

The Nest

Nurturing sharp minds



PHARMACY REINVENTS LIFE



A Student Council Presentation 2012 - 2013
MET Institute of Pharmacy (Diploma)
Bhujbal Knowledge Centre, Mumbai

THE MET LEAGUE OF COLLEGES
MET
AS SHARP AS YOU CAN GET

At MET, we believe
that an intelligent mind
is like a blade
that lies innocently
in its wrapper.
You cannot feel
the sharpness
till you expose the edge.

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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.

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. Established in 1989, with a mission to redefine the system of education, Mumbai Educational Trust (MET) is a professionally managed, multi-disciplinary and multi-faceted oasis of knowledge. Its premiere educational institutes conduct university accredited and autonomous programmes. The grant of the ISO 9001:2008 certification is an acknowledgment of the institution's capability to deliver professional education that meets the highest standards of professionalism worldwide. All this, to help young professionals face the challenges of life. And make their mark in the corporate world.

It is MET's commitment to impart value-based education across all levels of society that has catapulted it to an NGO in Special Consultative Status with the United Nations (ECOSOC). The institution has today carved a niche for itself amongst the premiere educational institutes in the country. Located at Bandra Reclamation in the heart of Mumbai, India's financial powerhouse, and spread over 2,00,000 sq.ft., the institute has an enviable infrastructure that plays a pivotal role in imparting quality education.

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 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

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. 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 keep 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

I am pleased to note the latest issue of 'The Nest', which is dedicated to the cause of Pharmacy education. It presents an overview of the year gone by and the offerings of the students and faculty of the MET Institute of Pharmacy.

As you would note from the contents, the students here excel not only in academics but also continue to dominate the cultural and co-curricular arena both within and outside the institute. This obviously is the result of the ceaseless efforts of our faculty who offer multi-dimensional inputs to our students motivating them to go beyond the classroom.

'The Nest' mirrors an all-round personality development effort at the institute and the positive impact of the student community.

I hope and pray that our students continue to excel both in professional and co-curricular fields and get the due recognition for their contribution to societal well-being.

Chhagan Bhujbal
Chairman
Mumbai Educational Trust

The Director Speaks



Dr. U. B. Hadkar
Director, MET IOP

At the outset let me congratulate Principal Mr. S. D. Bhosale for completing his Ph. D. programme while shouldering his responsibility as a principal, MET IOP (Diploma). I wish Dr. S. D. Bhosale bright and successful career ahead.

The teachers of the institute have actively participated in framing the syllabus for D. Pharm. of Maharashtra State Board of Technical Education. They have also made a constructive suggestion to the laboratory manuals printed by MSBTE.

On the academic front the D. Pharm. students are doing very well. In the Maharashtra State level technical quiz competition, Vaibhav Gala and Rohit Tripathi won the 2nd prize and in the state level students paper presentation competition Rohan Dhumatkar and Yogesh Shukla won the 2nd prize. The D. Pharm. students are also actively participating in the cultural activities of the institute. They receive from their teachers the necessary encouragement to participate in the cultural and sports activities.

Our staff members are encouraged to attend seminar and workshop. Mrs. Neha Barfiwala and Mrs. Sushama Gokhale have actively participated in the seminars during the academic year 2012-2013. I congratulate Dr. Anand Shedge who was nominated for Acharya Atre Education, Award during the same academic year.

I, on behalf of D. Pharm. staff, students and myself wish to immensely thank our Trustees Shri Chhagan Bhujbal, Meenatai Bhujbal, Pankaj Bhujbal, Mr. Samir Bhujbal for encouragement and the facilities provided to us.

We also thank Mrs. Vishakha Bhujbal and Mrs. Shefali Bhujbal for their active involvement in our institute activities and the support we get from them.

I appreciate the efforts put in by the editorial board comprising of Sidhu Borana, Mamta Chauhan, Aakash Goswamy, Madhuri Kharade, Mr. J. G. Irani and Mr. Ashish from Marcom department for the help provided in bringing out this beautiful magazine "The Nest (Diploma)".

If we wish to build up a healthy society let us follow a simple rule "Do Good and help those who Do Good".

From the Principal's Desk



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

It gives me an immense pleasure to write this message for The Nest (Diploma), which is an excellent compilation of different literary contributions by our students and staff. Preceding year 2012 witnessed various social, economical, political and scientific events. These events ranged from the various international events of downfall of regimes and political elites, shooting in school and universities, discovery of God particle and also domestically from increase in the life expectancy of females to brutal rape of a collegian, triggering a movement called NIRBHAYA .

All these turbulent issues ultimately affect the various forms of the health of the community and individuals, mainly the mental health. For which the answer lies in the individual itself. Only by framing stringent laws and punishment and empowering the women, will not deter the offenders from committing the heinous crimes of rape and murders, but the correction in the mind set up towards the women, elderly and weaker section of the society only can help solve these problems.

Such incidents can be dealt effectively only with the inculcation of the basic human values and strong family spirits in the people.

The pharmacist which is internationally recognised as a noble profession and an important component of the health care delivery system, can play a much wider role in restoring and promoting mental health of the community by the way of effective counselling as he is the one to whom people prefer to mention about their various health related queries.

I appreciate the efforts put in by the Magazine Committee to bring about this issue of 'The Nest' . I wish all the best to the Magazine Committee and hope this issue of 'The Nest' would be an excellent compilation and a trend setter as well.

Our Benevolent Educators



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

The Student Council



General Secretary: Dheeraj Dubey (S.Y.D.Pharm.); **Cultural Secretaries:** Raj Gosar (S.Y.D.Pharm.), Krutika Adani (S.Y.D.Pharm.), Jaya Sharma (F.Y.D.Pharm.), Kunal Nayak (F.Y.D.Pharm.); **Sports Secretaries:** Dipesh Pal (S.Y.D.Pharm.), Pranali Surve (S.Y.D.Pharm.), Aishwarya Nandgiri (F.Y.D.Pharm.), Susmit Naik (F.Y.D.Pharm.); **Treasurers:** Darshan Kagresa (S.Y.D.Pharm.), Afreen Shaikh (S.Y.D.Pharm.), Archana Keskar (F.Y.D.Pharm.), Manish Jain (F.Y.D.Pharm.); **Editors:** Aakash Goswamy (S.Y.D.Pharm.), Madhuri Kharade (S.Y.D.Pharm.), Mamta Chauhan (F.Y.D.Pharm.), Sidhu Borana (F.Y.D.Pharm.); **Class Representatives:** Ritesh Waghmare (S.Y.D.Pharm.), Chirag Jain (F.Y.D.Pharm.); **Ladies Representatives:** Pooja Suthar (S.Y.D.Pharm.), Soni Choudhary (F.Y.D.Pharm.); **Discipline Committee:** Chirag Pendharkar (S.Y.D.Pharm.), Abhijeet Sharma (S.Y.D.Pharm.), Arvind Pal (F.Y.D.Pharm.), Ershad Beg (F.Y.D.Pharm.).

