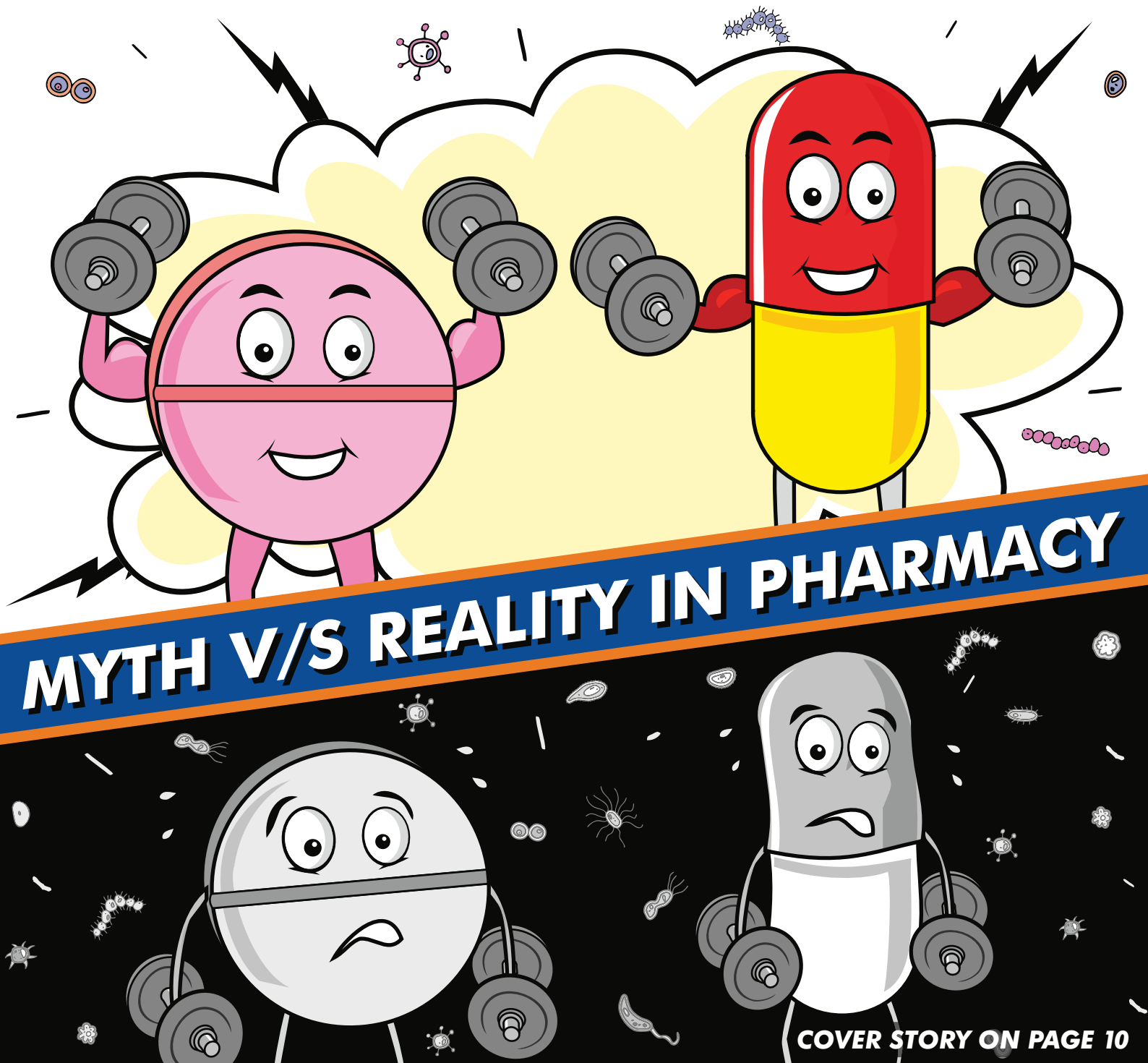


The Nest

A Student Council Presentation 2019-2020



COVER STORY ON PAGE 10



MET Institute of Pharmacy (Degree)



Bhujbal Knowledge City

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.

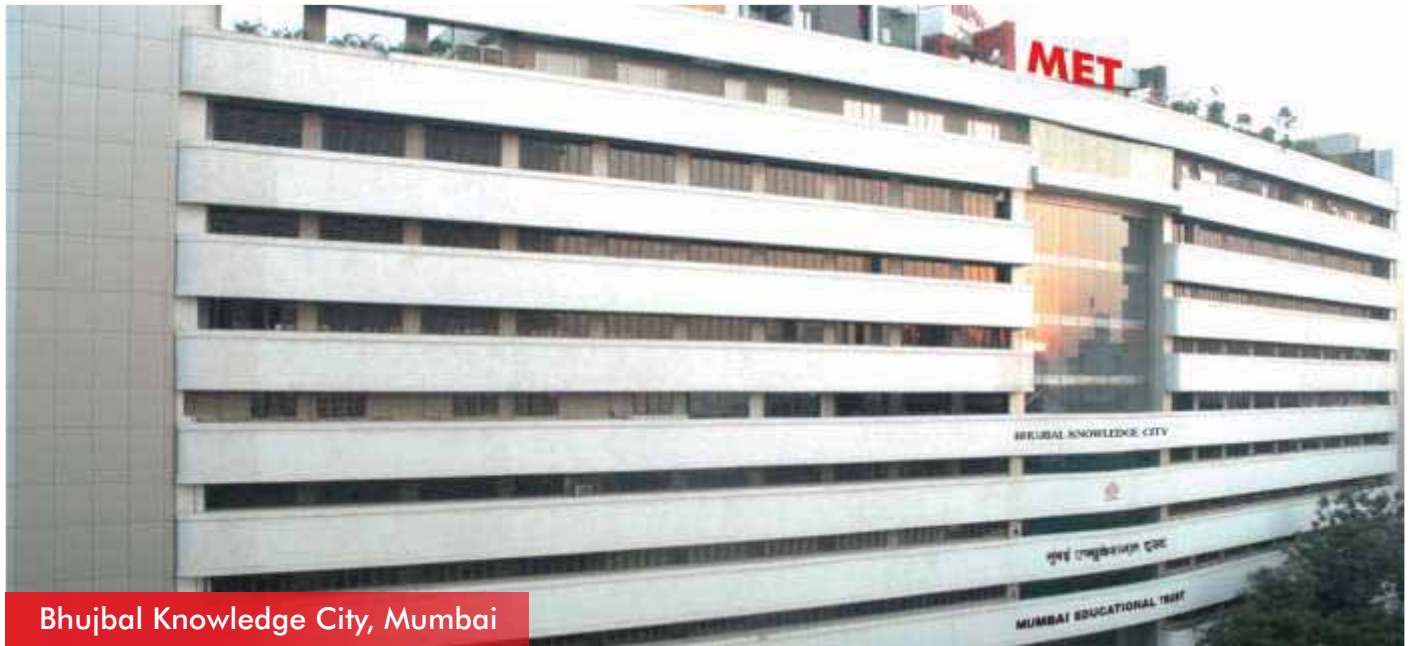
Our Mission

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 City, 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 Software Development & Research
- Institute of Computer Science
- Institute of International Studies
- Rishikul Vidyalyaya

Bhujbal Knowledge City, Adgaon, Nashik

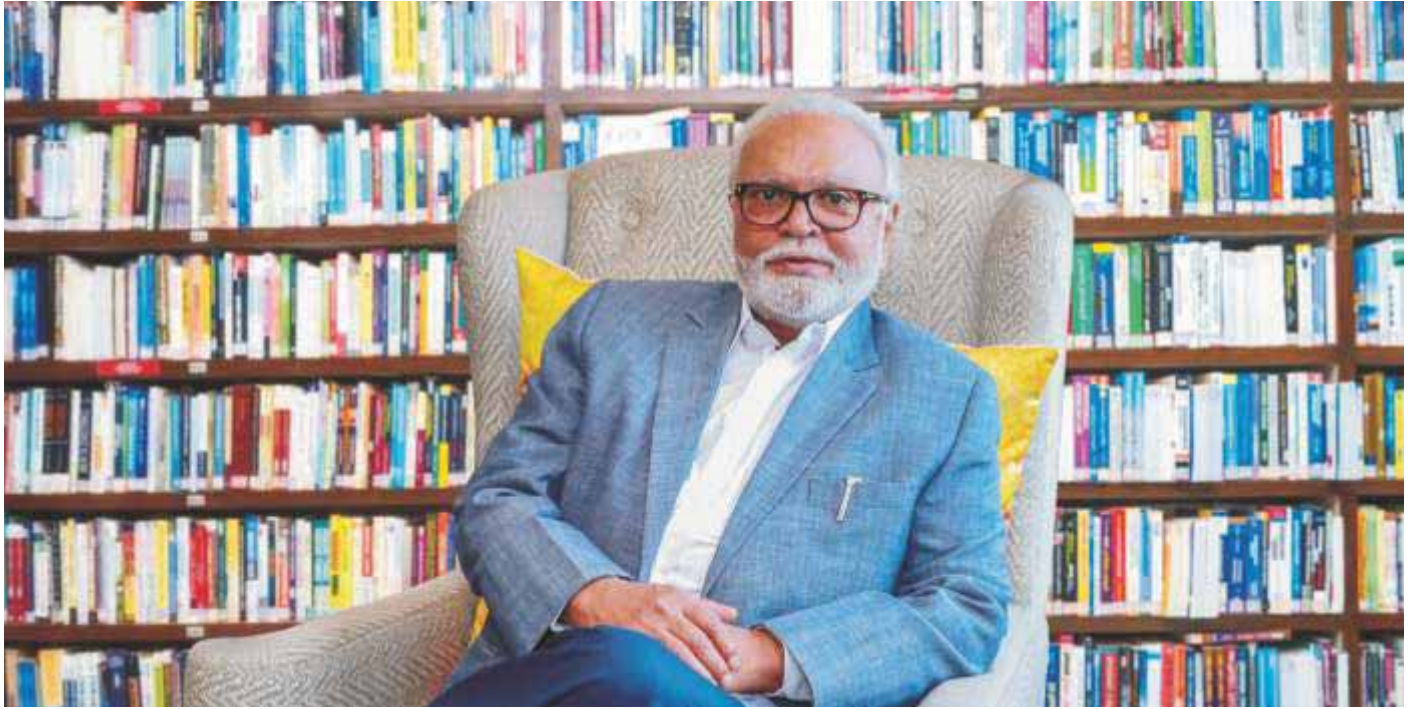
- Institute of Management
- Institute of Pharmacy
- Institute of Engineering
- Institute of Technology (Polytechnic)
- Institute of Information Technology
- Institute of D. Pharmacy
- Bhujbal Academy of Science and Commerce (Junior College)

Bhujbal Knowledge City, Gowardhan, Nashik

- Institute of Architecture and Interior Designing

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, Sprott Shaw College, British Columbia, Canada, Mountbatten Institute, UK, Edith Cowan University, Australia and the Global School of Management for alliances with various Universities in Australia and Canada and ICE Creative Excellence Pvt. Ltd. (Founded by Balaji Telefilms Ltd.)

From the Chairman's Desk



Divining Innovation Gene for Blooming the Flower of Indian Youth

Bee to the Blossom, Moth to the Flame; Each to his Passion, What's in a Name?

... Helen Hunt Jackson

India is blessed with a learning tradition and scholastic discipline that dates back to the Creation. And yet, reaching out to the millions of youth seeking to join the learning revolution, is a national challenge and an enigma. Skilling five hundred million youth in this decade may not be yet on the national drawing boards as one awaits fresh set of structures straddling the educational sector. As we anxiously await a renaissance at home, emergence of universal learning systems with outcome based education, emphasizing on experiential learning empowered by web based scenario building, is now the menu of many institutions of learning abroad.

We at MET, through our Rishikul Vidyalya are exposing school kids to this wonderland of education while blending the traditional pedagogy with the Cambridge learning systems at the school till the A Level. We are also building links and partnerships with global players for carrying forward the dynamic learning processes at both undergraduate and post-graduate levels. Our efforts at MET are focused on injecting the spirit of Creativity-Innovation in the pedagogy so that the students can visualize their offering as products/services while crossing the corporate threshold. As the youth is nudged and exposed to this liberal solution oriented problem solving dynamic learning platform, it opens the gateway to the grand panorama of start-ups and garage culture - riding the Rainbow stretching from San Jose to Bangalore and beyond.

Wishing you success in all your professional pursuits.

Chhagan Bhujbal

Hon. Founder Chairman
Mumbai Educational Trust



Advantage MET

- MET is an NGO in Special Consultative Status with UN (ECOSOC)
- MET is recognised as the Best Education Brand 2019 by The Economic Times
- Ranked 5th Best B School in Mumbai and 28th Best Pvt. B School All India by the Times B School Survey 2019
- Recipient of the prestigious World Education Awards 2019 for 'Outstanding Institute for Mass Media Management of the Year'
- MET BKC, Nashik received the prestigious Brand Excellence & Leadership Award 2019 from ABP Majha
- MET IOM has been awarded the A++ ranking by IIRF 2018 (Indian Institute Ranking Framework)
- Recognised as 'The 25 Best Institutions for Higher Education 2017' by The Knowledge Review Magazine
- PGDM (e-Biz.) wins the Indian B School Specialisation Award '13 by Discovery Education Media
- Ranked 4th Best in Advertising & PR categories and 9th Best Post Graduate Media School All India by the Edutainment Awards 2017
- MET Mass Media has a collaboration with Institute of Creative Excellence (ICE) - founded by Balaji Telefilms Ltd
- Unity in Diversity Educational Institute Award awarded by Global Dialogue Foundation & United Nations Alliance of Civilizations in 2016
- MET is a Ph.D. Research Centre of University of Mumbai & Savitribai Phule Pune University
- 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
- Research focused faculty
- Outstanding Indian/ global industry interface
- Globalised learning systems delivered with Indian ethos
- Freeship awards for meritorious students
- Record placements with salary packages ranging upto fifteen lacs
- 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
- Unique partnership with the CII, London, ACCA, UK and NCC Education, UK
- MET BKC, Nashik is the Nodal Centre under RETC for State of Maharashtra, a project of IIT Chennai
- Research at MET BKC, Nashik is funded by DST, Govt. of India in quality parameters in MSME's for productivity improvement
- MET BKC, Nashik is the Recognised Centre under NMEICT, a project of MHRD, Govt. of India
- Enlightened interaction for urban-rural synergy
- Strong alumni base world over



Shri Pranab Mukherjee,
Former President of India



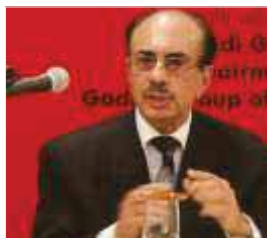
Mukesh Ambani,
Chairman & MD, Reliance



J. Hari Narayan,
Former Chairman, IRDA



Smt. Pratibha Devisingh Patil,
Former President of India



Adi Godrej,
Chairman, Godrej



Rahul Bajaj,
Chairman, Bajaj Auto



MET Chairman Wins Edupreneur Award

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

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. The MET IOP is approved by the Pharmacy Council of India, New Delhi AICTE, New Delhi, and accredited by NBA.

