

The Nest

Nurturing sharp minds



THE CHANGING TIMES OF PHARMA

An intelligent mind is like a blade
that lies innocently in its wrapper.
You cannot feel the sharpness
till you expose the edge.

Our Faith

न चौर हार्यम् नच राज हार्यम् ।
न भातृभाज्यम् नच भारकारी ।।
व्यये कृते वर्धते एव नित्यम् ।
विद्याधनं सर्वधन प्रधानम् ।।

Knowledge can neither be stolen by a thief,
nor snatched by a king.
It is indivisible unlike ancestral property,
it never burdens the bearer,
it multiplies manifold when offered to others.
Knowledge is the supreme form of wealth.

Our Vision

To shape professionals, to conquer the present and the future challenges
to the socio economic fabric of our society, by institutionalising search,
development, research and dissemination of relevant knowledge
through structured learning systems.

Our Mission

To evolve, develop and deliver dynamic learning systems
to equip professionals with conscience and commitment
to excellence and courage to face business challenges.

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MET League of Colleges



Just a stone's throw away from the Arabian Sea is an institution that is creating waves. Because, it is quite simply, a cut above the rest. The MET League of Colleges is a conglomerate of premiere educational institutions, driven by a single-minded focus on imparting quality education, to make students sharp. Training is imparted round-the-clock, seven days a week. Projects and assignments are given utmost importance and students learn on the job. Application-oriented knowledge, garnered in the lecture halls, is applied to industry assignments. The faculty spares no effort to make the students razor sharp, so that they make their mark in the corporate world. No effort has been spared, to create an environment that encourages students, to push the limits of their minds. All this, to help young professionals face the challenges of life. And make their mark in the corporate world.

Bhujbal Knowledge Centre, Mumbai

- Institute of Management
- Institute of Mass Media
- Asian Management Development Centre
- Centre for Insurance Training, Research & Development
- Institute of Pharmacy
- Institute of Medical Sciences
- Institute of Information Technology
- Institute of Trichology
- Institute of Computer Science
- Institute of Distance Learning
- Institute of Software Development & Research

- Institute of International Studies
- Institute of Alternative Careers
- Rishikul Vidyalyaya
- Knowledge Explorer - Publishing Division

Bhujbal Knowledge City, Nashik

- Institute of Management
- Institute of Pharmacy
- Institute of Engineering
- Institute of Technology (Polytechnic)
- Institute of Information Technology
- Institute of Distance Learning

At MET, over four thousand students and faculty are involved in delivering unique learning systems, through ultra modern infrastructure and academic rigour. MET Institutes are ISO certified, with affiliations to the University of Mumbai, Directorate of Technical Education, All India Council of Technical Education, MSBTE, Pharmacy Council of India, C-DAC - Ministry of Communications and Information Technology, The Chartered Insurance Institute (CII), London, Michigan State University, East Lansing amongst others, and Tianjin University, China, Hawaii University in participation with the University of Mumbai .

MET Institute of Pharmacy

The MET Institute of Pharmacy (MET IOP) was established in the year 1993 with the two-year Diploma programme in Pharmacy (D.Pharm.) recognised by the Directorate of Technical Education. The four-year Bachelor's programme in Pharmacy (B.Pharm.) affiliated to the University of Mumbai was started in the year 1994. Recently M.Pharm.Sc. (QA) affiliated to the University of Mumbai was introduced in the year 2011. The MET IOP is approved by the Pharmacy Council of India, New Delhi and AICTE, New Delhi. Recently B.Pharm. got accredited by NBA too.

The Institute pursues the philosophy of perpetual acquisition of knowledge. Apart from academic curriculum, our policy has been to provide value based education and to expose the hidden potential of the students. Our students have free access to the computer facilities and are provided with LCD projector in the class room for their seminar presentation. Our aim is not to make the students mere job-seekers but to make them the architects of their future.

The Institute provides a quasi-corporate ambience for the students. MET has state-of-the-art classrooms, a well-stocked dedicated pharmacy library and fully loaded pharma laboratories. A hi-tech convention centre for seminars and workshops. Recreation areas to unwind. No efforts have been spared to create an environment that encourages students to push the limits of their minds.

Continual exposure to the recent developments in the world of pharmacy through industry interaction programmes keeps students at the cutting pharma edge. Unique pedagogy makes them so sharp that they have been consistently making a mark at the University of Mumbai.

Over the years, several distinction holders and University toppers have graduated from our institute. Our students not only excel in academics but they have been champions at various cultural and sports competitions. The average result each year is above 90%. Our alumni are doing us proud all over the globe by being leaders in their choice of vocation.

Our Vision

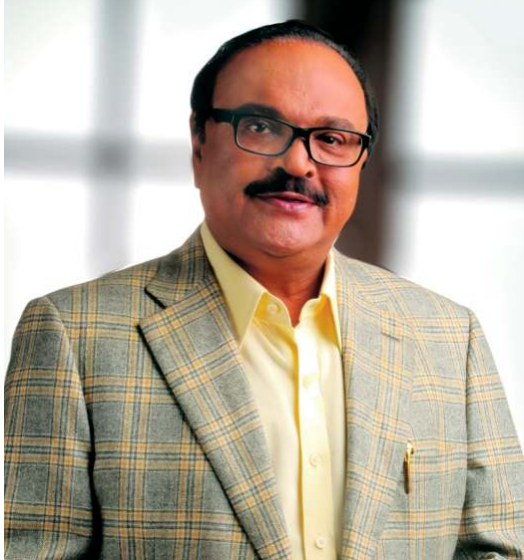
MET Institute of Pharmacy has the vision to be recognised as one of the leading institutes of pharmacy education in the nation, and envisages to produce world-class pharmacists who are equipped to cater to the present and future needs of the profession and the society, at large.

Our Mission

MET Institute of Pharmacy pledges to impart quality education in the field of pharmacy and is committed to ensure all-round development of the students, enabling them to make valuable contribution to the various facets in the field of pharmacy and contribute to improving the quality of life.



From the Chairman's Desk



Chhagan Bhujbal
Chairman, Mumbai Educational Trust

**"Education is the foundation
upon which we build our future."**

- Christine Gregoire

As the juggernaut of the Indian economy marches to complete another year, brilliant images of the past flash in the mind's eye. Braving challenges in every sphere, the socio-economic fabric of our society has held on to the course, to embrace another day. This ushers us into a place where the socio-political theatre will dominate India's mainstream.

Focussing on the future challenges, one wonders, what are the strengths that will help us withstand one avalanche after another: is it the steel frame, the gullible masses or the overzealous proactive leadership? Beating doomsday predictions, we have held our head high in the global arena and despite uncertainties, we are confident that our massive foreign exchange deficiency would be taken care of by NRI remittances. One may question the very source of such faith and self belief.

We are no doubt witnessing a paradigm shift in the society and nation. After six decades of the dark shadow of illiteracy, we have achieved a knowledge society, by empowering youth, through open competition, meritocracy and globalisation of education, blossoming gradually into a learning society. Excellence, innovation and entrepreneurship are milestones, we routinely cross, in our journey towards an inclusive society.

As we engage in shaping institutional excellence, one must remember that the process of education has to be enriched with real life experiences; to confront the real world; to test and refine knowledge. For this, we have to narrow the gap between the classroom and the market place. This alone will help us complete the task of developing a learning society.

We, at MET, challenge our delivery systems, to achieve synergy between knowledge and competency building, to meet the needs of the market place and the society at large. Through academics and participatory learning processes, driven by eminent professionals/educators, we attempt to seek a balance between knowledge and values, to empower youth to seek their place in the sun.

Chhagan Bhujbal
Chairman
Mumbai Educational Trust

Advantage MET

- MET is an NGO in Special Consultative Status with UN (ECOSOC)
- MET has been ranked the 13th best B School in South Asia by Asia Inc.
- The 4th best B School in West India & the 13th best all India by DNA
- The 12th best private B School in India by CNBC TV18
- Ranked 'A++' grade B School by Business India
- Ranked in the 'A3' category B School in India by AIMA
- Global internship opportunities across USA, UK and China
- Freeship awards for meritorious students
- Excellent placement opportunities in India and abroad
- Superior intellectual capital armed with knowledge and experience
- Outstanding Indian/global industry interface
- International interactions through the China Study Mission and the UN internship
- Sensitising the students towards social causes thru CSR projects: Save Water, Project TRUTH, Vidya Shakti, MET Seva etc.
- Research focussed faculty with cumulative experience of over 150 years
- The best state-of-the-art infrastructural facilities
- Strong alumni base of over 15,000 students
- Annual salary packages ranging from Rupees Five Lacs to Fifteen Lacs
- Global faculty and international knowledge sharing programmes
- Live management threshold
- International alliances with reputed B Schools and universities
- Strategic collaboration with the Global Shapers
- Enlightened interaction for urban-rural synergy
- Globalised learning delivered with the Indian ethos



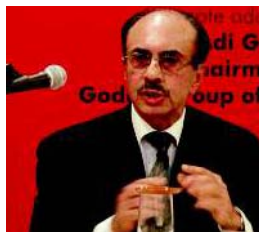
Shri Pranab Mukherjee,
Hon'ble President of India



Smt. Pratibha Devisingh Patil,
Former President of India



Mukesh Ambani,
Chairman & MD, Reliance



Adi Godrej,
Chairman, Godrej



J. Hari Narayan,
Former Chairman, IRDA



Rahul Bajaj,
Chairman, Bajaj Auto

MET CHAIRMAN WINS EDUPRENEUR AWARD

Founder Chairman Mr. Chhagan Bhujbal recently won the Edupreneur Award and was featured amongst 11 iconic education-entrepreneurs from Maharashtra by The Times Group.



