

The Nest

NURTURING SHARP MINDS

PHARMACY ENRICHES
THE GREEN CYCLE OF LIFE



A Student Council Presentation 2015 - 2016
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, and Tianjin University, China, Hawaii University in participation with the University of Mumbai. MET also has strategic institutional collaborations with the Association of Chartered Certified Accountants (ACCA), UK, Mountbatten Institute, UK, Edith Cowan University, Australia and the Global School of Management for alliances with various Universities in Australia and Canada.



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.

Vision and Mission

- Vision: MET IOP has a vision to be recognized as one of the leading institute 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 society at large.
- Mission: MET IOP 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 in the various facets of the field of pharmacy and contribute to improving the quality of life.

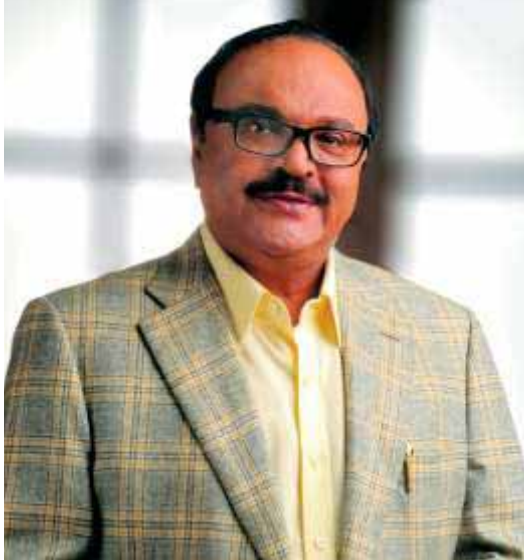
Program educational objectives

The pharmacy program for the under graduate students aims to achieve the following educational objectives:

- To develop technical competencies in order to meet the needs of the pharmaceutical industry
- To empower them to be responsible and ethical members of the health care system
- To shape their personality to become dynamic pharmacy professionals To develop an inclination to pursue higher education



From the Chairman's Desk



Chhagan Bhujbal
Chairman, Mumbai Educational Trust

*"All of us do not have equal talent,
but all of us should have equal opportunity."
- John F. Kennedy*

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*
- Ranked 4th Best Marketing Communication & Advertising Management School (All India) and 4th Regional Best Media School (West) by The Edutainment Show 2015
- 6th Best Ad School in India by The Edutainment Show in 2014
- MET is a Ph.D. Research Centre of University of Mumbai & Savitribai Phule Pune University in Management and Computer & Mechanical Engineering
- MET is an approved Training Partner of the National Skill Development Corporation
- MET has the best e-enabled state of the art infrastructural facilities
- Focus on delivery of lifelong learning skills to build 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
- Sensitising the students towards social causes through CSR programmes: Save Water, Project TRUTH, Vidya Shakti, MET Seva, Swachha Bharat Abhiyan
- Annual salary packages ranging from Rupees Five Lacs to Eighteen Lacs
- Live management threshold and leadership, ownership, trusteeship modules
- Strong alumni base of over 15,000 students
- Freeship awards for meritorious students
- Excellent placement opportunities in India and overseas
- Unique Life Management sessions to create a holistic manager & human being
- MET has an MoU with Global School of Management for academic alliances with leading universities and institutes from UK, USA, Canada, Singapore and with Questconnect, Australia
- Superior intellectual capital armed with knowledge and experience
- Well-networked with the best of corporate in India and abroad
- Global faculty and international knowledge sharing modules
- Sensitising the students towards social causes through MET Seva CSR programmes
- In participation with the Mumbai University, MET has association with the Tianjin University, China and the Hawaii University
- International alliance with the Michigan State University
- Unique partnership with the Chartered Insurance Institute, London
- MET and ACCA (UK) have collaborated to launch eMBA Finance - ACCA (UK)
- MET along with Six Sigma and ValuerHR has set up the Centre of Excellence – Finance
- MET has an academic understanding with Sprott Shaw College, British Columbia, Canada and the Mountbatten Institute, UK
- MET has an Institutional linkage with Edith Cowan University, Australia

* 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

You are always happy to meet your old friends and dive into the past to revive the glorious moments. This year long awaited alumni meet was held on 9th Jan 2016 and was attended by over 200 students. I thank Mrs. Bhagyashri Joshi, Dr. Vijaya Patil and Mrs. Priyanka Jain, our faculty members, for making this event a grand success.

Now a days the principle debate is about "Intolerance". But a few days back I read in a newspaper that Rahim had a fresh lease of life after a kidney was donated to him by Ram. It shows communal harmony. Against this back drop, the debate on "Intolerance" appears to be futile and meaningless.

On the academic front, I am not happy with the performance of students. In general, the quality of education is going down as the admission criteria is being relaxed considerably. Our teachers are doing their best to bring the students upto the mark. I am happy to state that one of our faculty members Mrs. Poonam has completed her Ph.D program.

This year we are again busy with NBA accreditation process and principal Dr. Abha Doshi and all our faculty members are extremely busy compiling the data for the inspection.

I highly appreciate the efforts put in by our students to perform the skit written by Mr. Bhushan Bansode to highlight the drought hit life of farmers in Maharashtra and attracting a donation of rupees forty five thousand from the students and staff of MET –IOP. The amount was handed over to Mr. Makarand Anaspure for the "NAAM FOUNDATION" formed by the actor Nana Patekar.

I take this opportunity to thank our honorable Trustees Shri Chhagan Bhujbal, Mrs. Meenatai Bhujbal, Shri Pankaj Bhujbal, Shri Sameer Bhujbal for raising this gigantic institute "Bhujbal Knowledge Center", an educational complex, giving us an opportunity to serve the students community and the society at large. I also thank Mrs. Shefali, Mrs. Vishakha Bhujbal for their support throughout the year.

I also thank our cultural in-charges Dr. Sonali Naik and Mrs. Aushima Dasari as well as the "Nest" editorial board comprising of Ms Tania D'cruz, Tanvi Kamat and Kinnari Arte for the pains taken to compile this magazine well in time. Thanks also are due to Marcom Head, Mr. Irani, Mr. Ashish & the Marcom team for the guidance given to our students in designing the magazine.

Never rest in life..... March on and on and on .

From the Principal's Desk



Dr. Abha Doshi
Principal,
MET IOP (Degree)

New year, new hopes, new goals and new achievements!!!! 2016 has arrived with a renewed energy and enthusiasm. We are the same people but with lots of positive outlook. No one ever loses his eye sight when he looks at the brighter side!!! And the brighter side of the MET family was the Alumni meet that was held earlier this year. Not only did it witness record attendance but also great zeal. The past glory of MET, our students guided the current batches on various career options as well as motivated them for higher education. One very important concept that will now evolve is the student Alumni mentorship programmes where they would guide the students for selection of the right career and many other aspects.

This year has also seen good overall performance in the intercollegiate Rx festival. Students have showcased their talents in various events and have brought laurels to METIOP. MET Utsav has also seen a wide participation of students.

An arrow can only be shot only by pulling it backward. When life is pulling you back with difficulties, my dear students, it means it is going to launch you into something great. So just focus and keep aiming. The energy of mind is the essence of life and we at MET strive continuously to nurture sharp minds. In the era of globalisation; there are many opportunities that would knock your door. Grab them to the fullest of your potential.

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) Ms. Aushima Dasari, Dr. Sonali Naik, Dr. U.B.Hadkar, Dr. Abha Doshi, Dr. Vijaya Patil, Mrs. Poonam Advani
Second Row: (L To R) Dr. Rashmi Srivastava, Mrs. Priyanka Jain, Mrs. Nikita Sanghvi, Dr. Vaishali Dixit, Mrs. Bhagyashri Joshi, Mrs. Sheeja Koliyote
Third Row: (L To R) Dr. Madhura Vaidya, Dr. Radhika Raheja, Mrs. Sindhu Menon, Ms. Vrushali Keer.

Non-Teaching Staff

Over these years, MET has not only been an institute but has also become our home. The staff and students have always made us feel like family. The love and warmth has made us work better. We are glad that issues like lab safety are being made aware of.



First row: (L to R) Mrs. Manisha Barve, Asavari Hadkar, Dr. U.B.Hadkar, Dr. Abha Doshi, Mrs. Manasi Vaidya, Mrs. Priya Sawant.
Second row: (L to R) Mr. Pramod Pawar, Mr. Prashant Rane, Mr. Gurunath Pednekar, Mr. Sunil Mohite, Mr. Sudhir Ayare, Mr. Pradeep Jadhav, Mr. Sanjay Katkar, Mr. Dattaram Bhure.
Third row: (L to R) Mr. Sanjay Palav, Mr. Dinesh Khanvilkar, Mr. Ajay Mali, Mr Mahendra Suve, Mr. Pramod Karbhari, Mr. Yuvraj Thakre, Mr.Ghanshyam Kambli.



From the Cultural In-Charge

Another exuberant year at METIOP has gone by!! An year filled with zeal, vigour and liveliness. The year started with a bang with Aashadhi Ekadashi "Dindi" followed by a highly successful Blood Donation Camp, a warm welcome extended to our Freshers through the 'cartoon-studded' Fresher's party, our scintillating annual function "Lumiere", a relaxing picnic to Srushti Farms, the inter-collegiate Pharmacy festival "Rx" and smashing and splendid MET Utsav.

Our students showcased great social awareness by donating blood at the Blood Donation Camp organised by the Sarvodaya Blood Bank, Ghatkopar. S.Y.B.Pharm. students took this a step further by presenting a skit on 'drought ridden farmers' in the Lumiere and initiated a movement by raising funds for the same. They donated Rs. 45,000/- to Naam Foundation for this social cause.

We congratulate the Junk Jamming and Throwball teams for winning the trophies for the first and second place in the Rx festival. We also congratulate all MET Utsav winners for winning the first place in Box cricket, khokho, dodgeball and long jump. Our students are also the first runners up in basketball and hockey. Our students had the honour of inaugurating the MET Utsav by giving a breath taking 'dhol' performance. The students made us proud by giving excellent performances in dance, fashion show and compering

We congratulate our Editorial team Kinnari Arte, Tanvi Kamat and Tania D'Cruz for putting hard work and wholehearted efforts in making 'The Nest 2016' possible. We acknowledge the entire Marcom team for giving the final shape to 'The Nest' and making it a reality.

We bid farewell to our Final year B. Pharm. Students by giving them a rocking party and wish them good luck for their future endeavours.

Profound thanks and gratitude are due to our honourable trustees, Director Dr. U.B. Hadkar and Principal Dr. Abha Doshi for their unstinted support and constant encouragement. We extend our sincere thanks to Dr. S.D. Bhosale, principal of Diploma Pharmacy for his co-operation.

A big thank you to the entire teaching and non teaching staff of Pharmacy for their commitment and co-operation towards all the cultural activities throughout the year.

We highly appreciate our team of motivated and energetic student council members who have made each and every task possible through their constant efforts in the foreground and background. They proved that team work divides the task and multiplies the success.

We also appreciate the wholehearted participation of all the students for making each and every event a grand success. On this note we take your leave. We will cherish all these fond memories and unforgettable moments for a long time to come.

Dr. Sonali Naik, Mrs. Aushima Dasari

The Council Talks

"Teamwork makes the Dream work" - Anonymous

So we, the 2015-16 council saw a dream. A dream of making each and every event a success story. With our sheer determination, unity and utmost trust, we, have fulfilled our little dream.

Our council is a group of enthusiastic individuals who strived hard to make this academic year so wonderful. The experience was as much fun as it was a learning curve.

Every dream needs a little encouragement. We would specially like to Thank our Cultural Incharges Dr. Sonali Naik and Mrs. Aushima Dahotre for their hardwork and guidance. We also extend our gratitude towards our Director Dr. U B Hadkar and our principal Dr. Abha Doshi for their never ending support.

We conclude by quoting Mr. Ken Blanchard "None of us is as smart as all of us"

With this the 2015-16 Council bids adieu!

The Student Council



The Council of the Year

General Secretaries

Ms. Leesha Jain (T.Y.B.Pharm)
Mr. Yash Sancheti (T.Y.B.Pharm)

Deputy General Secretary

Mr. Rizwan Khan (T.Y.B.Pharm)

Cultural Secretaries

Ms. Anushka Nadkarni (S.Y.B.Pharm)
Mr. Audumber Deo (S.Y.B.Pharm)

Editors

Ms. Tania D'cruz (T.Y.B.Pharm)
Ms. Kinnari Arte (S.Y.B.Pharm)
Ms. Tanvi Kamat (S.Y.B.Pharm)

Sports Secretaries

Ms. Sonal Pathak (S.Y.B.Pharm)
Mr. Pritam Kamble (T.Y.B.Pharm)

Treasurers

Ms. Shreya Sathe (S.Y.B.Pharm)
Mr. Parag Betkar (T.Y.B.Pharm)

Class Representatives

Final Year B.Pharm.

