

# The Nest

NURTURING SHARP MINDS



A Student Council Presentation 2014 - 2015  
MET Institute of Pharmacy (Degree)  
Bhujbal Knowledge Centre, Mumbai

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

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 Vidyalaya
- 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 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 making 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, as Nelson Mandela has said, is the most powerful weapon you can use to change the world.***

The truth of this can never be realised more deeply than at a time when both Malala and Satyarthi have been rewarded for their contribution to education. Change is the only constant in life and the 21st century which has seen regular and varied change needs to be seen as a time that urges us to be in command of the change if one has to survive it, let alone forge ahead. And the only way to ensure that one has the strength to survive this tide is to equip oneself with education.

Education not merely changes and develops minds but gives them the scope to adapt and innovate and most importantly lead the change rather than merely being at its receiving end. Competition is ever on the rise and the stability of the mid 20th century has rapidly given way to unexpected change. In the blink of an eye the world as we know it is replaced by a new one - whether in the field of technology, medicine, engineering, life style and in fact even the job scenario. And while there is no denying the value of basic degrees, the fast paced life of today, needs quick thinking and decision making that the professional world not merely requires but also expects and which the field of management equips the students with.

MET with its dynamic approach to education, excellent infrastructure, evolving pedagogical approach and attempt to deliver to the industry what it desires is creating professionals with values that stem from the local and encompass the global. For we are marching towards becoming a force to reckon with as a country and only good education can make us ready to meet this challenge.

**Chhagan Bhujbal**  
Chairman  
Mumbai Educational Trust



# Advantage MET

- MET is an NGO in Special Consultative Status with the UN (ECOSOC)
- PGDM (e-Business) wins the Indian B School Specialisation Award\*
- Leader in education, MET features amongst the top ranking B Schools in India
- 6th Best Ad School in India by The Edutainment Show in 2014
- MET is a Ph.D. Centre of Mumbai University for doctoral programme in management studies
- MET is an approved Training Partner of the National Skill Development Corporation
- MET Rishikul Vidyalyaya won the SEARCH Pillar Award by TERI and the International School Award (ISA) from the British Council
- MET has the best e-enabled state-of-the-art infrastructural facilities
- Focus on delivery of lifelong learning skills for building critical professional competencies
- Futuristic e-driven pedagogy and modules deliver e-commerce, IT and digital skills
- Global internship opportunities across USA, UK, China and Dubai
- Strong alumni base of over 15,000 students
- Freeship awards for meritorious students
- Excellent placement opportunities in India and overseas
- Superior intellectual capital armed with knowledge and experience
- Well-networked with the best of corporate in India and abroad
- Outstanding Indian/global industry academia interface
- Global faculty and international knowledge sharing modules
- Sensitising the students towards social causes through MET Seva CSR programmes
- International alliances with the Michigan State University, and the Tianjin University, China & the Hawaii University (in participation with the Mumbai University)
- Unique partnership with the Chartered Insurance Institute, London

\* Discovery Education Media in 2013



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 coveted 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

Every Indian should be proud about the fact that India has launched a spaceship into the orbit of Mars, in the first attempt. Indian scientists have been doing an extremely commendable job as far as space research is concerned.

We must appreciate the cleanliness drive undertaken by the current Government. I have seen 'Sant Gadge Maharaj' cleaning the lane in our area in Mumbai when I was an eight year old. It had a great impact on my mind and I never hesitate to clean our laboratories myself.

I am extremely pained to read in the news paper that a worker died due to suffocation in a manhole. Technology is advanced to such an extent that we should be able to provide the necessary equipments to avoid such accidents.

With the Credit Based System (CBS) the students and the teachers are on their toes throughout the year. In spite of that the teachers have published a few research papers in the last academic year. Two of our teachers Dr. Rashmi and Dr. Vaishali have received Research Grants from the Mumbai University .

On the cultural front our students are doing very well. They participate most enthusiastically in our annual festival - MET Utsav. MET Institute of Pharmacy has won the MET Utsav Sports Trophy - MET Vikram for the last four consecutive years. The MET IOP students have bagged a number of prizes at the Rx Festival which is an intercollegiate event.

The driving force for all our achievements are the Trustees of Mumbai Educational Trust. I profusely thank our respected Trustees - Mr. Chhagan Bhujbal, Mrs. Meenatai Bhujbal, Mr. Samir and Mr. Pankaj Bhujbal for their support - financial and moral. I also thank the Marcom Director - Mr. J. G. Irani, Deputy General Manager - Mr. Ashish and H. R. Head - Mrs. Pooja for their guidance & support throughout the year. I also wish to thank Dr. Bhosale for helping our post graduate students in their research work. I appreciate the efforts put in by the editorial board (Ms. Hiral Patolia, Ms. Siddhi Kanakiya and Mr. Yash Sancheti) of this magazine 'The Nest'.

Let us remember, 'WORK IS POOJA.'

May God Bless You All!

# From the Principal's Desk



**Dr. Abha Doshi**  
Principal,  
MET IOP (Degree)

We are happy to present our annual college magazine, 'THE NEST' for the year 2014-15. Our editors and the ever helping Marcom team, have worked extremely hard to summarize the events, achievements and all the happenings in the MET IOP family.

MET Institute of Pharmacy has always strived for excellence and this academic year was the most challenging for the teachers. For our young innocent shoots, it was necessary to remove the dust of ignorance and to nurture them with an attitude of sincerity and perseverance to attain the fruits of excellence.

Our teachers have been assigned the responsibility of personal mentoring of each and every student that would definitely help them to stretch their potentials to achieve milestones academically and to develop their own individuality.

This year has also seen a blooming academic performance and we attribute this to a positive change in the attitude of students. A sense of responsibility with long lasting zeal to accomplish goals fearlessly was reflected from the results.

If academics gained momentum, winning in extra-curricular activities was not far behind. Our students participated with enthusiasm in the inter-collegiate Rx festival and won prizes to make us really proud. Not only Rx, students and staff members also showcased their talents in our own MET Utsav. I congratulate the students for winning The MET Vikram Trophy for the fourth consecutive year.

I would like to convey to all my students that it is not a competition with the world, but a competition with your own self every time to achieve constant success not only academically but also by being a good, kind human being.

## Our Educators

The environment at MET is extremely homely and a special bond exists between students and teachers. There is a perfect balance between academics and extra-curricular activities. We are proud to be a part of this organisation.



**First row:** (L to R) Mrs. Bhagyashri Joshi, Ms. Vrushali Keer, Dr. Rashmi Srivastava, Dr. U. B. Hadkar, Dr. Abha Doshi, Dr. Sonali Naik, Mrs. Poonam Advani, Mrs. Aushima Dasari

**Second row:** (L to R) Mrs. Sheeja Koliyote, Dr. Vijaya Patil, Mrs. Sindhu Menon, Dr. Madhura Vaidya, Dr. Vaishali Dixit, Mrs. Priyanka Jain, Mrs. Nikita Sanghavi, Dr. Radhika Raheja

## Non-Teaching Staff

Being recruited at MET, has added immensely to our knowledge. MET has treated us like family members which is why we feel at home. We are proud to say that all the festivals are celebrated as per our Indian traditions. Our institute is well equipped with all necessities making us enthusiastic while working. All this is possible due to the guidance and motivation of our director, principal and teaching staff. We are grateful to them.



**First row:** (L to R) Mr. Ghanshyam Kambli, Mrs. Priya Sawant, Dr. U. B. Hadkar, Dr. Abha Doshi, Mrs. Manasi Vaidya, Mrs. Manisha Barve, Mr. Dattaram Bhure

**Second row:** (L to R) Mr. Yuvraj Thakre, Mr. Pramod Pawar, Mr. Mahendra Surve, Mr. Gurunath Pednekar, Mr. Sudhir Ayare, Mr. Prashant Rane, Mr. Sanjay Palav

**Third row:** (L to R) Mr. Sunil Mohite, Mr. Pradeep Jadhav, Mr. Pramod Karbhari, Mr. Dinesh Khanvilkar, Mr. Ajay Mali, Mr. Sanjay Katkar

## From the Cultural In-Charge

Another eventful year packed with enthusiasm has gone by as METizans continue to make a mark with their all-round performances. We congratulate our council on the successful completion of an era of cultural events. We appreciate the efforts put forth by all the students in making every event a grand success. The talent and zeal exhibited at Rx and MET Utsav made us all proud.

Fresher's party brought new members to our cozy 'Nest' while we were left teary-eyed at the Farewell as our final years have finally grown wings and are ready to soar high into the open skies. We wish them good luck in all their endeavours.

It gives us immense pleasure as 'The Nest 2015' takes shape. Organizing events all year long was joyous but cherishing them in the annual magazine was blissful. Arduous efforts have gone into the making and we congratulate our editors Ms. Siddhi Kanakiya, Ms. Hiral Patolia and Mr. Yash Sancheti on this commendable job. Nothing was futile as every mistake was a lesson well learnt. The entire Marcom team had a lion's share in designing the wonderful cover depicting 'The cycle of life'. We acknowledge them as also everyone who made 'The Nest 2015' possible. Last but not the least we shall not forget to mention the security personnel who patiently allowed us to wait back after hours and work in the computer lab. Happy reading!

We are thankful for the guidance from our leaders Dr. Hadkar and Dr. Abha Doshi whose radiating energy keeps us charged and the co-operation of our beloved Teaching and Non-teaching staff.

On this note we take your leave and hope that this vivacious trend continues in the coming years.



**Mrs. Priyanka Jain, Dr. Rashmi Srivastava**

## The Council Talks

Coming together is a beginning. Keeping together is progress. Working together is success – Henry Ford.

Keeping these words in mind, the dawn of the academic year 2014-2015 got together a group of enthusiastic individuals who formed the creative, explorative and innovative student council.

This year in particular has witnessed both highs and lows, and it is commendable with the way all the members have looked upon every hurdle as a learning experience and continued to make the show go on and result into a success.

We are extremely thankful to our Cultural in-charge teachers, Dr. Rashmi Srivastava and Mrs. Priyanka Jain as well as Dr. Abha Doshi and Dr. U. B. Hadkar for their ardent support and advice towards all the projects conducted by the team.

To end on a high note, we'd like to quote, "Things work out best for those who make the best of how things work out."

This is the student council 2014-15 signing off!

**The Student Council**



# The Council of the Year

## General Secretaries

Mr. Abhi Munani (T.Y.B.Pharm.)  
Ms. Munira Loliwala (T.Y.B.Pharm.)

## Cultural Secretaries

Mr. Rizwan Khan (S.Y.B.Pharm.)  
Ms. Rachita Budharapu (S.Y.B.Pharm.)

## Treasurers

Ms. Manali Patki (T.Y.B.Pharm.)  
Ms. Siddhi Bambarkar (S.Y.B.Pharm.)

## Editors

Ms. Hiral Patolia (T.Y.B.Pharm.)  
Ms. Siddhi Kanakiya (T.Y.B.Pharm.)  
Mr. Yash Sancheti (S.Y.B.Pharm.)

## Sports Secretaries

Mr. Shivakumar Macha (T.Y.B.Pharm.)  
Mr. Moinuddin Amrelia (T.Y.B.Pharm.)  
Mr. Viplav Kshirsagar (S.Y.B.Pharm.)

## Class representatives

### Final Year B.Pharm.:

Mr. Vivek Bhandagale  
Ms. Chinmayee Naik  
Ms. Carol Yadav

### Third Year B.Pharm.:

Mr. Aakash Kothari  
Ms. Nida Siddiqui  
Mr. Nipun Paleja

### Second Year B.Pharm.:

Ms. Leesha Jain  
Ms. Reshma Nair  
Mr. Rahul Valmiki

### First Year B.Pharm.:

Ms. Renuka Pemgirikar  
Ms. Vyoma Gandhi  
Mr. Satish Sharma



**First row:** (L to R) Mr. Dattaram Bhure, Mrs. Priyanka Jain, Dr. U.B. Hadkar, Dr. Abha Doshi, Dr. Rashmi Srivastava, Mr. Ghanshyam Kambli, Mr. Gurunath Pednekar

**Second row:** (L to R) Carol Yadav, Hiral Patolia, Munira Loliwala, Chinmayee Naik, Siddhi Kanakiya, Vyoma Gandhi, Rachita Budharapu

**Third row:** (L to R) Siddhi Bambarkar, Reshma Nair, Nida Siddiqui, Leesha Jain, Renuka Pemgirikar, Manali Patki, Abhi Munani

**Standing:** (L to R) Moinuddin Amrelia, Nipun Paleja, Satish Sharma, Viplav Kshirsagar, Rizwan Khan, Vivek Bhandagale, Aakash Kothari, Yash Sancheti, Shivakumar Macha

# IPA Talks

Indian Pharmaceutical Association Student's Forum Maharashtra State Branch is a student's welfare association in which all students from various pharmacy colleges across Maharashtra share a common roof to interact and learn various programs organised by members for students. The various programs in 2014 included seminars, workshops on various research topics, health campaigns and a three dimensional festival called Rx which covered various events from sports, arts, cultural, science and health.

