



Mahatma Jyotiba Phule
(1827-1890)



Shrimati Savitribai Phule
(1831-1897)

विद्येविना मती गेली मतीविना नीती गेली ।
नीतीविना गती गेली । गतीविना वित्त गेले ॥
वित्ताविना शुद्र खचले । इतके अनर्थ एका अविद्येने केले ॥
- महात्मा ज्योतिबा फुले

Lack of knowledge leads to indiscretion;
Indiscretion leads to lack of ethics.
Lack of ethics leads to absence of direction and momentum;
Absence of direction and momentum result in bankruptcy.
Such is the havoc caused by the lack of knowledge.
- Mahatma Jyotiba Phule

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 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.

MUMBAI EDUCATIONAL TRUST

Mumbai Educational Trust (MET) 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 Information Technology
- Institute of Software Development & Research
- Institute of Computer Science
- Institute of International Studies
- Rishikul Vidyalyaya

Bhujbal Knowledge City, Govardhan, Nashik

- School of Architecture & Interior Designing

Bhujbal Knowledge City, Adgaon, Nashik

- Institute of Management
- Institute of Pharmacy
- Institute of Engineering
- Institute of Technology (Polytechnic)
- Institute of Information Technology
- Institute of D. Pharmacy
- Bhujbal Academy of Science & Commerce (Jr College)
- Meena Bhujbal School of Excellence (CBSE Board)

FROM THE CHAIRMAN'S DESK



Chhagan Bhujbal
Hon. Founder Chairman
Mumbai Educational Trust

In this ever-evolving world, education remains the cornerstone of progress. India's education system stands as a beacon of excellence, with a legacy that has nurtured some of the world's finest scholars, groundbreaking scientists, visionary innovators, and transformative leaders who are shaping global progress. As we honor this remarkable tradition, we are equally committed to redefining the future. By strategically evolving our academic content and delivery, we aim to elevate the skills, mindset, and expertise of the Indian workforce, ensuring they are not just participants but leaders in a rapidly changing global landscape.

Here at MET, we are committed to providing our students, faculty, and collaborators with the tools and knowledge they need to thrive in the globalized landscape. This year, we've made significant strides in forging new international partnerships and developing innovative courses that combine the best of Indian and foreign education. We are confident that these initiatives will equip our graduates with a competitive edge and prepare them for leadership roles in the international arena.

At Mumbai Educational Trust (MET), we are pioneering holistic education, cultivating brilliance, and shaping the future workforce. Our three cutting-edge campuses in Mumbai and Nashik are home to over 20 institutes and schools, where we are crafting innovative learning experiences that empower the next generation to redefine the boundaries of possibility.

Advantage MET

- MET Rishikul Vidyalaya ranked No. 1 for K–12 Cambridge Curriculum by the Times Preschool Survey 2026.
- MET Institute of Management ranked 2nd Top B-School in Mumbai, 11th amongst 'Top 20 West B-Schools', India's 15th Top Pvt. B-School and 25th Top B-School All India by the Times B-School Survey 2026.
- MET Institute of PGDM ranked 4th Top B-School in Mumbai, 13th amongst 'Top 20 West B-Schools', India's 22nd Top Pvt. B-School and 32nd Top B-School All India by the Times B-School Survey 2026.
- MET Institute of Management ranked India's 12th Best B School - Metro Wise Ranking - Mumbai & India's 39th Best B-School - Zone Wise Ranking - West by Business Today's B School Ranking 2025.
- MET Institute of Management has been ranked the 12th Best Private B-School in Mumbai by The Week Best B-School Survey 2025.
- MET Institute of PGDM has been ranked the 17th Best Private B-School in Mumbai by The Week Best B-School Survey 2025.
- KPMG is the academic partner for Analytics and Skill transformation certification programs for MET Institute of PGDM.
- MET Mumbai has been awarded the overall DIAMOND rating by QS I-GAUGE.
- MET Institute of Management ranked 2nd Top B-School in Mumbai, 5th Top B-School in Mumbai - Placement, 12th amongst 'Top 20 West B-Schools', India's 17th Top Pvt. B-School and 26th Top B-School All India by the Times B-School Survey 2025
- MET Institute of PGDM ranked 4th Top B-School in Mumbai, 14th amongst 'Top 20 West B-Schools', India's 23rd Top Pvt. B-School and 33rd Top B-School All India by the Times B-School Survey 2025
- MET is rated AAA by Careers360 and is recognised amongst 'India's Best B-School 2025 institution.'
- MET is ranked 17th Top West B-Schools by BW Businessworld Best B-School ranking 2024.
- MET Rishikul Vidyalaya ranks 1st in Zone C & 4th in Mumbai for the Cambridge Curriculum in the Times School Survey 2025
- MET Rishikul Vidyalaya honoured at Eldrok India K-12 Summit 2025 for Excellence in Experiential Learning
- MET Rishikul Vidyalaya ranks 1st in Zone C & 6th in Mumbai for the Cambridge Curriculum in the Times School Survey 2024
- MET Rishikul Vidyalaya Ranked No. 7 in India, No. 5 in Mumbai, & No. 5 in Maharashtra in the prestigious India School Merit Survey 2024 by Education Today!
- MET Rishikul Vidyalaya is recognized as the Top School Cambridge Curriculum in Times Icon 2024 awards.
- Mumbai Educational Trust (MET) is recognised as a 'Prestigious Education Brands 2024-25' by Marksmendaily.
- MET Institute of Management ranked 2nd Best B-School in Mumbai, India's 16th Best Pvt. B-School, 28th Best B-School All India and 14th amongst Top West B-Schools by the Times B-School Survey 2024
- MET Institute of Management is ranked 10th Best Private B School in Mumbai, 32nd amongst West Zone by the India Today's Best B School Ranking 2024



Late Shri Pranab Mukherjee
Former President of India



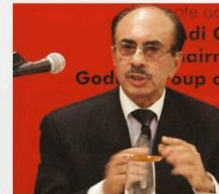
Mukesh Ambani
Chairman & MD, Reliance



Ratan Tata
Renowned Industrialist



Smt. Pratibha Devisingh Patil,
Former President of India



Adi Godrej,
Chairman, Godrej



Late Shri. Rahul Bajaj,
Chairman, Bajaj Auto

MET Institute of Pharmacy

The MET Institute of Pharmacy (MET IOP) was established in 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 and has been 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 the class rooms are equipped with Smart boards.

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 equipped 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:

To be recognized as one of the leading institutes of pharmacy education in the nation, creating world class pharmacists who are equipped to cater to the present and future needs of the profession and society at large.

• MISSION:

1. Impart quality education and train the students in Pharmaceutical Sciences through competent staff and world class infrastructure.
2. Working towards the all-round development of the students.
3. Enable students to make ethical and valuable contributions in diverse facets of pharmacy and social welfare to improve 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 inculcates 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.



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Message from the Principal



Dear Students,

We are pleased to bring out the latest issue of the Nestmagazine with the theme Social and Preventive Pharmacy. This area has become increasingly important in a country like India, where issues such as health awareness, antibiotic resistance, infectious diseases, and self-medication continue to pose major public health challenges. As pharmacists, we have an important role to play in improving the quality of life of society. At the community level, we must actively participate in awareness programs and help ensure the safe and rational use of medicines.

As we come to the close of this academic year, I reflect with pride on what has truly been one of the most vibrant and fulfilling years for our institute. Your enthusiasm, dedication, and achievements have brought great honor to our institution. The outstanding participation and success of our students in the Aavishkar Research Convention and the CiiA 5 Innovation Competition stand as testimony to your talent and perseverance. Our college securing the winner's position at the state-level round of Aavishkar and receiving the trophy for the maximum number of selected projects in the CiiA 5 are remarkable accomplishments that make us immensely proud.

Throughout the year, we have also organized several seminars and talks by renowned personalities from diverse fields. These interactions have helped broaden your perspectives and keep you informed about emerging developments in science, technology, and healthcare.

The celebrations during MET Utsav added another dimension of excitement and creativity to campus life. Students enthusiastically participated in sports, workshops, the flea market, fashion shows, and the grand dance performances on the finale night. The energy, creativity, and teamwork displayed during the event made it truly spectacular and memorable for all.

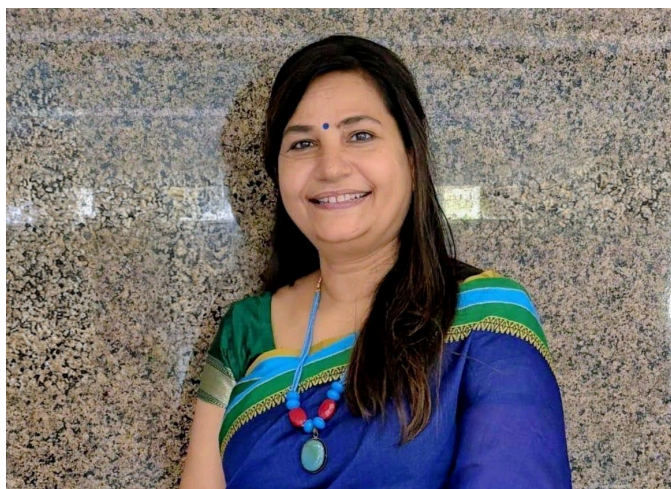
As the examinations draw near, I encourage each one of you to focus your energies on your studies. Continue to learn, grow, and dream big. Let your knowledge guide you, your values strengthen you, and your aspirations inspire you to reach greater heights. Study sincerely, spread your wings, and fly high with the vibrant colors of the rainbow.

Wishing you all success, happiness, and a bright future ahead.

Dr. Abha Doshi

Principal, METIOP (Degree)

Course Coordinator's Perspective



My Dear Students,

“An ounce of prevention is worth a pound of cure.”

— Benjamin Franklin

It gives me immense pleasure to share my thoughts in this issue of our college magazine “Nest,” centered on the theme “Social and Preventive Pharmacy.” In today’s rapidly evolving healthcare landscape, the role of pharmacists extends far beyond

dispensing medicines, embracing a profound commitment to public health, disease prevention, and community well-being.

Social and preventive pharmacy reminds us that healthcare begins within the community—through awareness, education, and early intervention. As future healthcare professionals, you hold the responsibility to promote rational drug use, preventive healthcare practices, and patient-centred services that enhance quality of life.

This magazine is a reflection of the creativity, dedication and vision of our students and staff. Through insightful articles and creative expressions, it highlights how pharmaceutical knowledge can extend beyond the classroom to create meaningful change in society, reinforcing the importance of prevention, awareness, and holistic well-being.

I extend my heartfelt gratitude to our esteemed Trustees and our Principal for their constant encouragement and visionary support in nurturing such enriching initiatives.

I warmly congratulate all contributors for their dedication in bringing out this remarkable publication. To our bright and talented students, I encourage all MET students to continue striving for excellence, embracing innovation, and using the knowledge to make a positive impact on society.

“Wishing you all a future guided by purpose, enriched by success, and devoted to the service of humanity.

DR. RASHMI SRIVATSAVA

Course Coordinator, METIOP (Degree)

From the Cultural In-Charges



As we present this edition of "NEST," themed "Pharmacist: the health catalyst". In the Indian context, the role of a pharmacist in Social and Preventive Pharmacy goes far beyond dispensing medicines; it extends into community health education, disease prevention, and public-health advocacy. Pharmacists act as easily accessible health-care professionals who bridge the gap between complex

medical knowledge and the everyday needs of the public. Through this year's NEST, we want to highlight that today's pharmacist in India is not just a "medicine seller" but a trusted health advisor, prevention-oriented educator, and active partner in building a healthier society.

Social responsibility remained a key focus with DLLE and Green club, with students contributing to community welfare through collaborations with NGOs, engaging in activities like tree plantation drives, beach clean-ups, tribal outreach camps and donation initiatives. As aspiring pharmacists, the students made concerted efforts to plan and conduct events aligned with the theme of Social and Preventive Pharmacy practices. They organised awareness campaigns on the world pharmacist day, the correct use of medicines, the importance of blood donation, street plays to promote green practices during the Ganpati festival, the therapeutic use of snake venoms as drugs during Nag Panchami, and safe methods and techniques for pharmaceutical waste disposal, among other related topics. Health camps and blood donation drives were organised for the whole staff and students of MET. These activities emphasized sustainability through eco-friendly practices—reflecting the pharmacist's responsibility toward environmental and community health.

Students participated in various co-curricular activities like the Poster and model presentation at Aavishkar, CIIA and won awards at other inter-collegiate events. Students also had a factory visit at ACG and development with activities like Plat pharm, Lectures and seminars were also organised for skin donation, acne awareness, nutrition week celebrations - "Eat to Think" , nasha mukti abhiyan and pharmacy week was celebrated as an intercollegiate "Pharmacists as Advocates of Vaccination" poster presentation competition.

National pride and civic responsibility were reinforced through celebrations of Independence Day and Republic Day. Linguistic and cultural heritage was honored during Hindi and Marathi Bhasha Diwas through elocution and poetry competitions, promoting communication skills essential for effective patient counseling and public health outreach. Celebrations of Gopal kala through drawing competition, green rangoli competition and best out of waste rakhi making competition.

The campus also witnessed a dynamic blend of sports and cultural activities, culminating in large-scale student-led events. We did a variety of events from quizzes, presentations to Ganpati idol making, from rakhi making (best out of waste) to garba learning workshop. The students participated in various events like Mumbai University Youth festival, DLLE Udaan, Rx 2026 to name a few. MET UTSAV '26 stood out as a flagship cultural celebration with the theme of "Mind meets Machine", where students participated enthusiastically as both organizers and performers, showcasing creativity and teamwork.

We extend our heartfelt gratitude to the trustees, management, and our respected principal for their unwavering support and vision. A special thanks to our dedicated colleagues for their collaboration, and to our talented students-the heart of every initiative-for their enthusiasm and creativity. Together, let us continue to learn and build a brighter, more inclusive future.

Dr. Madhura Vaidya & Ms. Vrushali Keer
Cultural Incharges

Our Teachers

As catalysts of knowledge and innovation, our faculty play a vital role in shaping future pharmacists committed to social and preventive healthcare. Through their expertise, mentorship, and vision, they inspire students to become proactive contributors to community well-being and public health.



First Row: (L To R)- Dr. Vijaya Patil, Dr. Poonam Advani, Dr. Abha Doshi, Dr. Rashmi Srivastava, Dr. Bhagyashri Joshi, Dr. Sindhu Menon

Second Row: (L To R)- Dr. Bandoo Chatale, Ms. Vrushali Keer, Dr. Madhura Vaidya, Mrs. Priyanka Joshi Jain, Mrs. Sheeja Koliyote, Mrs. Aushima Dasari, Mrs. Rupsa Sheth

Faculty members absent in the photo- Dr. Sonali Naik and Mrs. Sunanda Patil

The Non -Teaching Staff

The strength of our institution lies not only in academics but also in the unwavering support of our non-teaching staff. Working diligently behind the scenes, they ensure a seamless environment that enables the mission of nurturing socially responsible pharmacists and advancing preventive healthcare.



First Row: (L To R)- Mrs. Arti Gore, Mrs. Ashvini Pawar, Mrs. Sneha Kokate, Mrs. Priya Sawant, Dr. Abha Doshi, Dr. Rashmi Srivastava, Mrs. Asavari Hadkar, Mrs. Ankita Patade, Mrs. Manisha Barve

Second Row: (L To R)- Mr. Dinesh Khanolkar, Mr. Pradeep Jadhav, Mr. Mahendra Suvare, Mr. Sudhir Ayare, Mr. Pramod Karbhari, Mr. Gurunath Pednekar, Mr. Sunil Mohite, Mr. Prashant Rane

Third Row: (L To R)- Mr. Ashwin More, Mr. Rajesh Sawant, Mr. Dattaram Bhure, Mr. Ajay Mali, Mr. Sanjay Palav, Mr. Yuvraj Thakare, Mr. Ghanshyam Kambli

Non-teaching Staff absent in the photo- Mr. Sanjay Katkar

Students Council 2025-26

SYNERGY STUDENT COUNCIL MEMBERS

“Teamwork is the secret that makes common people achieve uncommon results.” – Ifeyinwa Enoch Onuoha Keeping these words in mind, the dawn of the academic year 2025–2026 brought together a group of enthusiastic individuals who formed the creative, explorative, and innovative Synergy Student Council. This year has witnessed both highs and lows, and it is truly commendable how every member has faced each hurdle with resilience—turning challenges into learning experiences and ensuring that the spirit of teamwork and dedication always led the way to success. We are extremely grateful to our Cultural In-charge teachers, Ms. Vrushali Keer and Dr. Madhura Vaidya, along with Dr. Abha Doshi, for their constant support, encouragement, and invaluable guidance throughout all the initiatives undertaken by the team. To end on a high note, we’d like to leave you with this thought:

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

This is the Synergy Student Council 2025–2026, signing off!

SR. NO.	POST	YEAR	NAME
1	General Secretary	Third Year	Mr. Atharva Khapare
		Third Year	Ms. Vrukshi Sankhe
2	Cultural Secretary	Second Year	Ms. Shreya Sawant
		Second Year	Ms. Poorvi Lande
3	Editor	Fourth Year	Ms. Ojasvi Bansode
		Third Year	Ms. Bhume Patil
		Second Year	Mr. Yash Kadam
4	Social Media Coordinator	Second Year	Ms. Safoora Rawoot
		Fourth Year	Ms. Riya Patwa
		Fourth Year	Ms. Kirti Ramane
		Third Year	Mr. Prathmesh Patil
		Third Year	Ms. Apoorva Gajula
		Third Year	Ms. Swatee Chindarkar
5	Sports Secretary	Second Year	Ms. Dhanya Shetty
		Second Year	Ms. Megha Gawade
		Third Year	Mr. Karan Chaudhari

		Third Year	Mr. Saad Shaikh
		Second Year	Mr. Shravan Walhekar
6	Treasurer	Fourth Year	Ms. Fainy Dedhia
		Third Year	Ms. Shaina Puthran
		Second Year	Mr. Sudesh Rajput
7	Social Welfare Committee/Health Secretary	Fourth Year	Mr. Rishi Gupta
		Fourth Year	Mr. Tejas Baing
		Fourth Year	Mr. Jugal Shah
		Fourth Year	Ms. Tanvi Bandekar
		Third Year	Ms. Komal Galande
		Third Year	Mr. Kaif Qureshi
		Third Year	Ms. Krishna Fatak
		Third Year	Ms. Aditi Kambli
		Second Year	Mr. Bhavesh Vishwakarma
		Second Year	Ms. Kashish Gangaramani
8	Class Representative	Fourth Year	Mr. Rahul Channa
			Mr. Nazareth Calvin
			Ms. Varsha Suthar
		Third Year	Ms. Naitri Sheta
			Ms. Divya Kawa
			Ms. Nyssa Falcao
		Second Year	Ms. Anjali Yadav
			Ms. Vedika Kini
			Ms. Sanika Gangan
		First Year	Ms. Urvi Salkar
			Ms. Harshini More
			Ms. Anushka Dudhane



First Row: (L To R)- Ms. Poorvi Lande, Ms. Shreya Sawant, Ms. Vrukshi Sankhe, Ms. Vrushali Keer, Dr. Abha Doshi, Dr. Madhura Vaidya, Mr. Atharva Khapare, Mr. Rishi Gupta, Ms. Urvi Salkar

Second Row: (L To R)- Ms. Vedika Kini, Ms. Sanika Gangan, Ms. Safoora Rawoot, Ms. Megha Gawde, Ms. Anjali Yadav, Ms. Dhanya Shetty, Ms. Swatee Chindarkar, Ms. Shaina Puthran, Mr. Karan Choudhary, Ms. Aditi Kambli, Ms. Apoorva Gajula, Ms. Komal Galande, Ms. Anushka Dudhane

Third Row: (L To R)- Ms. Kashish Gangaramani, Ms. Harshini More, Ms. Bhume Patil, Mr. Bhavesh Vishwakarma, Mr. Saad Shaikh, Mr. Yash Kadam, Mr. Sudesh Rajput, Mr. Shravan Walhekar, Mr. Prathmesh Patil, Ms. Krishna Fatak, Ms. Nyssa Falcao, Ms. Divya Kawa, Ms. Naitri Sheta

GENERAL SECRETARY



True education extends far beyond textbooks and examinations. The Student's Council serves as a vibrant platform where these values are not merely spoken about, but practiced, celebrated, and lived every single day. Throughout the year, we have strived to create opportunities that encourage growth, leadership, and collaboration. From thoughtfully curated co-curricular initiatives to dynamic intercollegiate engagements, every event was designed to bring out the best in our

students and foster a spirit of unity and innovation across departments.

We are deeply grateful to our respected Principal Dr. Abha Doshi for her visionary leadership and constant encouragement. Our heartfelt appreciation also goes to our dedicated Cultural Incharges Ms. Vrushali Keer and Dr. Madhura Vaidya, whose guidance and support have been the cornerstone of our journey. Their belief in us has empowered us to transform ideas into impactful realities.

This year has been a remarkable chapter filled with enthusiasm, creativity, and collective achievement. Whether in sports arenas, cultural stages, academic forums, or debate platforms, our students have demonstrated exceptional talent, resilience, and passion.

A special word of appreciation goes to every council member and volunteer who worked tirelessly behind the scenes. Your dedication, discipline, and spirit of service have truly made a difference.

As we reflect on this memorable year, we carry forward not only accomplishments but also friendships, lessons, and experiences that will remain with us for a lifetime. May we continue to lead with integrity, collaborate with respect, and strive for excellence in all our endeavors.

Thank you all for being an integral part of this inspiring journey.

General Secretary

Ms. Vrukshi Sankhe and Mr. Atharva Khapare

EDITORIAL COMMITTEE

Year after year, students come and go, but the legacy of excellence at MET remains permanent. While we strive for academic brilliance, our institution has always encouraged us to look beyond the classroom and engage with the world around us. With immense pleasure and dedication, we gladly introduce 'THE NEST 2025–2026'.