The Director Speaks



Dr. U. B. Hadkar
Director, MET IOP

We began this academic year on a very auspicious note by organizing Dindi on the day of Ashadhi Ekadashi. We "Marched" from Band-stand to our MET campus, chanting "Dnyanba Tukaram", "Vithoba Rukhamai Tukaram". This is to pay rich tribute to our saints and preserve our culture. I thank the Trustees and MET Rishikul Vidyalyaya, Principal, staff and students for their active participation and making the Dindi a great success. The "Lezim" is still resounding in our hearts.

I congratulate the D. Pharm. students for participating in the poster presentation and for bagging the second prize in the quiz competition organised by MSBTE. They have also won First prize in the quiz competition organised at Rahul Dharkar college at Karjat. I appreciate the efforts put in by the principal Dr. Bhosale and the teaching staff of D.Pharm. for guiding the students for the quiz competition.

Two of the staff members Mrs. Gokhale and Mrs. Malvankar have attended the seminars organised by SNDT University which should help them to update their subject knowledge.

The alumni meet of D.Pharm. students was held in the month of July 2013 and was attended by a good number of students. The interaction with the students was fruitful.

I take this opportunity to thank our Trustees Mr. Chhagan Bhujbal, Mrs. Meenatai Bhujbal, Mr. Samir Bhujbal and Mr. Pankaj Bhujbal for encouraging us to rise to higher level. We also thank Mrs. Vishakha Bhujbal & Mrs. Shefali Bhujbal for the support we receive in organizing various events at our campus. Thanks are also due to Mr. Irani and Mr. Ashish from MET Marcom department for assisting us in shaping this magazine. We appreciate the efforts put in by the magazine editorial board of this magazine.

I wish bright success to the students of D.Pharm. in their future endeavour.

From the Principal's Desk



Dr. S. D. Bhosale
Principal
MET IOP (Diploma)

It gives me an immense pleasure while writing this message for 'The Nest' (Diploma). Since last year we have started with a separate compilation of 'The Nest' for Diploma pharmacy and the very first issue of it was a good piece of work containing all the literary and scientific information.

The academic year 2013-2014 is marked with various socio, political and technological events. It ranges from the devastating episodes of Uttarakhand, Bharat Ratna for Professor Rao and Sachin Tendulkar to the death of Nelson Mandela. But among all these events one of the important news for the health care professionals is India being Polio free – a step towards total eradication of Polio. And this could become a reality due to a significant contribution by the health workers, NGOs and various national and international health bodies like WHO.

This year's MET Utsav celebration with a theme of SAVE PAPER, Once again showcased uniqueness and sensitivity of MET as an educational institute towards a cause of global environment concern.

On the occasion of Alumni Meet organised on 20th July 2013, a significant number of alumni attended the get together and once again it revealed the love and affection of these passouts towards this institute and also the significant role played by our institute in their life.

Our S.Y.D.Pharm. students made us proud by winning the first prize at zonal level quiz competition held at Konkan Gyanpeeth Rahul Dharkar College of Pharmacy and Research Institute (KARJAT). Also our S.Y.D.Pharm students Mr. Sidhu Borana and Mr. Mohsin Shaikh made us proud by winning second prize at the MSBTE sponsored State level quiz competition held at Vidharbha Institute of Pharmacy (Washim). I heartly congratulate these students.

I thank all our trustees for providing us with all the necessary help and guidance required for effective running of this institute.

I wish all the best to the editorial committee for this issue of 'The Nest' and hope this would also be an informative compilation.

Our Benevolent Educators



(L to R)- Mrs. Abhilasha Sharma, Mrs. Vaishali Malvankar, Mrs. Sushama Gokhale, Dr. U. B. Hadkar, Dr. S. D. Bhosale, Mrs. Neha Barfiwala, Mrs. Kiran Dube, Mrs. Deepali Khabale

The Student Council



General Secretary: Ms. Chauhan Mamta (S.Y.D.Pharm.); **Cultural Secretaries:** Ms. Jaya Sharma (S.Y.D.Pharm.), Ms. Grishma Somaiya (S.Y.D.Pharm.), Mr. Kunal Nayak (S.Y.D.Pharm.), Ms. Nameeta Lad (F.Y.D.Pharm.), Mr. Ashok Yadav (F.Y.D.Pharm.); **Sports Secretaries:** Ms. Aishwarya Nandagiri (S.Y.D.Pharm.) Mr. Satwik Purav (S.Y.D.Pharm.), Ms. Chhaya Jain (F.Y.D.Pharm.), Mr. Sanket Mhatre (F.Y.D.Pharm.); **Treasurers:** Ms. Archana Keskar (S.Y.D.Pharm.), Ms. Saroj choudhary (S.Y.D.Pharm.), Mr. Manish Jain (S.Y.D.Pharm.), Ms. Prajakta Desale (F.Y.D.Pharm.), Mr. Mohd. Raza Raeen (F.Y.D.Pharm.); **Editors:** Ms. Tina Limbad (S.Y.D.Pharm.), Mr. Sidhu Borana (S.Y.D.Pharm.), Mr. Ershad Beg (S.Y.D.Pharm.), Mr. Anupam Sutar (S.Y.D.Pharm.), Ms. Reshma Choudhary (F.Y.D.Pharm.), Mr. Mayuresh Kharade (F.Y.D.Pharm.); **Class Representatives:** Mr. Mayur Tikam (S.Y.D.Pharm.), Mr. Shreekrishna Biradar (F.Y.D.Pharm.); **Ladies Representatives:** Ms. Soni Choudhary (S.Y.D.Pharm.), Ms. Pooja Yadav (F.Y.D.Pharm.); **Discipline Committee:** Mr. Arvindkumar Pal (S.Y.D.Pharm.), Mr. Ranjitnarayan Varma (S.Y.D.Pharm.), Mr. Anurag Chaurasia (S.Y.D.Pharm.), Mr. Amresh Palkar (S.Y.D.Pharm.), Mr. Kamlesh Choudhary (F.Y.D.Pharm.), Mr. Anilkumar Jain (F.Y.D.Pharm.), Ms. Sakina Gadiwala (F.Y.D.Pharm.), Ms. Nikita Chavan (F.Y.D.Pharm.), Mr. Siddiqui A. Khadir (F.Y.D.Pharm.)

From the Cultural In-Charge

It's a matter of great pride and satisfaction to write for the college magazine. You are indeed fortunate to get admission in this esteemed institute.

I appreciate the enthusiasm shown by the students in organizing and/or participating in various events; to name a few Ashadi Ekadashi Dindi, Welcome Party to Fresher's, Nagpanchami, MET Utsav.

I also admire the participation in poster presentation competition at Bhandara, Quiz competition at Karjat, SIES and Washim. I heartily congratulate our bright students Sidhu Borana, Mohsin Shaikh for securing 2nd place in MSBTE sponsored Quiz competition. They competed with 60 other college teams.

Students of Editorial Committee have done commendable job in accomplishing the magazine task in stipulated time.

On this occasion, I seize the opportunity to bid a warm adieu to the outgoing batch of students. I am convinced, wherever our students will be placed, they shall work with passion, perfection and dedication.

Mrs. Sushama Gokhale
(Cultural In-Charge)

The Council Dynasty

As rightly said by our former president Abdul Kalam sir "Dream is not that you see in the sleep; dream is that does not allow to sleep". It was this driving force that helped our council member's race against time & come up with this amazing piece of work our magazine 'THE NEST'.

The year started with a big bang & provided many think tanks that represented the core of our council committee. With this began our quest for discovering the untapped potentials of our fellow METizens.

As time passed we came across many hurdles, but those hurdles had no match in front of the determination and dedication portrayed by our council team. This year noticed many events in and off the college campus which achieved immense success and positive response, only because of the hardwork and efforts invested in by our teaching, non teaching staff and council members.

We sincerely thank our cultural incharge Mrs. Sushama Gokhale, to our director Dr. Hadkar sir and to our respected principal Dr. Bhosale sir for giving us the opportunity for showcasing our abilities & talents, a very special thanks to our teachers for their understanding & support.

Last but not the least here we would like to thank all our council members for burning the midnight oil, putting in their priceless time and efforts for making this magazine a grand success.