Ms. Dnyanda Kadam
Ms. Hiral Patolia
Ms. Divya Yadav

Third Year B.Pharm.

Ms. Sanjana Ambre
Ms. Monika Lakhani
Mr. Chetan Thingore

Second Year B.Pharm.

Ms. Anita Chando
Ms. Mural Quadros
Mr. Gireedhar Sule

First Year B.Pharm.

Ms. Sunaina Saha
Ms. Rutuja Shinde
Mr. Adhyay Pandit



First Row: (L To R) Mr.Sudhir Ayare ,Mr. Sunil Mohite, Mr. Mahendra Surve, Dr. U.B.Hadkar, Dr. Abha Doshi, Dr. Sonali Naik, Mrs. Aushima Dasri , Mr. Adhyay Pandit.

Second Row: (L to R) Ms. Sanjana Ambre, Ms. Divya Yadav, Ms. Mural Quadros, Ms. Dnyanda Kadam, Ms. Tanvi Kamat, Ms. Shreya Sathe, Ms. Kinnari Arte , Ms. Tania D'cruz , Ms. Rutuja Shinde

Third Row: (L to R) Mr. Pritam Kamble , Ms. Hiral Patolia , Ms. Anushka Nadkarni , Ms. Leesha Jain , Mr. Chetan Thingore, Ms. Monika Lakhani , Mr. Rizwan Khan, Mr. Yash Sancheti, Mr. Parag Betkar, Ms. Sonal Pathak, Ms. Anita Chando, Mr. Audumber Deo, Ms. Sunaina Saha

IPA Talks

Indian Pharmaceutical Association Students Forum Maharashtra State Branch is a recognized organization, working to provide stage for pharmacy students all across Maharashtra in sports, art, science and health, cultural and educational fields. A number of career related as well as educational seminars, health campaigns and cultural events were organized by hard working IPA members. Cherry on the cake is the magnificent Rx festival, which brings forth the hidden talent among pharmacy students.

IPA Council Members

Vishakha Anbhore - Vise Chairperson

Yash Kandoi - Head Public Relation Officer

Aniruddha Daware - Joint Sports Secretary

Cell Members

Bhumika Pardeshi - Public Health Office

Deepashri Rane - Pharmacy Education Office

Surbhi Shelar - Editorial Committee

Nitesh Jaiswal- Student Exchange Office

Jyoti Sharma - Treasurer Committee



(L To R) Mr. Nitesh Jaiswal, Mr. Aniruddha Daware, Mr. Yash Kandoi, Ms. Vyoma Gandhi, Ms. Deepashri Rane, Ms. Surbhi Shelar

Editorial Committee

Year after year students come and go but what remains permanent are their memories. MET has not only helped us to excel in studies but has also encouraged us to participate in co curricular activities. With immense pleasure and dedication we gladly introduce 'THE NEST 2015-2016'. Through "THE NEST" We proudly highlight achievements and talents of metizans and also take you through the events (cultural and academic) of the current year.



Due to over exploitation of natural resources by pharmaceuticals we felt that it was our duty to create awareness amongst our fellow mates. Therefore we chose this year's theme as PHARMA-ENVIRONMENTOLOGY which correlates pharmacy and environment.

Rome was not built in a day similarly with our collective efforts we proudly bring our magazine to light. We would like to thank our cultural in charges that patiently helped us at every step of nurturing the magazine. We would also like to thank the students who helped us in completing this magazine. A special thanks to Mr.J.G.Irani and Mr. Ashish Shrivastava and the entire MET Marcom department for playing a critical role in building this magazine.

ABOUT THE COVER PAGE:

Nature reflects back the way you treat it. The greatest threat to our planet is the belief that someone else will save it and so we as pharmacist can put in our share by employing greener techniques to sustain the environment. The conical flask and the soil around it resembles the ideal pharmaceutical environment, which will save and sustain nature for a greener future. We should realize that a balance between pharmacy and nature is extremely essential because "Nature Is Our Ultimate Pharmacist".

Ms. Tanvi Kamat (S.Y.B. Pharm.)
Ms. Tania D'cruz (T.Y.B. Pharm.)
Ms. Kinnari Arte (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

MARATHI DIVAS

In an attempt to boost the demand of giving Marathi the status of a classical language, MET Institute of Pharmacy organised an event on the occasion of Marathi divas. Students and staff members did their best in singing songs, reciting poems and abhangas all of which were written by Marathi poets. It also included speeches emphasizing the importance of Marathi language. The show was concluded by an inspiring speech given by Dr. U.B.Hadkar who not only organised the event but also encouraged students to participate and made this event a great success. **(Held on Date: 27/2/2015)**



AASHADHI EKDASHI

The secret to move ahead is getting started. And the academic year 2015-16 started off with the celebration of aashadhi ekadashi. Beginning with the dhindi march in the college campus, the festival was followed by the endearing lezim performance by IOP students. Some students sang abhangas and songs addressing lord Vitthal as well. It concluded with an Aarti. Active participation was the key behind making this event a grand success. A special thanks to Dr. U.B.Hadkar who encouraged student's participation along with organizing the event. **(Held on Date: 27/7/2015)**



INDEPENDENCE DAY

The 69th birthday of our beloved nation was a day to remember. The day started with decorations by the students of IOP. As the sun rose higher, it was time for the flag hoisting. The flag was hoisted by the Trustees and the Chief Guest. This was then followed by singing of national anthem. The Chief Guest gave an inspiring speech on this occasion of freedom. This entire event left the people with pride, wonder, awe and a sense of responsibility towards our country. Our flag was waving high indeed! Bharat maata ki jai! **(Held on Date: 15/8/2015)**



FRIENDSHIP DAY

Each friend represents a world, a world possibly not born until they arrive. Imagine a journey in MET without the lab partner or the one whose journal is always complete or the one who always does homework!? Or the one who entertains everyone during practicles. Yes...it would be a boring and difficult journey. So the IOPians decided to dedicate and celebrate this day to all those people who made this journey worth remembering. Each class chose a band colour to showcase their unity and unbreakable friendship. F. Y.'s chose black. S. Y.'s chose purple. T.Y.'s chose blue and Final Years chose red. The selfie craze was ruling the IOPians as a class selfie competition which was won by the NTS **(Held on Date: 4/8/2015)**



THE BLOOD DONATION CAMP

There is no substitute for blood and it only comes from generous donors. MET IOP organized a blood donation camp and students of MET along with the teaching and non-teaching staff showed a great deal of participation in this munificent act. The blood donation camp was in coordination with 'Sarvodaya Hospital'. A total of 87 blood bags were collected and sent to blood bank. All blood donors were proud of themselves for saving lives.

(Held on Date: 24/8/2015)



TEACHER'S DAY

We are proud to be associated with a selective group of people who help us shape our future and are better known as teachers. With utmost respect and enthusiasm the students of MET IOP celebrated the teacher's day. The staffroom and labs were decorated as a surprise for the teachers. Students showed appreciation for their teachers by making a card with handprints of the teaching and non teaching staff which was then filled with messages from the students. The day ended on a sweet note as the cakes were cut by the teachers and non teaching staff. It's your unique guidance and methods that urges us to excel in everything we do. **(Held on Date: 4/9/2015)**



FRESHERS PARTY

Once you're done with the exhausting hassles of admissions and have finally stumbled into college, then the only thing you await for is the fresher's party, a small little function that makes the juniors know their seniors better. The S. Y.'s organized the fresher's party themed as cartoons. To make the freshers feel welcomed the students put up an amazing display of painted cartoons on the stage and the whole hall was filled with minion balloons to suit the theme. The party started with introduction of freshers who had dressed up as peculiar cartoons. This was then followed by the "Mr and Miss Fresher" competition which was won by Sanmit Shetty and Shifa Surti. To add to the entertainment there were performances from the seniors as well as the newbie's showcasing their talents. The party concluded by a DJ night as the students of MET set the floor on fire. As always the freshers indeed had a warm welcome. **(Held on Date: 1/10/2015)**



NAAM Foundation

MET IOP contributed and delivered for a social, noble cause. The degree and diploma students, faculty and staff generously contributed for the well being of the drought stricken farmers in the interiors of Maharashtra. The students of S. Y. B Pharm (Degree) put together a heart touching skit about the same and this paved way for this collaborative contribution. The lump sum cheque was presented by the team led by Dr. U. B. Hadkar and Dr. Abha Doshi of MET IOP to Shri Makrand Anaspure, leading Marathi actor and Founder, NAAM foundation which looks after and supports the cause of these affected farmers. What a way to go MET IOP! **(Held on Date: 3/10/2015)**



Campus News

The MET IOP folktale

PICNIC

Tans fade away but memories stay forever. This sums up the picnic which went to 'Srushti farms' organized by the college council. The journey to the destination was full of songs and games. Teachers, students and the non-teaching staff enjoyed the rain dance, swimming, golf, archery and what not. The highlight of the picnic was the fun filled dumb charades session. At the end this picnic was indeed a day to remember and will be cherished in our memories. **(Held on Date: 24/12/2015)**



ALUMNI MEET

It was again time for nostalgia as the alumnis of MET IOP from the year 1998 to 2015 gathered for The Annual Alumni Meet 2016. Especially for this event a core committee was formed who put their heart and soul in making the event a grand success. The event started with an invocation dance by Sangeeta Natarajan and Trupti Zingade which was followed by a message from Hadkar sir and an audio visual from Abha ma'am. The T.Y.'s rocked the dance floor which was followed by speeches from the core committee members. The alumni's played various on the spot games which was the highlight of the event. The event finally concluded with a jam session and dinner! **(Held on Date: 9/1/16)**



REPUBLIC DAY

The 67th Republic Day of India was celebrated by Mumbai Educational Trust with utmost serenity and zeal. The day began with hoisting of the flag by the Chief Guest and the Trustees which was then followed by singing of our national anthem. Speeches brought to focus the significant influence that India has been making on the world which makes us all proud of India's past and present. On this occasion the MET Gaurav awards were also bestowed on faculty and students for achieving national and international excellence in different fields. The day concluded with refreshments. **(Held on Date: 26/1/2016)**



INDUSTRIAL VISIT

The final year students were taken to Manish Pharmaceuticals Pvt. Ltd by Nikita Ma'am and Rashmi Ma'am. The students experienced a fully fledged working pharmaceutical company and quality control laboratory. They got to see and know working of my large scale machines like pan coater, granulator, fluid bed dryer and many more. It was an overall and learning and wonderful experience. **(Held on Date: 14/8/2015)**



MENTORING

Getting the most out of life isn't about how much you keep for yourself but how much you pour into others and that is what a mentor does. Youngsters need guidance in every stage of their life. One of the most influential people in our life are our teachers and taking this into consideration MET IOP has taken the initiative to bolster student teacher interaction by appointing teachers to group of students as mentors. This ensured that whenever students face any kind of problems they are free to discuss it with their mentors. This not only boosts their confidence but also helps them to improve their personality and make them a better individual altogether.



Seminars and Guest Lectures

SEMINAR

Dr. Bella Palnitkar, a practicing gynaecologist is associated with an organization named Young Concepts since last 3 year. She delivered a lecture on Woman's health awareness to the female students of MET IOP. She enlightened about various women related health problems like anaemia and the female reproductive system disorders. The lecture was then followed by a quick question answer round where she clarified the doubts of the students. The thing that we carried back home was to never neglect one's own health. The seminar was concluded with a thanking speech and a positive feedback from the students. **(Held on Date: 28/7/2015)**



LAB SAFETY

A seminar on LAB SAFETY was conducted by Ms. Munira Loliwala. As students of a pharmacy college, lab work is a critical part of our curriculum and therefore it is important to be aware of the safety precautions that need to be taken in case of an emergency. The presentation was brief and to the point and involved various examples of probable incidents that could occur.



SEMINAR ON ACNE

ACNE one word, which is every youngster's nightmare. It haunts us right from puberty and gives us many sleepless nights. To help the future pharmacists to better understand the truth and the simplicity behind it, Procter and Gamble (P&G) with the help of their wonderful team provided a great seminar on the same at MET IOP. Many points such as maintaining good health, combating facial problems were discussed. It ended by the distribution of anti-bacterial soaps. **(Held on Date: 23/12/2015)**

SEMINAR'S BY ALUMNI'S

Seminars were held on Saturday's for the T. Y. and final year students. These sessions were conducted in order to make the students aware of the current affairs of the pharma industry. The sessions were held by alumni's from various fields. They shared their knowledge and work experiences. This gave the students an insight into fields like regulatory affairs, M.S., clinical research, production etc. to name a few.