This year, we have chosen a theme that is both timely and transformative: Social and Preventive Pharmacy. In a world recovering from global health crises, we felt it was our duty to highlight the pharmacist's role as a silent healer and a proactive advocate for public health. This edition unravels the profound impact of preventive care from immunization strategies and lifestyle management to the vital necessity of community health awareness. Filled with captivating photographs, artwork, and insightful articles, this magazine serves as a platform for the diverse talents of everyone involved. We aim to show that the future of pharmaceutical sciences lies not just in curing diseases, but in preventing them and fostering a healthier society for all.

The success of this endeavor owes much to the collective efforts of numerous individuals. Our heartfelt gratitude extends to our esteemed Principal, Dr. Abha Doshi, whose unwavering support has been our driving force. We extend our sincere gratitude to our dedicated Cultural Incharges, Ms. Vrushali Keer and Dr. Madhura Vaidya, whose constant guidance, encouragement, and support have been instrumental in shaping our journey. We sincerely hope our readers derive as much inspiration from reading this magazine as we did from creating it.



**(L To R)- Ms. Bhume Patil (Chief Editor), Ms. Safoora Rawoot, Mr. Yash Kadam
Editor absent in the photo- Ms. Ojasvi Bansode**

IPA TALKS

The IPA Maharashtra State Branch Students' Forum is a student-led body focused on the academic, professional, and personal development of pharmacy students. It organizes seminars, workshops, cultural and sports events, and health awareness programs, while providing exposure to academia, industry, and public health. Through its various committees, it fosters leadership, teamwork, and responsible professional growth.

SR NO.	NAME	YEAR	POST	COMMITTEE
1	Saad Shaikh	Third Year	Joint Sports Secretary	Sports Committee
2	Dhanya Shetty	Second Year	Public Relations Office Cell Member	Public Relations Committee
3	Kavyanjali Davane	Second Year	Cultural Committee Cell Member	Cultural Committee
4	Safoora Rawoot	Second Year	Pharmacy Education Office Cell Member	Pharmacy Education Office
5	Vedika Kini	Second Year	Finance Cell Member	Finance Committee
6	Grishma Lipare	Second Year	Public Health Office Cell Member	Public health office
7	Sneha Yadav	First Year	Executive Cell Member	Executive Committee
8	Mahesh Choudhary	First Year	Editorial Cell Member	Editorial Committee



First Row: (L To R)- Ms. Vedika Kini, Ms. Kavyanjali Davane, Dr. Abha Doshi, Mr. Saad Shaikh, Ms. Safoora Rawoot

Second Row: (L To R)- Ms. Grishma Lipare, Ms. Dhanya Shetty, Ms. Sneha Yadav, Mr. Mahesh Choudhary

About the Cover Page

The cover page of *The Nest*, the annual magazine of MET Institute of Pharmacy (Degree), Bhujbal Knowledge City, presents a conceptually strong visual aligned with its theme, **Social and Preventive Pharmacy**. It highlights the pharmacist's evolving role in public health, captured through the tagline, **"Pharmacist: The Health Catalyst."**

The design emphasizes prevention over treatment, portraying pharmacists as active contributors to awareness, early intervention, and community well-being. Bold red typography across all text elements symbolizes urgency and action, while the calm blue background conveys trust and reliability, creating a balanced visual contrast.

At the center, open hands holding a globe represent care, inclusivity, and global health responsibility. Surrounding circular illustrations depict key preventive practices such as vaccination, hygiene, counselling, and medication management, reinforcing continuity in healthcare.

The structured layout and thoughtful visual hierarchy ensure clarity while guiding the viewer's focus seamlessly from the title to the central imagery and thematic message. This organized composition enhances readability and strengthens the overall impact of the design.

Overall, the cover effectively communicates that pharmacists are proactive drivers of a healthier, prevention-focused society.

Among all the submissions for the cover page, the design by our talented student, Mr. Prathamesh Patil (Third Year) was selected as the final magazine cover page.

INSTITUTE INSIDER

ASHADI EKADASHI

The students and staff of MET Institute of Pharmacy (Degree) celebrated Ashadhi Ekadashi on 7th July 2025. The event began with an aarti which changed the complete atmosphere filled with devotion. The room was adorned with flowers and rangoli. The celebration fostered community and spiritual growth through a harmonious blend of devotion, music, and unity.



GURU POORNIMA DEBATE

On 10th July 2025, MET Institute of Pharmacy (Degree) celebrated the auspicious occasion of Guru Purnima with great reverence and enthusiasm. The event was organized by the Cultural Committee and the Indian Knowledge Systems (IKS) Committee, reflecting our deep-rooted respect for the Guru-Shishya tradition.

The highlight of the celebration was a thought-provoking debate competition centered on the topic: "75% attendance being compulsory in colleges" Adding a unique twist, students spoke for the motion, while faculty members presented arguments against it. This reversal of roles sparked engaging dialogue and provided fresh perspectives on the evolving dynamics of discipline and freedom in academic spaces. The event not only fostered healthy discussion and critical thinking but also beautifully captured the essence of Guru Purnima – mutual respect, learning, and growth through shared wisdom. A heartfelt thank you to all our gurus, mentors, and knowledge-givers who guide and inspire us every day.



ACNE AWARENESS CAMPAIGN

On 18th July 2025, a Patient Awareness Camp on Acne was organized at MET Institute of Pharmacy (Degree) in collaboration with IPCA Laboratories and renowned dermatologist Dr. Avina Jain, MBBS, MD- Dermatology, Venerology & Leprosy. The session was aimed at educating students about the growing concern of acne among youth and empowering them with the right knowledge to manage it effectively. Dr. Jain delivered an insightful talk covering essential topics such as the causes of acne, preventive strategies, treatment options, common myths, and practical skincare tips. Her clear explanations and relatable examples made the complex subject easily understandable for the student audience. The session concluded with an engaging Q&A round, where students enthusiastically interacted with Dr. Jain, asking questions ranging from product use to lifestyle changes for acne prevention. The camp was both informative and impactful, reinforcing the importance of skin health awareness among young adults.



LIONS CLUB ANNUAL INSTALLATION CEREMONY

Students of MET Institute of Pharmacy (Degree) attended the Lions Club Annual Installation Ceremony on 20th July 2025 in Navi Mumbai. .

Presided over by District Governor Lion Trevor Martis, the ceremony featured the induction of the new president, office bearers, and board members for 2025–26, along with the installation of new clubs, including the Lions Club of MET Institute of Pharmacy Campus. Awards for outstanding service were presented, and cultural performances added colour to the evening. The event concluded with a vote of thanks and fellowship lunch, reinforcing the Lions Club’s enduring motto — “We Serve.”



WORLD BRAIN DAY

On 22nd July 2025 marking the occasion of World Brain Day, MET Institute of Pharmacy (Degree) organized an online “World Brain Teaser Quiz” to promote awareness about brain health. The interactive quiz featured one-word responses, riddles, and multiple-choice questions focused on neuroscience, memory, and cognitive challenges. The event saw enthusiastic participation from students, fostering both learning and community spirit. The winners were:

First Prize: Ms. Riva Tombri (Third Year)

Second Prize: Ms. Bhume Patil (Third Year)

Third Prize: Ms. Apoorva Gajula (Third Year)



ALUMNI INTERACTION

The alumni interaction held on 24th July 2025 at MET Institute of Pharmacy (Degree), provided an inspiring session for students. Ms. Fatima Kapsi provided information about career option. Apart from pursuing an MBA or masters, she has chosen to follow a career path in, MSC in Clinical research at TATA group. This program offers several advantages, including the opportunity to work with international companies. By sharing this information, she has provided us with valuable and detailed insights into potential career paths beyond the conventional choices. This knowledge not only broadens our understanding of available opportunities but will also serve as a meaningful guide for many of us as we plan our professional journeys in the years to come.



DONATION DRIVE

Students of MET Institute of Pharmacy (Degree) volunteered at a donation drive, organised by Smiti Socialwork Foundation on 25th and 26th July 2025 at Aashirwad Banquet Hall, Kandivali East. Over two days, the volunteers managed an informative stall promoting the foundation's mission of Spreading Smiles. The drive collected donations such as storybooks, stationery, school bags, and umbrellas. Volunteers engaged with visitors, shared impactful stories, and highlighted the significance of donations—not just as material help, but as acts of social responsibility that enable lasting positive change. The event successfully raised awareness, encouraged community participation, and inspired many to contribute, reaffirming the collective strength of giving.



PLANTATION DRIVE, MULUND

On 26th July 2025, the Third and Fourth-year students of MET Institute of Pharmacy (Degree) actively participated in an initiative of tree plantation organised by My Micro Forecast at Mulund, promoting environmental awareness and sustainability. The event focused on planting native tree species to improve green cover and restore biodiversity in the area. The drive not only enhanced environmental consciousness among students but also fostered a sense of social responsibility. Through collective efforts, the event contributed significantly to the mission of creating a greener, healthier urban ecosystem. The initiative was both educational and impactful, aligning with the goal of sustainable living.



WORLD CONSERVATION DAY

In observance of World Conservation Day on 28th July 2025, a special awareness session was conducted at MET Institute of Pharmacy (Degree) in collaboration with the United Way Mumbai organisation. The session was led by Ms. Shraddha Sawant, who emphasised the serious need for environmental conservation and highlighted the role each individual plays in protecting the Earth. She spoke about the importance of conservation, our role in protecting the environment, and the consequences of neglecting it. Her presentation included data and statistics examples across Mumbai of environmental damage caused by human actions. Students filled out a Google Form Quiz reflecting on waste and its management. An interactive activity was also conducted where students had to segregate household and industrial waste. The session was engaging, informative, and made us more aware of the small steps we can take to help the planet.



NAG PANCHAMI

On 29th July 2025, MET Institute of Pharmacy (Degree) celebrated Nag Panchami with great enthusiasm. The event began with a traditional puja, symbolizing respect for nature and snakes. As part of the celebration, third-year students delivered an informative presentation on snake venom, its mechanism of action, the development and use of antivenoms, and the therapeutic applications of snake venom in modern medicine. The session provided valuable insights and sparked curiosity among students. The event was a great success, with active participation from faculty and students alike. It served as an engaging learning opportunity that combined cultural tradition with scientific awareness, helping students gain a deeper understanding of snakes and their medical significance.



TREE PLANTATION DRIVE (DEVRAI- TITWALA)

The MET Institute of Pharmacy (Degree) collaborated with Paryavaran Dakshata Mandal on 2nd August 2025, to organise a plantation drive in Titwala, led by environmentalist Mr. Devesh Jadhav. The initiative aimed to promote environmental awareness, biodiversity, and sustainability through active student participation.



Students and faculty enthusiastically joined the drive, planting 10 banyan saplings in and around the area. Mr. Jadhav educated the participants on the long-term impact of trees in combating climate change, conserving soil, and improving air quality.

The event emphasised the importance of community involvement in preserving nature and inspired students to take responsibility for their environment. It served as a meaningful step toward greener surroundings and sustainable living. The plantation drive concluded with a collective pledge to protect and care for the newly planted trees.

TREE PLANTATION DRIVE (GOREGAON)

MET Institute Of Pharmacy (Degree) collaborated with Smiti Foundation to participate in a plantation drive organized by 'Muskurate Raho' Foundation on 3rd August 2025 at Aarey, Goregaon. The drive was a joint effort aimed at promoting environmental conservation and increasing green cover in one of Mumbai's most vital urban forests. Volunteers came together for this cause, planting a variety of native saplings across designated plots in the Aarey area. The volunteers followed ecologically responsible planting practices to ensure minimal disruption to the surrounding ecosystem. Throughout the drive,



volunteers actively participated in every step—digging, planting, spreading fertilizer, watering, and learning about the long-term care required for healthy plant growth. Guided by coordinators and environmental experts, they developed practical skills in afforestation, soil management, and the importance of planting indigenous species in maintaining biodiversity. The plantation drive served as a valuable learning experience for the volunteers, instilling a greater appreciation for environmental responsibility. It also fostered collaboration, teamwork, and community engagement, reinforcing the message that small, consistent actions can contribute significantly to ecological restoration.

FRIENDSHIP DAY

The MET Institute of Pharmacy celebrated Friendship Day with great enthusiasm. A special “Friendship Memory Wall” was set up in the college premises from 5th to 7th August 2025, where students were invited to participate in a unique and heartwarming activity. Students pinned photographs with their friends on the board, capturing joyful moments and special memories. Alongside the pictures, they wrote heartfelt messages and friendship quotes on colourful sticky notes, expressing love, gratitude, and cherished bonds. The wall gradually transformed into a vibrant and emotional display of friendships across batches and years.



This creative celebration not only highlighted the spirit of Friendship Day but also fostered a sense of togetherness among the students. The initiative was appreciated for offering a nostalgic experience and for bringing smiles and warmth to everyone who participated. In the end, the board stood as a beautiful symbol of shared memories, love, and lasting bonds.

INTELLECTUAL PROPERTY RIGHTS (IPR)

On 5th August 2025, an expert session on Intellectual Property Rights (IPR) was held at MET Institute of Pharmacy (Degree). It was conducted by Dr. Arun Raza, Founder and CEO of ARCOMM. He delivered an insightful talk emphasising the importance of innovation and protection of intellectual assets. He explained key IPR components—patents for inventions, trademarks for brand identity, copyrights for original literary or artistic works, and designs for unique product appearances. He also spoke on dealing with infringers and legal safeguards. Dr. Raza is a holder of over 110 national and international patents. He shared his journey in technology transfer and commercialisation—like an energy-saving solution used in 5,000+ ATMs, saving over 50 million kWh. His innovations span robotics, IoT, and healthcare. The session inspired students to recognise IPR as a crucial asset in protecting creativity and promoting responsible innovation.



RAKHI MAKING COMPETITION

In the spirit of fostering creativity and cultural heritage, Synergy - the Cultural Committee of MET Institute of Pharmacy (Degree) organized a vibrant and eco-friendly Rakhi Making Competition on August 6, 2025, just ahead of the auspicious festival of Raksha Bandhan. The objective was to design and create beautiful, eco-friendly rakhis using materials like thread, beads, wool, mirrors, and decorative items. Each team was allotted one hour to design and craft a rakhi. The competition was judged on creativity, use of materials, neatness, and overall presentation.

The winners of the competition were:

First Prize: Riya Patwa and Stuti Singh

Second Prize: Apoorva Gajula and Divya Kawa

Third Prize: Ojasvi Bansode



YOURDOST SESSION

On August 7th, MET Institute of Pharmacy (Degree) hosted a mental health awareness session in collaboration with YourDOST, a Trust-subscribed digital platform offering professional emotional support. Led by representative Mr. Rishiraaj, the session emphasized prioritizing mental well-being and breaking the social stigma associated with seeking help. The YourDOST app provides students with 24/7, free, and confidential access to professional counselors via anonymous chat, audio, or video sessions. By providing direct access to professional resources, MET has ensured that mental health care is just a click away, helping students understand that emotional wellness is just as vital as physical health.



NARALI POORNIMA

Narali Poornima was celebrated in MET Institute of Pharmacy (Degree) on 8th August 2025 with great cultural fervour and enthusiasm. The occasion featured an insightful presentation delivered by a student, who eloquently elaborated on the meaning, significance, and underlying reasons for observing this festival. The presentation seamlessly intertwined cultural traditions with environmental awareness, highlighting the festival's deeper relevance in contemporary times.



SKIN DONATION DRIVE

On 13th August 2025, to celebrate World Organ Donation Day, the DLLE and Green Club of MET Institute of Pharmacy (Degree), in collaboration with the Inner Wheel Club of Bombay, Kandivali, hosted a lecture on skin donation. The event was graced by distinguished guests, including past president Ms. Anita Pandit and Shakti president Ms. Chitra. The session was led by experts from the Skin Bank, Mr. Nazin Vazirani and Mr. Haresh Shinde, who provided valuable insights into the process



and immense benefits of skin donation for burn and trauma victims. The lecture successfully raised awareness and helped to dispel common myths. The event concluded with a vote of thanks, leaving all attendees inspired by the critical importance of this life-changing act of generosity.

GOPAKALA PAINTING COMPETITION

On 13th August 2025, the MET Institute of Pharmacy (Degree) transformed its fourth floor into a vibrant arena of artistry with the Gopalkala Painting Competition. For 90 minutes, students traded lab work for brush strokes, proving that creativity can thrive even under strict time limits and A4-sized constraints. The challenge was clear: no tracing, no shortcuts, only originality. Each piece captured the essence of Gopalkala—Krishna’s charm, festive traditions, and cultural spirit—reimagined through bold colors and personal style. Judged on theme relevance, creativity, neatness, and color mastery, every entry showcased exceptional talent, but four students claimed the spotlight:

1st Prize – Pradnya Borji

2nd Prize – Shriya Sangekar

3rd Prize – Naitri Sheta

Consolation – Divya Kawa



INDEPENDENCE DAY

On 15th August 2025, the Independence Day celebration was held in MET with great enthusiasm and patriotic spirit. The event began with the flag hoisting ceremony by the Guest of Honour, Mr. D. Sivanandhan, retired Deputy General of Police and Mr. Pankaj Bhujbal, trustee, MET League of Colleges, the HODs, Principals, faculty members and students. The tricolor unfurled proudly, followed by the National Anthem sung in unison by all present. As part of the celebration, the students of MET Institute of Pharmacy (Degree) showcased their creativity by making eco-friendly rangoli, symbolizing national pride and environmental awareness. Their efforts highlighted both artistic talent and a message of sustainability. The program also included inspiring speeches on the significance of freedom and responsibilities of the youth. The celebration concluded with a sense of unity, pride, and dedication towards the nation.



ECO FRIENDLY GANESHA MAKING

An Eco-Friendly Ganesh Idol Making Session was organised by United Way Mumbai at the MET Institute of Pharmacy (Degree) on 18th August 2025. The event aimed to promote environmental sustainability by encouraging students to craft idols from natural clay instead of harmful Plaster of Paris. Under expert guidance, students enthusiastically participated in shaping their own Ganesh idols, learning the significance of celebrating festivals in an eco-conscious manner. The hands-on workshop not only enhanced their creativity but also instilled awareness about reducing water pollution during idol immersion. The session witnessed active involvement from faculty and students, creating a lively and educational atmosphere. The initiative successfully spread the message of combining tradition with responsibility, making the celebration of Ganesh Chaturthi more meaningful and environmentally friendly.



RANGOLI COMPETITION

MET Institute of Pharmacy (Degree) came alive on 18th August 2025 with a splash of colors, creativity, and pure festive vibes as the Eco-Friendly Rangoli Competition took center stage. Students transformed plain floors into canvases of art, blending tradition with imagination as their designs reflected cultural pride, imagination, all with a confluence of creativity and care for nature. The event wasn't just about who could draw the neatest circle or fill the brightest shade—it was about expression, teamwork, and the joy of bringing colors to life. Choosing the winners was no easy task, but these three stunning creations stood out and claimed the spotlight. Winners of the Rangoli Competition:

First Prize – Group 2 (Fourth year)

Lawanya Ravindran, Sayli Joshi, Mandira Naik, Kunal Jadhav

Second Prize – Group 1 (Third year)

Karan Chaudhari, Gauri Chandak, Swatee Chindarkar, Apoorva Gajula

Third Prize – Group 8 (Fourth year)

Bhagyashree Palaskar, Om Durgavle, Sahil Gurav, Calvin Nazareth, Shreya Chikhale



PHOTOGRAPHY COMPETITION

MET Institute of Pharmacy (Degree) hosted a Photography Competition to commemorate World Photography Day, held from 17th to 19th September 2025. With the theme set as free –any subject, any style, the contest encouraged participants to unleash their creativity and capture striking visuals through their unique lens. A key criterion required each entry to be accompanied by a powerful caption, enhancing the narrative of the image. Students submitted a diverse range of photographs, spanning nature and abstract expressions. The judging panel assessed the works on creativity, composition, originality, caption relevance, and overall impact. The event not only celebrated photography as an art form but also highlighted its ability to communicate stories beyond words. The competition concluded with the prize distribution, where winners were acknowledged for their outstanding contributions:

1st Prize – Karan Chaudhari (Third Year)

2nd Prize – Huzaiifa Lokhandwala (Third Year)

3rd Prize – Riya Patwa (Fourth Year)



TEACHER'S DAY CELEBRATION

On 5th September 2025, Teachers' Day was celebrated at MET Institute of Pharmacy (Degree) with enthusiasm and heartfelt appreciation. A special highlight of the occasion was the role-reversal activity, where students stepped into the shoes of teachers and conducted lectures for their juniors. The Final-Year students took a lecture for the Third-Year batch, while the Third-Year students engaged the Second-Year class with a topic. This activity not only brought novelty to the celebration but also offered students valuable insight into the responsibilities of teaching, while strengthening peer-to-peer learning. Later, as a gesture of gratitude, the Third-Year students brought a cake, which was cut in the presence of faculty and students. The event concluded on a cheerful and memorable note, creating an atmosphere filled with respect, joy, and admiration for the teachers who continue to inspire and guide their students.



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MAHIM BEACH CLEAN-UP DRIVE

On 9th September 2025, the TY students of MET Institute of Pharmacy (Degree) actively participated in a cleanliness drive at Mahim Beach, organised by United Way Mumbai. The initiative was conducted under the guidance of Ms. Shraddha Sawant, UWM Representative. She motivated the students to contribute towards environmental conservation. The drive aimed to remove plastic waste, bottles, and other debris accumulated on the shoreline, which poses a severe threat to marine life and coastal health. Students worked collectively in designated groups, using gloves and collection bags, ensuring maximum safety and efficiency. The event concluded with a pledge to continue supporting eco-friendly initiatives.