## IPA Council Members

Ankita Jadhav – Head Student Exchange Officer

Mrinmayee Bhandari – Associate Public Health Officer

Vishakha Anbhore – Joint General Secretary

Mamata Jain – Joint Cultural Secretary

Yash Kandoi – Joint Public Relations Officer

## Cell Members

Ujjwal Yadav – Pharmacy Education Committee

Aniruddha Daware – Sports Committee

Shweta Chavan – Editorial Committee

Pooja Joshi – Treasurer Committee



(L to R) Mr. Yash Kandoi, Ms. Mrinmayee Bhandari, Ms. Ankita Jadhav, Ms. Pooja Joshi, Ms. Shweta Chavan, Ms. Mamata Jain, Mr. Ujjwal Yadav and Mr. Aniruddha Daware

# Editorial Committee

Over the years, students at MET have not only displayed great potential but have also worked hard to attain dizzying heights and stood with their head high to face the world. Strong believers of the proverb “Actions Speak Louder than Words”, students of MET displayed overall excellence in the fields of academics, cultural activities and sports. “The NEST 2014-15” is a platform to showcase the achievements of immensely talented students and their celebrated alma-mater.

Pharmacy, by definition, is the science and technique of preparing, designing and dispensing drugs. It is a health profession that links health science with chemical science. This year’s theme PHARMA MEDLEY is about shedding some light on all the shades of pharmacy with its ‘Yin and Yang’.



The job of an editor is never easy; we strongly believe a collective effort is required to bring the magazine to life! So we like to thank our cultural in-charges for their guidance at each and every step and our hard-working council for their immense support. We would also like to thank Mr. Prasad Vichare for his help in clicking the photographs. Last but not the least we would like to thank Mr. J. G. Irani, Mr. Ashish Shrivastava and the entire MET Marcom team which plays a critical role in building “THE NEST” every year.

## ABOUT THE COVER PAGE:

Pharmacy is all about supporting and nurturing life, what better symbolizes it than the tree of life. The roots of the tree form the base and support it in every possible way, the trunks form the back bone and leaves nurture the life. MET also nurtures its students similarly, sharpens their minds and prepares them to fly towards a brighter future.

**Ms. Hiral Patolia (T.Y.B.Pharm.)**  
**Ms. Siddhi Kanakiya (T.Y.B.Pharm.)**  
**Mr. Yash Sancheti (S.Y.B.Pharm.)**



MET IOP has already established itself as one of the best pharmacy colleges in India as well as abroad. It perfectly exemplifies the words of MAHATMA GANDHI that education should not only enhance the academic knowledge but also caters to the all-round development of an individual! IOP family celebrates various events and conducts different seminars to mould and nurture us in every aspect of life! So, here's a glimpse...

### Events

#### Aashadhi Ekadashi

**Date: 9<sup>th</sup> July, 2014**

The academic year 2014-2015 started off with the celebration of Aashadhi Ekadashi, a festival to seek blessings of Lord Vitthal and his wife Rukhmanee. The 'Dindi march', one of the most significant events of the day was attended by the entire METIOP family. The Dindi was carried out from Bandstand to our college campus. The sound of 'lejhim' and 'zhanj' was resonating in the air along with the rhythmic footsteps of the dancers. There was joy and enthusiasm all around. This religious gathering was concluded by an 'Aarti' and distribution of 'Prasad' to one and all. A special thanks to our director Dr. U. B. Hadkar who not only lead us but encouraged students to participate with gusto and zeal.



#### Blood Donation Camp

**Date: 17<sup>th</sup> July, 2014**

As a step toward saving life, students of MET IOP with teaching and non-teaching staff organized a blood donation camp on the MET complex in co-ordination with Lion's club and Jaslok Hospital and Research Centre. The camp witnessed a huge participation from all over the institute who very willingly showcased a generous attitude of saving lives. A total of 117 blood bags were collected and sent to the blood bank. MET IOP was proud and so were the donors.



#### Naag Panchami

**Date: 1<sup>st</sup> August, 2014**

On the auspicious day of Naag Panchami, all students and teachers offered their prayers to Naag Devata with faith and fervour. A multicoloured vibrant rangoli was made by the talented students of MET IOP along with an origami Snake made by Vinod Choudhary (T.Y.B.Pharm.).



#### Independence Day

**Date: 15<sup>th</sup> August, 2014**

The 68<sup>th</sup> year of independence was celebrated with utmost zeal, pride and serenity on the MET grounds. This day we recalled the struggle and sacrifices of our Freedom fighters and our National heroes. The day started with the hoisting of our tricolour by the trustees and the chief guests followed by singing of the National Anthem by the students. The guests and students gave some inspirational speeches and also sang patriotic songs which left the flame of patriotism burning within us. A small dance skit on Bhagat Singh's struggle and a musical 'Jugalbandi' performed by MET Rishikul students left everyone awestruck and amazed. The celebration then concluded with refreshments for one and all.



### Vaccination Drive

**Date: 5<sup>th</sup> September, 2014**

MET IOP organized a Vaccination Drive on its campus with an intention of promoting good health of the METians. 160 candidates were immunized in all of which 60 were vaccinated against typhoid and 86 against Hepatitis B. The triple dose vaccine (hepatitis B) was administered on 5<sup>th</sup> September, 2<sup>nd</sup> October 2014 and 4<sup>th</sup> February 2015 respectively. The vaccines were purchased, stored and handled in hygienic conditions and were administered by Dr. Sheela. The campaign promotion included display of posters all over the campus and around six lectures were delivered to various institutes all over MET educating them about the rationale and benefits of vaccination.



### Teacher's Day

**Date: 5<sup>th</sup> September, 2014**

A teacher affects eternity! Aristotle once said, "Those who educate well are to be honoured more than parents; for they are the ones to give us life and the art of living as well". The celebration of Teacher's day is a perfect tribute to the future moulders of the citizens of India. The students of MET IOP expressed their gratitude by bringing a cake for the teachers as well as the non-teaching staff.



### Freshers Party

**Date: 26<sup>th</sup> September, 2014**

New college, new beginnings, a whole new environment and a lot of nervousness coursing through!!! A Freshers Party was organized to make the new members of the MET family feel welcomed. "Disco Deewane" was the theme for the party. To bring the night alive the freshers put up some entertaining dance performances accompanied by breath taking singing performances. This was followed by a contest for Mr. & Miss Freshers. Ms. Vyoma Gandhi and Ms. Deepashri Rane were crowned Miss Freshers thus making it an "all girl" show. Our cultural in-charges, Dr. Rashmi & Mrs. Priyanka then stole the show with their melodious voices. In the end it was all 'Disco' as METians rocked the dance floor.



### Farewell to M.Pharm.

**Date: 26<sup>th</sup> September, 2014**

A day of mixed feelings; we bid adieu to our M.Pharm. students. It marked the end of their 'MET' phase. We will definitely miss their presence, but at the same time we hope that as they step into the outside world, they find a place and make a mark for themselves. The farewell party included some wonderful dances from our M.Pharm. students who were also at their comic best. It was an emotional end, as the students accompanied by the teachers shared their nostalgic moments.



### Heart Disease Awareness Campaign

**Date: 29<sup>th</sup> September, 2014**

MET IOP organised a heart disease awareness campaign on the streets of Bandra. Volunteers approached the crowd to create awareness about heart ailments. The campaign was supported by posters and banners. It aimed at educating the public about the increasing risk with age, poor eating habits and bad lifestyle choices. It was well received and any doubt regarding health was clarified.







### Rabies Campaign

**Date: 29<sup>th</sup> September, 2014**

With an objective of educating people about rabies, a campaign was organized by students of MET IOP. A group of 14 students volunteered. The crowd was educated about the spread of rabies and its prevention with the help of appropriate vaccines. The main objective was to emphasize on the importance of dogs being vaccinated to minimize the exposure to rabies. The audience responded well by ascertaining to take precautions.



### Worlds Aids Day

**Date: 5<sup>th</sup> December, 2014**

The joy of giving and helping the needy has no bounds. The same joy was experienced by the 14 students of MET IOP when they went to an orphanage. The orphanage, run by an NGO named "Desire Society" had 21 girls who suffered from AIDS. The girls performed an entertaining welcome dance showcasing their talent. These talented girls were happy, despite of not owning TVs, cell phones and other luxury items, thus teaching us to be content with what we have.



### Elocution Competition

**Date: 23<sup>rd</sup> December, 2014**

In this space and time, where every competition is on the rise, MET IOP held an inter-class elocution competition sponsored by AICTE. Participants from different classes spoke on 'USE OF INNOVATION AND TECHNOLOGY IN GOOD GOVERNANCE'. Participants won the hearts of judges and audience with their confidence, expression and talent, making the event really memorable.

1<sup>st</sup> winner: Ms. Kinnari Arte

2<sup>nd</sup> winner: Ms. Munira Loliwala

3<sup>rd</sup> winner: Ms. Priyanka Parwal

All participants came up with really innovative ideas.



### Staff and Student Picnic

**Date: 24<sup>th</sup> December, 2014**

After a hectic month of exams, it was time for some 'DHAMAAL'. A college picnic was arranged to Ali Baug by The College Council. The picnic saw the staff and students spend some amazing time together. The time spent at the Nagaon Beach was filled with fun, as everyone enjoyed the water sports there. The highlight of the day was the journey back to Mumbai with a picturesque view from the ferry, everyone had their dancing shoes on and sang at the top of their voices. It was a day to remember.







### Seminars and Guest Lectures

#### Biowavers

**Date: 30<sup>th</sup> July, 2014**

Dr. Anita Nair, research scientist at Merck, Germany, delivered a lecture on 'Biowavers' to Final year students for spreading awareness about the exemption that the USFDA grants from conducting human bioequivalence studies for a formulation when the active ingredients meet certain solubility and permeability criteria *invitro*. Dr. Nair has been a lecturer at MET IOP from 2002 to 2005. We were thankful to have her back for educating us once again with the same energy and enthusiasm as before.



#### Youth Health

**Date: 12<sup>th</sup> August, 2014**

A special seminar was organized for all students which dealt with the very complex issue of 'YOUTH HEALTH'. It highlighted various problems faced by the youth and the do's and don'ts in different situations were well explained. Several methods were mentioned to deal with stress were addressed. The seminar was well executed by doctors and towards the end a small survey was conducted.



#### Application of Analytical Tools in Drug Discovery and Development

**Date: 13<sup>th</sup> December, 2014**

METIOP organised a one day seminar for teachers and students to enlighten them on various analytical tools in research. Guest lecturers from industry and academia were invited to speak on various topics. The lectures delivered are as follows:

1. CADD as a tool in drug delivery.  
By Dr. Evans Coutinho, Department of Pharmaceutical Chemistry, BCP.
2. Application of mass spectrometry in drug discovery and development.  
By Dr. Girish Gudi, Vice president, Glenmark Pharmaceuticals Ltd.
3. Biophysical and spectroscopic method in drug discovery.  
By Dr. Shyamalava Mazumdar, TIFR, Mumbai.
4. NMR in drug discovery.  
By Sudha Srivastava, TIFR, Mumbai.



#### Chopra Classes Seminar

**Date: 18<sup>th</sup> December, 2014**

Third and Final year students are at a crucial stage in their career as it is high time that they decide upon a future course. On 18<sup>th</sup> December, Chopra classes conducted a seminar to advise them upon the career prospects in pharmacy. They explained the various education opportunities overseas and the entrance exams to be cracked for the same. It was well conducted and very informative.



# Lumiere



Our annual cultural festival, 'Lumiere' which is organized by the council of MET Institute of Pharmacy was celebrated on the 26<sup>th</sup> and 27<sup>th</sup> of September at the MET Institute of Pharmacy.

The First Day began with Tele-matches hosted by Dr. Radhika Raheja. The students had been sorted into 6 teams competing against each other. As the various matches proceeded, the stilt area echoed with cheers from fellow members. The TUG OF WAR was a huge success conducted at the end. Khari Kamai followed, wherein food stalls replaced the mundane experiments of our labs. All profits were donated to NGOs. Classroom events such as Team Graffiti, Make Over, Quilling, Mehendi and Sketching/Caricature ran parallel. A stall exhibiting handmade jewellery by Ms. Vrushali Keer showcased her artistic talent.

The second day began with the Treasure hunt. The participating teams labored over the premises to discover the precious treasure which was finally managed by the Final years. Auditorium events included the Bollywood event which had a comic element to it as students dressed up and imitated their favourite actors. Antakshari hosted by Ms. Nida Siddiqui and Mr. Rizwan Khan was popular amongst the teaching and non-teaching staff as well.

The Cultural night was inaugurated by Dr. U. B. Hadkar (Director), Dr. Abha Doshi (Principal), Dr. S. D. Bhosale (Principal of Diploma Pharmacy) and Mr. J. Irani (Director of Marcom Department) and hosted by Ms. Sahana Ray and Ms. Ankita Satoor from final year. A Dance performance from every class attracted cheers from the audience. Talented singers rocked the show. Garba night proved to be a grand finale to Lumiere as our traditional Gujarati 'Garba' songs filled the air.

## LUMIERE WINNERS

### I. Mehendi

Winner: Swamini Bhogale (T.Y.B.Pharm.)

Runner-up: Kiran Maru (Final Year B.Pharm.)

### II. Graffiti

Winner: Preet Joshi, Ankita Jadhav, Shweta Pancholi, Vishakha Jain (Final Year B.Pharm.)

Runners- up: Hiral Patolia, Siddhi Kanakiya, Jyoti Ghuge, Yash Kandoi (T.Y.B.Pharm.)

### III. Paper Quilling

Winners: Siddhi Bambarkar, Rahul Girap (S.Y.B.Pharm.)

Runners up: Anita Chando, Ankita Bhambere (F.Y.B.Pharm.)

### IV. Makeover

Winner: Manasi Laud (Final Year B.Pharm.)

Runner up: Radhika Mahadik (S.Y.B.Pharm.)

### V. Sketching / Caricature

Winner: Anuja Tikhe (S.Y.B.Pharm.)

