

# The Nest

A Student Council Presentation 2021-2022

## CHAOS TO CURE



विद्यार्घर्त्तं सर्वधनं प्रधानम् ।

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



**Bhujbal Knowledge City, Mumbai**

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 Post Graduate Diploma in 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 and Research
- Institute of Computer Science
- Institute of International Studies
- Rishikul Vidyalyaya

## **Bhujbal Knowledge City, Adgaon, Nashik**

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

## **Bhujbal Knowledge City, Gowardhan, Nashik**

- School of Architecture and Interior Designing

At MET, over four thousands 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, Savitribai Phule Pune University, 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, NCC Education, UK, Manhattan Institute of Management, New York, EAE Business School, Spain, Business & Hotel Management School, Switzerland, Robert Gordon University, York St. John University, SetCONNECT, USA and TCS iON.

# From the Chairman's Desk



**“Every cloud has a silver lining.”**

- John Milton

The Hope is rising; Optimism is galloping and Faith is stirring hearts again, even before the overseers of nations announce that the worldwide phenomena of pandemic that inflicted health, financial and economic loss is over. Though the unexpected and impossible happened and we were caught off balance, newer ways of doing things are well within reach. MET Institutes rose to the challenge, energizing millions of young minds, fighting the adversity, we retooled, redesigned and delivered seamless digital learning engagements to the youth across the country quenching their thirst of knowledge.

We at MET have come up with alternative and augmentative education systems to ensure that there is no loss in the learning, equipping and empowering. We established seamless learning platforms across our campuses located at Bhujbal Knowledge City in Mumbai and Nashik delivering wholesome learning inputs, meeting stakeholder appreciation. With the HOPE of return of partial or whole normalcy, we look forward to edify young minds in the virtual, hybrid or offline environment delivering world class inputs across Pharma, Engineering, Architecture, IT, Mass Media, Management, Animation and other domains, overcoming all past delivery hurdles. Blessed by the state of the art platforms and technologies accessed by us, our committed faculty and staff are leaving no stone unturned to ensure competency building and skilling surpasses demands of the marketplace. Through our MET Rishikul Vidyalaya we are continuing to expose the school kids, blending the traditional pedagogy with the Cambridge learning systems till the A Level.

We are 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.

Believing, the silver lining of the clouds will soon give way to the full bright sunshine.

**Chhagan Bhujbal**

Hon. Founder Chairman  
Mumbai Educational Trust



# Advantage MET

- MET Institute of Management ranked 4th Best B-School in Mumbai, 28th Best B-School All India and 15th amongst Top West B-Schools by the Times B-School Survey 2022
- MET Institute of Management ranked as India's 17th Best Pvt. B-School and 18th Best B-School for Placements by the Times B-School Survey 2022
- Ranked 4th Best B-School in Mumbai and 14th Best B-School in West Zone by the Times B-School Survey 2021
- MET Institute of Management ranked 9th in the Times Top Institutes of West India Survey 2020 across Western and Central India
- Ranked 5th Best B-School in Mumbai and 18th Best Pvt. B-School All India by the Times B-School Survey 2020
- Ranked 5th Best B-School in Mumbai and 28th Best Pvt. B-School All India by the Times B-School Survey 2019
- MET is recognised as the Best Education Brand 2019 by The Economic Times
- Recipient of the prestigious World Education Awards 2019 for 'Outstanding Institute for Mass Media Management of the Year'
- MET Mass Media has a collaboration with Institute of Creative Excellence (ICE) - founded by Balaji Telefilms Ltd
- Unity in Diversity Educational Institute Award awarded by Global Dialogue Foundation & United Nations Alliance of Civilizations in 2016
- Centre of Excellence in collaboration with leading Corporates and Academia
- MET is a Ph.D. Research Centre of the University of Mumbai
- 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
- Research focused faculty
- Outstanding Indian/global industry interface
- Freeship awards for meritorious students
- Record placements with salary packages ranging upto fifteen lacs
- Well-networked with the best of corporate in India and abroad
- Sensitising the students towards social causes through MET Seva CSR programmes
- Unique partnership with the CII, London and NCC Education, UK
- Enlightened interaction for urban-rural synergy
- Strong alumni base world over



Late Shri Pranab Mukherjee  
Former President of India



Mukesh Ambani  
Chairman & MD, Reliance



Ratan Tata  
Renowned Industrialist



Smt. Pratibha Devisingh Patil,  
Former President of India



Adi Godrej,  
Chairman, Godrej



Late Shri. 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 Speaks



**Dr. U. B. Hadkar**  
Director, MET IOP

It has been a year of full stress for the students, teachers and in fact for the whole world due to the pandemic situation caused by the coronavirus. The pandemic has caused anxieties, fears and uncertainties. Our teachers have put in extra efforts to cover the syllabus online through virtual classes. They had no vacation for the past three years. I hope the situation will be under control and everything will be normal in the next few months.

My heart goes out to the students who have missed the vibrating academic year at MET-IOP. The pandemic period has hampered the all- round growth of the students. They have missed their cultural programs, and the face to face interaction with the teachers. Under this situation I would advise the students to update their subject knowledge through the internet. Complete some online courses such as English conversation skill, Mathematics, Physical fitness etc.

At MET we believe that education gives hope and opportunity to the students. I take this opportunity to thank our respected Trustees Mr. Chhagan Bhujbal, Sameer Bhujbal, Pankaj Bhujbal for guiding us under this pandemic situation. I wish to thank Vishakha Madam and Shefali Madam for the constant support we receive from them. I also thank Yuvraj Sir from the Networking department, Irani Sir and Ashish Sir from Marcom department for making our online programs a great success.

May God Bless you all !

## From Principal's Desk



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

Dear Students,

After the past year rife with uncertainty, despair and a feeling of utter hopelessness...we finally see the light of hope in the present times of being able to deal with COVID-19 with effective vaccination coupled with treatment and herd immunity. The vital contribution of the Biotech and Pharma sector in developing and manufacturing vaccines and medicines required for treatment of COVID was applauded by all.

The two years gone by, taught us many lessons. We understood the importance of family, relationships and all the things that we always took for granted. During this time the situations we faced made us appreciate the invaluable contribution not only by the COVID warriors but also the helpers we had to run our daily chores and make our life comfortable.

You students are the future of the Pharmacy profession. To be able to make a valuable contribution to society, you have to work hard. Hard work always pays off. Hard work combined with smart work and consistent efforts is the recipe for success. Before starting on any project, study the problem in detail and then perform SWOT analysis. Analyse the strengths, weaknesses, opportunities, threats and then plan and execute the project. Ethics is an integral part of the Pharmacy profession and I hope that you, my dear students will always be honest and inculcate an ethical approach.

Best wishes for your life ahead.



# Course Coordinator's Perspective



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

Connecting with you all has always been a pleasure be it any platform. This is an opportunity to transcribe my emotions in NEST. A magazine that I find to be a brilliant compilation of all events through write-ups and pictures over the years, showcasing the talent of our students and staff members.

"Mystifying" is the word that comes to my mind while recapping this year, a year that made us more connected than ever in spite of practicing social distancing, a year where our faces are covered with masks but our hearts are open. Gratitude to our scientists and health care professionals that we could successfully make our way from chaos to cure.

The year was extraordinary in many ways and so were our activities. I applaud the enthusiastic and innovative efforts of students' council for carrying out various interesting events online and appreciate the participation of all my dear students. Teachers also deserve accolades as they walked the extra mile to sustain the information exchange with the students in these difficult times. I sincerely hope that all my dear students will understand the value of their profession which demands them to shoulder the responsibility of contributing to society by applying the knowledge gained so that.....

सर्वे भवन्तु सुखिनः  
(May all become happy)  
सर्वे सन्तु निरामयाः  
(May all become healthy)

I wish to thank our Trustees, Director- Dr. U. B. Hadkar and Principal- Dr. Abha Doshi for their constant support. I believe that these difficult times made us learn new ways of evolving and encouraged us to strive for the best. All the best.

## From the Cultural In-Charges

Our journey during this year has been the distance covered from the commotion and turmoil during the pandemic to settling with the 'New normal' even in the face of the second and third wave of Covid. This was possible due to identifying the cures not only for the corona virus but also the repercussions of Covid 19.

The student council kept up their spirits and celebrated most of the festivals and events in an innovative manner using virtual platforms so that all the students and faculty could participate enthusiastically. This cultural year was flagged off with the virtual and offline celebration of 'Ashadi Ekadashi' interspersed with Abhangs, devotional songs and dances. Since, a lot of different festivals are celebrated during July-August, an essay-writing competition was organized so that the students could express their views about the different festivals and their relevance. Health and social awareness programs were conducted with an aim to educate and spread information about relevant issues to the common man in a simple and interesting manner.



**Dr. Poonam Advani and  
Dr. Rasmi Srivastava**  
MET IOP (Degree)

Even though most of this year has been online, METIOP ensured the overall development of students by encouraging them to showcase their talents viz- singing, dancing, photography, artistic illustrations, compering, creative writing, digital poster making etc. The students were also motivated to participate in co-curricular as well as intra- and inter-collegiate activities which contributed to their personality development and a stress buster in these difficult times.

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

# From the Cultural In-Charges

This journey has been successful due to the endeavors of our cultural committee who came together as a team and worked hard to make each and every event a huge success.

We appreciate the efforts of our editorial committee for weaving the 'NEST'.

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

Best wishes and Happy reading to ALL.

**Dr. Rashmi Srivastava, Dr. Poonam Advani**  
Cultural In-charges

# Our Mentors

A flame can't be held upright without a wick, likewise children can't succeed till they receive correct guidance. All students require a hand to hold onto which leads them to the right direction, that makes them tough from within and makes them fit for the real world. The teachers were these 'hands' who walked us through the rough times, supported us, protected and helped us. The entire faculty acted like the roots, while we rose slow and steadily like a tall tree. They play a major role in our lives, not just as teachers but also as a guide and a role model that we could look upto. No amount of words would be enough to express our gratitude towards our dearest teachers.



**First Row:** Dr. Vijaya Patil, Mrs. Bhagyashri Joshi, Dr. Abha Doshi, Dr. Poonam Advani, Dr. Rashmi Srivastava, Dr. Sonali Naik. (from left to right)

**Second Row:** Mrs. Aushima Dasari, Mrs. Sindhu Menon, Mrs. Priyanka Joshi, Dr. Madhura Vaidya, Mrs. Pushpalata Chougule, Mrs. Vrushali Keer, Dr. Bandoo Chatale, Mrs. Sheeja Koliyote. (from left to right)

# The Non-Teaching Staff

The non-teaching staff plays an integral role in our lives. They always walk along with us and help us in trivial as well as major crises. They are efficient, hard-working as well as very kind and grounded and thus have a positive impact on our formative years. MET institute of Pharmacy provides an environment where teaching and non teaching staff have mutual respect for each other and work in tandem to provide us quality education.



**First Row:** (L- R) : Ms. Ankita Parade,, Ms. Asavari Hadkar, Ms. Priya Sawant, Dr. Abha Doshi, Dr Rashmi Srivastava, Ms. Manisha Barve, Ms. Aarti Gore, Ms. Ashwini Pawar

**Second Row:** (L- R): Mr. Dattaram Bhure, Mr. Sudhir Ayare, Mr. Sunil Mohite, Mr. Prashant Rane, Mr. Gurunath Pednekar, Mr. Ashwin More.

**Third Row:** (L- R): Mr. Ghanshyam Kambli, Mr. Dinesh Khanolkar, Mr. Mahendra Surve, Mr. Sanjay Palav, Mr. Pramod Karbhari, Mr. Ajay Mali, Mr. Yuvraj Thakare.

# IPA Talks

The Indian Pharmaceutical Association-Maharashtra State Branch Students' Forum, one of the chief segments of the Indian Pharmaceutical Association, has been the go-to platform for pharmacy students in the state of Maharashtra for decades.

Under the auspices of this student-run organization, various budding pharmacists have united to harmonize their energies for exploring the boundless avenues of the pharmaceutical sphere. All the diverse facets of the pharmaceutical arena: be it academia, industry, community and hospital pharmacy, management, and public health are emphasized by the conglomerate.

Sr No.	Name of member	Committee	Post	Year
1	Jaanvi Choksi	Cultural	Joint Cultural Secretary	Final year
2	Marilyn Karia	Public Relations Office	Head of Public Relations	Final year
3	Aditya Daware	General Secretary	Joint Cultural Secretary	Third year
4	Sakshi Upadhyay	Editorial	Associate Editor	Third year
5	Hardika M.Patil	Public Health Officer	Associate Public Health Officer	Third year
6	Yukta Mistry	Executive Committee	Joint Executive Officer	Third year
7	Noaman Amrelia	Sports	Cell member	Second year
8	Shristi Shetty	PEO	Cell member	First year
9	Tanishqa Rane	Finance	Cell member	First year
10	Dharmendra Purohit	SEO	Cell Member	First year



# IPA Members



Final Year IPA



Third Year IPA



Second Year IPA



First Year IPA



# Student Council's Message

Firstly, we would like to thank our director, Dr. U.B. Hadkar, and our principal, Dr. Abha Doshi, for providing us with this platform. We are also thankful to our cultural in-charges Dr. Rashmi Srivastava and Dr. Poonam Advani for guiding us through this amazing journey. Another year with great uncertainty about how things would go but, we kept giving our best and were able to improve and go beyond. This journey has given us an opportunity to grow as an individual and moreover as a team. We were able to have a productive term with the support of each member of the student council and the efforts put in by not only the council but also the students blossomed into a fruitful year.

"We are all like fireworks,  
We climb, shine, and always go our separate ways  
and we become further apart  
But even if that time comes, let's not disappear like a firework  
and continue to shine...forever."

Even though this journey will soon come to an end, we'll cherish these memories forever. We look forward to all the students who may or may not be part of the future council, to improve and continue this journey in the coming year. Thank you all for this remarkable time and we hope we were able to stand up to your expectations.



## Final Year

**First row (L-R):** Mehak Makhija, Nirmiti Matkar, Yasmin Sayyed

**Second row (L-R):** Shruti Basam, Gaurav Rajpurohit.



## Second Year

**First Row (L-R):** Sakshi Prabhu, Vedika Pimple, Mansi Gupta, Smruti Chavan, Kashmira Chaudhari.

**Second Row (L-R):** Sapna Jaiswar, Aneesha Mudaliar, Pallavi Shinde, Sharvani Pednekar.

**Third Row(L-R):** Shreyas Salame, Yasir Hasan.



## First Year

**First Row (L-R):** Sakshi Parab, Samiksha Gawde, Sanika Naringrekar, Annikshaa Shah.



# Editors' Message

This year we have got our reader's, incidents, articles, photographs from our great, unique and creative minds of none other than our METizen's.

The most vivid moments from the year were vaccination drives, reopening of recreation and entertainment locales. The year had many convulsions which had caused a vast amount of hubbub in the commoners. The 'NEST 2021' has culminated amidst such incidents revolving not only around the pharmaceutical impact but also, effects regarding the quarantine trauma, dilemma in the public regarding vaccines and medications and many more.