HINDI DIWAS CELEBRATION

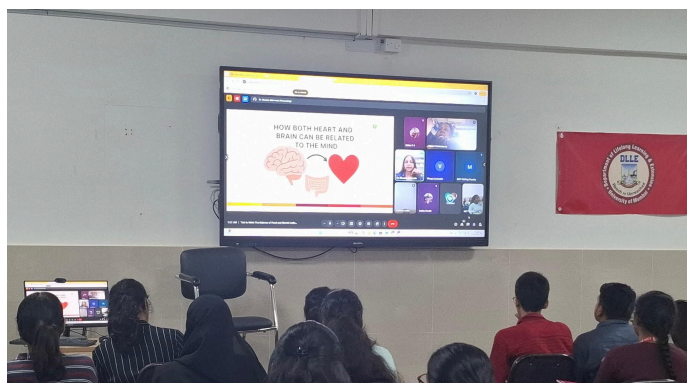
On 17th September 2025, the MET Institute of Pharmacy (Degree) celebrated Hindi Diwas with great energy! Our S.Y. student Bhavesh Vishwakarma gave a fabulous presentation on the history and importance of the language. The highlight was a moving poetry recitation by another S.Y. student Siddhant Singh, who beautifully shared his lines. I feel like it's worth reading, so here it is, “जड़ों से जोड़ी है ये भाषा महान, हिंदी है हमारी आत्मा की पहचान। शब्दों में इसकी है मिट्टी की गंध, भावों में बहता है संस्कृति का छंद। धरती की जड़ से निकली ये आवाज़, हिंदी ही है दिल की सबसे बड़ी आस।”

To conclude the memorable day, Principal Dr. Abha Doshi ended the event with her own inspirational poem, leaving everyone with a beautiful message that sparked our spirits with love and significance for our history and our roots.



EAT TO THINK- WORKSHOP

On 12th September 2025, an online workshop on “Eat to Think: The Science of Food and Mental Wellness” was held by the IKS cell of MET Institute of Pharmacy (Degree), conducted the workshop by Ayurveda consultant Ms. Shweta Attarwala, who has over 20 years of experience in holistic wellness. The session highlighted the strong connection between nutrition and mental health, emphasising how the right food choices can enhance focus, memory, mood, and overall well-being. Ms. Attarwala explained the Ayurvedic perspective on balancing the mind through diet, identifying foods that support brain function, reduce stress, and improve emotional stability.



NIRMALYA COLLECTION DRIVE

At MET Institute of Pharmacy (Degree), the Green Club organised a sustainable initiative of Nirmalya Collection during the Ganesh festival, conducted from 28th August to 4th September 2025. The campaign aimed to promote eco-friendly practices while honouring cultural traditions. Throughout the week, floral offerings and sacred remnants (nirmalya) from Ganesh idols were respectfully collected from students, staff, and visitors. The initiative not only upheld ecological responsibility but also sensitised participants towards integrating traditional rituals with environmentally conscious practices.



INDIAN KNOWLEDGE SYSTEM- POSTER PRESENTATION

MET Institute of Pharmacy (Degree) organized a Poster Presentation on the theme “Indian Knowledge System in Pharmaceutical Sciences: From Tradition to Innovation” on 15th September 2025. The event provided students with a platform to present their research and creativity while emphasizing the relevance of Ayurveda and traditional medicinal practices in modern pharmaceutical sciences. The session was graced by distinguished academicians including Dr. Archana A. Naik, Associate Professor, Department of Pharmaceutical Analysis at Bombay College of Pharmacy; Dr. Manasi Suhas Gholkar; Mr. Angel Godad, Assistant Professor, Department of



Pharmacology at SVKM's Dr. Bhanuben Nanavati College of Pharmacy; and Dr. Jaya Agnihotri, Associate Professor and Head, Department of Pharmaceutics at H. K. College of Pharmacy. Students presented posters on topics such as medicinal plants, analytical evaluation of herbal formulations, innovative drug delivery systems, and regulatory aspects of traditional medicine. The competition was conducted in two rounds, where all groups first presented their posters before judges, and one group advanced to the final round based on research quality, innovation, and presentation skills. The campaign aims to raise awareness among the public and policymakers about the vital contributions of pharmacists, especially in the face of challenges like workforce shortages and the growing need for sustainable healthcare.

INDIAN KNOWLEDGE SYSTEM - SEMINAR

The MET Institute of Pharmacy (Degree) organized a seminar on “Indian Knowledge System in Pharmaceutical Sciences: From Tradition to Innovation” on 19th September 2025. The institute welcomed speakers Prof. Sunita Shailajan, Dean of Research, Development and Innovation, and Dr. Sasikumar Menon, Associate Professor from Ramnarain Ruia College. They shared insights on the importance of traditional Indian medicinal knowledge and its integration with modern pharmaceutical sciences. Their presentations highlighted the role of High-Performance Thin Layer Chromatography (HPTLC) in evaluating herbal formulations and validating traditional medicine through scientific research. The seminar also featured Ms. Sabina Shirsekar, Consultant Scientist – Product Development at Navyug Global Ventures, who spoke on the analysis of Ayurvedic formulations and crude drugs, emphasizing the significance of pharmacognosy. Mr. Saurabh Chhatre, CEO of Accu Write Pharma Solutions, discussed Ayurvedic medicines, including the preparation of Bhasma and the concept of Sanskar in traditional pharmaceutical processes. The speakers were felicitated by Dr. Abha Doshi and Prof. Vrushali Keer, while Prof. Priyanka Jain concluded the session with remarks and presented letters of appreciation.



PLANT CARE SESSION AT AAREY COLONY

On 7th September 2025, the DLLE department of MET Institute of Pharmacy (Degree) hosted an exciting Plant Care Session at the green haven of Aarey, Goregaon East. With 43 enthusiastic Second Year B. Pharm students, the day turned into a celebration of nature, teamwork, and sustainability. Students rolled up their sleeves, got their hands muddy, and poured their energy into nurturing plants while learning the importance of protecting the environment. The activity beautifully blended fun and learning, helping students sharpen skills like planning, communication, teamwork, leadership, and problem-solving. More than just planting, this session was about sowing seeds of responsibility, ethics, and lifelong commitment to a greener tomorrow.



JUHU BEACH CLEAN-UP DRIVE

On 13th September 2025, the DLLE (Department of Lifelong Learning and Extension) department of MET Institute of Pharmacy (Degree) organized a Juhu Beach Clean-up. This community-level activity took place at Juhu Koliwada, Santacruz (West), as part of the institute's commitment to environmental sustainability. The drive included 42 second-year B.Pharm students, and the program aimed to achieve a variety of goals, including communication, leadership, and lifelong learning. The cleanup helps protect marine animals, preserve natural environments, and benefits the local community. This initiative also focused on skill development in areas such as planning, teamwork, and environmental awareness.



INTERNAL SIH

MET Institute of Pharmacy (Degree) successfully organised the Internal Smart India Hackathon (SIH) 2025 on the 19th and 20th September 2025. The event provided an inspiring arena for third- and fourth-year students to present innovative solutions to authentic problem statements, thereby promoting creativity, analytical reasoning, and the practical application of academic knowledge. A total of 19 highly motivated teams participated, reflecting the culture of collaboration, ingenuity, and competitive spirit.



The occasion was graced by the presence of Mr. Pankaj Bhujbal, Hon. Trustee, Mumbai Educational Trust, whose encouraging words inspired participants to pursue excellence and innovation with dedication. The evaluation process was conducted by a distinguished jury comprising Mr. Shailesh Sargade, Assistant Professor, MET Institute of Management, Mrs. Vrushali Keer, and Dr. Sindhu Menon, Assistant Professors, MET Institute of Pharmacy (Degree). Their expert assessment focused on originality, feasibility, and societal impact, while also offering constructive feedback to teams. The event was coordinated by Dr. Rashmi Srivastava, SIH SPOC & Associate Professor. The Internal SIH 2025 stands as a remarkable initiative in cultivating problem-solvers and empowering future leaders committed to nation-building.

PHARMACY DAY CELEBRATION

On September 25, 2025, the MET Institute of Pharmacy (Degree) celebrated World Pharmacists Day with an engaging and insightful event. Organized by Mrs. Vrushali Keer, the celebration was a dynamic showcase of the vital role pharmacists play in society. Dedicated student volunteers passionately explained the many facets of the pharmacy profession, from their duties in healthcare to their broader social responsibilities. The event successfully underscored the significance of pharmacists and their critical contributions to public health.



DLLE 1st TERM TRAINING PROGRAM

On 27th September 2025, MET Institute of Pharmacy (Degree) successfully conducted the 1st Term Training Program of the Department of Lifelong Learning and Extension (DLLE) under the esteemed guidance of Dr. Shrima Banerjee, who has been serving as the Field Coordinator for the past three years. The session commenced with the Mumbai University Anthem, establishing a solemn and spirited ambience. Subsequently, a presentation was delivered to Dr. Shrima, encapsulating the diverse DLLE initiatives and extension activities undertaken by the institution so far. The presentation by the College Student Managers, effectively



highlighted the collective accomplishments of the students and reflected the commitment of the college towards fostering social engagement. In her address, Dr. Shrima commended the endeavours showcased and eloquently elaborated on the broader vision and objectives of DLLE. She emphasised the necessity of extending education beyond conventional academics, thereby cultivating civic responsibility and community involvement. Her insightful guidance and words of encouragement inspired participants to pursue future initiatives with renewed vigour. The program was both enlightening and motivational, leaving attendees with a strengthened sense of purpose towards extension work.

DAAN UTSAV CELEBRATION

The MET Institute of Pharmacy (Degree) successfully organized the Daan Utsav (The Festival of Giving) from 29th September to 11th October 2025, dedicated to spreading the crucial awareness of sharing and selfless contribution.

The initiative saw enthusiastic participation from 17 dedicated volunteers and students. Activities were carried out on the 4th floor and the canteen of the MET Institute of Pharmacy. Volunteers encouraged contributions of items like books and clothes to be distributed to those in need.

The event successfully underscored the significance of empathy and giving, reinforcing the idea that every a small act of sharing contributes to a compassionate environment.



GARBA MAHOTSAV

On 24th October 2025, the Student Council Of MET Institute of Pharmacy (Degree) hosted a vibrant Garba Mahotsav at the convention hall. This spectacular event brought together students, teachers, and even non-teaching staff, all of whom showcased their enthusiasm and dance skills on the floor. Student volunteers did a fantastic job with the decorations, creating a beautifully adorned stage that set the perfect festive tone. The celebration's highlight was the much anticipated prize distribution.



The applause was thunderous as Kirti Ramane (Fourth Year) was awarded Best Female Dancer and Bhagesh Keny (T.Y.) was honored as Best Male Dancer. Shreya Chikale (Fourth Year) and Omkar Singh (T.Y.) were celebrated for their impeccable style, winning the titles for Best Dressed. It was a day of pure joy, celebrating talent, teamwork, and the vibrant spirit of Navratri.

DIABETES AWARENESS CAMPAIGN

The Diabetes Awareness Campaign was successfully conducted on 15th November 2025 at MET by MET Institute of Pharmacy (Degree) in the directions issued by the IPA, with the aim of educating the public about diabetes, its causes, symptoms, complications, and preventive measures. Students actively participated by preparing and displaying informative posters and distributing pamphlets that highlighted healthy eating habits, the importance of regular exercise, early warning signs, and tips for maintaining blood sugar levels.



Interactive sessions were carried out in which students explained the significance of early diagnosis, regular monitoring, and lifestyle modification to prevent diabetes and its complications, including heart, kidney, and vision problems. Motivational slogans were used to reinforce awareness and encourage healthy behavioural changes among the public.

The campaign received a positive response, with increased interest and improved understanding among participants regarding diabetes prevention and management. Overall, the initiative effectively achieved its objective of spreading awareness and promoting healthier lifestyle practices within the community.

MANGROVE PRESERVATION SEMINAR

The DLLE department and the Social Awareness Committee of the MET Institute of Pharmacy (Degree) successfully organized an awareness program on Mangrove Preservation on 15th November 2025.

It served as a vital platform to educate the student community on the indispensable role that mangrove ecosystems play in our environment.

The seminar saw enthusiastic participation from 31 students of Second Year B.Pharm. Held at the MET Institute of Pharmacy, the program focused on the critical functions of mangroves, including their ability to protect coastal areas, prevent soil erosion, and support marine wildlife. The session successfully highlighted the importance of maintaining ecological balance and provided students with hands-on insights into sustainable practices. This initiative effectively reinforced the students' understanding of environmental observation and their professional responsibility toward society and sustainability.



DRY WASTE COLLECTION DRIVE

The Second Year B.Pharm students of MET Institute of Pharmacy (Degree) organized a dedicated Dry Waste Collection Drive from 15th November 2025 to promote sustainable waste management practices on campus. The initiative focused on the systematic segregation and collection of non-biodegradable materials, such as paper, plastic, and metal. By diverting these materials from landfills, the students highlighted the pharmaceutical industry's growing shift towards a circular economy and responsible resource consumption. The drive emphasized the importance of source segregation as a primary step in environmental conservation. Students actively participated in gathering and sorting dry waste, ensuring it was prepared for professional recycling channels. This practical exercise reinforced the cohort's commitment to ecological health, proving that small, disciplined actions within the institution can lead to significant environmental benefits.



NASHA MUKTI ABHIYAN AWARENESS SESSION

The Second Year B.Pharm students of MET Institute of Pharmacy (Degree) organized an awareness session on 19th November 2025 under the Nasha Mukti Abhiyan initiative. The program focused on educating students about the multifaceted dangers of substance abuse. Lead presenters Siddhant and Kashish delivered a comprehensive presentation detailing the physiological health defects, psychological impacts, and social consequences associated



with addiction, providing a clear, evidence-based perspective on the risks involved. The session concluded with a formal assembly where all participants took a collective oath to remain drug-free and promote a healthy, addiction-free lifestyle. This pledge reinforced the students' commitment to both personal integrity and community well-being. By fostering open dialogue and education, the MET IOP squad demonstrated a proactive approach to one of society's most pressing health challenges.

JUHU BEACH SHOREWALK

The DLLE department of the MET Institute of Pharmacy (Degree) organized a Shorewalk on 21st November 2025, at Juhu Beach. This environmental initiative was conducted in collaboration with United Way to promote awareness regarding marine biodiversity and ecological sustainability. The activity saw enthusiastic participation from students of Second Year B.Pharm, who were guided by trained professionals through the intertidal zones. During the structured walk, students observed and identified a wide variety of marine life. The professionals provided detailed explanations about these creatures, helping students distinguish between venomous and non-venomous species and educating them on safe practices while on a beach.



The shorewalk served as an eye-opening experience, successfully highlighting the critical role of marine ecosystems in maintaining ecological balance. It fostered a strong sense of responsibility among the students to protect biodiversity and avoid polluting the sea with harmful waste. This educational session not only enhanced the participants' environmental observation skills but also encouraged a long-term commitment to conservation efforts like beach clean-ups.

ELIMINATION OF VIOLENCE AGAINST WOMEN

The MET Institute of Pharmacy (Degree) organized an impactful awareness session on the International Day for the Elimination of Violence Against Women on 26th November 2025. The program was a student-led initiative aimed at sensitizing the student community about the global issue of gender-based violence and the importance of fostering a safe and respectful society. The session was presented by Second Year B.Pharm students Kashish Gangaramani and Soham Dhondge. The presenters provided a comprehensive overview of the different forms of violence, including physical, emotional, and psychological abuse. They shared alarming statistics to highlight the scale of the issue and explained the various legal rights and protections available to women. The presentation also emphasized the "Orange the World" global theme, symbolizing a brighter future free from violence. By facilitating open dialogue on these sensitive topics, the session reinforced the institute's commitment to social responsibility and student empowerment. The initiative concluded with a collective resolve to stand against discrimination and contribute to a safer environment for all women.



INDIAN CONSTITUTION DAY

On 27th November 2025, MET Institute of Pharmacy (Degree) celebrated Indian Constitution Day to commemorate the adoption of the Constitution of India. The programme aimed to create awareness among students about constitutional values, rights, and duties. The event began with an introductory address highlighting the importance of the Indian Constitution in shaping a democratic nation. The Principal, Dr. Abha Doshi, addressed the students and explained the significance of Constitution Day, emphasizing equality, justice, and responsibility as core principles. Prof. Sheeja Koliyote, faculty member, elaborated on the key features of the Constitution and encouraged students to uphold its values in their personal and professional lives. As part of the programme, students collectively recited the Preamble of the Indian Constitution, reaffirming their commitment to the ideals of sovereignty, unity, and integrity. The celebration concluded with a renewed sense of patriotism and respect for the Constitution.



FIRE SAFETY MOCK DRILL

The MET Institute of Pharmacy (Degree) organized a Mock Drill for Fire Safety on 3rd December 2025. The event was held on the ground floor of the institute and served as a practical platform to provide students with essential knowledge on fire safety protocols and emergency management. The session was led by professional fire fighters who provided a detailed demonstration on how to use fire extinguishers and explained the mechanics of how they work. They also shared vital information regarding the precautions that should be taken during a fire outbreak.

This informative session successfully equipped the participants with the confidence and skills necessary to act effectively in an emergency, highlighting the importance of safety awareness within the campus. The various academic and extracurricular activities conducted by the college, encouraging the first-year students to actively participate in the institute's vibrant campus life. The event concluded on a high note, successfully fostering a sense of belonging and excitement among the new students as they began their pharmacy education.



METAMORPHOSIS SPORTS EVENT

MET Institute of Pharmacy (Degree) actively participated in Metamorphosis, an intramural sports event organised by MET Institute of Management on 12th December in the MET Campus. The event provided an excellent opportunity for METIOP students to engage in sports activities beyond academics and experience the spirit of healthy competition. The students of METIOP (Degree) enthusiastically participated in cricket (boys), football



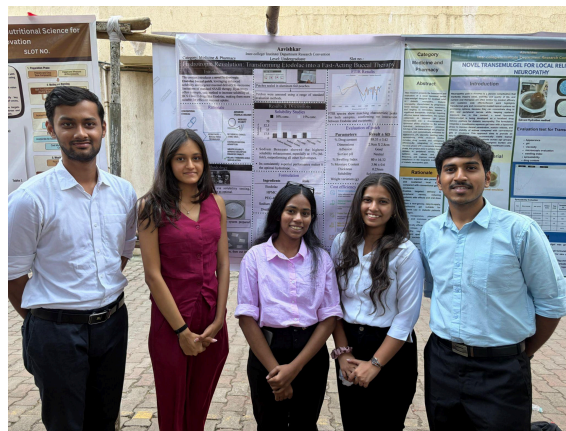
(boys), and table tennis. Students from all academic years came together as teams, displaying strong coordination, dedication, and sportsmanship. The participants expressed great excitement and motivation, as the event allowed them to interact with peers, relieve academic stress, and build confidence through sports. The boys football team of METIOP (Degree) delivered a commendable performance and secured the second prize, which was a proud moment for the institute. Overall, Metamorphosis was an enjoyable and memorable experience for METIOP students, fostering unity, fitness, and a positive campus culture.

AAVISHKAR - POSTER PRESENTATION

The Mumbai university's Aavishkar'25, hosted by Sterling Institute of Pharmacy, Nerul on 13th December 2025 with the objective of promoting research, innovation, and scientific thinking among pharmacy students. MET Institute of Pharmacy (Degree) students participated in the event in large numbers making the program a great success.

Participants explained their research concepts clearly, and the presentations helped enhance their communication skills and scientific knowledge. The posters were evaluated by faculty members based on content, originality, clarity, and presentation skills.

The event provided a valuable platform for students to showcase their research work and exchange knowledge. Faculty members appreciated the students' efforts and encouraged them to pursue research activities in the future.



MAHIM BEACH CLEAN-UP DRIVE

The Second Year B.Pharm students of MET Institute of Pharmacy (Degree) recently organized a cleanup drive at Mahim Beach to address the growing issue of marine pollution. The participants worked systematically to collect and dispose of plastic waste and non-biodegradable debris along the shoreline. This initiative allowed students to apply the principles of public health and social responsibility to a real-world environmental challenge. The drive was characterized by a strong sense of teamwork and professional discipline. By leading this effort, the MET IOP students demonstrated a practical commitment to community welfare and environmental sustainability. The successful restoration of the beach serves as a testament to their dedication to creating a cleaner, healthier environment for the city of Mumbai.



HEALTH CHECK-UP CAMPAIGN

MET Institute of Pharmacy successfully organised a comprehensive Health Check-up Campaign on 24th December 2025, in strict adherence to the guidelines prescribed by the Indian Pharmaceutical Association (IPA). The initiative was undertaken with the primary objective of fostering health consciousness and strengthening preventive healthcare practices among students and staff members. The campaign was conducted with the active collaboration of experienced doctors and paramedical staff from Lilavati Hospital, who performed systematic evaluations of essential health parameters, including blood pressure, blood glucose levels, and body mass index (BMI). Specialised eye examinations and dental check-ups were also incorporated to



ensure a holistic assessment of participants' health status. Furthermore, interactive counselling sessions were conducted to educate individuals on lifestyle modification, nutritional balance, personal hygiene, eye care, oral health, and the significance of periodic medical screening. To ensure extensive participation, the event was widely publicised through strategically designed posters and official notices circulated via institutional WhatsApp groups, in addition to on-campus displays. The campaign witnessed commendable participation, with 156 individuals availing themselves of the health screening services. The initiative facilitated early identification of minor health concerns in several participants, who were subsequently guided toward appropriate lifestyle interventions or referred for further medical evaluation. Overall, the campaign proved to be impactful in enhancing awareness of preventive healthcare and underscored the pivotal role of pharmacists in community health promotion.

FRESHERS' DAY CELEBRATION

The MET Institute of Pharmacy (Degree) successfully hosted the Freshers' Day Celebration on 4th January 2026, at the Convention Hall. Organized by the Synergy Student Council, the event was centered around a vibrant "Retro Theme," bringing a nostalgic and energetic atmosphere to the campus. The program served as an official welcome for the incoming batch, providing a platform for students to interact and showcase their talents. The celebration featured an array of engaging performances, including vibrant dance acts and competitions, with the highlight being the Mr. and Miss Fresher contest.



