

The Nest

A Student Council Presentation 2020-2021



**WITH THE HELP OF DIGITAL WORLD,
WE STARTED NEW NORMAL.**



MET Institute of Pharmacy (Degree)

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

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

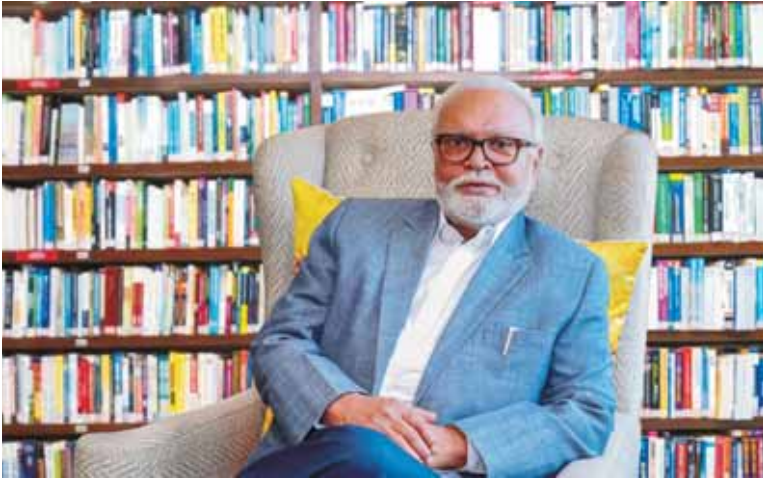
- Institute of Management
- Institute of Pharmacy
- Institute of Engineering
- Institute of Technology (Polytechnic)
- Institute of Information Technology
- Institute of D. Pharmacy
- Bhujbal Academy of Science and Commerce (Junior College)

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, MET also has strategic institutional collaborations with the Association of Chartered Certified Accountants (ACCA), UK, Sprott Shaw College, British Columbia, Canada, Mountbatten Institute, UK. MET also has association with the ICE Creative Excellence Pvt. Ltd. (Founded by Balaji Telefilms Ltd.)

From the Chairman's Desk



**“When things get tough,
the tough get going”**

- Anon

It is said that when the unexpected or impossible happens, you are caught off balance. In this third decade of the millennium, Indian economy was at an inflection point but we were unexpectedly hit by a pandemic wave from the East. As the nation went in a lockdown, its impact was felt across all strata of our society. The youth had to shoulder the burden of the system collapse hurting the education sector. But unfazed by the unexpected crisis, dynamic professional institutions rose to the challenge as they set about energizing millions of young minds to fight the adversity. They rapidly retooled, redesigned and delivered a significant body of knowledge to deliver seamless digital learning engaging the youth across the country to alleviate the suffering of the young students, quenched their thirst of knowledge aided by smart tools and teachers, restoring sanity and peace in the society.

We at MET, took the challenge head-on and established seamless learning platforms across our campuses located at Bhujbal Knowledge City in Mumbai and Nashik delivering wholesome learning inputs meeting stakeholder appreciation. From kids to young professionals, enlightening virtual inputs were delivered across Pharma, Engineering, IT, Mass Media and Management domains brushing past delivery hurdles. Blessed by the state of the art platforms and technologies accessed by us, our committed faculty and staff rose to the challenge. Frequent counseling to the affected, concessions and accommodation to the needy acted as balm to the stakeholder battling the adversity as they lived up to the 'knowing-doing-being' motto of professionals meeting the demands of the marketplace.

We at MET, through our Rishikul Vidyalyaya are continuing to expose the school kids, blending the traditional pedagogy with the Cambridge learning systems 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 postgraduate levels. We are continuing our focus on injecting the spirit of Creativity-Innovation in the pedagogy so that the students are nudged and exposed to solution oriented problem solving dynamic learning platforms, as the gateway to incubators and start-up culture.

But, it will require coordinated efforts between the regulator and the holy trinity of students, parents and teachers combined to mitigate the crisis. One must remember that, the dynamic education sector led by the youth, are the backbone leading us through the turbulent waters. Therefore, the higher education regulators must immediately act to shore up this sector with resources and policy stimulus, to drive the dark clouds and let the bright sunshine bloom the flower of Indian youth. We must remember, as Bobby Knight says, “The key is not the will to win. Everybody has that. It is the will to prepare to win that is important”.

Wishing you success in all your professional pursuits.

Chhagan Bhujbal

Hon. Founder Chairman
Mumbai Educational Trust

Advantage MET

- Ranked 4th Best B School in Mumbai and 14th Best B School in West Zone by the Times B School Survey 2021
- Ranked 5th Best B-School in Mumbai and 18th Best Pvt. B-School All India by the Times B-School Survey 2020
- MET Institute of Management ranked 9th in the Times Top Institutes of West India Survey 2020 across Western and Central India
- 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 IOM has been awarded the A++ ranking by IIRF 2018 (Indian Institute Ranking Framework)
- MET Institute of Management recognised as 'The 25 Best Institutions for Higher Education 2017' by The Knowledge Review Magazine
- Ranked in the Platinum category - the highest rating conferred by the AICTE-CII IndPact Survey'15
- 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 is a Ph.D. Research Centre of University of Mumbai & Savitribai Phule Pune University in Management, Engineering and Pharmacy
- 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
- Strong alumni base
- Freeship awards for meritorious students
- Excellent placement opportunities in India & overseas
- Superior intellectual capital armed with knowledge and experience
- Well-networked with the best of corporate in India and abroad
- Global faculty and international knowledge sharing modules
- Sensitising the students towards social causes through MET Seva CSR programmes
- Unique partnership with the CII, London, ACCA, UK and NCC Education, UK
- MET has an Institutional linkage with Edith Cowan University, Australia
- 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



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

This academic year may be marked as the pandemic year. Never in the history of education have we witnessed such a pandemic situation. Only because of the advanced technology we could save the year of the students. I thank our honourable Trustees for the online training program organised for the MET staff. It helped us to cope up with the online teaching and even conducting the online examinations. Teachers had to work much more than in the normal situation. I wish that the country's economy will be back on the track soon. There is of course a big difference between online teaching and regular teaching. Students are not getting trained for the practical work. We cannot see the difference between the intelligent and average students. The exam pattern is such that average students also get good score!

In spite of all the difficulties our teachers have done a remarkable job of conducting online seminars, guest lectures and have completed online exams as per the schedule. The cultural in-charges have organised online cultural programmes. Thanks to Dr. Sonali Naik and Mrs. Bhagyashree Joshi for keeping the students engaged in various activities.

All the staff members and the students are missing the MET UTSAV which is celebrated every year. We thank our Trustees Shri Chhagan Bhujbal, Mr. Pankaj Bhujbal and Mr. Sameer Bhujbal, Vishakha Madam and Shefali Madam for all the help we receive from them in this pandemic year. Thanks to Dr. Sonali Naik and Mrs. Bhagyashree Joshi and the member of the editorial board Ms. Aqsa Khan, Ms. Vidushi Dhakad, Ms. Siddhi Jain and Ms. Sachi Parab for all the efforts they have put in to release this magazine "NEST".

Thanks to Irani Sir and Ashish Sir for helping us design the NEST.

Best wishes to all!

Principal's Desk



Dr. Abha Doshi
Principal,
MET IOP (Degree)

Dear Students,

It has been very long since we all actually met face to face and felt the warmth and happiness of being together. The pandemic has taught us many things viz., value each person, each relation, the food which we get and small materialistic things. One more thing which we all learnt is to feel the same warmth and understanding during our online interactions as we do during face to face meetings. Online teachings, seminars, webinars do not provide us the same personal touch but we all have developed ourselves for online teaching and learning.

We all are proud of you all who have excelled well in exams and achieved your targets. It was a testing time for all of us, especially teachers, who really worked hard to deliver the best so that the students do not miss out in any area. We could continue not only our academic activities but co-curricular and extra-curricular activities very well, rather better. Our cultural committee has developed instagram and facebook pages, not only for this year but also for future.

Time teaches us everything. If you have to grow in life then "Be flexible", "Be adaptive" and willing to change with changing situations. This pandemic has brought forth the importance of the pharmacy profession. The pharmacists were at the forefront during the pandemic, coming up with repurposed drugs that could be used for treatment and also working towards developing a vaccine which is a reality now.

Equip yourself with skills and be strong mentally to be able to face any challenge with confidence. Grab every opportunity that helps you to explore and expand your horizon.

Best wishes!

Course Coordinator Point Of View



Dr. Rashmi S. Srivastava
Course Coordinator
MET IOP (Degree)

Dear Students,

It gives me great pleasure to be writing a message to you all through NEST magazine. The journey from Ashadhiyekadashi to Fresher's Welcome has been beautifully captured by NEST over the years through write-ups and pictures they publish, showcasing the talent of our students and staff members.

This academic year was quite different, there is no denying it, the word that comes to mind when recapping this year for me has been "Enigma", an enigma that we all had to get accustomed to making our "New Normal" whether we liked it or not. Time has taught us many new things, brought many changes in our daily lives. On a positive note the time made us learn new ways of working, adapting to the situations and evolving to strive for best.

The year was exceptional in lot many ways and so were our activities. I really appreciate the entire cultural team for being enthusiastic and innovative to come up with the different ways of conducting various events online. All thanks to cultural council that, we all got the opportunities to participate and could get to keep our spirits lifted in times like this.

No message in this time would be stronger than a message of togetherness which our student's council created virtually by conducting various on line events. The Efforts of the students, all willing to go out of their way to contribute, have been really invigorating. Your constant hard work, out of box thinking and whole hearted participation in all curricular, co-curricular and extra-curricular activities made this new normal a better normal.

I conclude by congratulating all those who converted this lockdown into an opportunity that unlocks the potential of our faculty and the young and promising students of MET.

All the best.

From the Cultural In-Charges

We are experiencing an immeasurable ecstasy to present this message for annual college magazine "The Nest" The academic year 2020-21 was full of hurdles, challenges and anxiety. Having considered to be unlucky, everyone was lost in the midst of uncertainty.

Luck is the sense to recognize an opportunity and the ability to take advantage of it. Everyone has had breaks, but the man who can smile at his breaks and grab his chances gets one. With the help of digital world, we started New Normal. The digital platform was explored not only for academics but also for co-curricular and extra curricular activities. The cultural committee unlocked the treasure of talents of students and staff and organized various events and competitions virtually. Student's overwhelming response rise our spirits and enthusiasm high and we commenced official Instagram and Facebook account to showcase metizen's talents and abilities not only for this year but also for the forthcoming years. This has prompted to reach to the masses as we have many followers on these social sites that include MET alumni.

Through the arduous and grueling efforts of cultural committee, we could achieve excellence by adapting to virtual platform.

We are highly grateful to the Trustees for their support. We also express sincere thanks to Director Dr U B Hadkar, Principal Dr Abha Doshi, Course Coordinator Dr Rashmi Srivastava and all teaching, non teaching staff for constant motivation and cooperation.

We highly appreciate and admire the students council and editors of the magazine for their hard work and persistence.

We wish everyone good luck for future endeavours.

We extend heartfelt thanks to the Marcom department for their support and guidance.

Happy reading!



Dr. Sonali Naik, Ms Bhagyashri Joshi
Cultural In-Charges

Our Tutors

What the students are today is all because of these teachers who have helped them grow through the years. Ever since the day the students entered this college in their first year till the time they leave the premises in final year teachers play a part in helping them grow not only as a human but also in their career. These teachers play an important role for the student's future and help them get ready to deal with the outside world.



First Row: (L-R): Ms. Sheeja Koliyote, Dr. Rashmi Srivastava, Dr. Abha Doshi, Dr. U. B.Hadkar, Dr. Vijaya Patil, Dr. Poonam Advani.
Second Row: (L-R): Ms. Vrushali Keer, Ms. Aushima, Ms. Sidhu Menon, Ms.Priyanka Joshi, Dr. Madhura Vaidya, Ms. Bhagyashri Joshi, Ms. Sonali Naik, Mr. Angel Godad, Dr. Bandoo Chatale

The Non-Teaching Staff

Non teaching staff include administrative staff, guidance counselors, librarians,etc. They form a very important part of not only the college but also every student and teacher's life. Whether it be helping students in the lab or helping the college during technical difficulties during events. Their knowledge from throughout the years helps us and provides us with practical knowledge and understanding.



First Row: (L-R): Mr. Ghanshyom Kambli, Ms. Manisha Barve, Ms. Aarti Gore, Dr. Rashmi Srivastava, Dr. (Ms) Abha Doshi, Dr. U. B. Hadkar, Ms. Priya Sawant, Ms. Manasi Vaidya, Ma. 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

The Council Talks

“Alone we can do so little; together we can do so much.” – Helen Keller

With this in mind, the 2020-2021 Council worked together to make this year just as amazing and entertaining, facing the challenges of this new mode of activities head on. It was a roller-coaster ride for all of us, adapting to the changes around us and going forward with full vigour.

Lastly we would like to conclude by thanking our Cultural In-charge teachers, Dr.Sonali Naik and Ms.Bhagyashri Joshi for their guidance, also we would like to thank Dr.Abha Doshi and Dr.U.B.Hadkar for supporting and encouraging us.

Trust we meet sooner than later.

The Student Council

IPA Talks

The Indian Pharmaceutical Association is a prestigious organization that has been in India since the last decade, bringing the professionals of the field together into the shade of a community throughout the nation. This association has been useful as a platform for the development of budding pharmacist who are about to enter into this noble profession and has also been a social ground for the veterans of the field.

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 lead 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 festival is organised by the students of the field for the students of the field. This not only helps in getting the students in the organisation but also the participants a huge exposure to the field and the real world, as this exposure helps them 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 as well as 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. The lockdown did not stop them from holding events through the online platform and holding various seminars as well.

Cell Members

Hardika Patil -PHO
Yukta Mistry - Executive
Jaanvi Choksi - Cultural
Sakshi Upadhyay - Editorial

Joints

Marilyn Karia- PRO
Aditya Dawre - Sports

Associate Head

Aaliya Khan- Finance
Yukta Dichwalkar- Student Exchange Office

The Student Council

General Secretary



Gaurav Rajpurohit
(T.Y.B.Pharm)



Rajvi Shah
(T.Y.B.Pharm)

Cultural Secretary



Mehreen Patel
(S.Y.B.Pharm)



Shruti Kotian
(S.Y.B.Pharm)

Editors



Aqsa Khan
(T.Y.B.Pharm)



Siddhi Jain
(S.Y.B.Pharm)



Sachi Parab
(S.Y.B.Pharm)



Vidushi Dhakad
(S.Y.B.Pharm)

Treasurer



Riya Patil
(T.Y.B.Pharm)



Preema Shah
(S.Y.B.Pharm)



Samartha Shah
(T.Y.B.Pharm)



Rohit Rane
(S.Y.B.Pharm)

Health Secretary



Ekta Ranade
(T.Y.B.Pharm)



Aastha Jain
(S.Y.B.Pharm)



Surraiyya Masuldar
(S.Y.B.Pharm)



Purva Hirlekar
(S.Y.B.Pharm)



Vaishnavi Choudhari
(S.Y.B.Pharm)

The Student Council

Class Representatives

First Year



Aneesha Mudaliar
(F.Y.B.Pharm)

Second Year



Akanksha Surve
(S.Y.B.Pharm)

Third Year



Mehak Makhija
(T.Y.B.Pharm)

Final Year



Himanshu Jarkhad
(Final Year B.Pharm)



Sakshi Prabhu
(F.Y.B.Pharm)



Pavitra Das
(S.Y.B.Pharm)



Nikita Bhanushali
(T.Y.B.Pharm)



Prachi Agarwal
(Final Year B.Pharm)



Sapna Jaiswar
(F.Y.B.Pharm)



Sarth Mistry
(S.Y.B.Pharm)



Saloni Raikar
(T.Y.B.Pharm)



Pranav Sawant
(Final Year B.Pharm)

From the Editor's Desk



Welcome to The New Normal,

After a long wait the board of editorial committee is proud to publish The Nest, Edition Of 2020.

Everything is new out there, this New era of social distancing has forced us to be apart; we have made an attempt to abridge the gap and fill the lonely path with all the amazing memories experienced by the MET family. In childhood we used to be petrified of Monsters, Now we are terrified of the Covid Monster, sure it has successfully kept us apart but it can't break the inseparable bond we have created together.

Isn't it rightly said by Napoleon Hill "Patience, persistence and perspiration makes an unbeatable combination of success". This edition is compilation of immense effort put forward by the Metizen's.

As we step towards The New Normal, Life feels AbNormal; is the abnormal The New Normal ???

The Nest 2020 will dive you through the new journey of life. Together we have made a new world again.

We would like to express our deep gratitude to Dr.Sonali Naik, Mrs.Bhagheshree Joshi, Mr.J.G.Irani, Mr.Ashish Srivastava and the marcom department for their generous support.Your words of encouragement, guidance, and advice kept us sane while chasing deadlines.

The Editorial Committee

Ms. Aqsa Khan (T.Y.B.Pharm)

Ms. Siddhi Jain (S.Y.B.Pharm)

Ms. Sachi Parab(S.Y.B.Pharm)

Ms. Vidushi Dhakad (S.Y.B.Pharm)

MET Institute of Pharmacy is one of the most well known pharmacy colleges in India and the students here are not only excelling in academics but also various other activities. These activities include seminars which provide our students and staff with a great amount of knowledge, the various activities performed during occasions help the students learn about the national aspects of our country. Fun filled extracurricular activities help the students take a break from this rushed life and help them loosen up and enjoy their college lives.

CAREER GUIDANCE SEMINARS

METIOP'S first ever online event was a great success. Life is so unpredictable one can never imagine where it takes us. As said before, never ruin a good day by thinking about a bad yesterday, today we all are in a mishap trying to educate the youth of INDIA, creating a greater tomorrow. The IQAC and Alumni cell of MET Institute had organized a series of webinars on career guidance in June 2020. Eminent personalities as speakers were invited to motivate, inspire and guide students and enlighten them about various career opportunities in Pharmaceutical Industry.

Ms. Anushka Nadkarni highlighted the importance of label claims on product, how contract product development functions for popular brands in the USA. She stressed on various quality control tests for development of the product.



IQAC and entrepreneurship cell of METIOP organized an amazing webinar of successful entrepreneur Mr. Vaibhav Srivastava, the managing director of Insignia Learning Pvt Ltd. He focused on the various segments of the pharmacy field having various career opportunities, Qualification and experience required to become an entrepreneur. He gave insight about the potential of medico-marketing in India and across the globe and an understanding about the role of the pharmaceutical industry in health education.

Dr Shabbir Rangwala is the vice president of Glenmark Pharmaceuticals guided the students on the topic Data management and career option in Pharmaceutical industry. He gave a brief account of skill required for jobs.

Ms. Munira Loliwala gave us insight of Perfumery industry and various options to study in India and abroad in perfumery. She discussed fragrance perception, consumer sensory testing methods and market research.

Mr. Mohit Patwardhan gave a brief update on Intellectual Property Rights (IPR): Importance and options in the Pharma Industry. Mr. Mohit gave an overview of different IPs and explained in detail about patent, its importance, the process of patenting, characteristics of a patent and highlighted trademarks.

Mr. Nitish Kumar Dixit, Director General Manager at HCL enlightened the students on the topic 'Healthcare career options in technology world'. He discussed the various opportunities coming up due to the virtual economy in the pharma world.

Mr. Nikhil Chavan spoke on the topic Career prospects in DRA - Indian Scenario. Mr. Nikhil gave students insight on various responsibilities of regulatory affairs professionals. He addressed the various issues raised in the regulatory review process.

Mr. Shivraj Sulgudle spoke on topic Preparation and development of skills for government jobs. He advised students regarding minute aspects of the application procedure for these exams, preparation for the test, interview as many students were interested in pursuing careers in government jobs.

Campus Diaries

Ms. Mamta Parekh presented on the topic Career opportunities for chemistry postgraduates. She highlighted the importance of this subject in different industries like excipients, polymer, and many more, she gave an overview of various functions of the pharma industry and the role of chemistry in various fields.

Mr Mahesh Sawant - Director, Ferring Pharmaceuticals and METIOM alumni delivered insightful talk on career opportunities in sales and marketing. He very well explained in detail the skill set required for industry jobs and answered the questions of participants with poise.

Ms Pooja Upadhyay an assistant manager in Bliss GVS Pharma and technical Business development manager in Mandar Organics Pvt Ltd. She discussed various topics such as generic formulation development, product tracking, operation product transfer, R&D product management, QBD based development and design of experiment. She also discussed various career opportunities for pharma graduates in these fields.

Ms. Pooja Dubey on the topic Career options in Pharma excipients industry focused on higher studies in the field of Pharmaceutical chemistry. She explained various job opportunities after M. Pharm in Pharmaceutical chemistry. Her talk was very impressive and flashed a positive attitude for Chemistry which is perceived as a 'difficult subject' by many students. The session was very interactive and motivating for the students.

Dr Aditya Pattani is a successful entrepreneur and business partner Nano Xpert Technology. Dr Pattani delivered a talk on "Opportunities in regional chemical regulations for pharmacists".

Ms. Shruti Sawant guided the undergraduates on Recent trends in Pharmaceutical Research. She briefed about program selection, pre-admission tips to shortlist universities, funding options, course work, entrance examinations.

Ms. Shweta Nagwekar enlightened the topic Career options in Pharma regulatory affairs in the USA. Shweta explained in lucid manner the steps to be taken for going abroad for higher studies. She explained the role of regulatory affairs in pharma industry, medical devices etc. Career opportunities for regulatory affairs- how to search, what steps are critical were elaborated.

Held on:-13th -28th June 2020

FATHER'S DAY



Worldwide Father's Day is celebrated to honor the fatherhood of all the fathers and forefathers in families and society. The importance of a father can't be neglected or ignored at all. He is like a superhero who is always ready to take on everyday troubles for his children. The significance of a father is beyond words as he is the person who works tirelessly to fulfil the requirements of his family. To honor the contribution of all such fathers and fatherly figures and to celebrate the paternal bonding, a special day is observed every year as Father's Day. Around the world different countries celebrate Father's Day on different dates. In India usually it is celebrated on the third Sunday of the month of June. This year we celebrated on 21st June 2020.

Despite of the ongoing pandemic situation our cultural incharges Sonali Naik ma'am and Bhagyashri Joshi ma'am along with other teachers did not fail to keep up with the spirit and celebration of Father's Day. An essay writing competition was conducted on the topic being related to Father. Students actively participated in the competition and were a part of this celebration.