From the Cultural In-Charge

Apart from routine academic work, we teachers perform different duties every year, for overall development of the students while at MET.

When given a duty of cultural-in-charge for the year 2012-13, I knew I will be able to do justice with the help of enthusiastic and dedicated students. I enjoyed having had the opportunity to guide, encourage, motivate and work with them.

I would like to recognise the efforts of the council members that have been put together to make all cultural events a great success.

I also take pride in announcing 'The Nest' by diploma students for the very first time.

We are extremely thankful to the trustees for their support and are grateful to respected Dr. Hadkar sir and our principal Dr. Bhosale sir for their useful guidance and help.

Neha Barfiwala
(Cultural – in – Charge)

The Council Dynasty

'United we stand and divided we fall', this proverb is now well understood by our council members. The long working hours, the intense group discussions, the editing, re-editing, these words seem so intense when penned down but these recent days as council member were the best memories of MET IOP (Diploma) family we all would cherish all through our lives. It feels a great honour to be a part of, the team, of massive think tanks, our team (together everyone achieve more) of council members.

Today we have the good feel factor that comes from knowing that we have done our best. All along the way we had wonderful support of our friends, families and the encouragement and help of our tutors. These days we came across other aspects of our friends' versatile highly talented personalities making all of them gems of MET.

Efforts are not rewarded, results are rewarded.... This oath we have learned in the whole journey of MET dynasty and we sincerely thank to the guide, mentor and well-wisher who has made every step easier for us in the way of those emasculating obstacles., by making us remember that, "Obstacles never come to destroy you, it come to realise the hidden potential". She is none other than Mrs. Neha Barfiwala. And we are very grateful to our Director Dr. Hadkar sir and to our lovable principal Dr. Bhosale sir for giving us the opportunity and motivating us to achieve the laurel of success and special thanks to all the teachers for their grand support.

We are thankful to all of them for reflecting their priceless personas by lending their valuable work to our magazine, 'The Nest' making it an immense success.

Thank You,
The Student Council

Editorial

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

As there is always a first time to begin with new beginning. So here we would like to introduce you to ‘The Nest’ 2013 -14, Diploma magazine.

This magazine will take you to the tour of the events which has been part of our curriculum and extra curriculum.

Being the editor, drafting a magazine of MET Institute of Pharmacy (Diploma), ‘The Nest’ was always a challenging job. But with the team work we have accomplished this job. Appreciating the hard work of all who have dedicated themselves with their ideas and views to fulfill this magazine.

We hope our hard work will be appreciated.

The Editorial Committee

Aakash Goswamy (S.Y.D.Pharm.)

Madhuri Kharade (S.Y.D.Pharm.)

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

Mamta Chauhan (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!!

Nag Panchami: On the auspicious day of Nag Panchami on 23rd July 2012, all the students offered their prayer to 'Nag Devta' by conducting an Aarti .The students made a multi coloured rangoli depicting the snake god. Prasad was distributed to one and all.



Mangala Gauri: Mangala Gauri is a celebration for a newly married bride in the month of shravan, the MET Recreation Center was brought to life by the teachers and the students who applauded and encouraged the performers all through the evening. All the students and the teachers danced gracefully and also played games like 'Fugdi' and 'Zimma'.



Satyanarayan Puja: On 14 August 2012, all the members of the MET IOP performed a Satyanarayan Puja. After Puja lunch was served to all the teachers and the students in the traditional pangat style.

Blood Donation Camp: On 4th September 2012, a Blood donation camp was organised by the Management at the MET campus. It was executed by the members of Sarvodaya Hospital. All the students and staff members provided a helping hand to carry out the event successfully.



Teacher's day: "Guru Brahma Gurur Vishnu, Guru Devo Maheshwaraha, Guru Saakshat Para Brahma, Tasmai Shree Gurave Namaha" That means, Guru is verily the representative of Brahma, Vishnu and Shiva. He creates, sustains knowledge and destroys the weeds of ignorance. I salute such a Guru, 5th September 2012 we celebrated teacher's day with great pleasure and enthusiasm. Diploma council on behalf of all the students of diploma pharmacy had presented a token of love an appreciation to all the teachers of MET IOP (DEGREE & DIPLOMA). A cake was cut to celebrate this day and our G.S. (Dheeraj Dubey) expressed his feelings by a poem in his own word and a song was sung by Aakash Goswamy (editor) on behalf of the entire student fraternity to express gratitude towards our gurus.



Fresher's Party: Fresher's Party was organised on 22nd September 2012, this party was held by seniors with lot of Zeal. They welcomed the new faces with open hands, open mind and above all open heart. It started by warm welcoming speech by our seniors. Our Principle Dr. S.D. Bhosale Sir gave us encouraging speech and motivated us for bright future. Even Dr. Abha Doshi Maam and Dr. U.B. Hadkar Sir gave an inspirational speech, there was introductory speech by first year council members. Then the game session started in which there was question-answer round from Second year students for first year. The party started with a bang on the dance floor, all students enjoyed a lot by dancing. The new comers at MET started their year on a high note.



Essay Competition: In the academic year of 2012-2013 All India Registered Pharmacist Association had arranged an essay competition for all the Polytechnic Institution Pharmacy, Mumbai on 25th September 2012.

We congratulate the winners selected by AIPC from our college: 1st Mayur Tikam, 2nd Sagar Kamble, 3rd Dheeraj Dubey. And, we further wish them success in their endeavor.



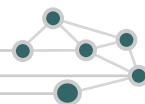
HOSPITAL VISIT (S.Y.D.PHARMACY): A Hospital visit for S.Y.D.Pharm was organized on 26th, 27th and 28th September 2012 by Mrs. Sushma Gokhale and Mrs. Abhilasha Sharma at Lilavati Hospital & Research Centre at Bandra where students were welcomed by Mrs. Gauri Bhatia (in charge of CSSD). The students got a chance to see the various departments of the hospital and understand the working of central sterile supply department and functions of CSSD.

We would like to thank Mrs. Gauri Bhatia for being so kind.



Picnic: As a part of fun and relaxation a small one day trip to Kumar resort, Lonavala was arranged for the diploma students on 20th October 2012. Teachers also accompanied the students and everybody had a wonderful time.





Guest Lectures: Guest lectures are part and parcel of vibrant academic growth.

The following guest lectures were conducted in this year:

(09.1) Lecture on 'Role of pharmacist in marketing' by Miss Rupal Sedani, Senior Product Manager, Pfizer Ltd. Mumbai on 1st Sept. 2012.



(09.2) Lecture on Patient Counseling, Drug Compliance and Adverse Drug Reactions to the D.Pharm students by Mrs. Aakanksha Waghe, Sr. Lecturer, L.T. College of Nursing, S.N.D.T. Women's University on 8th Sept. 2012.



(09.3) Guest lecture (Alumini). Sharing experiences after passing diploma of pharmacy with our current batches of Diploma students on 6th Oct. 2012.

- a) Bhagirath Pokhriyal, M.Pharm (Pharmacology)
- b) Nikita Trivedi 'Territory executive, Bayer Healthcare.