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 Institute of Pharmacy 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 Institute of Pharmacy aims to achieve its vision by:
 1. Imparting quality education and training the students in the field of pharmaceutical sciences through competent staff and supporting infrastructure.
 2. Working towards the all-round development of the students.
 3. Enabling students to make ethical and valuable contributions in diverse facets of pharmacy and social welfare, thus improving the quality of life.

PEOs: Program Educational Objectives

PEO1: To equip our graduates with sound knowledge in the field of Pharmaceutical Sciences making them technically competent in areas of Pharmaceutics, Pharmaceutical chemistry, Pharmacognosy and Pharmacology.

PEO2: Using a multi-disciplinary approach inculcate values of team work, strong communication skills, analytical skills and problem solving ability; for a highly productive career in Pharmaceutical industry, Pharmaceutical Management, sales and marketing, clinical research and other fields after graduation.

PEO3: To encourage and enable our graduates to pursue higher education by instilling lifelong learning and research aptitude in addition to core competencies.

PEO4: To train the students to contribute towards the pharma sector in an ethical manner for the betterment of society and work towards sustainable development.



The Director's Speaks



Dr. U. B. Hadkar
Director, MET IOP

The editorial board of this college magazine "THE NEST" selected the theme "Myths v/s Reality in Pharmacy". As the students of pharmacy, they are trying to find the reality and the scientific explanation about the myths. The findings should clear the misbelief of illiterate as well as literate population of our country.

The students have taken part in social work such as Beach cleaning, visit to Government schools and Old age home and spent some time with the students and aged people. Final Year B. Pharm have to complete a research project and marks are awarded to the project work. This has given a boost to the research activity in the pharmacy colleges in Mumbai. Students have presented a research paper at "Avishkar" organized by University of Mumbai. Dr. Abha Doshi, Ms. Bhagyashree Joshi and Ms. Sheeja Koliyote have a patent to their credit.

Faculty Development Program was organized at MET-IOP in the 3rd week of December 2019.

The eminent speakers from reputed colleges in Mumbai and from industry were invited for the workshop. The workshop on bioinformatics was highly appreciated by all the participants.

It pains me to see the unrest in the student community. I appeal to the students to maintain peace and harmony and concentrate on their studies.

I take this opportunity to thank our respected Trustees, Shri Chhagan Bhujbal, Mr. Pankaj Bhujbal and Mr. Sameer Bhujbal for the financial and moral support we receive from them. I also thank Mrs. Vishakha Bhujbal and Mrs. Shefali Bhujbal for their support and guidance throughout the year.

I thank Mr. J. G. Irani and Mr. Ashish Shrivastava for helping the student editorial board of the college magazine "THE NEST". I thank the magazine committee members Ms. Jaanvi Choksi, Ms. Nehal Joshi, Ms. Alice John and the teachers in-charge Ms. Sindhu Menon and Ms. Priyanka Joshi Jain for guiding the students to shape this magazine.

Dear students, life will not always happen the way you want and to be happy in life "Learn to turn Adversity into Opportunity".

Principal's Desk



Dr. Abha Doshi
Principal,
MET IOP (Degree)

Dear Students,

Again, it is that time of the year, the time for the making of the "NEST" and the time for sharing my thoughts, time for my "Mann ki Baat".

The year started with the "Dhamakedar" MET UTSAV, celebrating the 3 Decades of the MET League of Colleges. The grand inauguration was followed by the activity filled sports day. All the students as well as the staff participated with eager enthusiasm. The fervour continued during the "Kaun Banega MET Sikander", held especially for the staff. This was the first time that there was a hunt for Mr. & Ms. MET during the Talent show. It was indeed a proud moment for pharmacy, when our students bagged the title of Ms. MET and also the Mr. MET, second runner-up.

MET UTSAV is a platform to showcase the talents of our students and also gives them an opportunity to interact with students of other institutes – both on-stage & back stage, which helps them in their overall development.

Recently, the festival of Vasant Panchami was celebrated, also known as the "Festival of Spring" which signifies the beginning of spring. It symbolises new beginnings and we ask Goddess

Sarasvati to remove the darkness of ignorance and enlighten us with wisdom and knowledge.

So dear students, now it is time to gear up for your examinations with renewed vigour.

Best Wishes for your future.

Our Tutors

The wholesome environment one can see at MET institute of Pharmacy is because of the sublime teachers it has. Playing their part of teaching, teachers also take care of students to shape their future and help them deal with the outside world.



First Row: (L-R): Dr. Vijaya Patil, Ms. Bhagyashri Joshi, Dr. (Ms)Abha Doshi, Dr. U.B.Hadkar, Dr. Sonali Naik, Dr. Rashmi Srivastava.

Second Row: (L-R): Ms. Sheeja Koliyote, Dr. Madhura Vaidya, Ms. Sindhu Menon, Ms. Vrushali Keer, Ms. Priyanka Joshi.

The Non-Teaching Staff

Non-Teaching Staff are considered as the helping hands to the teachers and to the students. They play a vital role in the education system and are regarded as one of the greatest resources of any institute. Be it technical, management or academics they are always on their toes, helping whenever the need arises. Non-teaching personnel such as Administrative Officers, Librarians, Laboratory Assistants, etc form an integral part of the educational system and their services are indispensable in the quest to enhance quality education. It is due to their quick thinking and years of experience that make our tasks easily attainable. Their contribution helps to make learning and understanding practical knowledge trouble-free.



First Row: (L-R): Mr. Ghanshyam Kambl, Ms. Manisha Barve, Ms. Aarti Gore, Dr. Rashmi Srivastav, Dr. (Ms)Abha Doshi, Dr. U.B.Hadkar, Ms. Priya Sawant, Ms. Manasi Vaidya, Ms. Asavari Hadkar, Mr. Prashant Rane.

Second Row: (L-R): Mr. Dinesh Khanolkar , Mr. Pradeep Jadhav, Mr. Sanjay Palav, Mr. Ajay Mali, Mr. Gurunath Pednekar, Mr. Sunil Mohite, Mr. Pramod Karbhari, Mr. Dattaram Bhure, Mr. Mahendra Surve, Mr. Sudhir Ayare, Mr. Yuvraj Thakare, Mr. Ashwin More.

From the Cultural In-Charges

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

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

We are thankful for the guidance from our leaders Dr. Hadkar and Dr. Abha Doshi whose radiating energy keeps us charged and the co-operation of our beloved Teaching and Non-teaching staff; without them these events wouldn't have been possible.

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



Ms. Priyanka Joshi & Ms. Sindhu Menon

The Council Talks

"Individually, we are one drop. Together, we are an ocean." – Ryunosuke Satoro . Teamwork has often been described as one plus one equals three. On teams, people can work together and accomplish much more than they could by themselves. It's not about "too many cooks spoil the broth" but rather a combination of ideas, skills, innovations, helpfulness and leadership. By keeping this in mind, the 2019-2020 council accomplished a fantastic year with great enthusiasm and hard work. It was not only a path of happy memories but also a trail of learning and experiencing challenges. We are extremely thankful to our Cultural in-charge teachers, Mrs. Sindhu Menon and Ms. Priyanka Joshi as well as Dr. Abha Doshi and Dr. U.B.Hadkar for their great support and needful guidance towards all the events. Lastly we conclude with a quote, "Talent wins games, but teamwork and intelligence win championships." -Michael Jordan.

The Student Council

The Student Council

General Secretary:

Jayesh Kumawat (T.Y.B. Pharm)
Siddesh Kelkar (T.Y.B. Pharm)

Cultural Secretary:

Mitali Kamat (S.Y.B. Pharm)
Kanchan Gite (S.Y.B. Pharm)

Editors:

Alice John (S.Y.B. Pharm)
Jaanvi Choksi (S.Y.B. Pharm)
Nehal Joshi (S.Y.B. Pharm)

Treasurer:

Shrushti Bhamble (T.Y.B. Pharm)
Riya Patil (S. Y. B. Pharm)

Health Secretary:

Jeel Modi (S.Y.B. Pharm)
Akanksha Acharya (S.Y.B. Pharm)

Sports Secretary:

Sandesh Gupta (T.Y.B. Pharm)
Vaishnavi Warang (T.Y.B. Pharm)
Nishant Patil (S.Y.B. Pharm)

Class Representatives:

F. Y. B. Pharm

Mehreen Patel,
Sarvan Bharti,
Anisha Revankar

S. Y. B. Pharm

Bhavna Jaiswal,
Ankita Kanhere,
Gaurav Rajpurohit

T. Y. B. Pharm

Madhuri Goswami,
Mrunali Rane,
Riya Shah

Final Year. B. Pharm

Nikhil Gupta
Ravina Kajare
Sushmit Shetty



First Row: (L-R) Mitali Kamat, Kanchan Gite, Mrs. Sindhu Menon, Dr. Abha Doshi, Dr. U.B.Hadkar, Mrs. Priyanka Jain Joshi, Jeel Modi, Akanksha Acharya, Anisha Revankar

Middle Row: (L-R) Shrushti Bhamble, Riya Patil, Mrunali Rane, Vaishnavi Warang, Riya Shah, Madhuri Goswami, Alice John, Jaanvi Choksi, Nehal Joshi, Ankita Kanhere, Bhavna Jaiswal, Mehreen Patel.

Last Row: (L-R) Sarvan Bharti, Nikhil Gupta, Ravina Kajare, Sushmit Shetty, Nishant Patil, Siddesh Kelkar, Jayesh Kumawat, Sandesh Gupta, Gaurav Rajpurohit

IPA Talks

The Indian Pharmaceutical Association- Maharashtra State Board- Students Forum (IPA-MSB-SF) is an active section of the IPA and it has been organizing various events and workshops that have led to development of the students by developing their soft skills which includes management skills, leadership qualities time and financial management. It has also helped in polishing their professional skills and overall development. The IPA-MSB-SF has been organizing an annual festival called RX. It is a festival that brings the pharmacy colleges of the state together to compete in the fields of sports, cultural skills and their intellectual skills. This not only helps in getting the students into the organization but also gives the participants a huge exposure to the field and the real world, as this exposure helps them to gain knowledge and experience. Panache is the holy book for IPA-MSB-SF as it is a platform for the veterans, budding professionals and the students as well as the teachers of the field to showcase their talents, artworks, literature skills and their achievements to the field. It is also a medium to create awareness for various developments in the field, social situations as well as research works of the individuals that can benefit the community together.

Core Council Members

Mr. Ganraj Vajale - Associate Head Pharmacy Education Officer

Mr. Ayush Bhandari - Associate Head Executive Officer

Mr. Adil Surya - Associate Cultural Head

Ms. Aaliya Khan - Joint Finance Director

Ms. Yukta Dichwalkar - Joint Student Exchange Officer

Cell Members

Ms. Marilyn Karia - Public Relation Officer

Mr. Aditya Daware - Sports Committee

Ms. Sakshi Upadhyay - Editorial Committee

Ms. Hardika Patil - Public Health Officer



First Row:(L-R) Mr. Ganraj Vajale, Mr. Ayush Bhandari, Mr. Adil Surya, Mr. Aditya Daware
Second Row:(L-R) Ms. Hardika Patil, Ms. Yukta Dichwalkar, Ms. Marilyn Karia, Ms. Aaliya Khan

From the Editor's Desk

As Winston Churchill rightly said "Responsibility is a price of greatness", job of an editor is not easy and comes with a package of responsibility and hard work.

The editorial board drives you through the yearly happening, the cherishable moments at MET in a yearly compilation called 'The Nest'. The two most engaging powers of an editor are to make new things familiar and the familiar things new. 'The Nest' 2019 will bring your attention to certainty and clarity of various myths around us related to medicine and mainly focuses on clearing the misconceptions that are carried from generation to generation. The artwork, poems and photography proves the knack of Metizens in every field.



They say that an Editor is someone who rides in a whirlwind and directs the storm. The journey as an editor has been enjoyable and a learning process.

We would like to thank Ms. Priyanka Joshi Jain and Ms. Sindhu Menon who have always buoyed up our confidence and guided us throughout. We are also thankful to Mr. J. G. Irani, Mr. Ashish Srivastava, Mr. Pravin Gangan and the entire Marcom team without whom 'The Nest' would not have been what it is.

ABOUT THE COVER PAGE:

Falling ill, taking medicine and getting better sounds easy, yet there are many Myths and misconceptions attached to this task. The cover focuses on one of the medicinal myth which is growing at an alarming rate; Anti-Microbial Resistance (AMR). The cover page depicts two sides of the myth, the upper half of the page shows Healthy and Happy pill which can efficiently kill off microbes without causing any resistance when the patient completes the prescribed dose and on the lower half of the page, the pills are not able to fight off the microbes entering a human body because of the resistance developed for it, as the therapy was terminated mid-way based on the improving symptoms. One can still find many other myths and their reality inside the magazine.

The Editorial Board

Alice John (S.Y.B. Pharm)
Jaanvi Choksi (S.Y.B. Pharm)
Nehal Joshi (S.Y.B. Pharm)

Campus Diaries

MET Institute Of Pharmacy has already established itself as one of the finest pharmacy colleges in India as well as abroad. Here, the students are molded and nurtured to grow in every aspect of life. Education at MET, not only enhance the academic knowledge but also caters to the All- Round development of students. There is a wide variety of events that keeps us busy all year around- including Educational Guest Lectures, Seminars, Fun Filled Extracurricular activities and the Social Events.

MET Episodes

AASHADHI EKADASHI

12th July, 2019

Everyday is a blessing from God and considering it a new genesis, we the entire MET Institute Of Pharmacy family started off the academic year 2019-20 by celebrating Aashadhi Ekadashi. We began this joyous festival with the 'Dindi' march within the college campus followed by an endearing Lezim played by the entire teaching, non-teaching staff and students. Some students recited abhangas and devotional songs devoted to Lord Vitthal. The religious gathering was concluded by an Aarti and distribution of 'tirth prasad'. A special thanks to our director Dr. U.B. Hadkar, who encouraged us to celebrate the event and be a part.



SOCIAL AWARENESS EVENT

12th July, 2019

Reflecting on the current scenario of the world, few students of MET Institute Of Pharmacy enacted a skit based on the topic 'Child Labour' which was held in the college campus. Lack of security, hunger and poverty are the fundamental drivers of child labour. The performers demonstrated reasons leading to such situations some of them being; owners who treat children as slaves and separate them from their family; parents who forcefully send their children to work in order to meet the necessity; access to compulsory, free education is limited. Child labour keeps a child away from childhood, a happy and memorable phase in life. It interferes with regular school attendance which makes them socially dangerous. We appreciate the efforts taken by the students for participating in this social awareness event.



SEMINAR: FUTURE PROSPECTS AFTER B. PHARM

13th July, 2019

MET Institute of Pharmacy organized a future prospects session for the students which shed light on the dilemma that every student faces. The guest speakers were Mr. Krutin Chaturvedi and Mrs. Prachi Bhagat, alumni of the Institute of Pharmacy and members of the Industry Institute Partnership Cell. Choosing a path which will lead to success is a real challenge. They guided the students by setting their own lives as examples. They spoke on various topics such as availability of opportunities, diversities in job, accepting failure and most importantly finding what one loves to do. The seminar was concluded by a vote of thanks given by Dr. Abha Doshi and a positive feedback from the students.