Held on: 21st June,2020

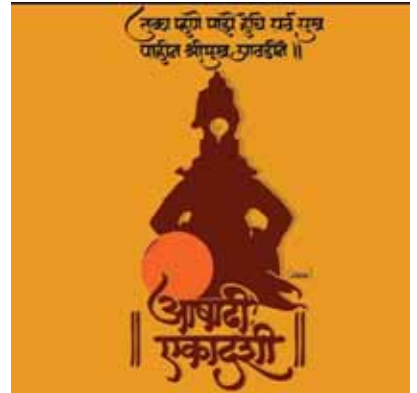
ASHADI EKADASHI

The Holy Lord Vishnu goes to sleep on this day and wakes up from his slumber after four months on Prabodhini Ekadashi. This holy period of four month is called Chaturmas .Ashadi Ekadashi comes in the month of Ashadha; the 11th month according to Hindu calendar. This year it was celebrated on Wednesday 1st July 2020. Our cultural incharge very well organized a virtual program to celebrate this

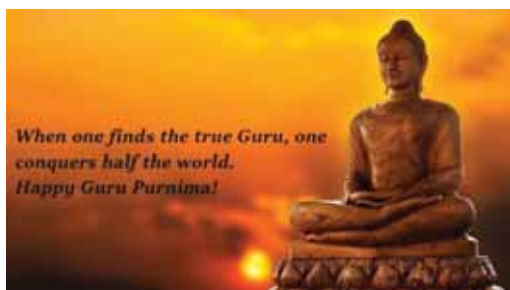
auspicious day. The program commenced with enlightening speech on VithobaWari and

Pandharpur. This was followed by hymns full of devotion to Vithoba. Coronavirus has no effect on Vithoba devotional sentiment. Students beautifully decorated their house with kirtan. Surprisingly doctor day also happens to be on the very same day as Ashadi Ekadashi, a beautiful poem was written by one of our most creative teachers to justify this coincidence. More than 800 year old tradition of Bhagwat Bharmā, the followers organize wari on Ashadi Ekadashi, due to increasing frequency of coronavirus the devotees are forced to celebrate a muted Ashadi Ekadashi. Devotees should never forget that god is situated in character and focus on the wonderful things that are present in our life right now. Remembrance and devotion to God in one's thought is as important as deeds. Our respected principal Dr. Abha Doshi graced us virtually with Karna Madhur Bhajan which conveys the message of lighting a lamp in people's heart by doing good deeds. The festivals of Ashadi Ekadashi was celebrated with great enthusiasm by the teachers and students virtually; the essence of this wonderful event was there for hours.

Held on: 4th July,2020



GURU PRURNIMA



In Sanskrit 'gu' simply means 'darkness' and 'ru' simply means 'dispel'. So the word 'guru' intelligibly speaks of one who dispels the darkness and brings more understanding and light. Guru Purnima is a tradition dedicated to all the spiritual and academic Gurus. In our life at various stages, we meet people who give a direction to our life and fill our path with the light of knowledge. Our birth givers, our parents being the first gurus of our lives followed by our teacher. According to the Hindu calendar of India, the festival is celebrated on the full moon day (Purnima) in the Hindu month of Ashadha. This auspicious day is celebrated in India

every year on the 5th of July.

This year even though there was an ongoing pandemic, it did not stop our teachers from making us celebrate this day very innovatively by organizing a virtual guru purnima. The program required the participants to record a speech or poem related to `Guru`. All the students showed enthusiastic participation by sending in voice notes as well as video recordings appreciating all the gurus of their life. All the voice notes gave us a deep outlook about who are gurus and why is this day celebrated. We not only had active participation from students but also from our teachers and lab assistants. We would like to thank our cultural incharges and our principal, Dr. Abha Doshi for giving us this chance to be able to thank our gurus.

Held on: 11th July, 2020

SEMINAR INTERNATIONAL STUDENT DEVELOPMENT PROGRAM.



Knowledge is power; without it the world is incomplete. We are all a worrier, at war with Covid-19. In this midst of pandemic MET is blessed to have pillars of knowledge. Respected principal Dr Abha Doshi, Dr Ulhas Hadkar and the faculty are the pillars which shine bright with knowledge and spread it all around. In this lockdown, they organize a webinar on "Pharmaceutical Education and Research: A Medley". It is a multifaceted program for learning about pharmaceutical science, its innovation and latest advancements. This international student development program will discuss various aspects involved in Drug discovery, Pharmaceutical manufacturing,

scientific and medical writing, clinical trials, Regulatory Affairs and patent, Phytopharmaceuticals and presentation skills by eminent speakers. It focused on overall development of participants, this seminar brings Scholars from many countries across the globe to enlighten students especially T.Y. B. PHARM and Final Year B. PHARM students of various opportunities in pharma. The seminars were held on 22nd to 26th July; along with intercollegiate poster competition. It was attended by many students across various pharmacy colleges. Inauguration program began with a motivational speech by Director Dr Ulhas Hadkar who is an inspiration for the students. He encouraged students to grow, travel the world to meet pandits with knowledge and make their dreams come true.

DAY 1:

First session was taken by Dr. Khalid Kamal, chair and professor in the Department of Pharmaceutical System and Policy at West Virginia University School of Pharmacy. He introduced students to scientific writing aspects in research, it is one of the important forms of communication and advised them to keep it simple.

DAY 2:

Dr. Anita Nair from Merck KGaA, Germany. She briefed the student about the application of the mini transfer model in preclinical research and development. It's need, expectations, solution, applications, limitations and opportunities.

Dr Prashant Kharkar is a professor at Institute of Chemical Technology. He gave insight of drug discovery, the reason behind drug withdrawal from clinics and filters used to ease drug design.

DAY 3:

Dr Swati Patil described Phytopharmaceuticals as an emerging trend as it's use increased tremendously during Covid-19. She is an Associate Professor of pharmacognosy at Prin. K. M. Kundnani College of Pharmacy. She also explained the regulations required, safety, quality control, packaging and marketing of Psychopharmaceuticals. She enlightened the audience with her remarkable research projects.

A session on new trends of clinical trials was presented by Dr. Vaishali Dixit, an Associate Professor at Bombay College of Pharmacy. She focused on four phases of clinical trials, stakeholders, ethics, safety reporting in clinical trials in Covid-19. Technology and science always go hand in hand as she also emphasized on data collecting and protecting, various wearable devices in the market and about mhealth.

DAY 4

As we all know, presentation skill is very essential for everyone, especially student's life. As they are regularly exposed to seminars, competitions, interviews, viva, etc. This webinar was presented by Dr Kalyani Asgaonkar, an Assistant

Campus Diaries

Professor in Pharmaceutical Chemistry at AISSMS College of pharmacy; Pune. She motivated many students to realise the real version of oneself. This module includes various tools required, pitch body language and tricks to avoid anxiety.

Dr Mrunal Sanaye is an Associate Professor at Prin.K.M Kundnani College of Pharmacy. As she said, "Never be too afraid to try something new because intellectual growth stops when you stay within the limits of what you already know". In the mist of covid 19 where social distancing is a necessity, everyone is under lockdown to avoid spread of this infectious disease. She introduced Virtual Labs for students. It could be web based but still have real labs like wibes to it. Dr Varsha Pradhan informed the audience about the Role of Patents and Regulatory Science in Pharmaceutical product. She explained various drug and vaccines used for Covid-19, drug discovery approval process, regulatory science, patent linked to regulatory approval and its advantages.

DAY 5

Dr Aarati Prabhu an Associate Professor from SVKM's Dr Bhanuben Nanavati College spoke about Computer aided drug design in drug discovery. She very well explained structure based and ligand-based drug design.

In 1920, Osler, one of the father of modern medicine, stated "Always note and record the unusual.....publish it, save it on a permanent record as a short, concise note. Such communication is always valuable". Medical writing has a crucial role, as it has the ability to spread knowledge to many medical professionals and other audience. This wonderful concept of writing was explained by Pallavi Kamath an Assistant Manager at SIRO Clinpharm Pvt. Ltd. She taught the audience how theory is useful in practice.

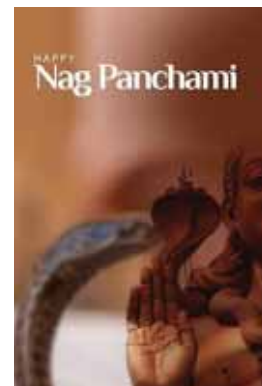
Valedictory function was conducted by Our Respected principal Dr Abha Doshi and she also announced the winners of the poster competition. The event was a huge success, it was not only informative but also interactive. Students were asked to send their query in the chat box.

(Special thanks: Team ISDP)
Held on: 22nd to 26th July.

NAGA PANCHAMI

Naga Panchami is a day of traditional worship of Nagas or snakes observed by Hindus throughout India. The Nag Panchami or festival of snakes is celebrated on the fifth day of the moonlit fortnight in the month of Shravan (July /August) according to the Hindu calendar. Hence this is called Naga Panchami. During the festival people bathe the snakes with milk ensuring their families freedom from danger of snakes. Their blessings are sought for the welfare of the family. Live snakes are also worshipped on this day with milk, sweets, flowers, lamps, and even sacrifices.

Even this year during this pandemic, our teachers and students did not stop and celebrated this day virtually with great enthusiasm, joy and fun. On the account of this day an article writing competition was conducted. Apart from this our students showed enthusiastic participation by sending their video recordings telling us about Nag Panchami story, Navagstotra, singing song and even naag puja. All Students participated very actively and with great enthusiasm. We would like to thank our cultural incharges and our principal ma'am for giving us this opportunity to showcase our talent and develop our personality and skills.



Held on : 25th July, 2020

FRIENDSHIP DAY



Quick riddle: name a ship that can never sink

Answer: Friendship

Friendship is among the most beautiful parts of our lives. Friends are like a family who stands with us in our difficult times. In good times, in bad times, making you laugh, making you cry; a relation of a friend is one that cannot be defined. Every year on the first Sunday of August we get the opportunity to thank these humans for lighting up our world with joy, for being there when we had no one to turn to, for being an integral part of our lives and filling it with a huge basket of memories.

On this occasion of International Friendship Day, the cultural committee organized an event where students were supposed to make a video either singing or saying a few lines for their friends and thanking them for this friendship day in an innovative way. We would like to thank them for organizing this beautiful event in the midst of a pandemic so that we can celebrate this day with our friends and thank them even though we are apart from each other in distance but never from our hearts. This event received commendable participation from all students, receiving various heart-warming speeches, songs and poems.

Celebrated on: 2nd August, 2020

NARALI PURNIMA

Narali purnima is celebrated on the full moon day of the month of Shravan. People offer coconuts to the sea. The festival also marks the beginning of the new fishing season. So, fishermen appease the sea-god before sailing out over the mighty sea. They worship for safe fishing. Singing and dancing are the main attractions of the festival. Sweets, coconut, rice is prepared for the day.

NaraliPournima, ShravanPournima, RakhiPournima or Raksha Bandhan are the various names given to this festival. Naral means coconut and coconut is offered to the sea, so it is called the Naralipournima.

On account of this festival our college celebrated this occasion by organising a KOLI DANCE competition. Students made videos of them performing the Koli dance. Even during this pandemic, students participated with great enthusiasm and enjoyed this virtual event.



Held on : 3rd August, 2020.

RAKSHA BANDHAN



Every Indian festival is about celebration of relationships and bringing families together. Raksha Bandhan is one such celebration of the love and bond between a brother and a sister. Raksha Bandhan is celebrated on the full-moon day of the Hindu month of Shravana. As we know because of the pandemic situation many couldn't celebrate this festival together with their siblings or cousins but the cultural incharges of MET IOP along with the help of the student council maintained the spirit of this festival by arranging an exhibition of –Best out of Waste Rakhi. Students sent in their time-lapse videos while making their best out of waste rakhis. Later pictures and videos of rakhis made by students were displayed during the online celebration program of Independence Day. Despite of the pandemic situation students willingly participated and sent in their work. We indeed got to see a lot of creativity.

Held on:- 3rd August 2020.

INDEPENDENCE DAY

The Independence Day which is celebrated religiously throughout the Country on the 15th of August every year, it reminds every Indian about the dawn of a new beginning, the beginning of an era of deliverance from the clutches of British colonialism of more than 200 years.

Independence Day is observed throughout India with flag-hoisting ceremonies, parades, fireworks, singing patriotic songs and the National Anthem Jana Gana.

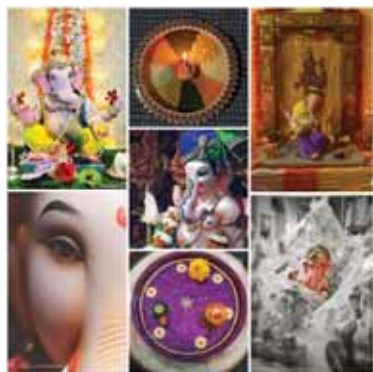
This year we celebrated our 74th Independence Day.

Because of this ongoing pandemic our cultural committee organized an online Independence Day program. The celebration of this event was virtual but the passion for the nation was real. Even though we were separated by distance we were joined together through the spirit of patriotism and in this event, we sang the National Anthem which indeed keeps every Indian connected through their hearts. Entire pharmacy department came together to celebrate this day, it gave each and everyone in the meeting a united feeling. Speeches were delivered by our respected Director Dr Ulhash Hadkar, Principal Dr Abha Doshi, Course Co-ordinator, Dr Rashmi Shrivastava and students. Our cultural incharge Dr Sonali Naik had written a few lines in honor of our freedom fighters. Their speeches inspired us a lot and everyone of us learned something new. Students recorded dance videos were displayed in the meeting. It was done very gracefully. Live singing was conducted, students sung various patriotic songs. All the events gave us the true value of freedom. The winners of the Mandala art competition and Narali purnima dance were also announced. All the students who participated got an opportunity to explore their creativity and learned something new and well. A tribute was given to all the frontline corona warriors who sacrificed their lives to ensure that everyone is safe. It is our responsibility to build our nation of pride. At last, the event was concluded by giving a vote of thanks by Dr Sonali Naik to every contributor for making the event a great success.



Held on : 15th August 2020

GANESH CHATURTHI



It's that time of the year again, the ten days of happiness which comes once in a year. Ganesh Chaturthi is a festival that celebrates the birthday of Lord Ganesha, the Hindu god of wisdom and success. It is also known as Vinayaka Chaturthi during the Hindu Month of Bhadra, which usually falls between mid-August and mid-September. The festival is marked with bringing home idols of Ganesha, in various varieties ranging from clay models to eco friendly models and people over the years have tried many creative ways of making his models but what is common in every house is the spirituality and the pure feeling of love for god. Every year after 10 days the visarjan is celebrated with full enthusiasm.

This year due to the ongoing pandemic and social distancing we could not visit our friends and families house to take the blessings of Lord Ganesha but cultural committee made this ganesh festival fun and creative by holding various events which included, thali decoration, video recordings of ganesh aarti and various students even shared stories and their thoughts on this beautiful festival.

Held on:- 22nd August 2020.

TEACHER'S DAY

The influence of teachers extends beyond the classroom, well into the future.

We celebrate Teacher's Day to honor our teachers and appreciate their contribution to society. In India, we celebrate Teacher's Day on 5th September, which is the birthday of Dr SarvepalliRadhakrishnan. It is a special day for the appreciation of teachers, and may include celebrations to honor them for their special contributions in a particular field area, or the community in general.

This year due to this ongoing pandemic, our council members made this day more fun, creative and memorable for the teachers by holding various events. The event started with the speech of our Principal Dr. Abha Joshi and Dr. U. B Hadkar.



The students displayed their feelings of gratitude and admiration for the teachers, in artistic ways by means of creative cards, 3D cards and videos. Another fun event was BOLLYWOOD DHAMAKA in which various Bollywood related quizzes were organised. A team of three teachers was formed for this event. There were 3 rounds in this event and our teachers were asked to guess various songs, movies and actors of Bollywood. It was very fun. Our teachers also sang various songs. Then next there was a STUDENT HUNT event in which all the teachers were asked to guess their students whom they taught for four years. This was followed by a warm welcome for our new staff members Dr. BandooChatale and Dr. Angel Godad in the MET family. The students also made cards and videos for our visiting faculty ChetanThingore and Ms. AakrutiKaikini. Not only students but our teachers also enjoyed this virtual event very much. All these events reminded our teachers and students of all those memories that they had spent with each other while teaching, learning, progressing in these years. Everyone of us enjoyed this virtual event very much. It was a memorable day for all of us. At the end a thank you note was given - Dear teacher, it is because of you that I became a good student. Thanks for all that you have done for me. Wishing you a very happy Teacher's Day.

Held on:- 5th September 2020.

WORLD PHARMACIST DAY



IQAC, Alumni committee and student Council committee of MET has arranged a webinar to celebrate the world pharmacist day. The theme for this year was transforming global health as decided by FIP. Worldwide this day is celebrated on 25th September. The purpose is to encourage activities that promote and advocate for the role of the pharmacist in improving health in every corner of the world.

The event started with the blessing of Goddess Saraswati. Our respected director Dr U B Hadkar, Principal Dr Abha Doshi, Course Coordinator Dr Rashmi Srivastava and Mrs Bhagyashri Joshi took upon themselves for encouraging students ethical behaviour. A conscious and deliberate effort was taken by them to create a climate that encourages student's ethical behaviour. Students presented a small introduction about World Pharmacist Day. Our Chief guest respected Dr. Radhika Raheja, PhD in Pharmaceutical Chemistry enlightened the students about the role of pharmacist during the pandemic and very well explained the producer-pharmacist relationship. This was followed by Mr. Vivek Bandagale. He is currently working with Aster Pharmacy Group in Abu Dhabi, UAE. He spoke about the career scope and opportunities in India as well abroad. Event was not only informative but also very interactive as all the queries of students were answered patiently. The event was concluded by Dr. Sonali Naik with a vote of thanks.

Celebrated on:- 26th September 2020

DIWALI

Diwali is a festival of lights, it represents the victory of light over darkness, good over evil and so on. This Year our college celebrated diwali in a very unique way. Cultural committee brought everyone together to celebrate this wonderful festival of light. The event started with a beautiful poem by Dr. Sonali Naik followed by a speech on the importance of diwali. To make this event even more exciting various competitions such as making of Akashkandil and diya decoration and rangoli exhibition were held. The students showed great enthusiasm and the event was a huge success.



Held on:- 20th November 2020

FUN DAY



Everyone needs a break from their daily routine. We are always preoccupied by our work. This year the cultural committee has come up with a wonderful idea to have some Chai break from our daily activities. The cultural committee held an online Housie event, this event has brought everyone on the same platform in which the pharmacy department including the teaching staff, the non-teaching staff and the students participated with great enthusiasm and zeal. The winners were announced and the event ended with a vote of thanks by Dr. Sonali Naik.

Held on:- 21st November 2020

REPUBLIC DAY



India celebrates Republic Day annually on 26th January, and this year the country celebrated its 72nd Republic Day.

Our cultural team organized a live online Republic Day program through Google meet . The event started by reciting the National Anthem. After that, motivational speeches were given by our Respected Director Dr Ulhash Hadkar, Principal Dr. Abha Doshi, Course Coordinator Dr Rashmi Srivastava. The speeches included the significance of the tricolor in our national flag and highlighted constitution features. They also sang patriotic songs. Our students also gave various speeches. All these speeches inspired us a lot and reminded all of us our duties as a citizen towards the country. Live singing was conducted, students sang patriotic songs. Students recorded their dance videos which were displayed in the meeting. Students also showed their creativity and skills in artworks such as painting, doodle, rangoli and photography. They were also displayed in the meeting. Our Cultural In charge Dr Sonali Naik presented a poem “Tiranga” (tricolour flag) which was written by her. The event was concluded by Dr Sonali by giving a vote of thanks.

Held on:- 26th January, 2021

SOCIAL AWARENESS WEBINARS

1. The IQAC and social awareness committee of METIOP had organized a webinar on 1st August,2020. The various topics covered in the webinar were immunity boosters, prevention and precautionary measures regarding coronavirus. Other learning outcomes were learning the basics of quantitative skills, scientific understanding, global consciousness and better understanding on public issues to act effectively as a citizen. It was a very informative webinar and the audience achieved through an online platform. Google meet was also high.



2. The Social Awareness and Cultural Committee of MET Institute of Pharmacy had organized a webinar on 8th August,2020 through Google Meet. The topic covered over the webinar was Physical health improvement and Eye exercises. As we were all quarantined in our houses for nearly six months our eye exposure to electronic devices had increased a lot, in such times this webinar helped us by teaching us various eye exercises to prevent our eyesight from worsening. Other topics such as vaccines and clinical testing were also discussed. The audience achieved was pretty good.

3. The Social Awareness Committee and IQAC cell of MET Institute of Pharmacy had organized a webinar on the topic “Minding the mind in the wake of Covid-19”. This webinar aimed to understand the meaning of mental health and to increase the understanding and awareness of how to deal with mental health problems. This webinar was guided by Dr Devanshi Jhalani. This webinar helped to promote positive mental health and educate us on a topic which is very necessary to be understood in this day.

4. A social awareness programme was held by the Social Awareness committee ,IQAC Cell of MET Institute of Pharmacy on 5th of September,2020 on the topics *Impact of lockdown on the Mental health & Drug abuse.*

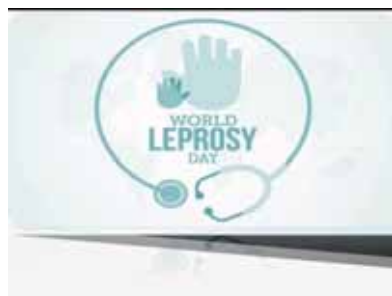
Campus Diaries

During a pandemic, mental hygiene is just as important as washing your hands. The global outbreak of Corona virus had led to the spread of unhealthy thinking patterns and an assault of brain function and physiological health. This webinar was really helpful in making people understand the importance of one's mental health and the effect of drug abuse on one's mental health. The webinar also focused on normalizing therapy and breaking off from the old myths related to therapy.

This event was held via Google meet platform and a great number of participation was observed. We would like to thank the Social Awareness committee for holding this event.

Held on:- 1st August 2020 - 5th September 2020.

LEPROSY DAY



World Leprosy Day is observed internationally every year on the last Sunday of January to increase the public awareness of Leprosy or Hansen's Disease. This date was chosen by French humanitarian Raoul Follereau as a tribute to the life of Mahatma Gandhi who had compassion for people afflicted with leprosy. It is one of the oldest recorded diseases in the world. It is an infectious chronic disease that targets the nervous system, especially the nerves in the cooler parts of the body: the hands, feet, and face.

The student council and health secretary had organized a webinar on leprosy day. The aim of this webinar was to create awareness about the myths and facts regarding Leprosy, and to create awareness about the symptoms of Leprosy, its transmission and how it is treated. This year's theme of World Leprosy Day 2021 is "Beat Leprosy, End Stigma and advocate for Mental Well-being". Our Health secretary enlightened people about the world leprosy day, and informed the attendees about its importance, aim, causes, how it spreads, symptoms. It was an overall successful event of making people know things about it.

Held on :- 1st February 2021.

MET IOP COMMUNITY OUTREACH PROGRAM

The topic for this event was vaccine development, manufacture and distribution. A survey was conducted on this topic and based on the responses a skit was prepared with the required information. People were more interested in and this video of the skit was shared on various social platforms. This video reached many people and helped in spreading awareness regarding false facts.

