of life he knows,
As I start breaking the rock
To make me my wings of stone.

- Shreyas Pasalkar
S. Y. B. Pharm.

फुलपाखरू

इवल्याश्या पंखांचे सौंदर्य
कसे मी डोळ्यात भरू !
का मीच फुल बनू ?
म्हणजे चाखायला येईल फुलपाखरू !

कोणता फूल त्याच्या आवडीचा,
अंदाज कसा मी धरू ?
का फुलाऐवजी पराग बनू,
आणि पंखावर चिकटून स्वारी करू !

मीच का त्याची हेवा करू,
का इंद्रधनूचे रंग चोरू ?
आणि पाकळ्यांमध्ये भरू,
म्हणजे आकर्षित होईल फुलपाखरू !

क्षणिक पाहुणचार हा,
योग आला तर परत करू !
थांबलाच नाही तो तर,
काट्यांचा धाक धरू !

-निहार गुरुदत्त महिंद्रकर
चौथे वर्ष बी. फार्मसी

Men Never Cry?

He assembled shattered peices of him,
Took a razor, got beard trimmed,
Groomed himself and smirked again,
Faked a smile to hide his pain!

He overlooks himself just to look calm,
He acts as if he never felt harm,
He's bold with his words, yet pretends shy,
Lemme know who says, 'Men never cry!'

He's a depository of sentiments,
Never cries over dents!
He's good to bad, he's nice to mean,
He ends up saying, "I don't feel!"

Never thinks of himself, burns midnight oil,
Believes in hardwork and constantly toils,
Never does for himself tell me why?

-Md. Amaan S. Khan
T. Y. B. Pharm.

एक आई..मुलगी. (अर्थातच मायलेकी)

या चिमण्यांनो परत फिरा रे घराकडे आपुल्या जाहल्या तिन्ही सांजा जाहल्या हीच आर्त हाक देणारी.. सगळ्यांसाठी सर्वांचीच ती माय माझी माय प्रत्येकाच्या मनातील हृदयाचा ती ठाव होते..... लहान न कळत असलेल्या सोनुल्या सोनुल्या पासून वृद्ध झालेल्या त्या आज्जीलाही आपली माय आठवते.....

बालपणात संस्कार रुजवणारी फुलत्या वयात तळहाताच्या फोडाप्रमाणे जपणारी, क्षणभर रोजच्या वेळेत घराकडे पाऊल नाही आले तर आत बाहेर येरझाऱ्या घालणारी वाटेकडे डोळे लावून बसणारी ती माय हे नाते काही जगावेगळेच असते ना. डोळ्यांतून बोलणारे दवबिंदू सारखे येणारे ते अश्रू अलगद न कळत टिपणारी ती माय.....

अहो, मॉडर्न युग झाले म्हणून नातं बदलतं काय? पद्धती थोड्याफार वेगळ्या असतील. आता वाकून नमस्कार करण्यापेक्षा हातात हात घालून शेक हॅण्ड करणे, प्रेम तेच परंतु व्यक्त करण्याची पद्धत मॉडर्न झालीय.....

जमाना बदलला म्हणून नातं बदलत नाही संदर्भही नाही. सुखदुःखाचे ओझे, सहनशीलता, सोशिकपणा, लीनता, नम्रता, दुसऱ्याचे घर उभे करायचे आहे ही जाणीव तसेच घरटी सजवायची आहेत. बांधायची आहेत ही जाणीव प्रत्येक मायेकडे असते. सुजाण सुलभ भारत देशात माझी मुलगी तडफदार, धीरगंभीर, सालस प्रसंगी रणरागिणी कर्तव्यदक्ष, चारित्र्यसंपन्न म्हणून दयायची आहे हे प्रत्येक आईला स्त्रिशक्तीला वाटल्या शिवाय राहत नाही....

जगातल्या कुठल्याही मायेकडे सोशिकता खूप असते. प्रत्येक गोष्टीला धीरगंभीर पणे उभी राहते, घरात कोणी आजारी असेल तर रात्र रात्र उशाशी बसून असणारी ती माय..स्वतःचा विचार कधीच न करणारी ती माय...त्याच मायेच्या उदरातून सर्व नात्यांचा जन्म होतो.. आणि आज ही सर्व नाती आपण क्षणिक स्वार्थासाठी विसरतो आहोत..

आज याच माय पित्याची समाज, तुम्ही आम्ही सर्वजण काय किंमत करतो... प्रत्येक गोष्टीत अपवाद हा असतोच.. जगणं ती माय शिकवते आणि आज त्या मायेला लोक वृद्धाश्रम दाखवतात.. ते माय पिता अगदी अडगळीसारखे वाटतात?....

आपल्या साठी केलेला सर्व खर्च आपण त्यांच्याच पुंजितून पुन्हा मागतो, हाय रे! कर्मदरिद्रीपणा...केलेल्या संस्कारांची पायमल्ली..