Campus Diaries

GURU PURNIMA

16th July, 2019

'Guru purnima' is a day celebrated as a mark of respect to the 'Gurus'. This auspicious day has great significance. Gurus play an important role on our road to success by guidance, support and rectifying our mistakes thereby making us competent enough to face the world. The students of MET Institute of Pharmacy took the opportunity to express their gratitude by gifting a floral bouquet and organizing a cake cutting ceremony for the professors of Diploma and Degree. The program concluded by words of wisdom from Dr. U. B. Hadkar, Dr. Abha Doshi and Dr. S. D. Bhosale.



BEYOND CURRICULUM SERIES

22nd to 25th July, 2019

The faculty of MET Institute of Pharmacy (Degree) organized a four-day 'Beyond curriculum' lecture series for the students of Final Year B. Pharm.

The series included lectures on subjects from streams like Pharmaceutics, Pharmacognosy, Pharmaceutical Analysis, Pharmaceutical Chemistry, Microbiology and Biotechnology. Respective subject teachers shared practical knowledge required for higher studies & research projects.

Dr. Abha Doshi, Dr. Poonam Advani, Dr. Sonali Naik, Dr. Rashmi Srivastava, Dr. Madhura Vaidya, Ms. Sindhu Menon, Dr. Vijaya Patil, Ms. Bhagyashri Joshi & Ms. Priyanka Joshi Jain delivered lectures on certain research methodologies and techniques.

It was extremely informative & interactive wherein students acquired enormous knowledge and certain techniques learnt could be applicable while performing the projects included in the Final year curriculum.



PERSONALITY DEVELOPMENT PROGRAMME

Month of August

A seven day's "Personality Development Programme" was organized by MET Institute of Pharmacy for the students of Final Year in the month of August, 2019. The sessions were taken by Mr. Deepak Vartak. The programme aimed to enhance student's Communication skills and Interpersonal skills in order to function in professional and social settings effectively; to enrich presentation skills, understand time management and to learn to evaluate oneself for further growth, personally and professionally.



BLOOD DONATION DRIVE

7th August, 2019

MET Institute of Pharmacy in collaboration with "Shrimad Rajchandra Love and Care" organized a Blood Donation Drive in the stilt area of the college. The students of MET along with the teaching and non-teaching-staff volunteered and participated. The team arrived by 9:30 am and beds were set up for the blood donors.

Our director Dr. U. B. Hadkar, Principals Dr. Abha Doshi (Degree) and Dr. S. D. Bhosale (Diploma) also visited the drive and motivated the donors. A total of 76 blood bags were collected and sent to the blood bank. The positive response was appreciated by the NGO and hospital authorities. The donors were felicitated with certificates by "Tata Memorial Hospital under the Department of Transfusion Medicine".



Campus Diaries

INDEPENDENCE DAY 2019

15th August, 2019

The MET family celebrated our country's 73rd year of Independence. The celebration commenced with a floral rangoli decoration by the MET Institute Of Pharmacy students followed by flag hoisting and singing of the national anthem. The Chief guest and Trustees gave inspiring speeches and emphasized on various circumstances faced by our country, thus motivating us to make small contributions towards its development. The students of Rishikul delivered various performances which invoked a patriotic feeling in our hearts. The entire event left us with pride and sense of responsibility towards of country. Jai Hind!



ONE DAY NATIONAL SEMINAR ON "ENCAPSULATING TARGETED DRUG DELIVERY SYSTEMS"

17th August, 2019

The seminar on 'Encapsulating targeted drug delivery systems' was organized by Institute of Pharmacy, Degree on Informative and exquisite seminars on this novel drug delivery system were delivered by experienced and interactive speakers. The seminar was followed by a poster presentation competition.



The conventional drug delivery systems used since many decades involve the absorption of the drug across biological membranes. But these systems provide an immediate drug release and may cause a fluctuation of drug level in blood depending upon the dosage. They may also subject the body to toxic effects and resistance to the drug. Hence to achieve an optimum dose at the right time and right location, Encapsulating targeted drug delivery systems are being discovered. The session commenced with Prof. Vandana Patravale, a professor of pharmaceuticals at the prestigious Institute of Chemical Technology. She talked about the brain targeting systems which included smart targeted micellar nanoparticles with an inherent ability to circumvent the blood brain barrier via active transport pathway. She also discussed about the nose to brain delivery of the curcumin t-micelles. The seminar was continued by Dr. Aditya Pattani, who introduced to drug delivery systems targeting the immune response in the form of HIV vaccines. He is the director, KCIL partner at Nanoxpert technologies, Mumbai. He gave an insight about the liposome based freeze dried rods for vaginal vaccine delivery against the virus. The third speaker for the day was Dr. Sandhya Pranatharthiharan, Deputy manager at Cipla Ltd. She addressed the topic of ATIS-gel which bypasses the blood brain barrier and deliver the desired dose from nose to the brain. Dr. Priyanka Prabhu, an assistant professor at SVKM's NMIMS discussed the concept of targeted theranostics. She highlighted the blending of both therapeutic and diagnostic functions of the theranostics within a single scaffold. The last speaker for the day, Dr. Anisha D'souza enlightened the students with her talk on ASGPR (asialoglycoprotein receptor) mediated targeting to the liver. The ASGPR combats the hepatocyte resident toxicity which largely affects the human population.

The session was extremely educative and it surely kindled interest in the students for this branch of the pharma world.

Campus Diaries

FRESHER'S PARTY

31st August, 2019

The Students of second year MET Institute Of Pharmacy (Degree) organized a Fresher's Party having the "Masquerade" theme to welcome our newest batch. The purpose of this event was to make the new students feel connected as an integral part of the MET family. The occasion was graced by the Director Dr. U. B. Hadkar, Principal Dr. Abha Doshi and Dr. S. D. Bhosale who addressed and motivated the students. The event began with a classical dance devoted to Lord Ganesha by the second year. Games and various energetic performances by the seniors followed. The pulsating and cheerful waves among the audience made the environment very jovial and relaxing. Refreshments were served followed by the DJ. The party ended as the students returned home with radiant smiles and lots of memories.



IOP DEGREE: SEMINAR: WORLD PHARMACIST DAY TALK

25th September 2019

MET Institute Of Pharmacy celebrated World Pharmacist Day, where Mr. Nishant Patil, a student of S. Y. B. Pharm enlightened the students of first year regarding the role of a pharmacist in the society. World Pharmacist Day aims to highlight the crucial role played by a pharmacist in providing medicines and improving health in every corner of the world, providing detailed knowledge about the drug he/she is dealing with and also, spreading awareness about new and safer medicines, safe and effective use of medicines by looking out for adverse drug reactions and drug-drug interactions.



GARBA CELEBRATION

1st October, 2019

MET Institute of Pharmacy celebrated the festival of Navratri with zeal and excitement. Navratri is a festival for celebrating the victory of good over evil. The event started off with traditionally dressed participants gathering on the dance floor to flaunt their garba moves. 'Garba' and 'Dandiya Raas' was performed by students and teachers with absolute enthusiasm, energy and vigour. Prizes were awarded to Ms. Mayuri Desai and Ms. Jil Shah for the best dance performances and Mr. Hitesh and Ms. Madhuri Goswami for their colourful costumes. The event proved to be a grand success and created memories for the years to come.



GUEST LECTURE

9th October, 2019

Expert lecture by Dr. RK Maheshwari, Professor, Pharmacy Department, SGSITS, Indore for teaching faculty members and students of MET Institute of Pharmacy, Degree, Bandra, Mumbai. Also a practical demonstration was given for teaching faculty members and students for dry injection for reconstitution of poorly water soluble drug producing a clear solution using combined solubilizing effect of additives in safe concentrations (mixed solvency concept)



Campus Diaries

CLEANLINESS DRIVE

24th October, 2019

Bearing in mind the importance of cleanliness, the students of Second year Student Council of Pharmacy Degree organized a 'Cleanliness Drive' at Juhu Beach. The activity made us realize that the beach was overflowing with plastic waste, thus tearing down its natural beauty. Three groups were formed, safety was taken into consideration, gloves and biodegradable waste bags were used and an hour long session of gathering waste was carried out. This debris harms physical habitats, transports chemical pollutants, threatens aquatic life, and interferes with human uses of river, marine and coastal environments. Therefore it becomes important to maintain cleanliness at individual and community level ultimately making our nation disease free, hygienic and a better place to live in.



AWARENESS ABOUT NUTRITION AND CHRISTMAS CELEBRATION

21ST December, 2019

Student Council and Vijaya Ma'am of MET Institute of Pharmacy conducted a social event to spread awareness about Nutrition. The day started off with the Christmas Celebration. Children of varying age group from 'Happy School Academy' by Naata foundation were taught about having a Balanced Diet. The emphasis was made on good eating habits which would not only improve their nutrition well-being but also prevent nutrition related diseases. The goal of the drive was to motivate children to eat healthy and sustainable diets. Nutrition seminar and counseling was organized to enhance their awareness and knowledge of nutrition related behavior. To enliven the atmosphere, small games were played with the students. The active participation, cheerfulness of the students along with the joint efforts of Student council made the drive a Success!



MENSTRUAL HYGIENE

13th January, 2020

The Student Council of MET Institute of Pharmacy conducted a session on Menstrual Hygiene at municipality school, Bhujbal knowledge centre. The students that attended the session were girls from 6-8th std. Emphasis was made on making the students understand the importance of personal hygiene during menstruation and in their daily lives. The process that commences from the occurrence of the 1st menses, use of Sanitary Pads to their proper disposal, was explained to them. The intake of Iron-rich diet along with protein and leafy vegetables were added to the list of healthy diet during menstruation. Hygiene being an integral part of a healthy life, should not be neglected, as it may lead to various diseases and therefore should be maintained at its best. Making it a foremost duty.



Campus Diaries

CONSUMER RIGHTS

13th January, 2020

The First Year students of M.E.T. Institute of Pharmacy planned and executed a short skit emphasizing on the importance of consumer rights. The skit was divided into three scenarios each depicting the need to be aware of their rights and the repercussions faced by the community on neglecting their rights as a consumer. The definition of Consumer Right is 'the right to have information about the quality, potency, quantity, purity, price, standard of goods and services' as it may be the case but the consumer is to be protected against any unfair practices of trade. A consumer is an important participant in the market. In case of consumer exploitation, the rights of the consumer must be protected.



RURAL AREA CAMPAIGN

15th January, 2020

The students of MET Institute of Pharmacy undertook a 'Rural Area Campaign' at Agvan village, Umbroli. The aim of the campaign was to make the people aware about the fundamentals of Health and Hygiene. The importance of sanitation in our day-to-day lives was emphasized, including segregation, disposal and decomposition of wet and dry waste, the need to prevent water logging thus preventing infections from diseases like dengue and malaria, trying to reduce the use of pesticides and explaining various methods of maintaining personal hygiene. The significance of having Nutritious and Balanced diet were discussed with them. The interaction with the people made it possible to enhance and improve their knowledge for a Healthy and Hygienic lifestyle thereby enabling them and the people around to live a disease free life.



REPUBLIC DAY

26th January, 2020

Historically 26th January is a crucial day as it marks the end of British tyranny and the birth of India as a Republic State. Bearing the significance of this day the organization of M.E.T. began the day with flag hoisting ceremony. Flag was unfurled by our trustee Mr. Pankaj Bhujbal followed by the passionate singing of the national anthem. The students portrayed an optical illusion of the battalion which filled our hearts with pride and honour. The students of MRV dance club jammed the stage on the rhythm of patriotic songs. The day left us all with the sense of duty towards our nation



Campus Diaries

TREE PLANTATION

7th February, 2020

The Students of MET Institute Of Pharmacy conducted a Plantation Program at "Assisi Bhavan" in association with 'Naata Foundation' in Goregaon . In order to restore the Eco balance of the afforestation, considering the fact that tree plantation goes a long way in the battling of deforestation, the drive was taken with all seriousness. The participants were highly enthusiastic to make it a big success. The students dug the ground, collected the soil in buckets and made a soil bed ready for plantation. Every step of the programme was appreciated by the representatives of the NGO who were also a part of this noble cause. The students were explained about the importance of the tree plantation. Cutting down trees for unavoidable reasons should be compensated by planting more ones in suitable places and taking care of



OLD AGE HOME VISIT

7th February, 2020

The students of MET Institute Of Pharmacy visited the old age home 'Assisi Bhavan' in association with 'Naata Foundation' in Goregaon. The students were greeted with kindness and warmth. They observed that, there were people who were abandoned and some who were suffering from disabilities. No matter what the cause was, what mattered the most was their age. They were smiling the whole time and didn't reflect their problems. To break their monotony, the students sang and danced with them. The day turned out to be fruitful and happy. While bidding adieu, the elderly people blessed the students with healthy and prosperous life for them and their families. Though the time spent in the old age home was just a few hours, it taught the students a lesson for a lifetime.



INDUSTRIAL VISIT

13th February, 2020

MET Institute of Pharmacy had organized a one day Industrial Visit to Bruck Pharma Pvt. Ltd., Vapi, Gujarat on for the Final Year students. The purpose of the visit was to experience the working environment in industry, to have an interaction with the actual industry personnel and also to prepare the students for the selection of their career in different departments of industry.



Days to Remember

Sometimes the most productive thing one can do is relax. Considering this, the Student Council arranged various days to be celebrated by the students. The day started off with an ironic mix of toughest simplicity and easiest complexity; the Black and White Day. To add on some amusement, it was followed by Character Day. Saree day was filled with elegance. Mismatch Day and No Jeans Day were celebrated with the brightest colors from the students' wardrobes. Celebrating these days added more pages to the novel of memories that the students have.



Rx - Bombay

RX WINNERS

19.1.2020

Frame Designing - 3rd place

Nirmiti Matkar - S. Y. B. Pharm

Tanaya Nayak - S. Y. B. Pharm

31.1.2020

Stand-up Comedy- 3rd place

Aditya Daware - F. Y. B. Pharm

1.2.2020

Duet Singing - 1st Place

Mitali Kamat - S. Y. B. Pharm

Guddi Waghare - T. Y. B. Pharm

Into Your Shoes - 2nd place

Anurag Dubey - S. Y. B. Pharm

Fashion Show

Best Walk

Faisal Shaikh - F. Y. B. Pharm

Dishita Mehta - Final Year B. Pharm

2.2.2020

Buzzword - 1st place

Divya Rajaram - T. Y. B. Pharm

Gayatri Bhandarkar - T. Y. B. Pharm

Wordsworth - 3rd place

Riya Patil - S. Y. B. Pharm

What's in your voice? - 3rd place

Pooja Kairamkonda - S. Y. B. Pharm



Lumiere

MET Institute of Pharmacy celebrated their annual day - Lumiere on 28th September, 2019. The function began with a movie event, wherein the students enacted various scenes from the movies assigned to them, followed by Antakshari in which students enjoyed singing various songs of all eras. The cultural event was inaugurated with the lighting of the lamp and classical dance. The Fashion show having a Bollywood theme became an enthusiastic rage among the masses. The evening brought along dynamic dances and melodious singing performances. The fest promoted creative ideas and provided a platform for students to share their talents through meme making and standup comedy. The audience experienced a wide spectrum of emotions through these zealous performances. The fest concluded with a DJ session and dinner.