INNOVATIVE CAMPAIGN

The campaign was conducted in the form of an interview. Taking into account the current situation because of the pandemic, our student Anurag Dube conducted an interview with Dr. Niraj C Dube on his views regarding the Myths and Facts about Corona. He has a bachelor's degree in medicine, a doctorate degree in Cardiology and a fellowship at the college of positions in Surgeons, Mumbai. He is a fellow at the college of Chest physicians, has a post graduate diploma in tuberculosis in chest diseases and is a doctor of health administration. He is currently working as the head of ICU at Sushrut hospital and research center and the Ramakrishna mission hospital. The video of the interview conducted was released on social media platforms like Facebook and Instagram in order to reach a wide audience base.



Result of the activity was found that there are many misunderstandings prevailing in the society regarding lockdown and unlock and even the safety measures, so we decided to consult a doctor who could explain better. The motive behind this interactive session was to relieve us from all the myths that have been floating around regarding the vaccine. It also contributed in letting us know the precaution, diet to be taken during this time, which material mask we should wear, how to sanitize masks after use and dispose of them. He also spoke on various aspects of vaccines. We realized that people were scared about leaving their houses, had doubts regarding the practice of proper hygiene and were not sure of the authenticity of the vaccines that have been approved by the government for circulation.

The main goal was to address and clear these doubts with the help of the interview conducted.

At the end a feedback form was released after the activity was done and got a good response.

Held on:- 1st February 2021.

LOCKDOWN HEALTH AWARENESS CAMPAIGN



The student council organized a Lockdown Health Awareness webinar. The topic of the webinar was Health awareness during unusual and atypical circumstances.

The goal was to increase awareness on how the change in lifestyle as a result of the lockdown can adversely affect our health and ways to overcome these effects. For this the volunteers presented useful information in the form of a presentation during a webinar conducted on the 6th of February, 2021.

The activity encouraged people to evaluate how their lifestyle had changed during the lockdown. They learned about ways to monitor these changes and to overcome them. The feedback suggested that most people found the session informative.

Held on:- 6th February 2021.

FRESHERS PARTY

The cultural committee organized a virtual celebration to welcome the First Year students of 2020-21 on 13th February 2021.

The celebration was planned very innovatively by the student council. The event started with a welcome note from Respected director, Dr U. B. Hadkar, followed by a welcome address from Respected Principal, Dr Abha Doshi and course coordinator, Dr Rashmi Srivastava.

A powerpoint presentation was displayed, "First Year Introduction" which contained their picture, name, hobbies. The First years were then addressed by the Third and First Year In charges and the Cultural In charges. The cultural incharges Dr Sonali Naik and Bhagyashri Joshi introduced upcoming cultural events to the freshers.

A contest was held for the First Years to show us their mentation through "Talent Show for Freshers 2020-21". It consisted of 2 rounds, the Elimination round and the Final round which were both question and answer rounds. Many thought stirring and mind boggling questions were asked to the participants, however, all the participants tackled them in their unique fashion. The answers given by the students was impeccable. The judges for the contest were Dr Rashmi Srivastava and Mrs Priyanka Joshi. While the judges decided the finalists and then the winners, not even a second was left blank since many interesting fun games like "Guess the celebrity" and "Guess the gibberish" were organized. This kept the students engaged throughout the event. The celebration ended with the announcement of the winners of the "Talent Show for Freshers 2020-21" who were Ms. Vedika Pimple and Ms. Sakshi Shetty.



Held on:- 13th February, 2021

MARATHI BHAASHA DIWAS



Language is the means of expression, communication, connections and bonding. Out of 21 languages spoken across India, Marathi ranks 10th in the list of most spoken languages in the world. It is the official language of Maharashtra state. Marathi BhaashaDiwas is celebrated on 27th Feb, the birth anniversary of noted and the most coveted Marathi author and poet Kusumagraj. On this occasion METIOP organized a virtual event to cherish and propagate enriched Marathi literature and culture. Participants that included students and staff sent speech and song performances in Marathi language in recorded format. Dr. Sonali Naik, Cultural incharge compered the event. Not only Marathi speaking metizens but also non-Maharashtrian students and faculty participated wholeheartedly.

This year the cultural committee also organized Marathi handwriting competition wherein a paragraph was given to all participants and the students sent a video along with a picture of a handwritten paragraph. Students participated in this competition in a large number and won prizes.

Date: 19th February, 2021

Campus Winners

Sr.no	Event name	Date	Winners
1.	Fathers' Day <ul style="list-style-type: none"> Essay Competition 	21.06.20	1. Ms. Shruti Basam 2. Ms. Deexitha Mora 3. Ms. Sakshi Raut and Ms. Shruti Kotian • Consolation 1. Ms. Ankita Kanhere 2. Mr. Sadanand Umbarasada • Vishesh Puraskar 1. Mr. Sunil Mohite (NTS)
2.	Nagpanchami <ul style="list-style-type: none"> Article Writing ➤ Topic - Turning snake venoms into medicine 	22.07.20	1. Mr. Sahjesh Soni 2. Ms. Prachi Agarwal 3. Ms. Bhairavi Murkute 1. Ms. Deexitha Mora 1. Ms. Wahida Qureshi 2. Ms. Divya Haldive
3.	Narali Purnima <ul style="list-style-type: none"> Dance Competition 	03.08.20	1. Mr. Himanshu and Nishant (DUO) 2. Ms. Shweta Panchal 3. Ms. Ankita kanhere
4.	Independance Day <ul style="list-style-type: none"> Mandala Art Competition 	15.08.20	1. Ms. Purva Hirlekar 2. Ms. Sakshi Raut 3. Ms. Akanksha Acharya
5.	Ganesh Utsav <ul style="list-style-type: none"> Meme Making 	22.08.20	1st prize - Mr. Sanskar Mhasde
	Competition		Ms. Suraiyya Masuldar Mr. Abhijeet Hingol 2nd prize- Ms. Vaishnavi Warang Ms. Mrunali Rane Ms. Mahima Raul
6.	Deck Up Dussehra <ul style="list-style-type: none"> Fancy Dress 	28.10.20	1. Ms. Shruti Kotian 2. Ms. Deexitha Mora

Campus Winners

7.	Diwali • Lantern Making	15.11.20	1. Ms. Prachi Shirke 2. Ms. Akanksha Acharya 3. Ms. Siddhi Jain
8.	Housie Event	20.11.20	First Row - Ms. Vaishali Chakraborty Second Row-Dr. Rashmi Srivastava Third Row- Mr.Pramod Karbhari Fouth Row- Ms. Riya Patil Full Housie- Mr. Raj Kothari Full Housie- Ms. Aqsa Khan Three Card Colour Ms. Hrutika Dusankar All Black card Ms. Mehreen Patel Lucky card- Mrs. Aushima Dahtore All red Cards Ms. Aqsa Khan
9.	Marathi Bhasha Divas • Marathi handwriting competition	19.02.2021	1. Mr. Shreyas Salame 2. Ms. Sakshi Gholap 3. Ms. Sakshi Raut Consolation Prize
			Ms. Deexitha Mora

MET ISDP POSTER WINNERS

First Prize Poster 11 Final Year - METIOP	Drug Repurposing	Mr. Pankaj Deshmukh Mr. Pratik Jain Mr. Sahjesh Soni Ms. Vaishali Chakraborty Mr. Ashish Kumar Gupta
Second Prize Poster 35 Third Year - METIOP	Drug Repurposing	Ms. Riya Patil Ms. Mitali Kamat Ms. Jeel Modi Ms. Kanchan Gite Mr. Ved Shetty
Third Prize Poster 18 Bhanuben Nanavati College of Pharmacy	Covid- 19 in a nutshell	Ms. Riddhi Ahuja Ms. UrvashiParamar

HE BELIEVED IN ME

A man who sacrifices his dreams just to fulfill his child dreams. His sacrifices are not often seen . Sometimes he falls ,cries and take the pain alone but he stands again to fight with obstacles . There is no need to be tall , broad shoulder and clever but his love , care , support makes his child satisfied and happy. We fall many times and sometimes we also give up but one person who believe in us and trust us is a father . He says " Go and catch your dreams . I'll be here to lift you up " . He is one who scold us when we are wrong . He see our faults and correct them. A child is lucky to walk in his father's footsteps . Father has seen more world than us . When we are in sad he is our inspiration. Father is not just a 6 letters word but it's everything to his child.

According to me , a word 'FATHER' stands for..

F - Feets to carry his child

A - A shoulder to lean

T - Two strong arms to protect

H - Hands that hold his child

E - Ears to listen when his child is in problem

R - Radiant smile

We celebrate Father's day every year but the question arises ' Why we celebrate ?'

Just a short poem to define a father.

WHY WE CELEBRATE ?

He is the one who cheer us

He is the one who protect us

He is the one who correct us

He is the one who puts food on table.

He fix all the problems

He celebrates our success

He may have a lot of work to do,

But he also satisfies our needs and desires.

He believe in us

He give us freedom to live

He give his shoulder to lean

He listen when we are in worry.

When we fall

He is the one who motivate us

May his child be small or grown up

But still he treats his child as a kid .

That's why we celebrate this day.....

Shruthi Basam

T.Y.B.Pharm

Father's Day

FATHER'S DAY

DAD a daughter's first and forever love.

Dad is the era of we don't want girl child you gave a life to me. You are my soldier.

By sitting on your shoulder I saw this attractive and beautiful world. You taught me how to walk holding my hands You made me enjoy high times since my childhood. You fulfilled my every wish. You taught me how to live in this cunning world by working hard, and made me an awesome form.

Keeping your hand hundreds of sorrows aside you just prayed for that one sorrow of mine should disappear. Facing the adversities of life, confronting the tears, yet you raised me in the cradles of happiness.

Whenever the boad of my fate staggered you supported me everytime. In every path that I travelled at every hurdles that stopped me you made me move forward saying I am always with you.

For every mistake I did for every wrong step I took you forgive me with a beautiful smile.

I know dad your eyesight is decreased now but papa you were the one who showed the enlightened to my destination, if you are there with me even suffering are enjoyable too.

You nurtured me, helped me, showed me, supported me, inspired me, shaped me but most of all you loved me unconditionally, without you I am nothing dad, you are the best gift and I am so lucky to have a dad like you.

In this beautiful world of colours you bestowed the love worth of hundred live. I am afraid of loosing you dad, that's why every day I pray as many times I born on this world god please make him my dad everytime.

I LOVE YOU PAPA.

Happy Fathers Day

'Dad'....Oh sorry! 'Papa', because that's what I call him. The only man in my life I can count on. One who bothered about my journey from being a tot till now as an adult. The man who never disappointed me from his responsibilities. From being 'A' who Always supported me to 'Z' who added Zing to my life.

Life is full of victories, disappointments, joy, success, failure, hurdles, love and hatred. In every phase of my life you were there with me as my shield. Today I am able to study because you bought me books. I was able to play and enjoy because you bought me toys. If life is art, then you are my crayons; without which I won't able to see this colourful world. I am grateful to you to feel my life with colours. If I am train then you are my track. That track which supports train for going on and makes sure I follow right path.

PAPA, you may have never said me 'I Love You' or may never have kissed me before going to school or exams. But deep inside I know how much you love me and care for me. You may have scolded me when my room was messy, but today that taught me right ethics. You never allowed me wearing short skirts and sleeveless tops but that taught me simplicity. You never allowed me to attend late night parties but you made sure I was a free soul taking my own decisions.

Today on Father's Day, I want to say those lines which Morgan Stark says to Tony Stark

'I Love You 3000'. You are my real Iron Man. Let's cherish our moments.

Sakshi Yogeshwar Raut
S.Y.B.Pharmacy

Father's Day

Father

"One father is more than a hundred school masters. "
~George Hubert

I've heard many people say things about their parents and that's when I realized that I've been gifted with an amazing father. My father has always been there, from changing my diapers and being awake all night when I was sick to attending all my small events and just being there.

This one time, I was only 7 and was hospitalized for jaundice. My father would be there all day to my beck and call and then during the night he would manage his work and all the rest of the matters. During the worst phase of my life, I made a huge mistake and when everyone was shocked and just making everything worse, he just came to me and hugged me and I cried, I cried my eyes out. That's how I realized he's the one that knows me, understands me, supports me and helps me move forward.

He always says to us(me and my sister), "I'm your chanakya, your mentor" and he was right. He's not just my father but also my mentor, teacher, friend and so much more. Whenever I'm on a crossroad, his voice and advises boom in ears. They've always guided me to do the right thing and even if I make a mistake, he'd just say well you're only human. Even though I hate telling him how much I admire him, that's he's on a pedestal in my mind, I think he just knows.

He taught me how the world works, how I should follow my instincts, I should follow my passion, but at the same time he taught me how important others are, my family and many out there who need someone. He taught me to balance between caring for myself and others.

He is quite a man who almost everyone who knows him respects and living up to him will be the toughest thing to do but that is my dream.

Shruti Kotian

S. Y. B. Pharm

माझे बाबा

ओ नाखवा बोटीन फिरवाल का ?

ओ नाखवा बोटीन फिरवाल का ?

हया गाण्यावर मी मोठा शिशु मध्ये असताना सर्व वर्गासमोर बिनधास्तपणे नाचले होते. मला बाईंनी विचारले अग इतकं सुंदर नाचतेस , कोणी शिकवलं तुला ? मी अगदी हजरजबाबी पणे उत्तर दिले **माझे बाबा**

तुझे माझे नाते देवाने घडविले

माझा चिमकुला हात हाती घेऊन

तू मला चालायला शिकवले

बक्षीस मिळाले नाही म्हणून मी रडले

यंदा नाही तर पुढच्या वर्षी

अस तू मला समजवले...

लहानपणी मला बक्षिस नव्हते मिळाले म्हणून मी बाबांच्या खांद्यावर डोके ठेवून खूप रडले होते...पण

बाबा त्या वेळी बोले होते एखादी गोष्टी सहजपणे मिळत नाही त्या साठी आपण प्रयत्न करावे लागतात. आणि मला विश्वास आहे तू नक्की करशील "प्रयत्न वाळूचे कण रगडिता तेल ही गळे". बाबांनी माझ्या वर दाखवलेला तो विश्वास आज वर मला साथ देत आहे.. त्या दिवसानंतर एक ही अस वर्ष

Father's Day

नव्हतं की मला बक्षीस मिळालं नसेल.

प्रत्येक आईबाबचं आपल्या मुलांसाठी स्वप्न असतं. माझ्या बाबांचे चे ही होते. मी आय.ए.स व्हावं लाल बत्ती च्या गाडीत फिरावं...कारण त्यांची शिक्षणाची इच्छा पूर्ण झाली नव्हती..गरीब परिस्थिती मुळे ते अगदी नववी शिकले होते..पण आम्हांला चांगले शिक्षण मिळावे म्हणून त्यांनी नेहमी खूप मेहनत घेतली. पण त्यांनी कधी त्यांची स्वप्न आमच्या वर लादली नाही मला म्हणाले तुला जे करण्याची इच्छा आहे ते तू कर. जा सिमरन जा जिले अपनी जिंदगी हया पेक्षा हे काही कमी नव्हते माझ्या साठी...

चुकतो तो माणूस अशा काही चुका माझ्या बाबांकडून ही झाल्या रम्मी सारख्या व्यसनी खेळाच्या मागे लागून त्यांनी खूप पैसे गमावले. पण चुकतो तो माणूस आणि चुका सुधारतो तो देवमाणूस.

आणि ह्या देव माणसाला माझ्या बाबांना साथ देणारी माझी आई . स्वामी तिन्ही जगाचा आई विना भिकारी , आ म्हणजे आत्मा आणि इ म्हणजे ईश्वर , असे तिचे कौतुक करावे तितके कमी. जरा पायाला ठेच लागली तर आई ग ! बोलणारे आपण मोठं संकट दिसलं की बाप रे ! बोलतो. आई घरी असते म्हमून तिच्या शी मनमोकळे पणाने गप्पा मारणारे आपण कधी बाबांशी मनमोकळे पणाने बोलो अस आठवत नाही...

कामावरून तुम्ही आले तर आधी खाऊ काय आणला बाबांनी ह्या नादात तुम्ही थकले असाल पाणी देऊ का हे बोलायचं विसरतो.. कॉलेज ची फी देण्याची तारीख कधी न चुकवणारे तुम्ही आमचे वाढदिवस विसरता म्हणून चिडतो...बेफिकर राहणारे आम्ही तुम्हाला असणाऱ्या जबाबदारी च टेन्शन दुर्लक्षित करतो...आणि म्हणतो बाबांना आमच्या साठी वेळ च नसतो...पण तू तर आमच्या भविष्यासाठी , आम्हाला सुखसोयीच आयुष्य मिळावं म्हणून झटत असतो.

अंकिता अजित कान्हेरे
T.Y.B.Pharm

FATHER'S DAY

भारतामधे fathers day हा 21 जून ला साजरा केला जातो, fathers day साजरा करण्या मगाचा हेतु हा आहे की;आपले वडिल (fathers) ला कधीही विसरू नयेत आणि त्यांनी केलेले आपले मुलाचे आयुष्य घडवण्याचे मेहनत आणि संघर्ष व योग्य मार्गदर्शन याला कधी विसरू नयेत म्हणून fathers day साजरा करण्याचा मुख्य उद्देश आहे.

प्रत्येक वडील हा परिवाराची सगळी ज़िम्मेदारी घेत असतो. ते जेव्हापासून वडिल होतात तेव्हापासून ते मुलचे आयुष्य घडविण्यापर्यंत योग्य मार्गदर्शन देतात. वडिल (father) हा शब्द भल्ले ही लहान असला तरी त्यामागचे कर्तृत्व खूप खूप मोलाचे आहे. वडिल (father) हे आपले स्वतः चा खूप कमी विचार करतात. ते आधी आपले मुलांचे आयुष्य घडविण्यात व्यार्थ असतात. उदा; माझे वडिल हे शेतकरी आहेत. ते आमच्या पालन-पोषण करण्यासाठी शेतात खूप मेहनत करतात. माझे वडिल हे कधीही स्वतः चा विचार करत नसतात. ते आधी आपले परिवाराला जे लागेल देतात व कश्याचीही कमी होऊ देत नाही आणि ते सर्व गरजा पूर्ण करतात. नंतर स्वतःचा विचार करीत असतात. मला माझे वडिलावर खूप गर्व आहे कारण; मला free life जगायला दिल्याबदल.....

नविन जीवन देणाऱ्या असे हे वडिला(father) यांना खूप शुभेच्छा व जगातील सर्व वडिलांना या "fathers day" चे माझे कडून खूप खूप शुभेच्छा.

Sadanand Umbarsada
S.Y.B.Pharm

Father's Day

बाबा

आज आपण प्रत्येक दिवस कोणत्या स्वरूप साजरे करीत असतो. त्यापैकी २९ जुन 'फादर डे' च्या निमित्ताने 'बाबा' च्या विषयावर व्यक्त होण्याची संधी मला आज मिळाली आहे. जगात आईच्या प्रेमाची थोखी सांगणाऱ्या अनेक कथा, कविता प्रसिद्ध आहेत. पण वडीलांचे प्रेम हे कुठेतरी प्रसिद्धीपासून दुरच राहिले. खत्या अथाने 'आईवडील' या एकत्र शब्दातच खर जग आहे. कोणतेही परिपूर्ण कुटुंब हे आई आणि वडील यांच्या खांदयावरच उभे असते.

आईच्या वात्सल्याप्रमाणेच वडीलांचे धाकथुकत प्रेम मिळणारी व्यक्ती नशीबवानच. मी ही त्याचैकी एक. गुणाजी गोजिराम मोहिते हे माझे वडील, अत्यंत गरीब परिस्थितीत वाढलेले. जन्मतःच स्वतःचे आईवडील गमावून बसले. आल्याकडे वाढले. आईवडीलांच्या प्रेमाला पारखे झाले असले तरी त्यांनी मात्र आम्हा भावंडांवर उंदड प्रेम केले.

माझ्या वडीलांना मी 'उमा' म्हणायचो. वाचुन विचित्र वाटले ना? वडिलांना कुणी दादा, अण्णा, नाना, बाबा, पण्ण, डैडी म्हणतात. मी मात्र जगावेळं नाव घ्यायचो. 'उमा' ते नाव कस पडलं त्याचीही गमंतच आहे. माझे वडील व त्यांचा सांभाळ करणारी आत्या, त्यांचा मुलगा हे नायभाव येथील बी.डी.डी चाळीत एकत्र राहायचे. त्यांच्या लहान मुलाला लहानपणी मामा हा शब्द नीट म्हणता आला नाही. त्याचा अपभ्रंश 'उमा' असे तो म्हणायचा. त्यानंतर हेच नाव त्यांची सर्व नातेवाईकांत, चाळीत, मित्रांपरिवारता ओळख बनली. जावई, सुना इतकेच काय तर त्यांची नातवंडं सुद्धा त्यांना उमाच म्हणायचे त्यांनाही ते फार आवडायच.

आपल्या सर्वसामान्य कुटुंबात मुलगा मोठा झाला की बाप - मुलाधीन अंतर वाढत जाते. तसे अंतर आमच्यातही होते. मात्र तरीही प्रत्येक क्षणाला वडीलांचा आश्वस्त हात माझ्यासोबत कायम होता. कधी कधी मला उमांचा राग पण यायचा कारण मी काही मागितले की लगेच मिळायचे नाही. असाच एक प्रसंग. दसत्याच्या पुजेच्या निमित्ताने मला माझ्या मामासोबत त्यांच्या कंपनीत जायचे होते. म्हणून मी उमांकडे नवीन कपड्यांचा हट्ट धरला पण मला काही नवीन कपडे मिळाले नाही. मी शोळेचे कपडे घालून गेलो होतो. रस्त्यावर चालत असताना एकाने विचारले, "आज कुठे शाळा आहे, तु शोळेचे कपडे घालून फिरतोस." त्याच्या उपशेधिक बोलव्याचे मला खूप वाईत वाटले आणि. उमांमुळे हे सर्व ऐकावे लागले याचा प्रचंड रागही आला.

वुसरा प्रसंगही असाच. दहावीचा निरोप समारंभ असताना मला फुल पॅन्ट आणि फुल शर्ट हवा होता. मला नवीन कपडे मिळाले पण उमांमुळे मामेभावाचे कपडे मला घालून जावे लागले. त्यावेळीही उमांवर मी खूप रागावलो होतो. मात्र एवढे मोठे कुटुंब सांभाळताना त्यांची लेणारी कसरत मला त्यावेळी जाणवली नव्हती. आई आपले सर्व लाड पुखते पण बाबा आपल्या मुलाला कोणत्या गोष्टीची गरज आहे की नाही याची शहानिशा करूनय ती गोष्ट पुरवतात. या अशा प्रसंगामुळेच जीवनात यशस्वी होव्यासाठी कष्ट करण्याची बीजे मनात रोवली गेली.

आधुन्य हे अनेक चढउतारांनी भरलेले असते. माझ्या वडिलांना गोऱ्या खेळलेले आवडायचे नाही. प्रसंगी ते खूप मारायचे. शिक्षण आयुष्यात खूप महत्त्वाचे आहे असे ते मानायचे. खेळामुळे अभ्यासकडे दुर्लक्ष झालेले त्यांना रुचायचे नाही. त्यांनी मारले की मला राग यायचा पण त्यामागची तळमळ आज प्रगल्भतेने जाणवते.