Runner up: Aditi Mane (F.Y.B.Pharm.)

### VI. Movie Event

Winner: Akash Sahu, Ashish Patil, Amol Rakamutha, Siddhesh Javery (Second Year M. Pharm.)

### VII. Singing: Solo

Winner: Vyoma Gandhi (F.Y.B.Pharm.)

Runners up: Sangeeta Natarajan (T.Y.B.Pharm.) & Jai Vaidya (T.Y.B.Pharm.)

### VIII. Duet:

Sangeeta Natarajan (T.Y.B.Pharm.) & Sahana Ray (Final Year B.Pharm.)

# Lumiere



## GLITTERATTI





# Lumiere



## GLITTERATTI





# Lumiere



## GLITTERATTI

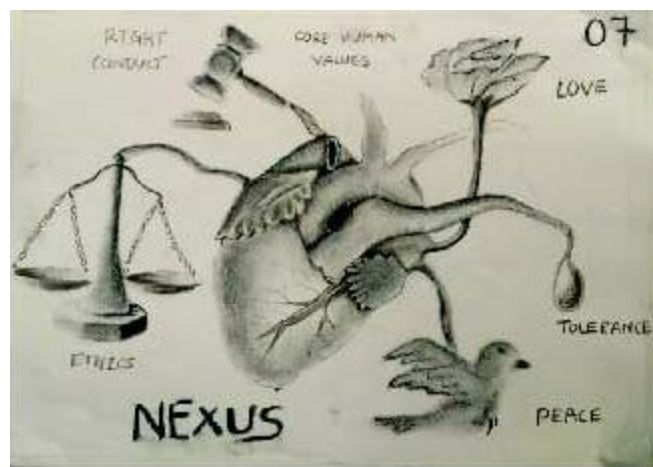




Rx is an inter-collegiate annual technical, sports, cultural festival organised by the Indian Pharmaceutical Association. This year the cultural activities were conducted at Bombay College of Pharmacy, Kalina from 15<sup>th</sup> January to 17<sup>th</sup> January 2014.

The sports took place from 24<sup>th</sup> Dec'14 to 9<sup>th</sup> Jan'15. MET was victorious in carrom singles and doubles. MET gave tough competition to others.

We won numerous cultural events like Dub it out, Duet dance and Junk Jamming to name a few. Ms. Swamini Bhogale won best female model. MET, thus, managed to prove to other colleges that it is still to be feared.







## WINNERS

### **Carrom - Boys Singles (Runner up)**

Suresh Gupta

### **Carrom - Girls Singles (Second Runner Up)**

Hely Desai

### **Carrom - Boys Doubles (Runner Up)**

Suresh Gupta

Shailendra Pal

### **Carrom - Mix Doubles (Second Runner Up)**

Hely Desai

Suresh Gupta

### **Stand-up comedy (Winner)**

Nilesh Jadhav

### **Junk jamming (Winner)**

Rohit Patil

Prasad Vichare

Sachin Suryavanshi

Luke D'Silva

Pritam Kamble

Tejas Pawar

Vivek Bandagale

Nilesh Jadhav

### **Antakshari (Second Runner Up)**

Hely Desai

Sahana Ray

### **Dub It Out (Second Runner Up)**

Siddhi Bambarkar

Samruddhi Kolapkar

Rahul Girap

Vaibhav Soni

### **Best model (Winner)**

Swamini Bhogale

### **Pharma Quiz (Winner)**

Vishaka Jain

Bhoomika Lodha

Lazari Kambli

### **Black magic (Second Runner Up)**

Viraj Khasgiwale

### **Poster presentation (Winner)**

Shreya Mhatre

Mrinmayee Bhandari

Paris Suru

### **Duet Dance (Winner)**

Trupti Zingade

Nida Siddiqui

Sr. No.	Faculty Name	Student Name	Papers published between January '14 to December '14
1.	Dr. U.B. Hadkar & Mrs. Sanghavi Nikita	–	Utility of Hadkar Factor in the determination of Critical Micelle Concentration of surfactants, Indian Drugs, 2014, 51(9):36-39.
2.	Dr. Doshi Abha & Mrs. Joshi Bhagyashri	–	Formulation And Evaluation Of Gastroretentive Drug Delivery Systems Of Famotidine. International Journal of Pharmaceutical Research & Development, 2014; 6(06), 10-18.
3.	Dr. Doshi Abha	Mr. Verma Sachin	Formulation Development & Characterization of Nanostructured Heterolipid matrix of Levofloxacin hemihydrate for ocular drug delivery. Journal of Pharmacology and Clinical Toxicology, 2014: 2(3).
4.	Dr. Doshi Abha	Mr. Rathore Gopal	1) Formulation & Evaluation of Floating Tablets of Cinnarizine. International Journal of Pharmaceutical Research & Bio-Science, 2014, 3(6): 38-51. 2) Nail Drug Delivery system: A review. International Journal of Universal Pharmacy & Bio-sciences, 2014, 3(5): 303-14.
5.	Dr. Doshi Abha	Mr. Javery Siddhesh	Preparation and Characterization of Cyclodextrin inclusion complexes: A review. International Journal of Universal Pharmacy and Bio-sciences, 2014, 674-691.
6.	Dr. Dixit Vaishali	Mr. Ghanekar Kiran	Antidiarrhoeal Evaluation Of Aqueous Extracts Of Garcinia Indica & Cuminum Cyminum And A Polyherbal Formulation. Journal Of Pharmacy And Pharmaceutical Sciences 2014, 6(6): 329-331.
7.	Dr. Raheja Radhika	Mr. Patil Ashish	Analytical method development and validation of biotin in a solid dosage form by RP-HPLC, International journal of universal pharmacy and bio sciences, 2014, 3(3): 525-532.
8.	Mrs. Joshi Bhagyashri	Ms. Bhamere Vrushali	1) Microemulsions: novel drug delivery systems (pharmaceutical sciences review article) international journal of universal pharmacy and bio sciences, 2014, 3(2): 190-200. 2) Implementation of QbD in formulation of Microemulsion based in situ gelling system of anti-migraine drug; IJPRBS, 2014, 3(5):449-467.
9.	Ms. Keer Vrushali & Dr. Patil Vijaya	Ms. Kamtekar Samidha	1) Quality Control Parameters for Polyherbal Formulation; Am. J. PharmTech Res. 2014; 4(4). 2) Estimation of Phenolic content, Flavonoid content, Antioxidant and Alpha amylase Inhibitory Activity of Marketed Polyherbal Formulation; Journal of Applied Pharmaceutical Science, 2014, 4(9):61-65.



Sr. No.	Faculty Name	Student Name	Papers published between January '14 to December '14
10.	Ms. Keer Vrushali & Dr. Patil Vijaya	Ms. Kantekar Samidha	1) Management of Diabetes: A Review; Research J. Pharm. and Tech., 2014, 7(9): 2) Estimation of Phenolic content, Flavonoid content, Antioxidant and Alpha amylase Inhibitory Activity of Marketed Polyherbal Formulation; Journal of Applied Pharmaceutical Science, 2014, 4(9), 61-65.
11.	Dr. Patil Vijaya	Ms. Patil Rajashree	1) Formulation and evaluation of sustained release pellets of diltiazem hydrochloride, International journal of pharmaceutical research and bio-science 2014; 3(6): 59-79. 2) Development and validation of zero order derivative by UV- spectrophotometric method for determination of diltiazem Hcl in bulk and its formulation, international journal of universal pharmacy and bio sciences, 2014; 3(4): 1-12.
12.	Mrs. Koliyote Sheeja	Mr. Shirsat Rohan	In Situ Gel- New Trends in Parenteral Drug Delivery System, International Journal of Universal Pharmacy and Bio Sciences, 2014, 3(3): 661-673.
13.	Mrs. Koliyote Sheeja	Mr. Nadavadekar Prashant	Formulation and evaluation of fast dissolving film of verdenafil HCL, World journal of pharmaceutical research, 2014, 3(4): 2121-36.
14.	Dr. Srivastava Rashmi	Ms. Wankhede Vandana Ms. Doshi Jesal Ms. Sridhar Iswarya	Novel Approaches for Colon Targeted Drug Delivery Systems, International Journal of Universal Pharmacy and Bio Sciences, 2014, 3(2): 37-52.
15.	Dr. Srivastava Rashmi	—	Snake venom, anti-snake venom & potential of snake venom, International Journal of Pharmacy and Pharmaceutical Sciences, 6(5).
16.	Dr. Srivastava Rashmi	Ms. Shah Khushbu	Natural Gelling agents, International Journal of Universal Pharmacy and Biosciences, 2014, 3(3), 318-337
17.	Dr. Srivastava Rashmi & Mrs. Sanghavi Nikita	Mr. Sonawane Abhijit	Antidiabetic activity of Tridax Procumbens", Journal of scientific and innovative research, 2014, 3(2):221-226.
18.	Dr. Srivastava Rashmi & Mrs. Sanghavi Nikita	Mr. Malode Yashwant	"Isolation and identification of the flavanoid Quercetin from Tridax Procumbens" Linn, International Journal of Pharmaceutical Sciences and Research", 2014, 5(4): 1454-1549.





Sr. No.	Faculty Name	Student Name	Papers published between January '14 to December '14
19.	Dr. Naik Sonali	Ms. Durve Janhavi	1) Matrix Effect-A review, International Journal of Universal Pharmacy and Bio Science, 2014, 3(3), 652-660. 2) Analytical Method Development and Validation of Rutin in a solid Dosage Form by RP-HPLC, International Journal of Universal Pharmacy and Bio Science, 2014, 3(6), 93-100.
20.	Dr. Naik Sonali	Ms. Oswal Teena	1) Formulation and Evaluation of Mefenamic Acid Emulgel, International Journal of Pharmaceutical Research and Development, 2014, 5(12), 91-100. 2) Method Development and Validation of Mefenamic Acid in Emulgel, International Journal of Pharma Science and Research.
21.	Dr. Naik Sonali	Mr. Goswami Sunil	1) Development and Evaluation of Paracetamol tablet Formulation using Natural Gum, International Journal of Pharmaceutical Research and Development, 2014, 6(6), 40-47. 2) Natural Gums and its Pharmaceutical application, journal of scientific and Innovative Research, 2014, 3(1), 1-11.
22.	Dr. Naik Sonali	Mr. Kokane Vikrant	Formulation and Evaluation of Topical Flurbiprofen Gel Using Different Gelling Agents, World Journal of Pharmacy and Pharmaceutical Sciences, 2014, 3(9), 654-663.
23.	Mrs. Sanghavi Nikita	Mr. Biradar Dharmaraj	1) "Formulation Development and Evaluation of Delayed Release Tablets of Pantoprazole", International Journal of Pharmaceutical Research and science, 2014, 3(5), 62-76 2) "Technologies in Transdermal Drug Delivery System: A Review", International Journal of Pharmaceutical and Chemical Sciences, 2014, 3(2). 3) Comparative in vitro Evaluation of Commercially Available Pantoprazole Delayed Release Tablets, International Journal of Universal Pharmacy and Bio Sciences, 2014, 3(4): 342-351. 4) "RP-HPLC method development and validation for the determination of pantoprazole in developed tablet dosage form", International Journal of Institutional Pharmacy and Life Sciences, 2014, 4(6), 127-134.

### Book Chapter:

Mrs. Bhagyashri Joshi authored a chapter titled 'Nanoparticulate drug delivery systems' in "Recent Trends in novel drug delivery" Published by Prism Publications in March 2014:1-46.

### Grants Received:

Dr. Rashmi Srivastava received a minor research grant worth ₹ 32,000/- sponsored by the University of Mumbai.

Dr. Vaishali Dixit received a minor research grant worth ₹ 35,000/- sponsored by the University of Mumbai.

### Lectures Delivered:

Dr. Vaishali Dixit delivered a talk on 'Polypharmacy' at the Rx Tech fest held in the MET convention hall.

## Under Graduate Research

Students	Guide	Topic	Status
Mr. Kamat Aditya	Dr. U. B. Hadkar	To determine activation energy and order of reaction by equal fraction method	Completed
Ms. Joshi Preet Mr. Kamat Aditya Mr. Majithia Deep	Dr. Srivastava Rashmi	Extraction of wax from sugar	Ongoing
Ms. Kanchan Sangale Mr. Anmol Unhawane	Mrs. Sheeja Koliyote	Antimicrobial activity of gum guggul by various shodhna (purification) methods	Ongoing
Mr. Kandoi Yash Mr. Viraj Khasgiwale	Dr. Vijaya Patil	Antimicrobial Activity of various plants on multiple drug resistant strains	Ongoing

Mrs. Priyanka Jain arranged for a Dissolution testing apparatus for the B.Pharm Pharmaceuticals lab donated by Evonik Industries, Andheri. We sincerely thank the following people for the generous donation:

Mr. Vinay Jain (Senior Formulation Scientist)  
Mrs. Smitha Shetty (Analytical Manager)  
Mrs. Shraddha Joshi (Director of oral excipients)



Mr. Pathik Desai and Paris Suru were runner up in Annual Quiz held at IES Insight.



Ms. Chinmayi Nayak and Shreya Mhatre were runner up in Zonal Level Quiz held at Saraswati Vidya Bhavan, Dombivali.

## MET supports its teaching staff for future studies:

1. Mrs. Poonam Advani is pursuing Ph.D. from C.U. Shah College of Pharmacy (SNDT University).
2. Mrs. Bhagyashri Joshi is pursuing Ph.D. from Institute of Chemical Technology.
3. Mrs. Sheeja Koliyote is pursuing Ph.D. from Prin. K. M. Kundhani college of Pharmacy.