(L to R): Sharvani Pednekar, Sakshi Prabhu, Khushi Jha

Someone has rightly said, the greatest power of humanity lies in its faith, thus let's use our mightiest weapon against the turmoil and tribulation and preach and pray the slogan, Be informed, be prepared, be smart, and be safe.

We would like to express our deepest gratitude to our cultural in-charges Dr. Rashmi Srivastava & Dr. Poonam Advani. Also, Mr. J.G. Irani, Mr. Ashish Shrivastava and the marcom department for their generous support. Your words of encouragement, guidance, and advice kept us sane while chasing deadlines.

## About The Cover Page

We were standing on one side of the river with swelling surges, it's time we walked the bridge of vaccination and immunity to see the other side. This new year's eve brought a new ray of hope and filled our hearts with warmth and assurance of reliving our normal which is no more digitally attending weddings, classes and many more things. With time it seems we can go back to meeting a friend in person or greeting teachers good morning in an actual classroom rather than google classroom. We as a generation proved to be a perfect examples of how in chaos we can always find a cure.

# Remembering Our Angels



आप्पा .....

तुझी आठवण आल्याशिवाय राहणार नाही कारण...

तुझा स्वभाव हा खोडकर वृत्तीचा होता. तसाच तू स्पष्टवादी पण होतास. कोणत्याही कामामध्ये तुझा मदतीचा हात पुढे असायचा.

तु आमच्यातून निघून गेलास हे आम्हा कोणालाच मान्य नाही. जेव्हा practical असते तेव्हा तुझी आठवण येत राहते आणि पुढेही येत राहिल.

जेथे गोड आठवणी आहे तेथे हळूवार भावना आहेत.

जेथे हळूवार भावना आहेत तेथे अतूट प्रेम आहे.

जेथे अतूट प्रेम आहे तेथे तू नक्कीच आहेस.

आपला अप्पा.



शांत स्वभाव नियमित  
चेहर्या वर हास्य स्मित  
Ceutics lab असो किंवा  
Computer मध्ये बिघाड  
सर्वांच्या तोंडी एक च नाव  
जरा पवार सरांना बोलाऊन आण

कधी चीड चीड न करणारे  
कधी न ओरडणारे  
अगदी मूढ स्वभावाचे  
आपुलकी ने वागणारे  
आमचे लाडके पवार सर  
कायम राहतील आमच्या स्मृतीत

# Campus Memoirs

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 situation such as Pandemic and enjoy their college lives by virtual platform as well

## ASHADI EKADASHI

The 11th day of Shukla paksha of the Hindu month Ashadha is observed as Devshayani Ekadashi. It is also known as Maha Ekadashi, Prathama Ekadashi and Padma Ekadashi. Ashadi ekadashi is quite auspicious for Vaishnavas, the devotees of Lord Vishnu. According to Hindu scriptures, Lord Vishnu goes to sleep for four months on this day. The day also marks the beginning of Chaturmas, a holy period of four months in the Hindu calendar that concludes on Prabodhini Ekadashi.

This year on 21st of July the event was celebrated wholeheartedly by the students of MET-IOP DEGREE showing their devotion towards Vitthal through various art forms. Not only the students but even the Teachers didn't fail to express their devotion by presenting speeches, devotional songs, poetry of their own as well as recited famous poetry written for Lord Vitthal by famous poets.

Students performed beautiful dance forms on various devotional songs. They even shared a mesmerizing glimpse of their rangolis that they drew from scratch by capturing it in a time lapse video even during the times of pandemic and how they are excited to welcome Lord Vitthal into their houses. The whole celebration gave us a boost for the start of the festive season. All the students took part so enthusiastically which showed their true devotion towards the Hindu culture lord Vitthal.



## GURU PURNIMA

This day celebrates the birth anniversary of Veda Vyasa. Guru Purnima is also celebrated by Buddhists to commemorate the day when Gautama Buddha gave his first sermon at Sarnath, Uttar Pradesh, India. The word 'guru' is derived from Sanskrit and it means the one who dispels darkness and engenders light.

On the occasion of Guru Purnima an event was held and celebrated on 24th July 2021 on google meet virtually by student council. Even though we love and get inspired by our teachers as future pharmacists everyone's health comes first to us and thus social distancing was a must.

The students of MET IOP took the opportunity to express their heartfelt gratitude by reciting poems, speeches, remembering their most-used phrases during the lectures, and using it in their speech surely took every teacher's heart away and made them laugh.

Welcome speech and Concluding remarks were given by the Cultural in-charges. Various screenshots were uploaded by the social media coordinators on the Instagram and Facebook feed. At the end of the event, the committee members were introduced officially to the entire teaching staff.





# Campus Memoirs

## NAG PANCHAMI

Nag Panchami is a day devoted to the Nag Devta or the snake god in the Hindu tradition. Every year, this day is celebrated during the auspicious month of Shravan, according to the Hindu calendar. This year, Nag Panchami was on August 13. It's an important day for the devotees of Lord Shiva.

On the occasion of Nag Panchami a virtual drawing competition was held by the cultural incharges for the students of MET-IOP DEGREE. Through which students really showcased their remarkable talents via all the drawings that were submitted it was a task for the judges; Dr. Madhura Vaidya and Mrs. Priyanka Joshi to choose the winners.

- 1st prize was given to Deexitha Mora from T.Y.
- 2nd prize was given to Sakshi Gholap from T.Y.
- 3rd prize was given to Sakshi Raut from T.Y.

Also, since everyone couldn't assemble in the college due to the pandemic, the pooja rituals were done in the college by the NTS and faculty members whose glimpses of which were shared on our official page.



## LUNG CANCER AWARENESS

A welcome speech was given to emphasise the importance of why lung cancer awareness day is observed. An informative presentation was given by the health secretaries on the awareness of lung cancer. The presentation included different points which helped students learn something new about the types of lung cancer like:

- Adenocarcinoma
- Squamous cell carcinoma
- Large cell carcinoma.

It provoked us to think about "What role do we play in the awareness of lung cancer as a pharmacist?" At the end of the event students also gave their feedback about knowledge gained through this webinar. The concluding speech summarised about the importance of the whole webinar.



## INDEPENDENCE DAY

The event started with a welcome speech followed by the kind words of Dr. U. B. Hadkar who advised that our youngsters should be trained in such a manner that they perform their duties with a sense of patriotism.

Dr. Abha Doshi reminded us of the sacrifice our soldiers made to free our nation from British rule and guided us as to how we can play a role to keep freedom alive by fulfilling our responsibilities as a citizen of this nation. She wished us Independence day by singing a patriotic song. This was followed by the morale boosting speech delivered by Dr. Rashmi Srivastava. Miss Bhagyashri Joshi gave a melodious rendition of a Marathi patriotic song that signified the sacrifice of our soldiers.

Dr. Sonali Naik recited her original composition reminding us how in the pandemic our war heroes, as well as our doctors, played an important role to combat the stressful environment and provide proper care.

Later, the students of the IOP degree articulated their emotions in form of:

- Dance
- Patriotic Songs
- Drawings
- Digital Poster.

Also, Quiz cards were played to make this event interactive.





# Campus Memoirs

## TEACHER'S DAY

The Teacher's Day event was inaugurated by the students. A beautiful video was presented depicting the importance of a teacher in shaping students personality and perspective for their bright future.

The event was preceded with a fun segment of games which was unique and was introduced for the first time among the teachers and students as well.

- Emoji Game • Riddle Game • Guess the singer and movie name.

A visual representation was also delivered which showed how teachers of our Met Family guided them throughout their academic journey and led them towards the right direction for their future choices.

The programme concluded with a song from Dr. Abha Doshi & Dr. Rashmi Srivastava expressing their love towards their students.



## WORLD HEALTH DAY

As times of pandemic have made us learn the importance of health above all, we the Student council took the opportunity to celebrate the 'World Health Day' to spread awareness about the National Influenza Vaccination which is a must in today's time since immunity of an individual is challenged every day with new variants of the corona virus. One must always put health first hence our council health secretaries made a very informative presentation which included the following aspects of Influenza Virus

- Symptoms • Causes • Treatment • Vaccination

The webinar was very informative for students as the knowledge that they gained would further equip them to spread awareness about influenza to the society at large in their role as a pharmacist. Also, some myths and facts were discussed related to the diseases which made the session a success.



## BEAT THE MYTHS, THEN CANCER!

We celebrated Cancer Awareness day on 4th of February on an online platform with the assistance of our student council by preparing an informative presentation about the cause and early symptoms of cancer and how one can detect and cure it. So, the celebration's motto was to spread awareness about it so that people can be "Cautious rather than sorry".

The event was conducted in a coordinated manner to keep it engaging. First, the information was discussed in form of a presentation, later on a game segment on the facts and myths about cancer was played by the students in form of different groups which made it more exciting as well as they learnt about some new facts and disbeliefs that people tend to have about the ailment "cancer."

This new and innovative way of spreading awareness was appreciated by all of our faculty members.



# Campus Memoirs

## REPUBLIC CELEBRATION

Republic day is the day our constitution came into being and was regulated. The program was conceptualized by the students and started with the national anthem followed by a touching and patriotic video about rich customs and traditions of India.

Our director Dr. U .B. Hadkar expressed his views on freedom struggle and reminded us of our duties as citizens. Our principal Dr. Abha Doshi mesmerized us with her poetic articulation about the significance of Republic day. Our course coordinator Dr. Rashmi Srivastava advocated that republic day shouldn't be observed just as a holiday. Our cultural in-charge Dr. Poonam Advani highlighted the importance of the date 26th January and constitution.

The council members portrayed agendas like frontline warriors role of youth in pandemic etc. with placards.

Students performed various art forms to pay homage & reminded us of the great contributions made by our leaders.



## MARATHI BHASHA DIWAS CELEBRATION

Marathi Bhasha Diwas (Marathi Language Day) is celebrated on 27th February to honour the eminent marathi sahyakar, Kusumagraj's Birthday.

He has made a significant contribution in the cultural field of Maharashtra and tireless efforts for making Marathi the language of knowledge.

Maharashtra Government decided to celebrate his birthday as 'Marathi Language Pride Day' as a salutation to the mother tongue and Kusumagraj's memory.

We as MET Family also celebrated the day in a virtual form by reciting

- Marathi poems
- Speeches, which expressed the importance of this day in our culture.

Not only students but also teachers and non-teaching staff expressed openly their fondness for this language through presenting various art forms like singing marathi songs and reciting poems.

It really amazes us to say even when facing a pandemic nothing stops us from celebrating or enjoying ourselves and paying respect to the ones who hold great importance in our history of culture.



## MEMORY OF THE NIGHTINGALE OF INDIA

Due to the sudden loss of the legendary artist Shreemati Lata Mangeshkar, the MET family conducted a virtual event to pay homage to her.

The event was held in a hybrid mode. Students reminisced about her by singing songs through which she made a mark in the music industry throughout her lifetime.

The cultural incharges showcased the nine emotions which are addressed as "The Navras", through various songs which were sung by Lata Ji.

Instruments and classical dance performances were also illustrated where emotions in Lata Ji's music were portrayed gracefully.



# Campus Winners

Sr. no.	Event Name	Date	Winners
1.	Nagpanchami • Art Competition	13.08.21	1. Deexitha Mora. 4th Year 2. Sakshi Gholap. 3rd Year 3. Sakshi Raut. 3rd Year
2.	Independence Day • Drawing Competition  • Poster Competition	15.08.21	1. Rutali Virnodkar. 2nd Year 2. Kasturi Kadam. 2nd Year 3. Sakshi Raut. 3rd Year  1. Deexitha Mora. 4th Year 2. Shreyas Salame. 2nd Year 3. Pratham Mahato. 2nd Year
3.	Sports Day • Who Am I?  • Pehchan Kaun  • Camera Race  • Memorize  • Quizz Buzz	26.09.21	1.Utkarsha Ingale. 2nd Year 2.Sharvani Pednekar. 2nd Year 3.Vidushi Dhakad. 3rd Year  1.Utkarsha Ingale. 2nd Year 2.Sharvani Pednekar. 2nd Year 3.Prachi Chaurasia. 2nd Year  1.Sharvani Pednekar & Utkarsha Ingale. 2nd Year 2.Prachi Chaurasia & Krushika Soni. 2nd Year  1.Arya Urankar. 2nd Year 2.Utkarsha Ingale. 2nd Year 3.Amandeep Gupta. 2nd Year  1.Kanchan Gite Atharv Sawant & Ekta Ranade. 4th Year
4.	World Cancer Day • Quiz	04.02.21	1. Atharv Sawant & Gaurav Rajpurohit. 4th Year 2. Mansi Gupta & Maryam Khan. 2nd Year 3. Atharva Mandhare & Pratham Mahato. 2nd Year
5.	Shravan Month Celebration • Essay Writing	21.08.21	1. Vaishnavi Nagwekar. 3rd Year 2. Sakshi Raut. 3rd Year 3. Sakshi Gholap. 3rd Year 4. Deexitha Mora. 4th Year 5. Surabhi Chindarkar. 2nd Year



## AI – A Digital Era for Cosmetics

P1

### Abstract

Cosmetics and computing are not a great pairing. Going against popular belief, on the other hand, is what has led to the idea of technology-driven personalized personal care. Knowing the unique needs of customer is the key to success. Each person's skin tells a unique narrative, it is thought that treatment should be personalized to each individual's specific needs. Digitization has had a significant influence on the beauty business. Artificial Intelligence is changing the way brands function and assisting us in looking amazing. In the current circumstances, COVID 19, a new virus, has flipped the world on its head. Every industry is suffering, and the economy is collapsing. Customers behavior is altering as a result of the pandemic. As worries, safety and cleanliness fundamentally alter product testing and in-person consultations, the use of artificial intelligence for testing, discovery, and customization will accelerate. The poster discusses the significance and use of artificial intelligence in personal care following COVID 19, as well as the many types of instrumentation available on the market.



### What is AI ?

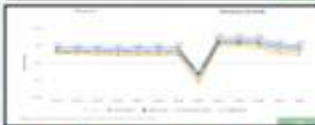
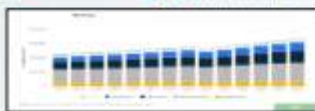
Artificial Intelligence (AI), also known as machine intelligence, is a branch of computer science that seeks to imitate software with the ability to analyze its environment using predetermined rules and search algorithms, or pattern recognition machine learning models, and then make decisions based on those analyses.

### Why in cosmetics

- With advanced technology, cosmetic products became available online to make shopping comfortable for customers.
- But the customers faced problems in selecting a product according to their shade without trials.
- Also, the actual product may differ from what is shown online. Thus, offline shopping was considered better for cosmetic products.
- To overcome these problems as well as for the growth of this industry it has to stay updated with new technologies and hence, it adopted Artificial Intelligence (AI).

### Covid-19

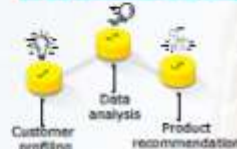
- Global lockdown
- Late delivery
- No trials allowed
- No consultancy of beauty consultant



### Goals

- Offering personalized solution
- Contactless shipping
- Enabling virtual product trials

### Process



### Global market



### Branches of AI



### Application



### Marketed Products

**Luna Foto**  
Device - Cleanse face  
App - Move For You  
Analyze the skin.

**Magic Mirror**  
Virtual Mirror - AI based  
The customer picks up the product and the mirror shows that the product is applied.