(09.4) Workshop on stress Management for Diploma students on 13th Oct. 2012 by Mrs. Madhuri Gurjar.



(09.5) Workshop on 'communication skills' for Diploma students on 05th Jan. 2013 by Sanket Potdar.



(09.6) Lecture on requirement of 'drug sale under D & C Act' by Mr. Sahebrao Salunke, assistant commissioner, FDA on 30th Jan. 2013.

(09.7) Lecture on 'sterile manufacturing & quality assurance' by Mr. Ganesh Das, Corporate Quality Assurance on 2nd Feb. 2013.

Achievements: We congratulate our principal Dr. S.D. Bhosale who has completed his Ph. D. this year. His area of research was –‘Pharmaceutical Quality Assurance’

Industrial Visit Report: On 20th December 2012 the F.Y. D. Pharm. students visited Maneesh Pharmaceuticals Pvt. Ltd., Govandi for an industrial visit with Mrs. Vaishali Malvankar and Arun sir which was a very good learning curve in our educational life.

The company has an excellent infrastructure and highly qualified technical staff. It has major departments such as for sterile preparations, tablet and capsule preparation, ointment preparation and Quality Control lab. The quality control lab monitors the stored raw materials, and finished products.

The company has a planetary mixer, HEPA filter, fluidized bed dryer, Auto coating machines, DM and UV water plant. In another unit, tablets and capsules are packed with the help of blister packing machine. In sterile preparation department, latest techniques are used for washing and filling of ampoules. All these latest techniques minimize the work and increases the efficiency and quality.

We would like to thank Maneesh Pharmaceuticals Pvt. Ltd. for devoting their time. We had gained a lot of practical knowledge which otherwise won't be possible just by reading textbooks.

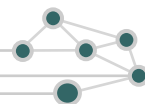


MET Utsav Preparation: MET Utsav is celebrated every year by students, staff and faculty members with great enthusiasm. The students of MET IOP participated in various events like dance, singing, fashion show, etc. The students have done a lot of hard work to showcase their talent.



Republic Day: January 26th is celebrated by Indians as Republic Day. We celebrate it every year with a promise to guard our Constitution which has made India the Sovereign Democratic Republic. The student decorated the venue with colourful flowers & map of India with tricolour flowers. The flag hoisting & the national anthem was followed by various patriotic songs by Aakash Goswamy (S.Y.D.Pharm.) and students from other stream. A student from hindi vidyalaya gave a speech remembering the past and making us aware about our responsibilities towards better India. The event was concluded by an inspirational speech by Dr. Abha Doshi Maam and The trustee Mr. Pankaj Bhujbal Sir.





Toppers

S.Y.D.Pharm.

Vaibhav Gala
Rohit Tripathi
Tejaswi Pardule

F.Y.D.Pharm.

Raisa Shaikh
Pooja Suthar
Madhuri Kharade



Vaibhav Gala from S.Y.D. Pharm. receiving the MET RATNA Award at the hands of Shri Chhagan Bhujbal, Chairman, Mumbai Educational Trust.

Sunlight reduces the risk of developing skin infection

Sunlight can help reduce the risk of developing skin allergies, a recent research has revealed. This has now prompted calls for people to get a regular sunshine. "I am advocating only very small amounts of sunshine. Wanton sunbathing or foolish snubbed use is potentially dangerous and large doses lead to risk of skin ageing and cancer." the daily express quoted professor John Hawk, who has been studying the benefits of sunlight, as saying. "Large amounts may also be counter producing to such protective mechanism. "The rate of skin cancer is still increasing rapidly in northern Europe due to too much sun and snubbed exposure. It is important to remember to cover up and use high protection sunscreens in the midday Sun." he said. Studies conducted earlier found some Britons are lacking in vitamins D, which is produced by the action of sunlight on the skin and is essential for bone and muscle health. Just five to 30 minutes of sunlight exposure every day is enough to provide most people with the vitamin D they need but long term daily exposure is thought to increase the risk of skin cancer. "Small amounts of sunlight may protect us against a number of skin conditions, including such allergies reaction as prickly heat, psoriasis, and skin allergies to cosmetics, metals, perfumes and even garden flowers," professor Hawk said. "There is also some new evidence suggesting sunlight may boost the immune system to help resist bacterial infections," he added.

Aakash Goswamy
(S.Y.D.Pharm.)

LIFE IS AN ECHO

A little boy got angry with his mother and shouted at her "I Hate You, I Hate You".

Because of fear of reprimand, he ran out of house. He went up to the valley and shouted "I hate you, I hate you" and back came the echo "I hate you, I hate you". This was the first time in his life he had heard an echo. He got scared, went to his mother for protection and said there was bad boy in the valley who shouted "I hate you, I hate you". The mother understood and she asked her son to go back and shout, "I love you, I love you". The little boy went and shouted "I love you, I love you". And came back the echo. That taught the little boy a lesson that our life is an echo. We get back what we give.

BENJAMIN FRANKLIN SAID, "WHEN YOU ARE GOOD TO OTHERS, YOU ARE BEST TO YOURSELF".

Dheeraj Dubey
(S.Y.D.Pharm.)

TAKING VITAMIN D MAY REDUCE RISK OF ALZHEIMER'S DISEASE

Women should take vitamin D supplements to reduce the risk of Alzheimer's disease, according to new research two new studies show that women who don't have enough vitamin D as they hit middle age are at greater risk of going into mental decline and developing Alzheimer's.

The first of the studies found that women who developed Alzheimer's disease had lower vitamin D intake than those who did not developed the illness.

Dr. Cedric Annweiler, of Angers University Hospital in France, looked at data from nearly 500 women who participated in the Toulouse Cohort of Epidemiology of osteoporosis study. He found that women who developed Alzheimer's had an average vitamin D intake of 50.3 mg a week, whereas those who developed other forms of dementia had an average of 63.6mg per week and those who didn't develop dementia at all averaged 59 mg.

The study highlights the role vitamin D plays in Alzheimer's, a severe form of dementia which causes the sufferer to become disorientated, aggressive, forgetful and find even quite basic tasks difficult to carry out. There is no cure for illness, which affects around 400,000 in England- a figure which steadily rising as people live for longer.



Meanwhile, investigators led by Yelena slinin at the VA Medical centre in the United States found that women with a low vitamin D intake were more likely to encounter cognitive decline. Ms. Slinin analyzed the vitamin levels of 6,257 older women who also under went mental ability test known as the mini-mental state examination.

Low levels of vitamin D of less than 20 nanograms per milliliters of blood serum were associated with higher odds of mental decline.

Scientists say both studies, which were published in the Journal of Gerontology, underline the importance of getting enough vitamin D, either through exposure to the sun, food or supplements.

Dheeraj Dubey.
(S.Y.D.Pharm.)

'MIRACLE' GAS GIVES HOPE TO BABY BRAIN-DAMAGED AT BIRTH.

A 'miracle' gas that occurs naturally in air could help reduce incidence of brain damage in newborns.