Regulations And Regulatory Affairs

The one day seminar was held in order to make students aware of the current scenario in pharma industry and its future prospects. The aim of this seminar was to give students an insight in regulations of drug manufacture. It consisted of presentations about IPR, regulatory affairs and case studies related to drug and cosmetic acts. It concluded with a intercollege poster presentation competition which was won by Yash Kandoi, Sangeeta Natarajan, Siddhi Kanakiya, Nida Siddiqui, Pranil Chavan, Vinaya Modak.

(Held on Date: 19/12/15)



The Indian Pharmaceutical Association organised RX- the intercollegiate event. It is a festival which gives an impetus to the pharmacy students to explore and showcase their talents in sports, presentations and various forms of arts. More than 4000 students from all over Pharmacy Colleges of Mumbai participate every year in Rx.

MET IOP has always been an active participant of RX and this year too we METians participated with full enthusiasm and zeal. We won many cultural events like junk jamming, throw ball, our story and were a tough competition for others.



WINNERS

Junk Jamming (Winner)

Pritam Kamble
Viplav Kshirsagar
Sachin Suryawanshi
Anuja Tikhe
Komal Sapkale
Prasad Vichare
Nilesh Jadhav
Gireedhar Sule

Our Story (Winner)

Anushka Nadkarni
Tanvi Kamat
Mural Quadros

Dub It Out (2nd Runner Ups)

Ashwini Patil
Samruddhi Kolapkar
Rahul Girap
Reshma Nair

Throw Ball (Runners up)

Sonal Pathak
Rhema Khairnar
Nida Siddiqui
Vinaya Modak
Sangeeta Natarajan
Aaditi Amberkar
Rajashree Pawar
Priya Murugesan
Trupti Zingade
Anita Chando

Lumiere

In the journey of life some days are always cherished as good memories and so will the days 1st and 3rd October be in the heart of every METizan. MET IOP celebrated its annual cultural event 'THE LUMIERE' on 1st and 3rd October

It is said that intellectuals can debate; idiots just argue... and so began the first day with the debate competition followed by one minute games and housie. There were handicraft stalls and the aroma of delicious delicacies attracted the crowd towards the food stalls. The atmosphere all around was full of enthusiasm and zeal.

Movies can and do have a tremendous influence in shaping young minds in the realm of entertainment towards the ideals and thus the second day started with the movie event where the participants enacted scenes from movies and gave their best shot. It was followed with the finale of debate competition. The singers rocked the stage during singing competition hosted by Ms.Kinnari Arte.

The informal cultural night began with the lamp lightening ceremony and was inaugurated by Dr.U.B.Hadkar (Director), Dr.Abha Doshi (Principle) and Dr.S.D.Bhosale (Principle of Diploma Pharmacy). A dance performance by every class attracted the attention and cheers of audiences but the final year(Degree)'s dance performance stole everyone's heart. This wonderful day concluded with the DJ setting the floor on fire.

LUMIERE WINNERS

1.EVENT - debate

T.Y. B.Pharm

- Apurva Patil
- Viprav Kshirsagar
- Shweta Chavan

2.S.Y.D.Pharm

- Brijesh Singh
- Shravan Gehlot
- Naresh Chaudhary

3.EVENT- Mr. and Miss Fresher's

- Sanmit Shetty
- Shifa Surati

4.EVENT- Movie Event

S.Y.B.Pharm

- Anushka Nadkarni
- Sumedh Panpatil
- Tanvi Kamat
- Bhushan Bansode
- Fardeen Shaikh
- Aditi Mane
- Sonal Pathak
- Anita Chando
- Kimaya Joshi
- Nitesh Jaiswal

5.EVENT- Singing

a. Solo

1st place

- Rajeshwar Anbhore (Final Year B Pharm)
- Vyoma Gandhi (S.Y.Bpharm)

2nd place

- Anuja Tikhe (T.Y.Bpharm)
- Sangeeta Natarajan(Final Year Pharm)

3rd place

- Audumbar Deo (S.Y.B Pharm)
- Imran Shaikh (S.Y.Diploma)

b.Duet

- Anuja Tikhe (T.Y.B Pharm)
- Bhavana Umra(T.Y.B Pharm)

Lumiere



Lumiere



MET Pragnyavant Awards (Institute Level) 2016
From 1st Jan 2015 - 31st Dec 2015

Sr. No.	Name of the Institute	Faculty / Student Name	Academic Year	Achievement
1.	IOP (Degree)	Dr. U. B. Hadkar	2015 - 16	Research paper publication in an international journal: Asian Journal of Pharmaceutical Technology
2.	IOP (Degree)	Dr. Abha Doshi	2015 - 16	Research paper publication in an international journals. Speakers in international conference "GMP 2015" in Hyderabad
3.	IOP (Degree)	Dr. Rashmi Srivastava	2015 - 16	Research paper publication in an international journal: World Journal of Pharmacy and Pharmaceutical Sciences
4.	IOP (Degree)	Dr. Poonam Advani	2014 - 15	Research paper publication in an international journal: Journal of Biomolecular Structure & Dynamics
5.	IOP (Degree)	Ms. Munira Loliwala	2015 - 16	Final Yr. B. Pharm. Student & Research paper publication in an international journal: Asian Journal of Pharmaceutical Technology
6.	IOP (Degree)	Dr. Sonali Naik	2015 - 16	Research paper publication in an international journal: International Journal of Pharmaceutical Research & Bio-science
7.	IOP (Diploma)	Dr. Suryakant Bhosale	2015 - 16	Research paper publication in an international journal: International Journal of Pharmaceutical Research & Bio-science
8.	IOP (Degree)	Mr. Vikrant Kokane	2015 - 16	M. Pharm. Student & Research paper publication in an international journal: International Journal of Pharmaceutical Research & Bio-science
9.	IOP (Degree)	Dr. Radhika Raheja	2015 - 16	Research paper publication in two international journals: 1) International Journal of Universal Pharmacy & Bio Sciences; 2) International Journal of Pharmaceutical Research & Development
10.	IOP (Degree)	Mr. Ashish Patil	2015 - 16	M. Pharm. Student & Research paper publication in an international journal: International Journal Of Pharmaceutical Research & Development

Sr. No.	Name of the Institute	Faculty / Student Name	Academic Year	Achievement
11.	IOP (Degree)	Ms. Shambhavi Bachhav	2015 - 16	M. Pharm. Student & Research paper publication in an international journal: International Journal of Universal Pharmacy & Bio Sciences
12.	IOP (Degree)	Mrs. Sheeja Koliyote	2015 - 16	Research paper publication in an international journal: Asian Journal of Pharmaceutical Technology
13.	IOP (Degree)	Mr. Rohan Shirsat	2015 - 16	M. Pharm. Student & Research paper publication in an international journal: World Journal of Pharmaceutical Research
14.	IOP (Degree)	Dr. Vijaya Patil	2015 - 16	Research paper publication in an international journal: International Journal of Universal Pharmacy & Bio Sciences
15.	IOP (Degree)	Ms. Bhavna Chauhan	2015 - 16	M.Pharm. Student & Research paper publication in an international journal: International Journal of Universal Pharmacy & Bio Sciences

MET Gaurav Awards 2016

For achievements (certificate/medal/trophy received)
during 1st Jan 2015 - 31st December 2015

Sr. No.	Name of the Institute	Faculty / Student Name	Programme/ Course Name	Achievement
1.	IOP	Mr. Vinod Choudhary	Bachelor of Pharmacy	National level Limca book of records for 3D origami peacock

Lectures Delivered

1. Dr. Vaishali Dixit delivered a lecture on "Pharmacological Techniques In Animal Research" on 9th April 2015 for workshop on 'Principle and practice of laboratory animal care' at Haffkine Institute, Parel.
2. Dr. Vaishali Dixit delivered a lecture on "Polypharmacy" on 9th January 2015 on behalf of IPA student forum.
3. Dr. Vaishali Dixit delivered a lecture on "Harmful Effects Of Drug Abuse" on 12th September 2015 at Rishikul.
4. Dr. Abha Doshi, Principal, MET Institute of Pharmacy (Degree), was invited to deliver a talk at the '4th International Summit on GMP, GCP and Quality Control' on 26th October 2015.

Under Graduate Research

Student Name	Guide	Topic	Status
Mr. Shivakumar Mancha Ms. Jaee Vaidya Ms. Dnyanda Kadam	Dr. Rashmi Shrivastava and Dr. Vijaya Patil	Isolation and anti microbial activity of volatile oils from pomelo	Ongoing
Mr. Chetan Thingore Ms. Divya Yadav	Mrs. Bhagyashri Joshi	Isolation, activity and formulation of volatile oils from lemongrass	Ongoing
Mr. Yash Kandoi Mr. Viraj Khasgiwale	Dr. Vijaya Patil	Antimicrobial activities of various plants on multiple drug resistant strains	Ongoing
Ms. Munira Loliwala Mr. Moin Amrelia Ms. Avani Parekh Ms. Vinaya Modak Ms. Manali Patki	Mrs. Bhagyashri Joshi	Evaluation and study of effects of different penetration enhancers on the in vitro ex vivo permeation of diclofinac gel	Ongoing
Ms. Jyoti Sharma Ms. Priyanka Nakka Mr. Rahul Valmiki	Mrs. Sheeja Koliyote	Herbal formulations using phytosomes	Ongoing
Ms. Sangeeta Natarajan Ms. Diddhi Kanakia	Dr. Vijaya Patil	Comparing antimicrobial activity of various marketed herbal anti acne products	Ongoing
Ms. Revati Redkar	Mrs. Bhagyashri Joshi	Hydroquinone cream	Ongoing

TOPPER LIST

FINAL YEAR

- 1) Ms. Vishakha Jain
- 2) Ms. Shreya Mhatre
- 3) Mr. Hitesh Rathod

THIRD YEAR

- 1) Ms. Siddhi Kankiya
- 2) Mr. Luke D'silva
- 3) Mr. Moinuddin Amrelia

SECOND YEAR

- 1) Mr. Pritam Kamble
- 2) Ms. Jyoti Sharma
- 3) Mr. Parag Betkar

FIRST YEAR

- 1) Ms. Tanvi Kamat
- 2) Ms. Kinnari Arte
- 3) Ms. Sanika Gad

NURTURE THE NATURE

It's not a secret that nature plays a pivotal part in the development of various new drugs. From the advent of penicillin, which heralded the dawn of the antibiotic age to aspirin which evolved from a compound found in the bark and leaves of the willow trees, all of their discoveries have nature to thank. Nearly half of all human pharmaceuticals in use now were originally derived from natural sources. Specially our ancient Indian history suggests that our ancestors made the most out of nature.

But, are we doing our part in thanking nature? Well the answer to that is definitely a no. The wastes produced by our Pharma industries somehow find their way in disrupting the well being of the normal eco-system and as its final attack, causes more harm than good to us. What good is a process for inventing and manufacturing a drug if it somehow harms its source? Nature! And if we do not want to care for nature, at least we need to start thinking for ourselves. The emission of toxic components through wastes has been on a rise as the global medication appetite is on the increase. These compounds enter directly into the environment or after some chemical modifications. These may find their way in freshwater, seepage from landfills sites, sewer lines etc. The traces of these compounds have been found in different water bodies like surface water, ground water and other drinking water sources. Though these are trace in amounts, but upon drinking such water for longer duration may lead to harmful effects. And to make things worse for us Indians, there is no regulation limiting the level of pharmaceuticals in drinking water.

What can be done to reduce this? Companies can be provided extra incentives such as extension of the patent period for drugs which are manufactured in an environment friendly way. We need to understand and realize that "Nature is the ultimate chemist" and protecting it is nothing, but protecting our future.

Yash Sancheti
T. Y. B Pharm.

ENVIRONMENTAL IMPACT OF PHARMACEUTICALS

Medicines have an important role in the treatment and prevention of disease in both humans and animals. Although the side effects on human and animal health are usually investigated in thorough safety and toxicology studies, the potential environmental impacts of the manufacture and use of medicines are less well understood and have only recently become a topic of research interest. A wide range of human medicines, including antibiotics, statins or cytotoxins used in cancer treatment, are produced and used, some in the range of thousands of tons per year. Once released into the environment, pharmaceuticals will be transported and distributed to air, water, soil or sediment. A range of factors, such as the physico-chemical properties of the compound and the characteristics of the receiving environment, will affect their distribution. The degree to which a pharmaceutical is transported between the different environmental media primarily depends on the sorption behaviour of the substance in soils, sediment-water systems and treatment plants, which varies widely across pharmaceuticals.