## TOPPERS LIST

### Final Year

Ms. Bijal Dalal  
Mr. Sankalp Gharat  
& Mr. Dinesh Choudhary  
Ms. Rutu Desai

### Third Year

Ms. Vishakha Jain  
Ms. Shweta Pancholi  
Ms. Chinmayee Naik

### Second Year

Ms. Shrijal Mehta  
Ms. Siddhi Kanakiya  
Mr. Nipun Paleja

### First Year

Ms. Jyoti Sharma  
Ms. Monika Lakhani  
Mr. Pritam Kamble

### BOMBAY BLOOD GROUP

Blood is a fluid that delivers useful gases (oxygen and nitric oxide) to the tissues and waste products to the kidneys for excretion thus maintaining homeostasis. Depending upon the antigens present on the RBCs viz. A and B and the antibodies in the plasma, the most common Blood Group systems are ABO and Rh.

Substance H is a precursor to the antigens of all blood groups as it finally differentiates into the A, B or O antigen depending upon the allele present on the person's genes. However, the rare group named Bombay blood group (also called OH) lacks this precursor and hence fails to form any of the usual antigens. It is so called as it was detected in 1952 in a patient admitted at K.E.M. hospital, Mumbai (then called Bombay).

During blood transfusion a patient with the Bombay blood group would suffer complications, as the normal agglutination tests would detect it as the O type. Upon receipt of blood type which contains an incompatible antigen, it triggers an immune response resulting in the formation of IgM immunoglobulin.

If a mother having the Bombay blood group bears a foetus with a non-Bombay type, IgM immunoglobulins are produced in response to the leakage of foetal antigens across the placenta. This can pose a threat to the second non-Bombay type foetus conceived by her. However, cases of Erythroblastosis foetalis are uncommon not only due to the rarity of this blood type but also because IgM does not cross the placental barrier as readily as the other immunoglobulins.

To label an individual as a Bombay phenotype certain special tests like adsorption-elution studies have to be performed. Earlier the Institute of Immuno Haematology (IIH) at KEM hospital was the only one to perform these tests and accepted samples from all over the country.

Individuals with this rare blood type should stock up on their own blood for emergencies. Organizations like 'Think Foundation' maintain a database of such candidates for occasions when the group is not available in blood banks. Scientists are striving to detect more sensitive methods of detection.

Efforts can be directed toward creating awareness by arranging for special talks at medical camps and advertising via media could help in controlling the rising complications.

**Mrs. Priyanka Joshi Jain**  
(Asst. Professor)

### DIABETES PREVENTION

- ▶ Exercise can help lose weight, lower your blood sugar, and boost your sensitivity to insulin-which helps keep your blood sugar within a normal range.
- ▶ Salmon, Herring and Sardines are among good sources of omega-3 fatty acids that may help to reduce the risk of type-2 diabetes.
- ▶ Adding just one-half of a fresh avocado to lunch can promote a feeling of satiety.
- ▶ Yoghurt may reduce risk of type-2 diabetes by 28%.
- ▶ Cardio metabolic health improves weight loss.
- ▶ Eating foods high in fibre including fruits, vegetables, beans, nuts and seeds.
- ▶ Olive oil may protect against diabetes. Consuming a Mediterranean diet that is rich in extra virgin olive oil may be an effective way to protect people who are at high risk of heart disease against diabetes.

**Sayali Raut**  
(S.Y.B.Pharm.)



### EUTHANASIA OF LAB ANIMALS

Euthanasia literally means 'good death', well not technically good; merciful death of lab animals is often required either at the end or at some stage of the study.

Various establishments across the globe have laid different guidelines for the protection of lab animals. Most of them specify that the death should be with minimum pain, suffering and distress. Although the specific method used to conduct the operation is at the discretion of the operator, but 'the end should justify the means', meaning a technique which is not very humane can be used if others would interfere with the test results.

CPCSEA (Committee for the Purpose of Control and Supervision of Experiments on Animals) is the authority that governs the killing of lab animals in India. They not only lay the rules for euthanasia but also for the storage, transportation and usage of various animals used for experimental purposes.

More information related to Euthanasia guidelines can be found at [medind.nic.in/ibi/t03/i4/ibit03i4p257.pdf](http://medind.nic.in/ibi/t03/i4/ibit03i4p257.pdf)

Selection of the killing techniques to be used is also a very critical decision as it is dependant not only on the animal being used, but also on the type of experiment being performed and the data that has to be collected. For example, anaesthesia is often considered more humane than physical death, but if biochemical data is to be collected, physical methods are preferred, as the anaesthesia may affect the vital organs in the body. However, a big dilemma of the personnel performing euthanasia is the ever changing literature on the effects of the various methods being deployed. For example, carbon dioxide, the most commonly used method to kill rodents has been shown to cause behavioural aversion in all species tested.

Concluding this short article, the major factors to be considered for conducting euthanasia of lab animals are the diminution of pain to animals, the data to be collected after the experiment, the current literature of the effects of the technique used and most important that there should be absolute surety of the need of killing the animal.

Pathik Desai  
(Final Year B.Pharm.)

### PROSPECTS IN HOSPITAL MANAGEMENT

Hospital pharmacies can usually be found within the premises of a hospital. They usually stock a larger range of medications, including more specialized and investigational medications (medicines that are being studied, but have not yet been approved), than would be feasible in the community setting. Hospital pharmacies typically provide medications for the hospitalized patients only, and are not retail establishments. They typically do not provide prescription service to the public. Some hospitals do have retail pharmacies within, which sell over-the-counter as well as prescription medications to the public, but these are not the actual hospital pharmacy.

#### Some Areas of Research in Hospital Management

As stated elsewhere, the research perspectives in hospital management need to be specified on two counts. Firstly, the utilities of hospital management research for the benefit of the hospital itself. Secondly, the contributions of research to the effectiveness of hospital managers, while bringing about professionalism in this emerging discipline in the years to come. Thus, the following sections are delineated to these two issues of research in hospital management.

#### Research in Functional areas of Hospital Management

##### Finance Management

Finances act as lifelines in the hospitals as almost all of them are owner driven. Its management is an art and merits special attention. The financial function of management in hospital is to i) ensure fair return on investment, ii) generate and build-up surplus and reserves for growth and iii) plan, direct and control the utilization of finances so as to ensure

the maximum efficiency of operations and build a proper relationship with chemists, staff and consultants.

Health insurance covered approximately 86% of all services provided by hospitals (Health Insurance Institute, 1982).

### **Materials Management**

The objective of materials management is to ensure regular supply of materials to maintain continuity of production/services and thus contribute towards excellence in productivity (Ojha, 1997).

Research in material management is conducted basically to continuously streamline materials and supplies for providing proper service to patients. There are numerous types of materials that are required for running a hospital. The larger the size of the hospital, the greater is the number of items needed. Research on the cost and utility of materials is imperative. Therefore, the hospital material items need to be classified into medical and non-medical. Under medical classification, i) medicines, ii) medical and surgical supplies, iii) Diagnostic Instruments and maintenance supplies eg. X-rays supplies, C T Scan, iv) laboratory supplies and v) Basic Supplies like beddings, toiletries, clothing etc. are dealt with.

### **Human Resources Management**

A constant monitoring of the status of human resources in the healthcare and hospital settings is a pre-requisite for strategically positioning the organisations in the competing environment. This also seems reasonable from the point of view that human resources are the most important, without which the other factors of production/service will remain static. Thus, assessing the total organizational climate and its impact on the membership variables is need of the hour. Such assessment enables the management to strengthen the individual-organisational interface so that managers may not often question themselves: "I wish I had a highly motivated, competent staff working for me".

### **Marketing Management**

Marketing management in hospitals is concerned with the conceptualization of services, pricing, promotion and distribution of such services in the light of the environment which is always changing. Though marketing of hospital services is yet to emerge as a distinct hospital function, market-oriented hospital is the one whose actions are based upon the recognition that the patient is the *raison d'être* of the organization.

In the recent times, both practitioners and academicians have almost completely turned their focus from facilities planning to market planning (Richard, C.I, 1977). One aspect of marketing of particular interest has been that of hospital marketing research.

Gourley and Sehorn (1996) in their classic review of research studies in hospital marketing identified that a large percent (43.6%) of hospitals are involved in marketing research and only 7.6% are not. With regard to types of marketing research, they found that most frequently performed research (76.8%) was based on patient needs and/or satisfaction studies.

### **Utilization of Research for managerial effectiveness in hospital**

The topic managerial effectiveness, has been thrust to the forefront during the past decade. The issues of productivity and quality of working life and the dynamics of foreign competition, increased environmental uncertainty, and the changing nature of the work force have all put the manager in the spotlight in one way or the other. As a manager, keen interest in one's own effectiveness as well as in the effectiveness of one's subordinate managers is warranted. Thus, in the following sections, attention is directed towards existing research related to improving managerial effectiveness and highlighting the knowledge and skills that make it possible.

There are four areas that are clearly related to managerial effectiveness: managerial thinking, managerial roles/style, and goal setting and performance evaluation and conflict management.

### **Future of Research in Hospital Management**

From the preceding sections, it can be concluded that research in hospital management does not imply any specific trend to state since, most of the studies are sparse, varied, and are not based on a standard approach. Partly, on the

basis of the reported studies, it could be said that most of the research issues are centered on medical than management aspects. Secondly, there seems to lack systematic research design in many of them.

Thus, here is a need to have an attitude towards management research in hospitals. In one of the studies, comparing attitudes towards research of management and management developers revealed that managers believed academic researchers often insufficiently familiar with the managerial culture and so lacking credibility initiated research. For the most part managers seemed to believe that management research was not only not-cost effective but also, more critically, largely irrelevant to the problems they faced. It is suggested that healthcare managers be equipped to act as researchers in their own organizations by building upon what effective managers actually do in practice. The facets of effectiveness like managerial thinking, roles/style, goal setting and performance evaluation and conflict management could be immediately subjected to research for a fresh understanding of this facet in hospitals.

**Pranav Ramakanthan**  
(Final Year B.Pharm.)

## ABOUT OUR DRUGS

### ANTIBIOTICS: TO TREAT OR TO NOT TREAT

The definition clearly states, "antibiotics do not work for viruses causing cold and flu, but only in bacterial infections and diseases, so using them for viruses won't help you recover faster".

But the world seems to think otherwise. Lack of proper guidance leads to misuse, and sometimes overuse of antibiotics. Statistics show an alarming rate of antibiotics used by individuals. Self medication is the biggest challenge in the third world countries. Another major challenge is these antibiotics being so easily accessible. Hence, it is very important to educate the masses, lest it causes an epidemic.

So, knowing your antibiotics is of supreme importance. Usually antibiotics are prescribed by a certified medical practitioner as a respite to any kind of bacterial infection. Bacteria informally called 'multidrug resistant superbugs' have a negative impact on our body.

It is a highly misinterpreted theory that all infections are bacterial and can be treated with antibiotics. This isn't in any way true. As a result of these vague assumptions even during a viral infection, antibiotics are sometimes prescribed. Thus, it can be inferred that antibiotics have little or no effect on viral infections. Also, poor healthcare and education leads to misuse. This misuse is causing several problems when surveyed in and around a larger patient count. Antibiotics being prescribed for viral infections have a negative impact. The most common of it all is "Resistance". As a result their effectiveness in treating bacterial infections is turning futile or inefficient. Some effects of resistance observed are:

- Inadequate pathogen coverage
- Excessive use of broad spectrum agents
- Sub optimal doses
- Poor adherence to antibiotic therapy

Another setback to antibiotic treatment is retaining an unfinished dose for later use. A major problem is that the masses assume that the treatment regime can be discontinued once the symptoms subside. This is a highly misunderstood concept and needs to be rectified soon. Few classes of drugs can fuel antibiotic resistance as well; the classic example being that of fluoroquinolones. Thus, it is very important to streamline and classify diseases and provide appropriate and accurate treatment best suited for eradicating the disease. Otherwise the most effective classes of drugs "Antibiotics" will be known as the most ineffective category.

**Sahana Ray**  
(Final Year B.Pharm.)



### MOST COMMONLY ABUSED DRUGS

**Marijuana:** This mild hallucinogen derived from the *Cannabis sativa* plant is the most commonly abused illegal drug in the U.S., according to National Institute of Drug Abuse. When used, usually through smoking, Marijuana acts as a central nervous system stimulant. It speeds up the heart rate and raises blood pressure. Marijuana can dull memory, making it harder to concentrate or remember things. Habitual use can lead to heart disease and other cardiovascular problems. The smoke also contains many carcinogens.

**Cocaine:** A powerful addictive stimulant, cocaine gives the user a euphoric feeling when ingested, which depending on the person may or may not actually feel good. The euphoric feeling is short lived, lasting anywhere between 30-45 minutes. Cocaine constricts blood vessels and speeds up the heart rate. Sudden death is not uncommon.

**Opiates:** These drugs which include both street drugs like heroin and pharmaceutical pain killers like morphine and codeine, act on the body, stimulating the brain which controls pleasurable feelings. In high doses, opiates can cause some of the brain's critical functions, like breathing, to slow down or stop. Since heroin is commonly injected, users are at risk of HIV and hepatitis.

**Methamphetamine:** Usually a white powder that is smoked, snorted or injected, this powerful stimulant is highly addictive. It can speed up the heart rate as well as cause hyperthermia. When used over a long period of time can cause anxiety, insomnia and hallucinations. Severe dental problems can also occur as the drug is acidic and can wear down teeth over time.