**Beauty Gifter**  
It is a Chatbot  
Recommends products by asking for preferences.

**Opto wand**  
It is a Device to  
hide spots on skin and  
make even skin tone.

**Hair Coach**  
Hair brush with multiple  
sensors.  
Detects hair condition and the  
data is analyzed in an App.

**SkinShift**  
Develops customized product -  
based on DNA sample.  
A DNA kit is provided, and the  
sample is sent for analysis.

**Skin Advisor**  
App - Analyzes skin age  
through selfie and gives a  
personalized care routine.

**Function - Glow**  
Website for developing  
customized products as per  
customer profile.

**My Beauty Matches**  
Website for personalized  
product recommendation.  
AI search Algorithm.

### Advantages

- Effective Data Acquisition and Analysis.
- Understand human faces to predict how a completely unique product is made.
- To visualize in an artificial way to reduce the chances of contact.
- Faster decisions.
- Better handling of information.

### Disadvantages

- Leads to unemployment
- High cost
- Interpretation of results
- High error susceptibility

### Challenges

- Building trust
- Productivity
- High expectation
- Software malfunctioning
- Investment

### Future

As consumers take a more well-rounded approach to beauty, the industry is gaining importance and advanced technology has been a boon. With the on-going covid pandemic, the use of Artificial intelligence in cosmetics has proven to be more beneficial and if situations remain the same, AI will be a game changer to this industry in future.



### Conclusion

In cosmetic industry, the use of AI is rapidly picking up pace. The trends in personalization, chatbots, algorithms etc., has helped the sales growth of beauty brands to reach new heights. AI can help to detect skin disorders and develop customized products for it's treatment also, and hence taking into consideration the current scenario, it ensures safety with contactless shopping.



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# Campus Winners

## MET ACHIEVERS.

First Prize Poster Competition Final Year - MET IOP Degree Makeover of Cosmetics: Journey from traditional to contemporary MET IOP (Degree)	AI-Digital Era For Cosmetics	Deexitha Mora Tanvi More Saloni Raikar Neha Lonare Gaurav Rajpurohit
Second Prize Third Year World Pharmacist Day - AIKTC	Oral Competitive Presentation.	Ranbir Saluja.
Second Prize Second Year SVB's College of Pharmacy.	Quote it Up	Minal Jain



# Achievements

## Publications and Presentation

- MET Institute of Pharmacy (Degree) has been awarded the 'Best Pharmacy College of India' under National Education Achievement Awards, 2021.
- Dr. Abha Doshi was awarded the 'Iconic Principal' award for excellence and leadership in education.
- Dr. Vijaya Patil was granted a patent and thus was felicitated with the MET Gaurav Award.
- Mrs. Bhagyashri Joshi contributed to reviewing articles for the World Journal of Pharmacy and Pharmaceutical Sciences, Vol 10, Issue 5, 2021.829-853;DOL:10.20959/wipps20215-18918
- Mrs. Sindhu Menon participated and presented a research project on Validation of HPTLC Method of concurrent estimation of phytoconstituents in Amritamehari Churnam.
- Dr. Bandoo Chatale presented an oral presentation on synthesis of the prodrug to mask bitter taste and its taste evaluation and published co - author in research article entitled as Comparative evaluation of ibuprofen co-crystals prepared by solvent evaporation and hot melt extrusion technology" in Journal of Drug Delivery Science and Technology (IF-3.981) Elsevier.

## Our Prime Achievers

Final Year	Third Year	Second Year	First Year
1. Madhura Mulkutkar Shrusti Bamble	1. Mitali Kamat	1. Shruti Kotian	1. Atharva Mandhare
2. Chandani Muleva	2. Preeti Jaiswar	2. Saloni Zate	2. Vedika Pimple
3. Shambhavi Parab	3. Danish Langha	3. Vidushi Dhakad Akansha Surve	3. Sharvani Pednekar

# Achievements

## First Year B.Pharm

Subject	Name of the student
HAP I	Atharva Mandhare Sharvani Pednekar
PIC	AtharvaMandhare
Pharmaceutics I	Sharvani Pednekar
P Analysis I	Dhanashree Ghodake
Communication Skills	Mugdha Salvi
PIC Lab I	Noaman Amrelia Vedika Pimple
Pharmaceutics Lab	Dhanashree Ghodake Kashmira Chaudhari Sharvani Pednekar
HAP Lab I	Pratham Mahato
Pharmaceutical Analysis Lab	Noaman Amrelia
Communication Skills Lab	Shraddha Ghollar
Remedial Math	Noaman Amrelia
HAP II	Atharva Mandhare
POC I	Kashmira Chaudhari
Biochemistry	Atharva Mandhare Vedika Pimple
Pathophysiology	Kashmira Chaudhari
Computer applications in Pharmacy	Aneesha Mudaliar Mansi Gupta
Environmental Sciences	Aneesha Mudaliar Sayali Kothi Sharvani Pednekar Vedika Pimple
HAP II Lab	Sharvani Pednekar Vedika Pimple
POC I Lab	Atharva Mandhare
Biochemistry Lab I	Kashmira Chaudhari
Computer Applications in Pharmacy Lab	Avijeet Baksi

# Achievements

## Second Year B.Pharm

Subject	Name of the student
Pharmaceutical Organic Chemistry II	Shruti Kotian
Physical Pharmaceutics I	Akanksha Surve
Pharmaceutical Microbiology	Vidushi Dhakad
Pharmaceutical Engineering	Shruti Kotian
Pharmaceutical Organic Chemistry II -Lab	Saloni Zate
Physical Pharmaceutics I – Lab	Wahida Quershi
Pharmaceutical Microbiology – Lab	Harshvardini Pillai
Pharmaceutical Engineering – Lab	Akanksha Surve
Pharmaceutical Organic Chemistry III	Sakshi Gholap
Medicinal Chemistry I	Shruti Kotian Sakshi Raut
Physical Pharmaceutics II	Suraiyya Masuldar
Pharmacology I	Suraiyya Masuldar
Pharmacognosy and Phytochemistry I	Sakshi Gholap Preema Shah Sakshi Upadhyay
Medicinal Chemistry I – Lab	Purva Hirlekar
Physical Pharmaceutics II – Lab	Sanika Desai Purva Hirlekar Pavitra Dass
Pharmacology I – Lab	Sarvan Bharti Sudha Yadav
Pharmacognosy and Phytochemistry I – Lab	Mehreen Patel

# Achievements

## Third Year B.Pharm

Subject	Name of the student
Organic Chemistry III	Mitali Kamat
Pharmaceutics II	Mitali Kamat
Pharmaceutical Biotechnology	Mitali Kamat
Pharmacology II	Mitali Kamat
Cosmetics	Ruhma Khalifey
Synthon Approach	Preeti Jaiswar
Nutraceuticals	Preeti Jaiswar Mitali Kamat Atharv Sawant
Organic Chemistry Lab	Saloni Raikar
Pharmaceutics Lab	Preeti Jaiswar Bhakti Kambli
Biotechnology Lab	Ankita Kanhere
Pharmaceutical Chemistry I	Mitali Kamat
Pharmaceutics III	Mitali Kamat
Pharmaceutical Analysis II	Mitali Kamat
Pharmacognosy II	Mitali Kamat
Pharmaceutical Management	Rajvi Shah
Biopharmaceutics	Mitali Kamat
Toxicology	Harshali Gawali Marilyn Karia Tanvi More Saloni Raikar
Pharmaceutical Chemistry Lab I	Akanksha Acharya Preeti Jaiswar Mitali Kamat Ankita Kanhere Danish Langha Tanvi More Atharv Sawant
Pharmaceutics lab III	Preeti Jaiswar Chandrashekhar Juwale Tanvi More
Pharmaceutical Analysis Lab II	Mitali Kamat

# Achievements

## Fourth Year B. Pharm

Subject	Name of the student
Pharm. Chemistry II	Madhura Mulkutkar
Pharmacognosy III	Madhura Mulkutkar Chandani Muleva
Pharmaceutical Analysis III	Madhura Mulkutkar
Pharmacology III	Shambhavi Parab
Pharmaceutical Jurisprudence	Shambhavi Parab
Preformulation	Vedashree Patade
Intellectual Property Rights	Madhura Mulkutkar Chandani Muleva
Pharmacognosy Lab II	Shrushti Bhamble
Pharmaceutical Analysis Lab III	Madhura Mulkutkar Chandani Muleva
Pharmacology Lab II	Shambhavi Parab
Pharmaceutics IV	Madhura Mulkutkar
Elective: Clinical Pharmacy	Shambhavi Parab
Elective: NDDS	Aaliya Khan
Elective: Phytopharmaceuticals	Madhura Mulkutkar
Pharm. Chem Lab II	Madhura Mulkutkar
Pharmaceutics lab IV	Piyush Mahajan Isha Sawant



# Let's Rewind





## Let's Rewind





# Co-Curricular Activities



## Co-Curricular Activities



### *Makar sankranti*

As makar sankranti approaches,  
our hearts enlighten with joy and love,  
here is spread of happiness below and ab  
with sky filled with colourful kites abov  
our heart's don't know about where abo  
The harvest season brighten ups the sta  
and kids enjoy sweets apart,  
some call it as uttarayan,  
some call it as maghi ,  
but the significance remains the same  
irrespective of where are we,  
I hope this Makar Sankranti brings a wa  
joy in your hearts 🌸🌻

-Fatema kanazi 🌻



# Co-Curricular Activities

## THE SACRED MONTH OF ISLAM - MUHARRAM

The First month of the Islamic Calendar is Muharram.

It is one of the Islamic Calendar Four holy months. The Arabic Term Day of Muharram is known as "Ashura." The Shia Community showed their grief at the death of Imam Hussain, Prophet Muhammad's grandson. The 10 Days of Muharram are remembered as the days when the Yazidi army slew Imam Hussein and his supporters in the battle of Karbala. It is referred to as "Ziyaret" in Shia texts. The Shia Muslim community commemorates Imam Hussein's death as Muharram.

According to Islamic traditions, Ashura is also regarded as the day of Adam's creation. According to the Shia Community, the battle of Karbala was fought during the month of Muharram, making it the most tragic occurrence.

During Muharram, Shia Muslims group fast. People wear black to express their sadness and mourn the death of Imam Hussein. Muslim makes in the Muharram parade tools to wound they own bodies. They even reenact the Karbala fight and occasionally walk barefoot on the fire during the processions, they carry "Tajiya". In Muslim families, sweet rice porridge and Sherbet are prepared.

According to Muslim traditions, Prophet Muhammed commanded the Islamic community facts throughout the month of Muharram. He also requested an extra day of fasting during Muharram. Sunni Muslims also celebrate Muharram and they observe a whole day fast.

Muslim community celebrates this month with utmost joy and devotion.

Deexitha Mora  
S. Y. B. Pharm

## SHRAVAN SOMWAR

"May the glory of the divine Shiva ,  
Remind us of our capabilities and help us attain success ."

Shravan is considered as a holy month in the Hindu calendar. This month is also called the month of Lord Shiva .It is believed that those who worship Lord Shiva during this month are bestowed with success, happiness and prosperity. So the question arises , why Lord Shiva?

And why, especially on Mondays?

So the story behind the Shravan Soomwar is related to Samudra Manthan. We all are aware about the 14 holy things that came out due to the churning process. According to old legends, Samudra Manthan took place during the Shravan month. Demons and Gods decided to churn the ocean. They both agreed on sharing the nectar (Amrit) equally. The Halahal or a deadly poison was one among the 14 holy things. It was so strong that it bore the potential of ending all lives in the universe. As both gods and demons resented taking it , Lord Shiva stood up and drank it. Halahal turned his throat blue. Since that day Lord Shiva has bestowed the name 'Neelkanth.' To give relief from the burning sensation, he was offered water from the holy river of Ganga. It was believed that this incident took place on Monday , hence called Shravan Somwar .

During Shravan most of the people fast. The reason behind avoiding non vegetarian food and preferring light food is that, during monsoon , sunlight is less thus our digestive system becomes weak ,hence we prefer food that is easy to digest.

Besides Shravan Somwar there are many festivals lined up in this month. Raksha Bandhan, Janmashtami, Nag Panchami,Mangala Gauri.

These festivals not only embrace our culture and religion but also unites people.

Festivals act like stress relievers and help us balance our emotions. More positivity and naturally will lower our negativity.

Sakshi Raut  
T.Y. B. Pharm.

# Co-Curricular Activities

## JANMASHTAMI

Krishna Janmashtami also known simply as Janmashtami or Gokulashtami is an annual Hindu Festival that celebrates the birth of Krishna the eighth avatar of Vishnu. It is observed according to the Hindu Lunisolar Calendar on the eighth day (Ashtami) of the Krishna Paksha (Dark Fortnight) in Shravana or Bhadrapada (depending on whether the calendar chooses the new moon or full moon day as the last of the month) which overlaps with August or September of the Gregorian Calendar.

It is an important festival particularly in the Vaishnavism Tradition of Hinduism. Dance drama enactments of the life of Krishna according to the Bhagavata Purana (such as Ras Lila or Krishna Lila), devotional singing through the midnight when Krishna was born, fasting (upavasa), a night vigil (Ratri Jagaran), and a festival (Mahotsav) on the following day are a part of the Janmashtami celebrations.

It is celebrated particularly in Mathura & Vrindavan along with major Vaishnava and non-sectarian communities found in Manipur, Assam, Bihar, West Bengal, Odisha, Madhya Pradesh, Rajasthan, Gujarat, Maharashtra, Karnataka, Kerala, Tamil Nadu, Andhra Pradesh and other states of India.

Krishna Janmashtami is followed by the festival Nandotsav, which celebrates the occasion when Nanda Baba distributed gifts to the community in honour of the birth.

Krishna is Devaki & Vasudev Anakadundubhi's son and his birthday is celebrated by Hindu as Janmashtami. Particularly those of the Gaudiya Vaishnavism Tradition as he is considered the Supreme Personality of Godhead. Janmashtami is celebrated when Krishna is believed to have been born according to Hindu tradition, which is Mathura at midnight on the eighth day of Bhadrapada month (overlaps with August and 3rd September in the Gregorian Calendar.)

Krishna is born in an area of chaos. It's a time when persecution was rampant, freedoms were denied, evil was everywhere and when there was a threat to his life by his uncle King Kansa. Immediately following the birth at Mathura his father Vasudeva Anakadundubhi takes Krishna across the Yamuna to foster parents in Gokul named Nanda and Yashoda. This legend is celebrated on Janmashtami by people keeping fast, singing devotional songs of love for Krishna, are washed and clothed then placed in a cradle. The devotees then break their fast, by sharing food and sweets. Women draw tiny footprints outside their house doors and kitchen, walking towards their house as a symbol for Krishna's journey into their homes.