SUBSTANCE	CLASS	ENVIRONMENTAL EFFECT
Erythromycin	Antibacterial	Inhibition of growth cyanobacteria and aquatic plants
Tetracycline	Antibacterial	Inhibition of growth cyanobacteria and aquatic plants
Ibuprofen	Anti-inflammatory	Stimulation of growth of cyanobacteria and inhibition of growth of aquatic plants

Diclofenac	Analgesic	Inhibition of basal EROD activity in cultures of rainbow trout hepatocytes
Propanolol	Beta blocker	Weak EROD inducer in cultures of rainbow trout hepatocytes
Sulphamethazole	Antibacterial	Inhibition of basal EROD activity in cultures of rainbow trout hepatocytes
Clofibrate	Lipid regulator	Inhibition of basal EROD activity in cultures of rainbow trout hepatocytes
Diazepam	Antianxiety drug	Inhibition in the ability of dissected polyps from the cnidarian <i>Hydra Vulgaris</i> to regenerate a hypostome, tentacles and a foot
Digoxin	Cardiac glycoside	Inhibition in the ability of dissected polyps from the cnidarian <i>Hydra Vulgaris</i> to regenerate a hypostome, tentacles and a foot

Kinnari Arte
S.Y.B. Pharm.

DICLOFENAC...NOT GOOD FOR VULTURES

Use of diclofenac in animals has been reported to have led to a sharp decline in the vulture population in the Indian subcontinent – a 95% decline by 2003[29%] and a 99.9% decline by 2008. The mechanism is presumed to be renal failure; however toxicity may be due to direct inhibition of uric acid secretion in vultures. Vultures eat the carcasses of livestock that have been administered veterinary diclofenac, and are poisoned by the accumulated chemical, as vultures do not have a particular enzyme to break down. Three endemic vulture species *Gyps bengalensis*, *Gyps indicus* and *Gyps tenuirostris* are critically endangered following dramatic declines in South Asia resulting from exposure to diclofenac, a veterinary drug present in the livestock that they scavenge. Extensive research has identified the cause of the decline to be 'diclofenac', a non-steroidal anti-inflammatory drug (NSAID) used to treat livestock

Then vultures rapidly started disappearing from the landscape. A study in 2004 solved the mystery of why the vultures were vanishing. A veterinary drug called diclofenac was the main, if not the only, cause of vulture declines.

The manufacture of the veterinary diclofenac, as an anti-inflammatory treatment for livestock, was outlawed in India in 2006. This was followed by bans in Nepal, Pakistan and most recently in Bangladesh. The government bans in these countries has formed a key response to the crisis, and the latest evidence shows that diclofenac levels are beginning to come down.

However, diclofenac is still being found in cattle carcasses. Diclofenac formulated for humans is not banned and is still available. So there is still a lot more to do to prevent equally dangerous human diclofenac formulations as well as other untested veterinary drugs, being used in its place. Diclofenac is so devastating that we do not have many years if our threatened vultures are to be saved. Removing diclofenac and expanding the captive breeding centers are the only ways to save the birds.

Vultures provide a crucial ecosystem service through the disposal of livestock carcasses and their loss has had huge socio-economic impacts across the Indian Subcontinent. Without vultures, hundreds of thousands of animal carcasses have gone uneaten—left to rot in the sun, these pose a serious risk to human health. Livestock carcasses provide a potential breeding ground for numerous infectious diseases, including anthrax, and most worryingly, the loss of vultures has resulted in an increase in the number of feral dogs around carcass dumps—the bites of which are the most common cause of human rabies in the region. The near absence of vultures has also encouraged the proliferation of pest species, such as rats.

Snehal Bansode
Final Year B. Pharm.

TAXOL

A species of Himalayan yew trees that is used to produce taxol, a chemotherapy drug used for the treatment of cancer is pushed towards the brink of extinction by overharvesting for medicinal use and over collection for fuel wood and fodder. The medicinal tree, *Taxus contorta*, found in Afghanistan, India and Nepal, has seen its conservation status change from "vulnerable" to "endangered" on the IUCN's annual "red list" of threatened species.

Taxol was discovered by a US National Cancer Institute program in the late 1960s, isolated in the bark of the Pacific yew tree, *Taxus brevifolia*. All 11 species of yew have since been found to contain Taxol. "The harvesting of the bark kills the trees, but it is possible to extract Taxol from clippings, so harvesting, if properly controlled, can be less detrimental to the plants," said Craig Hilton Taylor, IUCN red list unit manager. The knowledge that conservation works if executed in a timely manner, yet, without strong political will, in combination with targeted efforts and resources, the wonders of nature and the services it provides can be lost forever.

Biodiversity continues to decline and governments need to take action to achieve the goal of a 10year plan that was agreed on the international biodiversity summit in Japan last year. By 2020 the extinction of known threatened species has been prevented and their conservation status, particularly of those most in decline, has been improved and sustained.

Tanvi Kamat
S.Y.B. Pharm.

LEMON AND BAKING SODA-A MIRACULOUS COMBINATION STRONGER THAN CHEMOTHERAPY

Lemon has already been proven to have strong anti-carcinogenic properties. In addition to this there are many other useful properties. Lemon has a strong effect on cysts and tumors. Citrus fruit can cure cancer. Recent studies have shown that consuming citrus fruits, specifically lemons have prevented and in some cases cured cancer. And by adding baking soda you will normalize the pH of the body which does not allow the cancer to continue to spread. A recent case-control study out of Europe showed that consuming four or more 150-gram portions per week of citrus fruit decreased the risks of throat cancer by 58 percent, oral/pharyngeal cancer by 53 percent, stomach cancer by 31 percent, and colorectal cancer by 18 percent. This study did not find a protective effect of citrus against breast cancer, but a recent American study shows that women consuming about 75 grams daily of grapefruit (fruit or juice) saw a 22% reduction of breast cancer risk if they had never used hormone replacement therapy. It is noteworthy that the protective level of citrus consumption was nearly identical in both these studies (525-600 grams per week) and could be interpreted as a minimum intake level for meaningful cancer protection. However, it's also important to know the best sources of limonoids if they are key to citrus fruit's anti-cancer properties. Lemon has a very strong antimicrobial effect with a very broad spectrum of activity against bacterial and fungal infections. Lemon is effective against internal parasites and worms, it regulates blood pressure and is a powerful antidepressant, reduces stress and nerve crises. What is the source of this information? It comes from one of the largest manufacturers of drugs, which states that after 20 laboratory tests conducted since 1970 they have proved that lemon destroys carcinogenic cells in 12 types of cancers. Lemon prevents the spread of carcinogenic cells and has 10,000 times stronger effect than drugs like Adriamycin, chemotherapy and narcotic products. Chemotherapy has horrible side effects the worst being that it destroys healthy cells, simply put it kills you. Lemon juice and baking soda, on the other hand only kills the cancer cells.

Tania D'cruz
T.Y.B. Pharm.

DRUGS HARMFUL FOR ENVIRONMENT

· Levonorgestrel is a manufactured hormone used in a number of birth Control methods. The progestin Levonorgestrel was detected in fish blood Plasma at concentrations between 8.5 and 12 ng mL⁻¹ which exceed the human Therapeutic plasma level. Studies show that the measured effluent level of Levonorgestrel in the river was shown to reduce the fertility of the rainbow trout

· Diclofenac is a popular anti-inflammatory ,arthritis drug and veterinary medicine. When given to cows it led to disfunctioning of their liver and when the carcasses of these where eaten by scavengers like Vultures and rodents it caused their death too.

· Drugs harmful to the environment also include Aspirin, Caffeine, Codeine, Antibiotics and Warfarin (a common blood thinner and sometimes a rat poison). Antibiotics, drugs used to treat mental illness and nicotine contaminate underground water because they leak out of landfills. Antibiotics in the environment are a real problem because bacteria can build up a resistance to them, which makes the medicine to treat infections less effective. Each year, 65,000 Americans die from antibiotic-resistant bacteria.

Properties of a solvent that make it 'GREEN'.

The properties that make a solvent 'GREEN' are as follows:

- i. Bio-degradable, e.g. Acetyl like Methylal, 1, 3-Dioxolane, Ethylal, Butylal, etc.
- ii. Non-VOCs, e.g. Eutectic solvents, Ionic liquid, etc.
- iii. Non-petroleum, e.g. 2-MethylTetrahydrofuran, etc.
- iv. Eco-friendly, e.g. Water, etc.
- v. Easily recycled, e.g. Supercritical Carbon dioxide, etc.

Dhanashree Pipare (F.Y.B. Pharm.)
Nikita Pukale (F.Y.B. Pharm.)

DRUGS AS POLLUTANTS

A drug is a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body which promotes human health and wellbeing but certain pharmaceuticals and personal care products (PPCPs) have made their way into our nation's waters and are starting to attract negative attention. Drug pollution or pharmaceutical pollution is pollution of the environment with drugs and their metabolites, which reach the marine environment through waste.

Pharmaceuticals initially enter wastewater treatment plants from two key sources: the active pharmaceutical compounds and their metabolites are excreted from the body; and from the disposal of unused or expired medications down the toilet or drain. If disposed of in household waste, compounds end up on landfill sites where they may enter the landfill leachate. Other sources include agricultural runoff and industrial waste.

These pollutants are suspected to contribute to fish kills, amphibians die off, and amphibian pathomorphology. The scope of human exposure to pharmaceuticals and personal care products from the environment is a complex function of many factors. These factors include the concentrations, types, and distribution of pharmaceuticals in

the environment; the pharmacokinetics of each drug; the structural transformation of the chemical compounds either through metabolism or natural degradation processes; and the potential bioaccumulation of the drugs.

Prevention of drug pollution includes:

- 1) Use of incinerator - low/no smoke, heat generated during incineration can be converted in other forms of energy.
- 2) Take back policy - best method for general public to dispose of drug, specific places are allotted for collection of drugs from where manufacturers take up the responsibility of disposal
- 3) "From cradle to grave" policy adopted by companies i.e. manufacturers should pay and fund for not only production of drugs but also for their correct disposal
- 4) Adaption of "polluters pay" policy - instead of paying hefty funds for incorrect disposal, people should invest in proper drug disposal methods.

Thus pharmaceuticals (and personal care products) in the environment and their future implications are very complex, involving many different aspects of chemistry, toxicology, ecology, medical science, public policy and perception, and consumer behavior. If we follow the advice of the precautionary principle which implies that "when an activity raises threats of harm to human health or the environment, precautionary measures should be taken even if some cause and effect relationships are not fully established scientifically". . Low cost measures should be taken first and those would probably not include infrastructure investments at waste and drinking water facilities. Minimizing the disposal pathways through take back programs could be more effective and less costly than extensive wastewater treatment facility modifications or other remediation steps. The continuous development of new medications, the escalating prescription of drugs, and population increase will only serve to amplify the occurrence of pharmaceuticals in the environment

Aishwarya Navgire (F.Y.B. Pharm.), Sejal Nikam (F.Y.B. Pharm.),
Sweta Nikam (F.Y.B. Pharm.), Abhishak Pakhare (F.Y.B. Pharm.)
Adhyay Pandit (F.Y.B. Pharm.)

FORMS OF POLLUTION CAUSED BY PHARMACEUTICALS

Types of pollution:

- A. Water Pollution: It is caused by Pharmaceuticals and Personal Care Products (PPCP) such as antibiotics, cosmetics, lotion, etc.
- B. Radioactive pollution : It is caused by Mixed waste listed under Resource Conservation and Recovery Act (RCRA) such as toluene containing tritium
- C. E- Pollution: Pharmaceutical industries require machines for processes like drying, granulation, coating, filtration, etc. If these machines are not operated properly or not maintained properly then these machines contribute to e-waste. But the waste generated is on very small scale.
- D. Soil Pollution: It is caused by Active Pharmaceutical Ingredients(API) such as
- E. Noise Pollution: High levels of noise are generated by manufacturing equipment and utilities which may result in loss of hearing.
- F. Air Pollution: It is mainly caused by Volatile Organic Compounds (VOC); solvent vapours, by processing solvents such as toluene, hexane, etc.

MEANS EMPLOYED FOR SUSTAINABILITY

Biogen Idec, the American biotechnology company that makes treatments for Multiple Sclerosis and other autoimmune and neurodegenerative diseases, is the world's most sustainable company this year, according to a

ranking released by Toronto-based media company Corporate Knights.

Among its environmental strengths today:

- The company relies on less energy than most of its 171 industry peers for each dollar of revenue it generates.
- It helps that all four of the company's newest buildings constructed over the past several years have each been gold- or platinum-level LEED certified.
- At the same time, Biogen has reduced water intensity by 66 per cent from its 2006 baseline – a record for the company despite its expanding operations.
- Condensate water reclamation system in Cambridge that recovered around 2.4 million gallons of water in 2013 and saved an estimated \$47,000 worth of municipal water.
- Some water is also being reused for cleaning purposes or even irrigation, all of which boosted Biogen's water productivity score this year.