**Alcohol:** Alcohol has short-term health effects. Since alcohol is a depressant it can slow down motor skills and impair the user's ability to make clear judgements. For long term, having more than one alcoholic drink per day for women or anyone over 65 can increase a person's risk of developing medical conditions like pancreatitis and liver and heart disease.

Sayali Raut  
(S.Y.B.Pharm.)

### MEPHEDRONE: A DRUG OF ABUSE

MEPHEDRONE was commonly used as plant fertilizer and it has medicinal value as an ANAESTHETIC agent, but nowadays it has become a drug of ABUSE.

It is a synthetic stimulant drug of the amphetamine and cocaine classes. It is a cheap substitute to cocaine and appears as a white or off-white powder which is either snuffed (takes few minutes to take effect) or swallowed (takes half an hour to reach peak plasma levels). The drug is currently not on the list of banned drugs under NDPS Act, 1958 but it is produced illegally under the pretext of fertilizer. The drug costs ₹ 150/gm which is much cheaper than cocaine which costs ₹ 3000/gm. Unlike other drugs which are bought from peddlers and dealers it can be ordered online via the internet pharmacy website. The drug is popular with different names such as meow-meow, M-CAT, white cocaine, book etc. It produces effects like alertness, euphoria, excitement, talkativeness, self confidence, a feeling of stimulation with adverse effects like loss of appetite, increased BP, clenching of muscle, tremors, headache, anxiety, chest pain, difficulty in urinating, change in body temperature.

Many countries have banned this drug, of which ISRAEL is the first to ban in 2008 followed by EUROPE in 2010. It is a new drug in India, still sold legally. Mephedrone is a powerful recreational drug with effects similar to amphetamine and ecstasy. If not controlled immediately, meow-meow will hit an epic proportion as it is legally sold in INDIA.

Shrijal Mehta  
(T.Y.B.Pharm.)

### THE NEXT-GEN CURE FOR KILLER INFECTIONS

In current scenario, Drug-resistant bacteria are the biggest threat even in top hospitals. We are running out of antibiotics as bacteria are becoming resistant. One reason we have to use antibiotics is that our body does not produce immune response against the bacteria on immediately.

Kary Mullis (Nobel Prize winner for developing PCR) came up with a radical new cure to overcome this problem which shows extraordinary promise. He isolated and worked with a molecule named alpha-gal epitope. This molecule is present in pig heart valves and is not at all pathogenic, yet induces immune responses which is why pig heart valves cannot be used for human transplantation. Mullis came up with an idea of sticking or slapping this molecule on pathogenic bacteria, which will then attract cells and produce immune responses against it to kill and engulf it. If a pathogenic bacteria attacks a lung cell, using this molecule, we could immediately tap onto the immune response already present there to use it against the bacteria.

Alpha-gal epitope can be stuck to something called a DNA aptamer which will attach specifically to a target bacteria that you have selected. So, a specific feature for each resistant bacterium needs to be targeted, to identify it. The DNA-aptamer for anthrax is successfully made and tested on mice with 100% success rate i.e. all mice survived the infection and stayed alive. He and his co-workers are currently working on producing DNA aptamers against staphylococcus and other resistant bacteria.

Siddhi Kanakiya  
(T.Y.B.Pharm.)

### NUTRACEUTICALS

“NUTRACEUTICALS” are defined as, “food or parts of food that provide medicinal or health benefits, including the prevention and treatment of disease.” It has been the umbrella term for several other terminologies such as medical foods, functional foods, nutritional supplements, and dietary supplements. The global nutraceuticals market reached \$142.1 billion in 2011 and is expected to reach \$204.8 billion in 2017. More importantly, there has been a paradigm shift in our concept of nutraceuticals since we have moved from viewing them as means for, “providing adequate nutrition” to “avoiding deficiency states,” and now finally onto “preventing or treating chronic diseases.” This has been made possible due to the constantly accelerating pace of research in nutraceuticals.

Over the years, a very interesting aspect of nutraceuticals has been its effect on the brain and how they counter neurological conditions. The cognitive functioning of the brain primarily relies on the high-energy, demanding neurons; conversely, imbalance in energy supply to the neurons is being implicated in aging and several age-related neurological conditions like Alzheimer's and Parkinson disease. Lipoic acid, a nutraceutical with redox modulating properties, has been shown to restore the energy deficits in Alzheimer's disease and promises to have beneficial effects in preventing the neurodegeneration associated with the disease. It has been tested in preclinical trials and through small scale clinical trials. Additionally, acetyl-L-carnitine, the nutraceutical form of carnitine, assists in energy production by breakdown of fatty acids and has been shown to improve cognitive function in preclinical animal models and small scale clinical trials. Vitamin E is essential for normal neurological function; tocotrienols, one of the eight naturally occurring and chemically distinct vitamin E analogs, display neuroprotective activity. Moreover, research shows the utility of using several naturally occurring polyphenolic compounds such as phytoestrogens in brain health by maintaining and/or restoring cognition. A phytoestrogenic combination of genistein, daidzein, and R/S-equol was found to be neuroprotective in Alzheimer's disease. Several vitamins of the B complex have well established roles in maintaining healthy cells. Moreover, common dietary polyphenols have the ability to suppress neuro inflammation, promote memory, learning, and cognitive functions.

In spite of the multiple potential benefits of several nutraceuticals, a large number still need to be validated thoroughly, as bulk of the scientific evidence is derived from *in vitro* assays and animal testing, whereas, human clinical trials are

scarce and inconclusive due to small size or poor design. To thoroughly validate the particular nutraceutical in treating a chronic condition, issues like bioavailability, metabolism, dose/response and toxicity also needs to be ascertained. Moreover, the regulation of nutraceuticals by the different regulating agencies has been inconsistent, if not confusing. Certain countries classify nutraceuticals as drugs, with government-approved health claims, while others do not. The Food and Drug Administration regulates nutraceuticals under dietary supplements and its regulation is mainly limited to health claims but needs the manufacturer to ensure its safety.

Overall, the several advances in nutraceutical research to date need to be applauded; however, validating them thoroughly and having consistent regulations would be the next important step.

**Yash Sancheti**  
(S.Y.B.Pharm.)

## REGULATORY ROADMAP FOR GENERIC DRUG REGISTRATION

### INTRODUCTION:

An international regulatory requirement for registration of medicines prior to their sale has become a legal requirement. A generic product must comply with the standards established by Food and Drug Administration. The problems faced by generic drug companies were to carry out their own safety and efficacy studies associated with high costs and also the timing for US FDA approval for generic drugs. To overcome this, Drug Price Competition and Patent Term Restoration Act in 1984 was passed.

Scenario before HATCH-WAXMAN ACT: Prior to 1962 drugs were approved for safety & generic manufacturers were supposed to submit New Drug Applications on paper. (Paper-NDA: Approval by showing articles about the drug in official papers that it had been safe for use). Then Federal Food, Drug and Cosmetics Act (1962) was passed in which it was mandatory for generic drug manufacturers to perform clinical trials to prove their safety & efficacy equivalent to pre-established innovator drug product. After this FFDC Act, generic market crashed such that almost 150 drugs went off patent after 1962 but only 15 Paper-NDAs were filed. After this, HATCH-WAXMAN ACT was passed in 1984.

### HATCH-WAXMAN ACT:

Use of bioequivalence as the base for approving generic drug products was established by "Drug Price Competition and Patent Term Restoration Act" of 1984, also known as the "HATCH-WAXMAN ACT".

### HATCH-WAXMAN AMMENDMENT RESULTED INTO:

- Increased availability of generics. In 1984 - 12% prescriptions of generic, in 2000 - 44% and in 2003 - 51%.
- Savings of \$8- 10 Billions every year.
- Average savings per prescription- approximately 53\$.
- 1% rise in generic prescription = \$1.3 billion saving.

### ABBREVIATED NEW DRUG APPLICATION AND ITS FILING:

The HWA created an abbreviated process for generic drug approval without conducting costly and duplicative clinical trials and by using bioequivalence as the basis for approval. The abbreviated New Drug Applications (ANDA) is submitted to the FDA's Centre for Drug Evaluation or Office of Generic Drugs. It provides for the review and ultimate approval of a generic drug product. HWA can actually encourage generic drug companies to challenge weak patents. A generic company can be granted a period of market exclusivity of 180 days, provided that the generic company is first to file its ANDA along with Para IV certification.



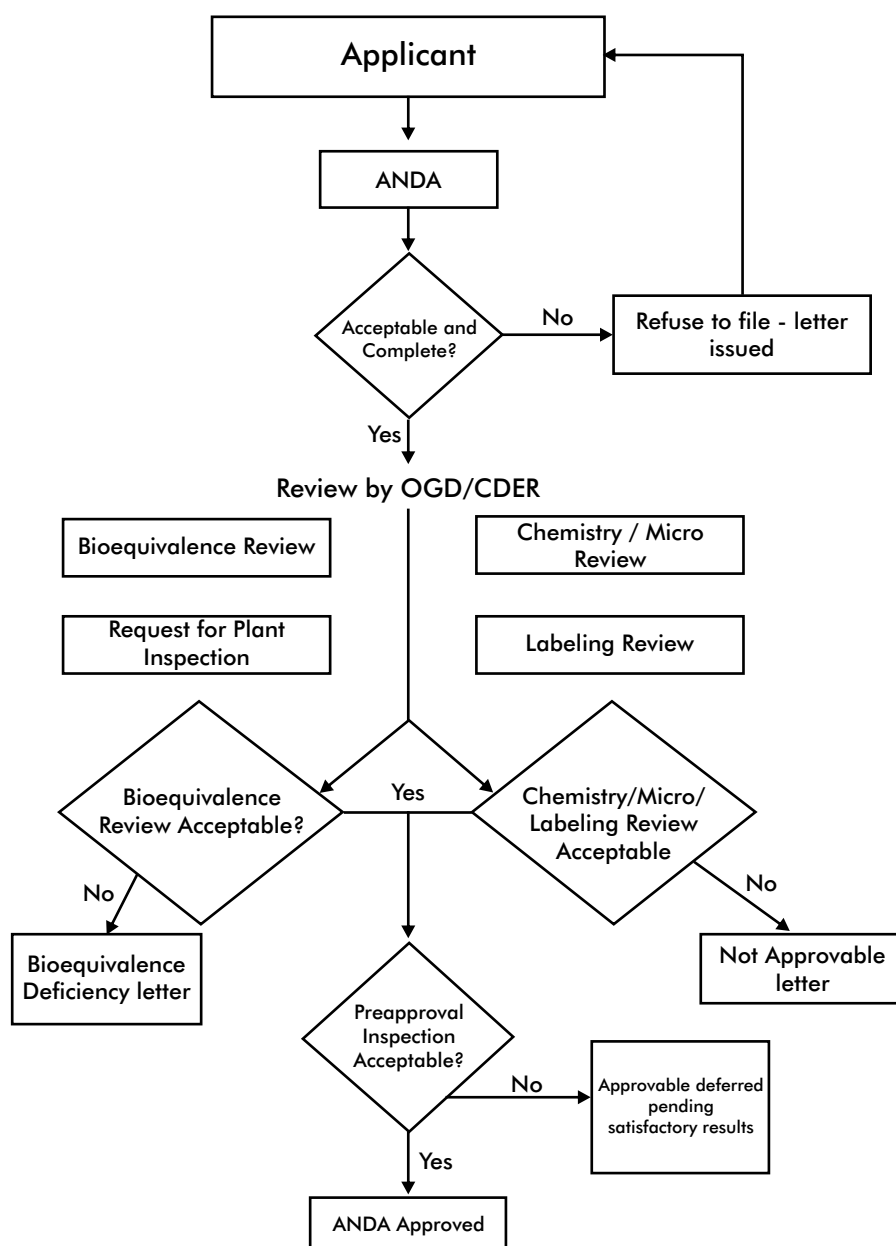
# Let's Know Medley

Around the world of Pharmacy

ANDA has four types of submissions:

- 1) Para I: A Para I filing for the launch of generic drug is made when the innovator has not made the required information in Orange Book.
- 2) Para II: A Para II filing is made when the drug is already off-patent.
- 3) Para III: A Para III filing is made when the applicant does not have any plans to sell the generic drug before the original drug is off-patent.
- 4) Para IV: A Para IV filing for the launch of generic drugs is made when the applicant believes its product or the use of its product does not infringe on the innovator's patent or where the applicant believes such patents are not valid or enforceable.

## ANDA FILING:



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## CASE STUDY:

Example of case study relating to Para IV filing

Patent of PAXIL (Paroxetine HCl hemihydrates)

- Smith-Kline Beckhem (SKB) obtained a patent of PAXIL as NDA.
- In 1998 Apotex filed Para IV certificate for ANDA.
- SKB filed legal suit for patent infringement.
- 30 months stay on Apotex approval as HWA provisions.
- SKB filed patent extension for liquid oral dosage form of Paroxetine.
- 3 more patents in 1999 and 2000 for anhydrous form.
- 5th patent for Paroxetine methanosulphate 2000.
- Serial patent submission tactics, with newer 30 month stay every time.
- Result: The patent of litigation expired but Apotex could never enter due to the newer patents.

Recently in Nov'14 Supernus Pharmaceuticals sued Zydus for patent infringement of Trokendi XR. Zydus infringed 3 patents covering Trokendi. It contains anti-epileptic drug Topiramate which has patent protection till 2027.

By these incidents we conclude that although the HATCH-WAXMAN Act facilitated generic drug registration process, making it less costly & less time consuming by eliminating clinical trials, generic companies should also know how to launch the right drug in the right market at the right time.