Thank You,
The Student Council

Editorial

'If the mind is intensely eager, everything can be accomplished - mountains can be crumbled into atoms.' - Swami Vivekananda. It was this attitude that made our magazine 'The Nest' a reality.

An attempt has been made by our editorial committee to consolidate and unfold the hidden talents, skills which we students of MET IOP (Diploma) possess.

Our efforts have been to include enough articles, endowed with variety of subjects, in this magazine. But, at the same time, we see that the quality and standards should not ever be let down. We feel delighted to place on record that we have sustained in incorporating good and inspiring articles.

We extend our sincere thanks to the entire team of the Editorial Board for their constant exertion and support in bringing out the magazine in the present form. Last but not the least we thank Irani sir, Ashish sir and the entire team of the Marcom for their valuable time and guidance in helping us accomplishing 'The Nest'.

The Editorial Committee

Tina Limbad (S.Y.D.Pharm.)

Anupam Sutar (S.Y.D.Pharm.)

Ershad Beg (S.Y.D.Pharm.)

Sidhu Borana (S.Y.D.Pharm.)

Reshma Choudhary (F.Y.D.Pharm.)

Mayuresh Kharade (F.Y.D.Pharm.)

MET IOP can perfectly exemplify the words of Mahatma Gandhi. Since education is a potential instrument of man-making and social engineering, he concentrated on an education that could draw out the best in the child-body, mind and spirit. Education should not only enhance the academic knowledge but also caters to the all-round development of an individual! Here at MET IOP students are moulded and nurtured to grow in every aspect of life. There is a wide variety of events that keep us busy all year around- including educational Guest Lectures, seminars and fun-filled extra-curricular activities!!

Aashadhi Ekadashi: The auspicious day of, Aashadi ekadashi was celebrated on 19th July 2013, we started with Dindi from bandstand to our college with great enthusiasm and zeal. We offered our prayers by holding a pooja for Lord Vittal, his wife Rakhumai and their followers Sant Tukaram and Sant Dnyaneshwar at the recreation centre with aarti and mouth watering prasad.



Alumni Meet: MET Institute of Pharmacy (Diploma) organized the Alumni Meet on July 20, 2013. The event began with a welcome address by Mr. Pankaj Bhujbal, Hon. Secretary – MET, he appreciated the alumni who took time off their busy schedule to attend the meet. He also stressed the need of networking and being connected in today's fast and competitive world. Dr. U. B. Hadkar, Director – MET IOP expressed the importance of the companionship and how set of friends can have an impact on the future. Prof. Vijay Page, Director General, MET IOM expressed his views on research potential of a pharmacy institute and how different MET institutes and alumni can work collaboratively on various research projects. Dr. S.D. Bhosale, Principal – MET IOP (Diploma) thanked the first batch students for taking out time for the alumni meet. He also thanked the trustees, all the S.Y.D.Pharm. students and staff members for their cooperation and efforts for organizing this event. He also appealed all the alumni to unite together for the betterment of pharmacy profession, mainly community pharmacy. Dr. Abha Doshi, Principal – MET IOP (Degree) stressed the importance moral values and ethics. This was followed by sharing of memories and experiences by some of the MET alumni namely Mr. Shete, Mr. Agarwal, Ms. Gohil, Mr. Melroy and Ms. Mubina. The evening was followed by performances of songs and dances by the present students. The Alumni interacted with their friends over dinner and thoroughly enjoyed the get together. A photo session with the alumni was conducted batch-wise and a token of appreciation was gifted to each alumnus for making the event a grand success.

First Aid Training: On 5th August we had first aid training program in our college. Dr. Aruna Kulkarni was our instructor for the training. In all we were 30 students who were taught various emergency life saving techniques including CPR, fracture management, various bandaging techniques etc. All this practical knowledge will definitely help us in the future as budding health professionals.



Independence Day: 15th August 1947, India celebrated its 1st independence. In the memory of the priceless sacrifices by our great freedom fighters and national leaders, we celebrate 15th August to pay our homage and respect to those gentlemen. The National flag was hoisted by our trustees followed by the National anthem sung by council members. The kids of MET RISHIKUL had put up an entertaining performance on the beats of "Bharat humko jaan se bhi pyara hai". Their dance was electrifying that raised goose bumps on everyone present. Mr. Vinay Mandke sang a touching patriotic song that had entire crowd in tears, and the function was concluded joyfully. JAI HIND.....



Satyanarayan Pooja: 17th August 2013, Satyanarayan Pooja was performed by the members of MET IOP and delicious lunch was served to all the students as well as staff in the traditional style of a 'pangat'.



Blood Donation Camp: On 27th August, Blood Donation camp was organized by the Management at the MET Campus. The members of Sarvodaya Hospital executed the camp successfully. All the student and staff members participated in this noble cause of blood donation.



Fresher's Party: This party was organized by the second year students especially for the fresh faces of the newly joined first year students on the 5th of September 2013 with great enthusiasm and excitement. It started by a warm welcoming speech by our seniors. Our respected principle Dr. S.D. Bhosale Sir gave us a motivational speech for a bright future. Even Dr. Abha Doshi she motivated us by singing a pleasant song followed by all our teachers. The game session proceeded which included a question answer round asked by the seniors for the event. After which a very enjoyable game of Musical Chairs was played by all the students and teachers. The party began with an amazingly well played music by the DJ. All the students enjoyed a lot by dancing. The new comers at MET started their year with a huge bang.



Teacher's Day: 5th September 2013, the council members had put up an immense show to celebrate Teacher's Day to pay respect and showcase our love to our teachers. This day happened to be clubbed with our fresher's party which added more glory to this auspicious day.



Mangala Gauri: Mangala Gauri is celebration for a newly married bride in the month of shravan. The MET Recreation centre was filled with enthusiasm and joy of the teachers and the students who encouraged the performers all through the evening. All the students and the teachers danced gracefully and also played games like 'Fugdi' and 'Zimma'.



Hospital visit (S.Y.D.Pharm.): On 16th January, a hospital visit was organized for S.Y.D.Pharm. at Lilavati Hospital & Research Centre at Bandra by Mrs. Sushama Gokhale and Mrs. Abhilasha Sharma. The students visited two different departments namely Central Sterile Supply Department (CSSD) & Pharmacy department where they got chance to see various techniques and processes in CSSD and understand the working of Pharmacy department. In the CSSD we were welcomed by Ms. Gauri Bhatia who gave us the detailed information and helped increasing our exposure to practical world.

We would like to thank Pharmacy and CSSD department for their kindness and their precious time.



Hospital Visit (F.Y.D.Pharm.): On 22 January, Mrs. Madhura Mule (Dy. Chief of Nursing Services), explained the importance of protocol for imparting quality services to the patients and to maintain safety aspects while handling the patients.

She also explained the importance of knowledge of inventory control and hospital and clinical pharmacy for handling of medicines by pharmacist as part of quality services for accreditation process.

She also demonstrated parenteral route of administration of a drug.

The haematologist briefed us about safety aspects during blood collection and different containers used for collection of blood. They also explained about the importance of checking and rechecking the patient's documentation before blood collection to avoid any errors.

Thus from the visit we gained practical knowledge on working of a health care professional and importance of protocol.



Republic Day: 26th January 2013, all METians had come together to pay respect and homage to our great leaders who directed our achieved freedom in the right path. The chief guest and the trustee members hoisted the tricolor and the students of MET IOP sang the national anthem. The function concluded gracefully.



Industrial Visit Report: On 1st February 2014 the F.Y.D.Pharm Students visited Maneesh Pharmaceuticals Pvt. Ltd. at Govandi for an industrial visit with Mrs. Vaishali Malvankar and A. Patade Sir which was a very good learning curve in our educational life.

The company had two units. The first unit had many machines such as blister packing machines in which capsules and tablets were packed. The second unit had planetary mixer, fluidized bed dryer, autoclave, hot air oven, HEPA filters for the parental preparations. It also had DM and UV water plants for medicament use and packaging and sealing of tablets and ampoules was also done.

The company has an excellent infrastructure and highly qualified staff. Major departments consisted of sterile preparation, tablet and capsule preparation and ointment preparation. The company also had a Quality control laboratory in which, stored raw materials and finished products were monitored very well and it was well organized.

We would like to thank Maneesh Pharmaceuticals Pvt. Ltd. for devoting their precious time. We got to gain a lot of practical knowledge which otherwise is difficult to understand just by studying about it theoretically.



MET Utsav Preparations: MET Utsav is like a festival celebrated every year by the students, staff and faculty members with great zeal and enthusiasm. There are various events like singing, dancing, fashion show and various sports. The student put in a lot of efforts to showcase their talents in different ways.

Quiz Competitions:

1. Inter Collegiate Pharma Quiz Competition: Organised by Konkan Gyanpeeth Rahul Dharkar College of Pharmacy And Research Institute (karjat). MET IOP (Diploma) secured the 1st place in the competition. Sidhu Borona, Susmit Naik, Mamta chauhan were the winners of our institute.