आपल्या वडीलांना गर्व वारावा असे कितीतरी प्रसंगही आयुष्यात घडले माझ्या वडीलांची शरीरयष्टी जबरदस्त होती. १९८० ते १९८५ च्या काळ हा दादर नायगाव जेथील भाईगिरी गुंडगिरीचा काळ होता. चाळी चाळीमध्ये कोणत्या ना कोणत्या कारणावरून भांडणे होत. भांडणे झाली की रात्रीच्या वेळी मारामारी होत होती. परंतु आमच्या चाळीत कधीही दुसऱ्या चाळीतील माणसे येत नसत. कारण माझ्या वडीलांचा दारारा फार होता. अशा लोकांत ते 'जाबर' या नावाने प्रसिद्ध होते. त्यांच्या विरुद्ध जाण्याची कोणी हिमंत करत नसत. लोक

Father's Day

जेव्हा त्यांची प्रशंसा करायचे तेव्हा ते माझे वडील आहेत याचा मला अभिमान वाटायचा.

आम्ही ज्या चाळीत रहायचे तेथे पाण्याची वाणवा होती. नळाला महानगरपालिकेचे पाणी आठवड्यातून तीन ते चार दिवस येतच नसे. त्यावेळी चाळीतील आम्ही सर्व जण रस्त्याच्या बाजूला इग्नजांनी हायड्रंट बसवले होते जे रस्ता धुण्यासाठी वापरले जात तेथे असु. माझ्या वडीलानांच फक्त माहीत होते की ते चावीने कसे फिरवायचे. त्यांच्यामुळे सवीचीच पाण्याची सोय व्हायची. सर्वांना नेहमी मदत करणारी व्यक्ती अशी त्यांची दयाती होती.

माझ्या वडीलांना फिरण्याची प्रचंड आवड होती. मुंबई पौर्ट ट्रस्ट मध्ये कामाला असताना महाराष्ट्रातील जवळपास सर्व पर्यटनस्थळे त्यांनी पाहिली होती. कुटुंबाला काश्मिरला नेण्याचे त्यांचे स्वप्न होते. फिरण्यासोबत खेळाचेही वेड त्यांना होते. क्रिकेट, कबड्डी, कैरम या खेळात त्याचा हातखंडा होता. आम्हा भावंडानाही शिक्षणाबरोबर खेळाचे ही स्वातंत्र्य त्यांनी दिले. मला आठवते त्यांनी संदिघ पाटील याची फॅलदाजी पाहण्यासाठी वानखेडे स्टेडियम येथे नेले होते. रणजी ट्रॉफी साठी सामाना चालू होता. प्रचंड गर्दीतील उत्सुकतेचा क्षण आजही जसाचा तसा आठवती. १९८३ चा वर्ल्ड कप चा अंतिम सामना रेडिओ वर ऐकताना त्यांची होणारी घालमेल आजही जाणवते. माझे खेळावरचे प्रेम त्यांच्यामुळेच वाढीस लागले. सहलींचे नियोजन करताना आजही त्यांचे अनुभव उपयोगी पडतात.

प्रेम चाळीशीत मधुमेहासारख्या आजाराने ग्रस्त झाल्यानंतरही कधी त्यांच्या चेहऱ्यावर आजारपणाने हताशपणाने दिसला नाही. आहे ते स्विकारून आनंदी जीवन कसे जगावे हे खरे तर त्यांनी मला शिकवले. लहानपणीचा एक प्रसंग आठवतो. तो मी एकदा बालसुलभ स्वभावाने घरातील १० रु उचलले. न विचारता कोणतीही गोष्ट घेणे म्हणजे प्रत्यक्षत चोरीच. त्या १० रुपयांसाठी माझ्या आयुष्यातील अविस्मरणीय असा त्यांचा मार मी खाल्ला. हेच खरे तर त्यांचे संस्कार होते जे चिरकाल टिकले.

बापाचे हळवेपण काय असते हे बहीणीच्या लग्नात त्यांना रडताना पाहिले तेव्हा जाणवले. कठीण कातळातही पाण्याचा एक सौम्य झरा असतोच. असेच माझे वडील होय.

माणसे जोडून ठेवणे त्यासाठी प्रसंगी स्वतःचे नुकसान करून घेणे त्यांना सहज जमत होते. सतरा वर्ष दहा बारा दहा च्या खोलीत दहा माणसाच्या एकत्र कुटुंबात ते राहिले. प्रपंच वाढत गेला तसे जागा अपुरी पडत गेली. त्यावेळेस वेगळे होण्याचा निर्णय वडिलांनी घेतला. शेजारी पाजार्यांनी घरावरील हक्क न सोडण्याविषयी सुचवले. पण कशाचीही अपेक्षा न करता, आपला अधिकार पूर्णपणे सोडून त्यांनी नाते टिकवले. पैशापेक्षा माणसाची किंमत जास्त असते हे त्यांनी दाखवून दिले.

आज माझे वडील हयात नाहीत. त्यांची पोकळी भरून न निघण्यासारखी आहे. आज उमा असते तर असे किती तरी वेळा वाटून जात. आपल्या मुलांचं यश पाहण्यासाठी ते हवे होते. अस मनात आल्यावाचून राहत नाही. माझे बाबा गेले आणि मला मुलगा झाला. त्यावेळी मी बाबा झालो, मला बाबा झालेले माझ्या उमांना मात्र पाहता आले नाही.

कधीतरी वाटते त्यांच्यासारखे वडीलपण मलाही निभावता येईल का ? माझ्या मुलासाठी मी खरच आदर्श बाबा ठरेल का ? माझ्या वडिलांच्या संस्काराच्या शिंदोरीवर हा प्रयत्न नक्कीच करेन हा ऋणानुबंध मी हयात असेपर्यंत असाच राहणार . 21 जून फादर डे निमित्ताने मी आज माझ्या भावना उमांना आदरांजली वाहतो.

आपण ह्या निमित्ताने मला लिहण्यास प्रवृत्त केले व मनातील भावनाना वाट मोकळी करून दिलीत त्याबद्दल मी आपणा सर्वांचे मनपूर्वक आभार व्यक्त करतो.

Sunil Mohite

Non-Teaching Staff.

Days to Remember

Reminiscing in Click

The year 2020-21 was entirely conducted online and one would think what activities and memories could one possibly create online, but our student council proved us wrong. The student council along with the cultural incharges held various events through the online medium which helped the students enjoy even while maintaining social distance. Some of these events include: Koli Dance on the event of Narali Purnima with students dancing in their dhotis, Dressing up for Dussehra-Deck up Dussehra-students dressing up in traditional with a modern twist to the ethnic fashion, Rangoli exhibition- students spreading beautiful and vibrant colours and making beautiful rangolis and even during independence day and republic Day various dance events along with singing were held. The students showed great enthusiasm for celebrating all these events and it was a great success.



Achievements

MARCH TOWARDS SUCCESS

MET supports its teaching staff for further studies and research programs:

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

OUR PRIME ACHIEVERS:

FINAL YEAR	THIRD YEAR	SECOND YEAR	FIRST YEAR
1. Preetykumar Chaudhari 2. Saloni Chavan 3. Sanjana Chindarkar	1. Shrushti Bhamble 1. Madhura Mulkutkar 2. Shambhavi Parab 3. Anushka Sharma	1. Mitali Kamat 2. Ankita Kanhere 3. Preeti Jaiswar	1. Suraiyya Masuldar 2. Vaishnavi Nagwekar 3. Wahida Qureshi

TEACHER'S ACHIEVEMENTS

Sr no.	Name of Institute	Faculty/ Student	Date	Programme/ Course name	Achievement
	Institute of Pharmacy (Degree)	Dr. Vijaya Patil	13 November 2020	B. Pharm	Patent have been granted to patentee for an invention entitled Antiacne composition.

INTERNATIONAL CONFERENCE:

Ms. Sindhu Menon, Assistant Professor, MET Institute of Pharmacy (Degree) presented a research paper at the International Conference on Drug Discovery and Development and Genetics, Genomics and Personalized Medicine, 3rd World Congress on Drug Discovery & Development-2021 organized by Biogenesis Health Cluster, Bangalore on 21st February 2021. Topic of her research was Simultaneous estimation of mangiferin, berberine, gallic acid and quercetin in a polyherbal formulation by a novel HPTLC method.

MET has always encouraged and supported its teaching staff to explore and expand their knowledge towards various research programs:

Name of the faculty	Project Title	Project Type Research/ Consultancy	Funding Agency	Amount	Duration
Dr. Poonam Advani	Synthesis and antibacterial assessment of some substituted thiazoles	Minor research grant	Mumbai University	50000	1 year

Achievements

Dr. Vijaya Patil	Evaluation of the effectiveness of polyherbal preparations and essential oils against aging and wrinkling	Minor research grant	Mumbai University	50000	1 year
Ms Sheeja Koliyote	Formulation and oral acute toxicity study of herbal gold nanoparticles	Minor research grant	Mumbai University	70000	1 year
Ms. Sindhu Menon	Development of validated analytical method for simultaneous estimation of phytochemicals	Minor research grant	Mumbai University	50000	1 year
Dr. Madhura Vaidya	To synthesize small molecules as bacterial Inosine-5-monophosphate dehydrogenase inhibitors.	Minor research grant	Mumbai University	30000	1 year
Ms. Bhagyashri Joshi	Formulation And Evaluation Of Gastroretentive Drug Delivery System Of Atenolol	Minor research grant	Mumbai University	45000	1 year
Dr. Rashmi Srivastava	"Formulation and Evaluation of Polyherbal Alkalizing Agent"	Minor research grant	Mumbai University	38000	1 year

PUBLICATIONS:

Sr. no	Name of Institute	Faculty/Student	Programme	Achievement
1.	Institute of Pharmacy	Dr. Ulhas Balkrishna Hadkar Mrs. Asavari Sameer Hadkar	B.Pharm	Contributed their research publication regarding interfacial tension between water and organic liquid heavier than water by capillary rise method in: Journal Name - Asian Journal of Pharmacy and Technology Volume -10; Issue-1 Year -2020
2.	Institute of Pharmacy	Dr. Rashmi Srivastava Mr. Sahjesh Soni Mr. Ayush Bhandari	B.Pharm	Contributed their research publication regarding: Smart Drugs Journal Name - International Journal for Innovation and Research Volume -8; Year-2020

Achievements

OUR SUBJECT TOPPERS

FINAL YEAR

Sr.no	Subject name	Name of the student
1.	Pharmacognosy	Rashmi Singh
2.	Pharmacy Analysis	Sonal Parmar
3.	Pharmacology	Saloni Chavan
4.	Pharmaceutical Jurisprudence	Preety Chaudhary
5.	Preformulation	Preety Chaudhary and Sanjana chindarkar
6.	Pharmacognosy Lab	Sayali Ayare
7.	Pharmaceutical Analysis Lab	Neha Ekal and Rushabh Khot
8.	Pharmacology Lab	Preety Chaudhary, Saloni Chavan, Nikhil Gupta, Rashmi Singh and Ganraj Vajale
9.	Pharmaceutics	Shreyas Salgaonkar
10.	NDDS	Nikhil Chaubey and Sanjana Chindarkar
11.	Clinical Pharmacy	Nikhil Chaubey and Preety Chaudhary
12.	Pharmaceutical Chemistry Lab	Ravina Kajare
13.	Pharmaceutics Lab	Ravina Kajare
14.	Project	Mathili Pokle
15.	Average Pharmaceutical Chemistry	Rajrajeshwari Gaikwad

Achievements

THIRD YEAR

Sr. no	Subject name	Student name
1.	Organic Chemistry III	Madhura Mulkutkar
2.	Pharmaceutics II	Madhura Mulkutkar
3.	Pharmaceutical Biotechnology	Madhura Mulkutkar
4.	Pharmacology -II	Madhura Mulkutkar
5.	Nutraceuticals and dietary supplements	Madhura Mulkutkar
6.	Packaging of Pharmaceuticals	Vaishnavi Warang
7.	Cosmeticology	Masira Khan
8.	Organic Chemistry Lab II	Piyush Mahajan
9.	Pharmaceutics Lab II	Madhura Mulkutkar
10.	Experimental Techniques in microbiology and biotechnology lab	Shrushti Bhamble
11.	Pharmaceutical Chemistry I	Madhura Mulkutkar
12.	Pharmaceutics III	Madhura Mulkutkar & Shambhavi Parab
13.	Pharmaceutical Analysis II	Madhura Mulkutkar
14.	Pharmacognosy -II	Madhura Mulkutkar
15.	Pharmaceutical Management	Madhura Mulkutkar
16.	Basic Principles of Toxicology	Prachi Agarwal
17.	Pharmaceutical Excipients	Madhura Mulkutkar
18.	Pharmaceutical Chemistry Lab I	Shrushti Bhamble
19.	Pharmaceutics Lab III	Madhura Mulkutkar
20.	Pharmaceutical Analysis lab II	Madhura Mulkutkar

Achievements

SECOND YEAR

Sr.no	Subject name	Name of the student
1.	Organic Chemistry I	Mitali Kamat and Nishant Patil
2.	Physical Pharmacy I	Mitali Kamat
3.	Anatomy Pathology and Physiology III	Mitali Kamat
4.	Pharmacy Analysis I	Mitali Kamat
5.	Pharmacy Engineering	Mitali Kamat
6.	Organic chemistry Lab I	Ankita Kanhere and Atharva Sawant
7.	Physical Pharmacy Lab I	Mitali Kamat
8.	Pharmacy Analysis Lab I	Mitali Kamat
9.	Organic Chemistry II	Mitali Kamat
10.	Physical Pharmacy II	Mitali Kamat
11.	Pharmaceutics I	Mitali Kamat
12.	Pharmacology	Mitali Kamat
13.	Microbiology	Mitali Kamat
14.	Maths and Statistic	Mitali Kamat
15.	Physical Pharmacy Lab II	Mitali Kamat
16.	Pharmaceutics Lab I	Mitali Kamat
17.	Pharmacology Lab I	Mitali Kamat

Achievements

FIRST YEAR

Sr.no	Subject name	Name of the student
1.	Human Anatomy & Physiology I	Pavitra Dass
2.	Pharmaceutical Inorganic chemistry	Wahida Qureshi
3.	Pharmaceutics -I	Wahida Qureshi
4.	Communication Skills and Ethics	Pavitra Dass, Vaishnavi Nagwekar, Akanksha Surve.
5.	Pharmaceutical Inorganic chemistry lab-I	Saloni Zate
6.	Anatomy physiology and pathology lab-I	Anisha Revankar, Aditya Dawre
7.	Pharmaceutical Analysis lab	Akanksha Surve
8.	Communication Skills lab	Wasid Ansari, Pavitra Dass, Aditya Dawre ,Hrutika Dusankar, Khushi Jha , Sarth Mistry, Yukta Mistry, Anisha Revankar
9.	Human Anatomy and Physiology -II	Pavitra Dass
10.	Biochemistry	Vaishnavi Nagwekar
11.	Pathophysiology	Vaishnavi Nagwekar
12.	Environmental Sciences	Vaishnavi Nagwekar
13.	Human Anatomy and Physiology lab-II	Pavitra Dass, Shruti Kotian, Vaishnavi Nagwekar, Suraiyya Masuldar, Akanksha Surve, Wahida Qureshi, Saloni Zate, Ranbir Saluja
14.	Pharmaceutical Organic chemistry lab-I	Vaishnavi Nagwekar, Suraiyya Masuldar, Saloni Zate

Achievements

15.	Biochemistry lab -I	Pavitra Dass, Shruti Kotian, Vaishnavi Nagwekar, Suraiyya Masuldar, Akanksha Surve, Wahida Qureshi, Saloni Zate
16.	Computer Applications in Pharmacy lab	Vaishnavi Nagwekar, Suraiyya Masuldar, Wahida Qureshi, Saloni Zate
17.	Pharmaceutical Analysis	Shruti Kotian
18.	Pharmaceutics lab-I	Suraiyya Masuldar
19.	Pharmaceutical Organic Chemistry -I	Suraiyya Masuldar
20.	Computer Applications in Pharmacy	Akanksha Surve, Vaishnavi Nagwekar

Co-curricular Activities

Co-curricular activities hold a major importance in every student's academic life. MET Institute of Pharmacy believes that co-curricular fuel one's learning by stimulating creative thought, improving your social and organizational skills, developing your interests and talents, and offering you the chance to switch off and do something you really enjoy. As co-curricular activities are a crucial part of a student's overall development MET Institute of Pharmacy supports and encourages students to participate and indulge themselves in various co-curricular activities. Even the pandemic didn't stop our students and faculty from participating in various events, as all the events were carried out on online platform.

FARMAKO 2020

MET Institute of Pharmacy students Ms. Akanksha Acharya and Mr.Nishant Patil participated and presented in the event FARMAKO organized by SPPSPTM NMIMS which was carried out on the online platform zoom. They presented on the topic related to Applications of Artificial Intelligence in Medical field under the guidance of Dr. Poonam Advani and Ms. Vrushali Keer and secured the 1st prize of this event.



POSTER PRESENTATION

Konkan Gyanpeeth Rahul Dharkar College of Pharmacy, Karjat organized an intercollegiate poster presentation competition which was in collab with IPA (Raigad) and was held via online platform. The main motto of this competition was to create awareness regarding Covid via poster presentation. The topics were enlisted in the flyers and the students had to present any one poster and convey their messages under the topic they have selected. From MET IOP our third-year students participated in the event and conveyed their messages through their innovative posters. MET Institute of Pharmacy students Ms.TanayaNayak and Ms.Riya Patil presented the poster under the topic corona crisis-COVID-19, students Ms.Yasmin Sayyed and Ms.Pooja Kairamkonda presented the poster under the topic corona virus crisis-COVID 19 and Ms.RuhmaKhalifey presented the poster under the topic Role of Pharmacist professionals in covid 19 crisis.



IPA-TREASURE HUNT

Indian association of Pharmacy (Mumbai) organized a treasure hunt on 24th and 25th January 2021. This event took place in 3 rounds. Round 1 consisted of identifying face combination pictures, dares and identifying Bollywood songs from its English translation. Round 2 was a scavenger hunt which was conducted via google meet with two teams and round 3 was playing some random games. MET Institute of Pharmacy secured the 3rd prize. Winners were:

Ms.Mitali Kamat
Ms.KanchanGite
Ms.Riya Patil
Ms.AnkitaKanhare



Rx Winners

CONGRATULATIONS



MS. SAKSHI UPADHYAY

FOR SECURING 3RD POSITION IN WAND MAKING

WAND MAKING

Rx-Envisage is an intercollegiate event which is held by the IPA. They held various competitions through online medium this year and one of them was Wand making, which took place on 5th March, 2021. Wand making is usually seen in magical movies where the characters in a movie make use of a wand to see the magic. Wands can be of material or parts such as sticks, pencils, chopsticks, etc. Participants were asked to design their own wand, name it and describe what supposedly it would do and should be a 3D model. Participants had to submit their work in the form of a time lapse video with a time limit of 90 seconds and also with the particular code numbers they were allotted with. Our student Ms. SakshiUpadhyay from S.Y.B.Pharm secured 3rd prize in this event. Her wand name

was Psithurismyugen. And the power of this wand can bring back nature in the most Barren land. It emits so much positive energy that the enemy will surrender within a minute.

SCIENTIFIC POSTER

Rx-Envisage is an intercollegiate event which is held by the IPA. They held various competitions through online medium this year and one of them was the Scientific Poster Presentation. The participants were supposed to work in a team of either 1 or 3 and the poster size to be made was A-4. Web camera and mic was to be kept on throughout the presentation and the time limit was 8 min for presentation and 2min for question and answers. Topic for the Scientific Poster was Pharmaceutics and Biotechnology. MET College of Pharmacy secured the first position in this competition with the participants being NishantPatil,Mitali Kamath and Riya Patil; all from the third year. A small summary of how students exhibited the poster was that:

In a world tormented with food allergies , a more efficient solution is required rather than just physical avoidance. The dawn of the era of genetic engineering has made it possible to modify the root cause of the problem , and has made it a reality to create food products that are hypoallergenic.

CONGRATULATIONS



MS. MITALI KAMATH



MS. RIYA PATIL



MR. NISHANT PATIL

FOR SECURING 1ST POSITION IN POSTER PRESENTATION

CONGRATULATIONS



MS. SAKSHI RAUT

FOR SECURING 3RD POSITION IN OPTICAL ILLUSION

OPTICAL ILLUSION

Rx-Envisage conducted the various cultural submission events where participants had to submit their work, one of which was optical illusion. Optical illusion was an event about 3D illusion structures and drawings which took place on 5th March 2021. Participants had to submit their work in the form of a time lapse video with a time limit of 90 seconds and also with the particular code numbers they were allotted with. Ms.SakshiRaut from S.Y.BPharm secured the 3rd prize in this event with her exceptional work.

Rx Winners

BRUSH IT UP

This year during lockdown many of us found solace in the Artistic world. The most awaited Rx cultural fest provided such budding artists a great platform to showcase their talents. Many pharmacy students of different colleges participated in this event. The participants have to prepare a time lapse while preparing their unique art before 4th March 2020. Our student Ms.Akanksha Acharya from T.Y.B.Pharm participated in the 'Brush it up' competition. She secured 3rd place and made Met proud with her amazing performance.



SPACESCAPE

Rx-Envisage is an intercollegiate event which is held by the IPA. They held various competitions through online medium this year and one of them was Spacescape. It is a type of escape room. In that room a hidden mystery has to be solved. It is a fun and intellectual event to enhance your thought process. Maximum 2 participants per team were allowed to take part. There were a total of 3 rounds. Participants were given an escape room link to start with the round 1. All possible clues were collected from the room. After collecting all the clues, the exit door was accessed. After that participants were asked to submit the form and join the WhatsApp group by the link that appeared in the submission form confirmation message. The first person to enter the group got maximum points. The final score was based on the

number of clues you got correct and how fast the task was completed. Elimination in each round was based on score. Our students Ms. MitaliKamat and Mr. NishantPatil from T.Y.B.Pharm secured first position in this event and made MET proud with their amazing work.

SHOWBIZZ

Rx-Envisage is an intercollegiate event which is held by the IPA. They held various competitions through online medium this year and one of them was Showbizz. Maximum 3 participants per team were allowed to take part. There were a total of 2 rounds.

It is a quiz based on entertainment, television, series and cinema. Our students Mr. Ved Shetty, Ms. KanchanGite and Mr. AtharvSawant secured 3rd position in this event.