And expect more improvements later in 2015, which is when the company says it plans to release a new water intensity goal

METHODS EMPLOYED FOR SOLID WASTE MANAGEMENT.

The different methods employed for Solid Waste Management are:

- i. Land Fill : Disposed waste compacted and covered with soil
- ii. Incineration : Waste treatment process that involves the combustion of solid waste at 1000C and heat generated by these used to generate electric power
- iii. Pyrolysis: Thermal degradation of waste in the absence of air to produce char, pyrolysis oil and syngas
- iv. Ocean Dumping: Dumping or placing material in ocean

Utkarsha Rane (F.Y.B. Pharm.)
Grishma Rathod (F.Y.B. Pharm.)

PRINCESS OF HILL STATIONS STILL IN THE MURK OF MERCURY.

Kodaikanal is a hill station often referred to as “The Princess Of Hill Station” is located 7,000 feet above sea-level in the state of Tamil Nadu. It's a very popular hill station in Tamil Nadu with loads of people visiting every year.

In 1987 Hindustan Unilever took over the thermometer factory from Pond's limited. By 2001 workers started to complain about kidney and related problems. Unilever was found to be dumping mercury in the interior parts of Shola forests. The dumped mercury seeped into the soil of the forest thus leading destruction of the evergreen forest and deteriorating health of locals. The Company used to import mercury from United States and export made thermometers back to the US and various parts of Europe. The imported mercury was left unattended thus leading to high toxicity levels in the area around the factory and forests. Several people started suffering from serious health related issues such as cancer, high toxic levels in body, deformation of newly born children, etc. Unilever claimed that it did not throw any mercury containing glasses in the forests and that it just disposed off 5.3 metric ton of glass at the backyard of the company.

The company lost its trial and was forced to shut down the factory. Greenpeace campaigner AmerShahul led the public affair groups and workers collaboration to force the Company to collect 290 tonnes of mercury from Shola forest and send it back to United States to recycle.

After 12 years of the tragedy there are still tonnes of mercury in the soil of Kodaikanal. Unilever has made no amends to people suffering from diseases due to the tragedy and has still not restored the place. We as the responsible citizens should try and help Kodaikana out of the misery and help restore its greenery.

Surbhi Shelar
S.Y.B. Pharm.

PHARMACEUTICALS- AN ENVIRONMENTAL PERSPECTIVE

Recently, pharmaceuticals have come into focus as contaminants of the environment. In the present stage, the focus should be on environmental issues along with the whole lifecycle of a pharmaceutical entity. The pharmaceutical life cycle includes all actions and outcomes related to raw materials (including excipients), synthesis, manufacturing, use and after-use environmental presence. To be green, we need to eliminate or significantly decrease hazardous substance use and improve environmental safety and health impacts through the process. In industries, manufacturing emissions and effluents, run-off pollution exposes neighboring residents to potentially dangerous situations and packaging material creates additional trash. Pharmacists can promote the use of medications that are less toxic to the environment and educate the public on the use of newer, less toxic alternatives. For example, inhalers containing chlorofluorocarbons (CFCs), which contributed to depletion of the ozone layer, are replaced by hydrofluoroalkanes.

Medication distribution requires large amounts of energy used to transport and store medication properly. The most environmentally responsible distributors look at their entire processes and choose storage and transportation methods that are the cleanest possible. Some have relocated to more accessible locations to reduce transportation costs. Many now deliver not only products, but information about their characteristics and disposal methods. They also establish reverse distribution programs that allow pharmacy retailers and hospitals to return unused or expired products easily.

Part of our problem is simply awareness: many health care professionals persist with outdated practices, mind-sets, and behaviors. Many pharmacies have failed to take a simple step: placing and using recycling bins for the copious amounts of waste we create. Disposal of unused, unwanted, or expired pharmaceuticals and personal care products (PPCPs) is a specific yet poorly elucidated concern. Scientists have identified trace amounts of active pharmaceutical ingredients (APIs) in aquatic environments, waste water bio solids, and treated drinking water.

There is a need to reduce the flow of prescription medications and their by-products into the environment by discouraging inappropriate use and overuse of prescription. For example, pharmacists may counsel patients to select single-entity cough and cold preparations that target their specific symptom(s), as opposed to multi-ingredient products that contain ingredients they do not need. Finally, the solution to sustainability will require all of us to incorporate environmental awareness into our daily practices.

Ansari Samar Noor
Final Year B. Pharm.

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ENVIRONMENTAL ETHICS

Environmental ethics is a part of applied philosophy that studies the conceptual foundations of environmental values as well as more concrete issues surrounding societal attitudes, actions, and policies to protect and sustain biodiversity and ecological systems. Ethics plays an important role in our society today, and environmental ethics must be considered. Environmental ethics are a key feature of environmental studies that establishes relationship between humans and the earth. With environmental ethics, we can ensure that we are doing our part to keep the environment safe and protected. Environmental ethics helps define man's moral and ethical obligations toward the environment. But human values become a factor when looking at environmental ethics.

Human values are the things that are important to individuals that they then use to evaluate actions or events i.e. humans assign value to certain things and then use this assigned value to make decisions about whether something is right or wrong. Human values are unique to each individual because not everyone places the same importance on each element of life. For example, a person living in poverty in an undeveloped country may find it morally acceptable to cut down the forest to make room for a farm where he can grow food for his family. However, a person in a developed country may find this action morally unacceptable because the destruction of forests increases carbon dioxide emissions into the atmosphere, which can negatively impact the environment. Environmental ethics builds on scientific understanding by bringing human values, moral principles, and improved decision making into conversation with science. Water and air pollution, the depletion of natural resources, loss of biodiversity, destruction of ecosystems, and global climate change are all part of the environmental ethics debate.

Basically the fundamental question that must be addressed is: what duties do humans have with respect to the environment? Ethical debates have an impact on the ability to solve the environmental problems since the individuals differ in opinion when it comes to the natural environment and this is important because the ethics of the environment are of major concern these days

Leesha Jain
T.Y.B Pharm.

ROW OVER CLINICAL TRIAL

The death of 254 Indian women from modest backgrounds in the course of a 15-year US-funded clinical trial has triggered a raging debate about its ethicality. The trial was for a cervical cancer screening method and the women who died were part of a control group kept without screening to study death rates in unscreened populations. It is a well-established fact that any kind of cervical screening reduces the incidence of the cancer. Yet, almost 140,000 women in the control arm of the trial were not screened. After a complaint made to it, the United States Office for Human Research Protections (OHRP) determined that the women were not given adequate information to give informed consent. Those arguing that the trial was unethical also say it violated the international ethical guidelines on medical research, the Helsinki Declaration's guidelines, which clearly state that "the benefits, risks, burdens and effectiveness of a new intervention must be tested against those of the best current proven intervention". Even Indian Council of Medical Research (ICMR) guidelines stipulate that a placebo can be used only if the disease is self-limiting or when no proven preventive, diagnostic or therapeutic method exists. The three-cluster randomized controlled trials looked for a cheap screening treatment for cervical cancer for introduction into the public health programme. The screening treatments being examined were Visual Inspection with Acetic Acid (VIA) screening, Pap smear — which is the standard of care in the west — and HPV screening. The trials were conducted among Indian women of the lowest socioeconomic status in Mumbai slums, villages in Osmanabad in Maharashtra and in Dindigul in Tamil Nadu. These studies compared the cervical cancer death rate among 224,929 women who were offered the different types of cervical screening to that

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among 138,624 women who were offered no screening at all. In the IJME article, Dr Suba questioned what purpose was to be served by keeping 140,000 women without screening, when the effectiveness of cervical screening is well accepted. "People should not be used to demonstrate exactly how much morbidity results from the lack of medical care," stated Dr Suba. Trial researchers claimed that having unscreened control groups is ethically justified in India because no-screening is considered "standard care". So all that the unscreened women got were health education information on cervical cancer, the importance of screening and where it was available. If, at any time during the past 15 years, the women in the unscreened control groups had been told the simple truth that cervical screening would lower their risk of death from cancer, they would have left the control groups and sought screening on their own, thereby nullifying a scientifically defective experimental design. This case study depicts that unless exemplary action is taken against those who bent the rules, illegal trials will go on and the poor will continue to be used as guinea pigs.

Sangeeta Natarajan
Final Year B.Pharm

SICK OF BEING SICK?

You are sick; you visit the doctor and he prescribes you a medicine for 5 days, but by the third day you are all good and hence you stop your medication, cause your healthy again, well for some time but again when you take the same medication it doesn't work, why so?

This is because the bacteria gets resistant, yes it's smarter than you think. It adapts itself to tackle the attack of the antibiotic. And this is serious. Alexander Fleming and Howard Walter Florey sounded the first warning about antibiotic resistance when they accepted the 1945 Nobel Prize for the discovery of penicillin. Physicians and scientists have expanded and expounded the message ever since, but it has recently begun to resonate with the public

So what exactly causes antibiotic resistance? The more antibiotics are used, the more chances bacteria have to become resistant to them. Major causes of antibiotic resistance include: using antibiotics when they are not needed not taking antibiotics at the doses and time that a doctor prescribes — this allows time for the bacteria in your system to become resistant.

How do bacteria develop antibiotic resistance? Mutations, rare spontaneous changes of the bacteria's genetic material, are thought to occur in about one in one million to one in ten million cells. Different genetic mutations yield different types of resistance. Some mutations enable the bacteria to produce potent chemicals (enzymes) that inactivate antibiotics, while other mutations eliminate the cell target that the antibiotic attacks. Still others close up the entry ports that allow antibiotics into the cell, and others manufacture pumping mechanisms that export the antibiotic back outside so it never reaches its target. Bacteria can acquire antibiotic resistance genes from other bacteria in several ways. By undergoing a simple mating process called "conjugation," bacteria can transfer genetic material (found on plasmids and transposons) from one bacterium to another. Viruses are another mechanism for passing resistance traits between bacteria. The resistance traits from one bacterium are packaged into the head portion of the virus. The virus then injects the resistance traits into any new bacteria it attacks. Bacteria also have the ability to acquire naked, "free" DNA from their environment.

You can prevent antibiotic resistance by: understanding that most people don't need antibiotics for colds and flu because they are caused by viruses, telling your doctor you only want an antibiotic if it is really necessary, taking the right dose of your antibiotic at the right time, as prescribed by your doctor, taking your antibiotics for as long as your doctor tells you to, taking simple steps to avoid infections and prevent them from spreading.

"The resistance that you fight in life can only build a strong character." Now we know not only does Arnold Schwarzenegger believe this but so do bacteria's.

Mural Quadros
S.Y.B. Pharm.

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SUPER FOODS

1) LEAFY GREENS

What's so amazing about the leafys is that calorie for calorie; they deliver more nutrients than just about any other food on the planet. Loaded with fiber, vitamins, minerals, and phytochemicals, leafy greens stock your body with the artillery needed to fight off potential killers like heart disease and cancer. Simply put: leafys benefit virtually every cell you've got! Leafys add health-sustaining doses of vitamins A, C, K, folate, potassium, and calcium to every meal.

2) CRUCIFEROUS VEGGIES

Want to lower your cancer risk? Put the cruciferous on your list, namely broccoli, Brussels sprouts, cauliflower, cabbage, kale and bok choy. Research suggests cruciferous veggies have the ability to inhibit the growth of some types of cancer cells and even stop others by reducing the production of free radicals.

3) AVOCADO

The myriad of healthy fats and nutrients found in avocados – oleic acid, lutein, folate, vitamin E, monounsaturated fats and glutathione among them – can help protect your body from heart disease, cancer, degenerative eye and brain diseases.

4) BLUEBERRIES

Tasty, sweet and packed with disease-fighting phytochemicals, flavinoids and soluble fiber – blueberries have the power to help prevent serious diseases like cancer, diabetes, heart disease, stomach ulcers and high blood pressure. In sum, blueberries are nearly miraculous! They also help tame inflammation throughout the body and can reduce “bad” cholesterol

5) BEANS

Dense and delicious, beans help raise levels of the hormone leptin which curbs appetite. They also deliver a powerful combination of B vitamins, calcium, potassium and folate. All of this good stuff will help maintain healthy brain, cell and skin function and even helps to reduce blood pressure and stroke risk.

6) WALNUTS

Just a small handful a day will deliver a healthy dose of omega-3's, alpha-linolenic acid, melatonin, copper, manganese and the hard-to-find gamma-tocopherol form of vitamin E which helps protect your heart. Walnuts on your plate may also protect your brain and help slow the onset of Alzheimer's and Parkinson's disease.