Paris Suru,  
Mrinmayee Bhandari,  
Shreya Mhatre  
(Final Year B.Pharm.)



## FUNNY CHEMISTRY

1. Don't trust atoms, they make up everything.
2. Did you know that you can cool yourself to  $-273.15^{\circ}\text{C}$  and still be Ok?
3. Anyone know any jokes about sodium?  
A: Na
4. Q: Why do chemists like nitrates so much?  
A: They're cheaper than day rates.
5. Q What do you do with a dead chemist?  
A: Barium
- 6: What did one ion say to the other?  
A: I've got my ion you.
- 7: Want to hear a joke about Nitrogen oxide?  
A: NO
8. Sulfur and Oxygen were best buds. They lived far from each other, so in order for Oxygen to chat with his pal, he had to use his Sulfone!
9. Q: Do you know a good chemistry joke?  
A: No sorry, all of them argon.
10. Helium walks into a bar, the bartender says, "We don't serve noble gasses in here".  
Helium doesn't react.
11. Q: What is it called when Queen of England farts?  
A: A noble gas
12. Q: Why did the white furry bear dissolve in water?  
A: Because it was polar.
13. Did you hear oxygen and magnesium got together? OMg!
14. Q: What do dipoles say in passing?  
A: "Have you got a moment?"
15. I wish I were adenine because then I could get paired with U.

## FUNNY PHOBIAS!!

- 1) Chrematophobia- Fear of money.
- 2) Euphobia- Fear of hearing good news.
- 3) Novercaphobia- the fear of one's stepmothers
- 4) Ecophobia- It is an unusual and morbid fear of home or home-life.



# Out of the Box



- 5) Gephyrophobia- Fear of crossing bridges.
- 6) Cyberphobia- Fear of computers or working on a computer.
- 7) Lachanophobia- It is an unwarranted and irrational fear associated with vegetables.
- 8) Hendonophobia- This is the fear of feeling pleasure.
- 9) Haptophobia- Fear of being touched.
- 10) Bibliophobia- Fear of books.
- 11) Scolionophobia- Many kids are can be found with this peculiar fear of school, termed as scolionophobia.
- 12) Arachibutyrophobia- This is the fear of eating peanut butter and having it stick to the roof of your mouth.
- 13) Lyssophobia- Fear of rabies or of becoming mad/going insane.
- 14) Alektorophobia- Fear of chickens.
- 15) Hippopotomonstrosesquipedaliophobia- Fear of long words
- 16) Scriptophobia- It's a fear of writing in public, wherein the person is over-conscious and nervous whenever he writes.
- 17) Hydrophobia- Fear of liquids, dampness or moisture.
- 18) Somniphobia/hypnophobia- is the fear of: sleep
- 19) Anatidaephobia- Fear of being watched by a duck
- 20) Ablutophobia- Fear of washing or bathing.

Compiled by Hiral Patolia  
(T.Y.B.Pharm.)

## MAGIC OF SCIENCE

Here are some scientific tricks.....

### 1. FEEL THE SNOW

Sodium polyacrylate polymer when added to water produces snow.

### VANISHING WATER

The same polymer can be used to make water disappear from glass. It completely absorbs water and no liquid remains.

### 2. BURNING ICE

In a glass container Calcium carbide is taken and ice is added to it. Upon heating the ice starts to burn. It is actually the calcium carbide burning at the bottom of the container that produces acetylene gas.

### 3. CREATE VACUUM OR LIFT UP!

A lighted match stick when put in a covered glass beaker goes off and creates vacuum. The beaker can now be lifted only with the help of its cover.

### 4. MEMORY WIRE

A word is made with the wire e.g. HOT and heated. The wire is allowed to cool down and reshaped to a new word. But when heat is provided again, for instance, by pouring a hot cup of tea on it; the wire immediately comes back to its initial shape HOT and the word is now clearly visible.

### 5. TURNING GOLDEN

The trick is to show a silver metal turning to gold. Here a chain composed of copper and zinc can be used. This chain on applying heat turns golden in color. On applying heat, copper and zinc which is silver turns to brass which is golden.

Compiled by Snehal Bansode  
(T.Y.B.Pharm.)



## PLACEBO AND NACEBO EFFECT -THE ABILITY TO HEAL OR HARM

'Placebo' is a Latin word which means 'I shall please'. Scientifically it is a medicine or a procedure prescribed for psychological benefit to the patient rather than for any physiological effect. It is an example of the law of attraction in action, when a patient truly believes the tablet is cure; he receives what he believes and is cured.

Placebo treatment is mainly used to cure a patient who in opinion of a physician does not require an active drug. Mind can make heaven or hell out of life is a truism that helps the patient when confronted by a health condition that does not have an immediate cure. The will to live and a strong faith that he or she can surmount the problem with health sustaining drugs do play an important role in maintaining life.

It has been observed by doctors in various parts of the world that patients can live a longer life due to placebo effect. Placebo is highly variable for instance it may induce sleep on the first night but not subsequently and thus, plays an important role in therapeutics. Substances commonly used as placebos are distilled water injections and lactose tablets.

Nacebos: It is the converse of placebo. A Nacebo is something that should be innocuous but which causes symptoms of ill health. A Nacebo effect is caused by a suggestion or belief that something is harmful.

Well, Placebo or Nacebo, it all depends on the power of one's mind and is a scientific example of how you can heal your own self.

So just be positive and be healthy!!

**Kinnari Arte**  
(F.Y.B.Pharm.)

## RULES OF THE LAB

- If an experiment works, something has gone wrong.
- When you don't know what you're doing, do it neatly.
- Experiments must be reproducible; they should fail the same way each time.
- First draw your curves, then plot your data.
- Experience is directly proportional to equipment ruined.
- Always keep a record of your data. It indicates that you have been working.
- To do a lab really well, have your report done well in advance.
- If you can't get the answer in the usual manner, start at the answer and derive the question.
- In case of doubt, make it sound convincing.
- Do not believe in miracles - rely on them.
- Team work is essential: it allows you to blame someone else.
- All unmarked beakers contain fast-acting, extremely toxic poisons.
- No experiment is a complete failure. At least it can serve as a negative example.
- Any delicate and expensive piece of glassware will break before any use can be made of it.

# Out of the Box



## SEARCH THE WORD

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

### FIND YOUR DRUGS!

Albendazole	Ketoconazole	Captopril	Fluorouracil
Paracetamol	Rifampin	Chlorpromazine	Acyclovir
Ibuprofen	Atorvastatin	Warfarin	
Propanolol	Verapamil	Pancuronium	
Quinine	Probenicid	Dapsone	
Neostigmine	Streptomycin	Metformin	

Siddhi Kanakiya  
(T.Y.B.Pharm.)





## GUESS YOUR SENIORS!!

- 1) Origami Master
- 2) GRE Topper
- 3) King of Hogathon
- 4) Comedian of MET
- 5) Star of Volley Ball player; ladko ko bhi peeche chodnewali
- 6) T.Y. ki multi tasker, Topper, dance as well as sports
- 7) S.Y. ka chotu
- 8) Chota packet bada dhamaka
- 9) Current most senior IPA member
- 10) T.Y. ka Bheem
- 11) Paras patharka Ansh
- 12) S.Y. ka Hrithik Roshan
- 13) MET ka damad
- 14) T.Y. ke Lata Mangeshkar aur Asha Bhosle
- 15) MET ka Hussain



**Answers**  
1) Vinod Choudhary 2) Pathik Desai 3) Luke D'Silva 4) Nilesh Jadhav 5) Yutika Shirsat 6) Shriyal Mehta 7) Rizwan Khan 8) Munira Lolwala 9) Ankita Jadhav 10) Mo'in Amrelia 11) Paris 12) Yash Sancheti 13) Amol Rakamutha 14) Jai Vaidya ; Sangeeeta Nataraman 15) Viraj Khasgiwale

# Beyond Education



## AMAZING FACTS

- The Spanish national anthem has no words.
- It would take 1,200,000 mosquitoes, each sucking once, to completely drain the average human of blood.
- People who respond to text messages instantly are easily annoyed when someone takes too long to respond.
- You have a second brain in your gut, called the Enteric Nervous System. This is where the term 'gut feeling' comes from.
- It is estimated that the song "White Christmas" by Irving Berlin is the best selling single in history with over 100 million copies sold.
- Paul McCartney earns nearly half a million dollars every year from his Christmas song, which many critics regard as his worst song ever.
- At a jet plane's speed of 1,000 km (620mi) per hour, the length of the plane becomes one atom shorter than its original length.
- Outside the USA, Ireland is the largest software producing country in the world.
- If the amount of water in your body is reduced by just 1%, you feel thirsty. If it's reduced by 10%, you'll die.
- Bill Gates' first business was Traff-O-Data, a company that created machines which recorded the number of cars passing a given point on a road.
- Because metal was scarce, the Oscars given out during World War II were made of wood.
- Dolphins sleep with one eye open!
- Rats multiply so quickly that in 18 months, two rats could have over a million descendants.
- Human birth control pills work on gorillas.
- Yawning doesn't always necessarily mean you're tired, it also means your brain needs more oxygen.
- Tiger Shark Embryos Fight Each Other In Their Mother's Womb. The Survivor Is Born.
- Former US President Bill Clinton Only Sent 2 Emails In His Entire 8 Year Presidency.
- Ironically, the human mind tends to forget the things it should remember and remembers the things it should forget.
- The growth of cancer cells can be slowed down by consuming Marijuana.
- When you eat celery, you burn more calories digesting it than you do consuming it. So eating celery is technically exercise.
- Have you ever used Nokia 1100? Be proud, it was the best-selling electrical gadget in history with more than 250 million pieces sold.
- A can of soda a day increases your chances of getting type 2 diabetes by 22 %.
- The "Gangnam Style" video has surpassed 2 billion views on YouTube and is the first YouTube video in history to do so.
- Sleeping is a cure to forget about pain, problems, stress and everything for a while.

Compiled by Mamata Jain  
(T.Y.B.Pharm.)

# Beyond Education



## MUSICOPHILIA

Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything. – Plato

What an odd thing it is to see an entire species — billions of people — playing with, listening to, meaningless tonal patterns, occupied and preoccupied for much of their time by what they call “music.” Yet it has no concepts, makes no propositions; it lacks images, symbols, and the stuff of language. It has no power of representation. It has no necessary relation to the world.

So much so, there are rare humans who may lack the neural apparatus for appreciating tones or melodies. But for virtually all of us, music has great power, whether or not we seek it out or think of ourselves as particularly “musical.”

We humans are a musical species no less than a linguistic one. This takes many different forms. All of us (with very few exceptions) can perceive music, perceive tones, timbre, pitch intervals, harmony, and (perhaps most elementally) rhythm. We integrate all of these and “construct” music in our minds using many different parts of the brain.

Music expresses only the quintessence of life and of its events, never these themselves. The power to perceive (or imagine) music may be impaired with some brain lesions; there are many such forms of amusia. On the other hand, musical imagery may become excessive and uncontrollable, leading to incessant repetition of catchy tunes, or even musical hallucinations. In some people, music can provoke seizures. There are special neurological hazards, “disorders of skill,” that may affect professional musicians. The normal association of intellects and emotions may break down in some circumstances, so that one may perceive music accurately, but remain indifferent and unmoved by it or, conversely, be passionately moved, despite being unable to make any “sense” of what one is hearing.

William James referred to our “susceptibility to music,” and while music can affect all of us — calm us, animate us, comfort us, thrill us, or serve to organise and synchronize us at work or play — it may be especially powerful and have great therapeutic potential for patients with a variety of neurological conditions. Such people may respond powerfully and specifically to music (and sometimes, to little else). Some of these patients have widespread cortical problems, whether from strokes or Alzheimer’s or other causes of dementia; others have specific cortical syndromes—loss of language or movement functions, amnesias, or frontal-lobe syndromes. Some are retarded, some autistic; others have sub cortical syndromes such as Parkinsonism or other movement disorders. All of these conditions and many others can potentially respond to music and music therapy.

Music washes away from the soul, the dust of everyday life.

**Munira Loliwala**  
(T.Y.B.Pharm.)

## WORLD’S 8 SUPERB SENTENCES

**Shakespeare:**

Never play with the feelings of others because you may win the game but the risk is that you will surely lose the person for a life time.

**Napoleon:**

The world suffers a lot not because of the violence of bad people, but because of the silence of good people!

**Einstein:**

I am thankful to all those who said NO to me. It’s because of them I did it myself.

**Abraham Lincoln:**

If friendship is your weakest point then you are the strongest person in the world.



# Beyond Education



**Shakespeare:**

Laughing faces do not mean that there is absence of sorrow! It means that they have the ability to deal with it.

**William Arthur:**

Opportunities are like sunrises, if you wait too long, you can miss them.

**Hitler:**

When you are in the light, everything follows you, but when you enter the dark, even your own shadow doesn't follow you.

**Shakespeare:**

Coins always make sound but currency notes are always silent. So when your value increases keep quiet.

**Compiled by Hiral Patolia**  
(T.Y.B.Pharm.)

## WORRY – THE SILENT KILLER

Worry is a slow poison. If you spend a lot of your time focused on and worrying about things that might happen or would happen, you are doing harm to yourself. The fast pace and complicated lifestyle contributes largely to our anxieties. It has been proved by all medical researchers that worry is a major cause of heart ailments, blood pressure, rheumatism, ulcers, asthma and many other diseases.