THE IMPACT OF COVID ON EDUCATION, HEALTH AND DAILY LIVES

Just six months into the deadliest global pandemic for a century, the way we live has changed dramatically, most likely forever. For all of us there will be a pre- and postCovid-19 world. As compared to other countries, India has one of the highest school going population and the largest education systems worldwide. The nationwide lockdown posed as an emergency for all the schools, colleges, universities and coaching institutes compelling them to switch to the E-learning to insure the completion of the academic year and continued learning. In 2020, e-learning further gained popularity and has now become a primary mode for educating and connecting students with institutes in a safe yet convenient manner. E-Learning is much more than just live classes; it has evolved from the format of a virtual lecture. Some people may find themselves in survival mode, gathering information and resources necessary to function at school, work, as a person, and in our relationships with others. Others may be attempting to settle into their new routines. For some, this means trying to combat social isolation. For many, it means learning how to live (or re-live) with friends, family members, partners, or roommates, which is not always easy. The Covid-19 pandemic has not only changed the way of living and education but it has also contributed in creating many opportunities in the sector of Global Pharma Industries. The current crises could be a blessing in disguise for Indian Pharma. India is the world's 3rd largest drug producer in the terms of volume. It manufactures 60% of vaccines globally, which accounts for 40% to 70% of the World Health Organisations demands. India also contributes 90% of the global demand for the vaccine to treat measles. Impact of Covid-19 on the pharma sector in India While the pandemic has significantly impacted the pharmaceutical industry, it has also exposed some problem areas of the industry. Labour shortage After millions of labourers walked back home, pharma manufacturing units operated at reduced capacity. A disturbed supply chain also did no good to the pharma sector and hampered the availability of resources such as raw materials and packaging resources. Inter-state transport challenges Restricted transport during lockdown made it difficult for the movement of drugs and affected the distributors and retailers alike. As such The Pharmaceutical Industry does take very good care to avoid cross contaminations as part of Good Manufacturing Practices (GMP). But now keeping in mind the seriousness of the virus spread, the pharmaceutical industry has to take precautions to avoid transmission and spread during travelling, throughout the manufacturing operations at site.

Utkarsha Ingale
F.Y.B.Pharm

THE FUTURE OF PHARMACY – THE EFFECT OF PANDEMIC ON PHARMA SECTOR.

2020 was a difficult year for whole world, pandemic has caused unprecedented health and economic distress globally. To curb the rapid spread countries imposed nationwide lockdowns and continue to impose widespread lockdowns. There are many questions rising, did we found new way of living or this was a warning from mother nature. However, here I would like to talk about pharma sector in India

Lockdown caused significant disruption in demand and supply around the world .At the onset of lockdown, pharma companies came together quickly to identify key priorities and tasks required to keep the supply chain functioning. Industry and other stakeholders associations collaborated to collate and represent on issues with the government, in turn, worked with agility and transparency with industry to find quick and practical solutions

India is major exporting country serving nearly 200 plus countries and territories. India is world's largest provider of generic drugs, and as November was finical year of 2020,the country exported pharmaceuticals worth of almost 11 billion US\$. In terms of volume, Indian drugs comprised of 20% of global generic drugs export, out of which North America had the largest share.

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The 6th edition of 'Indian Pharma and Indian medical device' is scheduled from 25-26th February and another meeting is scheduled on 1-2nd March, 2021. Union minister for chemicals and fertilizers, D.V.Sadnanda Gowda addressed the curtain raiser press conference. Gowda said that the government through its various policies and schemes is encouraging the manufacturing of affordable medical devices and pharmaceutical under its 'Make in India' initiative. The Indian pharma 2021 and India medical devices 2021 will lay the groundwork for the next wave of development. He also added that India is a leading exporter of affordable generics and a major hub for medical devices and diagnostics. The government intends to continue formulating plans that are based on sound science, technology, business sense, and ethics. The total market size of Indian pharma industry is expected to reach the mark of us \$130 billion by 2030. The medical devices industry in India has potential to reach \$ 50 billion by 2025.

Also, India embarks on the world's greatest vaccination drive there is hope that we will stop the pandemic. Unlike many European & Asian countries which are facing huge shortages of the covid-19 vaccine, India's 'Atma nirbhar' policy ensured that two of vaccines approved by the regulator are being produced in India. The serum institute of India, which is world's largest producer of vaccines, has enhanced its capacity to produce 1 billion doses of covishield vaccine. This, coupled with Bharat biotech's vaccine production, would largely be able to meet the vaccination needs of priority groups amongst India's huge population by the end of 2021.

However, managing logistics, cold chain & training the required huge workforce to roll out such vaccination programme is a gigantic task. The government of India has issued a comprehensive set of vaccination guidelines that target 300 million people, including health & frontline workers, and people above age of 50. The guidelines also provides the prioritisation of people with non-communicable diseases such as diabetes, cardiovascular ailments, and cancers. Studies have shown that over 70% of mortalities from covid-19 occur due to pre-existing non-communicable diseases (NCD). Prioritising vaccinations for those with pre-existing NCD will keep the covid-19 case fatality rate as low as possible.

In this task of vaccinating all people with pre-existing non-communicable diseases, India faces a serious unknown quantity. Unlike many communicable diseases which manifest themselves early through perceptible symptoms like fever, pain or other indicators, many slow-onset non-communicable diseases such as diabetes hypertension, cancer do not have any perceptible symptoms in early stages. Therefore, many people unknowingly live with diabetes, hypertension and cancer during the earliest stages of diseases the time when such diseases can be easily and cost effectively cured.

Therefore, the strategy for covid-19 vaccination can be dovetailed into comprehensive screening programme for people aged 50 and over for major NCD's. This will reveal the undetected cases of hypertension and diabetes. The current operational guidelines for covid-19 vaccination aim to mobilise all the district collectors, rural frontline health staff from primary health centres and urban civil and sub district hospitals. The vaccination centres have been very meticulously planned to deliver the vaccination efficiently. This is great opportunity to equip all the frontline vaccination staff, including vaccination officers, with glucometers and blood pressure measurement instruments to screen people for potential co-morbidities such as diabetes and hypertension.

As entire covid-19 vaccination drive in India will be recorded on digital COWin platform, a little bit of tweaking will enable cowin to be integrated with the government's Health management information systems (HMIS) database, where all the details of newly detected NCD's can be recorded. The national NCD action plan already aims to promote continued surveillance and screening surveys to detect undiagnosed NCD cases. The covid-19 vaccination drive offers a nationwide opportunity to screen and update the national database of NCD patients, and an updated database which captures a larger number of patients at early stages of NCD's will help in demedicalising the care of NCD.

Through advocacy and through the newly created health and wellness centres, all registered NCD patients can be provided with advice for self-care, reduction of aggravating risk factors like sugary and salty foods, taking more exercise and reducing harmful alcohol and tobacco use. The continuity of self-care by patients can be monitored on

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various mobile based applications like the digital life care solution developed by Dell with the ministry of health, which has been adopted by over 40,000 frontline health professionals. This can easily be integrated with the COWin platform to capture the newly detected NCD patients.

The Defeat of NCD partnership anchored in the United Nations institute of training and research, Geneva, has espoused a similar win-win approach in Rwanda and Myanmar, its two programme countries. A nationwide covid-19 vaccination drive is ideal entry point for enrolling all the co-morbid patients below the poverty line in Ayushman Bharat so that their future out of pocket NCD mortalities by one-third in line with sustainable development goal. Overall Indian pharma and health sector has great opportunity to thrive.

Kasturi Kadam
F.Y.B.Pharm

TURNING SNAKE VENOMS INTO MEDICINE

“Snakes are sometimes perceived as evil, but they are also perceived as medicine. If you look at an ambulance, there's the two snakes on the side of the ambulance. The caduceus, or the staff of Hermes, there's the two snakes going up it, which means that the venom can also be healing.” -Nicolas Cage

Introduction:

To most of us, medicine comes from the chemist. There we can stock up on blister packs of pills, tubes of ointments and bottles of innocuous-looking liquid. But the original sources of drugs can be much more exotic than our local pharmacist. You can't get much more exotic than venomous animals and that's where scientists are turning their attention.

If you were asked to think of venomous animal, it's fairly a snake would be the first that springs to mind. Snakes are known as a subject of fascination, fear and folk stories throughout history. The cobra was worshipped in ancient Egypt, and Roman emperors used the form of the cobra to decorate their crowns.

Present write-up focuses on use and potential use of snake venom as a medicine.

Numbers and types of snakes:

There are about 3000 different species of snakes of which about 600 are venomous. Every snake produces its own specific venom.

What is venom?

Venoms are cocktails made up of between tens and hundreds of different toxins, usually proteins and smaller chains of amino acids similar to proteins called peptides, along with organic molecules, such as hormones, antibiotics and other compounds that are involved in the metabolic functions of living things. However, venom toxicity is generally linked to few toxins within the venom. Venoms help the animals to kill prey or to neutralise predators in self-defence.

Type of Snake Venoms:

There are primarily 3 kinds of venom in keeping with its effects.

1. Hemotoxic Venoms: It affects Cardio system and BLOOD
2. Cytotoxic Venoms: Destroys the cellular sites and muscles primarily
3. Toxin Venoms: Blocks and harm entire system

Types of toxins:

1. Fasciculins

These toxins attack cholinergic neurons. Because of this intermittent cramp is caused thereupon Death happens. This kind of Poison is Found for the most part in venom of mambas and a number of rattlesnakes

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2. Dendrotoxins
Dendro-toxins inhibit neurotransmissions by interference the exchange of positive and negative ions across the cell membrane. So thereupon mechanism of the venomous action winds up in dysfunction.
3. -neurotoxins
This is an oversized cluster of poisons, with over one hundred postsynaptic neurotoxins having been known and sequenced. Symptom and dysfunction caused to various individual bitten by hamadryad primarily, ocean snakes.
4. Phospholipase:
phospholipase is associate degree protein that transforms the lipid molecule into a lysophospholipid (soap) ==> the new molecule that attracts and binds fat and ruptures cell membranes. Snake example: Okinawan habu snake (*Trimeresurus flavoviridis*)
5. Cardiotoxins
These are parts that are specifically venomous to the guts. They bind to specific sites on the surface of muscle cells and cause change ==> the poison prevents muscular contraction. These toxins might cause the guts to beat on an irregular basis or stop beating, inflicting death. Snake example: mambas, and a few elapid snake species. Traditional Medicinal Usage of the Snake Venom:

While the preliminary effort with regard to snake venoms was to understand the effects of snakebites on humans and to elaborate the action of the toxins, snake venom components were also understood to be medical tools for thousands of years in Ayurveda, homeopathy and traditional/folk medicine for the treatment of a variety of pathophysiological conditions. Snake venoms have also been used as medical tools for thousands of years in tradition Chinese medicine. In addition, snakes were considered the god of medicine in the ancient Greek world and the symbol of the snake is still used nowadays for medicine and pharmacy. In Ayurveda, cobra venom was used to treat joint pain, inflammation, and arthritis. In addition, cobra venoms have been used for centuries by the Chinese to treat opium addiction and by the Indians who combined it with opium to treat pain. Moreover, other body fluids from snakes have been widely used in traditional Chinese medicine such as blood and bile duct.

Usage of the Snake Venom in Modern Medicine:

From the early 17th century, the Italian naturalist Felice Fontana illustrated the influence of snake venoms on blood coagulation. The first drug derived snake venom toxin was developed to treat high blood pressure. This venom was taken from a viper consisting of a protein that prevents a compound called angiotensin that converting enzyme from functioning correctly. Thus human body uses this enzyme to maintain a stable blood pressure. Medical researchers have developed a synthetic version of the snake venom protein that is used in medicines to treat high blood pressure. It was observed that workers on banana plantation who've been bitten by snakes often pass out due to sever drops in blood pressure. This led researches to a peptide in the venom of the viper. The drug based on it-blood pressure medication works by stopping the molecule that would ordinarily prevent blood vessels dilation, allowing them to widen and lower blood pressure. It was the first venom-based drug and to be one of the most popular medication on the market.

Venom derived-drugs have been produced by the pharmaceutical industry as Captopril, Aggrastat, and Eptifibatide (brand names of drugs approved by USFDA) all designed based on snake venom components. Many additional animal venom components are also currently in different clinical stages as therapeutic drugs.

A Brief Account of Snake Venom Composition:

Over 90% of the solid snake venom components are pharmacologically active proteins and polypeptides, responsible for exerting pharmacological effects in victims. Non-protein ingredients of venom include carbohydrate and metals (often in the form of glycoprotein and metalloprotein enzymes), lipids, free amino acids, nucleotides and biogenic amines. The proteins/ polypeptides constituting snake venom can further be divided into enzymatic and non-enzymatic toxins, which in turn may be coagulant, anticoagulant or fibrinolytic in nature. Non enzymatic toxins are found to be

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predominant in cobra venom, whereas viper venom is found to be composed mainly of enzymatic proteins. Snake venom toxins may have more than one specific activity, and therefore they may play multiple roles in the overall effect of envenoming. Considering this fact, the isolation and characterization of individual venom components constitutes the mainstay of toxinology, as a key strategy to scrutinize and to analyze the complex series of events involved in envenoming. The number of enzymes and their specific activities varies from venom to venom and about 26 such enzymes have been identified. Although no single venom contains all of them, at least 10 of these enzymes are present in every snake venom, while others are found in several combinations in different varieties of snakes

Biomedical and Therapeutic Application of Snake Venom Components:

Investigations over the past few decades, have shown that the myriad of proteins found in venoms of different snakes have the potential to be developed as a drug for the treatment of a number of medical concerns such as cardiovascular ailments, thrombosis, arthritis, cancer and many other diseases Besides, many of them are now successfully employed as conventional diagnostic tools for the assessment of different coagulation factors and proteins involved in the coagulation cascade. Venom toxins have developed highly specific molecular targets, which make them valuable for drug usage in terms of limiting potential side effects. Studies about these protein toxins and their mechanism of action have contributed to the knowledge about the various molecular mechanisms involved in the physiological processes and in the development of novel therapeutic agents for the treatment of various life threatening diseases. The search for lead compounds for the development of new therapeutic agents has long included a focus on snake venoms. The descriptions below and Table 1 lists some of the snake venom proteins which have found a place in the biomedical industry.

Table 1 : Therapeutic Applications of Snake Venom and Snake Venom Components

Snake venom component	Biological functions	Applications
Snake venom thrombin-like enzymes	Converts fibrinogen into non-clottable form of fibrin i.e. Therapeutic defibrination	Treatment of ischaemic stroke, HATT syndrome, deep vein thrombosis and peripheral occlusive diseases, alternative to heparin in cardiopulmonary bypass
Plasminogen activating enzymes	Dissolution of fibrin clot via activation of plasminogen to plasmin	Treatment of vascular diseases such as myocardial infarction, pulmonary embolism, stroke, deep vein thrombosis and other vascular thromboses, cancer
Disintegrins	Blocks integrins during tumor progression Inhibits angiogenesis	Applicable as antitumor agents
Platelet glycoprotein IIb/IIIa antagonists	Inhibits platelet aggregation	For reducing the risk of acute cardiac ischemic events in patients with unstable angina
Plasmin inhibitors	inhibitor of plasmin-catalysed fibrinolysis	Anti-bleeding agent in the treatment of chronic inflammatory diseases such as rheumatoid arthritis and arteriosclerosis. Restriction of cell proliferation during cancer.
Angiotensin- converting enzyme (ACE) inhibitor	blocks the conversion of angiotensin I to angiotensin II of the RAAS system	Treatment of hypertension, congestive heart failure, also investigated for use in treatment of cancer

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Stepping into the unknown: Snake Venoms for New Drug Discovery:

Development of new drugs represents one of the furthestmost challenging activities of the pharmaceutical industry. Since the middle of the 20th century, a growing number of potential therapeutic agents have been extracted and isolated from plant, animal and microorganism toxins. Similarly it did not escape science's attention that snake venoms comprise a combination of biological active components that are involved not only in envenomation pathophysiology but also in the development of new drugs to treat many diseases. Investigation on venom composition converges towards the general concept that venoms are composed of about 100 to 500 pharmacologically active compounds. Consequently, snake venoms can be considered as mini-drug libraries in which each drug is pharmacologically active. Considering these numbers, there are about 10 to 50 million natural compounds that can be used for drug discovery. Nevertheless, less than 0.01% of these compounds have been identified and characterized and a large proportion of toxins act on unknown receptors. Moreover, most known toxins have been described only incompletely. The reasons for this are well understood: Difficulties in obtaining reliable sources of venoms, the use of inadequate screening tests, difficulties in purifying and characterizing in detail a given toxin, the limited number of academic or industrial groups working on this type of research.

Latest Breakthroughs:

1. Researchers in the Netherlands have created venom-producing glands from the Cape Coral Snake and eight other snake species in the lab, using stem cells. The toxins produced by the miniature 3-D replicas of snake glands are all but identical to the snake's venom, the team announced Thursday.
2. Scientists in India have sequenced the genome of the Indian cobra, one of the country's "big four" snakes that are responsible for most of the [50,000 snakebite deaths India sees a year](#).

Conclusion:

Only a small fraction of snake venom components have been identified, and continued technical improvements in the drug discovery field are likely to uncover many new therapeutic leads from snake venoms.

Divya Haldive
S.Y.B.Pharm

NEW NORMAL: CHANGE FEELS ABNORMAL UNTIL IT BECOMES A 'NEW NORMAL'

As the covid-19 (SARS-CoV-2) pandemic started, it has changed world in many ways it has made us claustrophobic, financially weak, and anxious. However, the worst is that it has bound our hands with shackle full of trust issues, fears & insecurities with every person; let it be our own family about their health conditions. It has put us behind the bars of unpredictability of future in the world. To prevent the spread of covid-19 as we are following various norms and policies such as social distancing and self-isolation, We maybe apart in distance but never in heart, because every heart knows that life mantra is 'accept the change and just move on'. The main binder, which holds the aspirations in heart and hard work together smartly, is technology. Let us imagine, "What, if there were no digital technologies available in this crisis"? What would happened if, there were no communication technologies like cell phones, no internet to do lofty duties and work related with humongous projects on international and national platform, no online transactions; life would have been so miserable. By thinking it just for once, it feels very difficult and distressing. However, with the help of technology; the life has become easy to a major extent.

Digital technologies have shown their importance to humans in various aspects. For example due to social distancing, schools and institutions are closed. Following social-distancing norms, by Online lecture technologies like google

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meet, zoom meetings etc. students are able to attend lecture just by sitting comfortably in their own house. Although there are many hurdles in this path like power cut off, technical glitches, etc. As we have come so far that many teachers were never use to face camera for teaching lectures but they have adapted to this challenge and by giving their whole and sole for delivering knowledge to students. Not only teachers but students are also giving their best for understanding topics, concepts by attempting online lectures, which are at times, very difficult for learning concepts, which are practical-based which need demonstrations, models, actual presence. Apart from this, teachers are conducting quizzes, assignments and importantly online tests in which students are supervised by seeing their gestures and movement through their videos to keep them in check for, sincerity. By overcoming so many barriers, online distance learning has become a “new normal”.

In addition, the main aspect, which has changed in lockdown, is the way of pharmaceutical industries working and taking care of the health's of millions and billions people by communicating with physician's & healthcare professionals. The pharma industry has played a vital part in fighting the COVID-19 pandemic, supplying life-saving drugs that can help patients recover from coronavirus. However, the pandemic has also posed severe challenges to drug makers. It has disrupted global supply chains, laid bare the sector's vulnerability and highlighted the need for greater resilience and flexibility. As India and china are major producers of active pharmaceutical ingredients (API), the raw materials used in drugs. Together India and china accounts for 80% chemicals used to make drugs and 31% of world's manufacturing facilities. India also accounts for 20% of global exports of generic drugs.

National lockdown have interrupted with disastrous consequences. Indian pharma and medical manufacturing firms have fallen to 20-30% of their capacity due to problems with transport and shipping, and a labour shortage as migrant workers returned to their villages for lockdown. Medicine supplies have also been hit by shutdowns of manufacturing facilities and a 20-30% rise in the prices of APIs manufactured in China.

Albert Einstein said, “In the midst of every crisis, lies great opportunity”.

Cipla's API manufacturing plant in Kurkumbh, India, is a good example of this. It has fully embraced the power of digital technology throughout its supply chain. This includes automated material flow, digital management information systems, and use of augmented reality and virtual reality technologies for employee training and plant maintenance. In May 2020, Cipla was one of four Indian firms that signed a non-exclusive licensing agreement with US-based Gilead Sciences Inc. for the manufacturing of the medicine Remdesivir, known for helping patients recover from COVID 19. Under the agreement, Cipla produces active pharmaceutical ingredients for Remdesivir as well as the finished product, and is also in charge of distribution.

However, the main boon of pharmacy sector is online pharmacy (E-pharmacy) which is delivering the OTC-over the counter drugs and medicines to billion homes by considering patients appropriate details like age, gender, medical history, medical prescriptions. Healthcare professionals are also using digital technologies like video-calls, phone calls to communicate patients as well as pharmacists in lockdown & remote areas. Physicians and pharmacists are able to differentiate meticulously and treat patients who have mild illness other than covid-19 infections. This is helping to decrease the anxiety among patients also helping to keep perilous health conditions at bay. Hence using E-pharmacy, has become 'new normal'

Daily life especially in lockdown has transformed a lot with the help of digital technologies it has become so easy to order things such as groceries, medicines, clothes etc. just by a click on the apps. As there are various 'new normal', which are coming up such as online shopping, online teaching and learning, online transactions like paying bills, etc. Digital technologies are a boon to society by not only helping to follow the social-distancing rules but also to save valuable seconds in emergencies like severe health conditions, international companies communication and work, etc.

VENOM: THAT SAVES LIVE

Snakes have always been creatures of myth, intriguing but fascinating and long associated with good as well as with evil, representing life and death, creation and destruction. They are among the world's deadliest and most feared creatures. Their unblinking gaze is piercing but not as piercing as their fangs. With over 700 different species of venomous snakes in the world, about 250 of them are capable of killing a human with one bite. Their toxic venom can cause your nervous system to shut down and go into one drive while others can cause blood clotting or severe bleeding. As deadly as they may be, many have surprisingly powerful medical benefits if used properly.

Ø "what is snake venom?"

Venoms are complex mixtures of pharmacologically active polypeptide, proteins, enzymatic and non-enzymatic components with specific pathophysiological functions. Peptide toxins isolated from animal venoms target mainly ion channels, membrane receptors and components of the hemostatic system with high selectivity and affinity. Snake venoms can be considered as mini-drug libraries in which each drug is pharmacologically active.

Ø Composition of venoms

Venomous snakes are well known as rich sources of toxins among other venomous species and their venoms are the most highly developed and extremely complex of all-natural venoms. Generally, snake venoms are cocktail secretions produced by a pair of specialized exocrine venom glands connected to the fangs by ducts. Snake venoms are not composed of a single component but instead are complex mixtures of toxic and biologically active proteins and peptides. While some reports demonstrated that around 100 components are present in single venom, it is not known exactly how many proteins and peptides are present in snake venom, but it probably is upwards to about 90–95% of the dry weight of the venom. Some of these proteins exhibit enzymatic activities, whereas several others are non-enzymatic proteins and peptides. Other components in the snake venom are nucleosides, metallic cations, carbohydrates and very low levels of free amino acids and lipids with less biological activity. Sodium is the most abundant cation in snake venom, but its role is unknown.

Ø Types of venom

Hemotoxic Venoms: It effects cardio system and blood.

Cytotoxic Venoms: Destroys the cellular sites and muscles primarily.