7) WILD SALMON

Wild salmon is a rich source of protein, vitamin D, selenium, B2, B3, B6 and B12 and those all-important omega-3 fatty acids. It protects from cancer, cardiovascular problems, macular degeneration, depression, and cognitive decline – that's a lot of pluses in a pretty compact package.

8) CHOCOLATE

IT can help elevate mood, improve blood flow and even lower blood pressure. It helps reduce inflammation and LDL “bad cholesterol,” and it's loaded with antioxidants, which can help prevent cell damage, degenerative diseases and even cancer – all of which is good news for chocolate lovers.

9) CHIA SEEDS

Chia seeds are tiny, nutritional dynamos – in fact, they're the single richest source of plant-based omega-3 fatty acids you can buy. They're also loaded with antioxidants, protein and minerals, plus soluble and insoluble fiber to help keep your digestion moving in the right direction. What's more, chia seeds have an unusual property – they swell to more than 5 times their weight in liquid, so adding a spoonful or two to meals will help you feel fuller faster.

Hiral Patolia
Final Year B.Pharm.

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THALIDOMIDE TRAGEDY

Thalidomide tragedy is considered as one of the darkest episodes in pharmaceutical research history. It was sold under the brand name immunoprin as an immunomodulatory drug. The drug was sold as a mild sleeping pill even safe for pregnant women. It was primarily prescribed in the late 1950s and the early 1960s as a sedative or hypnotic, it claimed to cure anxiety, insomnia, gastritis and tension. It was first marketed in 1957 in West Germany under the trade name Contergan. The German company chemie grunenthal developed and sold the drug. It later became apparent however that thalidomide resulted in several birth defects in thousands of children. It caused thousands of babies born worldwide to be born with deformed limbs.

Over 10,000 cases throughout the world were reported out of which only 3000(30%) survived. Those subjected to thalidomide while in the womb experienced limb deficiencies in a way that the long limbs either were not developed or presented themselves as stumps. Other effects included deformed eyes and hearts, deformed alimentary and urinary tracts, blindness and deafness. The negative effects of thalidomide led to the development of more structured drug regulations and control over drug use and development.

Today it is mainly used in the treatment of certain cancers (multiple myeloma) and of a complication of leprosy.

Ajinkya Bapat
S.Y.B. Pharm.

QUALITY CONTROL FOR LIFE SAVING GENERIC DRUGS

A generic drug is a copy of original drug whose patent has ended; and there is no R n D cost involved. Cipla, Dr.Reddy's and Ranbaxy are some leading generic drug makers. Most people believe that if something costs less, it has to be of a lower quality. In the case of generic drugs, it is not true. While the Indian government is pushing generic drugs as they are cheaper and, therefore, more affordable, not much attention is given to the quality of these drugs.

A case in point is a life-saving drug, Liposomal Amphotericin B, an antifungal medicine used in critically-ill patients. There is no limit on the number of pharmaceutical companies that can be allowed to manufacture the generic drug and the amount they can charge. The obvious risk of Amphotericin B is its high toxicity, which can lead to kidney failure and death. However, given that it's a life-saving drug for patients in terminal decline, they have little option but to use the generic version, especially for poor patients.

The quality of these drugs will immensely affect the efficacy and toxicity. Ensuring proper quality control of these life saving generic drugs will prevent them from becoming life threatening. Some quality control measures for a generic drug to get FDA APPROVAL are-

- it must contain the same active ingredients and follow the same pharmacokinetics as its original drug.
- it must be identical in strength, purity, dosage form and route of administration.
- it must have same labels as its brand counterpart.

Mihika M. Shringarpure
S.Y.B. Pharm.

Over And Above Pharmacy

THE BORROWED RAINCOAT

"Tommy is barking since morning. First I thought he's trying to wake me up, but when aai started shouting in her scratchy voice "Shubham uth. Paus padhto aahe" I realized, it was the rains that caused the barking. The rains are usually fun. We kids meet up, play a little, make paper boats and eat smoking hot chapatis. Chapatis and tea are the best combination in the rain. Not because the taste is out of this world, but because that's what we eat every single day in this season. We cannot really get our hands on leftovers, and even if we do, they get rotted soon. Aai always hated to beg. And so do I. She always avoided sending me for the daily rounds on the traffic signals. But since my drunkard father cares shit about us, I prefer going for work (that's what we call it) instead of sending her. School has always been a compulsion for me. It's not that I like school or loathe by the idea of studying. But it's simply because I hate the concept of begging. One thing that we learn in this job is, sell yourself respect for peanuts, only then you're a great beggar. Unfortunately, I could never learn this lesson. But slowly circumstances made me quite a decent beggar. My school uniform, notebooks, stationary is all new. I make sure I do not have to use those second hand at least. I work hard (I mean beg) in April and May so that I can at least afford these. But these rains! They manage to make me feel low. Aai, in no chance can afford a raincoat. So unwilling, this season makes me use The borrowed raincoat for over 4 years now. So maybe this is the most weird dream a child has, or maybe I'm just being very unrealistic, but my major ambition in life is to own a raincoat someday. My raincoat!" We often are whining over the rains, the puddles, the travelling and for that matter even the washed away makeup ;) But sit for a while, think over it. The slum kids have to literally sleep in those mushy areas, with not a single protection. We cannot really help them as such. But before we crib, I guess we should take them into consideration too! Happy rains!!

Anushka Nadkarni
S. Y. B Pharm

DON'T BE AN 'I' SPECIALIST

People who are in the habit of praising themselves are found everywhere. Such people, no matter how talented are not liked.

Most people do all they can do to avoid the company of such people. Sometimes such people unknowingly hurt others, not directly but indirectly sometimes: so such people become unapproachable.

Sometimes the relations are also spoiled because of the 'I' approach.

The 'I' approach is eventually going to be harmful to such people at the end.

But it doesn't mean that you must underestimate yourself, you should compliment yourself, but don't go on bragging about it all the time.

Words once spoken are indelible and you sure don't want to make a mark that cannot easily be erased.

Remember,

"PRIDE IS GOOD, BUT PROUD IS NOT"

Bhavana Umra
T.Y.B. Pharm.

HAVE A SPOON!

Have you ever had a meal so delicious that you licked the plate clean and wondered if you could eat the plate too? Well, one day you might. But for now you can rejoice in the knowledge that you can eat the spoon at least!

Yes, edible cutlery has entered the Indian market, thanks to Hyderabad based researcher Narayana Peesapaty's innovation. His frustration with mounting disposable plastic ware, concern for water short-age, inequitable energy distribution and consumption, and increased rural to urban influx gave birth to Bakerys Foods Private Limited in 2010. The enterprise specializes in making sorghum (jowar) based range of edible spoons, sporks (fork-like spoons), and chopsticks.

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Peesapaty offers spoons- simple, dessert and soup variants- in different flavors and colors. He uses vegetable pulp from spinach, beetroot and carrot to produce tempting products. His spoons come in neutral, sweet and savory flavors. Sorghum, being a tighter cereal, lends to toughness to the cutlery which can be used up to 20 minutes into the meals even if one doesn't wish to eat the cutlery, it is biodegradable and takes only three days to decompose on its own.

Naureen Shaikh
T. Y. B. Pharm.

IMPORTANCE OF BREAKFAST

A very well known phrase goes like this “BREAKFAST LIKE A KING, LUNCH LIKE A PRINCE AND DINNER A PAUPER”. Breakfast is the most important meal of our entire day. Some people have this misconception that skipping breakfast will help them in losing weight. However the truth is that not having proper and healthy breakfast can cause adverse effect on our body and mind.

The first and foremost thing about breakfast is that it provides our body with much needed fuel and energy after a night of fasting. This is exactly why this meal is known BREAKFAST i.e. breaking the fast. Food that we consume as a part of our breakfast is also the first source of calcium, iron vitamin B that our body gets. Some very crucial proteins, fibers and nutrients are also supplied to our body when we consume breakfast properly and within a time frame of 2-3 hours after waking up. Breakfast is known for restoring the level of glucose in our body and it is a well known fact that carbohydrate is very crucial for proper functioning of our brain.

Eating breakfast has long term health benefits. It can reduce obesity, high blood pressure, heart diseases and diabetes.

Sayali Raut
T. Y. B. Pharm.

SCIENTIFIC TRICKS

1) CANDLE THAT SUCKS WATER

Place a candle upright in the middle of a saucer. Fill the saucer with water. Light the candle. Place a glass over the candle. When the flame goes out, the water in the saucer will get sucked into the glass.

How Does It Work?

When the candle is burning inside the glass, the heat makes the air expand, so some of the air escapes outside the glass. The candle goes out after it uses up all the oxygen, so the air inside the glass cools. As it cools, the pressure inside the glass drops. Some of the carbon dioxide formed by the flame dissolves in the water as well, decreasing the pressure even more. The water outside the glass on the saucer is forced into the glass by the higher air pressure outside.

2) BENDING LIGHT THROUGH WATER

Punch a hole in a clear plastic bottle two inches from the bottom. Put your finger over the hole, fill the bottle with water and cap it to keep it from draining out.

Darken the room and cover part of a flashlight with your fingers to make the beam narrower. When you take the cap off the bottle, the water will flow out in an arc. Shine the flashlight at the stream from the side of the bottle opposite the hole. The light will bend with the arc and create a bright glow where the water hits the sink.

How Does It Work?

When the light in the stream strikes the boundary between the water and air, much of the light is reflected back into the stream. The light continues this internal reflection all along the arc formed by the falling water. The same principle is used to transmit light signals through flexible optical fibers.

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3) READING THROUGH AN ENVELOPE

With a black felt-tip pen, write a three-letter word in large letters on a white piece of paper. Place the paper in a brown envelope, and insert that envelope into a white envelope. The writing on the paper should now be impossible to read.

Get a piece of dark construction paper or tear out a page from a magazine that is printed on both sides. Roll up the paper into a four-inch-long tube. When you hold the tube against the envelope, you will be able to read the writing inside.

How Does It Work?

Usually you can't read the writing inside an envelope because of the light reflected off the envelope's white surface. But the tube blocks that reflected light, so you see only the light coming through the envelope.

4) EGG INTO BOTTLE

Find a glass bottle that has a mouth slightly smaller in diameter than an egg. Pour some hot water into the bottle (be careful!), shake it vigorously and empty the water.

Peel a soft-boiled egg and place it on the mouth of the bottle. Leave it there for a while and it will get sucked inside.

How Does It Work?

The vapor from the hot water drives the air out of the bottle. Once the egg seals the top of the bottle, the air can't get back in. As the water vapor cools, it turns back into water, causing the pressure inside the bottle to drop. The higher pressure of the outside air pushes the egg into the bottle.

5) KEEPING WATER SEPARATE

Fill two identical glasses with water. Add two tablespoons of salt to the water in one glass and stir well. Add a few drops of food coloring to the water in the other glass.

Cover the glass containing the colored water with a sheet of paper, turn it upside down and place it on top of the glass containing salt water. (Be sure to do this trick over a saucer or bowl.)

Gently pull the paper out from between the glasses. The colored water and the salt water will remain separate.

How Does It Work?

Salt water is heavier than colored water, so the two stay separate as long as the boundary between them isn't disturbed. Try turning the two glasses over, though. The heavier salt water will now be on top, so it will flow down and mix with the colored water.

Snehal Bansode
Final Year B. Pharm.

UNUSUAL ANCIENT MEDICAL TECHNIQUES

Bloodletting

To restore bodily harmony, the doctor would simply cut open a vein and drain some of their vital fluids into a receptacle. In some cases, leeches were even used to suck the blood directly from the skin. It could easily result in accidental death from blood loss. The practice finally fell out of vogue after new research showed that it might be doing more harm than good, but leeching and controlled bloodletting are still used today as treatments for certain rare illnesses.

Trepanation

It is the practice of boring holes in the skull as a means of curing illnesses. A common theory holds that it may have been some form of tribal ritual or even a method for releasing evil spirits believed to possess the sick and mentally ill. Still others argue that it was a more conventional surgery used to treat epilepsy, headaches, abscesses and blood clots.

Mercury

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Mercury is notorious for its toxic properties. It was used as an elixir and topical medicine. The ancients considered it a useful ointment and alchemists prized liquid and red mercury sulfide for their supposed ability to increase lifespan and vitality. Some healers even promised that by consuming noxious brews containing poisonous mercury, sulfur and arsenic, their patients would gain eternal life and the ability to walk on water. Mercury was also used as a popular medicine for STD's. While some accounts claimed the heavy metal treatment was successful in fighting off the infection, patients often died from liver and kidney damage caused by mercury poisoning.

Animal Dung Ointments

Lizard blood, dead mice, mud and moldy bread were all used as topical ointments and dressings, and women were sometimes dosed with horse saliva as a cure for an impaired libido. Donkey, dog, gazelle and fly dung were all celebrated for their healing properties and their ability to ward off bad spirits. While these repugnant remedies may have occasionally led to tetanus and other infections, they probably weren't entirely ineffective.