Two major causes of worry that can be easily controlled by most of us are tomorrow and yesterday. So much involvement is gone into worrying about yesterday and tomorrow that the feeling of TODAY is almost vanished.

Yesterday is history.

Tomorrow is a mystery.

Today is a gift.

That's why it called the PRESENT!!!

**Sayali Raut**  
(S.Y.B.Pharm.)

# The Captures



Aakash Kothari (T.Y.B.Pharm.)



Aakash Kothari (T.Y.B.Pharm.)



Sangeeta Natarajan (T.Y.B.Pharm.)

# The Captures



Amol Rakamutha  
(Final Year M.Pharm.)



Yash Sancheti  
(S.Y.B.Pharm.)



Aniket Narkar  
(S.Y.B.Pharm.)



Vyoma Gandhi  
(F.Y.B.Pharm.)



Vyoma Gandhi  
(F.Y.B.Pharm.)



# The Captures



Aniket Narkar (S.Y.B.Pharm.)



Aniket Narkar (S.Y.B.Pharm.)



Hiral Patolia (T.Y.B.Pharm.)



Hiral Patolia (T.Y.B.Pharm.)



Hiral Patolia (T.Y.B.Pharm.)



Nikhil Bhitre (S.Y.B.Pharm.)



# The Captures



Nikhil Bhitre (S.Y.B.Pharm.)



Nikhil Bhitre (S.Y.B.Pharm.)



Prasad Vichare (T.Y.B.Pharm.)



Prasad Vichare (T.Y.B.Pharm.)



Prasad Vichare (T.Y.B.Pharm.)



Prasad Vichare (T.Y.B.Pharm.)





# MET Hussains



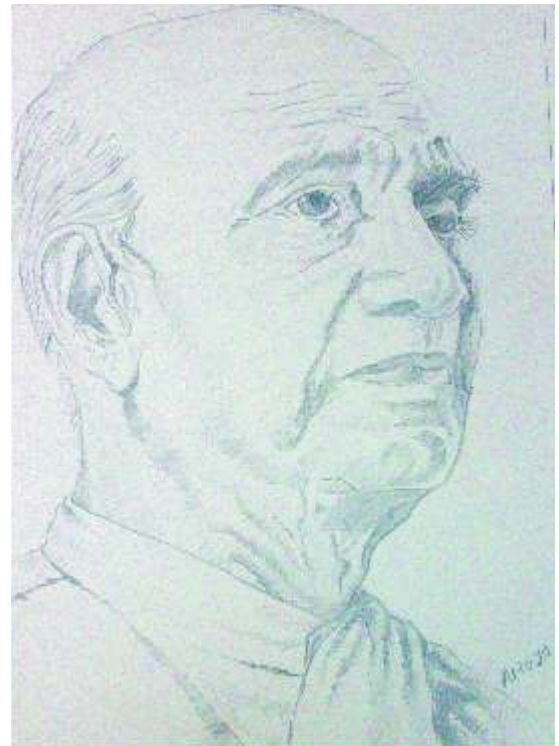
Aarohi Phatak (T.Y.B.Pharm.)



Aarohi Phatak (T.Y.B.Pharm.)



Anuja Tikhe (S.Y.B.Pharm.)



Anuja Tikhe (S.Y.B.Pharm.)



Anuja Tikhe (S.Y.B.Pharm.)



Anuja Tikhe (S.Y.B.Pharm.)



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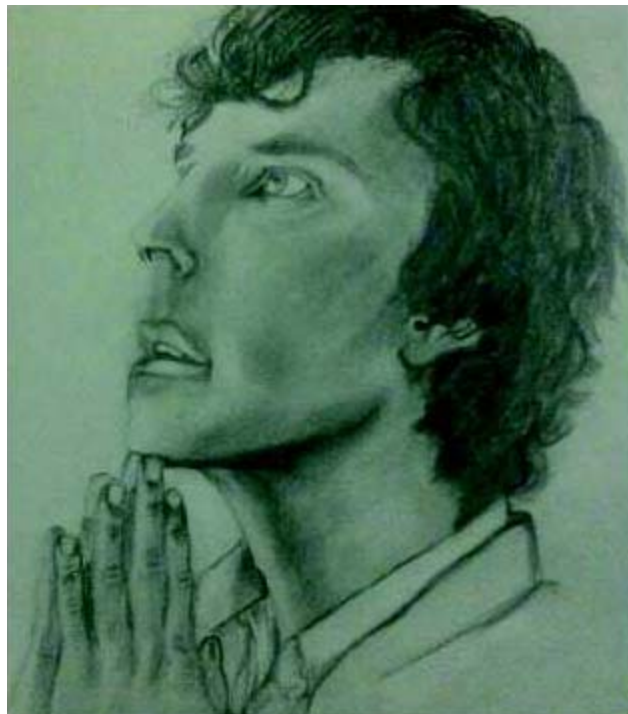
Dr. U. B. Hadkar (Director, MET IOP)



# MET Hussains



Preet Joshi (Final Year B.Pharm.)



Preet Joshi (Final Year B.Pharm.)



Swamini Bhogale (T.Y.B.Pharm.)



Viraj Khasgiwale (T.Y.B.Pharm.)



# MET Hussains



Swamini Bhogale (T.Y.B.Pharm.)



Swamini Bhogale (T.Y.B.Pharm.)



Swamini Bhogale (T.Y.B.Pharm.)



Viplav Kshirsagar (S.Y.B.Pharm.)



Viraj Khasgiwale (T.Y.B.Pharm.)



Viraj Khasgiwale (T.Y.B.Pharm.)



Viraj Khasgiwale (T.Y.B.Pharm.)

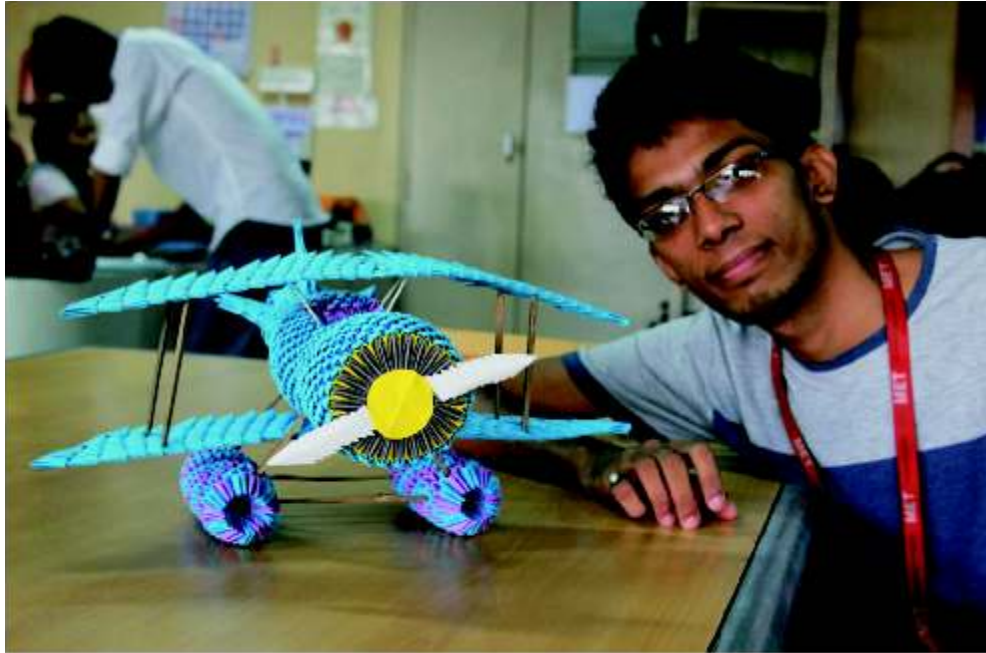


Viraj Khasgiwale (T.Y.B.Pharm.)



# Origami

An Amazing Art



Vinod Choudhary (T.Y.B.Pharm.)



Vinod Choudhary (T.Y.B.Pharm.)



Vinod Choudhary (T.Y.B.Pharm.)

# The Hidden Poets



## DIARY

I've been a loner for a long time now,  
So long in fact that I am having a hard time remembering  
When was the last time I was with a beloved  
For a period of more than a few days or weeks.  
I was in love, more than once so to speak, quite some-time ago  
I thought it was for a life-time but it wasn't to be.  
Am I in love now? Well, I would like to believe so,  
But it just gets tougher to stay alone like this, each day.  
There have been times when I have wanted to be alone.  
Just wanted to be all by myself,  
But then there are times when I so long for a companion.  
Someone who would just be by my side.  
We would not complain, we wouldn't argue,  
We would just be with each other, in good times and bad.  
We would just sit together without even talking,  
But enjoying each other's presence and each other's silence.  
We would travel together to places  
Where we haven't been to and just be lost,  
For I know if she would be with me,  
Even as lame a thing as getting lost  
Would perhaps be the most romantic thing to do.  
We would just drive around town on late nights  
While old Hindi songs would play in the background, on the radio.  
And without saying a word, she would say a thousand things  
Just by glancing at me once.  
I long for that love.  
I long for that companionship.  
I feel haunted at times, by all this loneliness.  
Even God doesn't know what I would give to have her by my side  
Right now as I lie almost senseless,  
like a zombie on the bed and type my heart out.  
I hope somewhere she is reading this and feeling the same.  
For I know, how much I love her and care for her  
And long for her to be here with me.  
They say, God has a plan for everybody but I say,  
If there is any God up there or wherever Gods are supposed to be,  
He doesn't have ANY plans whatsoever for me,  
Especially when it comes to matters of love or the heart.  
I have always been an utter failure at that,  
And from how things are progressing,  
I don't see much hope but more heart-break  
And a life devoid of love, affection and care.  
Don't I deserve to feel loved?  
Is wanting to be with someone whom you love a sin?  
Well, I think He would like to believe so, when it comes to me.  
And then they say, He has plans for everybody.  
Plans. What plans?

**Nikhil Bhitre**  
(S.Y.B.Pharm.)



# The Hidden Poets



## IT TAKES PERSISTENCE TO REACH A GOAL

Your persistence is the measure of faith in yourself.  
Persistence means taking pains to overcome every obstacle, to do all that's necessary to reach your goal.  
Your success in anything is connected with action.  
Keep moving towards your goal.  
Although you make mistakes don't quit.  
You may even have to hang on after others have let go.  
The only people who fail are those that do not try.  
All great achievement takes time.

**Sayali Raut**  
(S.Y.B.Pharm.)

## WINTER

A modern take on winter-  
The sparrows are chirping as always,  
The dogs are howling like mad!  
'Tis the sun that has woken up early today,  
Earlier than the heavenly sun!

The rats aren't scampering around anymore,  
Because the cold draught has left a chill in their bones!  
A chilly mist obscures the skyline of this great city,  
Hiding, not showing, yet making us see!

A shadow is preferable to the shade,  
Some warm cutting chai is highly welcome!  
And kids, they'd rather not play anymore,  
Lest an early sunset breaks their hopes!

The air is filled with a sense of foreboding,  
Warming us against that bad cold we might just catch!  
Don't you anger the season Gods,  
One step out and you might never come back!

The news anchors are all ready to pounce onto this new juicy piece,  
How the winter has brought the city to its knees!  
The season is changed, the world is unraveling,  
For winter has come my friend winter has come!

**Siddhi Kanakiya**  
(T.Y.B.Pharm.)

# The Hidden Poets



## मराठी चारोळी

१. माझं कोणावर प्रेम नाही  
असं मी म्हणत नाही  
कारण त्याशिवाय मला  
असं लिहिणं जमत नाही
२. तुझ्या—माझ्या स्वभावात  
साम्य आहे  
म्हणून तुला  
प्रत्येक चूक क्षम्य आहे.
३. माणसा—माणसातही  
भेद असतो  
प्रत्येकाच्या मनात दुसऱ्याविषयी  
छेद असतो
४. तुझ्या आठवणीपासून  
मनाला मी दुसऱ्या वाटेवर नेलं होतं  
नेमक्या त्याच वाटेवर  
तू मला अडवलं होतं
५. प्रत्येकाच्या बोलण्यात  
वेगळाच अर्थ आहे  
पण माझ्यापुढे त्यांचे  
बोलणं व्यर्थ आहे
६. जीवन जगायचं नसतं  
अनुभवायचं असतं  
गोड—कडू स्मृतींनी  
चाखायचं असतं
७. माणसाच्या मनाचा  
कोणालाच लागत नाही ठाव  
आणि म्हणूनच मिळतो  
माणसा—माणसांतील विश्वासघाताला वाव.