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TWO DAY WORKSHOP ON INDUSTRY AND CAREER READINESS UNDER THE AEGIS OF IQAC

MET Institute of Pharmacy (Degree), in collaboration with IQAC & IIPC, successfully conducted a two-day workshop on "Industry Readiness" for final year B. pharmacy students on 18th and 19th December, 2025 to guide students towards informed career choices in pharmaceutical industry, this workshop was led by PlatPharm Skilling & Careers LLP with esteemed speakers Dr. Anubha Khale and Ms. Geetha Srinivasan, the founder-partners of PlatPharm. On 18th December, students were introduced to various career domains such as clinical research, regulatory affairs, sales and marketing. Detailed information regarding job roles, eligibility criteria and essential skills was provided along with resume-building techniques which was then followed by interactive group discussions on topics such as money or job satisfaction, which is more important? Is online pharmacy a boon or bane?



On 19th December 2025, the workshop was continued with interview role-play sessions, where students learned about industry interview patterns, communication skills, and professional conduct. During the session conducted by PlatPharm, students were also introduced to AI-based interview features available on PlatPharm platform, which helps candidates practice interviews and assess their readiness. PlatPharm, a virtual mentoring platform, connects students with experienced industry professionals, enabling informed career planning. The workshop concluded with expert career guidance helping students build confidence for future opportunities..

SATYANARAYAN POOJA

The MET Institute of Pharmacy (Degree) organised the Satyanarayan Pooja like every year in the month of Shravan on 17th January 2026. The pooja aimed to express gratitude and seek blessings. The classroom where the pooja was performed was decked up with flower garlands and colourful lights. Beautiful rangolis adorned the floor. The staff and students sought the blessing of the almighty and an aarti was performed along with our trustee, Mr. Pankaj Bhujbal. The puja followed an afternoon of singing devotional songs and bhajans and the event concluded with distribution of prasad, filling the whole floor with purity and well-being.



ALUMNI INTERACTION AND CAREER GUIDANCE SESSION

On 31st January 2026, MET Institute of Pharmacy (Degree) organized an inspiring Alumni Interaction and Career Guidance Session for the final-year students. The session featured our esteemed alumnus Mr. Rushil Bhatt, who is currently associated with Merck Life Science and has a strong academic and professional background in the fields of oncology, diagnostics, pharmaceutical sciences, infectious diseases, forensic science, and life sciences. Mr. Bhatt has extensive experience in the research industry and holds a Master of Science (M.Sc.) by Research in Virology from the Haffkine Institute. With his expertise in research, management, and scientific work, he shared valuable insights about the diverse career opportunities available to pharmacy graduates in research organizations, pharmaceutical industries, and life science sectors. During the session, Mr. Bhatt guided students on the importance of skill development, higher education options, and the practical aspects of building a successful career in the pharmaceutical and research fields. He also shared his personal journey, experiences, and challenges, which motivated the students to explore various career paths with confidence and determination. The interactive session allowed students to ask questions and gain clarity about career choices, industry expectations, and future opportunities. The event proved to be highly informative and inspiring for the final-year students. The institute expresses its sincere gratitude to Mr. Rushil Bhatt for sharing his valuable knowledge and experiences and for motivating the students towards achieving their professional goals.



EDUCATIONAL VISIT TO RECYCLING CENTRE, THANE

On 9th February 2026, students from the MET Institute Of Pharmacy (Degree) visited a recycling center in Thane as part of an educational field trip. During the visit, the students observed a special section that displayed vintage electronics and old musical instruments. Many of these items were originally discarded by people as waste, but the center has preserved them as part of a collection to showcase historically valuable objects that might otherwise have been lost. This section highlighted the importance of recognizing the potential value in items that are often thrown away. The staff also explained the waste management process followed at the center. Waste collected from different locations, including areas such as Mahim Bay, is brought to the facility. At the recycling center, the waste undergoes systematic segregation based on type, such as plastic, metal, electronic waste, and other materials. After segregation, the waste is compacted and stored properly so that it can be further processed or sent for recycling. Another meaningful aspect observed during the visit was the respectful handling of discarded religious idols and pictures of deities. Overall, the field visit to the recycling center in Thane was an informative and enriching experience for the pharmacy students, enhancing their awareness about sustainability and innovative waste management practices.



COASTAL ECOSYSTEM EMINAR

The Green Club of MET Institute of Pharmacy (Degree) organized a Coastal Ecosystem Session on 6th February 2026 to spread awareness about the importance of coastal environments and their conservation. The session highlighted the role of mangroves, beaches, and marine biodiversity in maintaining ecological balance and protecting coastal communities. Environmental issues such as pollution, plastic waste, and climate change were discussed. The activity enhanced students' environmental awareness, communication skills, leadership qualities, and critical thinking abilities. It encouraged teamwork and active participation. Students developed a better understanding of sustainability and community responsibility. Overall, the session promoted eco-friendly practices and strengthened commitment towards environmental protection and long-term ecological balance.



CLIMATE RESILIENCE EVENT

Project Mumbai, in collaboration with MET Institute of Pharmacy (Degree), organised a special screening of the film Climate Resilience: Life as Told by Women on 13th February 2026. The Malayalam film, presented with English subtitles, highlights the voices and lived experiences of women dealing with the challenges of climate change and environmental resilience. The screening aimed to raise awareness about the role of women in addressing climate-related issues and adapting to changing environmental conditions. After the film, an interactive discussion and Q&A session was conducted with the filmmaker, Dr. Manjula Bharathy.



MARATHI BHASHA DIWAS

At MET Institute of Pharmacy (Degree), Marathi Bhasha Diwas was celebrated with great enthusiasm and cultural spirit on 27th February 2026. The programme highlighted the literary heritage of Maharashtra through poetry recitation, speeches, and creative presentations by students and staff from other departments as well. The celebration encouraged young learners to take pride in their mother tongue and to actively use Marathi in academics, culture and everyday life. The event served as a meaningful reminder that language is not merely a medium of communication, but a powerful carrier of identity, values and tradition.



CAREER GUIDANCE- GUEST LECTURE

A guest lecture was conducted for third-year students of MET Institute of Pharmacy (Degree) by Mr. Neeraj and Ms. Nisha from Massachusetts College of Pharmacy and Health Sciences on 12th March 2026. The session focused on providing insights into diverse career opportunities and real-world applications in the field of pharmacy. The speakers shared their professional experiences and discussed various career pathways available in the pharmaceutical and healthcare sectors. The lecture was highly informative and inspiring, motivating students to think more critically about their future careers and explore the dynamic possibilities within the pharmacy profession. The session concluded with a vote of thanks expressing gratitude for their valuable guidance.



CPR TRAINING WORKSHOP

MET Institute of Pharmacy (Degree), in collaboration with the Rotary Club of Mumbai Sher-E-Punjab, conducted a CPR Training Workshop on 11th March 2026. Led by Interventional Cardiologist Dr. Akshay Mehta at the Bandra campus. Participants engaged in hands-on training using mannequins, practicing correct chest compression techniques. Dr. Mehta explained the scientific principles of Cardiopulmonary Resuscitation, emphasizing the proper hand positioning, depth, and rhythm required during life-saving situations.



PARISHODHANA 10.0 COMPETITION

Fourth Year students of MET Institute of Pharmacy (Degree), Ms. Keya Bhansali secured 1st Position & Ms. Trisha Savla secured 3rd Position at Parishodhana 10.0 competition organised by SVKM'S Bhanuben Nanavati College of Pharmacy sponsored by SCHOTT & SCHOTT POONAWALLA on 25th March 2026.

Their presentation was about the Root Cause Analysis of 'Why do failures in glass tubing used for primary pharmaceutical packaging lead to major drug recalls?' Their investigation into injectable drug recalls uncovered how the container, not the drug, can be the real failure point. It showcased their dedication to advancing pharmaceutical quality and patient safety.



TARANG 2026

From January 12th to 17th, 2026, the MET Institute of Pharmacy (Degree) campus was transformed into a vibrant sea of colors, energy, and entrepreneurial spirit as the SYNERGY Student Council presented "Tarang: Waves of Culture." As the primary architects of this cultural week, the SYNERGY team ensured that the fest represented a dynamic flow of creativity and youthful energy, washing over the classrooms and bringing the entire student body together in a spectacular display of unity. The air at Bhujbal Knowledge City was thick with anticipation, marking a week where textbooks were traded for team jerseys and lab coats for exquisite ethnic wear.

The journey began on January 12th with Traditional Day, a breathtaking tribute to India's rich heritage. The campus looked like a "Mini-India" as students donned exquisite ethnic attire, representing the diverse regional cultures of our nation. From the rustle of silk saris to the vibrant hues of embroidered kurtas, the corridors were a kaleidoscope of tradition. Photo booths were constantly buzzing, and the sense of cultural pride was palpable as students shared stories of their heritage through their attire, proving that even in a scientific field, our roots remain our strongest foundation.

The momentum then shifted to the MET Ground for a high-octane Sports Meet spanning January 13th and 14th. This two-day extravaganza celebrated physical fitness, teamwork, and a fierce competitive spirit. Day one saw intense concentration in the indoor arenas for Chess, Table Tennis, and Carrom, while the open ground echoed with the cracks of cricket bats. By day two, the energy reached a fever pitch with high-stakes matches in Football, Dodgeball, and Volleyball. Every batch cheered for their representatives, turning the ground into an arena of sweat and glory. In a display of sheer dominance and athletic prowess, the Third Year B.Pharm students consistently outperformed their peers, ultimately earning their place at the top of the points table for the meet.

The latter half of the week brought a modern, spirited twist to the festivities. On January 16th, Jersey Day saw students proudly wearing the colors of their favorite teams, sports, or players. The campus was a sea of blue, red, and yellow as fans celebrated their sporting idols, bridging the gap between classroom peers through shared fandom.

The grand finale arrived on January 17th with Khari Kamai, an event that truly captured the essence of "honest earning." The campus was transformed into a vibrant, fair-style bazaar. Our pharmacy students stepped into the shoes of young entrepreneurs, managing everything from sizzling homemade food stalls to innovative, quick-fire games. The air was filled with the aroma of street food and the sounds of students "pitching" their products to attract customers. This blend of innovation and real-world learning taught us the basics of earning through skill and effort—a lesson as valuable as any found in a pharmacology manual. Tarang 2025, meticulously organized by the SYNERGY Student Council, was more than just a cultural week; it was a reminder that when tradition, style, and sportsmanship come together, they create waves that resonate long after the final applause. As the waves of this year's fest recede, they leave behind a shoreline of memories, strengthened bonds, and a student body ready to take on the world with renewed spirit.



Rx Tarang - 2026

The MET Institute of Pharmacy (Degree) proudly showcased the exceptional talent, versatility, and holistic development of its students at Rx Tarang 2026, a prestigious event organized by the Indian Pharmaceutical Association – Maharashtra State Branch Students' Forum (IPA-MSB-SF), held from February 28th to March 2nd, 2026.

Our students participated with remarkable zeal and commitment across a wide spectrum of competitions, designed not only to challenge their scientific acumen but also to nurture creativity, critical thinking, and collaborative skills. The event featured Academic & Scientific competitions, including PharmaQuiz, Oral Paper Presentation, and Scientific Poster Presentation, fostering analytical reasoning and subject mastery. The Creative & Literary segment, comprising Buzz Words, Literati, Trash to Treasure, Rangoli, and Mehendi, highlighted artistic expression, innovation, and cultural engagement. Performance Arts events such as the Fashion Show, Dance, Singing, Gully Boy, and Convince Me provided a platform for our students to demonstrate confidence, stage presence, and creative flair. At the pinnacle of the event was the highly coveted SOTY (Student of the Year) title, which tested holistic competence, leadership, and overall excellence.

The achievements of our students were truly commendable:

- Mr. Karan Chaudhari (Third Year) – Secured 2nd Prize in Table Tennis (Singles), showcasing skill, focus, and determination.
- Ms. Samiksha Jalkotkar (Second Year) – Won the 3rd Prize in Chess, demonstrating strategic thinking and composure.
- Ms. Rani Singh (Second Year) – Secured the 3rd Place in Nano Tale Writing (Literati), reflecting creativity and literary acumen.
- Our team (Samudra Manthan) earned 4th Place in the Fashion Show, highlighting aesthetic sensibilities and teamwork.
- Ms. Chinmayi Kshirsagar (Final Year) – received the 3rd Prize as the Student of the Year category, a testament to her all-round competence, leadership, and exemplary participation throughout the event.

These accomplishments stand as a reflection of the unwavering dedication, perseverance, and holistic excellence exhibited by our students. Beyond individual triumphs, the collective success of the MET team underscores the spirit of camaraderie, healthy competition, and a shared commitment to learning and self-improvement.

The remarkable performance of our students was made possible through the steadfast support and guidance of the IPA-MSB-SF, the diligent efforts of our Council Members, and the invaluable mentorship of our esteemed faculty, whose encouragement and insight continue to inspire students to strive for excellence both within and beyond the academic sphere.



MET UTSAV 2026 - MIND MEETS MACHINES

Spanning February 11th, 15th, 16th, 17th, and 25th, MET UTSAV 2026 transformed the campus into a dynamic confluence of intellect, creativity, and celebration. Anchored in the compelling theme “Mind Meets Machines,” the fest invited students to navigate the evolving interface between human ingenuity and technological advancement. The students of MET IOP (Degree) distinguished themselves across every arena, embodying excellence in sport, culture, and innovation.

SPORTS DAY

The festivities commenced with an electrifying Sports Day on February 11th. Demonstrating discipline and unity during the March Parade, MET IOP (Degree), proudly representing the visionary legacy of Vikram Sarabhai, set an inspiring precedent. The department went on to dominate the competitions with remarkable achievements:

1st Place: Cricket (Girls), Dodgeball (Girls & Boys), Football (Girls & Boys), Ball Badminton (Girls), Shotput, Chess (Girls)

2nd Place: Chess (Boys), Table Tennis (Girls)

3rd Place: Cricket (Boys), Table Tennis (Girls), Throwball, Basketball (Boys & Girls), Ball Badminton (Boys), Badminton

TALENT SHOW

The cultural spirit of MET IOP (Degree) resonated through a captivating band performance. Featuring a rich blend of instruments such as the dholki, piano, and varied percussion, the ensemble was elevated by the melodious presence of two female vocalists, creating a performance that was both technically refined and emotionally stirring.

WORKSHOP

In alignment with the theme of innovation, the “Smart Kitchen” workshop conducted by Ms. Priyanka Pawar offered a compelling exploration of the intersection between technology and culinary sciences. Drawing enthusiastic participation, the session highlighted how automation and modern advancements are reshaping nutrition and lifestyle practices.

CARNIVAL

The Carnival unfolded as a vibrant spectacle, with MET IOP (Degree) stalls emerging as focal points of engagement. From Dahi Papdi Chaat to Tacos, Momos, and Nachos, the culinary offerings delivered a global gastronomic experience, complemented by lively game stalls that fostered spirited interaction. The presence of distinguished celebrities such as Siddhant Chaturvedi, Darsheel Safary, and Mrinal Kulkarni further amplified the fest's grandeur. The IOP band's soulful performance captivated audiences and seamlessly carried its momentum into the grand finale.

CULTURAL FINALE NIGHT

The concluding evening stood as a resplendent celebration of artistic expression and collaborative brilliance. Graced by eminent personalities including Chairman of MET Mr. Chhagan Bhujbal and celebrities like Jackie Shroff and Zeenat Aman, among others, the night attained an elevated stature. The collaborative performance between IOP and IOM students illuminated the stage, embodying the very essence of the fest's theme—where human creativity harmoniously transcends the realm of machines.

MET UTSAV 2026 ultimately emerged as more than a festival; it was a testament to the versatility, intellect, and indomitable spirit of MET IOP (Degree). With accolades earned, memories forged, and pride instilled, the department stands affirmed in its belief that the human mind remains unparalleled in its capacity to innovate and inspire.



SMART INDIA HACKATHON 2025

MET Institute of Pharmacy (Degree), Mumbai, proudly announces a remarkable achievement as Team Cureon has been shortlisted for the Grand Finale of the Smart India Hackathon (SIH) 2025, a prestigious nationwide initiative organized by the Ministry of Education's Innovation Cell in collaboration with AICTE.

The team, led by Mr. Kashyap Joshi (Team Leader), comprises Ms. Vaishnavi Ambekar, Mr. Rahul Bhangade, Ms. Anchita Kambli, Ms. Prachi Pedekar, and Ms. Shraddha Vaje, under the mentorship of Mr. Shailesh B. Sargade and Mr. Manas Jadhav. The team has been recognized for developing an innovative software-based prototype aimed at transforming rural healthcare delivery, specifically addressing the challenge of Telemedicine Access for Rural Healthcare in Nabha under the Government of Punjab.

This significant accomplishment has been achieved under the visionary leadership of Dr. Abha Doshi, Principal, MET Institute of Pharmacy (Degree), with the dedicated support of Dr. Rashmi Srivastava (SPOC for SIH 2025), Ms. Vrushali Keer (Operational Coordination and Student Facilitation), and Dr. Manmeet Barve (Dean, Incubation Centre). Their continuous guidance, encouragement, and seamless coordination have played a pivotal role in shaping the team's journey from ideation to national-level recognition.

This achievement has been formally recorded as a testament to the institution's growing emphasis on innovation and interdisciplinary research. Team Cureon's selection for the SIH 2025 Grand Finale reflects both the students' technical acumen and the institute's supportive academic ecosystem, marking a significant milestone in its pursuit of excellence in healthcare innovation and societal impact.



AAVISHKAR

Category: Medicine and Pharmacy

SR NO.	MENTOR	PROJECT NAME	STATUS
1	Dr. Bhagyashri Ajit Joshi	Ciphazoline ophthalmic <i>insitu</i> gel	Participation
2	Dr. Rashmi Srivastava	NeuroLift: A Novel Phytotherapeutic Formulation of Fast Dissolving Film for Cognitive Enhancement and Dementia Management	Zonal round (podium) level
3	Ms. Rupsa Seth	Icarinex- Patch For Sinusitis	Participation
4	Ms. Sindhu Menon	HydroTropic Revolution: Transforming Etodolac into a Fast-Acting Buccal Therapy	Final round (poster presentation) level
5	Ms. Vrushali keer	SMILESYNC: A Novel Resin-Based Polyherbal Dental Varnish: A Synergistic Approach for Caries Prevention.	Participation
6	Dr. Poonam R. Advani	INFAPRO: Engineered Topical Carrier for Propranolol HCL in Infantile Hemangioma	Final round (podium presentation) level
7	Ms. Sheeja Koliyote	Blue light protection cream	Participation
8	Ms. Aushima Dasari	HUNTVIVE :Advanced Intranasal therapy for Huntington disease.	Winner (zonal and state level)
9	Dr. Madhura Vaidya	Mitigating Bacterial Skin Infection via Allicin Film-Forming Topical Spray	Participation

Category: Humanities, Languages and Fine Arts

1	Dr. Vijaya Patil	Multivitamins & Multiminerals: Restoring Balance, Rebuilding Wellness	Participation
2	Dr. Rashmi Srivastava	FemEase - sweet relief from PMS	Participation
3	Dr. Poonam Advani Dr. Sindhu Menon	Herbacleen- Herbal dish wash for healthier home	Participation

Category: Pure Sciences

1	Ms Sunanda Patil	Evaluation of Genotoxicity of various compound by Allium Cepa Bioassay	Participation
2	Dr. Rashmi Srivastava	EcoWash: Herbal Shampoo sheets	Participation
3	Dr. Abha Doshi	Woundix Topical Film Forming Spray	Participation
4	Ms. Priyanka Joshi Jain	Encapsulation-Based Emblica officinalis Extract Patch for Enhanced Antimicrobial Activity and Accelerated Healing of Fungating Wounds.	Participation
5	Dr. Sonali Naik	Osteva — Micro-Innovation, Macro Impact	Participation
6	Dr. Vijaya Patil	Lacquer: Synergistic Antifungal Nail Lacquer Using Herbal Oils	Participation
7	Dr. Vijaya Patil	AlzAID: Phytochemical Intervention in Alzheimer's Neurodegeneration- Insights from a Drosophila Model.	Participation
8	Dr. Bandoo Chalate	GlucoShield-Antidiabetic polyherbal chocolate	Participation

Category: Agriculture and Animal Husbandry

1	Dr. Vijaya Patil	Development and Evaluation of an <i>In-Situ</i> Gel for Effective Management of Candida Mastitis in Cattle	Participation
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AAVISHKAR

MET Institute of Pharmacy (Degree), Mumbai, proudly celebrates a major research achievement as undergraduate student Ms. Chinmayi Kshirsagar secured First Rank at the State Level – 18th Aavishkar Maharashtra Interstate Research Convention 2025–26, held at Parbhani and hosted by Vasantryao Naik Marathwada Krishi Vidyapeeth, for their project, “HUNTVIVE: Advanced Intranasal Therapy for Treating Huntington’s Disease.”

The project, developed in collaboration with Mr. Sahil Gurav, Mr. Mangesh Tikkas, and Ms. Stuti Singh under the guidance of Ms. Aushima Dasari, Dr. Bhagyashri Joshi, and Mrs. Sunanda Patil, was highly appreciated for its innovation, scientific rigor, and societal relevance, reflecting the institute’s commitment to patient-centric research in neurodegenerative disorders.