Xenon is already offered as anesthetic. But doctors are now using it in an effort to protect babies starved of oxygen at birth.

Britain Medical Research Council (MRC) is funding the world's first trial of it's kind into benefits of xenon on at-risk infants.

Treatment being offered at three London hospitals-University College Hospital, Evelina Children's hospital and Queen Charlotte's – as well as Liverpool Women's hospital.



More than 1,000 otherwise healthy infants every year are born deprived of oxygen. Those who survive risk moderate to severe conditions ranging from learning difficulties to cerebral palsy.

Numerous factors can be to blame, including the placenta- which provides the foetus with nutrients in the womb- coming apart, the umbilical cord getting wrapped around a baby's neck and infection.

Until now, doctors have used a technique to cool the body temperature of babies by a few degrees. This is successful in lowering the risk of brain injury in about half of cases. But experts believe adding xenon treatment to cooling could double success rates.

Brain cells are extremely sensitive to oxygen deprivation and being to die rapidly. Inhaled xenon gas treatment is understood to stop areas of the brain 'dying' by penetrating the cells and reviving them.

The trail is led by Professor Denis Azzopardi, a pediatric specialist at London's Imperial College. His colleague Dr. Andrew Kapetanakis, Guy's and St. Thomas says: 'Birth asphyxia occurs in one or two out of 1,000 deliveries in developed countries and may have lifelong implications for the children and their families. 'We are trying to discover if new treatment can be added to cooling to improve outcomes.'

The aim to study at least 70 babies as part of 18 month trial.

Dheeraj Dubey
(S.Y.D.Pharm.)

FUTURE OF MEDICINE

The future of medicine is deeply rooted in the very thing that underpins its success: science. Just imagine this, Kidney disease was once considered as the consequence of evil spirits, wicked deeds, a malicious deity or some other such influence, it is now viewed as a material problem; the failure in a biological organ that should be filtering, cleaning and adjusting the body fluids. Doctors are now trained, not as a priest nor a shaman but as technicians skilled at diagnosing and fixing failing body mechanisms.

Doctors need sophisticated equipment such as brain scanners, fetal monitors, endoscopes, lasers, radioactive chemicals and computers to pursue this job. Not only will have the doctors take their time in learning to handle these machines, the safety problem involved in the operation also draws much attention. Although patients may be grateful to receive this form of improved treatment, most people do not find it sufficient. They need someone prepared to relate to them on a spiritual and human level and is able to share their distress.



Medicine thus faces a great challenge, to make full use of technology without losing human contact that has to be part of any satisfactory system of healthcare. Teaching medical students how to communicate with their patients has become a priority among the possible remedies. Some medical schools even make use of role playing sessions to train their students to focus on their patients during consultation rather than the illness.

Other doctors are turning to complementary medicine, seeking to retain their scientific approach to disease while recognizing that science by itself does not solve all problems. These include ways such as reconsidering the architecture of hospitals, to bring art into wards and also to fashion new relationships in which the wishes and feelings of patients are taken into serious consideration. The success of these and other moves will decide whether the public sees medicine as in broad sympathy with their needs, or as an enterprise from which it feels evermore alienated.

The doctors' dilemma is made no easier by a widespread of science and technology in general. In spite of their impact

on the way we live, ignorance about them is commonly found. Medical science suffers by false associations and by tragedies and misapplications, such as the misuse of life supporting systems and the exploitation of unwitting patients as experimental subjects, and so on.

Some people consider seeking alternative forms of health care as the appropriate solution to this. To the extent that this is a rejection of what is wrong with orthodox medicine it is sensible and desirable. Some of the bewildering variety of complementary therapies now available -- radionics, for example, or the alleged benefits of wearing a crystal -- can appeal only to the credulous.

The sheer ingenuity of scientific medicine has also created a raft of new ethical dilemmas.

Chirag Jain
(F.Y.D.Pharm.)

FUTURE AUTOMATION

Needle-Free Injections This device delivers a high-velocity jet of liquid that breaches the skin at the speed of sound.

Whether you're at the doctor's office or taking medicine at home, future injections could be a lot less painful with this new gadget. Instead of a sterile metal point penetrating your skin, it fires a jet of medicine through your skin at the speed of sound.



It's similar to a normal syringe, except instead of a needle plunger, it uses a Lorentz force actuator, made from a magnet surrounded by a conductive coil. When a current is turned on, the magnetic field interacts with the current to produce a force. That force kicks a piston, which ejects a drug that has been embedded inside the capsule. The speed of the ejection and the depth it will reach can be controlled by altering the current. To penetrate the skin, the ejection happens at ultra high speeds, almost equivalent to the speed of sound through air. The drug flows through an opening that's about as wide as a mosquito proboscis.

Researchers led by Ian Hunter and Catherine Hogan tested a prototype device with two different velocities, One can breach the skin and reach deep into tissue, and another can deliver drugs more slowly, so they can be absorbed by the skin. Different people would need different piston velocities. That's key for this device, because other existing types of jet injectors are limited by their design. They may use a spring-loaded injector, which can only work at one velocity, for instance.

While the supersonic variable-speed delivery is new, it's hardly the first device to seek elimination of the hated hypodermic needle. Several other alternatives exist, like super-thin micro-needles, as wide as a human hair, and a micro-needle patch, which deliver drugs with no pain and simply dissolve on the skin. But again, those would require a drug-specific design.

For the average trypanophobe, the prospect of sticking oneself with a needle is anathema, so a more universal system like this could improve patient compliance with the doctor's orders. Plus, the researchers also point out, it could prevent needle-stick injuries by health care workers and others. The Centers for Disease Control and Prevention says hospital workers accidentally prick themselves 385,000 times per year. Not so with a jet injector.

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

SLEEPING FOR AN EXTRA HOUR A NIGHT “HELPS BEAT PAIN”

Sleeping ten hours instead of eight is more effective than codeine medicine.

Sleeping for an hour or more extra a night can dramatically improve an individual's alertness and reduce their sensitivity to pain, say scientist.

The study used 18 healthy, pain free-volunteers who were randomly assigned either four nights of their normal sleep pattern or four nights of ten hours in bed.

The American researchers measured daytime sleepiness using the multiple sleep latency test –a standard method used by doctors to diagnose sleep problems in which brain waves, eyes movements, heart rate and muscle tone are measured.

Pain sensitivity was assessed using a heat source. Results showed the extended sleep group slept 1.8 hour more per night than those on a regular sleeping pattern. This was associated with increased day time alertness and significantly less pain sensitivity.



Those getting more sleep were able to keep their finger on a heat source for 25% longer, showing a loss of pain sensitivity.

The findings, published in the journal sleep, also revealed the magnitude of this increase is greater than the effect found in a previous study of 60mg of codeine. The results, combined with data from previous research, suggest increased pain sensitivity in tired people is the result of their underlying sleepiness.

Dr. Jimothy Roerhs, an expert in sleep disorders and their treatment based at the Henry Ford Hospital in Detroit, said, 'Our results suggest importance of adequate sleep in various chronic pain conditions or in preparation for elective surgical procedures.