Mrs. Manisha Barve  
(Librarian)

## हिन्दी

१. यह दुनिया देखो तो  
दोस्तों से भरी है ॥१॥  
और चाहो तो दुश्मनों से खाली है  
बस अपनी नजर बदलो यारो  
जिंदगी अपनों से भरी है ॥२॥
२. मैं राह देखती हूँ  
नज़रिया बदलनेका  
पर मैं खुद नहीं बदलती ॥१॥  
क्योंकी मैं 'अच्छी हूँ'  
यह साबित करने की  
जरूरत मुझे कभी नहीं पडती ॥२॥
३. टूटे हुए रिश्ते को  
प्यार सिमट लेगा  
लेकीन टूटे हुए विश्वास का  
दर्द कौन बाटगाँ
४. राई का पर्वत  
बनाने वाले कम नहीं होते  
किस का  
कितना सुनना है  
और क्यों सुनना है  
यह समझने वाले  
कभी दुःखी नहीं होते
५. जहाँ 'मैं' आया  
वहाँ से 'हम' गया  
जहाँ 'नफरत' आयी  
वहाँ से 'प्यार' गया

Mrs. Manisha Barve  
(Librarian)

# The Hidden Poets



मराठी चारोळी

१. अर्घवट राहिलेल्या प्रेमकथा  
लोकांच्या लेखी व्यर्थ असतात  
पण मला विचाराल तर  
त्याच खऱ्या अमर असतात

२. माणसा — माणूस म्हणून  
जगण्यातच अर्थ आहे  
नाही तर जीवनच काम  
या जन्माचा क्षण—क्षण व्यर्थ आहे

**Mrs. Manisha Barve**  
(Librarian)

‘मन’ फुलपाखरु

मनाने ठरवले फुलपाखरु व्हावे  
नानाविध फुलांसोबत हितगूज करावे  
फुलांच्या रंगात मिसळून जावे  
पानाफुलावाऱ्यासोबत प्रफुल्लित व्हावे  
एकाच ठिकाणी न थांबता दुनियाभर फिरावे  
नवनवीन वातावरणात आनंदून जावे  
थांबला तो संपला हे ब्रीद ध्यानी ठेवावे

फुलांसोबत काट्यांचे महत्त्वही जाणावे  
जीवनातील सुखदुःखांना सामावून घ्यावे  
सुखांनी खूष व्हावे, दुःखानी नाउमदे न व्हावे  
स्वप्नांच्या पंखांनी विश्वात फूलपाखरु होऊन फिरावे  
यालाच सुखी जीवनाचे रहस्य मानावे

**Mrs. Bhagyashri Joshi**  
(Associate Professor)

आयुष्य हे सुंदर असतं....

आयुष्य हे सुंदर असतं,  
हे ज्याचं त्यानं ठरवायचं असतं।

स्वप्न फेरारीचं बघायचं की,  
अपना बजाजमध्ये सुख शोधायचं!

डिग्री घेऊन सुशिक्षित व्हायचं की,  
संस्कार जोपासून सुसंस्कृत व्हायचं!

आईवडिलांच्या कष्टाची जाणीव ठेवायची की,  
त्यांच्या उतारवयात वृद्धाश्रमाचा चेक फाडायचा।

आयुष्य हे सुंदर असतं,  
हे ज्याचं त्यानं ठरवायचं असतं!

स्वबळावर नवनवीन देश पादाक्रांत करायचे की,  
मराठीपणाच्या चौकटीत स्वतःला जखडून ठेवायचं!

whatsapp वर स्वतःचं मनोरंजन करायचं की,  
आपल्या सानुल्यासोबत सारीपाटात रमायचं।

जोडीदारासोबत शरदाचं चांदणं शिंपायचं की,  
समाजाच्या जोखडात वेळोवेळी मरायचं!

जन्माला आलो म्हणून आयुष्य रेटायचं की,  
एकच जन्म आहे म्हणून आयुष्य जगायचं!

आयुष्य हे सुंदर असतं,  
ते ज्याचं त्यानं ठरवायचं असतं।

**Ms. Snehal Bansode**  
(T.Y.B.Pharm.)

# The Hidden Poets



समजत नाही मी, घडलो की बिघडलो....

हुशारी मिळवताना, शहाणपण विसरलो  
तंत्रज्ञानामागे धावताना, आत्मज्ञान विसरलो  
पैसा हीच शक्ति समजून, ईश्वरभक्ति विसरलो  
समजत नाही मी घडलो की बिघडलो.....

सुख शोधताना, जीवनाचा बोध विसरलो  
सुखाची साधने वापरताना साधना विसरलो  
भौतिक वस्तूंच्या शोधात नैतिकता विसरलो  
समजत नाही मी घडलो की बिघडलो

स्वतःमध्ये गुंतलो दुसऱ्याला विसरलो  
सतत धावताना क्षणभर थांबणं विसरलो  
सुखासाठी धडपडताना सुखाने झोपणं विसरलो  
जगाच्या भुगोलात गावाला विसरलो  
समजत नाही मी घडलो की बिघडलो....२

Ms. Snehal Bansode  
(T.Y.B.Pharm.)

मेरे ख्वाब

मैंने ख्वाबों को पंख क्या दिये  
इधर से उधर वो उड़ने लगे।

एक ख्वाब भोला, नन्हा, प्यारा—सा था  
परियों के पंख लगाकर उड़ चला था।  
न कोई चिन्ता, ना ही कोई गम था  
ऊँचा और ऊँचा  
उड़ता ही जा रहा था।।

एक ख्वाब थोड़ा—सा भारी और बड़ा था  
दुनिया में अपना रुतबा चाहता था।  
पंख भी इसलिये बड़े दे दिये थे।  
नाम को उसने हासिल कर लिया था।।

एक ख्वाब थोड़ा—सा वजनदार था  
प्रेम लेना और देना वो चाहता था।  
मैंने दो जोड़ी पंख उसे दे दिये थे।  
प्रेम देकर, प्रेम हासिल कर लिया था।।

एक ख्वाब था जो इन सब पे भारी था  
दुनिया में प्रेम और भाईचारा चाहता था।  
पर ये क्या! उड़ा तो उल्टे मुंह गिर गया था  
हर तरफ से वो लहलूहान हो गया था।।

वही ख्वाब बार—बार परेशान कर रहा था  
सच करने की जिद पर, वो अड़ गया था।  
सारे पंख मैंने उसे दे दिये थे  
अपनी आशा और ताकत भरपूर दी थी।।  
पूरी शक्ति से वो अब यूँ उड़ रहा था।  
हर तरफ प्रेम और भाईचारा फैला रहा था।।।

Dr. Abha Doshi  
(Principal)



# The Hidden Poets



मुंबई १४

हे मुंबई मोहनगरी!  
तू अजून किती दुःख देणार आहेस  
आजपर्यंत आम्हाला उदासच ठेवलस  
धादांत  
जगणं  
हसणं  
दोन्ही आता जमत नाही  
तुझ्या वैफल्याने रचलेला पोवाहाही गाऊ वाटत नाही  
तुला “कॉक्रीट जंगल” म्हणून ओळखलं जातं  
तुझ्या प्रत्येक झाडाला पाहतो “सिटी सिंड्रोम”  
वेदनेत तडफताना  
तुझ्या प्रर्सनल अवयवांवरही आकाशझेप घेणारे  
टावर्स बांधलेत  
तुझ्या झूलफेत आम्ही आर्टीफिशल फुले माळतो  
माझे डोळे आतूर झालेत तुला हिरव्यागार शृंगेत पहायला  
तू आता खूपच भकास वाटतेस  
तुझ्या चेहेऱ्यावर सुरकुत्या पडल्यात  
तुझ्या मुखावर चकाकणारं तेज नाही  
तुझी जवानी मेली  
तू फक्त नावापुरती उरली आत्ता  
हे बघ मुंबई  
तुझं नि माझं दोघांचही अस्तित्व दुभंगत चाललं आहे  
मी तर स्वःताला सांभाळून घेईन  
पण  
आता तुला कुणीही वाचवू शकत नाही  
ना बुद्ध  
ना येशू  
ना अल्ला  
ना विष्णू  
तुला पाहिलयं मी मौतीच्या पायरीवर कण्हताना  
तुझ्या ह्या निर्मनुष्य शहरात राहणारे लोक  
ज्यांनी पावलापावलावर माणूसकी पायदळी तुडवली  
मी ऐकलयं त्यांना “राणीच्या बागेत” कैद केलं

म्हणे त्याचं हृदय/वागण जनरावरांपेकक्षाही  
बद्दतर आहे  
मी रोज पाहतो तुला चिरत जाणारी  
“लोकल ट्रेन” वखवखलेल्या झोपड्या  
फुटपाथच्या विष्टेवर वाढणारी पोरं  
दान वेळच्या भाकरीसाठी घडपडणारी लोकं  
उद्याच्या चिंतेत खलत राहणारी मनं  
करपलेली स्वप्न पापणीत घेऊन जगणारे  
भिकारी / वेश्या / बेरोजगार  
का पाहतो मी सांगा मला  
मीही तुझा एकेकाळी फॅन होतो  
आता वैरी झाल्यासारखं वाटतय  
हे मुंबई  
तुझ्या भविष्याचा विचार मीही करतो  
तसं मी जाणतो भविष्याचा विचार  
नसतो करायचा  
मुळात विचार हा बांडगुळासारखा येतो  
नि खुंटवतो दीर्घ आत्मयात्रा  
मग उरत नाही जगण्याला वस्तुनिष्ठता  
माझ्या मुंबई  
तू असं गाढ झोपू नकोस  
उठ आणि बघ वास्तव  
पापणी पुन्हा एकदा चोळून घे  
आणि चमकू दे बुभुळातले इंद्रधनुष्य  
मुंबई माता  
तू आम्हाला डावलू नको  
तू डोळ्यात सुरमा घालून नको टेंभा मिरवू  
तू नऊवारी लुगड नेसून सांभाळ आम्हाला  
नको फिरवु नांगर आमच्यावरून  
तूझ्या कुशीत सुखांच्या फुलांची लागवड कर  
आणि आनंदानं मळा बहरू दे  
तू स्वःताचं बारसं कर  
तूझ्या झोळीत घेऊन ये आमच्यासाठी  
गुलाब

Mr. Bhushan Bansode  
(F.Y.B.Pharm.)

# Our Family

## First Year B.Pharm.

Life is a journey with problems to solve and lessons to learn, but most of all, experiences to enjoy. We first years shared some really good experiences at MET. Teaching is not a profession or job, it is a pillar and METians have the strongest pillars. Lab assistants, store members, office members, office members and other staff members have always extended a helping hand. MET gave us many opportunities to exhibit our hidden talents by motivating us into participating in cultural activities along with studies. Seniors are the best guides for us all. We would like to end by saying that we are proud to be a part of METIOP.



## Second Year B.Pharm.





# Our Family

## Third Year B.Pharm.



## Final Year B.Pharm.

The journey that started off four years ago is finally nearing its end. And we, the students of final year have mixed feelings regarding the same. From the firsts, Rx, utsav, lumière and of course the dreaded results to the lasts of every event here at MET are worth the memories. So on behalf of the final year its just right to say, "THANK YOU FOR THE MEMORIES". We would like to send in our regards to the teaching as well non teaching staff for making us feel at home here. Also a thank you to our trustees and to everybody associated with our crazy batch and bearing our mad acts for four years. Last but not the least best wishes to our beloved juniors.





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# Glitterati

## A walk down the Memory Lane...





# Glitterati





# Glitterati



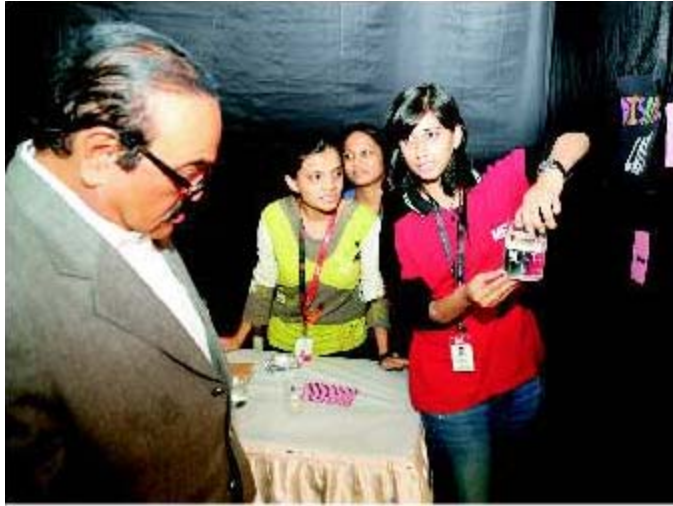


# Glitterati





# MET UTSAV 2015 - A GLIMPSE





# MET UTSAV 2015 - A GLIMPSE



## UTSAV WINNERS

- Langdi (Girls) – Gold
- Langdi (Boys) – Gold
- Kho-Kho (Boys) – Silver
- Kho-Kho (Girls) – Gold
- Lemon and Spoon – Gold
- Lawn Tennis (Girls) – Silver
- Shot Put (Boys) – Bronze
- Box-Cricket (Girls) – Gold
- Skipping Race (Boys) – Gold
- Skipping Race (Boys) – Silver
- Skipping Race (Girls) – Silver
- Carrom Doubles (Boys) – Silver

# MET UTSAV 2015 - A GLIMPSE



An official attempt for the Largest 3D origami in Limca Book of Records.

## Special Thanks To

Mr. J.G.Irani, Mr. Ashish Shrivastava, Mr. Pravin Gangan, Mr. Pranav Govekar and Ms. Mona Patel  
Mrs. Priyanka Jain  
Dr. Rashmi Shrivastava  
Ms. Vrushali Keer  
Mr. Milind Damle  
Mrs. Manisha Barve  
Ms. Sahana Ray (Final Year B.Pharm.)  
Mr. Prasad Vichare (T.Y.B.Pharm.)  
Mr. Moin Amrelia (T.Y.B.Pharm.)  
Ms. Neeraja Chimote (T.Y.B.Pharm.)  
Mr. Aakash Kothari (T.Y.B.Pharm.)  
Mr. Pranil Chavan (T.Y.B.Pharm.)  
Mr. Luke D'Silva (T.Y.B.Pharm.)  
Mr. Nipun Paleja (T.Y.B.Pharm.)  
Mr. Aniket Narkar (S.Y.B.Pharm.)  
Mr. Nikhil Bhitre (S.Y.B.Pharm.)  
Ms. Kinnari Arte (F.Y.B.Pharm.)

Last but not the least, the student council and the students of MET IOP for their never ending support.