Janmashtami (popularly known as Gokulashtami as in Maharashtra) is celebrated in cities such as Mumbai, Latur, Nagpur and Pune. Dahi Handi is celebrated every August/September the day after Krishna Janmashtami. Here people break the Dahi Handi which is a part of this festival. The term Dahi Handi literally means "earthen pot of Yoghurt". The festival gets this popular regional name for the legend of baby Krishna. According to it he would seek and steal milk products such as yoghurt and butter and people would hide their supplies high up out of the baby's reach. Krishna would try all human pyramids with his friends to break these high hanging pots. This story is the theme of numerous beliefs on Hindu temples across India, as well as literature and dance-drama repertoire, symbolising the joyful innocence of children that love and life's play is the manifestation of God.

Shri Krishna teaches us the lesson of unity as Lord Krishna used to break the Dahi Handi by climbing on his friends. It would have not been possible without his friends.

We can relate Dahi Handi with our real life also as we all have some goals in our life to achieve. We are able to achieve this because of our parents, teachers and friends.

Lord Krishna has us to break the Handi of our goals with the help of all our well wishers.

Surabhi Chindarkar  
S. Y. B. Pharm

# Co-Curricular Activities

## ‘श्रावणमास’

हसरा नाचरा , जरासा लाजरा,

सुंदर साजिरा श्रावण आला

कुसुमाग्रजांची ही कविता एकली की,

श्रावणमासाचा आनंद नककीच द्विगुणीत होतो लहानांपणासून मेठयांपर्यंत कुणासही आवडेल असा अलहाददायक व मन प्रसन्न करणारा असतो.

श्रावणमहीनयात निसर्गाचे रूप हे अतिशय मोहीम असते या काळात पाउस सुरु असल्याने वने हिरवीगार बनून पावसाच्या पाण्यात न्हाऊन आनंदाने डोलत असतात धरतीने जणू हिरवा शालूच परिधान केलेला असतो .

जिकडे तिकडे हिरव्या रंगाची उधळण झालेली असते हळुवार सरी रिमझिमत येतात आणि तितक्याच वेगात अदृश्य होऊन ऊन ही दिसू येते ऊनपावसाचचा असा येळ चालू असतो आणि आपली मात्र छत्री उघड बंद करण्याची कवायत सुरू होते अश्या उन्हात जेव्हा गवतावर पडलेले पाण्याचे थेंब सूर्यप्रकाशशामुळे चमकू लागतात किंवा पावसाच्या खेळात आकाशात सप्तरंग पसरतात तेव्हा डोळ्यांचे पारणे फिटते .

श्रावणाततील प्रत्येक दिवसाला स्वताचे धार्मिक महत्त्व असते ह्या काळात व्रतवैकल्ये पार पाडली जातत म्हणुन श्रावणात स्त्रियांच्या उत्ससाहला उधळण आलेली असते व्रतवैकल्ये अथवा धर्मीय वातावरण चारही दिशांमधयये पसरलेला असतो

नागपंचमी या सणाला नागाची पूजा केली जाते नारळी पौर्णिमेला सागराची पूजा केली जाते याच बरोबर कृष्ण जन्म ही साजरा केला जातो

अश्या प्रकारे श्रावण महिना निसर्ग रम्य आणि सण रितीने साठलेला असतो .

Sakshi Gholap  
T. Y. B. Pharm

# Co-Curricular Activities

## श्रावण मास

श्रावण महिन्यातील निसर्गदृश्य किती मनमोहक असतात. मधूनच तरळक अशी किर्वळ सूर्यकिरणे मेघाचा पडदा बाजूला सारून पृथ्वीवर डोकावतात. त्याच वेळी आकाशात अवतरते ते सप्तरंगी इन्द्रधनुष्य, पृथ्वी आणि आकाश यांच्यामधे झुलता पूल होऊन. सूर्यकिरणामुळे आकाशातील दग लपाछपी खेळत आसतात आणि लगेच पावसाला सुरवातही होत. पण तो पाऊस तरी कसा गमतिचा - आला आला म्हणतो तोच एकदम पसार होतो आणि पुन्हा सोनेरी ऊन पडते म्हणून बालकवी म्हणतात-

"श्रावणमासी हर्ष मानसी टिरवळ दाटे चोहीकडे

क्षणात येते सरसर शिखे क्षणात फिरुनी ऊन पडे."

श्रावणमास हा सौंदर्यमास आहे. धरणिमता हिरवा शालू नेसून अन्नब्रह्माच्या पूजेला ब्रह्मसारखी वाटते. चाफा, गुलाब, बकुळा यांसारखी सुवासिक फुले फुललेली असतात. त्यांच्यावरून येणारा वारा परमेश्वराला सुवासिक श्वासच प्रतिक्रिया घेऊन येत असतो. परमेश्वराची कृपा नदीच्या रूपाने भरभरून वाहत असते. झर्यामध्ये जीवन ओसडत असते. हिर्वेगार तृणांकुर वार्याच्या झोव्याने डोलतत तेव्हा त्यावर उमटणारी लहर पृथ्वीमातेला होणारया सुखाचे दर्शन घडवते. डांबरी रस्ते धुऊन कळे कळकुलित झालेले असतात. जणू सौंदर्यसम्मरागिनीला दृष्ट लागू नये म्हणून घातलेले काळे गोफ तिच्या सौंदर्यात भरच घालत असतात. श्रावणात एखाद्या निरभ्र रात्री सारे आकाश चांदण्याने भरलेले असते. आकाशाच्या कल्पतरु फुलांनी बहललेला आहे. जणू रत्नाकराने स्वतःच्या कोषागारातील तेजस्वी मौक्तिक सुगणांची मुक्तहस्ताने आकाशात उधळण भास होतो.

श्रावणमास म्हणजे खरे तर 'श्रावणमास' सृष्टीचे श्रुतिमधुर संगीत एकण्याचे भाग्य या कालखंडात लाभते. सरसर येणारया -जाणारया पञ्चसरींच्या पदव्यासाचा कोमल पधक कानी पडतो तो याच महिन्यात. तप्त विहंगमांचे मंजुळ कुजन फार दिवसांनी एकायला मिळते तेही याच महिन्यात. गुराख्यांचा मंजुळ पावा एकायला मिळतो तोही श्रावणातच. घराघरात व मंदीरत गोड गीतांची मैफील जमते तिही याच कालखंडात.

श्रावणमासात भक्तीरस ओसडून वाहतो. पोळा आणि नारळीपोर्णिमा हे कृतज्ञता दर्शवणारे सण तिही याच महिन्यात. आपल्याला अन्न मिलवे वर्षभर यासाठी खपनर्या बैलांचा विश्रांतीचा आणि मानाचा दिवस पोळा. या दिवशी शेतकरी त्यांची पुजा करतात. नारळीपोर्णिमेला दर्यावर्दी लोक सागराची पूजा करून त्याला नारळ अर्पण करतात. गोपाळकाल्याचा सण तर अमाप उत्साह आणि आनंद घेऊन येतो.

डोंगरदर्पातून फीरण्याची लहानथोर मंडळींची हौस वर्षासहलीचा रूपाने याच कालखंडात पूर्ण होतो. चैतन्यरसात सारा पारिवार, सारा निसर्ग वृडल्यासारखा वाटतो. असा हा श्रावणमास सौंदर्याचे लेणे ल्यालेला ! भक्तिभावची फुले घेऊन आलेला !! शिवला, शुद्धतेला, पावित्र्याला पुजणारा, भरभरून आनंद देणारा !

Vaishnavi Nagwekar  
T. Y. B. Pharm



### **WHY IS VACCINE CONSIDERED TO BE A THREAT INSTEAD OF MEDICINE?**

At this point, more than a year into the pandemic which has taken the world under its grasp, the lockdown has had adverse effects on the economy and people too. Since the COVID-19 pandemic showed no signs of slowing down even after two years, the focus turned to vaccines; but there are a lot of myths and misconceptions around vaccination which led to 'Vaccine hesitancy'. Any licensed vaccine is rigorously tested across multiple phases of trials before it is approved for use, and regularly reassessed once it is introduced. Scientists are also constantly monitoring information from several sources for any sign that a vaccine may cause health risks. All the coronavirus vaccines are approved or authorized by statutory bodies before release. While millions of people worldwide have been vaccinated with only mild side effects and few with no side effects, myths abound that "if you take the vaccine you're dead"; but that's not reality. Fake news on social media has added fuel to this fire, and because of these widespread myths, people are reluctant to take the vaccine. We need to realize that Covid-19 is no joke, and a vaccination drive and herd immunity is our best chance to defeat or even eradicate the disease (unless new strains keep coming up). Keeping this in mind, safe and effective vaccination is critical to end the COVID-19 pandemic. People even questioned the efficacy of the vaccine since it was launched in a very short time. In reality, the World Health Organization (WHO) is involved with various countries in developing safe and effective vaccines. At a time when citizens should unite and support the efforts of the government to fight the pandemic, myths about vaccination are floated that "One can get Covid-19 from the vaccine". Many such rumors and pieces of misinformation are keeping people from getting vaccinated against Covid and thus delaying the end of the pandemic. However, a recent report showed that a startling number of people refused to get even initial doses of the corona virus vaccine due to the spread of such rumors. There is no scientifically sound evidence, "It's just a problem of repairing the lack of trust in the government, in pharmaceutical companies and in public health thus all this has made people wary of what's in the vaccine, what it can do to our body and whether it's really necessary at all. Vaccination will not only protect us from serious illness, hospitalization and death but will make it less likely that you will pass the virus on to others, which means your decision to get the vaccine also protects those who are around you. The only way to prevent COVID-19 from being a permanent presence in our lives, is to get vaccinated. So I think it's not the vaccines that will stop the pandemic, it's getting vaccinated. We as responsible citizens must ensure fair and equitable access to vaccines and ensure that every country receives them and can help in protecting their people, starting by taking vaccine doses before the the situation of the pandemic gets worse.

Sanika Naringrekar  
F. Y. B. Pharm

### **WHY VACCINES ARE CONSIDERED TO BE THREAT INSTEAD OF MEDICINES?**

Opposition to vaccines is as old as vaccines in general. Being recognized as one of the most successful public health measures has still not made it easy to completely eradicate the people's thoughts of vaccines being unsafe. Since the introduction, vaccination has been subjected to many different controversies and scares. These controversies have affected the vaccine acceptance to varying degrees.

Media has also had a negative effect on the outlook of people towards vaccination. They have somewhere down the line been successful and basically played a major role in keeping the vaccine scares alive among people. The omnipresence of anti-vaccination content on the WORLD WIDE WEB has contributed to a broader and faster dissemination of rumors, myths and inaccurate beliefs.

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High quality vaccine safety surveillance is in place in developed countries. However, the strength and reliability of these systems is not well understood by the population or even by some health care providers. Many public health interventions to promote vaccinations, especially those based on education and information, have not been successful in enhancing vaccine uptake.

The above mentioned are some of the major reasons for vaccines being considered as threats rather than medicines at times. So, if we study the scenario with utmost dedication and try to concentrate on the cause of this outlook towards vaccines we can surely find a solid solution and eradicate the notion that has been relevant over the years regarding vaccines.

Shanti Sanvordekar  
T. Y. B. Pharm

## WHY IS VACCINE CONSIDERED TO BE A THREAT INSTEAD OF MEDICINE?

Although the vaccination drive is in full swing and has made progress and achieved results as expected throughout India, there is still a large amount of population, irrespective of whether they have been vaccinated or not; who disagree or do not believe in the efficacy of vaccines completely. People have misconceptions of vaccines being a threat instead of a medicine. Not only now during the pandemic but also previously, people thought vaccines to be a threat rather than a medicine. Thus, vaccine hesitancy comes as a severe threat in the future.

There are some major reasons for vaccine hesitancy not only across India but also throughout the globe. Firstly, herd immunity is one big reason for vaccine hesitancy (a fact majorly prevalent in India), wherein, people do not feel any need to go for any medicine (enteral or parenteral), as they feel they have the natural immunity against the disease. In India, people mostly rely upon traditional medicines like kadhas, etc. to cure the majority of ailments. Natural physiological immunity and many traditional medicines hold superiority over modern medicines in much of the Indian population. This is one of the major reasons for people to consider vaccines as a threat as they feel that it might disturb the already pertaining immunity present inside them and therefore, avoid getting vaccinated.

Another reason for people to consider vaccines a threat is misinformation. As information proves to play a major role to promote or demote any product in the markets, misinformation influences the mindsets of the population in a broader way than any other reason. The sources of misinformation are many in this era like news media, internet, etc. As vaccines are a product that is going to deal with the health of the population, it is obvious that even a small piece of misinformation can lead to negligence and unacceptance towards the product. Some other reasons include the contents of vaccines, i.e., vaccines contain the weakened or killed part of the microorganism, so being aware of this and also with lack of trust in vaccine manufacturing institutions, although the vaccines are being approved by statutory bodies, people do not prefer to take any such medication and thus assume it to be a threat rather than a medicine. Thus, due to all such reasons known till now as per research, people consider vaccines more of a threat rather than a medicine and this has become one of the major concerns to the growing population.

Vaishnavi Nagwekar  
T. Y. B. Pharm

## LOCKDOWN: THE FIGHT WITHIN THE HOUSE

It was just another day of life- scheduled, routine and busy with life. We moved forward with goals and dreams and bits of emotion making us feel alive. We were a beautiful family, surrounded with friends and loved ones but that all came to a stop on 24th March, 2020. No one in their deepest thoughts had considered a day like this, a life like this. The day had progressed rather slowly, not realizing then that I was among the blessed humans, being safe and sound. The days kept on passing, not giving a hint to how longer it can be but with hopes that make us alive we managed to live on. We encountered hardships, losses and days we had never imagined, we were in the process of accepting what had come to us. It was chaotic, messy, heartbreaking and filled with challenges, patience and a lot of lessons.

Just like the routine of scrolling through news and counts of cases and deaths that kept on engulfing us, I came across stories that couldn't have been heard during the 'Pre-covid' days. She entered the house wearing the same mask of a cheerful and hardworking human, who was only filled with love. I have known her for years, coming into my house like she was the beauty within herself, she was beaming and glowing with happiness, it was good to see her after so long. As the greetings were exchanged and chatting continued, I saw her face, her body. She wasn't what she was, I could see traces of bruises and marks and struggles and pain written all over her body, very casually she had put in words all the pain she was enduring "ghuttan hoti hai ghar mei, woh marta hai" (It's suffocating in my house (what I would call a home), he hits me), she got back to her work, However It made me wonder and think and contemplate about my life. I was the richest person at the moment, I was rich because I had a family who loved me and had saved me from all the hardship.

I read the news and reports, it was stated in very simple words that - during the lockdown the cases of domestic abuse and crime against women had increased by a remarkable number, I went in deeper to find more, a voice that was muffled between the walls of house, the house that was supposed to be the protection and a bubble filled with love, it was supposed to be a home- our safest place. But during the days of struggle it had turned into a place worse than hell for the people who were lashed, slapped and tortured, where their screams were muffled within the walls, where hope had died and suffering had continued, where struggle was between life and death, where family had become the source of death. While many fought covid and had put their lives to save mankind there was a group which had not got hope, they had been fighting the virus of hatred and authority that was planted within a person, they were fighting alone with no help arriving, some died, some lived and some lost their will and fell into the darkness of mental trauma and depression.

As the news spread that we've got the cure, everyone beamed with happiness, with a future that was again normal and exposing us to the outside world.