CiiA-5

MEMBERS	MENTOR	TOPIC
Lead Innovator : Mr. Tarun Patil		
Team members :Ms. Asmita Shitkar , Ms. Aaditi Nijapkar , Ms.Sakshi Ghuge	Dr. Abha Doshi	Mosquito repellent aerogel pocket
Lead innovator : Ms. Riya Patwa	Dr. Rashmi Srivastava	NeuroLift: A Novel Phytotherapeutic Fast-Dissolving Film for Cognitive Enhancement and Dementia Management
Team members Ms.Trisha Savla, Mr.Heymish Shirsekar, Mr. Mayank Bharambe, Mr. Mansoori Mohammed Suhail		
Lead Innovator: Ms. Lawanya Ravindran	Dr. Sonali Naik	OSTEVA: Microneedle Technology—A Novel Approach for Osteoporosis Management
Team members: Ms. Anshita Modi, Ms. Prachi Pandey		
Lead Innovator: Mr. Sahil Gurav	Dr. Vijaya Patil	Cognispray
Team members : Ms. Chinmayi Kshirsagar, Ms. Apoorva Gajula, Ms. Krishna Fatak, Ms. Divya Kawa		
Lead Innovator : Ms. Mandira Naik	Ms. Sunanda Patil and Dr. Bhagyashri Joshi	Formulation Development and Evaluation of an Ocular Drug Delivery System
Team members: Ms. Kshitija Rajput, Ms. Tanvi Bandekar, Ms. Neha Wayal		
Lead Innovators: Ms. Chinmayi Kshirsagar	Ms. Aushima Dasari	HUNTVIVE: Advanced Intranasal Therapy for the Treatment of Huntington's Disease

Team members: Mr. Sahil Gurav, Ms. Stuti Singh, Mangesh Tikkas		
Lead Innovator : Mr. Zulkif Akhlak Khan	Dr. Bandoo Chatale	Dermafrix: Film-Forming Spray
Team members: Ms. Vaishnavi Surve, Ms. Kirti Ramane and Mr. Kanhaiya Malani		



PUBLICATIONS

1. Dr. Bandoo Chatale published a research article titled “*Continuous Processing Strategies for Amorphous Solid Dispersions of Itraconazole: Impact of Polymer Selection and Manufacturing Techniques*” in *Pharmaceutics* 2025, 17, 1090.
2. Dr. Bandoo Chatale published a research article titled “*In situ Miniemulsions of Glimepiride Using D-Optimal Mixture Design—In Silico, In Vitro and In Vivo Studies*” in the *International Journal “Nanomedicine: Nanotechnology, Biology, and Medicine”* 68. 102842. 10.1016/j.nano.2025.102842.
3. Dr. Bandoo Chatale published a research article titled “*Mesalamine and Ascorbic Acid Drug–Drug Cocrystal-Loaded Suppositories: A Coadministrative Approach for Localized Treatment of Ulcerative Colitis*” in the *International Journal “Journal of Pharmaceutical Innovation”*, 2025, 20(6), 278.
4. Mr. Pratham Shah published a book chapter titled “*Advanced Computational Methods for Stereochemistry Study*” in the book *Advanced Stereochemistry*, co-authored with contributors from multiple institutions during B. Pharmacy (2021–2025).

SMART INDIA HACKATHON 2025

Mr. Kashyap Joshi (Team Leader), Ms. Vaishnavi Ambekar, Mr. Rahul Bhangade, Ms. Anchita Kambli, Ms. Prachi Pedekar, Ms. Shraddha Vaje students of Third Year B.Pharmacy participated in the **Smart India Hackathon 2025** under Problem Statement ID **SIH25018** titled “*Telemedicine Access for Rural Healthcare in Nabha*”, organized by the **Government of Punjab, Department of Higher Education**, as Team **Cureon** (Team ID: 72026, Idea ID: 67981) representing Mumbai Educational Trust Institute of Pharmacy(Degree), Mumbai.

ACHIEVEMENTS

1. Dr. Madhura Vaidya achieved ‘Topper distinction’ in the SWAYAM (NPTEL) Online Certification Course “*Application of Spectroscopic Methods in Molecular Structure Determination*”, securing a consolidated score of 90% during Jul–Sep 2025.
2. Dr. Poonam Advani achieved ‘Topper distinction (Top 1%)’ in the SWAYAM (NPTEL) Online Certification Course “*Artificial Intelligence in Drug Discovery and Development*”, securing a consolidated score of 98% during Jul–Oct 2025.
3. Ms. Priyanka Singh secured Academic Rank 1 (Overall) in Bachelor of Pharmacy (2021–2025) from the University of Mumbai, graduating with First Class with Distinction and a CGPA of 8.75.

4. Dr. Vijaya Patil received the Best Poster Award at NPFT 2026 – an International Conference organized by NIPER Ahmedabad from 4–6 February 2026. The award was conferred for the poster titled “*Phytochemical Intervention in Alzheimer’s Neurodegeneration: Insights from Drosophila Model,*” presented by Dr. Vijaya Patil and her research team. The research work was carried out by Dr. Vijaya Patil, Ms. Krishna Fatak, Ms. Apoorva Gajula, Ms. Divya Kawa, and Ms. Lavanya Ravindran, and was highly appreciated by the expert jury for its innovation, scientific merit, and relevance to future therapeutic development.



ACADEMIC WINNERS 2024-25

FIRST YEAR

SEMESTER I

SR NO.	SUBJECT	NAME
1	Human Anatomy and Physiology I–Theory	Shravan Walhekar
2	Pharmaceutical Analysis I – Theory	Siddhant Singh
3	Pharmaceutics I – Theory	Shreya Sawant
4	Pharmaceutical Inorganic Chemistry –Theory	Somesh Singh
5	Communication skills – Theory	Anjali Yadav
6	Remedial Mathematics – Theory	Ariba Shaikh
		Prisha Vaishnav
7	Human Anatomy and Physiology –Practical	Drisha Shetty
8	Pharmaceutical Analysis I – Practical	Siddhant Singh
9	Pharmaceutics I – Practical	Siddhant Singh
10	Pharmaceutical Inorganic Chemistry –Practical	Drisha Shetty
		Pradnya Katarnaware
11	Communication skills – Practical*	Shreya Sawant

SEMESTER II

SR NO.	SUBJECT	NAME
1	Human Anatomy and Physiology II – Theory	Rani Singh
2	Pharmaceutical Organic Chemistry I – Theory	Rani Singh
3	Biochemistry – Theory	Rani Singh
4	Pathophysiology – Theory	Vedika Kini
5	Computer Applications in Pharmacy – Theory	Poorvi Lande
6	Environmental sciences – Theory	Shreya Sawant
7	Human Anatomy and Physiology II –Practical	Bhumika Jha
		Vedika Kini
		Safoora Rawoot
		Shreya Sawant
		Rani Singh
8	Pharmaceutical Organic Chemistry I– Practical	Sara Nuri
		Shreya Sawant
		Ariba Shaikh
9	Biochemistry – Practical	Astha Yadav
10	Computer Applications in Pharmacy – Practical	Drisha Shetty
		Siddhant Singh
		Somesh Singh
		Bhavesh Vishwakarma
		Shravan Walhekar

FIRST YEAR TOPPER

OVERALL TOPPER	NAME	CGPA
1	Shreya Sawant	8.905
2	Siddhant Singh	8.88
3	Rani Singh	8.64

SECOND YEAR**SEMESTER III**

SR NO.	SUBJECT	NAME
1	Pharmaceutical Organic Chemistry II – Theory	Gauri Chandak
		Karan Chaudhari
2	Physical Pharmaceutics I – Theory	Gauri Chandak
		Krishna Fatak
		Shaina Puthran
		Kashayap Joshi
3	Pharmaceutical Microbiology – Theory	Apoorva Gajula
		Kashayap Joshi
4	Pharmaceutical Engineering – Theory	Krishna Fatak
5	Pharmaceutical Organic Chemistry II – Practical	Gauri Chandak
6	Physical Pharmaceutics I – Practical	Shaina Puthran
7	Pharmaceutical Microbiology – Practical	Apoorva Gajula
8	Pharmaceutical Engineering – Practical	Gauri Chandak

SEMESTER IV

SR NO.	SUBJECT	NAME
1	Pharmaceutical Organic Chemistry III– Theory	Krishna Fatak
2	Medicinal Chemistry I – Theory	Nyssa Falcao
		Krishna Fatak
4	Pharmacology I – Theory	Krishna Fatak
5	Pharmacognosy and Phytochemistry I– Theory	Krishna Fatak
6	Medicinal Chemistry I – Practical	Nyssa Falcao
7	Physical Pharmaceutics II – Practical	Krishna Fatak
8	Pharmacology I – Practical	Sakshi Dandge
9	Pharmacognosy and Phytochemistry I – Practical	Shaina Puthran

SECOND YEAR TOPPER

OVERALL TOPPER	NAME	CGPA
1	Krishna Fatak	9.235
2	Nyssa Falcao	9.195
3	Shaina Puthran	9.125

THIRD YEAR**SEMESTER V**

SR NO.	SUBJECT	NAME
1	Medicinal Chemistry II – Theory	Chinmayi Kshirsagar
2	Industrial Pharmacy I– Theory	Chinmayi Kshirsagar
3	Pharmacology II – Theory	Chinmayi Kshirsagar
4	Pharmacognosy and Phytochemistry II– Theory	Chinmayi Kshirsagar
5	Pharmaceutical Jurisprudence – Theory	Chinmayi Kshirsagar
6	Industrial Pharmacy I – Practical	Chinmayi Kshirsagar
7	Pharmacology II – Practical	Chinmayi Kshirsagar
8	Pharmacognosy and Phytochemistry II –Practical	Chinmayi Kshirsagar

SEMESTER VI

SR NO.	SUBJECT	NAME
1	Medicinal Chemistry III – Theory	Chinmayi Kshirsagar
2	Pharmacology III – Theory	Chinmayi Kshirsagar
3	Herbal Drug Technology – Theory	Chinmayi Kshirsagar
4	Biopharmaceutics and Pharmacokinetics – Theory	Chinmayi Kshirsagar
5	Pharmaceutical Biotechnology – Theory	Chinmayi Kshirsagar
6	Quality Assurance –Theory	Vaishnav Pawar
7	Medicinal chemistry III – Practical	Mandira Naik
8	Pharmacology III – Practical	Chinmayi Kshirsagar
9	Herbal Drug Technology – Practical	Chinmayi Kshirsagar

THIRD YEAR TOPPER

OVERALL TOPPER	NAME	CGPA
1	Kshirsagar Chinmayi	9.83
2	Manasi Parkar	9.15
3	Sae Thakur	9.04

FOURTH YEAR**SEMESTER VII**

SR NO.	SUBJECT	NAME
1	Instrumental Methods of Analysis – Theory	Nitesh Choudhari
2	Industrial Pharmacy II – Theory	Shristi Shetty
3	Pharmacy Practice – Theory	Shristi Shetty
4	Novel Drug Delivery Systems – Theory	Nitesh Choudhari
		Abhinisha Rawther
5	Instrumental Methods of Analysis –Practical	Varsha Choudhary
6	Practice School	Rishika Potam
		Fatema Kapasi
		Sakshi Fulaware
		Varsha Choudhary

SEMESTER VIII

SR NO.	SUBJECT	NAME
1	Biostatistics and Research Methodology	Jinali Faria
		Vaishnavi Wadkar
2	Social and Preventive Pharmacy	Rishika Potam
		Priyanka Singh
3	Pharma Marketing Management	Nidhi Mishra
4	Pharmaceutical Regulatory Science	Pratham Shah
5	Cosmetic Science	Priyanka Singh
6	Project Work	Sakshi Parab

FOURTH YEAR TOPPER

OVERALL TOPPER	NAME	CGPA
1	Priyanka Singh	8.705
2	Nidhi Mishra	8.4
3	Fatema Kapasi	8.35
4	Pratham Shah	8.35

CULTURAL COMPETITIONS

EVENT	PRIZE	WINNERS	YEAR
World Brain Quiz	1	Riva Tombri	Third Year
	2	Bhume Patil	Third Year
	3	Apoorva Gajula	Third Year
Rakhi Competition	1	Riya Patwa Stuti Singh	Fourth Year
	2	Apoorva Gajula Divya Kawa	Third Year
	3	Ojasvi Bansode	Fourth Year
Gopal Kala Competition	1	Pradnya Borji	Third Year
	2	Shriya Sangekar	Third Year
	3	Naitri Sheta	Third Year
	Consolation	Divya kawa	Third Year
Rangoli Competition	1	Sayli Joshi, Lawanya Ravindra, Kunal Jadhav, Mandira naik	Fourth Year
	2	Karan Chaudhari, Apoorva Gajula, Gauri Chandak, Swatee Chindarkar	Third Year
	3	Bhagyashree Pasalkar, Om Durgavle, Sahil Gurav, Shreya Chikhale, Calvin Nazareth	Fourth Year
Photography	1	Karan Chaudhari	Third Year
	2	Huzaifa Lokhandwala	Third Year
	3	Riya Patwa	Fourth year
Garba Competition	(Best female dancer)	Kirti Ramane	Fourth Year
	(Best male dancer)	Bhagesh Keny	Third Year
	(Best dressed female)	Shreya Chikale	Fourth Year
	(Best dressed male)	Omkar Singh	Third Year

TARANG SPORTS DAY

INDOOR SPORTS			
SPORTS	RANK	YEAR	WINNERS
Table tennis single (Boys)	1st	Third Year	Karan Chaudhari
	2nd	Third Year	Atharva Khapare
	3rd	Fourth Year	Mangesh Tikkas
Table tennis doubles (Boys)	1st	Third Year	Tanush Jain and Divyank Surana
	2nd	Third Year	Vedant Raorane and Shree Waghela
	3rd	Second Year	Paras Patel and Sahil Borana
Table tennis single (Girls)	1st	Third Year	Sharvari Kulkarni
	2nd	Third Year	Swatee Chindarkar
	3rd	Second Year	Megha Gawde
Carrom (Boys)	1st	Fourth Year	Vaishnav Pawar
	2nd	Second Year	Mayank Shah
	3rd	Fourth Year	Farooq Shaikh
Carrom (Girls)	1st	Third Year	Sara Jadhav
	2nd	Fourth Year	Lawanya Ravindran
	3rd	Third Year	Divya Kawa
Chess	1st	Second Year	Samiksha Jalkotkar
	2nd	Second Year	Bhumika Jha
	3rd	Third Year	Vedant Patil

OUTDOOR SPORTS			
SPORTS	RANK	YEAR	WINNERS
Open Ground Cricket (Boys)	2nd	Second Year	1. Shravan Walhekar (C) 2. Vinayak Shukla (VC) 3. Yash Kadam 4. Paras Patel 5. Soham Rampurkar 6. Amey Suryawanshi 7. Naresh Choudhary 8. Mayank Shah 9. Sahil Borana
	3rd	Third Year	1. Atharva Khapare (C) 2. Saad Shaikh (VC) 3. Suraj Dakhore 4. Tanush Jain 5. Bhagesh Keny 6. Kashyap Joshi 7. Karan Chaudhari 8. Omkar Singh 9. Dishant mali
Open Cricket (Girls)	1st	Fourth Year	1. Varsha Suthar 2. Bhagyashree Palaskar (VC) 3. Sayali Joshi 4. Saloni Panigrahi 5. Riya Patwa 6. Mandira Naik (C) 7. Lawanya Ravindran 8. Khushi Kanujia
	2nd	Second Year	1. Priyanka Kanojiya (C) 2. Shreya Pandey 3. Samiksha Jalotkar 4. Bhumika Jha 5. Saniya Tambe 6. Nidhi Kanadia 7. Anjali Yadav

	3rd	Third Year	<ol style="list-style-type: none"> 1. Gauri Chandak (C) 2. Sanika Gangan 3. Riya kadam 4. Divya Kawa 5. Swatee Chindarkar 6. Sara Jadhav 7. Pradnya Borji
Football	1st	Second Year	<ol style="list-style-type: none"> 1.Paras Patel 2.Soham Rampurkar 3.Sudesh Rajput (C) 4.Raj Rasal 5.Sahil Borana 6.Surjo Hazra
	2nd	Third Year	<ol style="list-style-type: none"> 1. Vedant Raorane 2. Saad Shaikh 3. Bhagesh Keny (C) 4. Omkar Singh 5. Karan chaudhari 6. Prathmesh Patil
	3rd	Fourth Year	<ol style="list-style-type: none"> 1. Calvin Nazareth (C) 2. Junaid Naik 3. Rishi gupta 4. Mangesh Tikkas 5. Suhail Mansoori 6. Talha Ansari
Volleyball	1st	Third Year	<ol style="list-style-type: none"> 1. Karan Chaudhari (C) 2. Bhagesh Keny 3. Huzaifa Lokhandwala 4. Dishant Mali 5. Omkar Singh 6. Vedant Raorane 7. Atharva Khapare
	2nd	Fourth Year	<ol style="list-style-type: none"> 1.Calvin Nazareth 2.Om Durgavle (C) 3.Sahil Gurav 4.Suhail Mansoori 5.Rishi Gupta 6.Aditya Sankpal 7.Rahul Channa

	3rd	Second Year	<ol style="list-style-type: none"> 1. Mayank Shah (C) 2. Soham Rampurkar 3. Sudesh Rajput 4. Shravan Walhekar 5. Naresh Choudhary 6. Sahil Borana 7. Surjo Hazra
Dodge ball	1st	Third Year	<ol style="list-style-type: none"> 1. Swatee Chindarkar (C) 2. Riya Kadam 3. Gauri Chandak 4. Sara Jadhav 5. Sanika Gangan 6. Komal Galande 7. Divya Kawa 8. Archita Save
	2nd	Fourth Year	<ol style="list-style-type: none"> 1. Maya Kolekar 2. Sayali Joshi 3. Saloni Panigrahi 4. Sakshi Singh (C) 5. Mandira Naik 6. Vaishnavi Surve 7. Ojasvi Bansode 8. Stuti Singh
	3rd	First Year	<ol style="list-style-type: none"> 1. Moksha Jain (C) 2. Shruti Ludbe 3. Virti Shah 4. Vaishnavi Pandey 5. Shreya More 6. Srushti Lokhande 7. Tanushree Pisal 8. Sanvi Turalkar

DLLE

The Department of Lifelong Learning extends learning beyond the classroom by engaging students in community-based activities. To promote social responsibility, enhance employability skills, and bridge the gap between academic knowledge and societal needs. Through active participation in various outreach programs, DLLE fosters teamwork, leadership, and awareness of social, environmental, and health-related issues, contributing to the holistic development of students.

SR NO.	NAME	YEAR	POST
1	Tanvi Bandekar	Fourth Year	Student Manager
2	Jugal Shah	Fourth Year	Student Manager
3	Krishna Fatak	Third Year	Student Manager
4	Aditi Kambli	Third Year	Student Manager
5	Kashish Gangaramani	Second Year	Student Manager
6	Bhavesh Vishwakarma	Second Year	Student Manager

SR NO.	DATE	NAME OF THE ACTIVITY
1.	18/07/25	Acne seminar
2.	20/07/25	Lions club inauguration
3.	22/07/25	World Brain Day
4.	26/07/25	Mulund Tree plantation drive
5.	25/07/25 to 26/07/25	Donation drive awareness
6.	28/07/25	Waste Management Seminar
7.	29/07/25	Nagpanchmi Seminar

8.	02/08/25	Titwala Tree plantation drive
9.	03/08/25	Goregaon Tree plantation drive
10.	03/08/25	Academic dive
11.	03/08/25	Food distribution drive
12.	05/08/25	MU- Youth festival
13.	06/08/25	Rakhi making competition
14.	07/08/25	Your Dost seminar
15.	07/08/25	Cervical cancer awareness seminar
16.	08/08/25	Narali Purnima Seminar
17.	10/08/25	Sunday Funday drive
18.	13/08/25	World organ donation Seminar
19.	13/08/25	Gopalkaka painting competition
20.	14/08/25	Lions club youth exchange program
21.	15/08/25	Independence Day celebration
22.	15/08/25	Old Age home visit
23.	17/08/25	Tribal village drive
24.	17/08/25	Sunday funday drive
25.	18/08/25 to 18/09/25	Dry waste and E waste collection drive
26.	03/09/25	Blood donation awareness drive
27.	07/09/25	Aarey Tree plantation drive

28.	07/09/25	Beach cleanup drive- Dadar
29.	08/09/25	Poster making competition
30.	12/09/25	Eat to think webinar
31.	18/09/25	Rangoli competition
32.	18/09/25	Ganapati model making competition
33.	01/09/25	Ganapati street play
34.	05/09/25	Teachers Day celebration
35.	07/09/25	Aarey Tree plantation drive
36.	08/09/25	Blood donation drive
37.	09/09/25	Beach cleanup drive- Mahim
38.	13/09/25	Beach cleanup drive- Juhu
39.	15/09/25	IKS Poster presentation
40.	19/09/25	Seminar on IKS
41.	20/09/25	Beach cleanup drive- Juhu
42.	22/09/25	Garba workshop
43.	26/09/25 to 04/10/25	Daan Utsav
44.	27/09/25	1 st Term training program
45.	29/09/25	Seminar on IPR
46.	15/11/25	Diabetes awareness campaign
47.	17/11/25	Mass Singing of Vande Mataram

48.	13/12/25	Avishkar
49.	18/12/25	Beach cleanup drive- Mahim
50.	24/12/25	Health camp
51.	06/01/26	Beach cleanup drive- Mahim
52.		MET IOP Sports
53.	17/01/26	Khari Kamai
54.	18/01/26	Clinically evolve run
55.	07/02/26	Udaan festival
56.	05/02/26 – 07/02/26	CIIA
57.	11/02/26	MET UTSAV- Sports
58.	17/02/26	MET UTSAV- Workshops
59.	18/02/26	MET UTSAV- Flea market
60.	21/02/26	Presentation competition- Role of Pharmacy in achieving net zero waste by 2030
61.	25/02/26	MET UTSAV- Grand finale
62.	08/03/26	Beach cleanup drive- Juhu
63.	12/03/26	CPR workshop
64.	12/03/26	2 nd term training program
65.	14/03/26	Sunday Funday drive
66.	18/03/26	School visit- Pharmacy as a career and OTC drug awareness

GREEN CLUB

MET Pharma Eco-Catalyst

The Green Club serves as a platform for students to actively contribute towards environmental protection and sustainability. It brings together individuals who are passionate about creating a positive impact through awareness programs, conservation activities, and community engagement. The club strives to nurture eco-conscious values and empower students to take meaningful steps toward a cleaner and healthier environment.