'We were surprised by the magnitude of reduction in pain sensitivity, When compared to the reduction produced by taking codeine'.

Dheeraj Dubey
(S.Y.D.Pharm.)

CHLORINE IN TAP WATER LINKED IN NUMBER OF PEOPLE DEVELOPING FOOD ALLERGIES.....

Researchers found adults with high of dichlorophenol, a chemical by-product of chlorine in their urine, were upto 80% more likely to have a food allergy. Britain has seen a rise in food allergies in recent years, with upto ten million adults claiming to be unable to eat a variety of foods from milk to mustard, although scientists believe the figure may be exaggerated by the 'worried well'.

Studies also estimate that four percent of children have a food allergy. A rising number are diagnosed with gut allergies linked to common foods such as cow's milks, wheat, soya, eggs, celery, kiwi fruit and other fruit and vegetables.

Food allergy can take the form of a sudden life threatening reaction known as anaphylaxis, as well as eczema or an itchy rash. Much of water supply in Britain is chlorinated to kill germs, although experts say it is at much lower levels than in the US. They point out that, for British households at least, certain common household products are more likely to be sources of dichlorophenol than tap water.

Professor Jeni Colbourne, the chief Inspector of drinking water, said strict regulations in the UK meant dichlorophenol is unlikely to be found in household tap's. She said its likeliest sources for British consumers were household product impregnated with triclosan, commonly used in lipstick, face washes, toothpaste and kitchen utensils. An anti-bacterial, it can break down to form dichlorophenol.

In a study of 2,211 American adults with the chemical in their urine 411, were found to have a food allergy while 1,016 had an environmental allergy. The research, published in journal of the American college of allergy, Asthma and Immunology, concluded "excessive use of dichlorophenols may contribute to the increasing incidence of food allergies in westernized societies". "This chemical is commonly found in pesticides and consumer insect and weed control product as well as tap water."



Lead author Dr. Elina Jerschow added: 'previous studies have shown that both food allergies and environmental pollution are increasing in US.' 'Our study suggests these two trends might be linked, and that increased use of pesticides and other chemicals is associated with a higher prevalence of food allergies.'

Professor Colbourne insisted: Currently in the UK consumer, exposure to dichlorophenol via tap water is considered to be minimal. 'In the US generally chlorination is known to be less well controlled and relatively high doses of chlorine are used, so it would be reasonable to consider the risk of exposure to be generally higher.' 'In UK exposure is more likely to come from non tap water sources'.

Dheeraj Dubey
(S.Y.D.Pharm.)

THE DRUG WHICH COSTS £1.30 A DAY, HAS BEEN FOUND TO SLOW THE GROWTH OF TUMORS AND PREVENT THEM SPREADING.

Ovarian cancer is one of the deadliest types of the illness and half of women diagnosed do not survive beyond five years.

Often it is only detected once it has spread to other organs, at which point there are very few effective treatments available.

But U.S. researchers claim metformin taken by thousands of Britons for diabetes-could more than double survival odds. Their study, published in journal cancer, followed 239 women with ovarian cancer.

This included 73 with diabetes who were taking daily doses of metformin and 178 women not on the drug.



The researchers found that 67% of women on the drug were still alive five years after diagnosis, against 44% of other group. But when they took into account the stage at which each woman was diagnosed, they calculated it was even more effective. They estimate women taking the drug are 2.2 times more likely to be alive after five years.

Dr. Viji Shridhar, who led the study at the Mayo clinic in Rochester, Minnesota said that in future the drug could be routinely used for ovarian cancer.

He added, This study opens the door for using metformin in large –scale randomized trials in ovarian cancer which can ultimately lead to metformin being one option for treatment of patient with the disease. Earlier this year the same drug was found to lower the chance of developing breast cancer.

Scientist from University of California in Los Angeles, found middle-aged woman who had taken metformin were 25% less at risk.

A study is now under way to work out how effective the drug is at treating breast cancer.

Researches behind these latest finding want to carry out a similar trial for ovarian cancer. The illness is the fifth commonest cancer in women and there are 6,500 new cases in Britain year, leading to 4,400 deaths.

Dheeraj Dubey
(S.Y.D. Pharm.)

HAVE SCIENTISTS SOLVED THE MYSTERY OF WHY WE ITCH?

Many experts had previously thought that the receptors for pain and itching were linked.

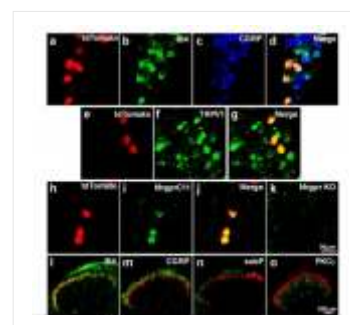
However, the team from Johns Hopkins university found that certain nerve cells, called mrgpra3+, are specialized to detect itchy sensations and those receptors don't detect painful sensations.

'Itch-specific neurons have been sought for decades, the researchers says in their paper, published in nature neuroscience.

The existence of such neurons has been doubted recently as a result of the observation that itch-mediating neurons also respond to painful stimuli.

To identify cells that sense itching, xinzhong dong, a neuroscientist at Johns Hopkins university, genetically engineered mice whose nerve cells glowed fluorescent green when they fired.

The researchers then exposed the mice to a series of irritating compounds, such as histamine and the active ingredient in itching powder, and looked for nerves that glowed green. The researchers then burnt out the nerves that lit up, and found the mice scratched a lot less. Researchers now hope they can silence those cells to develop better anti-itch treatments.



Our study opens new avenues for studying itch and developing antipruritic therapies,'they say.

The newly discovered itch nerves sit inside the spine, near the spinalcord, and only innervate locations within the skin.

That explains why people feel the urge to scratch their skin, but don't feel itchy in internal organs, dong told live science.

'You can't have an itchy pancreas,'he said.

Dheeraj dubey,
(S.Y.D.Pharm.)

Female foeticide: Death before Birth

Female foeticide is the act of aborting a fetus because it is female. This is a major social problem in India. Social discrimination against women and a preference for sons have been promoted.

It has been six long decades since India gained independence but many Indians are still trapped in age-old traditional beliefs. Here, 'old beliefs' imply the mindset of people who still find themselves in the trap of girl-boy inequality. The 'liberal' Indian society has failed to transform the other orthodox India. No doubt India is advancing at a fast pace in the field of science and technology, and also in aping of the western culture, but if we look at the grass root level, the picture is not so rosy; it is rather a dark, especially when it comes to how we treat the fairer sex.

According to the decennial Indian census, the sex ratio in the 0-6 age group in India went from 104.0 males per 100 females in 1981, to 105.8 in 1991, to 107.8 in 2001, to 109.4 in 2011. The ratio is significantly higher in certain states such as Punjab and Haryana (126.1 and 122.0, as of 2001)



The status of females in India aptly symbolizes India's status of being a developing nation – miles away from becoming a developed state. Of course, India deserves to be in this list because here, in this 21st century, the girl child continues to be murdered before she is born. Female foeticide is still prevalent in the Indian society, in fact, it has been a practice for hundreds of years.