But what happened to them, who were affected by violence in the form of physical, verbal, emotional, economic, religious, reproductive, sexual abuse- what was their cure?. The bruises had left marks or had faded with time, but no one had been questioned about the blackness that it had left within, it had killed a soul, a beaming life, which had struggled a lot but had lost a fight, nowhere else but within their own house. Their fall had not only made them dead despite being alive, but also left a scar on the fighter and the people that had seen their fight, no one discussed nor got to hear about the stories and struggles of people being dead and yet alive.

While some were daring and courageous to fight, some others were still struggling in silence. When I think more and more, I realize they were fighting for their body, soul, love, life, family, children, society and the abuser, the criminal

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itself. It was a long and tiring life for them to get up only to encounter a battle each day. No matter who they were and in what role was their fight- a mother, a daughter, a wife, a son or an elderly person; my deepest respect for all the survivors who managed to stay put, who are still fighting and the ones who defeated the abuser and opened up a way for their bright future. But their story too doesn't end here, the path to achieve true happiness and struggling with trauma itself is a long process and I hope they make it through. I hope others who just watched them struggle, will come out and help them raise their voices and stand firm in their support.

They need to be heard and we need to be listeners and make sure we can be their source of light in their fight. Let us be more human and be a hope in others life, let this lockdown not just be time for fighting against disease but let it be a fight against evil as well, let's support the organization that supports such fighters and be a part of it as well.

Aqsa Ansari  
S. Y. B. Pharm

## IS QUARANTINE A TERROR OR A NEW COMFORT ZONE ?

Before 2019 , we all were clueless about words like quarantine , self- isolation, lockdown , coronavirus, etc. These words along with their effectiveness made a huge impact on our life, which was totally unexpected. Coronavirus hit us by surprise and consumed us within months. Nobody predicted that it would kill so many people, force countries to implement lockdown, shut schools, businesses, and public places and put our lives on hold .

IS QUARANTINE LIFE AN EASY LIFE ?

Quarantine life is not an easy life . We have known since our childhood that humans are social animals and the greatest repercussion was social distancing . Many of us were unable to see their closed ones , while some were unfortunate to not even bid a last farewell to their closed ones.

We all have heard the saying , there's always a little good in every evil , well quarantine life just gave us a hint of taste about this proverb . Quarantine gave people time for insight and also reminded people about the importance of family, mental and physical fitness etc. Though the greatest thing that we all learnt in a tough way was, one should always find happiness in small things and that life is very volatile so never wait for a tomorrow.

Quarantine is neither a comfort zone nor a terror state. Because it taught us how to develop skills which we rarely used before , such as adaptability . We learnt to survive during catastrophic events , and found new ways to connect and collaborate with people. We learnt to look out for our loved and dear ones even if we had to go way out of our way. Hence I would conclude by saying that irrespective of quarantine being terror or a new comfort zone, it taught us the biggest lesson of survival of human spirit.

Prachi Chaurasia  
S. Y. B. Pharm

## A MEANINGFUL CHAOS OR A TIME TO ASSESS AND EVOLVE.

The outbreak of coronavirus has affected many areas of life including mental health . With sudden disruption of our routines and the new norms of social distancing, life has changed dramatically in a matter of weeks. This causes the perfect storm for depression and anxiety. The fear of being infected or infecting someone else or the economic downfall can affect our mental health drastically. Those who already struggle with depression and anxiety may find the situation exacerbating their feelings, whilst others who are used to being busy may suddenly find themselves alone with their thoughts more often. Losing contact with friends and family outside of their household makes it worse. While the need for social distancing creates some obstacles, there are specific steps that can be taken to make the best out of the worst and to utilise our time for betterment and self assessment. Covid gave us the opportunity to use that time that we normally spent working or engaging in social activities. It gave us time to take care of our mind, body and soul . During the pandemic, use of social media platforms was at its peak and it played a very important role in our life. It was used to spread the much needed positivity and also managed to spread negativity. Overall the pandemic proved to be a positive phenomenon in a way that people learnt to introspect and assess their lives at multiple levels and started to modify their lifestyles and opt for healthier choices. Social media acted like a source as well as a support system for inculcating these changes.

The outlook on the situation determines our actions and their outcome. We can look at this situation in two ways; being stuck in our homes within four walls with lack of freedom to go outside and fearing the virus or we can see it as an opportunity to take care of ourselves and our relationships that we tend to neglect after being lost in our schedule.

During this pandemic people were attracted to yoga, cardio and various forms of exercises to maintain their health and fitness. The pandemic shifted the focus on organic food. People started making better choices as they had more time than what they had before the pandemic. They started exploring new hobbies as a pastime and even went back to the hobbies they had left due to busy schedules. Connecting to loved ones more often, even though it was through the screen, reading or learning about themselves and making changes for the better were one of the positive effects covid had on people . Digitalization reached new heights in this pandemic. People started exploring the topic of mental health and started taking steps towards improving it and helping others who were suffering. The pandemic really gave people a reason to lay back and reframe their perspective. It gave people the opportunity to evolve into a better version of themselves.

Sharvari Desai  
S. Y B. Pharm

## CORONA: DEPRESSION OR TIME FOR SELF ASSESSMENT

I wish things were back to normal again”, a phrase that’s become quite popular in the last year. With rising cases in many countries, stay at home orders put in place to control the spread of COVID-19 have been testing people’s physical and mental health. Corona phase is depression time for some people and time for self assessment for some. One can consider the impact of the pandemic on mental health in two phases. First phase is the acute phase, which coincides with the lockdown. The second phase will unfold in the months ahead, as the virus starts to get contained, but the economic fallout of the pandemic begins to bite deeper. In the midst of the acute phase, people are terrified of the virus, of dying, or loved ones contracting this disease. People are scared of being quarantined, being isolated, maintaining physical distance. People are distressed during the pandemic period. Many women suffer from anxiety and



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depression; this may be due to increased household responsibilities. Many children had experienced anxiety during the lockdown. Many are worried about online classes, village students are facing so many problems due to poor network availability, and some have stopped their education because of poverty and unavailability of network facilities. Students are under stress and irritable from being unable to go out. Students are distracted because of mobiles, laptops and they are attracted to social media causing a negative impact on their mindsets.

The entire nation was strongly impacted during this phase. It is because many people lost their jobs during corona.

The corona warriors are under a lot of mental pressure as they are overworked. So many people are distracted during a pandemic because of changes in daily life. Everyone's life totally changed after the first wave. There is disruption of public transportation, the lack of access to poor people are depressed because of poverty and lack of food, money in this corona time.

Someone's said that "Everything has positive and negative consequences", so this pandemic situation also has some positive side. This corona time is helpful for self assessment. This time taught us a lot of things. It taught us the importance of self-reliance, Importance of family, and how happiness lies in the small things.

We realized how dependent we've always been on those who nurture us and take care of our homes and health. We've learnt some skills and are more independent than ever before. We've learnt how to face any problems.

From the last two years, another realization has been about our family's integral role in our lives. Some people stayed alone during this scary phase, they suffered so many problems because of this tough phase. This pandemic made us socially distant as they connected with loved ones and family.

Shrutika Damri  
S. Y. B. Pharm

## INTERPRETATIONS OF 'THE JOURNEY TOWARDS NEW NORMAL'.

Initially, the outbreak of covid made the world come to a standstill. Covid isn't new. It has been present among us for a very long time. But its infectivity was only discovered in humans in late 2019. It was said that the covid virus transmitted from the bats to the humans. The spread of this virus then led to a pandemic in the early 2020, infecting millions of people which in turn greatly affected the lives of those who were infected and also their loved ones. Wearing masks was made compulsory and a social distance of 6ft was advised. Since the development of vaccines, taking the required doses of that particular vaccine was mandated along with the aforementioned precautions. In addition to that, frequent sanitization of hands and disinfection of the public places was taken up by the Government organizations all over the world. A complete lockdown confined people within the four walls of their houses. It was mentally, physically and financially draining for most of the population. Many people lost their jobs due to mass termination from the corporates; work from home (WFH) became an apt means to carry on the work, except for some professions. People were not allowed to go for a walk in the parks or workout in the gyms, due to them being closed. Coupled with various restrictions, people were completely isolated from the outside environment. Some people continued working out at home whereas some didn't. Even there was such a time where people were afraid to be around other people and hence interaction was almost nil. But thanks to digitalization, many were connected virtually to their loved ones, friends, colleagues, etc. through means of video call. Online parties became a famous concept. Lockdown took a toll on many lives. People went into depression, suicide rates, domestic violence and sexual assault cases rising. were some of the negative effects of the lockdown. Wearing face masks, maintaining social distancing, frequent sanitization and

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disinfection, WFH, online lectures etc. became the NEW NORMAL. While some benefited from WFH and online lectures, others suffered from it. There was no choice left, but to follow the new normal. People couldn't meet and interact with a new crowd which made their life stagnant. WFH has had its own pros and cons. People were relieved to work from their own home, in their own comfort zone which led to increased productivity and less work fatigue. This also saved time for travelling to the office and coming back home. To my dismay, many companies decided to exploit this means of working, which led to more working hours, due to which they weren't able to spend much time with their family. Many were exhausted and frustrated. This added to the increased stress levels. Students studying in schools and colleges were also cut slack when online means of teaching erupted as an alternative to face-to-face teaching in the pandemic. This saved the time taken for travelling, teaching through videos was very educating, and much more. Since students were also confined to their homes, many utilized the time saved from travelling to pick up new hobbies or pick up the hobbies they left due to lack of time and also learnt new skills. But the number of assignments and homework assigned were increased. Some students rather wasted their time and were partially or completely involved in online pvp games which also collaterally affected their concentration in studies and thereby their grades. Students belonging to courses which have a higher practical usage in the real world missed out on their subject's practicality which greatly affected their practical skills. Some students were also at a disadvantage as they had difficulty understanding topics in online lectures. Students also missed out on their school and college life. Lecturers were also initially struggling with the operation of various learning management systems. Before the pandemic, the freedom to roam and to interact and socialization was taken for granted. But during the pandemic, people began to realise how that played a big role in their lives. Without going out anywhere or physically interacting with anyone, one would become miserable and lethargic; and that is what woke the people up and made them realise that they were missing out on so much and how important it was for them to move out of their comfort zones and hustle to live through the day by going outdoors. Staying imprisoned in their own home made people sluggish as compared to when they went outside. Wearing masks whenever someone steps out of their house, maintaining a social distance in public places, being wary of their own as well as neighbouring people's health and also constantly sanitizing are rules of the new normal. It has been almost 2 years since the pandemic first started and by now people have adapted.

This is the 'NEW WORLD ORDER'. Covid changed the world and its people completely. There was a major change in the mindsets of the crowd. People are now grateful for what they have instead of complaining about what they lack. The human race needs to survive; hence people now are more conscious of their actions which may otherwise harm others in various ways. Cooperation, acceptance, adaptability, solidarity, unity, and mutualism is the key for ending the pandemic which otherwise would not be possible.

Avijeet Baksi  
S. Y. B. Pharm

## INTERPRETATIONS OF 'THE JOURNEY TOWARDS NEW NORMAL'

Our world almost changed in March 2020, where the Covid-19 outburst was at its peak; the spread of the virus had increased to a very great extent. From that point of the time, our lives changed too.

We had to take upon new rules and regulations for living life, for adapting it, for protecting it. The new life took time to adapt; masks to be worn, sanitizers must be used, one must keep their distance, one must not gather in numbers, one was home quarantined for months, one was infected and quarantined by themselves, one had to lose their loved ones, and the list may go on; but this list most importantly includes panic and fear.

At this time, care and love of our family; our togetherness, our support, and most importantly our hope had kept us together adapting to this new life. The faith that one day, a new sun will rise radiating new hopes that all this will pass and we will survive this.

The long hoped-for day arrived, soon the lockdown was lifted. One could walk the streets again but only with the new regulations. In August, few exams which were pending had announced their resumed dates. The students resumed their life, to move forward, attempted their exams and got admission to their colleges. The online study had begun, this method was new to all; the teachers as well as the students. Starting a new academic year with less time on one's hand was indeed a challenge to both and somehow as months passed, it became normal. A year of online study was indeed a challenge but we got adapted to it.

Quarantine as a whole was spending time with our family, discovering new things and deriving pleasure from them. As soon as time passed and the lockdown was lifted, many people tried to go out, tried camping and few stayed inside. As of April 2021, a second surge of Covid-19 wave was faced. People were not as panicked as we had faced this, our lives went on as they should have only with precautions now. Again, as the lockdown lifted, people started their daily lives offline. They started going to offices, colleges and school had reopened and all of this was possible because of vaccines. All of this happened because we adapted to this life. Now this is the New Normal Life that we may lead and eventually it will be alright.

Facing all those difficulties, one was tired, hoping for the best and searching for a new hope. As the saying goes, if one door gets closed another door opens itself up.

Now, a new door has opened for us; being outdoors. One must take precautions as a must. This new door gives us a lot of opportunities; taking care of our health, meeting old and new friends, having a little change of scenery which was essential. Many students may have only been interested in studies, and/or social media and nothing else, but they need to come out of their cocoon and enjoy their outdoor life as a butterfly. People now may be asked to walk into the open world. One must now embrace it and walk forward.

Exercises were done by one at home, now it can be done out in fresh air. One must start taking care of their health so as to provide less opportunities to contract any disease or health affecting problems. One must enjoy the outdoors as it helps physically and mentally too. One must mould oneself to this new normal; a new opportunity in life.

Adapting a New Normal was a challenge but moving forward through the challenge is what we, humans do the best to survive and live the best.

Preeti Kothare  
S. Y. B. Pharm

## INTERPRETATIONS OF 'THE JOURNEY TOWARDS NEW NORMAL'.

The COVID pandemic has impacted our lives to a large extent, both in a positive and negative manner. After nearly two years since the emergence of the pandemic, we have gradually developed a 'new normal'. It is a blend of online and offline activities in equal measures which involves work-from-home, home-schooling in a blended manner, lockdown and quarantine and use of face mask and much more.

The pandemic has affected individuals' perception and lifestyle. The negative impacts of the pandemic related to stress, depression and pain have made people afraid to embrace the new normal, while some are in delusion of the normal that existed before the pandemic. The new normal might not be easy but accepting the reality while considering the future is a must.

This new normal has taught us many positives; the importance of maintaining hygiene with proper sanitization, mask and social distancing when outdoors as per requirements can not only help combat covid but also other infections as well. The education system with blended mode can help students' understanding in online mode and aid application in offline mode. Even if people were not having employment due to the pandemic, the new normal gave them a chance to get back to employment. It also developed an understanding of the importance of physical and mental health by maintaining a proper diet and exercise, an important factor which helps tackle stress. The blend of physical and virtual mode is helpful to a great extent in e-learning, e-shopping, food delivery and movie streaming and a lot more.

Being locked indoors during the pandemic has been a boon since all of us have spent time together as a family and developed right understanding amongst each other. At the same time it has had negative impacts- increased stress, depression, fear and panic due to family or work problems, domestic violence and lack of physical activity, etc. Employment was a major concern during the pandemic with businesses shutting down and people becoming jobless. The new normal can effectively help tackle these problems to some extent.