Toxin Venoms: Blocks and harm entire system.

Myotoxic Venoms: Local and systemic skeletal muscle degeneration.

Neurotoxic Venoms: act on the peripheral nervous system where the skeletal neuromuscular junction is a favourite target.

Let's take a look at some of the world's deadliest snakes and how their venom is regularly used to save lives instead of ending them: -

- Brazilian pit viper - Discovered in 1975, cause crash blood pressure. Scientists took the venom and separated the pressure-lowering component. A modified synthetic version is now as an approved drug to treat high blood pressure. Marketed product Captopril emulates the function of the toxin found in Brazilian pit viper venom and is generally accepted as the first venom "success" story. Captopril is an ACE inhibitor (angiotensin converting enzyme) that was approved by the FDA approved in April 1981.
- Pygmy rattle – this venom stops blood from clotting. One of its toxins has been developed into a drug called eptifibatide that is used in people who are at risk of having a sudden heart attack. It stops platelets in the blood from sticking together, preventing the blood clots that can cause heart attacks and strokes.
- African saw-scaled viper - The venom protein has effects of clotting blood and Medical tests indicate that small

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dosages of the venom from the Malayan pit viper also help to dissolve stroke- related blood clots and prevent new clots from forming.

- Rattle snake - This snake venom contains a chemical called Crotoxin. This causes malignant cancer cells to commit suicide. Researchers harnessed the unique combination of targeting and toxicity in crotoxin.
- Black mamba - This snake venom can act as painkillers. Researches have determined that two molecules isolated are as effective as morphine in the elimination of pain. This snake venom can kill a person with just two drops. Its potency resides in its neurotoxins, chemicals that impair the CNS. Fascinated by how these chemicals bind so tightly to nerve cells, researchers are investigating how these chemicals work in order to use them in future treatments for diseases that break down the brain and nervous system, such as Alzheimer's and Parkinson's.
- King cobra - The venom of this snake has shown pain killing effects 20 times greater than morphine and with zero side-effects so far.

A venom is not a single compound but a cocktail of natural toxins. A single snake can contain as little as 20 to 30 toxins and up to 1000 toxins. So far, researchers fully understand only a few of the many compounds found in snake venom so there may be many more drugs to come.

Ø Marketed drugs: -

1. Ziconotide
2. Eptifibatide
3. Exenatide
4. Batroxobin

Ø Clinical Trials: -

There are few toxin-based drugs that are presently being approved for phase 3 clinical trials:

- Alvimoprase: It is a recombinant protein with thrombolytic activity. This drug is used to treat acute peripheral arterial occlusion (PAO).
- Viprinex: This drug is a serine proteinase that is being tested as a defibrinogenating agent for use in treatment of acute ischemic stroke.
- Ecarin: This drug is a metalloprotease. It is used as a prothrombin activator.
- Aggrastat (Tirofiban) and Integrilin (Eptifibatide): These two drugs are based on snake venom disintegrins. They are available as antiplatelet agents.
- Hemocoagulase: This drug is obtained from a Brazilian snake. It is used in plastic surgery, abdominal surgery and human vitrectomy.
- Exanta: This drug obtained from cobra venom is a thrombin inhibitor anticoagulant. It is used as a blood thinner and thrombin inhibitor.

I sincerely believe that the above article provides the revelation that "Deadly snake venom does have the potential to save life."

Deexitha Mora
T.Y.B.Pharm

NANOTECHNOLOGY TO COMBAT COVID-19

The death caused by COVID-19 is increasing rapidly as the day passes by. There is an urgent need to find a vaccine as soon as possible. Many scientists are studying various techniques and ways to control and kill this virus, and one such technique is NANOTECHNOLOGY.

Nanotechnology is a field of research and innovation that is generally concerned with building, materials and devices on the scale of atoms and molecules. Nanotechnology has potential to increase the efficiency of energy consumption, help clean the environment, and solve major health problems. Products from this will be smaller and lighter yet more functional, and require less energy and fewer raw materials to manufacture, claim nanotech advocates.

It can also be used in protection of COVID 19. Nanotechnology comes into play when keeping in mind that SARS - CoV - 2 has nanometric dimensions with a core-shell nanostructure and therefore, could be regarded as a functional nanomaterial. The coronavirus SARS - CoV - 2 requires rapid detection and diagnostic to accelerate efficient therapy, ideally based on antiviral treatments and vaccine developments. Nanotechnology is more scientifically proven way to fight against SARS COV 2.

Various approaches can be used, such as avoiding viral contamination and spray by the design of infection-safe personal protective equipment (PPE) to enhance the safety of healthcare workers and development of effective antiviral disinfectants and surface coatings, which can inactivate the virus and prevent its spread. Nanotechnology also helps to disinfect areas and open perspectives for surfaces with self-cleaning properties.

It also offers new materials that are more comfortable, resistant, and safer means for protection against biological and chemical risks. Facemasks, lab or medical aprons, and others have been nano-engineered to provide new functions, for instance, antimicrobial activity without affecting the material's texture or breathability.

To summarize the article- Nanotechnology, which is one of the growing fields which can help us combat this deadly COVID-19 in various ways like detection of the virus, production of the vaccines and PPE kit, virus control, and viral infection.

Tanaya Nayak
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HERD IMMUNITY AS A STRATEGY TO ADAPT TO COVID 19? A NEW NORMAL

The unforeseen, unprecedented COVID 19 pandemic caught us all off guard and left our lives in a limbo. This disease, caused by the SARS COV - 2 has gripped the entire world in its claws, claimed thousands of lives and continues to affect millions worldwide. Amongst the uncertainty of a cure and the wait for a vaccine, adapting to a life with COVID 19 and embracing a new normal seems to be one of the logical steps in order to move ahead. Can herd immunity help us here?

What is herd immunity?

Herd immunity or group protection is a form of indirect protection from infectious diseases that occur when a sufficient percentage of the population has become immune to an infection, whether through vaccination or previous infections, thereby reducing the likelihood of infection for individuals who lack immunity.

For example, if 80% of a population is immune to a virus, four out of every five people who encounter someone infected with the virus won't get sick from it and won't spread the infection any further. In this way, the spread of the infection is

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kept under control. Depending on how contagious an infection is, usually 50% to 90% of a population needs immunity to achieve herd immunity. This is called the herd immunity threshold.

How is this threshold calculated?

Herd immunity depends on the basic reproduction number, R_0 which is the number of cases, on average, caused due to infection from one individual in a fully susceptible population. More the people who become infected by each individual who has the virus, higher the proportion of the population that needs to be immune in order to achieve herd immunity.

The formula for calculating the threshold is $1 - (1/R_0)$.

Consider a population of 100 individuals. If one infected person transmits the infection to 4 others, then to achieve herd immunity in that population, these 4 individuals will have to have already acquired immunity to the infection to stop further spread. Compare this to another population of 100 individuals, where one infected person transmits the infection to 8 others. Here, double the number of individuals will have to have acquired immunity to stop further spread.

This essentially tells us that the threshold for achieving herd immunity will be higher for diseases that are more infectious or contagious.

Looking at the actual trajectories of the COVID-19 epidemics around the world, there doesn't seem to be enough evidence yet to make confident pronouncements about what the real world herd immunity threshold is.

Vaccinations are the safest way to practice herd immunity in a population. In case of COVID-19, due to the unavailability of a vaccine as of now, to achieve herd immunity, we would have to rely on the population acquiring the immunity naturally, i.e., contracting the virus.

Contracting COVID-19 solely for the purpose of achieving herd immunity is not a good idea for the following reasons: People who contract SARS-COV-2 and develop COVID-19 can experience serious side effects. Severe cases may even lead to death. The health of vulnerable members of our society such as older adults and people with chronic health issues may deteriorate rapidly if they are exposed to the virus and can cause death in a condition called comorbidity. Otherwise healthy and young people may also develop severe symptoms to the disease. Also, actively trying to infect the population in order to attain herd immunity will overburden the already struggling hospitals if too many people are admitted at the same time with a worsening condition. Given our lack of knowledge about COVID-19 reinfection, it is difficult to say whether the naturally acquired immunity will be a lasting one. In such a scenario, would it be advisable to deliberately expose the population to the virus given its deadly nature?

Exposing the population to COVID-19 would leave the old and ailing vulnerable. This would increase the cases of severe infection and death due to comorbidity.

Surrendering to the virus is not a defensible plan and it will lead to unacceptable and unjust human death and suffering. It is safe to say that with vaccination we can try to achieve herd immunity in a controlled fashion. But until then, it would be irresponsible to not follow the necessary precautions and disregard the consequences.

Disclaimer: This article was written in October 2020. Facts are subject to change over a period of time.

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OLD IS NOT ALWAYS GOLD (LIFE AFTER PANDEMIC: “NEW NORMAL”)

The new normal: what does it mean?

Our routines are changing as our lives are upheaved by the changes brought by covid-19.

Some people may find themselves in survival, collecting the knowledge and resources required to function at school, at work, as an individual, and in our relationships with others. Others could be trying to settle into their new habits. For others, this means attempting to battle social alienation. For many, it means learning how to live (or relive) with friends, family members, partners, or roommates, which is not always easy. For myself, I find it takes double as much time, commitment, and energy to perform even basic tasks that can be very exhausting. I've got to be very gentle and patient with myself lately. Others may be coping with the exhaustion, frustration, sorrow, rage, grief, and anxiety (among other things) of change. Some people (and I hope there are a lot of you out there) have been through the transition of adaptation and are seeking security in the current norm. The consequences of the COVID-19 pandemic have triggered a major shift in our everyday lives, changes that have also arisen suddenly and unexpectedly. Life adaptations also come with a wide variety of perceptions and feelings. Often the change will sound seamless, and sometimes the road to a new standard is choppy or outright bumpy! This resulted in a record-level disruption across a variety of sectors, pushing workers to respond at a record-level rate – including on-site remote work, while calming employees' worries to alleviate worry and tension as far as possible. Now, in a few weeks' time, states will reopen, and all of us will return to an unrecognisable existence. Leaving most of us curious, what's going to be the new normal?

This situation is both uncertain and temporary!

- Adjustment is a phase that seems different for most people. This is not a linear or well-defined procedure. Patience and resilience are also important.
- It's all right to set limits, including for family members, friends, colleagues, and professors.
- Setting up a schedule can be really effective. In addition to doing your schoolwork, make sure you plan time for your physical and mental fitness, fun, imaginative, social interaction, and stress relief!
- As long as there is no vaccine and no cure, the way we interact with physical goods and facilities will change. Many are going to reframe the need to touch or be touched. In only a few months, human touch (in vast areas of the world) has been one of the most dreaded gestures, not to mention the impossible scenario of sitting in a small room with a lot of people.

Lockdown has changed our way of life. And a return to life at the beginning of 2020 seems to be a little distant reality. We have to admit that even though the lockdown is lifted, the coronavirus (COVID-19) will affect our lives in many ways.

The way we live is different: -

- Masks and gloves can be commonplace, depending on where you live in the world.
- Greetings - We meet people on a regular basis in one way or another. During the pre-corona days, greetings were in the form of handshakes, high fives, and embraces. If it was personal or formal, every greeting had some sort of physical touch. Today, with coronavirus, people are either transitioning to verbal greetings, a conventional Namaste, or finding other inventive ways to greet people without any physical contacts.
- Washing hands - The only thing that has come out of this whole scenario of COVID 19 is to improve personal hygiene. All those who never wanted to wash their hands, or who assumed that their hands were still clean, now have to wash their hands several times a day. Sanitizers went out of stock due to a sudden rise in demand. Owing to the coronavirus, we all know how to wash our hands properly.
- Crowd - Remember to go anywhere and get a massive mob surrounding you? The streets were always busy, the space was always packed with people. Especially during peak hours, walking on crowded sidewalks was often a challenge. Yeah, that's completely modified. The busiest streets looked deserted during the lockdown. Much of the people are inside, so any time you venture out now, the roads are normally clear!
- Queuing is now the routine, whether it's when you meet healthcare professionals, go to stores, or simply get on

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a lift.

- **Movietheatre** - Cinema halls can be properly sanitized with temperature tests in each movie theatre. Both guests will be asked to wear masks and gloves. In comparison, the practice of social distancing may be accompanied by the sale of fewer tickets, which would be sold online.
- **Shopping** - Just previous appointment will be permitted to access the channels. A big difference would be that there would be no dressing room or courtroom room. Customers will be expected to keep a distance of at least 6 feet from each other. Even, in most situations, consumers will not be given a refund or swap facility.
- **Public transport** is somewhat distinctive, with social distances in place, with passengers sporting masks and gloves.
- **Flight journeys** - To stop queues at airports, it was possible to observe phased flights and a move in the check-in phase. Passengers will be expected to arrive 2 hours before the flight time, and they may be asked to wear masks and gloves. Both the gates will have dedicated staff with thermometers. Airports can also be disinfected correctly. Plus, there will be a vacancy for two travellers.
- **Metro travels** - Thermal screenings will take place at the entrance points of hand sanitation facilities while moving through the metro. Passengers will be asked to stand 2 metres away from the safety checkpoint. The baggage screening staff would also be allowed to wear a face mask. Passengers would be forced to remain at least 2 meters in the metro by leaving a seat in between if they are seated. Manual and automated monitoring would be improved.
- We're doing a double-take anytime we hear someone cough, sneeze, or sniffle. Over the last few months, we have been trained to be hypervigilant of these signs, but perhaps this will also mean that better levels of hand hygiene and personal hygiene will begin.
- We're going to start vacationing more in our own backyards because of travel restrictions, which can only be a positive thing for local economies as they deal with the drop in international and interstate visitor numbers. Wanderlust for exotic locations abroad will also be on the rise, and Instagram will no doubt intensify those fantasies.
- **Staying in touch** - The way we socialize and interact looks really different. Zoom a happy hour. YouTube Watch the parties live. Digital calls to loved ones. The key finding of the Coronavirus Destruction Initiative is that while the pandemic has shifted our social lives online, people say that their interactions with family, colleagues and co-workers have not been disrupted.
- The broader sports world has also shifted. Sporting leagues have paused but are cautiously looking ahead, and national and international meetings are almost unlikely due to travel constraints. Sport was also especially hard hit by coronavirus in the year of the Summer Olympic Games, which has now been delayed until 2021.
- The way we work or study has changed - Work from home is one of the biggest improvements we've witnessed. Online courses have begun, also for students. Meetings and seminars are also rendered via video calls. Work at home helps people spend more time with their friends, because there's no time for commuting. Even after Coronavirus, several businesses have opted to continue operating from home with their workers.
- The Arogya Setu application will be used with the built-in e-pass function to identify infected users.

Our lives have certainly been affected by Coronavirus. Right from small hygiene improvements to massive economic changes, we are now experiencing a new kind of lifestyle. Our daily lives, too, have changed, some for the best and some for the bad. We need to change and get moving on this new process!

As people work together to destroy the cycle of coronavirus contamination, a new future is developing. The rough days are bound to come, leaving behind the wisdom of exercising love and caring for what truly matters in life, like the health of family members. People have understood the need for precautions and are taking measures against potential contingencies to keep the generations to come.

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CHATBOTS TO TACKLE COVID-19

With the increasing number of covid-19 cases, and having crossed a mark of 18 million, the management of covid-19 has been challenging for the healthcare system across the globe. However, the use of Artificial Intelligence (AI) has effectively aided in the prevention, diagnosis and treatment of the disease.

The covid-19 pandemic has created a chaos in the public involving the dissemination of misinformation, disease-fear in people resulting in under-reporting of the symptoms, enforcing and propagating preventative strategies like hand washing and social distancing are expensive, infection counter measures such as social distancing and quarantine having psychological effects, etc. To overcome these problems, institutions like the Centre's for Disease Control and Prevention (CDC) and the World Health Organization (WHO) have begun utilizing chatbots to share information, suggest behaviour, and offer emotional support.

Chatbot, an Artificial Intelligence (AI) feature, is employed to update the community, to encourage desired health impacting behaviour's, and lessening the psychological damage caused by fear and isolation. These are software programs that talk with people through voice or text in their natural languages. Some well-known examples of chatbots include "Alexa" from Amazon, "Siri" from Apple, and "Cortana" from Microsoft. They often come pre-installed on smartphones or home-based smart speakers. The CDC has named their chatbot "Clara".

In order to surmount this pandemic, chatbots are preferred over newspapers and online information sources, as it can hear and respond in natural language, improving access for people who cannot read or have difficulty using the internet. They can also be available any time of the day to answer questions with up-to-date information, and unlike human experts, can concurrently speak with millions of people at the same time in local languages. Chatbots may also be suited for symptom screening for people avoiding to open up about their condition or symptoms to the health care staff.

The effective use of chatbots may help to fight against covid-19. In a pandemic, no group of people remains unaffected for long. Together, patients, healthcare workers, academics, technology companies, NGOs, and governments can ensure chatbots say the right thing.

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BATTLING NICOTINE ADDICTION: IT'S NEVER TOO LATE.

During the global crisis of covid-19, the work pressure has increased, due to work from and studies, the exposure to mobiles, computers, laptops has increased and many of them are unemployed. This leads to clinical depression, psychosis, anxiety, stress, suicidal tendencies etc.

During this tough time, smoking cigarettes have become very common among youth as well as adults as it acts as a coping mechanism to stress, depression, anxiety etc. As cigarettes may provide temporary relief, it causes adverse health effects and even death in some cases. It just starts as one friendly cigarette and then turns in to one pack or even more. It not only harms you but also those who are around you (passive smoking or secondhand smoke).

A cigarette is a cylinder containing potent psychotropic material, typically tobacco, that is rolled into thin paper for smoking. Tobacco smoke is made up of thousands of chemicals as well as carcinogens. Some of the chemicals found in tobacco smoke include:

- Nicotine (the addictive drug that produces calming effects and relive stress temporarily)

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- Hydrogen cyanide (HCN)
- Formaldehyde (HCHO)
- Lead (Pb)
- Benzene (C₆H₆)
- Carbon monoxide (CO)
- Arsenic (As)
- Ammonia (NH₃)
- Radioactive elements, such as polonium-210
- Tobacco-specific nitrosamines (TSNA)
- Polycyclic aromatic hydrocarbons (PAH)

The adverse health effects of cigarette smoking are:

1. Smokers are at greater risk for cardiovascular diseases such as coronary artery disease (a buildup of plaque that causes arteries to restrict blood flow), Stroke (a clot that blocks blood flow to the brain).
2. Smoking can cause lung diseases such as COPD (Chronic obstructive pulmonary disease) which includes emphysema, chronic bronchitis and lung cancer.
3. Smoking can cause cancer almost anywhere in your body such as bladder, blood, cervix, larynx, liver, pancreas, stomach, kidney).

Smokers always think that it's too late to quit smoking, but it is never too late. Start quitting from today and don't wait for tomorrow. It is difficult to quit smoking and you might experience nicotine withdrawal symptoms such as headaches, mood swings, difficulty in concentration etc. If you don't decide firmly that you want to quit smoking, no methods or medications will help you to quit smoking. The most important thing that will help you quit is strong will power and also that your family and friends are getting affected due to your habit.

Try these few steps that will help to resist nicotine cravings:

1. Nicotine replacement therapy

Ask your doctor about nicotine replacement therapy. The options include:

- Prescription nicotine in a nasal spray or inhaler
- OTC (over the counter) nicotine patches, gum (nicotex) and lozenges.
- Prescription non-nicotine stop-smoking medications such as bupropion (Zyban) and varenicline (Chantix).

2. Avoid triggers

Urges for tobacco are likely to be strongest in the situations where you smoked or chewed tobacco most often. Identify your trigger situations and have a plan in place to avoid them entirely or get through them without using tobacco.

Don't set yourself up for a smoking relapse. If you usually smoked while you talked on the phone, for instance, keep a pen and paper nearby to occupy yourself with doodling rather than smoking.

3. Chew on it

Give your mouth something to do to fight a tobacco craving. Chew on sugarless gum or hard candy, or munch on raw carrots, celery, nuts or sunflower seeds — something crunchy and satisfying.

4. Physical Activity

Physical activity can help distract you from tobacco cravings and reduce their intensity. Even short burst of physical activity — such as running up and down the stairs a few times — can make a tobacco craving go away. Get out for a walk or jog.

5. Practice relaxation techniques

Smoking may have been your way to deal with stress. Resisting a tobacco craving can itself be stressful. Take the edge off stress by practicing relaxation techniques, such as deep-breathing exercises, muscle relaxation, yoga, visualization, massage or listening to calming music. Yoga and meditation turn out to be very effective to quit smoking.

6. Go Online for support

Join an online stop-smoking program or read a blog of person who quit smoking and post encouraging thoughts for

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someone else who might be struggling with tobacco cravings. Learn from how others have handled their tobacco cravings and you may get encouragement from someone who had faced same consequences and problems as yourself.

7. Reminding yourself of the benefits

Write down or say out loud the reasons you want to stop smoking and resist tobacco cravings. These might include:

- Feeling better
- Getting healthier
- Sparing your loved ones from secondhand smoke
- Saving money
- Preventing air pollution

8. Stay away from Bad influence

This habit usually starts by the bad influence of friends or family. You should stay away from those people who take you down with them. They will tell you that one cigarette doesn't hurt or that it makes you look cooler. You should ignore those lies and by keeping the strong will power, should fight your own battle from nicotine.

9. Get a hobby

Distraction is best method to quit smoking. To keep your mind from constant urge to smoke, cultivate a hobby such as singing, dancing, playing musical instrument, swimming, playing sports such as cricket, tennis, badminton, volleyball etc. Cultivating a hobby leads you toward productivity and helps you to increase your focus.

Battling nicotine addiction is long and frustrating process but if you keep your will power strong, think about the greater good that is your health, you will quit smoking very easily. Remember, trying something to beat the urge is always better than doing nothing. And each time you resist a tobacco craving, you're one step closer to being totally tobacco-free.

Raj Kothari
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THE NEW NORMAL

Let's accept it. Life has changed because of Covid-19. Things may never be the same again. It's time for us to accept that this pandemic and social isolation are here to stay for a while. But is this so bad? We are being born again into a new society. A society that has a different kind of relationship with the environment and mother Earth. We have a chance to be human again, to rectify our mistakes and move ahead with empathy, compassion and self-belief. So what exactly is normal about this pandemic? It is not normal for society to be isolated. If this is normal, then we must be in control of the situation. Even if we feel loss or despair, we are expected to get used to it — accepting this morbid reality as standard. When we allow ourselves to cope, it means we are not normalizing our situation but quickly moving forward without procrastination. Meanwhile, it's important to identify the losses we are feeling and to honour the grief surrounding us through meditation, sharing our struggle and expressing ourselves through creative art or by journaling. In such uncertain and tough times, the phrase 'new normal' reinforces a belief that the world and our emotions should by now have settled. Surrounded by uncertainty and enveloped by anxiety, it's okay to admit that things are not normal. It's okay to allow ourselves to grieve or to be scared. It's okay not to be comfortable with what is going on. In fact, all of us should feel uncomfortable with our present condition.

But in addition to that, we must accept that our reality has changed, possibly for good.