Many families put pressure on women to give birth to boy so that he can take family's name forward, light the funeral pyre and be the bread earner of the family. But these days, are girls less competent than boys? Just look at the results of Board exams or any other competitive exams, girls mostly outshine boys. Women empowerment has led to inundation of females excelling in the corporate world, engineering and medical professions.

The struggle for a girl child starts the day her existence is known in her mother's womb. The fear and struggle to survive swallow most of the girl's life even if she is 'allowed' to live in this cruel world.

More shocking is the fact that the sinful crime of female foeticide is not only common in rural areas where social discrimination against women, lack of proper education etc. can be considered as reasons behind carrying out such

acts, but also the ultra modern, so-called 'educated' people living in urban areas and metropolitan cities who are a step ahead in killing the girl child in the womb.

Narrow-minded people do not mind murdering their unborn daughters for the fear of giving huge amounts of dowry at the time of her marriage. Such people, whenever they discover they are going to have a girl child (through illegal sex selection tests), get the foetus aborted. Else they would continue to reproduce till they get a male heir. When price rise is already taking a toll on the standard of living, is it necessary to go in for more than two children irrespective of their gender?

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

Social networking sites: The student's rise or fall point.

Today a ten year old boy has a blackberry or i-phone and has a account in the social networking sites such as facebook, etc.....When I was ten year old I felt cool with my new color pencils and video games.

The change has occurred rapidly and very drastically .Before anybody can judge its advantages and disadvantages one must know that after food ,water and shelter, social networking sites like facebook, twitter have become the forth basic need of man especially teenagers.

The difference today is that because most people have a presence online, modern communication technologies - social networking sites, texting, instant messaging and so on - are used predominantly to enrich existing friendships, not to seek connections with strangers. That does happen, of course, and can have its own benefits - especially for the socially awkward. Online communication lacks the usual social cues - body language, tone of voice, facial expressions - that we use to gauge the emotional responses of those we speak to. This is partly why adolescents are more open online but the absence of social cues also enables cruelty and degrees of rudeness that are less prevalent in face-to-face communication



The suspicion - and fear - was that young people were becoming addicted to a dark, dangerous online life and their real-world relationships with friends and family would wither and die.

As social networking sites become more popular by the day, the rise of negative social effects within our society also greaten. We will also see our strong relationships diluted to a more superficial and 'convenient' type of relationship. Social networking sites have had a huge negative impact on our mental and social health and will continue to do so into the future. It is also now evident that social networking sites facilitate all these problems, and without them they would cease to exist. Therefore it is undeniably true that Facebook, Twitter and the like to do in fact causes more harm than good.

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

Life Pattern

On the first day, God created the dog and said:

'Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years.'

The dog said: 'That's a long time to be barking. How about only ten years and I'll give you back the other ten?'

So God agreed.

On the second day, God created the monkey and said:

'Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span.'

The monkey said: 'Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the Dog did?'

And God agreed.

On the third day, God created the cow and said:

'You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years.'

The cow said: 'That's kind of a tough life you want me to live for sixty years.. How about twenty and I'll give back the other forty?'

And God agreed again.

On the fourth day, God created humans and said:

'Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years.'

But the human said: 'Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?'

'Okay,' said God, 'You asked for it.'

So that is why for our first twenty years we eat, sleep, play and enjoy ourselves. For the next forty years we slave in the sun to support our family.. For the next ten years we do monkey tricks to entertain the grandchildren. . And for the last ten years we sit on the front porch and bark at everyone.

Life has now been explained to you.

**Dheeraj Dubey,
(S.Y.D.Pharm.)**

Interesting Facts about coca-cola..!

1. Coca-cola was invented by pharmacist name John Pemberton of atlanta, georgia as a medicine to cure headaches !!
2. Coca-cola is called "coca-cola" because of the original ingredients used in the medicine, coca leaves and kola seeds!!!
3. When mentos is added to coca-cola, the carbon dioxide in the coke will be rapidly released, causing the coke in the bottle to burst out"
4. Coca-cola can be used to help cure jelly fish stings!!
5. If you accidentally got gum in your hair rinse it with coca-cola and the gum will come off very easily.

Madhuri Kharade,
(S.Y. D. Pharm.)

KNOW YOUR BODY-AMAZING FACTS

1. There are 45 miles of nerves in the skin of human being.
2. Most people blink about 25 times a min.
3. Nerve impulse to and from the brain travel as fast as 170 miles per hour.
4. Your stomach has to produce a new layer of mucus every two weeks otherwise it will digest itself.
5. Your left lung is smaller than your right lung to make room for your heart.
6. You use an average of 43 muscles for frown. You use an average of 17 muscles for smile.
7. Every 2000 frowns create one wrinkle.
8. Every person has a unique tongue print.
9. A sneeze zooms out of your mouth at over 100 m.p.h.
10. If you were freeze – dried, 10% of your body weight would be from microorganisms on your body.
11. When you eat meat and drink milk in the same meal, your body does not absorb any of the milk's calcium, it is best to have 2 hrs between the milk & meat intake.
12. The tooth is the only part of the human body that can't repair itself.
13. One human brain generates more electrical impulses in a single day than all of the world's telephones not together.
14. Our lungs inhale over 2 millions litres of air everyday without even thinking. They are large enough to cover tennis court.
15. An ostrich's eye is bigger than its brain. It has one of the smallest brains in proportion to their body.

Chirag Jain
(F.Y.D.Pharm.)

A Nice Story With A Message (Funny)

A worried woman went to her gynecologist and said,

'Doctor, I have a serious problem and desperately need your help! My baby is not even one year old, and I'm pregnant again. I don't want kids so close together.

So the doctor said: 'Ok and what do you want me to do?'

She said: 'I want you to end my pregnancy, and I'm counting on your help with this.'

The doctor thought for a little, and after some silence he said to the lady: 'I think I have a better solution for your problem. It's less dangerous for you too.'

She smiled, thinking that the doctor was going to accept her request.

Then he continued: 'You see, in order for you not to have to take care of two babies at the same time, let's kill the one in your arms. This way, you could rest sometime before the other one is born. If we're going to kill one of them, it doesn't matter which one it is. There would be no risk for your body if you chose to kill the one in your arms.

The lady was horrified and said: 'No doctor! How terrible! It's a crime to kill a child!'

'I agree', the doctor replied. 'But you seemed to be ok with it, so I thought maybe that was the best solution. The doctor smiled, realizing that he had made his point.

He convinced the mom that there is no difference in killing a child that's already been born and one that's still in the womb. The crime is the same!!!

Dheeraj Dubey,
(S.Y.D.Pharm.)

Did you know...