The blend of indoor and outdoor is very essential for a person to have an active lifestyle. A cool morning walk can refresh the mind and relieve stress. Visiting relatives can help develop social interaction and awareness. For children, playing outdoors is important for their growth and development and a positive outlook. Outdoor activities are essential as they can contribute towards good physical and mental health, develop right understanding which helps reduce social conflicts and being in harmony with others and self.

The journey of the pandemic and facing its ever-changing effects has helped us to forge a new route towards the new normal to combat the situation with a positive energy without regretting the past.

Wahida Quereshi  
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## SOCIAL MEDIA: MY VIEWS

Who cares about what the world thinks about us? Was the pandemic a situation anyone expected to happen? No. So- 'is the world outside important' or 'our mental self' or 'a social setting' important? This is what we find ourselves asking every time. Is the "mass" for us or are we the "mass" is something which we need to ponder upon. The world or we could say the "social media" has divided us into innumerable categories i.e introverts, extroverts and the newest of all ambiverts. It's necessary to ask why it is so? Humans have the tendency to sort themselves out in groups to feel safe; typically known to us as herd mentality. When we fail to understand ourselves and the fact that we don't fit in a certain category, it ultimately makes us question our entire self worth. Hence, the pandemic is totally a boon for people who don't care about validation from social media.

Imagine the number of times that important news, feedback, follow up links can be circulated by the ease of a touch, but can't a wave of panic and commotion be raised by the users due to the lack of knowledge failure of authentication. A pandemic without mass and social media is a pragmatic thought for the naive mind. Ethical use of social media is a prevailing dream but not all understand the emerging requirement to preach it. The pandemic made us sit back home and connect with our family which is much better than only seeing them once a week or just on calls due to packed schedules. We could practically see them and tell them what we felt at the very moment which was not always possible pre-pandemic. This has helped us all make a better relationship with them. I believe that social media has become the "middleman" or "virtual duplicate" of oneself. If we have to express something to people, why do we need to use Facebook or Instagram to quote something up for them? I believe in human touch and a connection in today's era and I am sure there are many of us.

So the pandemic could have been a positive outlook for people who actually want to make a difference in their life and dream of an alternate reality. If we need a pandemic to open our eyes and understand the severity of the situation and how mass and social media opinions have a hold on us, I would want this to be a learnt lesson. There is a life outside of the social media world which is the "actual life" we are living in. Hence the best way to put it would be, "if people are sheep, mass and social media are the shepherds".

Aahana Kadam  
Final Year B. Pharm

## SOCIAL MEDIA: BOON OR BANE

The COVID-19 has created an atypical worldwide crisis.

Famous social media platforms like Whatsapp, Instagram, Facebook along with all the mass media platforms were at the heart of the pandemic. Trending memes, videos, information, and the news kept us entertained and informed all over the pandemic. The hilarious meme trends seemed to be more contagious than the disease as they spread rapidly. The social platforms were used by people to channelize their talent and creativity in the quarantine period along with this the health care professionals also used it as a stressbuster from their tedious schedule. Not only for entertainment purposes but to spread news, disease information to the whole world, awareness was brought to us by these mediums.

As the engagement of people on the various social media platforms increased it was beneficial to various business owners to work on strategies for online marketing, advertising, and product sale and make a revenue out of it when the shops and malls were closed. The people's choice of shopping online have increased up to a whopping 85% in the post-pandemic period according to a report.

Personally, my whole routine in the pandemic period included the use of various media platforms. Starting from the news in the morning with a cup of tea, then talking to friends, family and checking up on them every day, attending



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online lectures, watching movies, and listening to music. Every bit of my daily chore included use of a media platform. Imagining a pandemic without these media platforms is dreadful. There would be no source of entertainment and everyone's day would be filled with boredom. We wouldn't get the information about the disease or awareness related to the disease. Without the online way, businesses would be facing big losses and this would lead to collapsing economies in many countries. Overall the people would be in a bad state of mind. All this would only worsen the effect of the pandemic, and we can say the media platforms saved us.

BUT! With the intent of using the media platforms for spreading positive news and awareness, they were also used for spreading misinformation, fake news, and fulfilling political agendas.

In China, a rumor had started stating that bioweapons research in a Wuhan laboratory resulted in the genetic manufacturing of COVID-19 in order to create a biological war. The news was filled with exaggerated and unverified rumors. Various unproven remedies were suggested as cures for COVID-19. Political agendas were propagated over the death of a famous actor. Constant media reporting created an uncertainty about the lockdown among the people leading to impulsive buying of hand sanitizers, facemasks and essential products.

All these situations question the accountability of these media platforms and creates a phenomenon called 'confirmation bias' - the tendency to accept statements that reinforce our established views and downplay those that are contrary to them. But developing new strategies and policies by the media platforms can limit the spread of misinformation and thus ignoring the negatives we can surely say that social media and mass media have indeed helped us to survive the pandemic period in a better way .

Atharva Mandhare  
S. Y. B. Pharm

## HAZARD OF SOCIAL MEDIA IN COVID 19 PANDEMIC!

The word itself is enough to scare us. Lately, we are used to the term 'pandemic' which means widespread disease over countries or continents. COVID-19 hit the entire world when no one anticipated it. When the disease was first identified in late 2019, it was considered to be existent in only one country. Soon after, the disease spread all around the world.

Social media has always been applauded as well as criticized for various reasons since many years. In the current scenario it plays an integral part in our lives as we can't communicate with each other effectively without social media. In such difficult times, when we lack human touch, it's horrifying to imagine such a situation wherein social media is absent. The spread of information is faster than COVID-19 itself. Social media has experienced new records of users almost every single day during the outbreak of COVID-19; according to various social media companies.

Pandemic has led to growth or accurately stating the rebirth of sharing misleading and fake information across social media. Something more strange is that news about patients recovering from covid doesn't get as much attention as the reports containing the death count. There is a stock of misleading information and conspiracy theories being shared across various social media platforms. Users are spreading this information with ease and speed and this has brewed uncertainty and catalyzed panic.

Let me include some incidents to make this hypothetical event more evident. In many parts, people started panicking about buying essentials such as toilet paper and hand sanitizers due to the fear of the pandemic which arose from the news which was floated on various social platforms. One can't really blame them. With a large amount of information

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reaching us, the authenticity of each news item can't be verified.

In Nigeria, health authorities were warning against self-medicating, after the case of two patients overdosing on the anti-malaria drug chloroquine, which was claimed to be a possible treatment for coronavirus.

Such events are enough to make us believe that the use of social media to such an extent amidst pandemics poses a threat for many individuals knowingly as well as unknowingly. We all are aware about this fact that everything comes with its own positive and negative aspects. Social media has given us a lot of benefits no doubt, but along with it comes a whole lot of risks, doubts, fake news, and the list is neverending.

So, it totally depends on us how we look upon it, how we use it because social media is a boon as well as a bane in its own way.

Mansi Gupta  
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## COMMON MEN: THE SUPERHEROES

Who's your favorite superhero? Is it the BATMAN, who puts the miscreant behind the bars or is it SPIDER-MAN, who does kind of the same job with cracking good jokes frequently? Or SUPERMAN ? Or the heroic CAPTAIN AMERICA? Or the environmentalist FLYING JATT, SHAKTIMAN, KRISH ?

Why do we love them? Because they are benevolent, helpful, amiable & makes the world a better place to live. When there's darkness everywhere, they shine bright, being the only glimpse of hope.

They are the light that trumps darkness every-time. Resembling courage and strength they are the men of valor, they are the SUPERHEROES. Aren't we all living a life of a hit fictional superhero movie over the past two years?

We had a wicked villain CORONA, had tragedies, actions, people like me adding some humor to the trauma, basically plot of a super-hit, blockbuster movie. But blockbuster movies require brave heroes. So let me introduce to y'all the SUPERHERO of this movie, 'THE COMMON MAN'. Don't be in a haste to judge our hero. Remember what SRK said? "Don't Underestimate the power of a common man". I know, I know, Now y'all will ask okay not underestimating but what are his superpowers then? Our superhero had the most powerful weapon within him, "HUMANITY". A weapon capable of crushing Corona in bits.

When we had no vaccines, COMMON MEN came forward to help each other. We were in the middle of the pandemic, where some of our fellow brothers were getting weak, not having the strength to walk more through this pandemic. All they needed was a shoulder of support, a hand holding them telling I'll not let you fall or fail in your life . Our Superhero, our COMMON MAN did it.

Yes, I'm grateful to all the celebs, youth and public figures who came forward to help the people of our country, who worked on the ground bringing smiles on helpless faces. Not to forget the doctors and medical staff , the police, the frontline warriors, to whom we will eternally be in debt.

They are the greatest heroes in this story. Their intelligence, bravery & compassion are the saving grace of this world during this dark episode. I thank them for their service to humanity.

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But let us not forget to acknowledge the beauty of our country's people. The unity we showed amid the pandemic. People were offering any kind of help to each other, be it financially or in any other forms. We saw people checking up on their employees, colleagues, neighbors and everybody around where caste, creed and religion was no bar. We saw youth coming forward, distributing food and clothes to the needy. Many people even took care of the street dogs. Some started teaching kids in their society for free when online education was not in effect. Many rickshaws turned themselves into ambulances for free to fill in the scarcity caused due to immense chaos and prime need of the hour. Everyone helped each other as they knew they have the greatest power within themselves, 'power of humanity' and indeed they've also watched Spiderman so they also knew, WITH GREAT POWER COMES GREAT RESPONSIBILITY.

When spiders (common man) unite, they can tie down the lizard (corona). Even if we were divided on the basis of caste, religion, etc. when tragedy punched us in the face, we all united to punch tragedy back. Especially we youths, because education taught us there's no need of discrimination as humanity is above all. I wish we continue to be united, facing the bad as well as celebrating the good times together. Let us take a moment and thank our superheroes, our common men for having each other's back. May we continue to spread love and be united, as WHERE THERE IS UNITY THERE IS ALWAYS VICTORY.

Krushika Soni  
S. Y. B. Pharm

## IVERMECTIN: A FALSE HOPE IN TIMES OF DESPAIR?

Ivermectin is a potent macrocyclic lactone obtained from *Streptomyces avermitilis*. It is Food and Drug Administration (FDA) approved antiparasitic drug used to treat onchocerciasis, helminthiasis, and scabies. It is intended for animal use and recommended for humans at an approved dosage level. It is an amazingly successful antiparasitic medication with known partial efficacy against several single-strain RNA viruses.

In March 2020, a study carried out by a team of researchers in Australia put forward the idea of Ivermectin as a potent inhibitor of SARS-CoV-2. Under ideal lab conditions, Ivermectin resulted in a 5,000-fold reduction of Sars-CoV-2 RNA within 48 hours through inhibition of viral IMP / 1-mediated nuclear import, which reduced the replication of the virus in the early stages of infection and thereby the viral load. The concentration of the drug needed to kill the virus in the lab was many times higher than that found in the blood of people using Ivermectin to treat parasitic diseases. Therefore, evidence on the efficacy and safety of Ivermectin for preventing SARS-CoV-2 infection and COVID-19 treatment is conflicting.

As of December 15, 2021, 84 studies are evaluating Ivermectin to treat COVID-19, of which at least ten have been completed with results. There is still a dearth of robust, randomized controlled trials to conclude.

Yet the media picked up this research and ran a story in late April 2020, stating the emergence of Ivermectin as a possible option for COVID-19. This led to a worldwide upward trend in web search for Ivermectin. Moving along, in September 2021, Joe Rogan, host of the most popular podcast on Spotify, 'The Joe Rogan Experience' announced that he had tested positive for Covid-19. He sparked condemnation after disclosing that he had used Ivermectin, among other medications, to treat his symptoms. Rogan was not alone as several politicians and talk show hosts promoted it, and as a result, prescriptions for the drug soared to record levels in the US.

In South Africa, many patients desperately wanted access to Ivermectin despite the vaccine rollout.

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There was a death reported due to the use of Ivermectin for treating COVID-19. The American Medical Association (AMA) called for an immediate end to Ivermectin for treating the virus. In a blog post shared by FDA on its official website, titled, 'Why you should not use Ivermectin to treat or prevent Covid-19', stated that, Ivermectin is approved at specific doses for some parasitic worms and is not antiviral. An investigative report by Dr. Kyle Sheldrick uncovered that many studies on Ivermectin were manipulated or straight-up fabricated. Hence, we still do not know if Ivermectin is useful in treating COVID-19 at all. It seems that substandard research during COVID-19 personally impacted many people. If we can fix this unconstrained spread of misinformation, we might avoid repeating the mistakes when the next pandemic strikes.

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## REMDESIVIR : A LIFE SAVIOR

During the pandemic several therapeutic agents were evaluated for treatment of covid-19, one of the well known ones was Remdesivir. Remdesivir also known by its brand name Veklury, is normally used in adults and children above the age of 12, who were diagnosed with Covid-19 and lower respiratory tract illness, through intravenous (IV) infusion. The period of its administration was 10 days.

Remdesivir, is a nucleotide-analog prodrug that inhibits the viral RNA-dependent RNA polymerase, it was approved by Food and Drug Administration (FDA) in October 2020. It was originally developed for treatment of hepatitis C and was studied for ebola virus and marburg virus infections before being studied for post-infectious treatment of covid-19.

In May 2020, the first report of an effective treatment for covid-19 was provided in a journal, resulting from rigorously designed and conducted clinical trials. A randomized, placebo-controlled trial of potential antiviral treatment for a disease whose pathogenesis is unclear was carried out internationally during the pandemic.

The primary outcome of this trial was- time of recovery. Results of the final report showed that the time of recovery was significantly less amongst patients who received remdesivir than among those who received placebo. A trend towards lower mortality was observed among patients who received remdesivir than among those who received placebo, but the differences did not reach statistical significance.

The FDA issued an emergency use authorization for remdesivir to treat adults and children hospitalized for covid-19. Remdesivir must be administered intravenously, which represents a limitation on its use. Use of Remdesivir was associated with lower need for more intensive respiratory support, but it did not improve outcomes of patients who were on mechanical ventilation. The findings in the trial suggest that the timing of initiation of treatment with an antiviral such as remdesivir, as well as the underlying clinical status of the patient, may have important effects on the outcomes. The trial was also conducted under an adaptive design platform that allowed participants to receive other therapies for covid-19 that were permitted by officials. Sensitivity analysis did not show an effect of concomitant glucocorticoids on results, but it will be important to identify effects that other co-therapies might have that are approved by medical professionals.

Remdesivir can cause various side effects that may include low/ high blood pressures, dizziness, nausea, vomiting, some allergic reactions like itching/ swelling, rash, severe dizziness, troubled breathing. Some medical conditions taken into consideration before remdesivir treatment include kidney disease, liver disease.

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Remdesivir primarily arrests replication of viruses and prevents the progression of the disease. However, given the high mortality rate despite the use of remdesivir, it is clear that treatment with an antiviral drug alone is not likely to be sufficient for all patients. Current strategies are evaluating remdesivir in combination with immune response modifiers. Remdesivir provides moderate clinical benefit in the treatment of patients with Covid-19. These findings are a step forward on the road to developing effective therapy for SARS-CoV-2 infections and, as such, is one of the important advances in medical sciences.

Kasturi Kadam  
S. Y. B. Pharm.