यामुळेच तर बहिणाबाईंना म्हणावे लागते,

अरे माणसा माणसा कधी होशील माणूस|
माणसाचा झाला कारे कानुस||

कितीतरी गोष्टींसाठी आईने आपले आयुष्य समर्पित केलेले असते. कष्ट केलेले असतात. ... एक कुटुंबाची जबाबदारी ही प्रत्येक मायेकडे असते. घराचे वात्सल्य, प्रेम, आपुलकी, माया, दुःख, कष्ट, जिद्द, वत्सलता या सर्व गोष्टीने एकवटलेली ही तुमची आमची सर्वांचीच घराघरात वावरणारी झोपडी पासून तर महलापर्यंत ही माय.....

ती जेव्हा नसते,गावाला जाते, आजारी पडते..जन्ममृत्यूच्या फेऱ्यात कधीतरी ती अनंतकाळासाठी दूर जाते त्यावेळी ती कधीही भरून न येणारी पोकळी आयुष्यात कायमची राहते.....

प्रत्येकाची आई असते जन्माची शिदोरी,
जळी स्थळी प्रत्येक वळणावर
पावला पावलावर तीच सोबती असते ती माय माझी माय.
सर्वांचीच ती माय...।।

-भुसाळ साक्षी बाळकृष्ण
तृतीय वर्ष बी. फार्मसी


GRADUATION DAY



CULTURAL DAY



FAREWELL



STUDENTS SPORTS MEET



FACULTY SPORTS MEET

INDUSTRIAL VISIT

TECHNICAL EVENT WINNERS

YOUTH FESTIVAL AT UNIVERSITY OF MUMBAI

MEDICINAL PLANT GARDEN VISIT

OFF-CAMPUS LEARNING



TEACHERS DAY



INDEPENDENCE DAY & INTERNATIONAL YOGA DAY



WOMEN'S DAY CELEBRATION

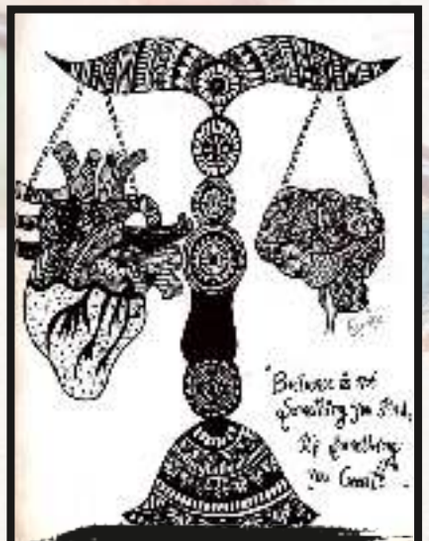


DIWALI CELEBRATIONS



CHIRSTMAS CELEBRATION

MEDLEY OF ARTS



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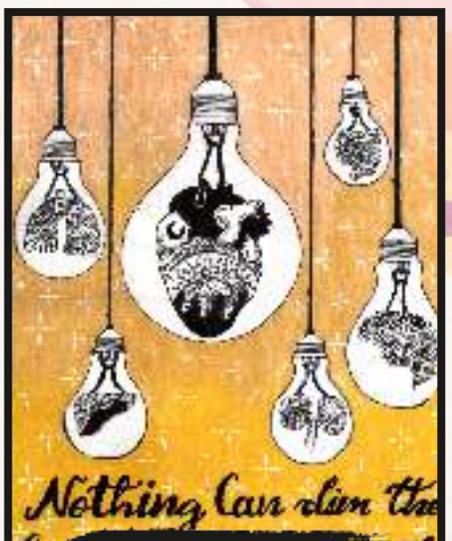

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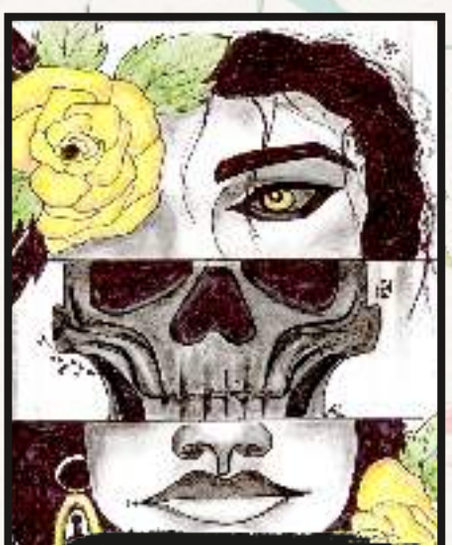

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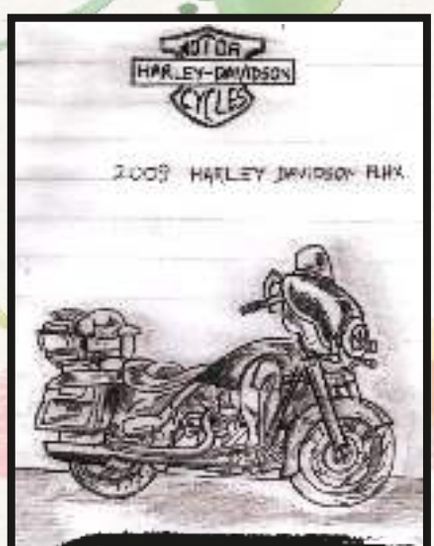

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