- Pearls, bones and teeth will dissolve in vinegar, which contains weak acetic acid
- Liquid oxygen is blue.
- Goldfish eyes perceive not only the visible spectrum, but also infrared and ultraviolet light.
- About 78% of the average human brain consists of water.
- A lightning strike can reach a temperature of 30,000 degrees Celsius or 54,000 degrees Fahrenheit.
- Fire typically spreads up hills more quickly than downhill. This is because temperature affects the rate of combustion. The region above a fire tends to be much hotter than the area below it, plus it may have a better supply of fresh air.
- Urine fluoresces or glows under ultraviolet light.
- You can extend the life of rubber bands by storing them in the refrigerator.
- Mars is red because its surface contains a lot of iron oxide or rust.
- You've lost about 1% of your body's water by the time you feel thirsty.
- It's possible for hot water to freeze more quickly than cold water.

BODY SYSTEM CHALLENGE NAME

Thirty-one terms related to the human body systems are hidden in the puzzle. Find each word and then write it on a line with its correct system.

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

SKELETAL:

1. _____
2. _____
3. _____

MUSCULAR:

1. _____
2. _____
3. _____

CIRCULATORY:

1. _____
2. _____
3. _____

DIGESTIVE:

1. _____
2. _____
3. _____

RESPIRATORY:

1. _____
2. _____
3. _____

EXCRETORY:

1. _____
2. _____
3. _____

NERVOUS:

1. _____
2. _____
3. _____

ENDOCRINE:

1. _____
2. _____
3. _____

REPRODUCTIVE:

1. _____
2. _____
3. _____

IMMUNE:

1. _____
2. _____

INTEGUMENTARY:

1. _____
2. _____

The st:

1. First Prime Minister of India Jawaharlal Nehru
2. First Deputy Prime Minister of India Sardar Vallabhai Patel
3. First President of India Dr. Rajendra Prasad
4. First Vice-President of India Dr. S.Radhakrishnan
5. First Dalit Lok Sabha Speaker G M C Balayogi
6. First Governor-General of Independent India Lord Mountbatten
7. First Indian Governor-General of India C. Rajagopalachari
8. First Sikh Prime Minister of India Dr. Manmohan Singh
9. First Sikh Chief of Indian Army J. J. Singh
10. First Chief Election Commissioner of India Sukumar Sen
11. First Dalit Chief Justice of India K. G. Balakrishnan
12. First Indian to be elected a member of British Parliament Dadabhai Naoroji
13. First Foreign Secretary of Free India K.P.S. Menon
14. First Woman President of India Pratibha Patil
15. First Indian woman President of Indian National Congress Sarojini Naidu
16. First Indian woman to become Miss Universe Sushmita Sen
17. First Indian woman to become Miss World Reita Faria
18. First Indian woman to reach the final of an Olympic event P.T. Usha
19. First Miss Universe of the new millennium Lara Dutta
20. First woman Chief Minister of an Indian state Sucheta Kriplanis
21. First woman Governor of an Indian state Sarojini Naidu
22. First woman IPS Officer of India Kiran Bedi
23. First woman Judge of the Supreme Court of India Justice M. Fatima Beevi
24. First woman Minister of an Indian state Vijay Lakshmi Pandit
25. First woman President of Indian National Congress Annie Besant
26. First woman Prime Minister of India Indira Gandhi
27. First Five-Year Plan Started in 1951
28. First General Elections in India Held in 1952
29. First Satellite of India Aryabhata

Dheeraj Dubey,
(S.Y.D.Pharm.)



Anjali Gawand (S.Y.D.Pharm.)



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



Pooja Suthar (S.Y.D.Pharm.)



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

Shades and Colours



Exquisite renditions!



Janki (F.Y.D.Pharm.)



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



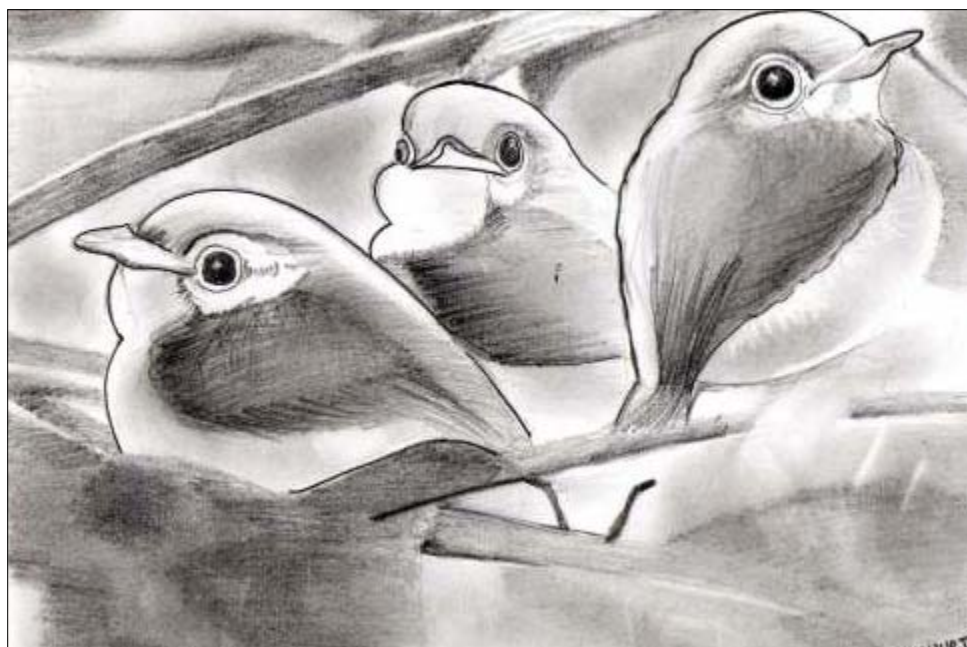
Kamala Choudhary (S.Y.D.Pharm.)



Mamta Chauhan (F.Y.D.Pharm.)



Mamta Chauhan (F.Y.D.Pharm.)



Madhuri Kharade (S.Y.D.Pharm.)

Shades and Colours

Exquisite renditions!



Madhuri Kharade (S.Y.D.Pharm.)



Madhuri Kharade (S.Y.D.Pharm.)

STAR TEACHER

I always love your class,
Your teaching helps me see,
That to have a happy life,
Learning is the key.

You understand your students,
You are sensitive and smart.
You are a skillful teacher,
I knew it from the start.

I am grateful for your wisdom
For teacher that you are,
You are a very good person,
And as a teacher, you are a star.

Dheeraj Dubey
(S.Y.D.Pharm.)

GOD'S GIFT

Life is like a journey,
On and on it goes,
When did it start and when did it end,
No one really knows,
It's all about loving one another
To care, to maintain peace,
The day we learn to respect each other,
All other problems will ease.
Life is like a rose,
Learn to ignore the thorns,
Forget your pains and worries,
Just cheerfully move on.
Love is a wonder and joy,
Spread it as much as you can.
Life is god's gift to us,
So cherish it as much as you can.

Chaitali Toraskar
(F.Y.D.Pharm.)

PHARMACIST POETRY

I used to work in a pharmacy,
A place with lots of pills,
The people there are crazy,
They all have lofty ills.