2. MSBTE State Level Quiz Competition: Organised by Vidarbha Institute of Pharmacy (Washim). In all 61 pharmacy colleges had participated in the quiz of which MET IOP (Diploma) secured the second place in the competition. Sidhu Borona and Mohsin Shaikh were the bright winners of our institute.



List Of Guest Lectures:

1. By Ms. Mugdha Dhupkar on 3rd August 2013.
Center Manager CADD Center Ghatkopar
Topic – Skill Development, Team Management.
2. First aid training by Dr. Aruna Kulkarni
“Shyam Faith” on 5th August 2013.
3. By Dr. Anuraagiri Mudaaliar on 7th August 2013.
Managing Director Pacific trends Pvt. Ltd.
Topic – Personality Development.
4. Mr. Rushil Bhatt on 24th August 2013. Alumini.
Topic – Dengue Awareness
5. Dr. Sohil Khan on 11th January 2014.
Professor in School of Pharmacy
Griffith University Australia
Topic – Scope of Diploma (Pharmacy) student
6. Mr. Amol Rakamutha (Alumini) on 11th January 2014.
7. By Mr. Devendra Dagha on 18th January 2014. Entrepreneur.
Topic – “Set Up of Pharmacy”
8. Ms. Rugmani. V. on 23rd January 2014
Topic – ‘Power Dressing For Success’
9. Dr. Sandeep Sewlikar on 4th February 2014.
Manager – Clinical Affairs, Johnson & Johnson Medical India Mumbai.
Topic – “Medical Affairs Function in Pharma and Medical Device Industry”



TOPPERS:

F.Y.D.Pharm Toppers:

Shaikh Mohsin Karim

Borana Sidhu Santosh

Chauhan Mamta Subashchandra

S.Y.D.Pharm Toppers:

Shaikh Raisa Mohd. Saith

Suthar Pooja Harlal

Kharade Madhuri Baban

Achievements:

This year Mrs. Vaishali Malvankar, Mrs. Sushma Gokhale, Mr. Appa Patade, Mr. Vivek Pednekar received MET Bhushan. Our Heartiest Congratulations to all of them.

CHICKENPOX AND RISK OF STROKE: A SELF-CONTROLLED CASE SERIES ANALYSIS

There is good evidence that respiratory and other infections that cause systemic inflammation can trigger strokes; however, the role of specific infections is unclear. Case reports have highlighted chickenpox as a possible risk factor for arterial ischemic stroke, particularly in children, but rigorous studies are needed to determine and quantify any increased risk. The study provides new evidence that children who experience chickenpox are at increased risk of stroke in the subsequent 6 months.

Methods:

- The authors used anonymized electronic health records totaling > 100 million person-years of observation from 4 UK primary care databases to identify individuals who had documented clinical chickenpox and a stroke or transient ischemic attack (TIA).
- Self-controlled case series methods were used to quantify any increased risk of first stroke or TIA in the 0–6 and 7–12 months following chickenpox compared to other observed time periods.
- They analyzed data within each database, and performed meta-analyses to obtain summary age-adjusted incidence ratios (IRs) separately for adults and children.

Results:

- Five hundred sixty eligible individuals (including 60 children) were identified who experienced chickenpox and a stroke or TIA during follow-up.
- Among children, there was a 4-fold increased risk of stroke in the 0–6 months after chickenpox (summary IR = 4.07; 95% confidence interval [CI], 1.96–8.45; I² = 0%).
- Among adults, there was a less marked increased risk with moderate between-database heterogeneity (random-effects summary IR = 2.13; 95% CI, 1.05–4.36; I² = 51%).
- There was no significant increased risk of stroke in the 7–12 months after chickenpox in children or adults, nor was there evidence of increased risk of TIA in either time period.

Anupam Sutar
(S.Y.D.Pharm.)

COMPARISON OF THE EFFECTS OF AMLODIPINE AND LOSARTAN ON BLOOD PRESSURE AND DIURNAL VARIATION IN HYPERTENSIVE STROKE PATIENTS: A PROSPECTIVE, RANDOMIZED, DOUBLE-BLIND, COMPARATIVE PARALLEL STUDY

This study was conducted to compare the BP-lowering and diurnal BP variation effects of amlodipine and losartan on acute stroke patients. The noninferiority of amlodipine was not confirmed by the per-protocol analysis. However, amlodipine showed a favorable effect on the morning surge.

Methods

- Seventy-seven hypertensive patients with acute stroke were enrolled in this randomized, double-blind, single-center clinical trial.
- They were randomly assigned to receive either amlodipine or losartan daily.
- To evaluate whether amlodipine was noninferior to losartan, ambulatory BP monitoring was performed before the drugs were first administered and at the end of week 8.
- BP variables analyzed included the mean awake, sleep, morning, evening, and prewake BP values; the nocturnal dipping status; and the morning surge.

Results

- Thirty-nine patients in the amlodipine group and 38 patients in the losartan group completed the follow-up.
- In the baseline characteristics, mean age was 63.6 years, and 68.8% were male.
- In the intention-to-treat analysis, the mean (SD) systolic BP decreased 14.82 (11.71) mm Hg in the amlodipine group and 13.11 (12.69) mm Hg in the losartan group, and amlodipine proved noninferior to losartan (mean difference, 1.71 mm Hg [95% CI, -3.83 to 7.26]).
- However, in the per-protocol analysis, noninferiority was not proven (BP reduction, 16.06 [11.33] vs. 17.17 [11.85] mm Hg; mean difference, -1.11 mm Hg [95% CI, -6.88 to 4.65]).
- Amlodipine had a greater tendency than losartan to produce a blunt morning surge.

Anupam Sutar
(S.Y.D.Pharm.)

BLUETOOTH A KILLER TECHNOLOGY

Bluetooth technology works by using radio waves, which can be harmful to our health. Bluetooth technology allows us to live a wire-free lifestyle. We can sync tiny headsets to our cell phone so we can talk hand-free. We can also sync different kinds of computer technology to clear our workspaces without worrying about tripping over or accidentally unplugging essential wires. For e.g. Wireless mice & printer are available. We can sync our smart phones to talk through our cars stereo system when friends call. Unfortunately, Bluetooth produces some side effects to consider with daily use of this technology.

Electromagnetic frequencies & radiation get in the way of the natural energy flow within the body by blocking normal cell growth.

Brain cancer- Bluetooth technology is often associated with & used for hand-free cell phone devices that attach to the ear individuals who wear these devices constantly continually expose that part of their body right next to the brain to continual radiation even when the device is not in use. This radiation even in small doses has an effect on brain cells & gets in the way of healthy operation overtime.

Bluetooth radiation effects everyone differently, but all side effects come from the basic fact that microwaves interrupt with the ability of the cells to function & transmit energy naturally other side effects that have been associated with microwave radiation in Bluetooth technologies include birth defects or miscarriage, hair loss, Alzheimer disease, neck pain, headaches, leukemia & weight gain.

Tina Limbad
(S.Y.D.Pharm.)

COFFEE THERAPY FOR HEPATITIS C?

Drinking 3 cups of coffee a day helps patients with hepatitis C respond to treatment, report Neal Freedman et al. in the June issue of Gastroenterology.

Coffee reduces risks of progression of liver diseases and risk for hepatocellular carcinoma, so Freedman et al. investigated whether it also had benefits for patients undergoing therapy for hepatitis C virus (HCV) infection.

The authors recorded coffee intake among 885 patients in the Hepatitis C Antiviral Long-Term Treatment against Cirrhosis Trial who were being treated with peginterferon α -2a and ribavirin. They found that after 20 weeks of therapy, patients that drank 3 or more cups of coffee per day had half the level of HCV RNA of patients that did not drink coffee, and were about twice as likely to have early and sustained virologic responses. This response was independent of other risk factors, including a high tolerance to peginterferon treatment. No effect was observed for drinkers of black or green tea.

Coffee contains more than 1000 different compounds—it is not clear which of these promote an antiviral response. The study did not compare effects of caffeinated and decaffeinated coffee or how the coffee was brewed. However, Freedman et al. do not think that coffee and its constituents have a direct antiviral effect, because they would have observed lower baseline levels of HCV RNA among coffee drinkers. The authors propose that coffee somehow improves response to the drugs peginterferon and ribavirin. How could drinking coffee improve the efficacy of certain drugs? Response to peginterferon and ribavirin has been associated with polymorphisms in IL28 that affect the JAK-STAT signaling pathway; this pathway is also activated by kahweol, a diterpene in coffee. Coffee might facilitate this signal transduction mechanism in patients that take these drugs. Furthermore, high serum levels of total and low-density lipoprotein (LDL) cholesterol have been associated with response to peginterferon and ribavirin. Freedman et al. and other groups found that coffee drinkers have higher serum levels of cholesterol, which could improve drug response. Freedman et al. state that more studies are needed to resolve these mechanisms and determine if coffee intake affects response to other antiviral agents or patients with other stages or types of liver diseases.