Feeling restricted: We're not able to carry out our usual or daily activities — not only going to work or school but haircuts, dentists, coffee shops, restaurants, shopping malls and more. That can leave us feeling very restricted.

Experiencing heightened uncertainty & anxiety: Things are fraught with incredible uncertainty and overthinking right now, for all of us — our own health, the health of loved ones, the state of the world, the shaky economy, our individual financial situations. And that's just the start of it. All of this uncertainty is triggering feelings of stress, tantrums, fear and anxiety in most people.

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A feeling of isolation but also togetherness: For many people, social distancing has created a feeling of isolation that can be very stressful. But at the same time, there is also a feeling of togetherness – an understanding that we're all in this together, no one is excluded. Some are creating that feeling of togetherness through video calls, by connecting online, or by taking part in community or group efforts to help or provide relief.

A sense of disruption: Our old habits have been disrupted — we can't do all the things we were used to doing, and that gives us a feeling of being upended.

Wanting this unprecedented situation to be over: We just want to go back to normal. It's hard to accept and handle things the way they are.

Being irritated with others: Being isolated with the same people every day can cause friction. And that brings up old issues, it just requires a trigger.

Finding a sense of purpose: We feel very unanchored. Amid this feeling of groundlessness and instability, we can yearn for some kind of meaning, some sense of purpose.

We may experience all of these or some of these. Shall we resist it, or can we use it as an opportunity or a challenge?

We can complain about the new normal. Hate it. Stew in frustration about it. That's one possibility. Another possibility is the choice to use it as a growth opportunity and learn the lessons it offers.

In every situation there are silver linings. While many of us may not be using our time indoors to write the next great novel or master an instrument, there are other ways of finding potential in the pandemic. With a slower pace comes an opportunity for discovery and the realisation that, often, we don't have to go very far at all to feel the enrichment within us.

You can utilize this precious time to enrich your life and make resolutions to continue with these habits even after the lockdown is lifted.

- Exercise at home and eat healthy foods. You must have realized that you can survive without junk food not just temporarily but for a longer period of time. Say no to unhealthy habits.

- Learn a new skill that you've always been interested in but never found the time to do so earlier or were too fatigued to do so. Catch up on your reading, increase your knowledge in your chosen field of work

- Strengthen your relationships with your family members by having enlightened conversations, playing board games or planning some activities.

- Live in harmony with nature. It is best to allow nature to exist with minimal human intervention.

- Cut down on wasteful expenditure. A simple life is the best way to live. We need not have extravagant habits and addictions that cut a deep hole in the pocket. Cost of living is not high but the cost of lifestyle

Last but not least be gentle and be kind to yourself. Give yourself the space and time to grieve, to celebrate, and to feel every emotion in between, during this challenging time. We are living in a situation that never happened before and it is impacting each and every one of us in a unique way.

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Compiled by

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SNAKE VENOMS: LIFE SAVING DRUGS

Abstract: The present review shows an up-to-date survey on the pharmacology of snake venom bioactive components and evaluates their therapeutic perspectives. The pharmaceutical industries has produced venom derived drugs that may be useful in pharmacological applications.

1. Introduction: Snake venom is the fluid secretion from the modified salivary glands of venomous snakes. Snake venoms are composed of a complex collection of toxins, enzymes, proteins that are pharmacologically active components. Other components in snake venom are arginine ester hydrolases, hyaluronidases, acetylcholinesterase, nucleases, enzymatic and non-enzymatic proteins. Currently, snake venom components are being used as valuable and powerful therapeutic research tools.

2. Pathophysiological and pharmacological activities of snake venom:

(a.) **Neurotoxicity-** Neurotoxins (eg: ion channel blockers) act on peripheral nervous system that lead to acute neuromuscular paralysis.

(b.) **Hemotoxicity-** It is caused by anticoagulants, procoagulants, fibrinolysins. Snake venom contains proteins and peptides that interact with components of hemostatic system resulting in hemorrhage.

(c.) **Cytotoxicity-** Cytotoxins target specific cellular sites and can interact with lipoproteins to cause shrinkage, thus have the potential to degrade or destroy tumour cells.

(d.) **Myotoxicity-** Myotoxins have specific actions on skeletal muscles resulting in hemorrhage and necrosis.

(e.) **Antimicrobial-** Antimicrobial factors are used for the treatment of microbial infection such as viruses, protozoas, bacteria, fungi. Antimicrobial activity of snake venom: Antibacterial, antiviral, antiparasitic, antifungal.

3. Drug Discovery:

(a.) **Antivenom:** Antivenoms are currently made by keeping snakes in captivity and extracting their venom. This is injected in low doses into horses, which makes antibodies that can be taken from their blood.

(b.) **Captopril:** A drug developed on the basis of a snake venom component. This drug is used to treat hypertension, cardiovascular diseases by inhibiting the conversion of Angiotensin 1 to Angiotensin 2. This drug is used for the treatment of high blood pressure, renal diseases in diabetics and heart failure after myocardial infarction.

(c.) **Aggrastat (Tirofiban)** and

Integrilin (Eptifibatide) :These two drugs are based on snake venom disintegrins. They are available as antiplatelet agents.

Aggrastat: It reduces rate of thrombotic cardiovascular events (eg:Heart attack).

Integrilin: It is used for the treatment of patients with acute coronary syndrome.

(d.) **Hemocoagulase:** This drug is obtained from a Brazilian snake. It is used in plastic surgery, abdominal surgery, human vitrectomy.

(e.) **Exanta:** This drug obtained from cobra venom is a thrombin inhibitor anticoagulant. It is used as a blood thinner and thrombin inhibitor.

4. Clinical Trials: There are few toxin-based drugs that are presently being approved for phase 3 clinical trials:

(a.) **Alfimeprase:** It is a recombinant protein with thrombolytic activity. This drug is used to treat acute peripheral arterial occlusion (PAO).

(b.) **Viprinex:** This drug is a serine proteinase that is being tested as a defibrinogenating agent for use in treatment of acute ischemic stroke.

(c.) **Ecarin:** This drug is a metalloprotease. It is used as a prothrombin activator.

5. Role of snake venom for cancer therapy: Cancer is characterized by uncontrolled cell division, cell transformation, and escape of apoptosis, angiogenesis. The snake venom contains disintegrins and integrins.

(a.) **Disintegrins:** The disintegrins protein when injected into cancer cells, binds outside of the cell via these integrin receptors. Chemotherapy not only kills the cancer cells but also the healthy cells. The disintegrin acts differently, it doesn't kill the cell, it binds the outside and doesn't allow the cell to communicate with surrounding cells.

(b.) **Integrins:** The integrins are important in cell adhesion, cell migration, tissue organization, cell growth, so they are in the study for the development of drugs for the treatment of cancer.

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6. Future Directions: The discovery of new drugs for cancer therapy is one of the important objectives of pharmaceutical industry. Though there was an ample evidence about therapeutic potentials of snake venoms in the treatment of cancer, more research is needed. The development of a new drug from snake venoms in the future will be useful in cancer therapy.

7. Conclusions: It may be concluded that snake venoms comprise a combination of biological active components that are involved not only in envenomation pathophysiology but also in the development of new drugs to treat many diseases. Currently, the combination of snake venoms with other technologies is still at its early stage for cancer therapy and it can be expected that more will emerge. Snake venoms are no doubt valuable resources for cancer drug development.

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Final Year B.Pharm

BACK TO THE FUTURE - THE NEW NORMAL IN YOUR EVERYDAY LIFE

While I still feel weird writing about this, as the cases in Maharashtra itself increase by 3,645 cases, I think it's time to accept life has moved on. We can no longer scoot and push our fellow local train passengers. We can no longer touch someone by mistake and say "chalta hai." We can no longer say "Work-from-home" is an option..

A virus so small - 100 nanometers, and a change so large 43,264 deaths in Maharashtra itself. For those of us who escaped or survived the virus, a much larger change stands our doorstep. What lasting effects will this pandemic have on the way we live, work and learn? But this article isn't based on what all went wrong, it's more about what is coming soon, and what we all we will do again.

The future of home - It isn't just a health crisis. With the rapidity with which it took over the world, it converted into an economic crisis. Businesses shut down, temporarily or permanently, and many went out of jobs. But today, that fact has given rise to newer opportunities. The healthcare industry is booming. Automation is taking over. People have become way more self-sufficient and responsible. People responded to the global financial crisis of 2008-09 by shoring up their personal balance sheets, paying down debt and increasing their savings, and we expect this trend to continue and even accelerate in the wake of the pandemic. It is human nature to become more risk averse after risks have materialized – demand for flood insurance always rises after a hurricane. Households are likely to react to the impairment of jobs and income in this crisis by saving more while borrowing and spending less. This benefits you. Why? Because if you learn to save more than ever now, your savings increase. When your savings increase you are satisfied with your paycheck, and as a result the economy can go back to normal very soon. As economies reopen and pent-up demand is met, the savings rate will fall back to a more normal level, but it is expected that the debt and savings trends that started over a decade ago will accelerate. That is good news and bad news. Many employees who have had the chance to work remotely, have loved the experience. No pains of travelling and commute, a well-developed work-life balance and efficiency due to the comfort of being at home are just some of the reasons why going back might be difficult.

The future of work - Technology is the reason employers and employees are enjoying the [perks of work from home. As times change technology evolves and creates something new to explore. Just some of the new things that have been seen in this short span of months include Wi-Fi servers connected for all employers, softwares to check diligence in online examinations and prevent cheating, no-contact scan and order methods at restaurants, gateway sanitizers to sanitize you as you pass through and so much more. Old habits die hard in more traditional industries, but the experience of the past few months is highlighting the corporate benefits of a flexible work environment throughout all economic sectors. According to a study conducted in the United States of America, when a large commercial real

Essence of Pharmacy

estate firm conducted a survey, they found that seventy percent of companies surveyed intend to make remote work part of their usual business practice, and 61% reported that all employees would be allowed to work outside of the office at least part time. This sort of nuclear work will benefit the company, as their rent, electricity and other operating costs decrease drastically, making their profit margins larger. Let's take a second to imagine what the future generations will think of this time? It may sound absurd to them that we spent hours of our day commuting and burning fuel, harming the environment, wasting time and energy to do things that can be done at home just as well. The benefit? You also get to eat whatever you want while walking around the house and talking (a habit many of us possess).

Future of school - While those mature enough to sustain education from their homes find their solace in it, the younger kids are struggling. Low attention spans, more than enough screen time and the fidgeting habits make online school hard to deal with. A suggestion - imagine a world where the only ones travelling are the children and those on a part-time basis. Empty Mumbai roads, Silence in the streets, and peace in our heads. Particularly at the elementary and secondary levels, the importance of social interaction and adult supervision is paramount, not to mention the need to liberate parents to return to work, even if their work remains at home. A functional school environment is essential to a functional home and work environment. Enter the coronavirus. Parents and students have all relied more heavily on technology during the pandemic, and this greater use of technology will likely persist into the future. This is not to deny or diminish the importance of face-to-face interaction, but to observe that a greater adoption of technology will likely accompany and improve an eventual return to the classroom. Technology and the traditional classroom is a both/and choice, not an either/or.

Technology allows a student to adjust the pace of learning, repeat concepts that aren't yet clear or review previous lessons as a refresher. Technology supports asynchronous learning: Students can review material at a convenient time for them, as long as exercises are completed by deadline. Importantly, technology allows for a greater two-way flow of information. At the same time a student is learning a subject, a teacher can learn how the student is progressing. The only data available on a traditional paper exam is how many answers are right, and perhaps how the student arrived at the answer. Technology enriches that data. How long did a student spend reading a passage? Eye tracking can identify words or phrases that were problematic, even if the student didn't consciously realize it at the time. What math problems took longer to solve? What answers were considered before a final answer was submitted? Although we're experimenting with a greater use of technology during a forced absence from a traditional classroom, the beauty of this experience is that we can take the technology back into the classroom when we return to school. In an ideal, post-COVID-19, world, technology-equipped classrooms will make learning more efficient and effective while enhancing the role of teachers.

The future of the future- Some of the experiences gained, and times we've lived will Maybe someday teach us to adapt, and be better prepared for anything that comes our way in the future, maybe even another pandemic. COVID-19 seems to have slowed down time, as efforts to stop the spread of the disease curtailed so many aspects of normal life. Its real effect on the future may be to accelerate the timing of developments already underway. Our present challenge is to get to that future – to arrive at a day when the immediate threat of the virus recedes and we get a better picture of what the new normal holds in store.

May that day come quickly.

Jenisha Shah
Final year B.Pharm

TURNING SNAKE'S VENOM INTO MEDICINE

Snakes feed exclusively on freshly killed prey animals. Venomous snakes effect prey immobilization by injection of their venom.

Why venom? Snake venoms are complex mixtures of proteins, peptides and other bioactive molecules secreted by the venom gland of snakes and injected by unique fangs of snakes to debilitate, modify vital structures of the prey and destroy their biological function. Its job is to shut down the normal function of the prey and in doing so, it fans out (and) hits several targets, which is a great thing for pharmaceutical development because you have several avenues to explore. "Because it's so fast acting, so potent and highly specific to its target, venom has all of the ingredients necessary for making a drug." Several isolated snake venom proteins with a known mode of action have found practical application as pharmaceutical agents, neurobiology and research.

History: The effect of snake venoms was first investigated in 1930s. The studies on inhibitory effect of crude snake venoms towards tumor cells showed doubtful results at the early stages. The snake venom was used as the mixture and their main clinical effect for cancer therapy was pain relief for the patients with hopelessly malignant tumors. The isolation and characterization of the components from snake venoms began in the 1940s. Snake venoms with different mechanisms of actions in cancer therapy

Examples: Captopril is an ACE inhibitor, a type of drug used to treat high blood pressure and improve survival and reduce the risk of heart failure after a heart attack. Its main compound is derived from a species of pit viper found in Brazil. Two more drugs -eptifibatide and tirofiban, based on venoms from the dusky pygmy rattlesnake and saw-scaled viper, respectively, were approved in the late 1990s to treat other heart conditions, such as angina. Snake venoms also affect platelets either by inducing or inhibiting platelet aggregation and cause haemorrhage via an action on platelets or via proteolysis of the blood vessel wall. Haemorrhagins also include inter alia, the alpha-fibrinogenases. This rich diversity of snake venom components affecting haemostasis has enabled a range of practical applications to be established including therapeutic anticoagulation with thrombin-like enzymes (Ancrod and Defibrase) and laboratory tests for individual haemostatic factors (protein C, prothrombin, factor X and lupus anticoagulant)

Conclusion: Snake venoms are no doubt valuable resources for cancer therapy, monoclonal antibody studies, haemostatic mechanism and many more.

Prachi Agarwal
Final Year B.Pharm

SNAKE VENOM: MEDICINE IN DISGUISE?

What is Snake venom?

How can something like snake venom which kills the human body in 20 minutes be used as a medicine? Snake venom is secreted from the parotid gland located on either side of the head. It is nothing but modified saliva which contains zootoxins and helps in digestion of the prey. It is injected by unique fangs during a bite.

The basic composition in terms of the groups is proteins, enzymes, and various other substances and lethal proteins. There is a large discrepancy in the number of components present in snake venom. It is believed that the snake venom has approximately 100 components. It is rich in peptide and protein concentration. It constitutes above 90-95% of the weight of the venom. Venom concentration and composition vary from place, age, sex, and diet.

History of using snake venom as a medication

Snake venom opened a new class of medication which is now treating more than 40 million people worldwide. One of the earliest drugs manufactured from snake venom was Captopril. After Captopril two more drugs eptifibatide and

Essence of Pharmacy

tirofiban from the venom of dusky pygmy rattlesnake and saw-scaled viper, respectively. They had their use in angina and it was first approved just before the 2000s.

The new drugs that are discovered are not based on the venom themselves but they are based on the toxins that are found in them. How effective the venom depends on the novelty of the venom itself.

Venom is found to be safe when it has beneficial effects on the human body. The effects could range from treating blood clots or even reducing pains. These drugs aim at treating heart diseases and neurological disorders.

The process from venom to drug is a long process with many wounds to show for from the snake bites.

Composition of snake venom

Compositions of snake venoms are compounds which have a lot of components in it. Majorly the compounds are divided into proteins and peptide components and Non-Protein and peptide components.

The protein and peptide components are further subdivided into enzymatic and non-enzymatic properties. These enzymes digest protein and peptides into amino acids. The proteolytic enzyme is further divided into metalloproteinases and serine proteinases. Serine proteinases could be as high as 50% in the snake's venom.

Another important component is the arginine ester hydrolases. It causes the hydrolysis of the ester or the peptide linkage. The activity can be seen in some of the crotalid classes of a snake.

The proteolytic enzyme also includes Hyaluronidases, Phospholipase A2 (PLA2), Acetyl cholinesterase (AChE), Nucleases (RNase, DNase, and Phosphodiesterase) and L-amino-Acid Oxidase (LAAO)

The nuclease is an important part of the snake venom that specifically hydrolyzes the nucleic acid. It is further divided into endo-nucleases and exo-nucleases. These enzymes carry out the hydrolysis of DNA or RNA.

The non-enzymatic protein components are majorly there for immunization of the prey. They act on the membrane receptors thus causing a change at the receptors eventually leading neurotoxic and cardiotoxic effects.

Uses of snake venom

Acquired bleeding disorders

Snake venom contains factors like prothrombin, factor V, plasminogen activators. Each of the factors present has a specific effect on coagulation. Most of the activities shown by them are because of the metalloproteinases or the serine proteinases. Metalloproteinases are fibrinogenases and they release peptides from the C-terminal of fibrinogen. This is the mechanism they follow to inhibit blood coagulation. The members of the toxin group can be pro-coagulants or anti-coagulants. Most of the activities shown by them are because of the metalloproteinases or the serine proteinases.

Cardiovascular toxins

There are many components in the snake venom that have proven to cause a decrease in blood pressure. These words have acted through various endogenous systems. One of the famous components of the snake venom is Bj-PRO-5a which is majorly found in Bothrops jararaca. Some of the hypotensive effects produced by it are increase urine output, sodium excretion, and lowering of cardiac output by introducing bradycardia.

One of the other components found in snake venom is Bj-PRO-7a which acts as an M1 muscarinic receptor agonist. It also acts by inducing vasodilation through endothelial cells. Snake venoms have always been a great area of cardiovascular toxins for the entire world.

Snake venom for cancer target therapy

Another major component of snake venom is the disintegrins. They are low molecular weight, tripeptide sequence. The isolation of the components of snake venom paved the way to the cancer target cell therapy. The cells have

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antiangiogenesis and apoptosis induction. The proteins that come in this category are Leucurogin, Contortrostatin, and Obtustatin. Some of the approved inhibitors for cancer are Bevacizumab, Sorafenib, and Sunitinib.

Marketed formulations

Captopril: One of the first success stories of snake venom was Captopril. It lowers blood pressure through angiotensin II. It was taken from the Brazilian pit viper venom.

Eptifibatide: A drug that was created to reduce the number of deaths from heart attacks. It is primarily sold as an anticoagulation drug. It was taken from a snake called pygmy rattlesnake.

Batroxobin: The component is taken from the venom of a snake called Bothrops atrox. The drug belongs to the category reptilase and used to stop bleeding. It is also used to take a person's blood just before surgery and expose it to batroxobin; the resulting clots are then harvested and dissolved.

Future Directions:

The amount of research done on snake venom has been enormous but not so much so that there could be any confirmation of the use of the snake venom for cancer targeted therapy as of now. It requires a lot of research, to begin with, but with the pace that the industry is progressive; a solution is not far off.

Sahjesh Soni
Final Year B.Pharm

Word Search

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

- | | |
|---------------------|------------------------|
| 1) Ibuprofen | 6) Omeprazole |
| 2) Aspirin | 7) Naproxen |
| 3) Vitamin | 8) Cetirizine |
| 4) Benzoyl peroxide | 9) Cimetidine |
| 5) Clotrimazole | 10) Nebulizer Solution |

Guess the METizen

- 1) Ms. Fresher of 2021
- 2) CRs of first year
- 3) MET IOP ka" BurjKhalifa"
- 4) Singh is King of S.Y
- 5) S.Y Ki "Shreya Ghoshal"
- 6) Choreographer of S.Y
- 7) Enters the class late with his clan.
- 8) The one who will guide you to Silvassa
- 9) Think smart,talkfast.Polymath of S.Y
- 10) All rounder,manages academics as well as extra-curricular activities properly
- 11) Marathi mulgi of T.Y
- 12) General secretaries of Covid-19
- 13) "Hello ma'am"...aaa..ek doubt tha
- 14) Tallest guy T.Y who does anchoring
- 15) Mimicry king
- 16) Roll no.1 of T.Y
- 17) 3 musketeers/editors of 2019
- 18) Himanshi Khurana, in T.Y
- 19) A person who dances and wears cap in lecture
- 20) A boy coming from sooofar,sits back and only sleeps
- 21) Chota packet badadhamaka and Ganpati dance queen
- 22) % participation but still teacher's favorite ,idea guru of council 2020.
- 23) Ma'am I have a doubt,ma'am what if...?
- 24)Hai voh ram bhakt,naam hai uskaDr.Strange

Answers:

1)Vedika Pimple and Sakshi Shetty 2) SapnaJaiswar, AneeshaMudaliar, Sakshi Prabhu 3) Aditya Daware 4) Ranbir Saluja 5) Sakshi Upadhyay 6) SachiParab 7) Wasid Ansari 8) Siddhi Jain 9) Adarsh Singh 10) Mitali Kamat 11) AnkitaKanhare 12) Rajvi Shah and Gaurav Rajpurohit 13) Nishant Patil 14) Anurag Dube 15) Ved Shetty 16) Akanksha Acharya 17) JaanviChoksi, NehalJoshi,Alice John 18) Yasmin Sayyed 19) JayeshKumawat 20) Siddesh Kelkar 21) Mrunali Rane 22)Pranav Sawant 23)Prashant Bhatt 24)Sandesh Gupta

Pharmacy witticisms

Hey, ligase, what you been up to ?

Just making ends meet !

What do you do with a sick chemist?

If you can't helium, and you can't curium, then u might as well barium.

How to spot a pharmacy student?

Educated drug dealer.

How does the solar system take medication?

Intravenously

How to classify science?

If it moves, it's biology

If it stinks, it's chemistry

If it doesn't work, it's physics

Once I told a chemistry joke, there was no reaction.

Serotonin and Dopamine

Technically, the only two things I really enjoy

Um (29) - the element of CONFUSION

The METizens

What makes the core of any college apart from the teachers are non other than the students. Due to the on going pandemic we were not able to take class photographs but we can mention the names of the students and along with the second, third and final year we would also like to introduce the freshness that is first year students.

FIRST YEAR B.Pharm.

Even though the lectures are online we are very thankful for being a part of this college and getting included in this MET family. The teaching faculty has been very understanding and is helping us grow day by day through our high school years and learn about pharmacy as a profession. The seniors have also helped us regarding any doubts and worries. We are looking forward the next three years of our lives here and grow and achieve our dreams of becoming a pharmacist.