## REMDESIVIR: CLINICAL TRIAL DATA - ENCAPSULATED

Remdesivir was originally developed to treat hepatitis C, and was subsequently investigated as a post-infection treatment for COVID-19. During the COVID-19 pandemic, remdesivir was approved or authorized for emergency use to treat COVID-19 in around 50 countries. It was the first antiviral to be FDA approved for the treatment of COVID-19 in October 2020.

Several large, randomized trials have been published on the use of remdesivir in hospitalized patients with COVID-19. Some treatment trials of remdesivir showed a reduction in time to clinical improvement and, in subgroup analysis, a mortality benefit in patients requiring supplemental oxygen but not ventilation. Conversely, some trials showed no mortality benefit with the use of remdesivir. Notably, the trials had different primary endpoints, and there was no similar data available in this treatment trials. In patients with severe Covid-19 not requiring mechanical ventilation, trials did not show a significant difference between a 5-day course and a 10-day course of remdesivir. With no therapeutic effect, however, the magnitude of benefit cannot be determined. On the other hand, the pregnant patients with severe COVID-19 who received compassionate use remdesivir, the therapy was well tolerated, with a low rate of serious adverse effects.

During the second wave of covid, the health department had no system in place to check whether every patient really needs this injection. The treating doctor was the only authority to decide. There was shortage of remdesivir in hospitals and black marketing of remdesivir was in high demand during the second wave of Covid. Also, remdesivir can cause cardiac arrest during the treatment. Multiple organ dysfunction, septic shock, acute kidney injury and hypotension have also been reported as adverse events amongst patients provided with remdesivir either on a compassionate-use basis, or in a clinical trial. Respiratory failure or acute respiratory distress syndrome has been cited as an adverse event in patients taking remdesivir, and as such has been included here, although it is acknowledged that this may be related to underlying disease (COVID-19), rather than to remdesivir. Elevations in liver transaminases and gastrointestinal events, including diarrhoea, have also been reported with the use of remdesivir.

Overall, there is conflicting data, but it appears based on randomized trials that remdesivir does not provide an overall mortality benefit to the aggregated group of patients hospitalized with COVID-19, but it does reduces time of clinical improvement when given early in the course of illness and/or in patients with mild hypoxia but less severe disease. While observational trials are more difficult to judge, large-scale comparative efficacy studies suggest that remdesivir may have a modest mortality benefit.

Sakshi Gholap  
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## THE ROLE OF REMDESIVIR IN COVID-19

The global COVID-19 pandemic is currently underway. To date, there are about 1.49 million dead and 64.5 million people infected. In this period of global pandemic, several pharmacological treatments have been investigated. A good hope to fight COVID-19 comes from the excellent results derived from the latest stages of clinical trials of effective vaccines. However, even when vaccines are available, there will always be a need to continue clinical trials and research to identify effective therapies against SARS-cov-2. Among all the antiviral drugs used against SARS-cov-2, Remdesivir is currently the subject of scientific debate. Remdesivir is a carboxylic ester resulting from the formal condensation of the carboxy group of N-[(S)-{[(2R,3S,4R,5R)-5-(4-aminopyrrole[2,1-f][1,2,4]triazin-7-yl)-5-cyano-3,4-dihydroxy tetrahydrofuran-2-yl]methoxy}(phenoxy)phosphoryl]-L-alanine with the hydroxy group of 2-ethylbutan-1-ol. It is a prodrug of an adenosine triphosphate (ATP) analog. It is intended to allow intracellular delivery of GS-441524 (a nucleoside analogue antiviral drug which was developed by Gilead Sciences) monophosphate and subsequent biotransformation into GS-441524 triphosphate, a ribonucleotide analogue inhibitor of viral RNA polymerase. The original use of Remdesivir was to treat hepatitis C, and was subsequently investigated for Ebola virus disease and Marburg virus infections before being studied as a post-infection treatment for COVID-19.

Those who support use of Remdesivir believe it is a life saver for Covid-19 patients while others oppose the “rampant use” of the drug. During the first wave of the pandemic, Remdesivir was approved or authorized for emergency use, to treat Covid-19 in around 50 countries. In India, the Drug Controller General of India (DCGI) has approved only emergency use of this injection. Remdesivir is a broad-spectrum antiviral medication which is administered via injection into a vein. Covid-19 patients suffering from mild to severe disease have benefitted from Remdesivir in the first five days. But if the patient is getting serious even after that, the treating doctor can continue the dose for a maximum of 10 days. However, this injection should be used with caution in patients with kidney disease.

Recently, its role in reducing mortality from COVID-19 seems to be questioned. Also considering the recent guidelines developed by the World Health Organization, there is conflicting evidence that a treatment cycle of 5 or 10 days leads to clinical improvement or not. The World Health Organization’s Solidarity study, a huge international study involving thousands of patients, has published provisional results showing that the drug does not have a significant impact on mortality or other important outcomes for patients, such as the need for mechanical ventilation or the time needed for clinical improvement. However, some studies, as also reported in other articles, associate remdesivir treatment in COVID-19 patients with continuous and clinically significant improvements in positive patients, leading to reduced mortality and reduced recovery time. Certainly, therapeutic treatment with remdesivir in COVID-19 patients requires additional data from well-structured clinical trials. However, it could be considered that the inconsistency of data from some studies is probably due to the specific and subjective immunopathology characteristic of each COVID-19 patients. In addition, if the drug treatment with remdesivir does not bring benefits, its use could still increase the risks of possible adverse reactions; in fact, the information prescribed by the FDA for remdesivir currently includes caution notes on the need to monitor renal and liver function in human patients.

Ultimately, what is the current role of remdesivir in the treatment of COVID-19 infection? Some trials have demonstrated its antiviral efficacy in SARS-cov-2 and faster recovery; others associate lack of efficacy and increased unnecessary risks associated with treatment. Currently, research is focusing on moderately ill patients who could benefit from the drug if administered early. In conclusion, the lack of benefits in the solidarity study only reinforces the need to better understand the role and effects of remdesivir on the SARS-cov-2 virus.

Suraiyya Masuldar  
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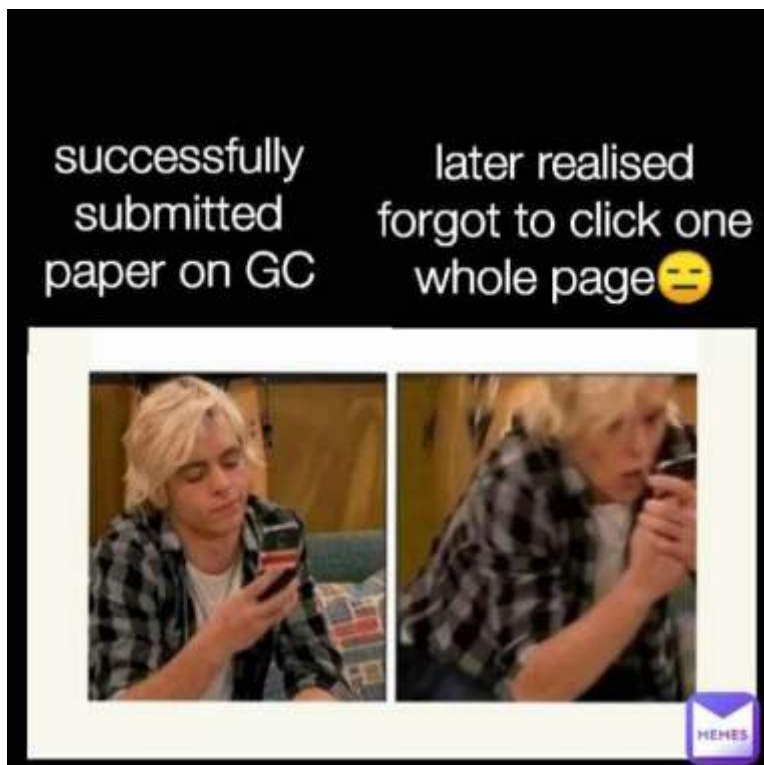
NXEYGO

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CNOWDOLK

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# Memes



Mansi Gupta SY



Mansi Gupta SY



Sarans Jain SY



Sarans Jain SY

# Memes



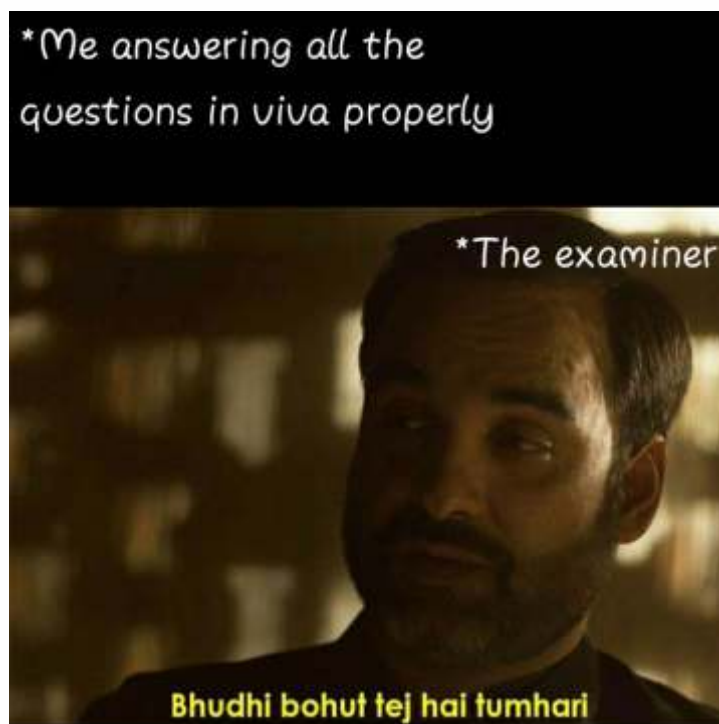
Sarans Jain SY



Sarans Jain SY



Kashmira Chaudhari SY



Kashmira Chaudhari SY



# Memes



Kashmira Chaudhari SY



Kashmira Chaudhari SY



Kashmira Chaudhari SY

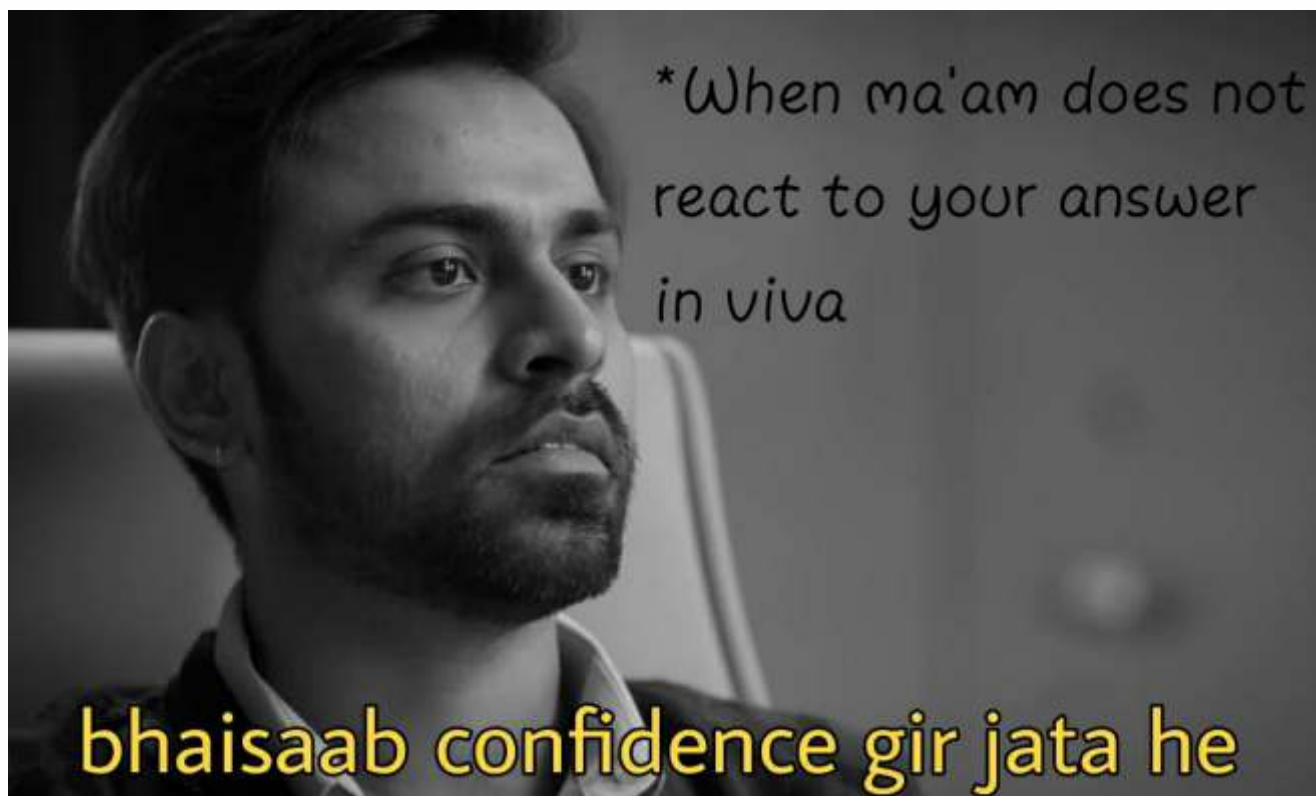
\*SY students while telling the FYs about the short academic calendar they went through



Kashmira Chaudhari SY



# Memes



Kashmira Chaudhari SY



Kashmira Chaudhari SY



Kashmira Chaudhari SY

# Snap Wrap



Atharva Mandhare (Second Year)



Atharva Mandhare (Second Year)

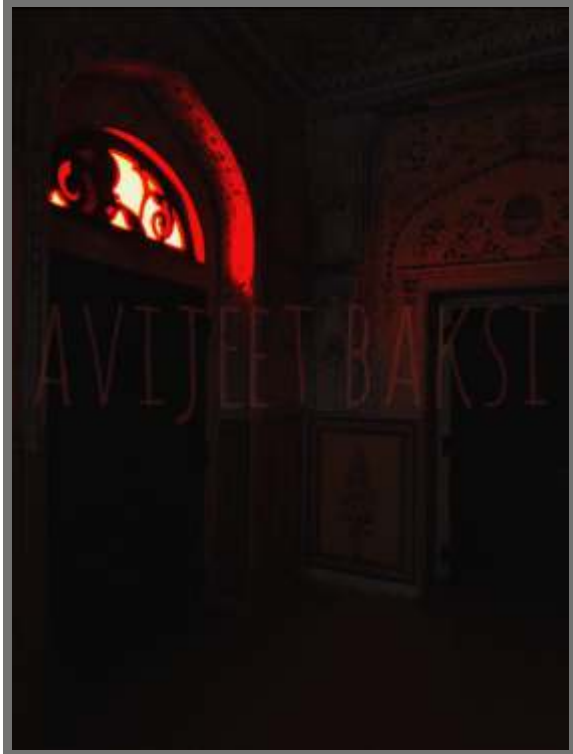


Atharva Mandhare (Second Year)



Avijeet Baksi (Second Year)