WINNERS

Meme Making:

1st Position (Second Year)

Samarth Shah
Devansh Singhal
Atharva Sawant

Antakshari:

1st Position (Second Year)

Tanaya Nayak
Yasmin Sayyed
Pooja Kairamkonda
Kruti Pathak
Ankita Kanhere

Movie Event:

1st Position (Fourth Year)

Vaidik Vora
Omkar Joshi
Ayush Bhandari
Nikhil Chaubey
Shreyas Salgaonkar
Sushmit Shetty
Mayuri Desai
Dishita Mehta
Jil Shah
Saloni Chavan



Lumiere



Staff Activities

SEMINAR 2019 - 2020

Sr No.	Name of the Faculty	Title of The Seminar Attended During 2019-2020	Organized By	Dates of Seminar
1.	Dr. Abha Doshi Ms. Bhagyashri Joshi Ms. Sheeja Koliyote Dr. Madhura Vaidya Dr. Poonam Advani Ms. Priyanka Joshi Jain Dr. Rashmi Srivastava Dr. Sonali Naik Dr. Vijaya Patil	"Encapsulating Targeted Drug Delivery Systems".	MET Institute of Pharmacy (Degree), Bandra.	17 th August 2019
2.	Ms. Sindhu Menon	Attended one-day National seminar on "Encapsulating targeted drug delivery system". Attended one day State level seminar on "Management of Stress and Depression: A need of the day".	MET Institute of Pharmacy (Degree) Bandra, Mumbai C.U. Shah College of Pharmacy, S.N.D.T. women's University, Mumbai.	17th August 2019 17th October 2019

WORKSHOPS

Sr No.	Name of the Faculty	Workshop Attended During 2019-2020	Organized By	Dates of the Workshop
1.	Dr. Abha Doshi Ms. Bhagyashri Joshi Ms. Sheeja Koliyote Dr. Madhura Vaidya Dr. Poonam Advani Ms. Priyanka Joshi Jain Dr. Rashmi Srivastava Dr. Sonali Naik Dr. Vijaya Patil Ms. Sindhu Menon	One-week Faculty Development Workshop on "Trends and Tools in Pharmaceutical Education and Research". Attended one day workshop on "Techniques in molecular biology-PCR and electrophoresis".	MET Institute of Pharmacy (Degree), Bandra National Facility for Biopharmaceuticals, Mumbai.	18 th to 23 rd November 2019. 22 nd November 2019

Staff Activities

2.	Ms. Aushima Dasari	Attended One-week Faculty Development Workshop on "Trends and Tools in Pharmaceutical Education and Research".	MET Institute of Pharmacy (Degree), Bandra	18 th to 23 rd November, 2019.
3.	Ms. Sheeja Koliyote	Attended three days' workshop on Hands on Training on "HPTLC and Bio autography".	National Facility for Biopharmaceuticals, G. N. Khalsa college, Matunga, Mumbai.	24th to 26th June, 2019
4.	Dr. Poonam Advani	Completed a twelve week online course on "Computer Aided Drug Design" by with an Elite 75 % score. Completed a twelve week online AICTE approved FDP course on "Accreditation and Outcome Based learning" by with an Elite 93 % score.	NPTEL NPTEL	29th July to 20th September 2019 26th August to 18th October 2019.
5.	Ms. Priyanka Joshi Jain	Completed a twelve week online AICTE approved FDP course on "Drug Delivery: Principles and Engineering" with an Elite 62% score.	NPTEL	29th July to 18th October 2019.
6.	Dr. Rashmi Srivastava	Attended and participated in the discussion and orientation meeting for the subject of "Phytopharmaceutic al technology".	Mumbai Educational Trust College of Pharmacy	17 th December 2019.

Staff Activities

7.	Ms. Sindhu Menon	<p>Completed an eight week online AICTE approved Faculty development program course on "Accreditation and outcome based learning" with an ELITE + Silver 86% score.</p> <p>Attended three days' workshop on Hands on Training on "HPTLC and Bio autography".</p>	<p>NPTEL</p> <p>National Facility for Biopharmaceuticals, G. N. Khalsa college, Matunga, Mumbai.</p>	<p>26th August to 18th October 2019.</p> <p>24th to 26th June, 2019</p>
8.	Dr. Sonali Naik	Completed a twelve week online AICTE approved FDP course on "Accreditation and Outcome Based learning" with an Elite 94 % score.	NPTEL	26 th August to 18 th October 2019
9.	Dr. Vijaya Patil	Twelve week online AICTE approved FDP course on "Genetic Engineering : Theory and Application" by with 77 % swayam online certification (Elite Silver)	NPTEL	2019

MET supports its teaching staff for future studies:

1. Mrs. Bhagyashri Joshi is pursuing PhD from Institute of Chemical Technology.
2. Mrs. Sheeja Koliyote is pursuing PhD from Principle K. M. Kundnani college of Pharmacy.
3. Mrs. Sindhu Menon is pursuing PhD from C.U. Shah College of Pharmacy (SNDT University).

Our Top-Notch Achievers

Final Year	Third Year	Second Year	First Year
1) Shruti Sawant	1) Rashmi Singh	1)Shrushti Bhamble	1)Mitali Kamat
2) Kajal Gupta	2) Rinku Kumari Muleva	2)Madhura Mulkutkar	2)Preeti Jaiswar
3) Jeenal Jain	3) Sonal Parmar	3)Anushka Sharma	3)Ankita Kanhere

GPAT 2020 Qualified Students

Names	Score	All India Rank
Hitesh Vishwakarma	223	214
Vaidik Vora	220	248
Saloni Chavan	207	419
Shreyas Salgaonkar	176	1222
Sonal Parmar	169	1556
Rajrajeshwar Gaikwad	167	1672
Neha Ekal	135	4416

MET RATNA AWARD 2019-2020

For achievements (certificates/medals/trophies) received during

1st Jan 2019- 31st December 2019

Sr No.	Student Name	Program / Course name	Academic Year	Achievement
1	Shruti Sawant	Bachelor of Pharmacy	2018-2019	Average GPA- 8.40

MET GAURAV 2019-2020

Sr No.	Name of Institute	Faculty / Student	Programme/ Course name	Achievement
1.	Institute of Pharmacy (Degree)	Dr. Abha Doshi, Ms. Bhagyashri Joshi, Ms. Sheeja Koliyote	B. Pharm	Patent has been Granted to Patentee for an Invention Entitled Oral Patches for Aphthous Ulcer

Co-curricular Activities

MET Institute of Pharmacy has always encouraged students to expand their horizons not only in academics but also in co curricular activities, Here's a glimpse of few events attended by the students -

AVISHKAR 2019-2020

MET Institute of Pharmacy(Degree) faculty member Ms. Sindhu Menon participated and presented a research project titled "Simultaneous estimation of mangiferin, berberine, gallic acid and quercetin in Amrithamehari churnam by a novel HPTLC method" on 15th January, 2020 at the University Level of Avishkar Research Convention 2019-20 where she won 1st prize and qualified for state level. She participated and presented the said project at 14th Maharashtra State Inter-University Research Convention Avishkar 2019-20 held at University of Mumbai from 28th -31st January 2020. Her research project was selected for the oral presentation for the final round.



MET Institute Of Pharmacy students Ms. Ravina R. Kajare, Ms. Komal S. Mohite, Ms. Saloni P. Chavan, Mr. Nikhil S. Gupta and Ms. Dishita U. Mehta under the guidance of their Research Project Guide Dr. Vijaya Patil participated and presented a research project titled "Polyherbal antimicrobial formulations" on December 23, 2019 at the District/Zonal Level of 14th Inter-Collegiate/Institute/Department Avishkar Research Convention 2019-20. The said project was also selected for the Final Round of Avishkar Research Convention 2019-20



POSTER PRESENTATION

MET Institute of Pharmacy organized a Poster Presentation which was held on 17th August, 2019. The students Ms. Hiral Tanna, Mr. Ganraj Vajale, Mr. Vaidik Vora, Mr. Hitesh Vishwakarma, Mr. Sahjesh Soni. From Final Year on Thermo-Responsive Drug Delivery: Direction to New Drug Targeting and Ms. Vibhuti Gavankar, Ms. Yukta Dichwalkar, Ms. Deann Dias, Ms. Reshma Garudi and Ms. Rishi Davawala secured 3rd Position represented on Monoclonal Antibodies, under the guidance of Ms. Vrushali Keer.



Co-curricular Activities

ICT VORTEX

Phineas and Ferb backyard : This was a quick working model making event using limited materials at Vortex, the chemfest 2019 held on 12th October 2019 ICT, Matunga. The students Piyush Mahajan, Shambhavi Parab ,Chandani Mulewa., Mahima Raul,secured 1st Place in the competition.



METAMORPHOSIS

METmorphosis held on December 5, 2019 by the MMS Department of MET

Dhundte reh jaoge winners: 1st Runner Up-

Ms. Mahima Raul
Ms.Akanksha Naik
Ms.Shrushti Bhamble

Table Tennis 1st Runner Up-

Mr. Ashish Ghugare
Mr. Rajrajeshwar Gaikwad
Mr. Mahesh Sargar



SKINCARE MYTHS BUSTED!

Let us admit, that all of us have taken up an advice which sounds bizarre but have still used just to get better skin. BUT, are they actually true or just myth. Here are some myths which we're going to debunk.

#1. Hot water opens up your pores.

The idea that your pores open and close according to the temperature is an age old myth but in reality, it's just not possible.

This is because pores aren't temperature sensitive. The water swells the epidermis layer of skin, which makes the pores look open and although we all prefer a hot shower it's recommended to use lukewarm water as hot water can strip you off of moisture present in the skin.

#2. The harder you scrub/exfoliate the better.

No! It doesn't have to hurt for it to work. Scrubbing too hard can cause micro tears in the skin. As is the case with physical exfoliants. Always err on the gentler side and thus chemical exfoliants are a better option for exfoliation as they are gentler on the skin.

#3. You don't need to moisturize if you have oily skin.

Not true! No matter what your skin type is, one needs to always moisturize to keep up the moisture levels in the skin. Oily skin can be because of dehydration and our skin compensates it by producing more sebum. Hence, it is very important to moisturize even if you have oily skin.

#4. Natural Ingredients are better than synthetic.

Whatever preconceived notion one might have or media-induced fiction someone might believe about natural ingredients being better for skin; it's not true. There's no actual basis or scientific legitimacy to prove that belief.

Not only is the term 'natural' hazy but the term is also loosely regulated, so any cosmetic company can use it to mean whatever they want it to mean. Just because an ingredient grows out of ground or is found in nature, doesn't mean it's automatically good for the skin; and the reverse is also true. Just because an ingredient is synthetic doesn't mean it's bad.

#5. Your skin type never changes.

Your skin type changes throughout your life. It depends upon your hormonal, seasonal and environmental factors. For example, you can have dry skin in your preteens but have oily skin in later years of life. A combination of skin types are mostly observed in average population.

#6. Antibacterial soap is best for keeping your skin clean.

Skin normally has bacteria on it. It is impossible to keep our skin completely free of bacteria for any amount of time as it can disrupt the pH of the skin. The pH of our skin is around 5.5 and the alkaline pH of soaps can cause the skin barrier to suffer. In fact, many experts are concerned that it can lead to increase in antibiotic resistant bacteria. Thorough and consistent washing, is what helps prevent spread of infection.

#7. The higher the SPF of your sunscreen, the better.

Theoretically, a higher SPF increases the amount of time one can stay in the sun and be protected. But, above a certain level a higher SPF has little added benefit as compared to lower SPF. Experts usually recommend using at least SPF 30 which blocks out 97%UVB radiation.

Not only is it vital to use sunscreen but it's important to consistently reapply it every 2-3 hours.

Essence of Pharmacy

#8. Taking Supplements can solve every skin concern.

If you already have the required amount of daily nutrients present in your diet, then these supplements do little benefit and are just eliminated out of the body. Supplements only work when you lack nutrients in your body.

Rather, one needs to focus on the daily diet one consumes which is proved through a research linking the diet and skin health. One needs to focus on getting nutrients from the diet as intake of supplements can have its side effects.

Bhavna Jaiswal
S. Y. B. Pharm

KOREAN BEAUTY

What is Korean beauty?

Korean beauty also popularly known as K-Beauty is a term used for skincare products derived from Korea. Traditionally, Korean women favor glowing 'glass' skin over layers of foundation, and a lengthy routine that focuses on clarifying, toning and layers of hydration allows them to achieve optimum luminosity. Over the last 18 months, it has cultivated a certain gentle, nature-meets-technology ethos. Boosting its appeal is the packaging that comes with poppy colors, nonsensical bottles whimsically shaped like pandas and cracked hard-boiled eggs. The ultimate goal is to achieve a complexion that has a dewy, glowing finish, one that doesn't need concealers and foundations to hide it. It's hard to deny them that title when they have a population of women (and men) that walk the streets with their silky-smooth, picture-perfect complexion.

Ingredients

The ingredients used in the product mainly include charcoal, ginseng, hyaluronic acid, bee oil, tea tree oil, Aloe Vera, coffee, 24k gold, rose, broccoli, rice water, green tea, and shea butter. Besides these various bizarre ingredients are also used viz. snail mucin, donkey milk, wine, truffle, mayonnaise, salmon egg, cheese cream, pig milk, starfish, horse oil, pearl, seaweed, egg yolk, makgeolli (Korean alcoholic beverage) and banana. Myths about the Korean beauty -

1. Korean skincare only works for Asian people.

This is one of the biggest K-beauty myths. Contrary to what you may see on TV, many Koreans in real life deal with exact same issues that non-Koreans deal with, like acne, oiliness, dryness and sensitivity, just to name a few. Korean skin care works for everyone not because it's specifically meant for Korean or Asian skin but because it's meant for skin in general, which we all have. So you'd be missing out if you reject Korean skin care as a whole because you're not Asian.

2. Men and women need different Korean skincare.

Generally speaking, men tend to have larger pores and have oilier skin than women. But in practice, skin needs wildly differ from person to person, and your gender doesn't necessarily dictate your skin's needs. So, it is very possible that skin care products marketed towards men and women have very similar if not the exact same ingredients within the same brand.

3. Sheet masks are actually the best thing to use.

Firstly, the sheet masks which we use contain plastic. As we all know plastics are non-biodegradable and they pollute the earth. Other than that, they also cause wastage of serum as we don't end up using the serum left in the packet itself.

4. Double cleansing should be done in the evening. During the night, sweat and oil are produced on the skin and it is actually recommended to cleanse your face in the morning as well as in the evening. This also helps remove the excess products left over on your skin from the previous evening.

Essence of Pharmacy

5. Korean beauty is all about 10 or 12 step routine.

Korean beauty is actually about having hydrated skin and it's not important to have 5 step routine or 12 step routine. One can do the routine according to one's own wish. Unless it's hydrated skin it does not matter. It differs from one skin type to another.

6. You can skip toning in your routine.

Toner is one of the most important steps in skincare as it completes the cleansing process. Stress and environmental factors can turn the skin's pH acidic. Plus, any time you cleanse, you inevitably strip the skin. So, the point of toner is to get rid of the excess oil, dirt, and leftover cleanser and, most important, bring the skin back to its neutral pH level (where it is healthiest and the most glowing).

7. Korean beauty is a passing trend.

While it may appear as a trend that would be soon forgotten, we cannot deny the fact that a lot of people have experienced drastic changes in their skin. So, while the hype around it will die down, we are positive that K-beauty is here to stay.

Tanaya Nayak
S. Y. B. Pharm

MEDICATIONS ARE BETTER STORED IN BATHROOM OR NEAR THE KITCHEN SINK

If there is one place you shouldn't store your medication, it's the exact place where you probably are: THE MEDICINE CABINET IN YOUR BATHROOM OR NEAR THE KITCHEN SINK!