SR NO.	NAME	YEAR	POST
1	Dr. Vijaya Patil	Faculty	Master trainer
2	Ms. Sunanda Patil	Faculty	Faculty Coordinator
3	Ms. Rupsa Seth	Faculty	Faculty Coordinator
4	Ms. Riya Patwa	Fourth Year	President
5	Ms. Naitri Sheta	Third Year	Vice President
6	Mr. Vaishnav Pawar	Fourth Year	Campaign Modulator
7	Ms. Aditi Kambli	Third Year	Club Coordinator
8	Ms. Kirti Ramane	Fourth Year	Social Media Head
9	Mr. Prathamesh Patil	Third Year	Social Media Head
10	Mr. Aaditya Sankpal	Fourth Year	Publication Head
11	Mr. Kashish Gangaramani	Second Year	Publication Head
12	Mr. Vedant Raorane	Third Year	Discipline Head

13	Mr. Siddhant Singh	Second Year	Discipline Head
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SR NO.	EVENTS	DATE
1	YEWS Light House Green Club Workshop	21/2/2025
2	Mulund Micro Forest 6th Varshik Utsav	26/7/2025
3	Waste Management Seminar	28/7/2025
4	Naag Panchami Seminar	29/7/2025
5	Titwala Plantation Drive	2/8/2025
6	Aarey Plantation Drive	3/8/2025
7	Rakhi Making Competition	6/8/2025
8	Narali Purnima Seminar	8/8/2025
9	Robinhood Plantation Drive	17/8/2025
10	Eco-friendly Rangoli Making Competition	18/8/2025
11	Eco-friendly Ganapati Making Competition	18/8/2025
12	Nirmalya Collection for Composting	28/8/2025 to 4/9/2025
13	Eco-friendly Festival Street Play	1/9/2025
14	Aarey tree plantation drive	07/09/2026

15	Beach clean up drive-dadar	07/09/2026
16	Mahim Beach Clean-Up	9/9/2025
17	Beach clean up drive- Juhu	13/09/2026
18	Dry Waste Collection Drive	18/9/2025 to 17/10/2025
19	Daan Utsav	29/9/2025 to 11/10/2025
20	Jallosch Clean Coasts - Juhu Beach Clean-Up	29/10/2025
21	Orientation of Green Club to First Year— Registration on WhyWaste App	19/11/2025
22	Mangrove session	15/11/2025
23	Shore walk at Juhu Beach	21/11/2025
24	Dry waste collection drive	15/11/2025- 29/11/2025
25	Reti bandar Beach clean up	18/12/2025
26	Mahim Beach clean up	06/01/2026
27	Ecosystem seminar	06/02/2026
28	Juhu beach clean up	14/03/2026

SOCIAL AND PREVENTIVE PERSPECTIVE

THE ROLE OF COMMUNITY PHARMACIES IN PRIMARY HEALTH CARE

For generations, the image of a community pharmacy was defined by rows of glass bottles, the rhythmic sound of a mortar and pestle, and a professional in a white coat handing over a paper bag. But if you walk into a local pharmacy today, you aren't just looking at a retail store; you are looking at the most accessible clinical outpost in the modern healthcare system. It has become a vital bridge, turning "healthcare" from a distant, bureaucratic process into a local, human experience. The Most Accessible Face of Medicine The most profound contribution of the community pharmacy to primary healthcare is unrestricted access. Think about the traditional journey to see a doctor: making an appointment weeks in advance, taking time off work, navigating traffic, and sitting in a crowded waiting room. For many, especially those in rural or underserved urban areas, these are significant barriers to care. The community pharmacist, however, is often available without an appointment. They are the only healthcare professionals you can walk up to and speak with for free, right in your own neighborhood. This "open-door" policy transforms the pharmacy into a triage center. Whether it's a mother worried about her toddler's rash or a grandson concerned about his grandfather's sudden confusion, the pharmacist provides immediate, professional reassurance and direction.

Beyond the Pill: A Holistic Approach to Care The role of the pharmacist has evolved from "dispensing" to "caring." In the framework of primary healthcare, this manifests in several life-saving ways:

1. The Manager of Chronic Conditions

We are currently facing an epidemic of "lifestyle diseases" diabetes, hypertension, and cardiovascular issues. These aren't cured with a single dose; they require constant, daily Management. Pharmacists act as the day-to-day coaches for these patients. They don't just hand over insulin; they teach the patient how to use the pen, how to spot the signs of low blood sugar, and how to adjust their diet. By monitoring blood pressure and cholesterol levels during routine visits, pharmacists catch "red flags" long before they turn into a stroke or heart attack.

2. The Safety Net of Medication Therapy

Modern medicine is complex. Many patients, particularly the elderly, see multiple specialists: a cardiologist for the heart, an endocrinologist for diabetes, and a GP for general health. Often, these doctors don't talk to each other. The pharmacist is the only person who sees the entire picture. They perform Medication Therapy Management (MTM), a fancy term for ensuring that the five different pills a patient is taking won't interact dangerously. This vigilance prevents

thousands of hospitalizations every year caused by adverse drug reactions.

3. Champions of Prevention

Primary healthcare is at its best when it prevents illness rather than just treating it. Community pharmacies have become the front line for public health initiatives:

- **Vaccination Hubs:** From flu shots to COVID-19 boosters, pharmacies have revolutionized how we achieve herd immunity by making vaccination as easy as buying a loaf of bread.
- **Screening Programs:** Many pharmacies now offer point-of-care testing for glucose levels, HIV, or strep throat, allowing for early intervention.
- **Lifestyle Counseling:** They provide the human support needed for difficult transitions, such as quitting smoking or managing weight, offering a level of consistent follow-up that a busy hospital simply cannot provide.

The Power of the Human Connection

What truly sets the community pharmacy apart is the relationship. In a world of digital portals and automated phone trees, the local pharmacist knows your name. They know your family. They know that you struggle to swallow large pills or that you're worried about the cost of your medication.

This trust is a clinical tool. A patient who is scared of a new diagnosis is far more likely to adhere to their treatment if it's explained by a familiar face in a comfortable environment. Pharmacists provide "health literacy" ; they translate complex medical jargon into plain,

compassionate language that a person can actually use to improve their life.

Reducing the Burden on the System

Every time a pharmacist treats a minor ailment like a urinary tract infection, a skin fungal growth, or a seasonal allergy they save an emergency room visit. This "decongestion" of the health care system is vital. It allows doctors and nurses in hospitals to focus their limited time and resources on high-acuity, life-threatening cases. In many regions, "Pharmacy First" initiatives are being adopted, officially empowering pharmacists to prescribe medications for minor conditions. This isn't just a matter of convenience; it's a necessary evolution to keep the entire healthcare infrastructure from collapsing under its own weight.

A Vision for Tomorrow

As we look to the future, the role of the community pharmacy will only expand. We are seeing the rise of "clinical pharmacies" where the retail aspect is secondary to the health services provided. With the help of digital health records, pharmacists will soon be even more integrated into the primary care team, working hand-in-hand with doctors to provide a seamless web of support for the patient. However, the "humanized" element must remain at the center. No AI or vending machine can replace the empathy of a pharmacist who notices a patient looks unusually tired and takes the time to ask, "How are you really doing?"

Samiksha Jalkotkar (Second Year)

HEALTH CHECK-UP CAMPS ARE IMPORTANT

Introduction

A productive and fulfilling life is based on good health. Health is wealth is a true saying, as there is no accomplishment and no fortune that can be valuable, without health. In the current age where modernization and technology have transformed human lifestyles at a tremendous scale, human beings are becoming more vulnerable to stress, sedentary lifestyles, poor diet, pollution, and inactivity. All these have contributed to the increased prevalence of communicable and non-communicable diseases.

It is a pity that most people never give their health the first priority until they are hit by some severe disease. This laxity usually results in late detection of illnesses and this complicates the treatment process and becomes expensive. Health check up camps have become a good solution to address this issue. They are special camps, where hospitals, educational institutions, non-governmental organizations (NGOs), or government agencies arrange medical services and health awareness to communities- usually free of charge or at low charges.

Detection and Diagnosis of Diseases in their early stages.

Early detection of diseases is one of the best contributions of health check-ups camps. Various diseases, including diabetes, hypertension, anemia, tuberculosis, cancer, and heart related diseases, are silent in their earliest

stages. Individuals do not necessarily show symptoms before the illness is at an advanced stage. Facilities such as blood tests, blood pressure, eye check-up, dental and general screening are offered in health check-up camps. This aids in the early detection of undetected health issues.

As an example, a high blood sugar individual may not even feel ill, but with a simple blood glucose check at a camp, diabetes can be found at an early stage. Early diagnosis and modifications in lifestyles can avoid severe complications of kidney failure, heart diseases or blindness. Therefore, the camps serve as a defensive barrier to serious diseases.

Raising Health Consciousness.

The other significance of health camps is the dissemination of health awareness. Most individuals, particularly in the rural or poor communities, are not well aware of the general health problems, personal hygiene, nutritious diet or preventive care. At these camps, the doctors and other healthcare professionals teach people about:

- The significance of exercising and eating a well-balanced diet.
- The ill impact of tobacco, alcohol and drug abuse.
- The necessity of good hygiene and sanitation.

Prophylactic measures such as immunisation and frequent examinations.

Awareness is the initial step to prevention. Having the knowledge about the dangers of unhealthy lifestyle and advantages of healthy living, people are more likely to take care of themselves and their loved ones.

Availability of Healthcare to Everyone.

In most regions of the world, most particularly in rural India, healthcare centers are inaccessible. Hospitals, doctors, and diagnostic machines are usually not available in the villages. To such populations, the cost of traveling to cities to obtain treatment is time-consuming and costly. Health check-up camps fill this gap, as it brings the healthcare services at the door of the needy. These camps offer free consultations, dispense medicines, basic tests and even send more serious cases to hospitals where advanced care would be provided. To poor and marginalized communities, such services are life-saving since they are unable to access the expensive personal healthcare. Therefore, health camps are a social equalizer, whereby healthcare is provided to everyone within the society.

Preventive Healthcare Advertising.

In the past, individuals would only visit physicians when they got seriously ill. This is changing though with the increased incidence of lifestyle diseases whereby prevention is slowly taking over the role of cure. Health camps are also very useful in promoting preventive health. Routine health check-ups make individuals concerned about their health conditions, manage risk factors, and stay healthier. For example:

One can prevent heart attacks by checking cholesterol and blood pressure on a regular

basis. Treatment of early cancer saves lives as it is detected early.

Outbreaks of infectious diseases can be prevented by vaccination campaigns in the camps.

These camps will decrease the burden of health care on families and the country since they help in avoiding the disease instead of merely treating the disease.

Developing Community Trust and Involvement.

Health camp also helps in bonding medical professionals with the community. People feel loved and honored when doctors, nurses and volunteers offer their services with a selfless motive. This creates the confidence of people on contemporary healthcare systems and encourages individuals to consult healthcare professionals without any doubts.

Also, these camps promote community involvement. Local leaders, volunteers, and youth usually assist in the organization of the event, its pre-advertisement and encouraging people to be present. This group work generates a feeling of accountability and belongingness to the society.

Cost-Effectiveness and Economical Advantages.

Among the major causes of financial strain among families is healthcare costs. Middle- and low-income categories do not have access to advanced treatment, hospitalization, and medications. Health camps lower the economic strain on people, by offering free services or low-cost services. Also, the diseases are

identified at an early stage, and serious complications are avoided, which is much more costly to treat. As an illustration, it is far less expensive to manage early-stage hypertension by modifying his or her lifestyle and using low-cost medicines rather than managing the later consequences of kidney failure or a heart disease. Therefore, health check-up camps indirectly lead to the economic stability of families and the country.

Role In Epidemics and Emergencies.

Health check-up camps are even more important in times of epidemics, natural disasters, or in pandemics. They are easily established in order to offer immediate relief, deliver drugs, inoculate individuals, and disseminate information regarding preventive actions. Indicatively, in the case of the COVID-19 pandemic, testing, vaccination drive, and awareness campaigns were conducted at

temporary health camps. These programs are useful in the prevention of diseases and the safeguarding of susceptible groups.

Conclusion

Health check-up camps are an indispensable resource to have a healthier society.

They help in early disease detection, health awareness, preventive care and health accessibility to every patient particularly poor and underprivileged patients. These camps can help to improve the general health status of people by lowering healthcare expenses, forming awareness, and improving trust in the community.

Drisha Shetty (Second Year)

OBESITY IN URBAN YOUTH: A PUBLIC HEALTH CONCERN

Urban Youth Obesity: A Community Health Issue.

Urban youth obesity has become a global issue of primary health concern. Urbanization, lifestyles change and increased intake of unhealthy food have had a great impact on the health of urban children and adolescents. Obesity, which was once a problem of adulthood is now becoming a major problem facing the young populations with major challenges physically, psychologically, and socially. Unhealthy lifestyle is one of the main reasons for obesity among the urban youth. Cities also make fast foods, sweet drinks, and processed snacks with simple access and easy availability because of their low nutritional value, high-calorie, high-fat, and high-sugar content. Incidents of hectic schedules of parents, reliance on packed-foods, and intensive advertisement of junk foods are additional factors that contribute to ill dietary habits among the youths. Meanwhile, there is a drop in intake of fruits, vegetables, and home-cooked foods. Another significant cause of this is lack of exercise. Young people in cities tend to keep unhealthy lifestyles because of spending too much time on the screen with smartphones, computers, television and video games. Smaller open spaces, traffic, safety, and school pressures minimize the chances of receiving outdoor activities and physical exercise. This leads to weight gain and obesity since more energy is deposited in the body than is utilized.

There are severe effects of obesity among young people. It predisposes chronic diseases like type 2 diabetes mellitus, hypertension, cardiovascular diseases, and respiratory diseases at a tender age. The obese children also tend to keep being obese at the mature age, thus further burdening the medical systems. Besides having physical health problems, obesity has a negative impact on mental health. Obese youth in the city can have low self-esteem, experience depression, anxiety and social isolation because of body image problems and peer pressure. The effect of obesity is not only to an individual but also to society. Raised healthcare expenditure, lower productivity later in life as well as high rates of lifestyle diseases cost a lot to communities and governments. Thus, obesity is not a personal or even familial only challenge in the urban youth but a societal health concern.

Obesity among urban youth can only be prevented and managed through a multi-sectoral approach. Schools also play a significant part in terms of physical education, the popularization of sports, and the use of healthy food in canteens. At home, parents need to be informed of the necessity of maintaining balance in nutrition and the usage of limited screen time and active lifestyles. Physical activity must be observed through the construction of safe parks, playgrounds, as well as walk or cycling paths in urban planning. Also, the marketing of unhealthy foods among children should be controlled by the public

health policy and advertising on good health should be promoted.

To sum it up, obesity among the young population in urban areas is an increasing issue that is becoming a major health problem, which is caused by unhealthy diet, sedentary lifestyle, and the environment. Unless early intervention is done, it may cause health and social problems in the long term. With the help of the coordinated actions of families, schools, communities, and policymakers, one can foster more healthy behaviors and secure a better future for urban young people.

The problem of obesity among the urban youths is a big and a severe problem of common health in the contemporary world. As urbanization accelerates, technology grows, and life changes, the society in the city has been exposing children and adolescents to unhealthy habits. Obesity is described as the unnatural or excessive body fat that is potentially dangerous. This situation has become alarming in the urban youth, which have long-term health, psychological and socio-economic outcomes.

Obesity in Urban Youth Causes.

Unhealthy eating habits are one of the biggest causes of obesity among the urban youths. It is the presence of fast food restaurants, street food stalls, and the availability of processed and packaged foods that ensure that urban areas are dominated with these kinds of meals. They are rich in calories, saturated fats, salt, as well as added sugars, and poor in essential nutrients. The high use of sweetened beverages, chocolates, bakery goods and fried foods will substitute the normal balanced meal, which will

result in overconsumption of calories. Physical inactivity is another cause of great importance. The youth in urban areas are not able to play outdoors as they have little open space, there is a lot of traffic, there is a problem of safety, and there is pollution. Sports and exercise time is also limited with academic pressure, coaching classes, and competent examination. In addition to that, more people are using electronic gadgets like smartphones, laptops and game consoles, leading to a lack of physical activity and a decrease in energy use.

Influential roles are also played by socio-economic and environmental factors. In the urban families both the parents usually have to work and consequently, they depend on ready to eat or fast foods. There is a great impact of advertising and social media towards the choice of foods mostly in the adolescents who are being urged to consume unhealthy foods. Also, sleep disturbances and academic and peer pressure are other factors that lead to hormonal imbalance and gaining weight.

Health Consequences

There are severe long term and short term health consequences related to obesity in Youth hood. Obese young people can have breathing complications, joint discomfort, exhaustion, and a decrease in physical performance in the short run. In the long run, obesity plays a major role in exposing a person to chronic diseases like type 2 diabetes mellitus, hypertension, dyslipidemia, cardiovascular diseases, and metabolic syndrome. These diseases decrease the life expectancy and quality of life when they start early.

Mental and emotional health is also affected by obesity. Obese urban young people are prone to stigma, bullying as well as discrimination at school and other social places. It may result in self-esteem deficit, depression, anxiety, and dissatisfaction with body image and withdrawal. These psychological problems can also contribute to poor eating habits, so that this will become a vicious cycle.

Social and Economic Impact

The increasing cases of obesity among the urban youths pose a significant burden to the healthcare system. Economic strains are caused by increased medical costs of treating obesity related diseases, loss of productivity during adulthood, and dependency of the services of the health sector in the long term. Obesity also has an impact on academic performance and social development, which narrows down the potential of young people.

Prevention and Control Measures.

The problem of obesity among the urban youth needs to be tackled through a holistic approach to public health. Educational establishments ought to integrate regular exercise training, sports and health education programs that emphasize on nutrition and lifestyle practices. The school canteens should offer healthy and balanced food products and reduce the sale of junk food. The family is an important part of prevention because it promotes home-cooked meals, balanced diets which are rich in fruits, vegetables, whole grains, and proteins, and exercise. It is also necessary to limit screen time and get enough sleep. At community and policy

level, urban planning must focus on safe playgrounds, parks, bike tracks, and recreational amenities. The government and the public health authorities ought to control the marketing of unhealthy foods to children, have food labeling policies, and awareness campaigns on healthy lifestyles.

Health Professionals Role.

Doctors, dietitians and public health workers constitute healthcare professionals that are significant in the early detection and control of obesity. Obesity amongst the urban youth can be lowered through regular health check-ups, nutritional and physical activity counseling, and interventions in the communities in order to decrease its prevalence.

Conclusion

To sum up, obesity among youth in the urban setting is a multifactorial public health problem that is characterized by lifestyle, environmental, socio-economic, and psychological determinants. Otherwise, it may cause severe health issues and permanent effects on society. This should be reduced through early intervention, awareness and concerted actions by the family, school, healthcare and policymakers to ensure that there is a healthier generation of youth in the urban areas.

Sahil Borana (Second Year)

THE PHARMACIST'S ROLE IN ROUTINE IMMUNISATION

Immunization is one of the most effective public health interventions. It has significantly resulted in reducing morbidity and mortality associated with vaccine-preventable diseases. Traditionally, the responsibility for administering vaccines has been shouldered by physicians, nurses, and other healthcare professionals. However, over the past two decades, the scope of pharmacy practice has expanded considerably, positioning pharmacists as key players in delivering routine immunization services. Pharmacists, being among the most accessible healthcare professionals, are uniquely situated to contribute to vaccination coverage, improve public awareness, and strengthen immunization programs. Their expertise in pharmacology, patient counselling, and healthcare systems allows them to bridge the gap between public health policies and community-level implementation. In many countries, pharmacists are authorised to not only dispense vaccines but also administer them, provide education, manage cold-chain storage, and monitor for adverse events. This expansion of roles aligns with the global push to increase vaccine accessibility and equity. The convenience of accessing pharmacies, often without the need for prior appointments enhances vaccination uptake, especially among populations that may face barriers to visiting traditional healthcare settings. Moreover, pharmacists' frequent interactions with patients during routine prescription refills or over-the-counter purchases create valuable opportunities for

vaccine advocacy and reminders. Beyond administration, pharmacists play a vital role in vaccine education. They are capable of addressing vaccine hesitancy by clarifying misconceptions, explaining the importance of immunization schedules, and discussing potential side effects in an evidence-based manner. The training enables them to evaluate patient histories, identify those who are overdue for vaccinations, and recommend appropriate vaccines according to age, health status, and local guidelines. Moreover, pharmacists are integral to maintaining proper vaccine storage conditions, ensuring potency and safety, which is crucial for effective immunization outcomes. Pharmacists also contribute by supporting public health initiatives through record-keeping, surveillance, and reporting of adverse events following immunization (AEFI). By collaborating with public health authorities, they help track vaccination coverage rates and identify gaps in service delivery. In emergency situations such as during influenza outbreaks or pandemics, pharmacists serve as vital frontline immunizers, alleviating the burden on overstretched healthcare systems. As healthcare continues to evolve, integrating pharmacists more fully into immunization programs not only optimizes healthcare delivery but also contributes significantly to achieving broader public health goals.

Pharmacists involvement in routine immunization is also a strategic response to the

increasing complexity of vaccination schedules. With the expansion of recommended vaccines for different age groups including infants, adolescents, adults, and the elderly; there is a growing need for knowledgeable healthcare professionals to guide patients through the process. Pharmacists, by virtue of their extensive training in therapeutics and patient care, can assess individual risk factors such as chronic illnesses, travel plans, occupational hazards, and immunocompromised states. This allows them to make tailored vaccine recommendations, thereby enhancing both the effectiveness and efficiency of immunization programs. Another crucial area where pharmacists add value is in combating vaccine hesitancy, a challenge identified by the World Health Organization (WHO) as one of the top threats to global health. Vaccine hesitancy may stem from misinformation, fear of side effects, cultural beliefs, or distrust in healthcare systems. Pharmacists are often seen as approachable and trustworthy figures within communities and societies, which places them in a strong position to engage in meaningful dialogue with hesitant individuals. Through clear and empathetic communication, they can address misconceptions, present scientific evidence, and build patient confidence in the safety and necessity of vaccines. In addition to patient-focused roles, pharmacists are key contributors to the operational and logistical aspects of immunization delivery. Vaccines require strict cold-chain management to maintain potency and pharmacists training in storage protocols ensures that these conditions are met consistently. They are adept at inventory control, preventing shortages or wastage, and ensuring timely restocking of essential vaccines.