Cannibal Cures

Physicians prescribed elixirs containing human flesh, blood or bone to treat headaches, muscle cramps and stomach ulcers. So-called "corpse medicine" was a disturbingly common practice. These cannibalistic medicines were thought to have magical properties. By consuming the remains of a deceased person, the patient also ingested part of their spirit, leading to increased vitality and wellbeing.

Funny Bones

AMAZING FACTS

1. Lions pretend to be hurt by the bites of their young to encourage them.
2. The sodium lauryl/laureth sulfate in toothpaste suppresses sweetness receptors, which is why juice tastes so bad after brushing your teeth.
3. People yawn more in response to the yawns of people they care about most.
4. Eating one human body would provide about 81,500 calories.
5. Bananas are a natural sleep aid because they contain melatonin, which helps regulate the body's natural rhythms.
6. People who tend to cry when they're happy are also the ones who giggle inappropriately during a tense exchange.
7. Africa is the only continent that is in all four hemispheres and the only continent to have the land on the prime meridian and the equator
8. The tidal friction provided by the moon slows the earth's rotation, so without it, days only be 6-8 hours long.
9. The numbers of H₂O molecules in 10 drops of water are equal to the number of all the stars in the universe.
10. The largest cave in the world, HAN SON DOONG, is in Vietnam. It's over 200 meters high and has its own climate, jungles, rivers, and cloud's inside.
11. Over 100,000 people have applied for a one way trip to colonize mars in 2020
12. The red liquid that comes from cooked steak (and most raw red meat) isn't blood, it's just water-colored by an oxygen carrying protein called "myoglobin"
13. Dark chocolate and cheese have antibacterial properties that actually inhibit tooth decay.
14. Panda nanny is a real job position where you get to spend 365 days a year with panda babies for an annual salary of \$32,000.
15. Chocolate is the only edible substance to melt around (34 degrees, 93 degree Fahrenheit) just below human body temperature, so it melts in your mouth.
16. When you experience an electric shock, it's not electricity that launches you across the room; it's the force of muscles contracting. You become strong enough to throw yourself across the room.
17. Eating pizza a week can reduce the risk of esophageal cancer.
18. Eating broccoli can make your brain more powerful and sharpen your thinking.
19. Women have twice as many pain receptors on their bodies than men. But a much higher pain tolerance.
20. The most expensive dog in the world is the Tibetan mastiff... It costs over \$2 million.

FUNNY CHEMISTRY JOKES

Q: What is the most important rule in chemistry?

A: Never lick the spoon!

Q: What do chemists call a benzene ring with iron atoms replacing the carbon atoms?

A: A ferrous wheel.

Q: What did the chemist say when he found two new isotopes of Helium?

A: HeHe.

Q: What's wrong with a joke involving Cobalt, Radon, and Yttrium?

A: its CoRn Y

Q: What do you get if you swap the carbon atoms in a benzene ring for iron atoms?

A: You get a ferrous wheel!

Q : What fruit contains Barium and double Sodium?

A: BaNaNa!

Q: Why do chemists like nitrates so much?

A: They're cheaper than day rates.

Q: What would you call a clown in jail?

A: Silicon (Silly Con)

Q: What weapon can you make from the elements potassium, nickel and iron?

A: KNiFe.

FUNNY CHEMISTRY SENTENCES

- If you're not part of the solution, you're part of the precipitate!
- The name's Bond. Ionic Bond. Taken, not shared
- A sign outside the chemistry hotel reads "Great Day Rates, Even Better NO₃-'s"
- Chuck Norris destroyed the periodic table because he only recognizes the element of surprise...
- Did you hear oxygen and magnesium got together?
- OMg!

10 WIERDEST SUPERSTITIONS

1. A knife as a gift from a lover means the love will end soon.
2. An angel passes over if there is an awkward silence.
3. The number 13.
4. Three cigarettes lit with the same match brings bad luck.
5. In Turkey, people believe that if you chew gum at night you are actually chewing the flesh of the dead.
6. The number of X's on your palm is the number of children you'll have.
7. Eat grapes at mid-night for good luck.
8. Never gift gloves as present.
9. If three people are photographed together, the one in the middle will die first.
10. Evil spirits cant harm you if you stand inside a circle.

INSPIRATIONAL QUOTES

- 1) Its not the size of the dog in the fight, but the size of the fight in the dog - Archie Griffen.
- 2) Nothing lasts forever. Not even your troubles - Arnold H Glasgow
- 3) There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle - Albert Einstein
- 4) Take chances, make mistakes. That's how you grow. Pain nourishes your courage. You have to fail in order to practice being brave - Mary Tyler Moore
- 5) Being strong means rejoicing in who you are, complete with imperfections - Margaret Woodhouse
- 6) If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place - Nora Roberts
- 7) I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed - Michael Jordan.
- 8) The only place you find success before work is in the dictionary - May V. Smith
- 9) Where hope grows, miracles blossom - Elna Rae
- 10) A life spent making mistakes is not only more honorable but more useful than a life spent doing nothing – George Bernard Shaw
- 11) Nobody can make you feel inferior without your consent - Eleanor Roosevelt
- 12) It took me a long time not to judge myself through someone else's eyes - Sally Field
- 13) I quit being afraid when my first venture failed and the sky didn't fall down - Allen H. Neuharth
- 14) Hope never abandons you, you abandon it - George Weinberg
- 15) Make the most of yourself, for that is all there is of you - Ralph Waldo Emerson

Funny Bones

CROSSWORD

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

1.Ether 2.Ester 3.Ketone 4.Alkane 5.Alkene 6.Alkyne 7.Nitro 8.Aldehyde 9.Amine 10.Amide 11.Sulphide
12.Thiol 13.Alcohol 14.Carboxylic acid 15.Carboxylic anhydride 16.Alkyl halide

Funny Bones

GUESS THE METIZEN

1. The "I'm a witch, I'm a witch".
2. Sabka dulara from final year.
3. The "Eshtud" of second year.
4. T. Y.'s late coming ranker.
5. "Chullu bhar paani mein doob maaro."
6. The Bachchan's of IOP.
7. S.Y. ki "Jhansi ki raani."
8. Popeye's girlfriend from T.Y.
9. Always behind the camera/ Lensman from final year.
10. A IITian teacher who is a trained classical singer.
11. Johnny Bravo.
12. Makeup is therapy! (S.Y.)
13. The mimicry artist of the year goes to
14. 51st rank holder in GPAT *claps*
15. The twin teachers.



Answers
1)Vaishali Chakraborty 2)Shivakumar Macha 3)Shailesh Jain 4)Jyoti Sharma 5)Rahela Ma'am 6)Amitabh Nachar, Abhishek Pakhare, Aishwarya Navgire 7)Sonal Pathak 8)Bhavna Umr 9)Prasad Vichare 10)Rashmi Ma'am 11)Sammit Shetty 12)Anushka Nadkarni 13)Rahul Girap 14)Viraj Khasgiwale 15)Abha Ma'am and Bhagyashree Ma'am.



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



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



Chetan Thingore (T.Y.B.Pharm.)



Chetan Thingore (T.Y.B.Pharm.)

Panaroma



Hemant Divekar (T.Y.B.Pharm.)



Hemant Divekar (T.Y.B.Pharm.)



Hemant Divekar (T.Y.B.Pharm.)



Pooja Joshi (T.Y.B.Pharm.)

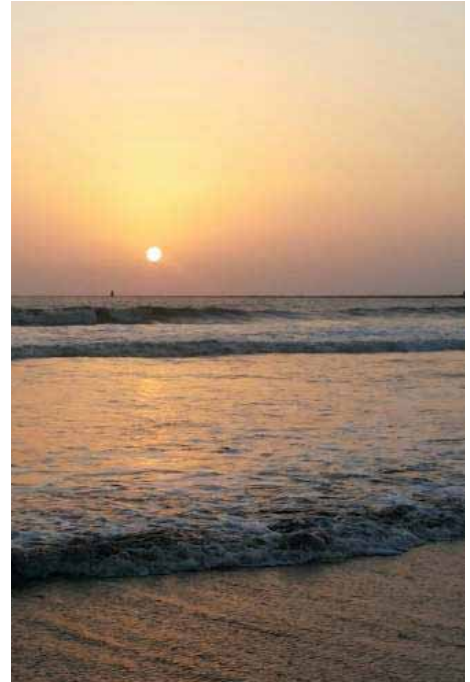


Tania D'cruz (T.Y.B.Pharm.)

Panaroma



Mural Quadros (S.Y.B.Pharm.)



Samruddhi Kolapkar (T.Y.B.Pharm.)



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



Pooja Solunke (S.Y.B.Pharm.)



Ms. Vrushali Keer



Ms. Vrushali Keer

Panaroma



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



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



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

Panaroma



Yogesh Jankar (S.Y.B.Pharm.)



Yogesh Jankar (S.Y.B.Pharm.)



Yogesh Jankar (S.Y.B.Pharm.)

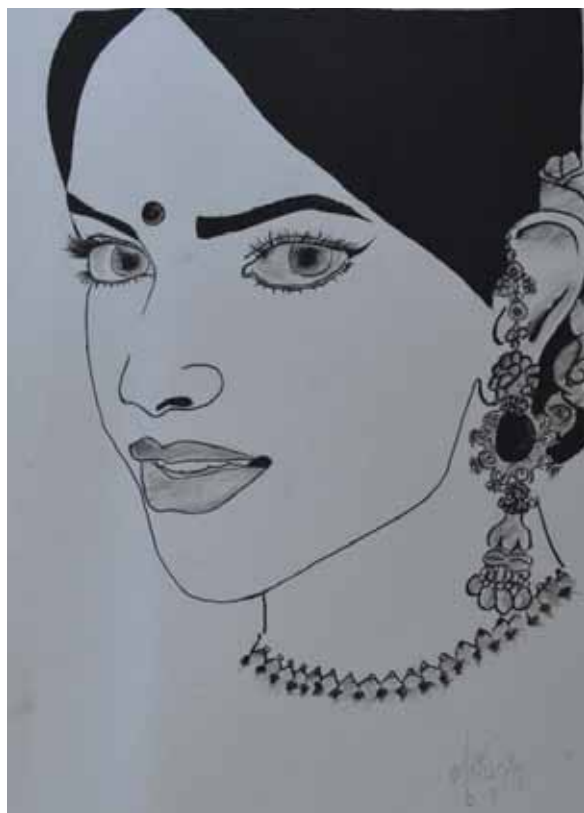
Canvas Of Imagination



Aditi Mane (S.Y.B.Pharm.)



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



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



Mrs. Manisha Barve (Librarian)

Canvas Of Imagination



Kimaya Joshi (S.Y.B.Pharm.)



Kimaya Joshi (S.Y.B.Pharm.)



Kimaya Joshi (S.Y.B.Pharm.)



Kimaya Joshi (S.Y.B.Pharm.)

Canvas Of Imagination



Komal Sakpale (T.Y.B.Pharm.)



Komal Sakpale (T.Y.B.Pharm.)



Komal Sakpale (T.Y.B.Pharm.)



Snehal Bansode (Final Year B.Pharm.)

Canvas Of Imagination



Parag Betkar (T.Y.B.Pharm.)



Parag Betkar (T.Y.B.Pharm.)



Parag Betkar (T.Y.B.Pharm.)



Renuka Pengrirkar (S.Y.B.Pharm.)

Canvas Of Imagination



Pritam Kamble (T.Y.B.Pharm.)



Pritam Kamble (T.Y.B.Pharm.)

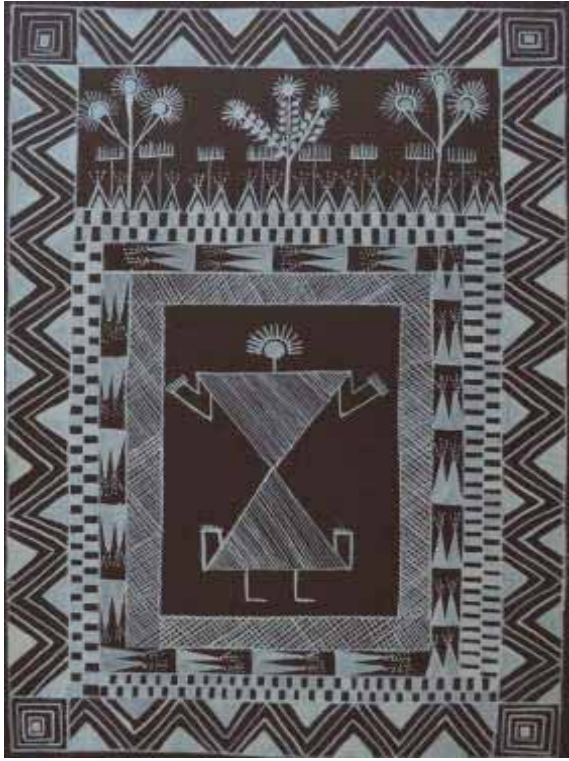


Samiksha Satvi (S.Y.B.Pharm.)