Mohsin Shaikh
(S.Y.D.Pharm.)

DRINKING ALCOHOL IN THE SUN MAY INCREASE SKIN CANCER RISK

Winding down with a couple of glasses of wine by the pool on holiday may seem completely harmless.

But new research suggests that alcohol may stop the skin battling harmful UV rays from the sun, and could even lead to the most deadly form of skin cancer.

Drinking more than a pint of beer or glass of wine a day raises the risk of developing melanoma by 20 per cent, studies suggest. And for those who drink more than four glasses a day, the risk jumped to 55 per cent.

Alcohol was already known to exacerbate sunburn, but it is believed that drinking may increase the skin's sensitivity to light, generating molecules which damage cells and can cause cancer.

Researchers also warned that drinking can impair judgment and lead to people spending longer in the sun or foregoing sun protection.

Now a team of international researchers from Sweden and Italy suggest a chemical found in alcohol — acetaldehyde— may increase a drinker's risk of skin cancer. Ethanol is converted to acetaldehyde as soon as it is ingested and, therefore, may increase the skin's sensitivity to light, damaging cells. The study — based on a review of 16 other studies involving more than 6,200 patients with melanoma — sought to investigate the extent to which melanoma risk increased with alcohol intake.

According to the Skin Cancer Foundation, there are approximately 120,000 new cases of melanoma diagnosed and over 8,700 deaths in the U.S. each year. This form of skin cancer is known to be the deadliest. Tumors start to develop when unrepaired DNA damage to skin cells produce mutations that can lead the skin cells to quickly multiply and form malignant tumors. Cumulative exposure to both UVA and UVB rays can induce melanoma and other skin cancers. Everyone is at risk for melanoma, but genetic factors like family history, and lifestyle factors, such as high alcohol consumption, will determine whether someone has a higher susceptibility.

Ershad Beg
(S.Y.D.Pharm.)

EVERY DAY CONSUMING A GLASS OF BROCCOLI JUICE REDUCES THE RISK OF CANCER

University of liver pool in association with Scottish and Swedish researchers conducted a study on broccoli extract. Their study has revealed that the extract may just enhance stomach defenses from infection. The researchers are hoping that their study will provide valuable assistance to people that endure a type inflammatory known as chron's disease.

Currently estimates show that there are 5,00,000 people in the United States with Crohn's disease. There is no cure for the disease.

Researchers examined how roughage from vegetable affects the passage of damaging bacteria through cells in the stomach.

John Hopkins School of Medicine has found that the extract protects the skin from ultraviolet solar rays that cause skin cancer. It contains sulforaphane, which protects skin extremely well. It provides protection from carcinogens in humans.

It contains nutrients, vitamins, calcium, magnesium, potassium, dietary fiber and folic acid. It is also widely acknowledged for having cancer-fighting abilities when it is a part of a person's daily diet. Cancer may be curable by consuming a glass of broccoli juice each day. Sulforaphane has the reaction of activating the enzyme glutathione S-transferase that has been demonstrated to neutralize DNA-damaging compounds produced by the skin when they are hit with ultraviolet radiation. Researchers firmly believe that the extract gives a long-term effect due to the fact that once the body's cancer-fighting system is started by sulforaphane, it will remain active for several days.

Tina Limbad
(S.Y.D.Pharm.)

FISH DERIVED SERUM OMEGA-3 FATTY ACIDS HELP REDUCE RISK OF TYPE-2 DIABETES

High concentrations of serum long-chain omega-3 fatty acids may help reduce the risk of type 2 diabetes, according to a University of Eastern Finland study published recently in *Diabetes Care*. The sources of these fatty acids are fish and fish oils.

Type-2 diabetes is becoming increasingly widespread throughout the world, including Finland. Overweight is the most significant risk factor, which means that diet and other lifestyle factors play important roles in the development of type-2 diabetes. Earlier research has established that weight management, exercise and high serum linoleic acid concentrations, among other things, are associated with reduced risk of diabetes. However, findings on how fish consumption or long-chain omega-3 fatty acids affect the risk of diabetes have been highly contradictory. A protective link has mainly been observed in Asian populations, whereas a similar link has not been observed in European or US studies -- and some studies have even linked a high consumption of fish to increased diabetes risk.

Ongoing at the University of Eastern Finland, the Kuopio Ischemic Heart Disease Risk Factor Study (KIHD) determined the serum omega-3 fatty acid concentrations of 2,212 men between 42 and 60 years of age at the onset of the study, in 1984-1989.

During a follow-up of 19.3 years, 422 men were diagnosed with type-2 diabetes.

Serum long-chain omega-3 fatty acid concentrations were used to divide the subjects into four categories. The risk of men in the highest serum omega-3 fatty acid concentration quarter to develop type-2 diabetes was 33% lower than the risk of men in the lowest quarter.

The study sheds new light on the association between fish consumption and the risk of type-2 diabetes. A well-balanced diet should include at least two fish meals per week, preferably fatty fish. Fish rich in long-chain omega-3 fatty acids include salmon, rainbow trout, vendace, bream, herring, anchovy, sardine and mackerel, whereas for example saithe and Atlantic cod are not so good alternatives. Weight management, increased exercise and a well-rounded diet built around dietary recommendations constitute the cornerstones of diabetes prevention.

Tina Limbad
(S.Y.D.Pharm.)

GOOGLE'S CONTACT LENS FOR DIABETICS

Researchers at Google's secretive X Labs have revealed a prototype contact lens that could monitor blood sugar levels and send the results to the patient's mobile phone.

Brian Otis gingerly holds what looks like a typical contact lens on his index finger. Look closer. Sandwiched in this lens are two twinkling glittery pecks loaded with tens of thousands of miniaturized transistors.

It's ringed with a hair-thin antenna. Together these remarkable miniature electronics can monitor glucose levels in tears of diabetics and then wirelessly transmit them to a handheld device.

"It doesn't look like much, but it was a crazy amount of work to get everything so very small," he said before the project was unveiled.

During years of soldering hair-thin wires to miniaturize electronics, Otis burned his fingertips so often that he can no longer feel the tiny chips he made from scratch in Google's Silicon Valley headquarters, a small price to pay for what he says is the smallest wireless glucose sensor ever made.

The idea that all of that monitoring could be going on passively, through a contact lens, is especially promising for the world's 382 million diabetics who need insulin and keep a close watch on their blood sugar.

The prototype, which Google says will take at least five years to reach consumers, is one of several medical devices being designed by companies to make glucose monitoring for diabetic patients more convenient and less invasive than traditional finger pricks.

The contact lenses were developed during the past 18 months in the clandestine Google X lab that also came up with a driverless car, Google's Web surfing eyeglasses and Project Loon, a network of large balloons designed to beam the Internet to unwired places.

But the actual research on the contact lenses began several years earlier at the University of Washington, where scientists worked under National Science Foundation funding.

Researchers also had to build in a system to pull energy from incoming radio frequency waves to power the device enough to collect and transmit one glucose reading per second.

The embedded electronics in the lens don't obscure vision because they lie outside the eye's pupil and iris.

Sidhu Borana
(S.Y.D.Pharm.)

LIFE

According to the British dramatist William Shakespeare, the world is a stage of men & women are actors & actresses. When we take this opinion into consideration, we get the real mystery of life. In life we have to play any kind of role as the role of father, son, mother, daughter, husband, wife etc. & we come to know the importance of our life. We do not know what tomorrow will bring. So we should make every second of our life enjoyable. Good thoughts in our mind mould & build our life. They are the driving force behind our successful life.

Life is a queer mixture of happiness & sorrow. We have to go through good patch & bad patch too in our life. We should get a goal in our life; otherwise we will not be able to make our life successful. So everyone should have some goal in his life.

Swami Vivekananda says "We should have burning desire to get what we want". If the tree wants to survive it lives on its own root in extreme storm. An experience is the best teacher in our life. When we are going through the bad patch we should analyze the causes & try to understand where & what went wrong & try to seek the remedy. So living this life everyone should possess endurance. We should help others & do the favorable things for others and try to become good human beings on this earth. Friendship is an important thing in our life. Friendship between 'KARNA &

DURYODHANA' is a well known example of us.

IN LIFE ART HAS HIS OWN PLACE. LIFE IS SHORT BUT ART IS IMMORTAL.

Archana Keskar
(S.Y.D.Pharm.)

BEAUTY & HAZARDS

Women pamper themselves with manicures and pedicures for special occasions or even just for everyday wear. However, women may not know the health hazards related to nail polish. The Northern California Cancer Center and Asian Health Services of Oakland conducted a survey in 2009 on women who work in nail salons. The survey found that although salon workers wear facemasks, they suffered acute health effects from the chemicals and toxins in nail care products. Women, who are exposed to nail polish toxins only briefly at home, may not be at the same risk as salon workers. However, research is ongoing and women at home should still be aware of the health risks.