Every medication has its own recommended storage condition- from room temperature, to refrigeration, to freezing; therefore, it is advisable to check with your pharmacist about any specific storage instructions. Most medications may be stored at room temperature, in a cool dry place. Examples include your dresser drawer, a closet, a storage box and a shelf.

It is best to avoid the bathroom medicine cabinet since the heat and moisture from your shower and sink may damage the active ingredients. According to Selig Corman, "An egg kept at an extreme temperature gets cooked and that could happen with tablets, certain gelatin capsules which could alter the chemistry of the product. Something as simple as aspirin when reacts with moisture becomes a different chemical, which is sold as a corn remover." You wouldn't want to ingest a corn remover, right?

Climate changes can also affect the storage conditions. A medication as per specifications should be stored either at room temperature or at cool temperature (4-8°C). It is advisable check with your pharmacist for the precise temperature range and store your medications accordingly. If the specifications are not met, the drug might lose its effectiveness and could form a harmful metabolite.

When it comes to pills or tablets, a visual change in their appearance is seen if they have been adversely affected by severe temperature or moisture. The colour may change and tablets that were once shiny might look dull. Being diligent about storing your medication safely and appropriately will help ensure that you get the most out of your therapy.

Gayatri N. Bhandarkar
T. Y. B. Pharm

VITAMINS AND ITS MYTHS

Healthy dietary intake is important for the maintenance of general health and wellness, the prevention of any chronic illness and increasing life expectancy. Various nutritional supplements are now being included as a part of everybody's diet. Taking a multi-vitamin can make up for a poor diet and prevent diseases. But then, there are enough myths around vitamins that make people question, "Vitamins seem healthy, but are they really?"

The 5 most common myths include:-

#1 You don't have to worry about diet or exercise if you are taking vitamins.

They are called nutritional supplements for a reason, they supplement the diet to add nutrients to your diet as aging, stress and various other factors can make it difficult for our body to absorb nutrients from the diet. Nutritional supplements must in no way, replace your diet or lifestyle but are intended to be consumed to improve the lifestyle.

#2 Taking vitamins affects your weight.

No, not true. Vitamins have no calories.

#3 Supplements don't interact with medications.

The supplements you're taking could interfere or alter the effects of your medications for better or worse. Thus, it's important to consult a physician and pharmacist for advice to avoid any negative interactions.

#4 You can overdose on vitamins.

Having vitamins with an amped up diet could be overdoing it. You might even damage vital organs in the process. Too much vitamin A can cause liver damage and excess vitamin B6 can cause nerve damage and while vitamin C is an anti-oxidant, it could be a pro-oxidant if taken in excess.

#5 Vitamins must be taken on an empty stomach.

While many vitamins are water soluble, they are dissolved in water and can be easily absorbed by the body at almost any time of the day regardless of whether you have or haven't eaten anything. But fat soluble vitamins- A, D, E and K can only be absorbed with fat. So if you are taking a multi-vitamin that has fat soluble vitamin then it's better to have it after having some food that contains some fat.

All multivitamins are neither the same nor are all of them safe. Knowing the difference between science and fiction when it comes to supplements can be challenging. There is little oversight, lots of misinformation and swarms of controversies. Supplement makers never have to say how scientifically conclusive their studies are. Therefore always talk to a doctor or a registered dietician before taking your vitamins.

Divya Rajaram
T. Y. B. Pharm

ANTIBIOTIC RESISTANCE: A RUNDOWN OF A GLOBAL CRISIS

"Antibiotics are life-saving medications," Fleming-Dutra said. "They are very important to Medicine and Medical care. They allow us to prevent and treat bacterial infections. They allow us to treat people with Cancer, Chemotherapy, and surgery which depends on the ability to prevent and treat infections. That is why resistance is such an important issue."

Coughing, headaches, runny noses. Nobody likes to feel sick, so they consult a doctor for advice. These repeated symptoms bring a common request from patients: "Can I get antibiotics?" The answer is not always yes. Being sick is

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unpleasant to say the least, so it's no wonder people seek fast relief in pill form. But when it comes to antibiotics, overuse is a major concern. Antibiotics fight bacterial infections, but they won't work against viral infections. That means they are not effective against the flu or the common cold. Symptoms such as a consistently high fever (above 101.5 degrees), nasal discharge and severe facial pain may indicate a bacterial sinus infection. Most sinus infections are viral, but if these symptoms linger for many days without improvement, the cause may indeed be bacterial. Likewise, the same high fever combined with an ongoing ear pain may be a sign of a bacterial ear infection. In both cases, antibiotics would be appropriate.

But not all infections are bacterial. Head congestion and low-grade fever might be signs of a virus, for instance. It is important to work with your doctor to get as clear diagnosis as possible, then proceed with the proper treatment.

If a medication kills almost all the bacteria present during an infection, sometimes a few might survive, that have adapted themselves to survive the antibiotic. When this happens, that adapted, resistant germ can continue to multiply and the infection can grow.

Over 2 million people every year become infected with bacteria that are resistant to antibiotics, according to the CDC (Centers of Disease Control). Over 23,000 people die as a direct result of these infections every year.

What is a superbug?

A superbug is a bacteria that has high levels of resistance to many different antibiotics. One example: drug resistant *Neisseria gonorrhoeae*, the bacteria that causes gonorrhea, a sexually transmitted infection. The CDC reports 246,000 cases of drug-resistant gonorrhea infections per year.

Unnecessary antibiotic use directly contributes to antibiotic resistance. When people take antibiotics more frequently, it provides more chances for bacteria to adapt and learn to fight off modern drugs. There are currently a limited number of different antibiotics and scientists are having a hard time creating new drugs that can keep up with new superbugs. "All antibiotics, like all medications, have side-effects and risks," said Fleming-Dutra. "They can cause mild side-effects like rashes or yeast infections or quite serious reactions that are life-threatening."

Antibiotics can kill helpful bacteria and make it more likely for us to develop a harmful bacterial infection. *Clostridium difficile* or "C. difficile" is directly related to antibiotic use and contributes to 250,000 illness and 14,000 deaths per year, according to the CDC. C. difficile is the scourge of hospitals and results in over \$1 billion in preventable medical costs per year.

Antibiotics are not one-size-fits-all

The antibiotics that work for a urinary tract infection aren't the same as the ones that will fight your strep throat. The "broad-spectrum" antibiotics used to fight infections in hospitals aren't the same as the very specific antibiotics your doctor may prescribe to treat a bacterial ear infection.

You should not save old antibiotics 'just in case'

It is often heard from patients: "I had some antibiotics left over from my last prescription, so now when I am showing the same symptoms I started taking them."

That's a bad idea. As mentioned before, different antibiotics treat different types of bacterial infections. You cannot just assume that your leftover medication will work. And, again, taking the wrong medicine when it won't help means you risk side effects and future drug resistance. Also, "Last time I had a cold, I took them, and I got better." But if it was truly a cold, natural defense system of the body was what helped them get better. Not antibiotics.

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The use of nanotechnology is emerging in medicine and it is not astounding to see these technologies being applied for the management of the antibiotic resistance menace. Nanoparticles can be utilized for the therapeutic management of infections in different ways. They can be coupled with existing antimicrobial agents for enhancement of their physicochemical behavior against drug-resistant microbes. Second, the colloidal forms of zinc, silver, copper, and titanium can itself be used as antimicrobial agents. Although the principal targets of antibiotics include the inhibition or disruption of bacterial cell wall, inhibition of proteins, and nucleic acids synthesis, nanoparticles are reported to affect the respiration system and thereby generation of reactive oxygen species that ultimately leads to bacterial death.

The spread and sharing of anti-microbial resistance can be contained by the rational use of antibiotics, infection control, immunization, promoting good practices in food supply, and control of person-to-person spread by screening, treatment, awareness, and education.

Isha Sawant
T. Y. B. Pharm

NATURAL SUPPLEMENTS ARE SAFER THAN THEIR PRESCRIBED COUNTERPARTS

Over the years, the medical industry has flourished at an exorbitant rate and has given mankind the capabilities to accomplish wonders that were at some point perceived as miracles. There are many branches in medicine like Unani, Ayurveda, Homeopathy, Allopathy, Siddha etc. which have various routes of administering medications which solely depend on a certain combination of substances that can be either found naturally or synthesized chemically. The pharmacodynamics of such combinations can be enhanced/alterd according to the desired requirements.

Like the medical field, the food industry has also revolutionized and so have we with the food that we consume. But with every progress there has been a regression over the time. This is due to the variance in our lifestyle and intake of insufficient nutrients. The food prior to modernization was grown and processed using manual techniques and although it led to an increase in the productivity of the food, it also led to a downfall in the quality of the nutrition. The diet opted by people in the pre modern era enabled them to lead a healthy lifestyle but in the present day the food quality has deteriorated causing a deficiency of important nutrients forcing the citizens to rely on supplementation.

Vitamins, minerals, antioxidants etc. are all available in the regular diet and the food products that are consumed daily. Functional components like protein, calcium, folic acid can also be obtained from regular food. Supplementation of these substances have been noted to be useful to people suffering from problems such as lactose intolerance, protein intolerance and/or allergies, however the reaction to them can prove harmful as they may cause adverse effects.

Supplementation is a high-priced method and calls for the consumption of a well-tailored diet and a workout regime which upon failure, can cause harm to organs like kidneys and the GIT. The natural components are highly efficient in supplying the needed amount of nutrients rather than the processed food as they are consumed via the well-planned diet.

Prashant Bhatt
T. Y. B. Pharm

WHY THE MORE ISN'T ALWAYS THE MERRIER

What are the two crucial key features that one must know, when it comes to the insides of their medicine box? They are “Dose Quantity” and “Side effects”. From a long time now, countless people truly believe that a larger amount of medication will yield enhanced health results. But this widely held belief could not be more mistaken.

While there are cases of both accidental and intentional overdosing, the latter is when a person takes more than the medically recommended dose. Often ignored as a mere act of misconduct, the results of increased dosages can be unknowingly dangerous. It is true that schedule class drugs like Xanax and Valium require special caution, one must also be responsive towards the outcomes that the usual prescriptions may have. Precaution is mandatory, even when one is on an innocent treatment of Paracetamol formulation, which is seen to be a custom in the event of fever or cold. A dose as such taken more than in prescribed extents, has potential to cause liver damage. Especially if the patient is habitual to alcoholic beverages, the side effects can be larger.

Another nutraceutical that is well-liked amongst women far and wide for its attractive beauty benefits, are Vitamin D3 capsules. Although these appealing upsides bring with its probable side effects when overdosed upon. One of these being excessive build up in your body, which occurs when Vitamin D levels reach above 150ng/ml. This Vitamin tends to be stored into the body fats and gets freed into the bloodstream as slow as watching grass grow. Therefore its intoxication lasts for several months. Harsher consequences as osteoporosis and cancer cannot be ruled out either. “It is alright to take more than the prescribed dose, if discomfort persists.” This is a statement which is nothing more than a celebrated myth. Taking things into one's hands by voluntarily increasing dosage, is the poorest step one can take. Instead the consulted physician should be immediately updated.

Of course, in absence of such pivotal pieces of information, getting caught into a trap of misunderstandings is as easy as falling off a log. Many over-the-counter painkillers are available from pharmacies, that give effective pain relief but cause side effects at the same time. This is where attention must be paid to the dose and interactions with other medicinal products. The maximum daily dose shouldn't be exceeded, nor should they be used for more than a few days. This is particularly true for people who are suffering through certain medical conditions or use pain killers regularly. The doctor or pharmacist can enlighten upon how the drugs are to be used.

Another aspect that comes to light are dosages for paediatrics. Precise calculations that are individually based on Body surface area (BSA) and patient weight are needed for children. Hence utmost care is central in these cases. What needs to be remembered is- As too much of anything is harmful, a little too much of any pill is as well.

Deann Dias
T. Y. B. Pharm

OVER-THE-COUNTER MEDICINES ARE ALWAYS SAFE: A MYTH

The medicines which, by law, can be purchased by customer without a prescription of a doctor or can be recommended by the pharmacist are called over-the-counter (OTC) medicines. They are selected by a regulatory agency to ensure that they contain ingredients that are safe and effective when used without a physician's care. They provide quick access to treatment options for a variety of minor ailments. They enable patients to self-treat many symptoms with relatively low cost and avoid unnecessary visits to the doctor's clinic.

Self-medication is not just extremely risky but, in some situations, can prove fatal. The accessibility and affordability of OTC medicines has led to many misconceptions regarding over-the-counter medication safety. Many consumers

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believe that OTC medicines are completely safe with no risk of side effects. Since they don't require a physician visit or a prescription, many people think OTCs are harmless. Some consumers believe that it is safe to take larger doses or to take the medication more frequently when the recommended dose doesn't seem to work, instead of seeking a consultation with their pharmacist or physician. The product is often taken as long as symptoms persist. Active ingredients, warnings and recommended dosing listed on the product label are often ignored due to the perceived safety of OTC medicines.

Conditions that can be treated using OTC medications include minor aches and pains, fever, diarrhoea, cough and cold, sore throat and allergies. But sometimes they can cause adverse effects which include side effects, drug-drug interactions, food-drug interactions and allergic reactions.

Brand/Drug	Role	Use	Contraindicated With/In	Adverse Effects
Gelusil	Antacid	Stomach upset, Heartburn, Bloating, Belching	Diarrhoea, Haemorrhoids, Constipation	Abdominal pain
Paracetamol	Antipyretic, Analgesic	Fever, Pain	Cirrhosis and Hepatitis	Liver toxicity
Diphenhydramine (Benadryl)	Antihistamine	Cough, Cold	Glaucoma, Hypertension	Drowsiness
Oxymetazoline (Otrivin)	Nasal decongestant	Nose blocks	Hypertension, Diabetes	Chronic nasal congestion, Addiction, Troubled breathing

Thus, even though OTC medicines are meant for self-medication, they can create problems too. Here are some tips to help avoid adverse effects:

- Try to limit how often you use OTC medicines. Don't use them unless you really need them
- Ask your doctor before taking an OTC medicine
- Read the drug facts label on the medicine carefully. Also make sure you understand any warnings or possible adverse effects
- If you don't understand something about the medicine, ask your doctor or pharmacist
- Take the medicine just as your doctor or the drug facts label instructs. Don't take a higher dose of the medicine than recommended. Don't take the medicine more frequently than the label says. Don't take it for a longer period of time than recommended
- When giving medicine to children, use the correct measuring device to make sure they get the right amount
- Don't take capsules apart or stir medicine into your food unless your doctor says it's okay
- Don't take medicine with alcoholic drinks

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- Don't mix medicine into hot drinks unless the label tells you to
- Don't take vitamin pills at the same time you take medicine. Vitamins and minerals can cause problems if taken with some medicines
- Keep track of any allergies and adverse reactions you have had to OTC medicines in the past. Avoid medicines that contain the same ingredients
- Remember that even if you took a medicine in the past with no problems, you could still have a reaction when you take it now

Ravina R. Kajare
Final Year B.Pharm

ANTI-MICROBIAL RESISTANCE (AMR).