Samiksha Satvi (S.Y.B.Pharm.)

Canvas Of Imagination



Tanvi Tambat (S.Y.B.Pharm.)



Tanvi Tambat (S.Y.B.Pharm.)



Vinod Choudhary (Final Year B.Pharm.)



Vinod Choudhary (Final Year B.Pharm.)

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Yogesh Jankar (S.Y.B.Pharm.)



Yogesh Jankar (S.Y.B.Pharm.)



Siddhi Bambarkar (S.Y.B.Pharm.)



Siddhi Bambarkar (S.Y.B.Pharm.)



Siddhi Bambarkar (S.Y.B.Pharm.)



Siddhi Bambarkar (S.Y.B.Pharm.)

Origami



B.Pharm. Group



Vinod Choudhary (Final Year B.Pharm.)



Vinod Choudhary (Final Year B.Pharm.)



Vinod Choudhary (Final Year B.Pharm.)

Rhymes And Rhythms

मराठी चारोळी

- १) तुझ्या आठवणीने
मन भरून आले
तुझे — माझे नात्या पलिकडले नाते
आज नव्याने उमगले
- २) मैत्री म्हणजे
अनंत काळाची सोबती
सोडून जाता सगे—सोयरे
मैत्री एकच सांगाती
- ३) तुला होकार देताना
मन हळूच लाजलं होतं
मला झालेला आनंद तेव्हा
तुझ्यापासून 'अनोळखी' राहिलं होतं.
- ४) अथांग सागराच मन
त्याच्या लाटेसोबत खेळतं
ते पहायला इंद्रधनू
हळूच डोकावतं
- ५) येणाऱ्या प्रत्येक सावलीत
तुझाच 'भास' आहे
तू येशील अशी
उगीचच 'आस' आहे.
- ६) मी वेडी आहे
असा तुझा आव आहे
पण त्यात खऱ्या
मीरेचा भाव आहे.

Mrs. Manisha Barve
Librarian

तुम्हारे सपने

सपने देखो !
कुछ छोटे, कुछ बड़े और कुछ रंगीन देखों
अपनी मेहनत और लगन से, उन्हें पूरा करो।

राह में कई तकलीफें मिलेंगी,
कई तरह के लालच, प्रलोभन मिलेंगे।
सरल, छोटी राह तुमको लुभायेगी,
तुम्हारे ईमान को मगर, भटकायेगी।
कठिन राह तुम्हें बहुत सतायेगी,
तुम्हारे धैर्य की परीक्षा करवायेगी।
मगर,
तुम डगमगा न जाना
सपने भी भूल न जाना।
मेहनत और लगन से अपना नाता रखना,
सपने पूरा करने का जूनून जिन्दा रखना।
तुम्हारा धैर्य और विश्वास रंग लेकर आयेगा,
तुम्हें अपनी मंजिल के निकट लेकर आयेगा।
आखिर में तुमने जो सपना देखा, पूरा हो
जायेगा।
मन में संतुष्टि और गर्व का भाव लायेगा।

Dr. Abha Doshi
Principal,
MET IOP (Degree)

Rhymes And Rhythms

माणसं

जीवनाच्या वाटेवर.....

साथ देतात अन् मात करतात,
अशीही असतात माणसं ॥
हात देतात अन् घात करतात,
तीही असतात माणसं ॥
संधी देतात अन् संधी साधतात,
अशीही असतात माणसं
आदर करतात अन् भाव खातात,
तीही असतात माणसं ॥
वेड लावतात अन् वेडीही करतात
अशीही असतात माणसं
घास भरवतात अन् घास हिसकतात
तीही असतात माणसं ॥
वाट दाखवतात अन् वाट लावतात
तीही असतात माणसं ॥
शब्द पाळतात, शब्द फिरवतात,
गळ्यात पडतात अन् गळा कापतात
तीही असतात माणसं ॥
दुर राहतात पण जवळची वाटतात अन्
जवळ असूनही परक्यासारखी वाटतात
तीही असतात माणसं ॥

Divya Datir
S.Y.B.Pharm.

फुले शिकवतात.....

फुले शिकवतात....

गुलाब सांगतो....
येता जाता रडायचं नसतं,
कवितेतही हसायचं असतं.
रातराणी म्हणते....
अंधाराला घाबरायचं नसतं,
काळोखातही फुलायचं असतं,
सदाफुली सांते.....
रूसून फुगून रहायचं नसतं,
हसून हसून हसवायचं असतं,
मोगरा म्हणतो.....
स्वतःचा मोठेपणा सांगायचा नसतो,
आपल्यामधला सुगंध सगळीकडे दरवळायचा
असतो
संकटांना घाबरायचा नसतं...
संकटातही फुलून दाखवायचं असतं.

Divya Datir
S.Y.B.Pharm.

आशा अजूनही सरली नाही.....

सन्मानाने जगता यावे प्रत्येकाला वाटे
कोण जाणे प्रण आपुले किती खरे किती खोटे
हृदयातल्या भ्र्जावना होती आसवातून व्यक्त
म्हणजे आपुले पटवून दयाया आटतेच रे रक्त
प्रामाणिकपणाला अपुल्या तोड कशाची नाही
सत्याच्या या वाटेवरही अडचणी आहेत काही
सूर्यास्ताच्या वेळी सुद्धा सूर्योदयाची वाट पाहावी
नवीन आशा—उन्मेषांनी अंधारीही रात्र सरावी
पुन्हा एकदा मन अपुले लढण्यासाठी सज्ज करावे
शब्दांनाही मुके करून आज अपुले कर्म बोलावे
सरेल सारे दुःख अपुले, सरेल सारे दैन्य
पुन्हा एकदा उभारून येईल जीवनात नवे चैतन्य

Namrata Santaram Rajaram
T.Y.B.Pharm.

Rhymes And Rhythms

आशा अजूनही सरली नाही.....

सन्मानाने जगता यावे प्रत्येकाला वाटे
कोण जाणे प्रण आपुले किती खरे किती खोटे
हृदयातल्या भजावना होती आसवातून व्यक्त
म्हणणे आपुले पटवून दयाया आटतेच रे रक्त
प्रामाणिकपणाला अपुल्या तोड कशाची नाही
सत्याच्या या वाटेवरही अडचणी आहेत काही
सूर्यास्ताच्या वेळी सुद्धा सूर्योदयाची वाट पाहावी
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पुन्हा एकदा उभारून येईल जीवनात नवे चैतन्य

Namrata Santaram Rajaram
T.Y.B.Pharm.

MONSOON ECSTASY

The golden rays are vanished
Behind the dark curtains of water
Sky has turned grey
Like a canvas painted with a black bouquet.
Drizzles kiss the farms in June
For farmers it is ecstasy and boon
The crops have felt the drops first
That has quenched a year's thirst.
Children are dancing across the streets
Getting rid of the summer heats
Mothers find the signs of delicacy
But the children do enjoy the rainy ecstasy.
Monsoon is a bane for some
But many find it awesome
It shares its secret after a year
And removes all the summer fear.

Naureen Shaikh
T.Y.B.Pharm.

PARALLEL UNIVERSE

In a parallel universe,
I am not an over thinker.
I see things the way they are,
I don't feel the unsaid,
I don't fear my own thoughts.
I do not seek for answers
From the stars that shine above,
I do not tell tragic tales
To the moon that hangs in the dark.

In a parallel universe,
Everything makes sense,
And the things that don't,
I'm not curious to know,
I do not look beyond the horizon,
Where books are only books
They do not hold wondrous journeys
That crave me for wandering.

In a parallel universe,
I'm not an over thinker
I'm not busy writing any of this
I am busy living a shallow life
I'm a tiny part of that universe,
But, the universe is
Perhaps not as much a part of me.

Dipali Nagila
Final Year B.Pharm.

Rhymes And Rhythms

ART OF SAYING THE UNSAVABLE

According to great William Wordsworth: "Poetry is the spontaneous overflow of powerful feelings and emotions recollected in tranquility".

Poetry is considered an art as it captures the true essence of the culture. Poems have been written from ancient times as a description of a situation/place, to convey one's feelings or maybe even to appreciate a person.

Reading a poem tells us so much about the mind-set of the writer. Poetry is the common thing that every culture shares, it undoubtedly can seem well beyond the words on the page.

So, I would like to share my feelings through a short poem.

Writing a poem,
Is way too difficult;
Is way too artificial.
Still I'm trying,
To get the words right;
Even though it doesn't feel right.
But it doesn't matter though,
Until my feelings have reached you so.
I know there is a grammatical error,
But I guess,
That is the only barrier.
All this sounds similar to me right now,
So, I guess,
I have to say good bye now.....

Bhavana Umra
T.Y.B.Pharm.

NEVER BE AFRAID TO TRY SOMETHING NEW!

Strong minded people can create a great business, huge empire, new world out of nothing. To be able to lead others, a man must be willing to go forward alone. Every one of us is capable of achieving so much more than we ever give ourselves credit for. If you look at the accomplishments throughout history you will find that all of them were done by ordinary people who pushed themselves beyond their limits in order to accomplish extraordinary things!

Sayali Raut
T.Y.B.Pharm.

Rhymes And Rhythms

संकटांना कधी कंटाळायचं नसतं

संकटांना कधी कंटाळायचं नसतं,
त्याला सामोर जायचं असतं।

कुणी नावे ठेवली, तरी थांबायचं नसतं,
आपलं काम चांगलं करत रहायचं असतं।

अपमानाने कधी खचायचं नसतं,
जिद्दीने बळ वाढवायचं असतं।

निराश मुळीच व्हायचं नसतं,
चैतन्य सदा फुलवायचं असतं।

पाय ओढले म्हणून परतायचं नसतं,
पुढे आणि पुढेच जायचं असतं।

लोकनिंदेला कधी घाबरायचं नसतं,
आपलं सामर्थ्य दाखवायचं असतं।

जीवनात खूप करण्याजोगं असतं,
पण आपलं तिकडे लक्षच नसतं।

प्रेमाने मन जिंकायचं असतं,
प्रेमात लहान थोर पहायचं नसतं।

एकमेकांना आधार देऊन,
मार्गदर्शन करायचं असतं।

Snehal Bansode
Final Year B.Pharm.

माणूस

माणूस म्हणूनी माणसात जन्मावे
तरी असे पशुतुल्य का वागावे?

भ्रष्टाचार, अत्याचार, अन्याय करताना
माणसाचे नाही थरथरत पाय
कोणीतरी सांगा त्यावर काय तो उपाय
लाच घेऊन, लबडी करून राजकर्ते भरतात
पोटं,
त्यापुढे सामान्य माणसांच नाणं पडतं खोट।
आम जनतेची जराही नसते त्यांना जाण

माणूस म्हणूनी माणसात जन्मावे
तरी असे पशुतुल्य का वागावे?

आतंकवादी माजवतात शहरात दहशत
पण सामान्य माणसाला करावी लागते
तारेवरची कसरत
उद्ध्योगपती, व्यापारी सुरू करतात उद्योग,
पण त्यासाठी होते शेतकऱ्यांच्या जमिनीची
अधोगती

माणूस म्हणून माणसात जन्मावे,
तरी असे पशुतुल्य का वागावे?

Snehal Bansode
Final Year B.Pharm.

Our Family

First Year B.Pharm.

Go confidently in the direction of your dreams! Live the life you have imagined...we first years are very happy and proud to be a part of this huge, amazing MET family. Teachers, lab assistants, store members, office members have always helped us at every point. This college has inspired us to think differently and overcome all our inhibitions. The seniors as well as the whole staff have not only helped us with our curriculum but also they have encouraged us to participate in all the cultural activities so as to showcase our talents. We are indeed very happy and proud to be associated with MET IOP.



Second Year B.Pharm.



Our Family

Third Year B.Pharm.



Final Year B.Pharm.

All good things have to come to an end someday, but for our time in M.E.T good is too less a word to describe our time here. From the corridors of the unknown as Freshers to the phase of calling it our second home, the journey has been exceptionally wonderful. The memories of 'Utsav', 'Rx' and our very own 'Lumiere' will always remain with us. Thank You to all the Teachers, 'Non Teaching Staff for everything and 'Sorry' for all the times we made mistakes. Our time here at MET has been a great learning curve with an ample full of happiness and fun.





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**MET Institute of Pharmacy
Bhujbal Knowledge Centre**

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

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

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