In fact, the average ingredient list on a bottle of nail polish reads like a laundry list of toxins. Though there are a disturbing number of ingredients in polish that give cause for concern, the big three are formaldehyde, which is used as a hardener and preservative in nail polish and has been named by the U.S. Department of Health and Human Services to be a human carcinogen; dibutyl phthalate (DBP), which makes polish last longer and has been linked to birth defects; and toluene, which helps nail paint go on smoothly and can damage the nervous and reproductive systems. Worried yet?

The good news is that the beauty industry has taken note of these dangers and answered with several brands, like Zoya, Priti, Butter London, and Sante, that are making "three-free" formulas that do not contain formaldehyde, DBP, or toluene. Furthermore, Boston has taken steps in the past year to improve the health and safety regulations in nail salons throughout the city. The Safe Nail Salons Project, which debuted in 2011 at the hands of the Boston Public Health Commission, set forth stricter regulations for cleaning and reusing supplies, as well as for ventilating the often-tiny shops to avoid exposure to toxins. The rules also mandated that all chemicals used must be properly labeled and stored.

Despite the advances in health regulations, it might not be a bad idea to cut back on your weekly manicure habit, at least until three-free formulas are the norm instead of the exception.

Women pamper themselves with manicures and pedicures for special occasions or even just for everyday wear. However, women may not know the health hazards related to nail polish. The Northern California Cancer Center and Asian Health Services of Oakland conducted a survey in 2009 on women who work in nail salons. The survey found that although salon workers wear facemasks, they suffered acute health effects from the chemicals and toxins in nail care products. Women, who are exposed to nail polish toxins only briefly at home, may not be at the same risk as salon workers. However, research is ongoing and women at home should still be aware of the health risks.

Tina Limbad
(S.Y.D.Pharm.)

SUPERCOMPUTER TAKES 40 MINUTES TO MODEL 1 SECOND OF BRAIN ACTIVITY

Despite rumors, the singularity, or point at which artificial intelligence can overtake human smarts, still isn't quite here. One of the world's most powerful supercomputers is still no match for the humble human brain, taking 40 minutes to replicate a single second of brain activity.

Researchers in Germany and Japan used K, the fourth-most powerful supercomputer in the world, to simulate brain activity. With more than 700,000 processor cores and 1.4 million gigabytes of RAM, K simulated the interplay of 1.73 billion nerve cells and more than 10 trillion synapses, or junctions between brain cells. Though that may sound like a lot

of brain cells and connections, it represents just 1 percent of the human brain's network.

The long-term goal is to make computing so fast that it can simulate the mind—brain cell by brain cell—in real-time. That may be feasible by the end of the decade.

Mohsin Shaikh
(S.Y.D.Pharm.)

CHARACTERS DEVELOPED DUE TO SUBJECT

Pharmaceutic's Teacher:

मला वाटते Pharmaceutic's Teacher चे हे फारच त्रासातून गेलेले असतात. जसे काही एखाद्या Student ने काहीही समजत नसतांना Tablet तयार केली असेल कारण तो प्रथम powder ३ ते ४ प्रकारच्या मेश(#)मधून पास करतो. नंतर जे हातात येईल असे Binder, नंतर glidant टाकतो नंतर Granules म्हणून नुडल्स तयार करतो. नंतर वेगवेगळे Compression force लावून Compress करतो. तेव्हा तयार होते Tablet ज्याची Solubility झाल्यावर disintegration, bio-availability चांगलीच असते. एवढे झाल्यावर Great job असा remark मिळतो. आमचे Pharmaceutic's Teacher हे I.P., U.S.P. च्या test मध्ये पूर्णपणे उतरतात.

Human Anatomy & Physiology Teacher:

सगळ्यात जास्त student कंट्रोल करतात. कारण त्यांचे nature Acetylcholine, Adrenaline सारखे झालेले असते. जे कोणाचेही heart beat, Muscle movement secretion कमी जास्त करू शकतात. जसे practical मध्ये ilium responses कधी देतो. तर कधी देत नाही.

Pharmachemistry Teacher:

किती ही तास शिकवू शकतात. कारण त्यांना सवय असते. chemistry practical's ३ तास ते ६ तास सुध्दा चालते. त्यावेळी वर्गात कोण काय करत आहे. ते लगेच ओळखतात. कारण कोणता Bond, atom, electron कसा rearrange shift, किंवा oxide, reduce होतो. त्यांना माहित असते.

Pharmacognosy Teacher:

ह्या Teacher नेहमी आनंदी वाटतात. जसे काही त्यांच्या मध्ये सगळ्याच plant चे गुणधर्म उतरले असतात तसेच त्या दिसतातही छान, कारण त्यांना सगळे herbal cosmetic ची माहिती असतात. त्या कधीच कुणाला टेन्शन देत नाहीत जसे काही त्यांच्यात plant चे active chemical constituent असतात. आणि ते प्रत्येक Student चा सुक्ष्मविचार करतात. कारण त्यांना Microscopy of plant बघायची सवय आहे.

Mayuresh Phulpagare
(F.Y.D.Pharm.)

AMAZING FACTS ABOUT HUMAN BRAIN

1. The average number of thoughts a person has each day is 70,000
2. The rate at which your brain processes information can range from 0.5 meters/second (about 1 mile per hour) to 120 meters/second (268 MPH).
3. Your skin weighs twice as much as your brain
4. While an elephant's brain is physically larger than a human brain, the human brain is 2% of total body weight (compared to 0.15% of an elephant's brain), meaning humans have the largest brain to body size.
5. Yawns. It is thought that a yawn works to send more oxygen to the brain, therefore working to cool it down and wake it up.
6. The brain is approximately 75% water, but you should never drink it.
7. Every time you have a thought you are creating new connections (neural pathways) in your brain.
8. While awake, your brain generates between 10 and 23 watts of power—or enough energy to power a light bulb.
9. Each time we blink, our brain kicks in and keeps things illuminated so the whole world doesn't go dark each time we blink (about 20,000 times a day).
10. The human brain exceeds 4 terabytes. By the end of life, an average person remembers approximately 150 trillion bits of information
11. There are 100,000 miles of blood vessels in the brain. The distance around the world at the equator is 24,900 miles.

Kunal Nayak
(S.Y.D.Pharm.)

EXAMINATIONS

- E: For efforts & efficiency to reach our goals
X: For 'X'mas tree- the heights to reach & keep
A: For accuracy & alertness that go hand in hand
M: For memory to memorize the lines
I: For imagination & implementation of ideas
N: For numeracy that we strive to develop
A: For ability to pass the test
T: For time to be used & abused
I: For intelligence—that mental ability to learn
O: For overall organized efforts
N: For neatness in all that we do
S: For success which eventually be yours

Saniya Parve
(S.Y.D.Pharm.)

FUNNY BUT INCREDIBLE INDIA

Large State	-	Maha Rashtra.
Kings Place	-	Raja Sthan.
Queen Field	-	Rani Khet.
Mr. City	-	Shri Nagar.
Rising City	-	Udai Pur.
Rhythm of Eyes	-	Naini Tal.
Face	-	Surat.
Unmarried Girl	-	Kanya Kumari.
God's Gate	-	Hari Dwar.
Brick City	-	Ita Nagar.
Saint Hair	-	Rishi Kesh.
Red Nail	-	Lal Kila.
Call End	-	Kol Kata.
No Zip	-	Chen Nai.
Come On Sun	-	Aarun Aa Chal.
Come in Evening	-	Aa Sam.
Go and Come	-	Go A.
Do Drama	-	Kar Nataka.

Tina Limbad
(S.Y.D.Pharm.)

HANDBOOK FOR 2014**HEALTH**

Drink plenty of water Eat Breakfast like a king, Lunch like a prince & Dinner like a beggar

Live with the three E's...Energy, Enthusiasm & Empathy

Make time to pray, Play more games, Read more books than you did in 2013.

Sit in silence for at least 10 minutes each day, Sleep for 7 hours, Take a 10-30 minutes' walk daily and while you walk 'Smile'.

PERSONALITY

Don't overdo. Keep your limits

Don't take yourself so seriously- No one else does.

Don't waste your precious energy on gossip Dream more while you are awake.

Envy is a waste of time. You already have all you need.

SOCIETY

Call your family often.

Each day give something good to others.

Forgive everyone for everything.

Spend time with people over the age of 70 & under the age of 6

Try to make at least 3 people smile each day.

What other people think of you is none of your business.

LIFE

- Do the right thing!
- GOD heals everything.
- However good or bad a situation is, it will change
- No matter how you feel, Get up, Dress up and Show up. The best is yet to come.
- When awake in the morning thank GOD for it.

Mrs. Neha Barfiwala
Lecturer

WAKE UP SID

To all the students:-

In last two years:

Have you said the following OR Have you done the following?