This logistical competence is especially critical in rural or underserved areas where supply chains may be fragile. Pharmacists also play an important role in documenting and reporting vaccination data. Accurate record-keeping not only supports individual patient care but also feeds into public health surveillance systems. By reporting administered doses, tracking coverage rates, and flagging any adverse events, pharmacists contribute valuable data for health authorities to monitor vaccine effectiveness and safety. This collaboration between pharmacists and public health agencies enhances the ability to respond swiftly to emerging health threats or declining immunization rates. Furthermore, the presence of trained pharmacists in immunization programs can relieve pressure on primary care providers, particularly in regions facing shortages of physicians and nurses. This redistribution of responsibilities allows other healthcare professionals to focus on more complex clinical cases while pharmacists manage routine preventive services.

The expanding role of pharmacists in routine immunization has been supported by numerous policy reforms and professional training initiatives worldwide. In several countries, regulatory bodies have amended legislation to authorise pharmacists to administer vaccines, often following the completion of accredited immunization training programs. These programs cover not only the technical aspects of vaccine administration but also patient assessment, communication strategies for addressing vaccine hesitancy, and protocols for managing adverse reactions. Such a type of structured training ensures that pharmacists are well-equipped to meet professional and legal

standards while safeguarding patient safety and needs. Practical examples from various healthcare systems illustrate the impact of pharmacist-led immunization services. In the United States, for instance, community pharmacists have been authorised to administer vaccines in most states for over a decade, contributing significantly to influenza and COVID-19 vaccination coverage. Similarly, in the United Kingdom, the National Health Service (NHS) integrates pharmacy-based immunization into its seasonal flu campaigns, making vaccines available at local pharmacies with extended hours. In countries like Australia and Canada, pharmacists' involvement has improved vaccination rates in both urban and rural areas, particularly among populations that are difficult to reach through conventional healthcare channels. Pharmacist-led immunization services also demonstrate value during public health emergencies. During the COVID-19 pandemic, pharmacies became vital hubs for rapid vaccine deployment, reducing the burden on hospitals and clinics. Their accessibility, shorter wait times, and widespread distribution allowed for more efficient mass immunization, especially in communities with limited healthcare infrastructure. These experiences have reinforced the importance of incorporating pharmacies into national immunization strategies not only during crises but as part of routine preventive care. In addition to their direct service roles, pharmacists contribute to research and innovation in vaccine delivery. Some participate in clinical trials evaluating new vaccines, while others collaborate on studies assessing public perceptions, uptake rates, and the effectiveness of various communication approaches. Many of

them also take up research. Pharmacists also engage in the development of digital tools and reminder systems that help patients stay on track with vaccination schedules. Moreover, pharmacists are increasingly involved in outreach initiatives targeting vulnerable groups such as the elderly, immunocompromised patients, or those with limited mobility. By conducting vaccination drives in community centres, workplaces, and schools, they extend the reach of immunization programs beyond the confines of traditional healthcare settings. These proactive strategies not only increase vaccine coverage but also enhance public trust in the healthcare system, positioning pharmacists as indispensable advocates for preventive health.

The pharmacist's role in routine immunization extends into multiple interconnected areas that collectively strengthen public health outcomes. Central to this is their integration into national immunization programs, where supportive policies empower pharmacists to administer vaccines, maintain records, and report data to health authorities. This integration ensures wider vaccine accessibility and supports the achievement of coverage targets. One of the most pressing challenges within these programs is overcoming vaccine hesitancy. Pharmacists, as trusted community health professionals, are well-positioned to address misinformation, build up trust, dispel myths, and provide clear, evidence-based guidance. Their accessibility and frequent patient interactions make them ideal advocates for vaccination acceptance. Equally important is cold chain management. Vaccines must be stored and transported under precise temperature conditions to retain their efficacy. Pharmacists' training in pharmaceutical

storage protocols ensures vaccine potency, thus safeguarding patient safety and the success of immunization campaigns. In rural and underserved areas, where healthcare infrastructure may be limited, pharmacists bridge critical gaps by offering immunization services closer to home. This reduces travel barriers, increases uptake, and fosters a more equitable distribution of preventive healthcare. Supporting these responsibilities is specialised training and competency development. Accredited programs prepare pharmacists for safe vaccine administration, emergency response to adverse events, and effective communication strategies for engaging with diverse populations. Such training not only enhances their clinical proficiency but also reinforces public trust in pharmacy-led immunization. When these five aspects — integration into national programs, addressing vaccine hesitancy, maintaining cold chain integrity, serving rural areas, and receiving specialised training — work in synergy, pharmacists emerge as indispensable partners in delivering routine immunization. By leveraging their expertise, accessibility, and trusted position in the community, they contribute significantly to

reducing vaccine-preventable diseases and strengthening the overall public health framework.

Pharmacists have evolved from traditional dispensers of medicines to pivotal public health providers, with routine immunization becoming a central aspect of their expanded role. Their integration into national immunization programs, ability to address vaccine hesitancy, expertise in cold chain management, outreach in rural areas, and specialised training collectively strengthen healthcare delivery today. The role of pharmacists in immunization is set to grow even further, in the distant future. Advancements in digital health, tele-pharmacy, and mobile vaccination units will allow them to reach more diverse and remote populations. Pharmacists could become primary coordinators of personalized vaccination plans, leveraging data analytics to predict outbreaks and target interventions. As global health priorities shift toward pandemic preparedness and life-course immunization, pharmacists will stand at the forefront, combining accessibility, trust, and innovation.

Bhume Patil (Third Year)

VACCINE MYTHS AND PUBLIC HEALTH COMMUNICATION

Vaccines are one of the biggest achievements of modern medicinal science. It helps in preventing or treating deadly or harmful diseases. However, even after the supporting evidence, the myths or misinformation still circulate in today's world about vaccines. This leads to low public trust, lower vaccination rates, and ultimately will threaten public health. Hence such false beliefs should be eradicated by thorough and effective communication by experienced and professional personnel.

One of the most persistent myths is the belief that vaccines cause the diseases they are meant to prevent. While mild side effects such as low fever or soreness may occur, vaccines cannot cause the full-blown illness because they use weakened or inactive forms of pathogens. Another widespread myth is that vaccines cause autism—a claim that originated from a discredited and fraudulent study. This idea has been debunked by multiple large-scale scientific studies, yet it continues to influence vaccine hesitancy. Other myths include the notion that “natural immunity” is always better than vaccine-induced immunity or that vaccines contain harmful toxins in dangerous amounts, both of which misinterpret scientific facts.

When vaccine myths spread then it creates fear and confusion among the public and some may delay or refuse the immunization. This can cause outbreaks of preventable diseases, as seen with measles resurgences in areas with low vaccination coverage. Vulnerable populations like infants, elderly people and weak in immunity people are at a high risk of getting infected. The

public health cost is not only measured in lives lost but also in increased healthcare expenses and strain on medical systems.

Therefore, effective communication is the key to eradicate all the myths regarding vaccines. The professional officials should present clear, transparent, authentic and accurate information to the common people and address their problems respectfully. This includes using plain language, visual aids, and relatable examples to explain how vaccines work and why they are safe. Social media platforms can be powerful tools for spreading reliable information, but they must be monitored for misinformation. Also involving community workers, health officers and organizing awareness camps can help to reach out hesitant populations. Combating the myths and misinformation is a serious issue which not only requires relevant data but empathy, understanding and open mindedness. Engaging in open conversations, sharing personal stories and highlighting the importance of vaccines can help in the community well-being.

To overcome such myths, effective public health communication is a must. By combining accurate science with compassionate outreach, we can build public trust, dispel harmful myths, and ensure that vaccines continue to protect present and future generations. In an age where misinformation can spread rapidly, proactive, transparent, and community-focused communication is not just important, it is vital for safeguarding public health.

Vedant Raorane (Third Year)

PHARMACISTS AS FRONTLINE WORKERS IN EPIDEMICS

An epidemic is a public health crisis that tests the resilience and capacity of a nation's healthcare infrastructure. While the heroic efforts of physicians, nurses, and emergency medical personnel often dominate public narratives during such events, a silent and equally critical group of professionals stands on the frontlines, the pharmacists. Often overlooked or taken for granted, pharmacists and their community pharmacies are far more than just dispensers of medication. They are an integral part of the public health ecosystem, serving as the most accessible and frequent point of contact for patients.

At the most fundamental level, pharmacists ensure the continuity of care by maintaining the drug supply chain. During an epidemic, lockdowns, transportation restrictions, and a surge in demand for specific medications can strain the system to its breaking point. Pharmacists, through their close relationships with suppliers and wholesalers, become crucial managers of this complex network. They work tirelessly to prevent drug shortages, manage inventory, and ensure that patients with chronic conditions—such as diabetes, hypertension, or heart disease—continue to receive their life-sustaining medications. The COVID-19 pandemic highlighted this role vividly, as pharmacists had to navigate unprecedented supply chain challenges for everything from

essential antibiotics and antivirals to personal protective equipment (PPE). They worked with regulatory bodies to implement emergency measures, such as dispensing an early refill or providing an extended supply of medication, thereby reducing the need for patients to visit doctors' offices and hospitals, which were already overwhelmed.

Beyond their traditional role in dispensing, pharmacists are powerful public health educators and communicators. In an epidemic, misinformation and fear can spread as quickly as the virus itself. Community pharmacies serve as trusted, accessible hubs where the public can get accurate, evidence-based information. Pharmacists are expertly trained to counsel patients on disease transmission, proper hygiene practices, and the importance of public health measures like social distancing and mask-wearing. They are often the first point of contact for individuals with minor symptoms, and their ability to screen, assess, and refer patients to the appropriate level of care is of utmost importance.

One of the most significant and expanding roles of pharmacists as frontline workers is their involvement in vaccination programs. Immunization is a cornerstone of epidemic control, and pharmacists are uniquely positioned to increase vaccination rates. With pharmacies located in virtually every neighborhood, they

provide a highly accessible alternative to traditional clinics and doctor's offices. The COVID-19 pandemic showcased this role on a massive scale, as pharmacists in many countries were authorized to administer vaccines to millions of people. This not only accelerated the vaccination rollout but also reached vulnerable and underserved populations who may have faced barriers accessing other healthcare facilities. Pharmacists are also adept at counseling patients on vaccine safety and efficacy, addressing vaccine hesitancy, and managing the logistics of vaccine storage and distribution. Their expertise in cold-chain management and their established infrastructure for dispensing medications make them a natural and essential part of any mass immunization effort.

Moreover, pharmacists are instrumental in providing clinical services that extend far beyond dispensing pills. During an epidemic, their clinical skills become a critical resource. They can provide point-of-care testing for a variety of conditions, including the epidemic disease itself, allowing for faster diagnosis and isolation. In many jurisdictions, pharmacists have been granted expanded prescribing authority during emergencies, enabling them to renew prescriptions for chronic conditions or even prescribe for minor ailments, further reducing the strain on physicians. In hospital settings, clinical pharmacists are indispensable members of the medical team, working directly with physicians and nurses to manage complex medication regimens for critically ill patients. They ensure drug-drug interactions are avoided, dosages are optimized, and medication protocols are

followed, particularly for novel treatments developed during the crisis.

The role of pharmacists in epidemics also highlights their critical contribution to mental and emotional support. An epidemic is not just a physical health crisis; it is also a psychological one. Patients and their families often experience immense stress, anxiety, and fear. Pharmacists, with their consistent presence and approachable nature, become a source of comfort and a listening ear. They are skilled at identifying signs of mental distress and can provide advice or refer patients to mental health services. For patients who are isolated or vulnerable, the pharmacist may be their only regular point of human contact, making their compassionate and empathetic presence invaluable. This emotional support is a form of care that often goes unmeasured but is profoundly important in a community facing a public health emergency.

Finally, the expanded role of pharmacists in epidemics has served to reshape perceptions of their profession, from mere drug vendors to essential healthcare providers. Their contributions have provided compelling evidence for the need to permanently expand their scope of practice. This includes granting them greater authority in vaccination, prescribing for minor ailments, and engaging in more comprehensive patient care management. Recognizing pharmacists as true frontline workers is not just about giving them credit; it is about building a more resilient healthcare system. By fully integrating pharmacists into public health planning and policy, future epidemics can be managed more effectively, with a dense network of accessible,

knowledgeable, and trusted professionals ready to respond.

The role of pharmacists during epidemics is a powerful testament to their adaptability, expertise, and unwavering commitment to public health. They are the silent pillars of the healthcare system, ensuring medication availability, serving as trusted educators, and expanding their clinical functions to meet the unique challenges of a crisis. From managing a volatile supply chain to administering life-saving vaccines and providing vital human connection, pharmacists stand shoulder-to-shoulder with

other frontline workers. Their contributions are not ancillary but fundamental to a successful public health response. As the world continues to face the threat of new and emerging infectious diseases, fully recognizing and empowering pharmacists as essential frontline workers will be a crucial step in building a healthier, more resilient future.

Riva Tombri (Third Year)

PRADHAN MANTRI BHARTIYA JANAUSHADI PARIYOJANA: A BOON FOR THE POOR

In the vast and diverse landscape of India, where economic inequality largely dictates the standard of living and availability of healthcare, perhaps one of the most insidious afflictions to confront millions is the cost of medicine. For decades, Indian markets have been dominated by branded medicines, which are far out of the range of low-income families. Within this environment, the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) came as a ray of hope, changing the face of low-cost healthcare. This mission of the government has been more than a policy—it has been a mission to fill the chasm between quality care and the economic scale, so that the critical drugs are not a luxury of the rich but a human right.

Launched as the Jan Aushadhi Scheme in 2008, the program had a humble beginning, but its relaunch and rechristening in 2016 as PMBJP under the present government brought with it the dawn of a new era of dispensing cheap

medicine. The objective was simple yet potent: to make quality generic drugs available at prices much lower than those of their branded versions. Generic drugs, which are bioequivalent to their branded counterparts in safety, efficacy, and quality, tend to be a fraction of the price since they are marketed under their chemical name and do not have to absorb the heavy marketing costs that branded drugs have.

However, in India, due to lack of awareness and trust, generics had remained an exception rather than a rule. PMBJP did not just focus on making these drugs accessible but also endeavored to inform the masses of their effectiveness and dependability.

The scheme functions through a network of committed outlets called Janaushadhi Kendras that are established throughout the country to provide broad access. These Kendras carry a range of medicines across nearly all the major

therapeutic classes, from painkillers and antibiotics to drugs for chronic diseases like diabetes, hypertension, and heart disease. What distinguishes the scheme is its capacity to reduce the cost of medicine given by 50% to 90% relative to the market price of branded drugs. For such a patient reliant on long-term medication, such savings can be the difference between economic disaster and affordable healthcare. Take, for instance, a strip of medicine that has a market price of ₹100; it is provided at a Janaushadhi Kendra for as little as ₹20–₹30, with no letdown in quality.

The expansion of the scheme over recent years has been phenomenal. From just 80 centers in 2014, the network today has grown to more than 14,000 Kendras across all states and union territories. This fast growth has helped ensure that even in far-flung districts, citizens have access to cheap medicine without having to go out of their way or pay through their noses. This is supplemented by contemporary tools like the Jan Aushadhi Sugam mobile application that enables citizens to find the nearest Kendra, view the availability of a particular medicine, and compare prices with the branded version. This digitalization provides an overlay of convenience and transparency, making the scheme even more user-friendly.

One of the most significant effects of PMBJP has been in lowering out-of-pocket health expenditure, which is still a heavy burden on Indian families. The scheme has collectively saved citizens thousands of crores of rupees, government estimates believe. Sales worth ₹1,000 crore alone were made in the financial year 2023–24, amounting to direct savings of around ₹5,000 crore for the public. For

low-income and lower-middle-class households, these savings are not figures on a page—they become additional money for food, school fees, and other necessities, loosening the suffocating burden of healthcare costs that often force families into debt.

But PMBJP is not merely about medication for diseases. The initiative has tackled another important issue of public health—menstrual hygiene. With its Janaushadhi Suvidha program, it offers oxo-biodegradable sanitary napkins at ₹1 per pad, so they are within reach of even the poor. In a nation where most women are forced to use unsanitary alternatives because sanitary products are too expensive, this move is a quiet revolution, ensuring dignity, good health, and gender equality. The success of PMBJP can also be measured by the opportunities it provides. The government itself motivates people, even women entrepreneurs, pharmacists, and members of marginalized communities, to establish Janaushadhi Kendras by providing financial support and incentives. It not only makes the scheme accessible to more people but also generates a means of livelihood for many. By doing this, the project doubles as a double-barreled social empowerment vehicle—curbing medical expenditure while creating jobs

and entrepreneurial opportunities. Behind the scenes, strict quality control ensures that all medicines distributed by PMBJP are of high quality. The medicines are sourced from WHO-GMP approved suppliers and subjected to testing by NABL accredited laboratories. This thorough system of quality assurance strips away the myth that lower price indicates lower quality, allowing patients to trust their

treatments. However, as with any large-scale endeavor, PMBJP has not been without its challenges. The perceived barrier continues to be the largest obstacle—those branded to generic medicines need to be convinced to shift, and this takes repeated campaigns, as well as the seals of approval by healthcare providers. In remote and rural areas, occasional shortages of supplies create uncertainty, wearing down confidence in the system. There have been policy-level issues as well; for instance, some state governments have made decisions that lower the number of Kendras at government facilities, which has led to discussions about how to implement the scheme best within state health systems. In spite of these barriers, the momentum of PMBJP is on the increase, driven by robust political will, public acceptability, and indisputable advantages. For the poor, the scheme is not merely low-cost drugs—it is a lifeline that redefines how they engage with healthcare. Where diagnosis used to mean impossible trade-offs between therapy and mere survival, PMBJP provides a pathway where health is not compromised for economic security. The personal anecdotes behind the figures are the greatest testaments to the scheme effect. A seasonal worker in a rural town, who used to spend almost half his wages on diabetes drugs, now has enough money to purchase his whole month supply at a tenth of the cost, having saved money to send his children to

school. An arthritis-stricken widow no longer has to rely on occasional acts of charity to meet her medication needs; she can go to her neighborhood Janaushadhi Kendra each month, assured that she will be able to locate what she

requires. A young girl in a village no longer misses school when she has her period, as her family can now afford sanitary napkins without having to do without other necessities. In the larger public health vision, PMBJP fits in ideally with universal health coverage and equity principles. In shattering the grip of the price of branded medicine, it democratizes access to care. It not just solves the immediate concern of exorbitant drug prices but also creates a culture of knowledge-based healthcare decision-making, where individuals realize that efficacy is in the composition of the drug and not in its name or marketing savvy. This change in mentality is crucial for sustainable and equitable healthcare. The future holds great promise for PMBJP. Augmentation of Kendras, integration of primary health centres, strong supply chain management, and public awareness drives can further reinforce its position as a pillar of India's health policy. Enhancing partnerships with doctors, chemists, and local government authorities will also prove crucial to mainstreaming the generic usage and maintaining uniform quality and supply. Regular shipments of high-quality raw materials, water, electricity, and favorable official policies will all play an important role. In a country where health and wealth have too frequently gone hand-in-hand in unequal measure, the Pradhan Mantri Bhartiya Janaushadhi Pariyojana is a human-focused intervention which prioritizes dignity, accessibility, and equity. It disrupts the conventional dynamics of the pharmaceutical industry, promotes the rights of patients, and enables communities in ways that go far beyond pills. To millions of Indians who are poor and economically distressed, it is not simply a scheme—it is a blessing, a physical

manifestation that their welfare counts, and that accessible healthcare can be a reality.

Looking ahead, the PMBJP can also act as a platform to incorporate other necessary healthcare items and services into its fold, going beyond drugs to include inexpensive diagnostics, nutritional supplements, and medical devices. Building on its established channel, the scheme could collaborate with state health missions, NGOs, and private inventors to produce a totalized approach to primary healthcare provision. Training pharmacist and Kendra operator staff in patient

counseling, chronic disease care, and digital health tools can further lift Janaushadhi Kendra's as a community health center rather than a dispensary. Raising awareness among schools, workplaces, and rural areas through campaigns can also normalize the use of generics from a young age, eliminating stigma and misconceptions. If well scaled with technology integration, strong supply chains, and community participation, PMBJP would be a blueprint for other countries to achieve affordable quality healthcare access and make India the worldwide model of health equity.

Varsha Suthar (Fourth Year)

INTEGRATION OF TRADITIONAL INDIAN MEDICINE (AYUSH) IN SOCIAL AND PREVENTIVE PHARMACY

The contemporary landscape of global public health is witnessing a fundamental transformation, shifting from a reductionist, disease-centric model toward a holistic, salutogenic framework that emphasizes the creation of health rather than merely the treatment of disease. In the Indian context, this paradigm shift is inextricably linked to the strategic integration of its pluralistic medical heritage comprising Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homoeopathy (AYUSH) into the mainstream healthcare delivery system. This integration represents a convergence of ancient wisdom with the modern discipline of social and preventive pharmacy, a field that serves as the critical interface between pharmaceutical sciences and public health.

Social pharmacy extends beyond the biological mechanism of drug action to encompass the social, economic, cultural, and behavioral aspects of medication use. It is concerned with optimizing health outcomes through community engagement, health promotion, and the rational use of medicines. The integration of AYUSH into this domain is a concerted effort to leverage indigenous knowledge systems to address the quadruple burden of disease currently facing India: the escalating prevalence of non-communicable diseases, the persistent challenge of infectious outbreaks, the unique health needs of an aging population, and the imperative to improve maternal and child health outcomes.