'Bacteria evolve faster than humans.' When we look at this statement through a medicinal point of view, we land up on Antibiotics and Antimicrobial agents. There have been moments in our lives where, despite of completing the course of medicine which included antibiotics, we are not completely healed. This happens due to antimicrobial resistance. WHO introduces this alarming global concern as, 'Antimicrobial Resistance occurs when microorganisms (such as bacteria, fungi, viruses, and parasites) evolve when exposed to antimicrobial drugs (such as antibiotics, antifungals, antivirals, antimalarial, and anthelmintic)'. As a result, the medicine becomes ineffective and the infections persist in the body, increasing the risk of spreading it to others.

It is given that bacteria are able to evolve at a rate much faster than humans and can become resistant to our treatments more rapidly than we can develop new ones, because of which it's unlikely we can stay ahead of them forever. While the fear is that we will soon be living in a world with no effective antibiotics, in reality some patients are already living in that world, infected with microbes that are resistant to antimicrobial drugs.

In other words, antimicrobial resistance (AMR or AR) is the ability of a microbe to resist the effects of medication that once could successfully treat the microbe. It is leading to an increase in human illness, suffering and death, increase in cost and length of treatment as well as an increase in the side effects from using multiple and more powerful medications.

The statistics are alarming. E.g. AMR to E. coli in Canadian hospitals has caused 220,000 health associated infections resulting in around 12,000 deaths. Some of the prime causes are multiple comorbidities, broad spectrum antibiotics, and extended hospital stay.

India has been referred to as 'the AMR capital of the world'. With 700,000 people losing battle to antimicrobial resistance (AMR) per year and another 10 million projected to die from it by 2050, AMR alone is killing more people than cancer and road traffic accidents combined.

Here are some myths which are practiced in our country that is leading to the increase of AMR in people,

- **Myth- AMR develops when the body becomes resistant to antibiotic.**
Reality- It is the bacteria that develops resistance to the standard treatment, not the body.
- **Myth- Antibiotics treat all types of infection**
Reality- Antibiotics are only suitable for treating bacterial infections. Other infections, such as those caused by viruses or fungi, will not respond to treatment with antibiotics

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- **Myth- If one antibiotic doesn't work, there will be another one that does.**
Reality- Unfortunately, there are a growing number of multidrug-resistant strains of bacteria that are resistant to many antibiotics. For example, Methicillin-resistant *Staphylococcus aureus* (MRSA). It is a bacterium that causes infections in different parts of the body and it's resistant to some commonly used antibiotics.
- **Myth- Using antibiotics incorrectly will not cause any major harm.**
Reality- Overuse or misuse of antibiotics can promote the development of antibiotic-resistant bacteria which can affect the entire community.
- **Myth- It is not difficult to discover new antibiotics to combat the problem of antibiotic resistance.**
Reality- The rate of evolutionary change in bacteria is rapid. New antibiotics are becoming harder to locate and the development of new antibiotics has been steadily dropping.
- **Myth- If I am taking a course of antibiotics and start to feel better, I can stop taking the antibiotics even if I am not finished with the course**
Reality- It is important to take all the medications, even if you are feeling better. If treatment stops too soon, the drug may not kill all the bacteria. You may become sick again, and the remaining bacteria may become resistant to the antibiotic that you've taken.

To conclude, this issue has been slow to gain momentum but is now dominating the national conscience. Despite the adoption of a national policy and significant activities already underway, progress is limited by a lack of clear implementation strategy and research gaps. Drugs that were once lifesavers run an increasing risk of becoming worthless.

Alice John
S. Y. B. Pharm

BIOSIMILARS: CLOSE AT HAND

Biological products are regulated by the Food and Drug Administration (FDA) and are used to diagnose, prevent, treat, and cure diseases and medical conditions. The World Health Organization (WHO) defines 'Biosimilar' as a "biotherapeutic product that is similar in terms of quality, safety and efficacy to an already licensed reference product". Examples of biosimilars include growth hormone, erythropoietin, insulin, DNA vaccines and monoclonal antibodies for the treatment of a wide range of diseases.

Biosimilar is a biologic product, which is very similar to Food and Drug Administration (FDA)-approved biological product known as reference product and has no clinically meaningful differences in term of safety and effectiveness from the reference product. There are many advantages of Biosimilars over the mainstream medicines because they are cheaper in cost due to the bioavailability yet having similar effectiveness as the original product, and it also requires less time to market Biosimilars.

Despite having huge global desire, some myths are still associated with Biosimilars such as,

- **Myth- Biosimilars are less safe for patients than brand biologics.**
Reality- Biosimilars undergo rigorous FDA testing, review and safety monitoring.
- **Myth- Biosimilars won't save patients that much money.**
Reality- Experts estimate that biosimilars will be priced 10 to 35 percent less than their brand-name drug competitors. This means patients could save as much as 4 trillion INR in the next decade.

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- **Myth- Biosimilars aren't as effective as brand biologics.**

Reality- A Biosimilar drug will work as safely and as effectively as a biologic drug. Patients in Europe have used biosimilars for 10+ years, resulting in more than 700 million days of safe, effective use.

- **Myth- Biosimilars are like generic drugs. They are not innovative and cost little to develop.**

Reality- Biosimilars development programs cost between \$100 and \$300 million dollars. Biosimilar manufacturers create their own innovative processes for producing their biosimilar.

- **Myth- The primary structure differs between a biosimilar and the reference product.**

Reality- The primary structure of a biosimilar must be identical to the reference product, as the amino acid sequence influences the clinical properties of a biologic product.

- **Myth- Interchangeability does not allow pharmacists to switch between reference (originator) products and biosimilars (and vice versa) without the intervention of the prescribing physician.**

Reality- In the USA, an originator biologic may be substituted by the pharmacist with the designated 'interchangeable' biosimilar without intervention by the prescriber. This enables pharmacy-mediated substitution, where permitted by state law.

Presently, there are more than 100 Indian biopharmaceutical companies which are dynamically involved in research, development, manufacturing and marketing of Biosimilars. India has firmly established itself as a global player as a maker of similar biologics.

Alice John
S. Y. B. Pharm

AYURVEDA HAS NO SIDE EFFECTS!

It was in our country that one of the greatest medical systems, Ayurveda was first implemented and which assured many that nature is indeed our mother. In Sanskrit, Ayurveda is defined as the science of life which helps to maintain a balance in one's life and achieve physical, mental and emotional well-being.

The knowledge about this system was provided by scholars who had sufficient expertise in using herbs for diagnosis, prevention and treatment of the then known diseases. But the limited information about this system is primarily due to lack of sound scientific evidence. Every substance which gives an effect is bound to have a side effect(s), which is prevalent in Ayurveda too.

According to N.C.C.I.H. (National Centre of Complimentary and Informative Health) many Ayurveda preparations can contain lead, mercury, and arsenic which can lead to toxicity. Seth G.S. Hospital in India stated in their study that Amla, an active ingredient in the well-known dietary supplement Chyawanprash can cause tooth decay. Some side effects of elements most commonly used in Ayurveda are as follows:-

Triphala: diarrhoea and abdominal discomfort, especially if taken in high doses

Guggul: stomach upset, headaches, nausea, vomiting, loose stools, diarrhoea, belching, and hiccups

Boswellia: stomach pain, nausea, diarrhoea, and an allergic rash (when applied to the skin)

Gotu kola: stomach upset, nausea, sensitivity to light, and an allergic rash (when applied to the skin)

Ayurveda though relies on nature to cure one from their diseases; fails to acknowledge that it too might have drawbacks if not consumed in correct proportions.

Nishant Patil
S. Y. B. Pharm

MENSTRUATION MYTHS: THE MENTAL BLEEDING

Menstruation is a prevailing and a mandatory phenomenon in the life of a women .The phenomenon involves shedding of inner lining of uterus (endothelium) due to lack of hormone called progesterone (as a part of hormonal cycle). This shedding occurs in the form of mixture of blood,dead tissues and mucus.The presence of Mestruation is considered as an 'Indication of being Fertile' ,and is thus celebrated in various cultures. The cause of menstruation has different mythological origin stating differen reasons in different religions and cultures. But the scientific scenario is way beyond this!

This difference between the traditional hypothesis and the modern gospel has become so huge that, Menstruation became 'a not so talked about' or a secretive chapter in women's life. This tack was followed until very recently, when today women atleast have a general idea about the cause and can comfortably talk about it. It is possible for them to share their pain, understand the why's and the wherefores and thus get remedies for the same (than enduring it from menarche to menopause).

This open-mindedness of women and in general people is preventing women to suffer from various fatal diseases(that would otherwise appear of proper care is not taken).This day women understand the importance of Menstruation and thus should consider it to be the greatest 'Boon'. The periodic shedding makes women less prone to various diseases.But as stated earlier there is a huge gap in the customary, long-established customs and the certainty of the Modern science. It is a bitter truth that despite of advances made everyday in the medical field , there is an obscured side of this coin which leads to 'Menstruation Myths', followed blindly. No questions are raised and if raised are left unanswered. This pattern could have been persistently followed due to it being time-honored .

The various Menstrual myths are:

- 1) Women are not allowed to enter Temples
- 2) Not allowed to attend puja's and rituals
- 3) Isolated and treated as untouchables
- 4) Not allowed to enter kitchen
- 5) Not allowed to touch food items like pickles, papads or any salt containg food items
- 6) Considered 'Impure'
- 7) Period syncing

The reasons behind them are:

1. It may due to the reason that women during menses are more susceptible to infections/diseases than they generally are and thus should avoid going to temples, puja's or any Social gatherings.

2. In olden days, taking Hygiene into consideration women were kept isolated and not touched till the flow of menstrual blood reduces day-by-day. They were not allowed to enter kitchens and cook food due to this sole reason. But today the scenario is different, due to the presence of Sanitary pads and also various marketed washes it is possible to maintain Hygiene and Sanitation. And thus this pattern needs to changed

3. Pickles, papads and various salt containg food items were/are not touched because these are prepared to be stored for years and thus if these acidic pH containing food items if touched by menstruating women whose body is having

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altogether a different ph, can spoil them. Due to this reason women are not allowed to touch these items. But on the scientific front there are no such evidences proving that the food items can get spoiled just by the mere touches during Menstruation.

4. There are absolutely No evidences proving that Menstruation/ Menstruating women is impure, the mentality behind this myth could be that, it is the time when the disposes off worn out and dead cells, but still this in any way doesn't mean that Menstruating women are impure and they should be isolated.

5. Period syncing/ McClintock effect is one of the contraversional myths as the studies behind this are still going on. The ideology was presented by Martha McClintock that 'pheromones', chemical signals are released from the body of a menstruating women and thus transfer from one women to the other. The phenomenon is not synchronization in the strict sense of concordance of menstrual cycle onsets but the term menstrual synchrony is still used perhaps misleadingly. A 2013 review concluded that menstrual synchrony likely does not exist.

Such taboos about Menstruation present in many societies has a huge impact on girls and women - mentality, emotional state, their lifestyle and most importantly their health. The ground truth of all these myths is the fact that a women needs major rest and sleep during her menses and thus should not exert herself by any activities which may be going to temples, cooking food, working out etc.

No testimonial conclusion have been made since the studies and research still continues on the topic. These myths came into existence due to misinterpretations of people from generation to generations. The lack of knowledge and understanding amongst them made "Menstruation" cemented with the term "not allowed to". Even today these practices are followed on large scale and has a huge impact on the well-being of women and continues to be throughout their lives. The striking and an unanswerable quest of the story is that, the reasons behind these myth's are still unknown especially when they are connected with and are practised under the name of Religious Mythology.

Nehal Joshi
S. Y. B. Pharm

MISCONCEPTIONS ABOUT PHARMACISTS

The concept of community pharmacy in India is non-existent and the role of pharmacist both in community and hospital pharmacy is not defined clearly. They are still at the stage of confusion and the role of pharmacist is limited to drug store management and prescription filling. There are numerous misconceptions about pharmacists in today's society. The most common misconception about pharmacists is that pharmacists only count pills.

While many people have this impression of pharmacists, pharmacists are becoming more vital to the health care system every day. They are stepping out from behind the counter to administer immunizations, counsel patients and participate in medication therapy management programs. Not only can pharmacists educate patients about their prescriptions and over the counter medications, but they can also provide lifestyle counselling regarding diet, exercise and additional non-pharmacologic ways to control various disease states such as diabetes and hypertension.

The services of a pharmacist include patient advice, correction of prescription errors, maintenance of patient medication records, coordination with the other allied professions like nursing and doctors in the matters concerning medicine. The role of pharmacy is to act in an important and responsible manner for the propagation of national health programmes. World Health Organization has clearly defined the roles and responsibilities of pharmacists. Apart from dispensing prescription medications, other professional roles of pharmacists include patient counselling, clinical pharmacy services, drug information and health promotion. The closer professional relationship between the

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pharmacists and general practitioners is always essential in improving the quality of patient care.

A pharmacist's primary responsibility is to make sure patients receive safe and appropriate medication therapy. The profession of pharmacy is supposed to be assisting the patients and motivating them to adhere to the compliance of treatment prescribed for them. In the present scenario, the concept of pharmacy in India is still a myth. To establish a strong pharmacy practice, it is necessary that several steps on war footing have to be taken, so that pharmacy in India can be recognized as an integral part of the comprehensive pharmaceutical health care.

Additionally, pharmacists have many different career options within the field of pharmacy. Pharmacists are an essential part of the health care team in hospitals and are becoming more prominent by specializing in different clinical fields through residency programs. Specialty pharmacy is also a growing field in which pharmacists dispense and counsel patients about medications for more complex diseases such as cancer and rheumatoid arthritis. These job opportunities are just a few that exist for pharmacists. The possibilities are endless in the field of pharmacy. Pharmacists today have the capability to make a much larger impact on their patients in many different ways. A day's work as a pharmacist is challenging. Pharmacists are known as the medication experts and every day the industry is creating new opportunities and unique routes to providing patients with the best healthcare services possible.

The pharma industry has gone global. So many changes and newer concepts are evolving in this field like nanotechnology, the human genome project, genetic mapping and molecular proteomic drug delivery. Pharmacists should be aware of these future challenges, changes and opportunities. The necessity to improve the pharmacy practices on professional scale cannot be ignored nor delayed in the context of emerging changes when India is becoming a fast developing nation in the world.

Ravina R. Kajare
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Word Search

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

1. Excipient that causes blood colour to change from red to green.
2. Propranolol most likely to cause _____
3. Excipient used to reduce saliva production.
4. Excipient used to prevent and treat HIV/AIDS.
5. Excipient will cause tears, urine, saliva, sputum and teeth to change to reddish orange/brown.

The Happy Spot

6. Antiviral excipient used to treat Hepatitis B.
7. FDA approved this excipient to be used in the treatment of sickle cell disease in November 2019.
8. Benzyl benzoate is a _____.
9. Excipient used to improve blood sugar control in adults with type 2 diabetes mellitus, but it is not for treating type 1 diabetes.
10. Active ingredient in drug Xeloda that may cause patients to lose their fingerprints, Hand-Foot Syndrome.
11. Natural opiates present in the body.
12. Chloramphenicol is known to cause this effect.
13. Test HgbA1C is conducted for _____.
14. Excipient in the drug Ambien is used for the treatment of insomnia.
15. I threw up on DAN, better get me some _____ dan _____
16. Antidote for Warfarin.
17. Human saliva contains a painkiller which is six times more powerful than morphine.
18. Drug used for the treatment of hypertensive emergencies.
19. Drug that is second generation antipsychotic (SGA) for schizophrenia.
20. Clostridium difficile is directly related to the use of _____.