- | | |
|---|--|
| 1. To your dad: | Sorry! It is my mistake. |
| 2. To your mom: | I have some time, how can I help you? |
| 3. To your younger sis/bro: | I can accompany you to your class/competition. |
| 4. To your elder sis/bro: | Let's clear up the mess in the room. |
| 5. To your grandparents: | I will take you for a walk. |
| 6. To all the family members in your house: | Let's all have dinner together |
| 7. Exercised for at least 20 mins in a day. | |
| 8. Refused to have junk food. | |
| 9. Listened to low tuned soft music for 15 minutes. | |
| 10. Switched off your mobile at 11 pm and had a sound sleep. | |
| 11. Sat peacefully in a closed, quiet room for 5 minutes. | |
| 12. Thanked almighty for being born in healthy condition, free of cost. | |

If your answer is yes for

- > 8 Good! Keep it up.
- > 6 Try and improve.
- > 4 You need to change.
- > 2 WAKE UP SID.

Mrs. Sushama Gokhale
Lecturer

MORAL STORIES

It was a Sports Stadium 8 girls were standing on a track for racing. Ready! Steady! Bang! With sound of Pistol all girls started running hardly had they covered 10 to 15 Steps - 1 girl slipped & fell. Due to pain she started crying, when other 7 Girls heard her all STOPPED running, STOOD for a while ...turned BACK & RAN towards her, All 7 Girls LIFTED the Girl, Pacified her, Joined hands together. Walked together & Reached WINNING Post. Officials were shocked. Many Eyes were filled with tears. It happened recently, racing was conducted by National Institute of Mental Health... All participants were mentally RETARDED what did they teach? Teamwork, Humanity, Sportsman spirit, Love, Care, & Equity We surely can NEVER Do this, because We have Brains... We have Ego... We have Attitude ...

- Pyar "Insan" se karo, Uski "Aadat" se Nahi
- "Rutho" unki "Baato" se Unse Nahi
- "Bhulo" Unki "Galtiyan" ko Unhe Nahi
- Qki "Rishto" se Badakar Kuch Bhi Nahi.

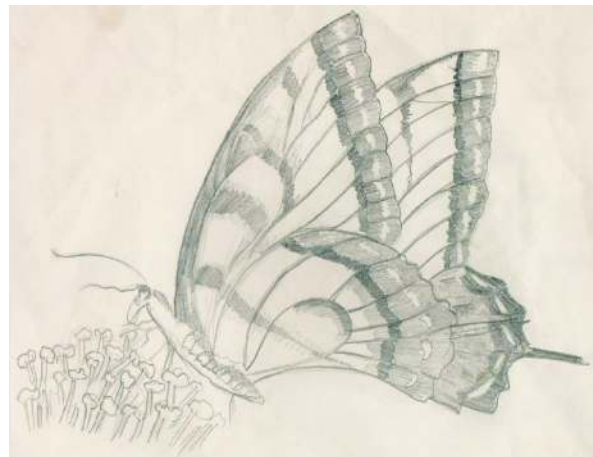
Mrs. Neha Barfiwala
Lecturer

The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side?" That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them."For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house." Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are and look for the good in them.

Mrs. Neha Barfiwala
Lecturer



Aarti Solanki (S.Y.D.Pharm.)



Grishma Somaiya (S.Y.D.Pharm.)



Grishma Somaiya (S.Y.D.Pharm.)



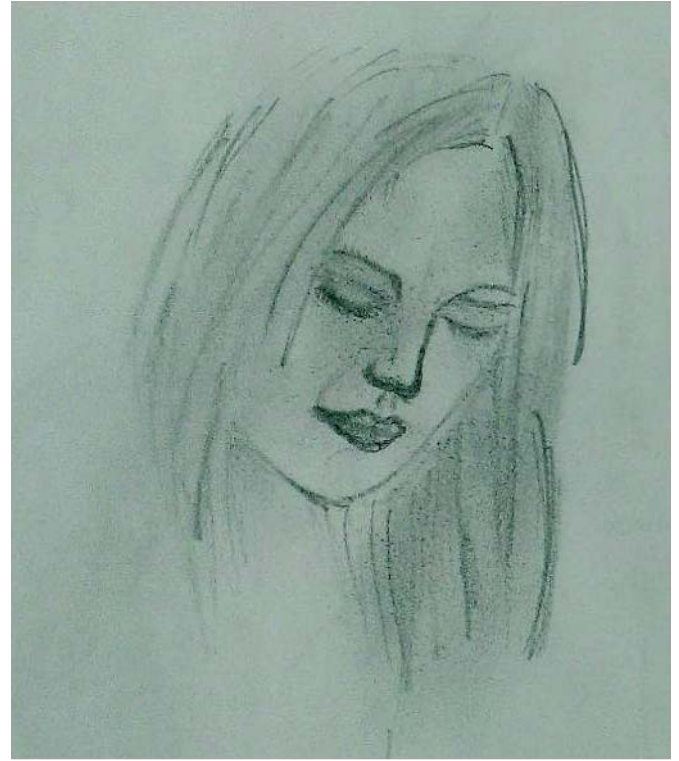
Jaya Sharma (S.Y.D.Pharm.)



Grishma Somaiya (S.Y.D.Pharm.)



Jaya Sharma (S.Y.D.Pharm.)



Jaya Sharma (S.Y.D.Pharm.)



Tina Limbad (S.Y.D.Pharm.)



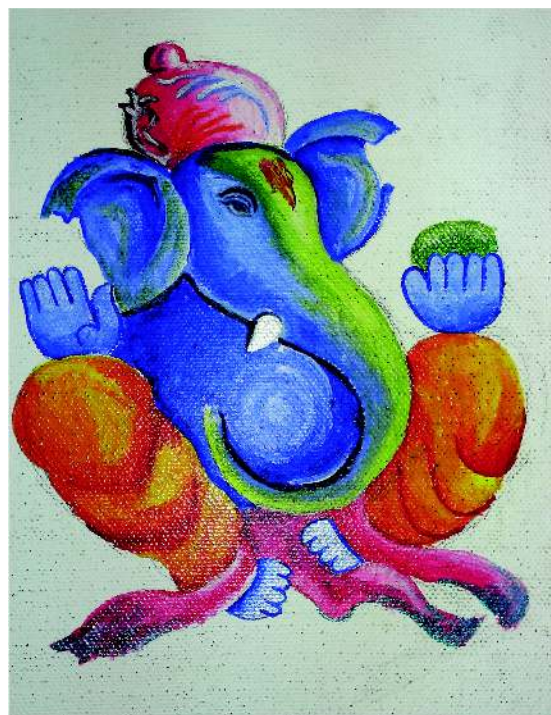
Tina Limbad (S.Y.D.Pharm.)



Pradhakshina Sawant (S.Y.D.Pharm.)



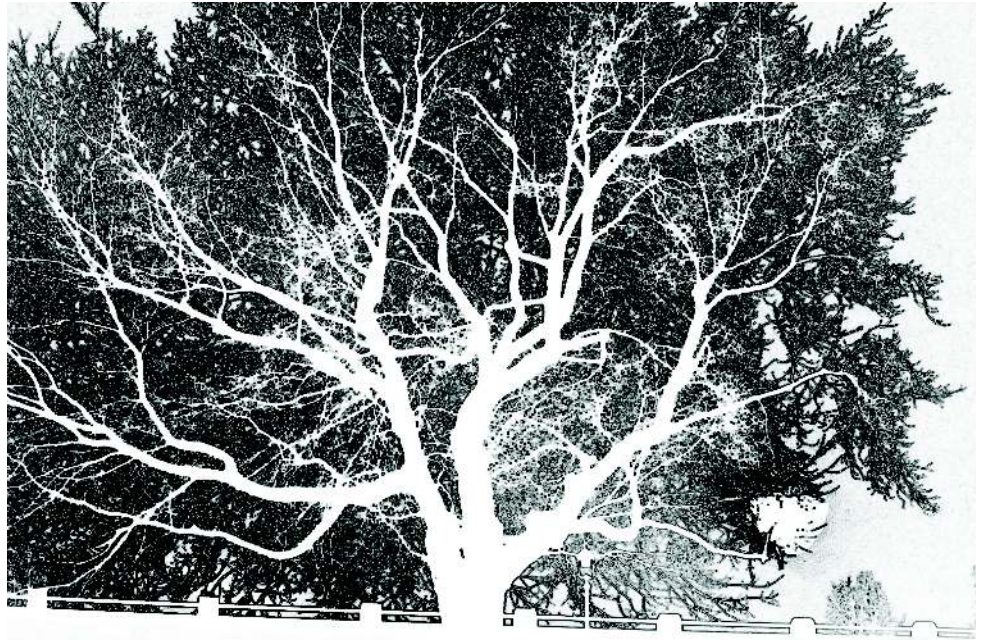
Yogesh Teli (S.Y.D.Pharm.)



Pranali Kokne (S.Y.D.Pharm.)



Yogesh Teli (S.Y.D.Pharm.)



Mayuresh Kharade (F.Y.D.Pharm.)



Mayuresh Kharade (F.Y.D.Pharm.)