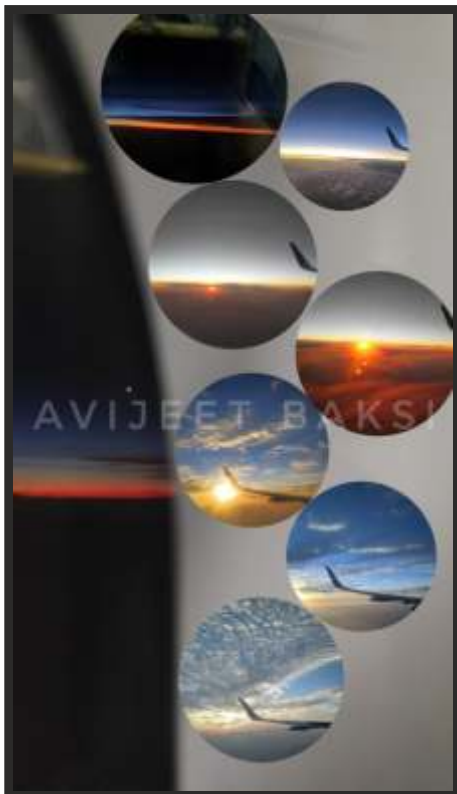
# Snap Wrap



Avijeet Baksi (Second Year)



Avijeet Baksi (Second Year)



Avijeet Baksi (Second Year)



Samarthan Bhonsale (Second Year)



# Snap Wrap



Samarthan Bhonsale (Second Year)



Samarthan Bhonsale (Second Year)



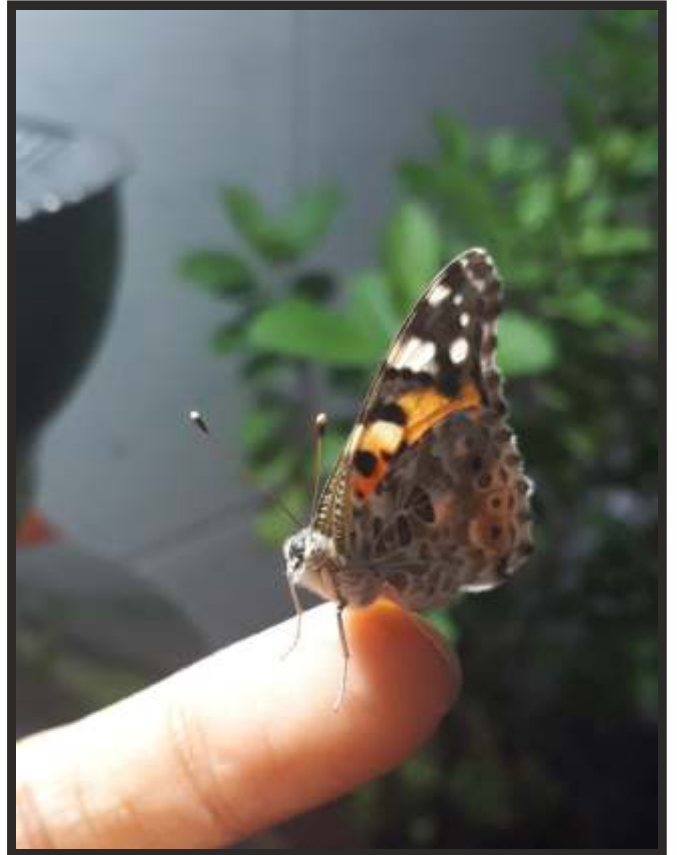
Samarthan Bhonsale (Second Year)



# Snap Wrap



Samarthan Bhonsale (Second Year)



Sharvani Pednekar (Second Year)



Sharvani Pednekar (Second Year)

# Snap Wrap



Dr. Abha Doshi



Dr. Abha Doshi



Om Zanje (Third Year)



Om Zanje (Third Year)



# Snap Wrap



Om Zanje (Third Year)



Om Zanje (Third Year)



Om Zanje (Third Year)



Om Zanje (Third Year)

# Snap Wrap



Om Zanje (Third Year)



Om Zanje (Third Year)



Om Zanje (Third Year)



# Snap Wrap



Om Zanje (Third Year)



Om Zanje (Third Year)



Shlok Bodke (First Year)

# Snap Wrap



Shlok Bodke (First Year)



Shlok Bodke (First Year)



Shlok Bodke (First Year)



Shlok Bodke (First Year)



Mugdha Salvi (Second Year)



Mugdha Salvi (Second Year)



Mugdha Salvi (Second Year)



# L' Artiste



Sakshi Raut (Third Year)



Preema Shah (Third Year)



Sakshi Raut (Third Year)



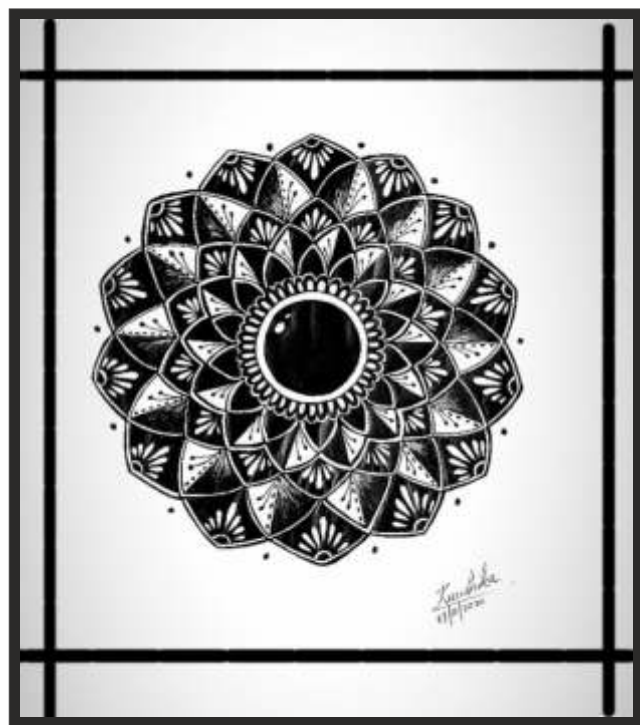
Preema Shah (Third Year)



# L' Artiste



Krushika Soni (Second Year)



Krushika Soni (Second Year)



Krushika Soni (Second Year)

# L' Artiste



Mahesh Kurlekar (Third Year)



Preema Shah (Third Year)



Purva Hirlekar (Third Year)



Purva Hirlekar (Third Year)

## L' Artiste



Purva Hirlekar (Third Year)



Shruti Kotian (Third Year)



Purva Hirlekar (Third Year)



# L' Artiste



Siddhi Jain (Third Year)



Siddhi Jain (Third Year)



Siddhi Jain (Third Year)



# L' Artiste



Yukta Mistry (Third Year)



Yukta Mistry (Third Year)



Yukta Mistry (Third Year)



Yukta Mistry (Third Year)

## TOMORROW NEVER COMES...

When tomorrow comes...  
I shall be the best friend that my friend could ever have.  
When tomorrow comes...  
I shall take that extra step, go the extra mile to help someone.  
But today I am too busy, today I can be selfish.  
Tomorrow I will act selflessly...  
There is always a tomorrow for all things that we know to be right,  
But today, I can use up my energy to get angry and fight.  
And while away the day as well as the night,  
The seconds, minutes and days...days like today...  
Pass like sand through my fingers and come and go  
Waiting for a tomorrow that will never be so...  
We let our relationships entangle and add to the mess,  
Not knowing, when the time may be too less.  
It is not too late...to untangle, say sorry and mean it.  
Understand that though we think in black and white,  
It's just that actually we all are right, difficult though it may seem  
Understand that there is only today and tomorrow is just a dream

### शब्दों का स्वाद

शब्दों के कई स्वाद होते हैं,  
मीठे, नमकीन, तीखे, खट्टे और कड़वे,  
शब्दों के ये स्वाद होते हैं॥१॥

ज़रा जतन से, ज़रा प्यार से, इनको परोसिए।  
ये अपने स्वाद से, दिल जीत लेते हैं॥२॥

ज़रा आप इनमें मिठास तो घोलिए।  
ये रस से सराबोर, रसगुल्ले की तरह होते हैं॥३॥

ज़रा नमकीन शब्दों को, ध्यान से परोसिए।  
ये ज़िन्दगी की थाली में, सबसे ज़रूरी होते हैं॥४॥

कुछ शब्द तीखे और कुछ खट्टे होते हैं।  
कम मात्रा में परोसिए, तभी ये अच्छे होते हैं॥५॥

और कुछ शब्द कड़वे पर सच्चे होते हैं।  
आप और हमारे लिए, दवाई की तरह होते हैं॥६॥

पर,  
बोलने से पहले, शब्दों को चख लीजिए।  
जो आपको अच्छा ना लगे, दूसरों को ना परोसिए ॥७॥

आभा दोशी

Dr. Poonam Advani

# Hymns of the Soul

कॉलेज लाइफ

कॉलेज की बात,  
प्यार सबको यार है,  
आज वक्त ने खेला ऐसा डाव है,  
पर हम भी कुछ कम नहीं,  
हर हाल में जीतना जानते है,  
पहले पानी के बाहाने लैब से निकल कर चक्कर लगाया करते थे,  
आज भी वही हाल है,  
तू अनम्युट हो गया बस इतनी सी बात है.

Khushi Jha  
(T.Y. B. Pharm)

**Let's go !**

Let's go where we were smiling,  
without any fear.  
Let's go where we were carefree,  
without any holdback.  
Let's go back to our precious days,  
which we cherished,  
without any pressure of coming back.  
Come on, let's go.

Fatema Kapasi  
(F.Y. B. Pharm)

## A SACRED BOND.

Even if you push someone so hard  
That they couldn't find a way back for that moment.

But they still decide to return and be there for you,  
Not because they want to make you feel guilty.

But because they know what you did was your silliness and not your personality.

And they return to make amends for what you did  
And make you strong, supported and loved.

Rather making you feel sad and anxious  
That's what is called love.

And can only be provided from your parents,  
But nobody else.

Especially the one that gave you birth  
Now whom you define to be your mom.

Khushi Jha  
(T. Y. B. Pharm)

# Hymns of the Soul

## IF I COULD EVER VISIT MY PAST

If ever I was fortunate enough...  
If ever i could visit my past,  
I would speak to the 15 year old me  
Studying in 10th class.  
Dear fictional princess and queen of your own world,  
Life is a reverse journey  
Where first comes the oyster then comes the pearl.  
Your happy childhood is pearl ,  
While your adolescence is an oyster  
The former is something you are high on and  
The latter ,making you thrive, is a hangover.  
Your innocence shouldn't be prejudiced  
And don't let anyone rule over your mind  
Carry the lantern of your instincts in your path  
And don't choose randomly as if you're blind.  
Don't imitate try to do things in your own way,  
Make sure you discourage regret.  
You'll be entering a stormy sea..  
So be wise and don't get caught in a wreck.  
Think twice in your brains with precision  
Then make sure you're clear on people's faces,  
Life's a long journey baby! So make your shoes  
Rather than fitting in others and fasten your laces.  
Don't open up completely in front of people  
Don't rip open your chest to serve out your heart  
Find your worth then the people who know it  
And learn to set them apart.  
Okay so I got all the pages of the book together  
I hope you act wisely after being guided by me  
Now I'm gonna be visited by the 25 year old version of us ...  
So now I gotta flee.

**Sharvani Pednekar**  
(S. Y. B. Pharm.)



# Hymns of the Soul

मेरी डायरी

अलमारी में रखी हुई मेरी डायरी,  
पूछ बैठी “बहुत दिन हुए कोई कविता नहीं उतारी”।  
छूट गयी क्या कलम से यारी??  
नहीं..मैं अनमनी सी बोल पड़ी।  
कुछ नया सूझता ही नहीं।  
अब सबकुछ जो virtual हो चला है।  
ज़िंदगी लगने लगी है full of गड़बड़ी।  
सारे विचार भी लगता है connectivity issue का problem face कर रहे हैं।  
हम भी तो smile exchange करने के बजाय।  
कितने GB data ले इसकी फ़िक्र कर रहे हैं।  
अब तो कलम उठाने की बारी आती ही नहीं।  
Key board से ही उगलियाँ फ़ुरसत पातीं नहीं।  
लेकिन तू फ़िक्र ना कर मेरी प्यारी डायरी,  
अब शायद वो वक़्त कहीं पास ही है,  
जिसमें केवल मानव का आभास नहीं अहसास भी है।  
सारी पाबदियों के अंत की आ गई है बारी।  
तब फिर से साथ होंगे मैं, कलम और मेरी डायरी...

डॉ रश्मि श्रीवास्तव

पर्याय

बहु पर्यायी प्रश्नांच्या परीक्षांची आली आहे fashion.  
योग्य पर्याय निवडताना होतय जरा confusion.  
कधी वाटतं सर्व पर्याय आहेत बिनचूक.  
तर कधी वाटतं सर्व पर्याय आहेत चूक.  
पर्यायांच्या भूलभुलैयात थकून जाते मती.  
पर्यायांची तिजोरी बहुश्रुतांना करते करोडपती.  
अचूक पर्यायाची निवड आहे बर का दुष्कर  
ज्याला शोधता आला पर्याय त्याचा मार्ग सुकर.  
जीवनातील काही प्रश्न करतात प्रवास खडतर  
पर्याय शोधण्याचा उहापोह सुरू राहतो निरंतर  
मिळत नाही बिनतोड पर्याय सापडत नाही उकल  
अशा निरुत्तरित प्रश्नांना देता येते का बगल  
आपुष्य देते का पर्याय flip question  
अनेक अनुत्तरित समस्यांचे कुठे शोधू option.  
डॉ. सोनाली घाटपांडे नाईक.

# The METizens



Final Year



Final Year



Third Year



Third Year



# The METizens



Second Year



Second Year



First Year



First Year



# MET Utsav

The colours of celebration pumped in the hearts of METizens during these fun filled 8 days. MET Utsav was celebrated in the college which brought all the different streams of MET together. Various forms of cultural events were held including

- Singing • Group dance • Solo dance • Art Display

The event portrayed the spirit of the entire college throughout the show. The event also included online games like COD, Ludo and Valorant, along with offline games like carrom, table tennis and chess, where students got the opportunity to depict their skills.

The event was held in a hybrid mode and had the theme 'ALL is WELL'. The post pandemic period where the people, especially the youth, was ready to return to their schedule, was displayed through the event's theme.

The last day was chosen for rewarding the achievers in academic as well as non academic fields. Both teachers and students who excelled in different arenas were felicitated. Our masks hid our smiles but happiness shimmered in the eyes of every member of the MET family.

The event came to an end on 30th October.





# MET Utsav



### **Special Thanks to**

We truly are grateful to the following members for helping and guiding us through.

**MET MARCOM DEPARTMENT:** Mr. J.G. Irani, Mr. Ashish Shrivastava, Mr. Pravin Gangan & Team

**MET IOP (Degree):** Dr. U.B. Hadkar, Dr. Abha Doshi, Dr. Rashmi Srivastava, Dr. Poonam Advani, Ms. Aqsa Khan, Ms. Sachi Parab, Ms. Siddhi Jain and Ms. Vidushi Dhakad.

Last but not the least our faculty members, student council and METIOPians for their contribution and support.



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