1) Sumatriptan 2) Niglitamare 3) Atropine 4) Abacavir 5) Rifampin 6) Entecavir 7) Voxelator 8) Scabicide 9) Metformin 10) Capecitabine 11) Endorphins 12) Gray baby syndrome 13) Diabetes 14) Zolpidem 15) Ondansetron 16) Vitamin 17) Opiorphin 18) Sodium nitroprusside 19) Risperidone 20) Antibiotics

Answer:

The Happy Spot

Funny Myths

1) Myth - Eating food within 5 seconds of dropping it on the floor is safe.

Reality- Bacteria can contaminate food within milliseconds.

2) Myth - An apple a day keeps the doctor away.

Reality- Apples are packed with vitamin C and fiber, but they aren't all you need. Go ahead and get the flu shot, apples can't protect you at all.

3) Myth - It takes 7 years for gum to digest if you swallow it.

Reality - gum will pass through your intestine and get excreted just like anything else which your body doesn't need and can't digest.

4) Myth - Taking your vitamins will keep you healthy.

Reality - They play a good role as supplements.

5) Myth - Cracking your knuckles will cause arthritis later in life.

Reality - the cracking sound is of the bubble bursting that is formed between bone joints when we move them, so keep cracking.

6) Myth - You should drink at least eight glasses of water.

Reality - the government agency earlier said that the human body needed around 8 glasses of 'fluid' (which included all food we eat and drink) a day. Somehow over time, 'fluid' turned into 'water'. So, if you're thirsty, drink some water, if you are not, don't.

7) Myth - Eating bitter substances like bitter gourd (karela), neem, methi, etc. will reduce the blood sugar levels.

Reality- Bitter substances have minimum effect on blood sugar (BS) levels; on the contrary they may cause severe gastritis and lead to stomach problems.

8) Myth - Stress will give you an ulcer.

Reality- Stress doesn't cause stomach ulcers, *Helicobacter pylori* do.

9) Myth - Eating ice-cream will make your cold worse.

Reality- According to researchers and doctors, frozen dairy products can soothe a sore throat.

10) Myths - Feed a cold and starve a fever.

Reality- The belief is that eating food may help the body generate warmth during a "cold" and that avoiding food may help it cool down when overheated, but limiting your caloric consumption may actually hurt your immune system more than helping it.

The Happy Spot

Great Words!

1. "A Goal should scare you a little and excite you a Lot." - Joe Vitale
2. "A Ship is always safe at the shore, but this is not what it's built for." - Albert Einstein
3. "The bad news is time flies. The good news is you're the pilot." - Michael Altshuler
4. "Talk to yourself at least once in a Day, otherwise you may miss a meeting with an EXCELLENT person in this World." - Swami Vivekanand
5. "You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future." - Steve Jobs
6. "Sometimes when you innovate, you make mistakes. It is best to admit them quickly, and get on with improving your other innovations." - Steve Jobs
7. "Sometimes you will never know the value of a Moment, until it becomes Memory." - Anonymous

Guess The METizens

- | | | |
|------------------------------|--------------------------------------|-----------------------------------|
| 1. "Eiffel tower" of F.Y | 6. All Rounder of Third Year | 11. Piyush Chawla of Final Year |
| 2. "Paro" of F.Y | 7. TikTok King of T.Y | 12. Korean Citizens Of Final Year |
| 3. Britisher of S.Y | 8. Every lab assistants 's pal (T.Y) | |
| 4. Best Sports Coach SY | 9. Mr. Projector (Final Year) | |
| 5. Creative Decorators of SY | 10. Sleeping Beauty of Final Year | |

Answers: 1) Aditya Daware 2) Meenakshi Solanki 3) Gaurav Rajpurohit 4) Samarth Shah 5) Tanaya Nayak, Yasmeen Sayed 6) Himanshu Jarkad 7) Sahil Yadav 8) Parth Popat 9) Shreyas Salgaonkar 10) Neha Ekal 11) Hitesh Vishwakarma 12) Pushpa Pawar, Sonal Parmar

Tips for all Labs

1. Teamwork is essential; it lets you make one person do all the work.
2. If you want guaranteed entry into the lab, make sure you forget the lab coat.
3. Good lab practice is determined by how dirty your lab coat is.
4. You only realize the importance of spatula when it gets lost.
5. Shake the test-tube hard so that you get the reaction product on the floor.
6. While Taking Powders you can consider someone else's Spatula your own and keep it to yourself.
7. Best place to look for Bulbs to pipette solutions is in someone's pocket.

The Happy Spot

COMPETITION

Competition arises whenever at least two parties strive for a goal which cannot be shared, where one's gain is the other's loss. With the rise in population, the need to be better than the rest has become essentially important. Competition can vary from a positive to a negative aspect. On the brighter side, competition is taken as an idea to learn and develop rather than anticipating for the result. On the other hand, the negative aspect involves deception, resentment and grudge portrayed via words and behavior when triumph is not achieved.

One must have a positive thought-process when participating in a competition. In today's era, to showcase one's talents, skill and knowledge and to learn new ideas, one must be focused and self-reliant and should take failure as a stepping stone to success. Competition teaches one to be persistent, to manage their time efficiently and to be self-confident.

Wahida Qureshi
F. Y. B. Pharm

KILLING SWEETNESS

Having a balanced diet does not guarantee a diabetes-free life. The actual reasons of diabetes are not pertaining just to the diet but is also caused by both genetic and environmental factors. Scientists have linked several gene mutations to a higher diabetes risk. Although not everyone who is a carrier will get diabetes. Diabetes can be prevented by eating healthy and maintaining one's BMI (body mass index). Eating habits can be controlled if the will to remain fit is strong, but in today's era where time is a luxury, eating unhealthy food has become the easiest option to filling our bellies. Diabetes can be diagnosed before time if symptoms such as tiredness, sudden weight loss and increased sweating persist for a longer duration and can be treated in an easier and less stressful way.

There are two types of diabetes known as diabetes insipidus and diabetes mellitus. There exists another type of diabetes known as gestational diabetes which is recognized in pregnant women. Being ignorant towards diabetes and not taking proper precaution could lead one to undergo a painful and dreary process of dialysis due to kidney failure, gangrene at the extremities and if regular care is not observed could eventually cause death.

Hardika Patil
F. Y. B. Pharm

Memes

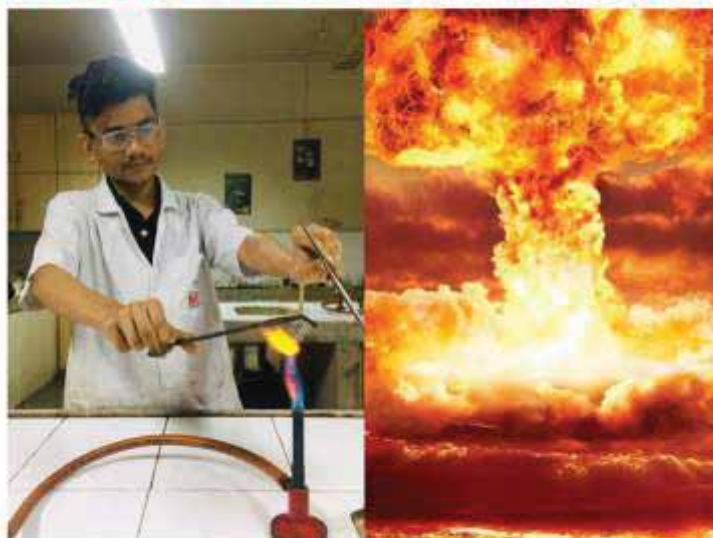
BEST DRUMMERS OF THE WORLD



Me and my friends during Pharm Analysis Viva



WHILE PERFORMING SODIUM FUSION TEST



WHAT ACTUALLY
IT IS

WHAT IT FEELS
LIKE



Show me the best balance



I said the best

One spatula would be
adequate



Perfection

Memes

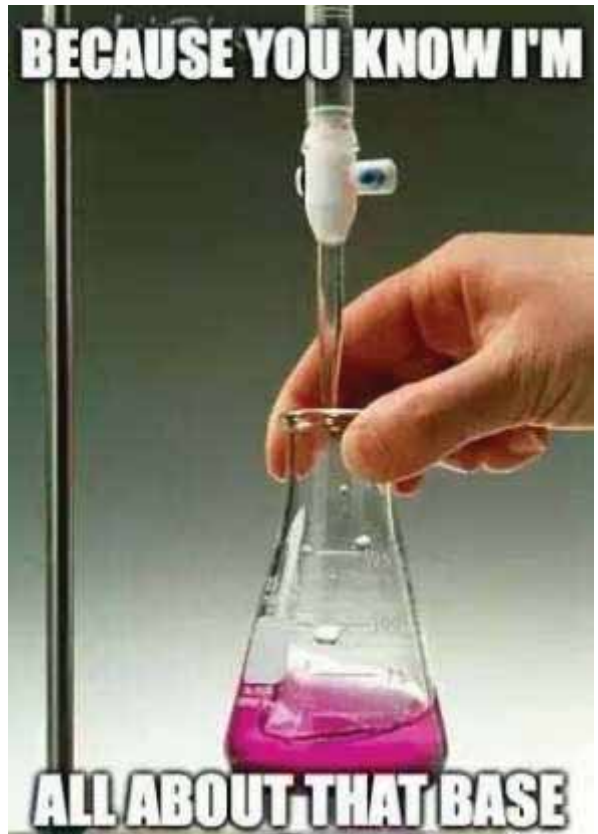
**Teacher - I will
take 30 minutes
extra today**

Students-



**Mujhe ghar jana
hai**

BECAUSE YOU KNOW I'M



ALL ABOUT THAT BASE

CLASSROOM AC THROUGHOUT THE DAY



Snappers



Pushpa Pawar (Final Year)



Yogesh Jankar (Final Year)



Sandesh Gupta (Third Year)



Yogesh Jankar (Final Year)



Yogesh Jankar (Final Year)



Yogesh Jankar (Final Year)

Snappers



Yogesh Jankar (Final Year)



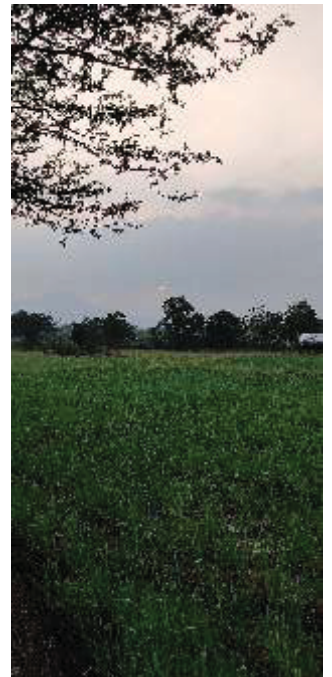
Samarth Shah (Second Year)



Yogesh Jankar (Final Year)



Sandesh Gupta (Third Year)



Pushpa Pawar
(Final Year)



Alice Ashapogu (Second Year)



Nehal Joshi (Second Year)

Our M. F. Hussains



Chetna Gaikwad (Final Year)



Alice Ashapogu (Second Year)



Chetna Gaikwad (Final Year)



Alice Ashapogu (Second Year)



Alice Ashapogu (Second Year)

Our M. F. Hussains



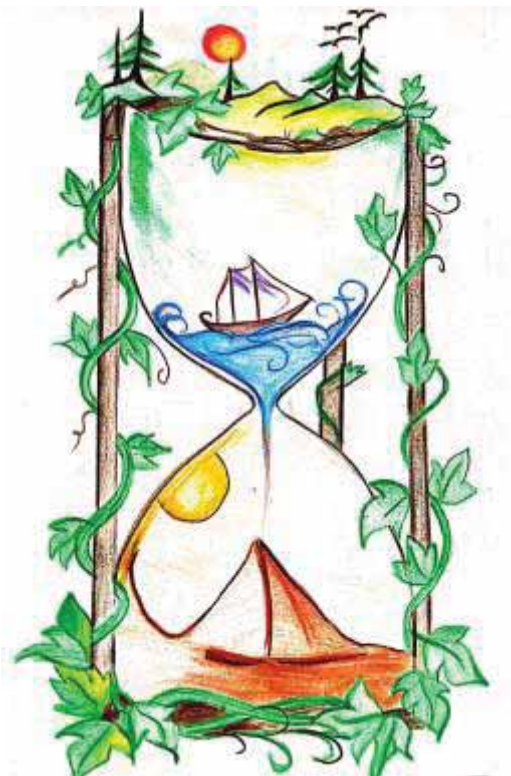
Sakshi Upadhyay (First Year)



Sakshi Raut (First Year)



Alice Ashapogu (Second Year)

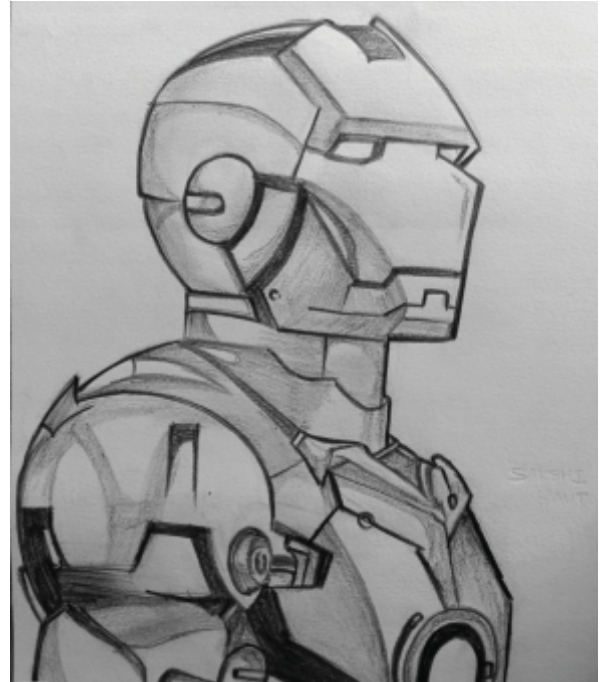


Sakshi Raut (First Year) (52)

Our M. F. Hussains



Pushpa Pawar (Final Year)



Pushpa Pawar (Final Year)



Yogesh Jankar (Final Year)

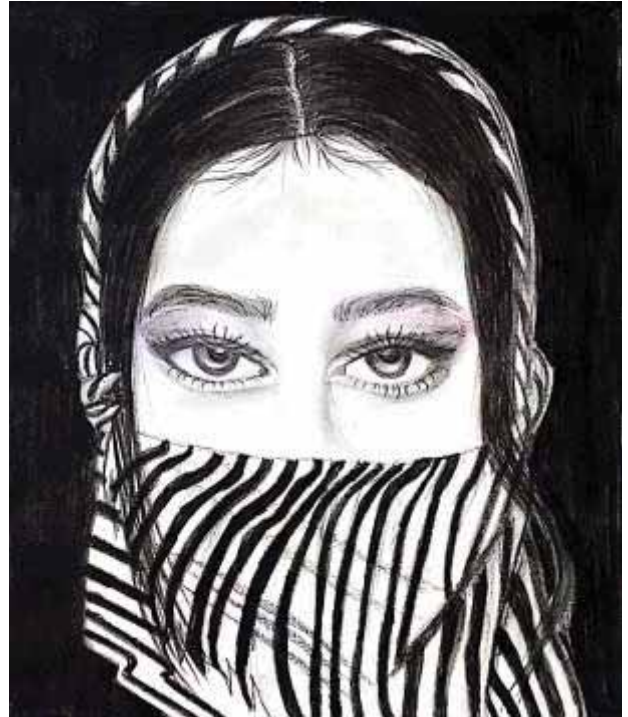


Sanika Desai (First Year)