गर्भपात

खूडू नको कळी आई, जगू दे ग मला,
 दिवा हवा वंशाला, पणती नको का ग तूला?
 बघते मी स्वप्न नवे, नको मावळतीला नेऊ,
 कार्टी म्हणून नशिबाला, असा दोष नको देऊ
 सांभाळीन मी परोपरी, त्रास देणार नाही तुला।।

खूडू नको कळी आई, जगू दे ग मला,
 पहायचं जग मला, पहायचीदुनिया नवी,
 घात नको करू माझा, मूलगी का नको तुला हवी,
 लेकीकडे रहायच सुख, देईन ग मी तुला।।

खूडू नको कळी आई, जगू दे मला,
 दिवा वंशाला असूनही, मायबाप आश्रमात गेले,
 मूलगा असणारे किती, लयास ग गेले,
 वेळ नाही गेली अजून, हाक देते मी तुला।।

Mayuresh Phulpagare
 (F.Y.D.Pharm.)

काय....., प्रेम हे असच असत.....?

‘काय....., प्रेम हे असच असत.....?’
 प्रेमात कधी रडण, कधी हसण,
 मनात दुःख लपवून, तिच्यासाठी झुरण,
 काय....., प्रेम हे असच असत.....?

आधारासाठी हवा असलेला हात तिला देण,
 तिने पहिलेली स्वप्न पुर्ण करण,
 आणि मग स्वप्नवत तिला हळूच कुशीत घेण,
 काय....., प्रेम हे असच असत.....?

इथे तुझ माझ नसत,
 मी तुझा अन तू माझी,
 एवढच फक्त कळत असत,
 काय....., प्रेम हे असच असत.....?

तिच्याकडून नसेलही प्रेम आपल्याला मिळत,
 पण तिच्यावर जिवापाड प्रेम करण,
 तिला गमवू नये ह्याचा प्रयत्न करण,
 काय....., प्रेम हे असच असत.....?

Pranali Kokne
 (S.Y.D.Pharm.)



सावली

जीवन माझे पळू पाहता
मजसंगे तू पळशील का?
सुखःदूःखाच्या वाटेवरती
सखा सोबती होशील का?
कढीण प्रसंगी, मृदूसम वेळी
सावली माझी होशील का?
निशीदिनी माझ्यासवे राधिका
नंद गोकूळी रमशील का?
अपराधास्तव क्षमा करूनिया
हृदय मंदीरी जपशील का?
स्नेह भावे, सुहास्य शीपीत
बंध रेशमी विणशील का?

Archana Keskar
(S.Y.D.Pharm.)

ओस की बूंद

ओस की बूंदो की तरह होती है बेटिया,
माँ-बाप की दुलारी होती है बेटिया,
जान से प्यारी है बेटिया,
रोशन करेगा बेटा तो बस एकही कुल को,
२-२ कुल की लाज होती है बेटिया,
हीरा है अगर बेटा तो,
सच्चा मोती होती है बेटिया,
काटों की राहो पर चलती है बेटिया,
औरो की राहो मे फुल बनती है बेटिया,
कहने को पराई अमानत है बेटिया,
पर बेटो से भी अपनी होती है बेटिया.

Chaudhary Falguni
(S.Y.D.Pharm.)

हिंदी जन की बोली हैं

एक डोर से सबको जो है बांधती
वह हिंदी है ।
हर भाषा को सगी बहन जो मानती
वह हिंदी है ।
भरी पूरी हो सभी बोलियाँ
यही कामना करती हिंदी
गहरी हो पहचान आपसी
यही साधना हिंदी है ।
सौत विदेशी रहे न रानी
यही भावना हिंदी है ।
उच्च वर्ग की प्रिय अंग्रेजी
हिंदी जन की बोली हैं ।
वर्ग भेद को खत्म करेगी
हिंदी वह हमजोली है ।
सागर में मिलती धाराएँ
हिंदी सबकी संगम है,
शब्द,नाद,लिपि से भी आगे
एक भरोसा अनुपम है,
गंगा कावेरी की धार
साथ मिलती हिंदी हैं,
पूरब पश्चिम, कमल पखुरी
सेतु बनाती हिंदी है ।

Rekha Chaudhary
(S.Y.D.Pharm.)

IF YOU THINK

If you think you are beaten, you are
If you think you dare not, you don't
If you like to win, but think you can't
 If almost sure, you won't
If you think you will lose, you're lost
 For out in the word we find,
Success begins with a man's will;
 It's all in the state of mind.

If you think you are out classed, you are
 You're got to think high to rise
 You're got to be sure of yourself
 Before you can ever win a prize.
 Life's battles don't always go
 To the stronger and faster man
But sooner or later the man who WINS
 Is the one who thinks HE CAN!!!

Saniya Parve
(S.Y.D.Pharm.)

SOUL'S REST

Baring burdens on your back
Comfort & rest you do lack
Break the heavy grey coal
And be at rest oh my soul.
Walking along the path of life
The sharp glittering edge of knife
Blindly wobbling on lame feet.
Won't you walk straight & neat?
Lift your eyes above the God
 And to his will nod
Shake your own desires dark
Sing in deliverance as a lark.

Keskar Archana
(S.Y.D.Pharm.)

THERE ARE ANGELS GOD PUTS ON THIS EARTH

Who care for us and guide us,
You can feel their love and gentleness
As they walk through life beside us,

They do great things for us everyday
They whisper in our ears,
They even hold us in their hearts
When we are filled with all our fears.

They are always there to give a hug
And try to make us smile.
They treat us with respect and love,
They treat us like their child.

God blessed me with an angel,
I am proud to call my own.
She been with me throughout,
My life, been with me as I have grown.

She guided me the best she can,
She thought me like no other,
And I am thankful, I am the lucky one
Who gets to call her.....mother.....

Sanya Parve
(S.Y.D.Pharm.)

THE LABS

Silent labs, difficult labs,
All with maths, all with graphs observations.
If colors and smells,
Calculation and graph curves like bells.
Memories of tests that have past.
Oh, how long the labs will be
Silent labs, difficult labs.
All with maths, all with graphs.
Lots of equations that needs balancing.
And my head starts ringing.

Tina Limbad
(S.Y.D.Pharm.)



Anamika Patil (S.Y.D.Pharm.)



Anamika Patil (S.Y.D.Pharm.)



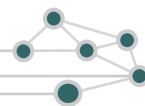
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Anupam Sutar (S.Y.D.Pharm.)



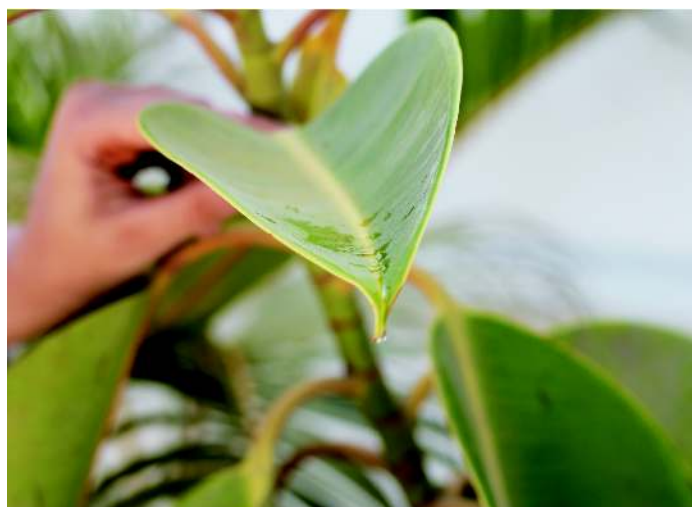
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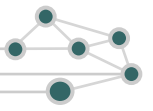
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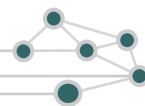
Reshma Choudhary (F.Y.D.Pharm.)



Nameeta Lad (F.Y.D.Pharm.)



Sagar Kamble (S.Y.D.Pharm.)



Sakina Gadiwala (F.Y.D.Pharm.)



Shishir Khubikar (F.Y.D.Pharm.)



Sidhu Borana (S.Y.D.Pharm.)



Sidhu Borana (S.Y.D.Pharm.)



Sidhu Borana (S.Y.D.Pharm.)

Page 3 Glitz and Glamour

Final Year D.Pharm.



First Year D.Pharm.



Non-Teaching Staff



(L - R) Mr. Appa Patade , Mr. Anil Chavan, Mr. Santosh Bure, Mrs. Manisha Alat, Dr. U. B. Hadkar, Dr. S. D. Bhosale, Mr. Milind Damle, Mr. Vijay Gawde, Mr. Vivek Pednekar, Mr. Arun Salunkhe.

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Last but not the least the MET IOP Staff who constantly helped and supported the Student Council.

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शुभदिपावली



MET Institute of Pharmacy
Bhujbal Knowledge Centre

Bandra Reclamation, Bandra (W), Mumbai 400 050.

Tel: (+91 22) 2644 0446 | Telefax: 2644 0093 | Toll free: 1800 22 0234

email: communications@met.edu | www.met.edu



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