It takes a lot to be,
A white coat pharmacist,
The people are pharmacist,
All they do is insist.

The work is nice and steady,
The hours grueling long,
No matter what you say to customers,
You are always wrong.

Though pharmacy work seems hard,
I wouldn't trade it for a buck,
But if you become a pharmacist,
I wish you best of luck.

Dheeraj Dubey
(S.Y.D.Pharm.)



TO A SPECIAL TEACHER

When I started in school,
 This day seemed so far away.
 Now it's here and I can't believe
 That time has passed so quickly..
 But through your encouragement and guidance,
 I feel I'm ready for tommorow's challenges.
 Teachers play such an important part in
 shaping & guiding.....
 Especially teachers like you.
 Thank you for caring so much...

Kamla Choudary
 (S.Y.D.Pharm.)

I AM SURE

Write but read more,
 Talk but think more,
 Play but study more,
 And you will be successful,
 I am sure.
 Eat but chew more,
 Weep but laugh more,
 Sleep but work more,
 You will be healthy,
 I am sure.
 Hate but love more,
 Order but obey more,
 Quarrel but agree more,
 And you will be loved,
 I am sure...

Archana
 (F.Y.D.Pharm.)

THE BRIDGE BUILDER

An old man, going a lone highway,
 Came at the evening, cold and gray,
 to a chasm, vast and deep and wide,
 Through which was flowing a sullen tide.
 The old man crossing in the twilight dim;
 The sullen stream had no fears for him;
 But he turned, when safe on the other side,
 And built a bridge to span the tide.
 "Old man" said a fellow pilgrim, near,
 "You are wasting strength with building here;
 Your journey will end with the ending day;
 You never again pass this way;
 You have crossed the chasm, deep and wide—
 Why build you the bridge at the eventide?"
 The builder lifted his old gray head;
 "Good friend, in the path I have come", he said,
 There followeth after me today
 A youth, whose feet must pass this way.
 This chasm, that has been naught to me,
 To that fair-haired youth may a pitfall is.
 He, too, must cross in the twilight dim;
 Good friend, I am building the bridge for him."

Dheeraj Dubey
 (S.Y.D.Pharm.)



SAVE GIRL CHILD

A girl is a pleasure.
 She is a priceless "treasure"
 She is a bundle of joy.
 Don't treat her like a toy
 She has a powerful wings to fly
 Don't chop them before she learns to fly
 She is on a very different mission
 To spread love and compassion
 She feels sorry about the seeds of hatred
 Sown by her own elders
 Like "mother teresa"
 She can take this responsibility
 To teach the world compassion!
 Everyone like
 Their mother
 Their sister
 Their wife
 Than why... unlike
 Girl child???
 "Save girl child
 Save family"!!!

Aezaz Ayaz Shaikh
 (F.Y.D.Pharm.)

IN GOOD HANDS

In the hands of a gifted teacher
 A classroom is a magical place
 In the hands of a gifted teacher
 There's a smile on each child's face
 In the Hands of a Gifted Teacher
 Creative Energy is Everywhere
 In the Hands of a Gifted Teacher
 There's a Catalyst who Genuinely Cares
 In the Hands of a Gifted Teacher
 Desire and Wonder is Awakened
 In the Hands of a Gifted Teacher
 The Educational Agenda is Shaken
 In the Hands of a Gifted Teacher
 Self-Management Skills are Modeled
 In the Hands of a Gifted Teacher
 The Best of Reality is Bottled
 In the Hands of a Gifted Teacher
 Gifts and Talents are Refined
 In the Hands of a Gifted Teacher
 The Willled Future is Designed

Mamta Chauhan
 (F.Y.D.Pharm.)

A PHARMACY POEM

A row of bottles on my shelf
Caused me to analyze myself.

One yellow pill I have to pop
Goes to my heart so it won't stop.

A little white one that I take
Goes to my hands so they won't shake.

The blue ones that I use a lot
Tell me I'm happy when I'm not.

The purple pill goes to my brain
And tells me that I have no pain.

The capsules tell me not to wheeze
Or cough or choke or even sneeze.

The red ones, smallest of them all
Go to my blood so I won't fall.

The orange ones, very big and bright
Prevent my leg cramps in the night.

Such an array of brilliant pills
Helping to cure all kinds of ills.

But what I'd really like to know.....
Is what tells each one where to go!

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

WORKING IN A PHARMACY

Working in a pharmacy,
Can be a stressful job,
Customers in general,
Are a grumpy impatient mob.

The pharmacist often juggles,
Three tasks at once,
They are lucky to get,
Five minutes break for lunch.

Often sticking labels,
Can be a monotonous task,
But when the shop is busy,
The day goes pretty fast.

There is joy in helping people,
Who are very very sick?
But there are some customers,
That you'd rather give the flick.

Looking at the positive,
The job is pretty cruisy,
And when it is quiet,
I start mentally snoozing.

Krutika V. Adani
(S.Y.D.Pharm.)

WHAT MAKES THE DIFFERENCE?

When a winner makes a mistake, he says, "I was wrong";
When a loser makes a mistake, he says, "It wasn't my fault".
A winner works harder than a loser & has more time;
A loser is always "too busy" to do what is necessary.
A winner goes through a problem;
A loser goes around it & never gets past it.
A winner makes commitments;
A loser makes promises.
A winner says, "I'm good, but not as good as I ought to be";
A loser says, "I'm not as bad as a lot of other people".
A winner listens;
A loser just waits until it's his turn to talk.
A winner respects those who are superior to him & tries to learn something from them;
A loser respects those who are superior to him & tries to find chinks in their armor.
A winner feels responsible for more than his job;
A loser says, "I only work here".
A winner says, "There ought to be a better way to do it".
A loser says, "That's the way it's always been done here".

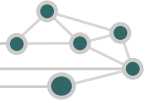
Sidhu Borana
(F.Y.D.Pharm.)



Chirag Pendharkar (S.Y.D.Pharm.)



Chirag Pendharkar (S.Y.D.Pharm.)



Darshan Kagresa (S.Y.D.Pharm.)



Dheeraj Dubey (S.Y.D.Pharm.)



Mayur Tikam (F.Y.D.Pharm.)



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

Page 3 Glitz and Glamour

Final Year D.Pharm.



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Special Thanks to

Mr. J. G. Irani, Mr. Ashish Shrivastava, Ms. Mona Patel, Ms. Amruta Damey, Mr. Pravin Gangan, Mr. Pranav Govekar, Dr. U.B. Hadkar sir, Dr. S. D. Bhosale sir, Mrs. Neha Bariwala, Mrs. Kiran Dube, Mrs. Sushama Gokhale, Mrs. Vaishali Malvankar, Mrs. Abhilasha Sharma, Mrs. Deepali Khabale, Dheeraj Dubey (S.Y.D. Pharm.), Ershad Beg (F.Y.D.Pharm.), Anupam Sutar(F.Y.D.Pharm.), Jaya Sharma (F.Y.D.Pharm.).

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

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