Our M. F. Hussains



Yogesh Jankar (Final Year)



Sakshi Upadhyay (First Year)



Pramod Pawar



Shruti Gajul (Second Year)

Our M. F. Hussains



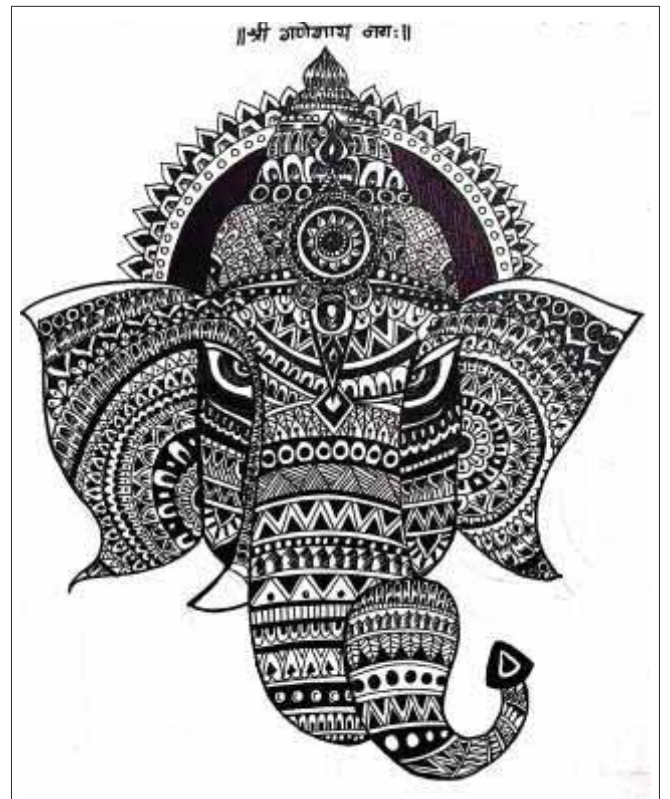
Shruti Gajul (Second Year)



Pushpa Pawar (Final Year)

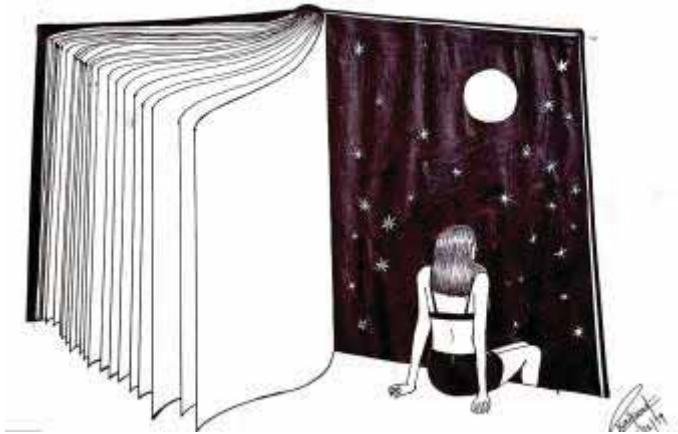


Chetna Gaikwad (Final Year)



Sakshi Raut (First Year)

Our M. F. Hussains



Chetna Gaikwad (Final Year)



Dishita Mehta (Final Year)



Dishita Mehta (Final Year)



Nirmiti Matkar (Second Year)

रण का सफर

आंखों से मन में उतर गया रण ।
कई यादें स्मृति में दे गया रण ॥१॥
चारों तरफ सफेद चादर ओढ़े था रण ।
प्रकृति के चमत्कार का उदाहरण था रण ॥२॥
मीलों तक चमकता हुआ सुहाना था रण ।
नमक के क्रिस्टल का जमाव था रण ॥३॥
हर एक मंज़र एक से बढ़कर एक था रण में ।
क्या सूर्यास्त और क्या पूर्णिमा का चांद था रण में ॥४॥
सूर्यास्त में, अरुणिमा लिये सूरज, सुहावना था रण में ।
फिर सफेद ज़मीन पर धीरे से समा गया था रण में ॥५॥
एक तरफ सूर्यास्त में सूर्य विदा हो रहा था रण में ।
दूसरी ओर चांद, आकाश में उदय हो रहा था रण में ॥६॥
पूर्णिमा का चांद, अनुपम सुन्दर था रण में ।
नमक की चादर को चमका रहा था रण में ॥७॥
प्रकृति का सारा प्यार उतर गया था रण में ।
भगवान की अदभुत लीला का उदाहरण था रण में ॥८॥
एक बात मेरे मन ने सीखी थी रण में ।
नमक भी अति सुन्दर हो सकता है रण में ॥९॥
प्रकृति ने जो दिया उसे स्वीकार किया रण ने ।
जो मिला उसे अदभुत बना दिया रण ने ॥१०॥

डॉ आभा दोशी

LONELINESS & SOLITUDE

What is the difference between loneliness and solitude?

Solitude is by wish

Loneliness is anguish

Solitude takes you to the path of creativity

Loneliness spreads sadness and negativity

Solitude is the music of symphony

Loneliness pines for company

Solitude enjoys beach and sunset

Loneliness makes your eyes wet

Solitude is refreshment

Loneliness feels like punishment

Solitude gives a desirable break from everyone

Loneliness is abandonment by everyone

Dr. Sonali Naik

The Rhymesters

GRANDPA'S TALE

The garden, we are here, early morning,
Maybe the cuckoo's calling as we are walking,
Her small hands drag my big wrinkled ones,
Her eyes twinkle, towards the swing she runs,
In a pretty yellow frock, she stands still,
Waiting impatiently, stares that could kill,
I see her laughing innocently, I see her happy,
There's no one around, yet we are happy.

She puts out her palm, as taught,
So I stop pushing back and forth,
She gets down, she waves excitedly,
I motion "Let's go", she looks on sadly,
We leave, before they arrive here,
We do so every day, every time, everywhere.

I have seen her try, try, cry,
Going to sleep with tears yet to dry,
My fear doesn't let her befriend anyone,
For sign language isn't known to everyone,
She is my only friend and,
Perhaps I am hers too,
For I can't hear, she can't speak,
Both learning the ways to live.

Ruhma Ahmed Nisar Khalifey (S.Y.B. Pharm)

Growing up

I won't always cry, Mamma
When you leave the room
And my supermarket tantrums,
Will end soon.

I won't always wake, Papa
For cuddles through night
And one day you will miss,
Having a chocolate face to wipe.

You won't always have to carry me,
In sleep from the car
Or piggyback me down the road,
When my little legs can't walk that far.

So cherish every cuddle,
One day, Mamma
I won't be this small.

Shruthi Basam (S.Y.B. Pharm)

The Rhymesters

Welcome, Autumn!

The autumn night,
Laid down with no blight,
I stood up on the toes,
To look beyond the rainy shadows.

The smell endures,
And it's time for the fall,
The old shall wither away,
Newbies are on their way.

Brown vintage fell with great awe,
All over, painting colors raw,
Days surrounding an envelope over our hearts,
The trees grow, as the leaves fall.

Teaching us the lesson of letting go off the bad,
And gushing in the good flourishing tap,
Apples, grapes, figs and berries,
On my way back to the summer, I'd go merrily.

Maple leaves spreading the aroma of what you called love,
Chrome, red, orange, and brown,
What a pleasant change to see,
Moreover, just to embrace the beauty of it!

Alice John (S.Y.B. Pharm)

A Miracle

"The fool begs a miracle and I wonder why,
On this thundering night, are your sheets not dry?
Or does nothing between thy crown and zenith lie?
That drives one on this thundering night to cry."

And on nights more blessed, it there no soul dear,
To hang stockings by the chimney shall appear?
That blinding all joy, one sees the way clear,
On a blessed night as such, to instead shed a tear."

"Is the ceaseless fluttering of thy heart now extinct?
As autumn wishes are made in blossoms of spring.
How harsh were the massacres, the night never ushered?
That golden specks of peaceful dawn are left undiscovered.

"The fool begs a miracle and I wonder why
On this thundering night, do halt the cry,
Instead thank your lucky stars; that while
Somebody's drenched, your sheets are dry."

Deann Dias (T.Y.B. Pharm)

The Rhymesters

GIRLS LIKE YOU

Girls like you deserve
To be here
In the present moment
Without getting lost
In the world of temporary attachments.
Girls like you are born
To get exposed to a variety of struggles in life
To be strong
To fight with them
To reach the top
Girls like you are born
With kind and soft heart
To spread the love
To fall in love with
This beautiful life
Girls like you are
Too sensitive
Too emotional
Too adorable
Too cute.

Komal Mohite (Final Year B. Pharm)

Her Heavy Heart

With a heavy heart
She had to break apart,
She tried to restart
But she had to break apart;
She is not gonna look back
As she walks on her track,
'Coz she has finally realised
No one will be till the end,
Not mom, not dad,
Not family, not even her friend;
She thought she has failed
In fact, she didn't know, she has actually sailed,
Sailed her boat away from feelings and emotions
Sailed herself far into the ocean,
However, this has made her bold and strong
So strong that her decisions can't be wrong;
She thanked God for everything she had
Joy, tears, happiness and sad.

Ravina R. Kajare (Final Year B. Pharm)

The Rhymesters

IF IT WAS THE LAST DAY OF MY LIFE?

I woke up with a start, all were asleep
called up my friends, nobody answered as still was it dark and deep.

At Three A.M. in the morning, I was looking at my sister,
for the first time I realized how innocent she was, in the moonlight her face glittered.

I kissed her and stood at the windows, beauty of full moon doped the sky,
how incredible everything is, admiring the night Goddess as I stood still.

The dream had obscured my thoughts, I shook with perspiration in and out,
my sub conscious mind was so alert, it hurt us in and made my heart shout.

I made a cup of coffee and a thought passed me, if the dream came true,
I was terrified. my teeth started chattering, I started recalling the way I grew.

My childhood, my school, my teen, my college, all the happy moments from my brain's memory,
Stirring faces of friends and family, all the phases, left my eyes teary.

I calmed myself and sat on the sofa, recalling the dream made me think,
Death is inevitable and our destiny is inked.

If really few days were left in my life, what would I do?
so many answers for a single question, if it was an exam I would come first.

So much stuff was left, things that gave me a smile,
then what was I running for? live without life and grow old and senile.

No. this is wrong, life is precious; it may be short but full of excitement,
problems are adventure and journeys are challenges, enjoy the creation was what the God meant.

Live your life to the fullest, as if were the last day,
do everything you want, scary little dream wanted to say.

Do not regret, do not complain; do not procrastinate as death can't be postponed,
ask yourself, if it was the last day, what would you do?
you will get the answer when there will be glitter even on the stone.

Purvi Pokharna (Final Year B. Pharm)

The Rhymesters

या दुनियेची हि न्यारी गंमत आहे . . .
देवाची गजवच करामत आहे . . .
स्वतःला चालता आले नाही तरी दुसऱ्यांना आपल्या तवल्याच्या
तालावर, वासरीच्या सुरांवर
नाचायला लावणारे कौशल्य देवाने एका अपंगला दिले आहे . . .
कोण बोलते देवाने आपल्याला गरिबी दिली आहे
शोधून बघा देवाने आपल्याला कलागुणांची देणगी दिली आहे . . .
फक्त आपल्याला राजहंस शोधण्याची कमी आहे . .
मग बघा ही सगळी दुनिया तुमच्या मुठीत आहे . .

कवयित्री अंकिता कान्हेरे (S.Y.B. Pharm)

मनासारखं झालं नाही
म्हणून आलं मला रडू . . .
जस कारलं मला आवडत नाही
कारण लागत फार कडू . . .
पण जे झालं ते चांगल्यासाठी होत
कारलं तस फायद्याचंच होत . . .
कळलं मला हे जरा उशिराने
रडणं मग मी ही थांबवलं धीराने . . .
शेवटी संपलं ते कारल्यासारखं कडू रडणं
सुरू झालं ते मधासारखं गोड हसणं . .

कवयित्री अंकिता कान्हेरे (S.Y.B. Pharm)

यादों की बारात अकेलेपन में आती है

यादों की बारात अकेलेपन में आती है
गुजरे दिनों की याद बड़ी सताती है
ना जाने कौन से गलियारों में छूट गए वो ।।
वो बाराती की आवाज़
गूंजती हुई पुकारती है
यादों की बारात अकेलेपन में आती है

चित्त वांशिंदों की टोली मन के खिड़किया खोल जाती है
अपने सारे दिलदारों की याद बड़ी दिलाती है
चंदन सी यादों को महकाती है
यादों की बारात अकेलेपन में आती है

क्या दिन क्या रातें ढेर सारी बातें
वो झूमते हुए बरसाना साथ मिलकर सभी को हँसाना
गम में होकर भी चुटकुले सुझाना
ऐसे हसीन पल जिन के साथ निभाए थे
यादों की बारात अकेलेपन में आती है

Muddassir Pathan

The METizens

First Year B. Pharm.

We count ourselves lucky to be a part of MET Institute. The staff and our seniors made us extremely comfortable around themselves in no time after joining the Institute. The professors helped us in transitioning from a naïve high schooler to be an efficient pharmacist. The library possesses books on almost all subjects which gives us the opportunity to widen our knowledge. The non-teaching staff has always been the unsung support system for all the students, especially for the first year. Our principal Dr. Abha Doshi has always been encouraging us for cultural events, intercollegiate competition as well as sports. We built new relations and learnt more about ourselves through lectures, practicals and memorable events. And as our first year is passing by, we thank MET for mending our wings and training us for the upcoming years, aiding us to triumph with flying colors. We hope to continue our journey in this honored Institution for the next three years and someday be able to reflect its excellence.



Second Year B. Pharm.



The METizens

Third Year B. Pharm.



Final Year B. Pharm.

A beautiful voyage of ebbs and flow enriched with lessons which have widened our horizons. On embarking this journey of MET Institute of Pharmacy not only enlightened us with a vast expanse of knowledge but has instilled a deep sense of integrity and responsibility. This journey might have reached its final destination, but the memories it has provided us with, will remain with us forever. Goodbyes are never easy, but they don't necessarily mean the end. We hope to reach the zenith in whatever we choose to do and make this Institute proud.



A Cut Above the Rest



A Cut Above the Rest



MET Utsav 2020



Special Thanks To

We would like to express our gratitude to the following members for helping and guiding us through.

MET MARCOM Department: Mr. J.G. Irani, Mr. Ashish Shrivastava, Mr. Pravin Gangan, Mr. Prashant Angre

Photography: Mr. Suman Gupta, Mr. Yogesh Jankar.

MET IOP (Degree): Dr. U.B.Hadkar, Dr. Abha Doshi, Ms. Priyanka Joshi, Ms. Sindhu Menon, Ms. Vrushali Keer, Dr. Sonali Naik, Dr. Poonam Advani, Ms. Ravina Kajare , Ms. Purvi Pokharna and Ms. Sakshi Raut.

Last but not the least our Faculty members for the never ending support.



MET Institute of Pharmacy (Degree)

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MET
AS SHARP AS YOU CAN GET

Bhujbal Knowledge City