Sr.no.	Name		
1	Amandeep Arun Gupta	34	Kothi Sayali Rajandra
2	Amrelia Moammad Noaman Salahuddin	35	Mahato Pratham Ashok
3	Ansari Aqsa Abdulrehman	36	Mandhare Atharva Mahesh
4	Ansari Mohd Areeb Mohd Anwar	37	Minal Jain
5	Ansari Yasir Hasan Anzar Hussain	38	Mudaliar Aneesha Venkat
6	Arya Suresh Urankar	39	Naik Aditya Rohidas
7	Baheti Swati Gopal	40	Naik Gayatri Rajan
8	Baksi Avijeet Shovan	41	Panda Ankita Ranjitkumar
9	Barpatil Rishikesh Narayan	42	Patil Bharvi Ramesh
10	Bhore Sukanya Shrimant	43	Pawar Sneha Santosh
11	Bhosale Samarthan Sachin	44	Pednekar Sharvani Sunil
12	Chache Daksha Keshav	45	Pimple Vedika Bhushan
13	Chaudhari Kashmiri Rajendra	46	Poojary Raksha Kumar Rama
14	Chaurasia Prachi Arvind	47	Ragji Pratik Ravindra
15	Chavan Smruti Prabhakar	48	Raja Yugal Sanjay
16	Choudhari Ganesh Govind	49	Rangnekar Om Mangirish
17	Damri Shrutika Chandrakant	50	Rathod Payal Govindrao
18	Dandekar Premika Balu	51	Sable Gayatri Vilas
19	Desai Sharvari Santosh Sudha	52	Sakshi Prabhu
20	Dhanani Azhar Farook	53	Salame Shreyas Kawadu
21	Dsilva Riya Cyril	54	Salvi Mugdha Anil
22	Ghodake Dhanashree Kishor	55	Sayed Mohd Altamash Shehzad
23	Ghollar Shraddha Sunil	56	Shetty Sakshi Suresh
24	Ghude Shubham Arun	57	Shinde Pallavi Rajendra
25	Gonjari Vaishnavi Ashok	58	Shingate Bhagyashri Kishor
26	Gupta Mansi Satish	59	Siddhant Sunil Khakse
27	Ingale Utkarsha Devidas	60	Soni Krushika Narendra
28	Jaiswal Akanksha Sanjay	61	Surabhi Vinod Chindarkar
29	Jaiswar Sapna Suresh	62	Surolia Aman Murari
30	Kadam Kasturi Uttam	63	Suvarna Likhitha Prakash
31	Kathale Aditya Diliprao	64	Thakur Jay Ramesh
32	Khan Maryam Suhail	65	Virnodkar Rutali Rohit
33	Kothare Preeti Rajiv		

The METizens

Second Year B.Pharm 2020-2021

Sr. No. Name

1	Ansari Mohammed Vasid	45
2	Bharti Sarvan	46
3	Chaudhari Vaishnavi	47
4	Dass Pavitra	48
5	Daware Aditya	49
6	Desai Sanika	50
7	Dhakad Vidushi	51
8	Doshi Piyush	52
9	Dusankar Hrutika	53
11	Gholap Sakshi	54
12	Haldive Divya	55
13	Hingol Abhijeet	56
14	Hiremani Diksha	57
15	Hirlekar Purva	58
16	Jain Aastha	59
17	Jain Siddhi	60
18	Jana Sonam	61
19	Jha Khushi	62
20	Kotian Shruti	63
21	Kurlekar Mahesh	64
22	Masuldar Suraiyya	65
23	Mhasde Sanskar	66
24	Mishra Mukesh	67
25	Mistry Sarth	68
26	Mistry Yukta	69
27	More Pranjal	70
28	Nagwekar Vaishnavi	71
29	Parab Sachi	72
30	Yash Parab	73
31	Patel Mehreen	74
32	Patil Hardika M.	75
33	Pillai Harshvardini	76
34	Qureshi Wahida	
35	Rane Rohit	
36	Raut Sakshi	
37	Rebello Claire	
38	Revankar Anisha	
39	Saluja Ranbir Singh	
40	Sarje Humera	
41	Sanvordekar Shanti	
42	Shah Preema	
43	Shaikh Faisal	
44	Singh Adarsh	

Third Year B.pharm 2020-2021

Sr. No Name

1	Acharya Akanksha Anil
2	Ansari Afsha Allaudin
3	Ashapogu Alice John
4	Bande Sagar
5	Basam Shruthi Raghu
6	Bhanushali Nikita Hemraj
7	Bhusara Kalpesh
8	Chikne Sonali Deepak
9	Choksi Jaanvi Devang
10	Davawala Rishi
11	Dube Anurag Niraj
12	Dubey Priya
13	Gahtori Sumit
14	Gajul Shruti Narendra
15	Gavit Avinash Kashinath
16	Gawali Harshali Shashikant
17	Gite Kanchan Sopan
18	Hajare Suhas Nanaso
19	Hatwar Vikrant Rajesh
20	Jain Kinjal Ashok
21	Jaiswal Bhavna Surendra
22	Jaiswar Preeti Hawaldar
23	Jawale Chandrashekhar Satish
24	Joshi Nehal Dinesh
25	Kadam Aahana Abhijeet
26	Kairamkonda Pooja Shankar
27	Kamat Mitali Pradip
28	Kambli Bhakti Pravin
29	Kanhere Ankita Ajit
30	Karia Marilyn Morvin
31	Khalifey Ruhma Nisar Ahmed
32	Khan Aqsa Shakeel
33	Khan Kaunain Kalimuddin
34	Kokani Avinash Shivdas
35	Kothari Raj Bhavesh
36	Kotian Aadish Jaya
37	Langha Danish Arif
38	Lonare Neha Jagdish
39	Makhija Mehak Nehal
40	Matkar Nirmitti Narendra
41	Modi Jeel Rajesh
42	Mora Deexitha Bhoomeshwar
43	More Tanvi Rajesh

The METizens

44	Naik Sagar	52	Rai Vishal Sanjay	60	Shah Zil
45	Nayak Tanaya Manoj	53	Raikar Saloni Satish	61	Shetty Ved Keshav
46	Patel Khushi Bhachu	54	Rajpurohit Gaurav Shankarlal	62	Singh Namrata Shyamkaran
47	Pathak Kruti Lalitkumar	55	Ranade Ekta Mandar	63	Singhal Devansh Sanjay
48	Pathan Muddassir Anwar Khan	56	Sawant Atharv Avinash	64	Suryawanshi Sakshi Kiran
49	Patil Nishant Sanjay	57	Sayyed Yasmin	65	Thorat Rutuja Pandurang
50	Patil Riya Girish	58	Shah Rajvi Piyush	66	Vichare Atharv
51	Purandare Smruti S	59	Shah Samarth Apurva		

Final Year B.Pharm 2020-2021

We walk in the first day of our first year and leave this college after four years only to look back at all the beautiful memories we have made in this institute and how much we have grown through the years with the help of our mentors. Even though our final year was conducted online and we have missed a year of memories we thank this college for helping us be who we are today. The college as an institute has given us what we deserve and we hope we are able to achieve such stepping stones in the future and reciprocate what we have received from this institute and make it proud. The two hardest things to say are hello on the first day and goodbye on the last.

Sr. No. Name

1	Agarwal Prachi	29	Khan Samreen	56	Shah Jinal
2	Akhai Bushra	30	Kumawat Jayesh	57	Shah Riya
3	Bagul Siddhant	31	Mahajan Piyush	58	Shaikh Samreen
4	Bhamble Shrushti	32	Masurkar Sameer	59	Sharma Anushka
5	Bhandarar Gayatri	33	Mhatre Nishant	60	Shinde Rutuja
6	Bhatt Prashant	34	Mourya Neha	61	Shirke Prachi
7	Bhavsar Mansi	35	Muleva Chandani	62	Soni Sahjesh
8	Bhayade Shivane	36	Mulkutkar Madhura	63	Subhane Samidha
9	Chakraborty Vaishali	37	Munde Shubham	64	Tambade Mayuresh
10	Deshmukh Pankaj	38	Murkute Bhairavi	65	Waghare Guddi
11	Dias Deann	39	Naik Akanksha	66	Warang Vaishnavi
12	Dichwalkar Yukta	40	Panchal Shweta	67	Yadav Sahil
13	Gandhi Harsh	41	Parab Shambhavi		
14	Garudi Reshma	42	Pardeshi Bhumika		
15	Gavankar Vibhuti	43	Parate Pooja		
16	Gayake Aishwarya	44	Patade Vedashree		
17	Goswami Madhuri	45	Pingale Simran		
18	Gujar Sanika	46	Pingle Vishwas		
19	Gupta Ashishkumar	47	Pitale Tushar		
20	Gupta Brijesh	48	Popat Parth		
21	Gupta Sandesh	49	Divya Rajaram		
22	Jain Pratik	50	Rane Mrunali		
24	Kadam Pramod	51	Raul Mahima		
25	Kate Nidhi	52	Sawant Isha		
26	Kelkar Siddesh	53	Sawant Pranav		
27	Khan Aaliya	54	Sayyed Farooq		
28	Khan Masira	55	Shah Jenisha		

Snappers



Kandil 01
Prachi Shirke (Final Year)



Kandil 02
Akanksha Acharya (Third Year)



Kandil 03
Siddhi Jain (Second Year)



Mandala 01
Purva Hirlekar (Second Year)



Mandala 02
Sakshi Raut (Second Year)



Mandala 03
Akanksha Acharya (Third Year)

Snappers



Avijeet Baksi FY



Avijeet Baksi



Mukesh Mishra SY



Mukesh Mishra SY



Samarthan Bhosale FY



Samarthan Bhosale FY

Snappers



Avijeet Baksi FY



Om Zanje SY



Om Zanje SY



Om Zanje SY

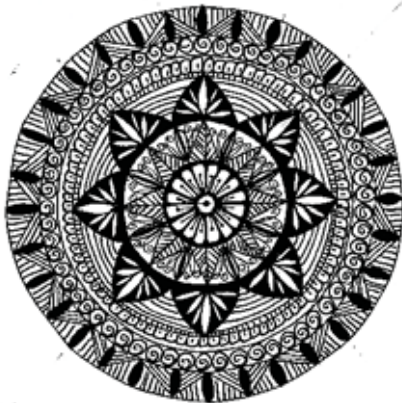
Snappers



Akanksha Acharya TY



Vrushali Keer



Vrushali Keer



Sakshi Raut SY



Sakshi Raut SY



Bhakti Kambl TY

Snappers



Shruti Parmar SY



Shruti Parmar SY



Kasturi Kadam FY



Sukanya Bhore FY



Sukanya Bhore FY



Sakshi Upadhyay SY

Snappers



Preema Shah SY



Preema Shah SY



Ankita Tiwari SY



Kasturi Kadam FY



Bharvi Patil FY



Smruti Chavan FY

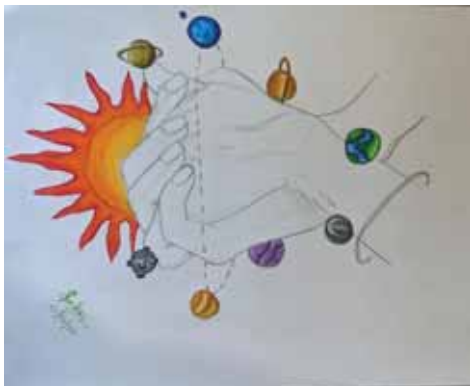
Snappers



Smruti Chavan FY



Smruti Chavan FY



Saloni Raikar TY



Shruti Kotian SY



Shruti Kotian SY



Siddhi Jain SY

Snappers



Siddhi Jain SY



Alice John TY



Sukanya Bhore FY



Bharvi Patil FY



Ruhma Nisar Ahmed Khalifey TY



Sakshi Shetty FY

Snappers



Sakshi Shetty FY



Sanika Desai SY



Sanika Desai SY



Bhakti Kamblu TY



Sakshi Upadhyay SY



Akanksha Acharya TY



Akanksha Acharya TY

The Rhymesters

YOU

The 'Happy YOU', the 'Sad YOU',
the 'Carefree YOU', the 'Responsible YOU',
the 'Fun YOU', the 'Serious YOU'
WHO ARE YOU?
The culmination of all these or much more...

The 'YOU' you want to be or
The 'YOU' the world wants you to be to
Are they the same or are they very different
DO YOU know the real YOU...

YOU are the only one who can chain yourself
YOU are the only one who can free yourself
YOU are the one who can unleash the real YOU
YOUR actions, YOUR potential to be the YOU, You choose to be.
Choose well, because that's who, YOU get to live with!

Dr. Poonam Advani

A NEW FRIENDSHIP

To the friend I bonded over lockdown,
To the good soul I happen to stumble upon.

You always seemed like an unbreakable wall,
You seemed a powerful one to withstand all,
Months and months, we talked day and night,
Now, I could see the cracks left and right,
Slowly as I learnt the story of my friend,
I knew - how you filled the cracks, healed and put an end,
The chapters of your past closed away, Scar less,
And I know this one's gonna close too, stay fearless.

Talking to you makes my day brighter and brighter,
Loving you makes me happier and happier,
Thank God! For I met a friend, a beautiful friend,
And I knew the saying was true, not a trend,
"Without wings, they walk among us,
Golden hearted angels, looking out for us!"

**Ruhma Nisar Ahmed Khalifey
(T.Y.B.Pharm)**

The Rhymesters

AN INNOCENT SOUL...

She's an innocent and naive soul,
with a pure heart , & her intensions ,
her mindset are genuine
She isn't the type to hurt people,
to break anyone's heart

Yet many a times she is misunderstood by many of her loved ones
She feels like to whom will she complain ?
The one who hurts her are her own loved ones
to whom will she rely upon....?

In front of whom she can cry and tell her feelings?
Is there someone who can understand her ?

She is misunderstood by people because she cries.
They think she is weak,
she is not capable to survive
in this scary world .
Any harsh words from Anyone makes her cry....
She is not worth of anything ...

How ... How can she say that her heart is pure ,
she has no grudge no bad intentions .
Her intensions are always pure
You complain about her just because she cries !
Can't you understand her why she cries?

She is timid , she thinks every person
who speaks good to her is good and trust worthy
THAT'S the reason she cries
she cries in front of you ...
She feels like you are near & dearest to her.

As she feels we can laugh with anyone
because happiness can be shared with
anyone and everyone...
But sorrows , heart breaks and tears are saved for the loved ones

She felt you were close to her ...
But she wasn't aware you were just like others

She still ... still don't complain about you
She feels maybe she is lacking somewhere ...!
Lacking in making her loved one's happy

The Rhymesters

She complains to her Lord....
she says " she has everything as compared to others
and she thanks him for that "

Her complain is ...
"Is there anyone who can understand her ?"
Is there anyone who can feel her...
Feel her pain which she covers with her
Bright beautiful smile ?

Is there anyone who can read her eyes ?
Will there be some one who will feel sorrows
when she is hurt ?
Will there will be someone with whom she is free to discuss
anything & everything ?

Will that day come in her life ?
She complains again with tears in her eyes
with a little hopes in her heart she raise her hands
towards the sky and says again
Is there someone For her YA RAB !

Afsha Ansari
(T.Y.B.Pharm)

GOD'S GIFT

Daughters are wonderful gift
A treasure from above
Let them enter in this world
Let them live, let them breathe.

They need a heartful of love
A little amount of care
A handful of warmth
let them fly like a beautiful bird.

They bring a special joy
That comes from deep inside
They fills your heart with pride
Let the girls also be smiling and happy.

Why you want them dead?
Its a new life
You will never hear their voice again
Don't abort her.

Shruthi Basam
(T.Y.B.Pharm)

The Rhymesters

MOTHER

It's a MOTHER who is never upset
Your love is something
that no one can explain,
It is endless and unselfish
The water of your womb, was my first home.
The body you pulled apart to welcome me to the world.
Your hands held me gently from the day I took my first breath.
Your hands helped to guide me as I took my first step.
Your hands held me close when the tears would start to fall.
Your arms were always open when I needed a hug.
Your heart understood when I needed a friend.
Your hands were quick to show me that you would take care of it all.
Your love carried me along through the deadliest storm.
Your hands are more beautiful than anything can be.
Your hands are the reason I am me.
You helped the spirit in me to grow with all you knew.
You taught me to see the best in the worst.
You carried me in your eyes.
I struggle so deeply to understand how someone can pour their entire soul
blood and energy into someone without wanting anything in return.
I will have to wait till I'm a mother
How could I possibly thank you enough, the one who makes me whole, the
one to whom I owe my life, but I never miss a chance to thank you mama.
It is the prayers of you mom
that keeps me and our family strong.
We love you Mom, this is from us
Your silence makes us worry
Your noise makes us comfort
Your anger makes us fear
You pacify makes us cool
Tears in your eyes makes us cry
Smile on your face makes us happy
Our home is where you are, you are the heaven on the earth.

Deexitha Mora (T.Y.B.Pharm)

The Rhymesters

FALLING TEARS

Each day as evening starts to set
The ache start building in her chest
She knows that she must go to bed
And take some rest .

She hug her pillow ,when no one is around
Cries for the one who she loves
Scream for the one she lost.

Others think in a day
That she is doing well .
But everyday as evening sets
She enter her own hell.

Tears carrying memories of you
It's so hard to erase
Which we made together
From my mind.

How can I find a way to move on ?
My expectations are too high
Reaching for you in my dreams
Always waking up with tears alone .

Shruthi Basam
(T.Y.B.Pharm)

आधुनिक शिक्षा

हम सब अपने आप को इतना, सक्षम सशक्त बनाएंगे।
आंधी तूफान कुछ भी आये, हम उनको झेल जाएंगे॥१॥

हम ना किसी का बुरा करेंगे, ना उसको नीचा दिखाएंगे।
पर किसी ने हमसे पंगा लिया तो, उसको धूल चटाएंगे॥२॥

हम सत्य अहिंसा प्रेम के, आदर्शों पर चलते जाएंगे।
पर गलती करने वालों को, नाकों चने चबवाएंगे॥३॥

हम अपने उज्ज्वल कर्मों से, देश को गर्व कराएंगे॥
पर देश को जो हानि पहुंचाए, उस पर तलवार उठाएंगे॥४॥

हम अच्छे हैं, ऐसा ही रहने दो, ये बार बार दुहराएंगे।
पर हमसे जो चालाकी की तो, अच्छा सबक सिखाएंगे॥५॥

हम राम के आदर्शों को भी, अपने जीवन में उतारेंगे।
पर कृष्ण के दिए ज्ञान से, अपना जीवन बिताएंगे॥६॥

डॉ. आभा दोशी (प्रिंसिपल)

The Rhymesters

कोरोना

मनुष्यजाती समझती थी, उसके जैसा जानी नहीं कोई।
विज्ञान और टेक्नोलॉजी के सहारे जीत सकता हर लड़ाई।
अपने ही प्रतिभा की दुनिया में खोया था मानव।
अचानक आया जीवन में एक सूक्ष्म दानव।
कहर मचाया उसने विकसित देशों में।
जाने ली कई लोगों की, कष्ट हो रहा सास लेने में।
जो पीड़ित हैं वो हो गया अपनों से अलग।
शारीरिक व्याधी के साथ अकेलेपन से मन जाये सुलग।
जो स्वस्थ है, वो हो गये घर में बंदिवान।
कैसा ये सूक्ष्म जीव, करे विज्ञान को हैरान।
इस मर्ज की नहीं मिल रही दवा, जनता हो गई परेशान।
उपाय सिर्फ lock down, रास्ते हुए सुनसान।
क्या संदेश देता है ये सूक्ष्म जीव जिसका नाम है कोरोना।
भारतीय संस्कृती सर्वश्रेष्ठ, पालन उसका करो ना।
विदेशी भी करने लगे सबको नमस्कार।
घर का भोजन करे पसंद, कैसा ये चमत्कार।
शाकाहार मे बढ़ने लगी लोगों की रुझान।
हात धोकर घर मे प्रवेश, भारतीय रिवाजों का करे सन्मान।
कोरोना ने ना जाना जाती धर्म का भेद।
निसर्ग का संकट कर देता सबको छेद।
चर्च, मंदिर, मस्जिदों में नहीं मिल रहे भगवान।
इन्सानों की सेवा मे ईश्वर सेवा का समाधान।
डॉक्टर, नर्स, पुलिस बन गए सबके रब।
शंख, घंटा बजाए, तारीफ करे इनकी सब।
जितेंगे ये जंग, खत्म करेंगे कोरोना।
निसर्ग है सबसे उच्चतम, खिलवाड़ उससे करोना।

सोनाली घाटपांडे नाईक

The Rhymesters

यह समय

यह समय है, विचित्र और असाधारण ।
इसने शब्द तो दिए हैं, पर कागज़ नहीं ।
विद्यालय तो हैं, पर विद्यार्थी नहीं ।
खेलता है बचपन घर में, अब पार्क में नहीं ।
घूम रहा है इंसान लगा मास्क का आवरण ॥
यह समय है, विचित्र और असाधारण ।
इसने हमें सिखाया, ज़रूरतें हैं सीमित ।
खुशियाँ बाहर ही नहीं, अपनों में भी हैं निहित ।
दौड़ रहे थे हम सभी, सपने लेकर अगणित ।
थम गए हैं अब हम, कर लोभ का संवरण ॥

यह समय है, विचित्र और असाधारण ।
इसने हमारे अंतःकरण पर, दी है दस्तक ।
प्रकृति, संस्कृति, स्वास्थ्य, हो चले हैं प्राथमिक ।
आत्म-अवलोकन का है ये, अवसर अलौकिक ।
यह समय है निमित्त, कि हो एक नए युग में पदार्पण ॥

डॉ रश्मि श्रीवास्तव

खडिकीतुन बघतिलेला पाऊस

ओल्या ओल्या झाडाची पाने
मला डुलत डुलत चिडवतात
आम्ही कस भिजतोय बघ पावसात
अस मला हिनवतात
ओल्या ओल्या त्या मातीचा सुगंध
मला कस्तुरी च्या गंधासारखा वेड लावतो
टकमक टकमक काळ्या ढगाकडे
बघत असताना मी विजेचा तो आवाज
मला घाबरवून सोडतो...
पावसात भिजलेल्या त्या चिमणीचा आवाज
जणू मला बाहेर भिजायला बोलावतो.
खिडकी च्या बाहेरचा तो भुंगा
मला नाचून नाचून चिडवतो
मला ही पावसात भिजायचं आहे
अस माझा जीव ह्या सर्वांचा हेवा करतो

अंकिता कान्हेरे
(T.Y.B.Pharm)

The Rhymesters

काळा रंग

काळा रंग पाटीचा
अक्षर उमटवितो शिक्षणाचे
काळा रंग रात्रीचा
सौंदर्य वाढवितो चंद्राचे
काळा रंग डोळ्यातल्या बाहुली चा
चित्र दाखवितो लोकांचे
पण काळा रंग एखाद्या मुलीचा
द्वेष दाखवितो लोकांच्या नजरेतले
अंकिता कान्हेरे (T.Y.B.Pharm)

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