The theoretical underpinning of this integration is rooted in the concept of medical pluralism, which the National Health Policy of 2017 explicitly advocates as a core strategy for achieving Universal Health Coverage. Pluralism, in the context of Indian policy, is defined as the mechanism by which patients utilize diverse medical systems either sequentially or simultaneously, and the state's obligation to ensure access to AYUSH care providers. This policy stance acknowledges that for centuries, traditional systems have been the primary source of healthcare for millions of Indian households, deeply embedded in the cultural fabric and daily routines of the population. Consequently, the social pharmacist's role is evolving from a dispenser of allopathic prescriptions to a holistic health advisor capable of navigating a pluralistic therapeutic landscape. This necessitates a profound understanding of traditional pharmacopoeias, lifestyle interventions based on ancient wisdom, and the regulatory frameworks governing these systems. The operationalization of this synergy is visible in the strategic co-location of AYUSH facilities within Primary Health Centres, Community Health Centres, and District Hospitals, creating a single window for patients to access diverse therapeutic options.

The structural backbone of AYUSH integration into India's social and preventive health architecture is provided by the National Health Policy 2017 and the National Ayush Mission. The policy marks a departure from earlier standalone approaches by advocating for a three-dimensional mainstreaming of AYUSH services, encompassing service delivery, research, and education. The National Ayush

Mission serves as the primary implementation vehicle, aiming to promote AYUSH medical systems through cost-effective services, strengthening educational systems, and facilitating quality control of drugs. A critical component of this mission is the establishment of AYUSH Health and Wellness Centres, now rebranded as Ayushman Arogya Mandirs. These centers represent a paradigm shift in preventive healthcare delivery, moving the focus from illness to wellness. They offer a comprehensive package of services that includes Yoga sessions, dietary counseling, screening for non-communicable diseases, and the provision of free essential AYUSH medicines. For the social pharmacist, these centers represent a new frontier of practice where the focus shifts from dispensing prescriptions to managing community wellness and conducting health Screenings.

At the heart of the AYUSH contribution to social and preventive pharmacy lies the concept of Swasthavritta, or the regime of healthy living. Unlike the modern preventive medicine model, which often focuses heavily on immunization and screening, AYUSH systems emphasize the preservation of health through rigorous daily and seasonal routines that align the human biological clock with natural rhythms. The concepts of Dinacharya (daily regimen) and Ritucharya (seasonal regimen) offer a sophisticated, evidence informed framework for lifestyle management. Dinacharya prescribes a disciplined daily routine that includes waking up during pre-dawn hours, specific hygiene rituals, and oil pulling to strengthen oral mucosa. From a social pharmacy perspective, these are actionable, low-cost lifestyle interventions that

can be promoted at the community level. Similarly, Ritucharya advocates for dietary and lifestyle adjustments to cope with environmental changes, preventing the accumulation of metabolic toxins. Promoting these seasonal guidelines serves as a primordial preventive measure, reducing the community's susceptibility to seasonal outbreaks and chronic imbalances. Yoga and Naturopathy form another pillar of this preventive paradigm, offering non-pharmacological interventions that effectively reduce blood glucose levels and improve lipid profiles, addressing root causes like physical inactivity and chronic stress.

The rising burden of non-communicable diseases in India necessitates innovative health interventions, and the integration of AYUSH into the National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases, and Stroke represents a strategic response. This integration has been operationalized through pilot projects in varying districts, providing clinical evidence that supports the efficacy of traditional systems. In studies involving diabetic patients, those receiving Ayurveda medication alongside lifestyle modification and Yoga showed significant reductions in blood sugar levels compared to standard care alone. Furthermore, these interventions improved subjective symptoms such as fatigue and excessive thirst, enhancing the overall quality of life. Similarly, for hypertension, integrative approaches combining Ayurveda and Yoga have demonstrated the potential to reduce blood pressure effectively, allowing for a dose reduction of conventional antihypertensive medications in a significant percentage of patients. This finding has

profound pharmaco-economic implications for social pharmacy, suggesting that integrative care can decrease the incidence of drug-induced side effects and lower long-term treatment costs.

In the domain of communicable diseases, the integration of traditional medicine has proven critical during epidemic outbreaks. The Siddha formulation Nilavembu Kudineer has become a cornerstone of the public health response to Dengue and Chikungunya in Tamil Nadu. Clinical studies have demonstrated that this polyherbal decoction possesses significant antiviral and immunomodulatory properties, improving platelet counts in Dengue patients and reducing recovery time. During the COVID-19 pandemic, the Ministry of AYUSH repurposed the Ayurvedic formulation AYUSH-64, originally developed for malaria, for the management of mild to moderate COVID-19 cases. Multi-center clinical trials confirmed that AYUSH-64, when co-administered with standard care, hastened clinical recovery, reduced hospitalization duration, and improved quality of life metrics without causing serious adverse events. These interventions highlight the agility of traditional systems in responding to modern health crises and the pivotal role of social pharmacists in managing the supply chain and counseling patients on the rational use of repurposed drugs.

The state of Kerala provides exemplary models of AYUSH integration addressing the needs of vulnerable populations. The Vayomithram project offers holistic healthcare to the elderly living in municipal areas, integrating Ayurveda and modern medicine to provide mobile clinics, palliative care, and counseling. This project

addresses barriers of mobility and cost, utilizing Ayurvedic therapies to manage age-related musculoskeletal disorders effectively. In the realm of reproductive health, the Janani scheme utilizes Homeopathy to treat infertility, offering a cost-effective, non-invasive alternative to expensive procedures like IVF. Data from district hospitals indicate a high success rate and significant cost savings for couples, demonstrating the pharmacoeconomic advantage of integrating AYUSH into public health delivery. These projects illustrate how social pharmacy principles of access, equity, and cost-effectiveness can be realized through the strategic deployment of traditional medicine. However, the widespread mainstreaming of AYUSH systems brings to the fore the critical issue of safety and pharmacovigilance. A persistent challenge is the public misconception that natural is synonymous with safe. To address this, the Ministry of AYUSH has established a comprehensive Pharmacovigilance Program for Ayurveda, Siddha, Unani, and Homoeopathy drugs. This program operates through a three-tiered network comprising a National Pharmacovigilance Coordination Centre, Intermediary Pharmacovigilance Centres, and Peripheral Pharmacovigilance Centres to monitor adverse drug reactions and misleading advertisements. The social pharmacist plays a vital role in this network, educating patients about the risks of self-medication and identifying potential drug-herb interactions. The controversy surrounding heavy metals in Ayurvedic Bhasmas is also being addressed through rigorous toxicity studies, which have shown that properly processed preparations are non-toxic at therapeutic doses. Promoting the use of certified, quality-assured medicines is a

primary responsibility of the social pharmacist in the AYUSH sector.


The integration of AYUSH also has profound implications for pharmacy education and ethical practice. The Pharmacy Council of India has incorporated topics related to the Indian health system and national health programs into the social pharmacy syllabus, preparing students to work in a pluralistic environment. However, the landscape is complicated by the ongoing debate regarding the scope of practice for AYUSH practitioners, often termed the mixopathy debate. This controversy stems from government moves to allow traditional practitioners to perform certain surgical procedures and prescribe a limited list of modern drugs following bridge courses. While the government views this as a pragmatic necessity to address the shortage of doctors in rural India, allopathic associations argue it compromises patient safety. For the social pharmacist, this presents ethical challenges in navigating prescriptions from diverse practitioners and ensuring patient safety amidst differing paradigms of care.

Ultimately, the integration of Traditional Indian Medicine into Social and Preventive Pharmacy represents a transformative step towards a more inclusive and sustainable healthcare system. By combining the preventive wisdom of ancient traditions with the diagnostic and regulatory rigor of modern science, India is forging a unique path towards health security. Future prospects lie in the adoption of the One Health approach, where AYUSH systems' ecological orientation aligns with the global fight against antimicrobial resistance. Additionally, the digitization of the sector through the Ayush Grid will enable

sophisticated pharmacoepidemiological research. For the discipline of social and preventive pharmacy, this integration expands the toolkit beyond the dispensing counter, empowering pharmacists to become community health educators, wellness advocates, and guardians of drug safety in a pluralistic world. The success of this integration will depend on

the continued generation of high-quality clinical evidence, the strengthening of regulatory frameworks, and the fostering of a collaborative spirit that bridges the divide between tradition and modernity.

Aaditya Sankpal (Fourth Year)



National Ayush Mission
Major Achievements under NAM upto (2024-2025))

- 203 units supported for the setting up of Integrated Ayush Hospitals
- 518 Ayush Hospitals and 6234 Ayush Dispensaries have been supported for the upgradation of infrastructure and other facilities.
- 2387 PHCs, 746 CHCs, and 319 DHs have been supported under co-location for recurring assistance of medicines and contingency, on average, each year.
- 1157 Ayush Hospitals and 12677 Ayush Dispensaries have been supported for the supply of essential Ayush medicines on average each year.
- 21 units supported for the establishment of New Ayush Educational Institutions.
- 78 Graduate and 46 Postgraduate Ayush Educational Institutes have been supported for the Upgradation of infrastructure.
- 383 new Ayush dispensaries have been established.
- 1429 Ayush Grams have been supported.
- 12500 Ayushman Arogya Mandir (Ayush) have been supported.



SOCIAL AND PREVENTIVE VISION



The Aegis of Wellness: The Pharmacist's
Silent Vigil

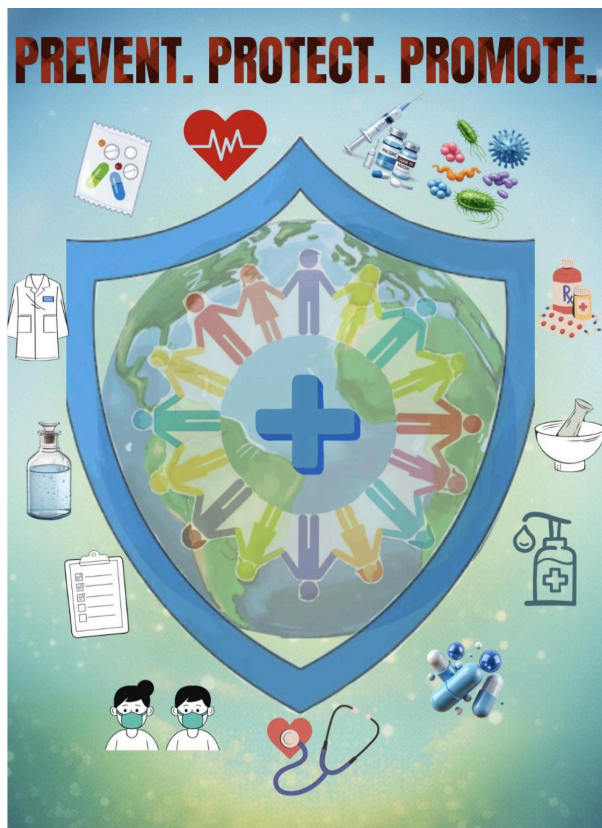
The cover design for this edition of *The Nest* focuses on the transition from reactive treatment to proactive community health. Titled "The Aegis of Wellness: The Pharmacist's Silent Vigil," the visual narrative centers on the concept of the "Social and Preventive Measures in Pharmacy" as a protective barrier for society.

The core of the illustration features a diverse community encased within a crystalline shield, which represents the "Social" aspect of pharmacy. This shield is not an accidental barrier but is being actively generated by a foundation shaped like a pharmacist's mortar and pestle. This symbolizes that preventive

measures such as vaccinations, health screenings, and lifestyle education—are the tools that create a safe environment before illness can strike.

The "Preventive" element is visualized through the deflection of these shapes by a glow of green light, echoing the "Nurturing Sharp Minds" philosophy of the MET Institute. The design relies on the universal language of symbols: the mortar as the source of health, the shield as the measure of prevention, and the community as the heart of social pharmacy. It is a tribute to the pharmacist not just as a dispenser of medicine, but as a guardian of public health and a pioneer of preventive evolution.

Yash Kadam (Second Year)



Shield of Health: The Role of Social and Preventive Pharmacy in Protecting Communities

This poster visually represents the pivotal role of Social and Preventive Pharmacy in strengthening public health systems and safeguarding communities against disease and health-related challenges. At the heart of the composition lies a protective shield encasing the globe, symbolizing a collective commitment to preserving human health on a global scale. The shield signifies prevention, resilience, and proactive healthcare strategies that aim to protect populations before illness occurs.

Encircling the globe are human figures holding hands, representing unity, inclusivity, and

shared responsibility in maintaining community well-being. This imagery reflects the population-based approach of social and preventive pharmacy, which transcends individual treatment to address health concerns across diverse groups, irrespective of age, gender, or geographical boundaries.

The medical cross positioned at the center of the design highlights the foundation of healthcare delivery, emphasizing prevention, early diagnosis, and the rational use of medicines. Surrounding the central shield are key public health symbols, including vaccines, syringes, medicines, microorganisms, disinfectants, and essential healthcare tools. Together, these elements illustrate the core pillars of preventive healthcare such as immunization, sanitation, hygiene practices, disease surveillance, and infection control.

The inclusion of healthcare professionals, laboratory instruments, and diagnostic tools underscores the crucial role played by pharmacists and allied healthcare workers in disease prevention, patient counseling, and community outreach. Visual cues such as face masks, hand sanitizers, and medicines serve as reminders of the importance of personal hygiene, infection control measures, and responsible medication use, particularly during public health emergencies and outbreaks.

Social and Preventive Pharmacy extends beyond curative care by promoting healthy lifestyles, preventing disease transmission, ensuring medication safety, and fostering public awareness. It acts as a vital bridge

between healthcare systems and society through health education initiatives, vaccination programs, environmental sanitation, and rational drug use.

Ultimately, this poster conveys a fundamental public health message: prevention is better than cure. Through collective effort, informed awareness, and responsible pharmaceutical care, social and preventive pharmacy contributes significantly to building a healthier, safer, and more resilient society.

Bhume Patil, Riva Tombri, Sanika Sawant, Vrukshi Sankhe
(Third Year)



Guardians of Health: The Pharmacy Tree of Life

The cover page, titled Guardians of Health: The Pharmacy Tree of Life represents pharmacy as a living, evolving power that protects global well-being. At the centre, nurturing hands cradle the Earth, symbolizing the pharmacist's responsibility to care for every single life. From this globe rises a flourishing green tree, whose trunk quietly transforms into the caduceus, merging nature, science, and compassion into one continuous lifeline.

This "Pharmacy Tree of Life" proposes that every discovery, tablet, as well as therapy originates from a deeply rooted devotion to heal. The hexagonal panels surrounding the central part represent the diverse branches of pharmaceutical science: like modern dosage forms, sterile preparations, lab research, clinical services, biotechnology, digital health, and even traditional and herbal cure. Together, these parts show pharmacy not as a single shop or subject, but as an integrated ecosystem where innovation and tradition coexist for the benefit of patients.

At the base, the community pharmacy stands as the visible heart of this ecosystem, directly connecting to people through a warm, welcoming path. Families, children, elders, and healthcare professionals gathered around it highlight accessibility and trust.

Overall, the design poetry that pharmacists serve as guardians of both scientific knowledge and human empathy. "Guardians of Health: The Pharmacy Tree of Life" captured the journey from laboratory bench to patient's hands, emphasizing that every pharmaceutical effort ultimately grows into one shared

purpose: a healthy, safe, and more empowered world for all of us.

Bhavesh Vishwakarma (Second Year)



Integrated Preventive Measures for Sustainable Public Health

The image visually represents the core philosophy of Social and Preventive Pharmacy, emphasizing that community health is achieved through a coordinated system of preventive measures rather than isolated medical interventions. At the center of the composition stands a diverse group of people representing different age groups, symbolizing society as the focal point of healthcare.

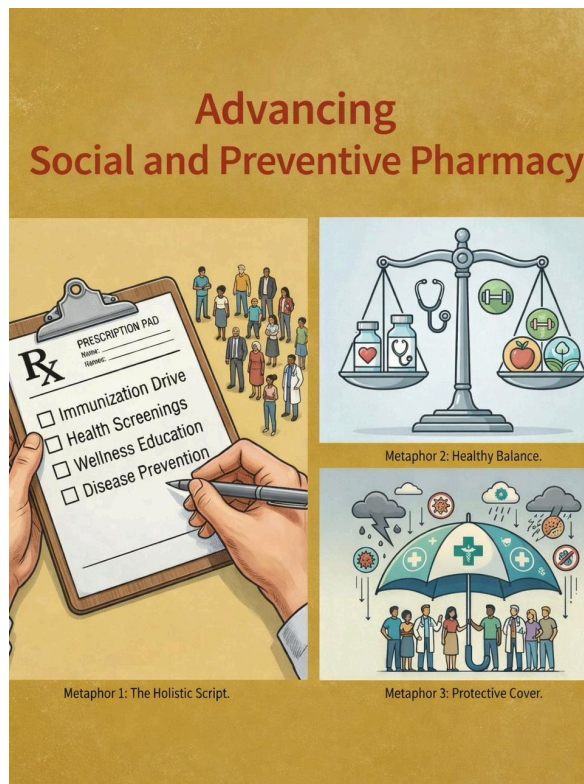
Surrounding the community are interconnected gear-like structures, each

containing a symbol of a preventive health domain. The gears signify a working mechanism, illustrating how prevention functions as an integrated and continuous process. Elements such as nutrition, hygiene, vaccination, environmental protection, health education, lifestyle modification, and disease awareness operate together, reinforcing the idea that no single measure is sufficient on its own.

Directional arrows between the gears and the central community illustrate the flow of preventive action toward society, suggesting proactive intervention before illness occurs. The use of a calm blue background reflects trust, stability, and professionalism, qualities associated with public health systems and pharmaceutical responsibility. Subtle biological motifs around the composition indicate the ever-present risk of disease, reinforcing the importance of prevention in minimizing health burdens.

Overall, the image communicates that prevention is not passive, but an active, structured mechanism requiring collaboration between healthcare professionals, pharmacists, and the community. It strongly aligns with the principles of Social and Preventive Pharmacy by portraying prevention as the foundation of public health, reducing dependency on curative medication and strengthening long-term societal well-being.

Apoorva Gajula (Third Year)



Advancing Social and Preventive Pharmacy

Social and Preventive Pharmacy focuses on protecting and promoting health at the community level by preventing disease rather than just treating it. It is based on the principle that prevention is more effective and sustainable than cure.

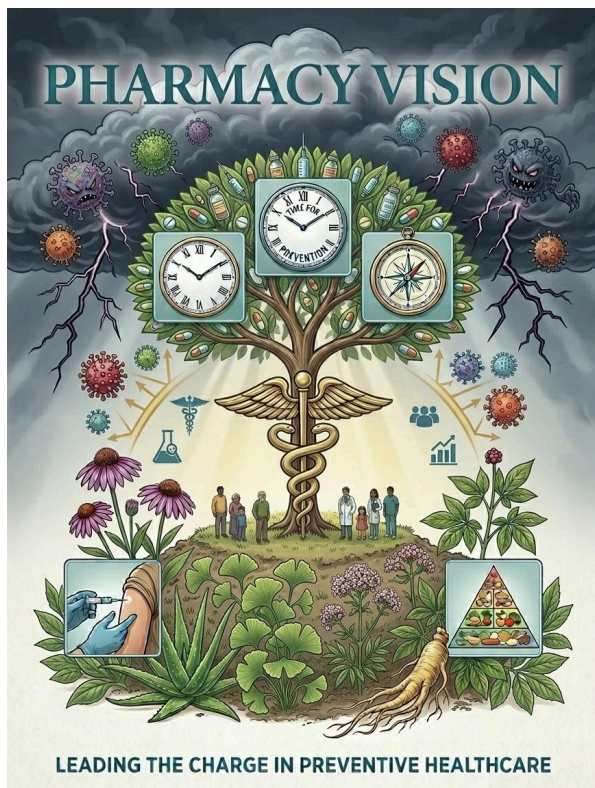
This concept can be visualized as a medical scale. On one side are preventive measures such as vaccination, proper nutrition, regular exercise, sanitation, and health education. On the other side are potential diseases and risk factors like infections, poor lifestyle habits, and environmental hazards. The aim is to keep the scale balanced in favor of prevention.

Pharmacists play an important role by promoting safe medication use, encouraging

immunization, spreading health awareness, and supporting early detection of diseases. By emphasizing nutrition and fitness, communities become stronger and more resistant to illness.

Overall, Social and Preventive Pharmacy highlights the importance of maintaining balance in community health, ensuring that preventive efforts outweigh risks and reduce the chances of a health crisis.

Ojasvi Bansode (Fourth Year)



The Canopy of Care: Sheltering Society through Prevention

This cover captures the powerful transition from reactive treatment to proactive community health. Titled "The Shield of Wellness," the visual narrative redefines the role of the pharmacist—not merely as a dispenser of medicine, but as a guardian of public health and a pioneer of preventive evolution.

The Narrative of the Image:

The Protective Canopy: At the heart of the design is the Pharmacy Tree of Life. Its trunk, shaped like the Caduceus, represents the clinical authority and scientific foundation of the profession. Its leaves—stylized as vaccines and essential medicines—form a literal umbrella, shielding a diverse community from the "thunderstorm" of pathogens, viruses, and bacteria looming above.

The Social Foundation: Grounded in the earth, a lush garden of medicinal plants (Aloe, Ginseng, Echinacea) represents the roots of pharmacy. Alongside icons for nutrition and immunization, these elements symbolize the

Social Determinants of Health—the fundamental pillars that create a safe environment before illness can strike.

The Element of Time & Guidance: The integrated clocks and compass signify Early Intervention. In preventive pharmacy, timing is everything. By guiding the community toward healthy lifestyle choices and early screenings, the pharmacist ensures the "storm" of disease never reaches the people below.

The Message:

This design is a tribute to the pharmacist as a Living Shield. It communicates that prevention is not a passive state, but an active, structured mechanism. By integrating education, immunization, and community outreach, the pharmacist stands as the first line of defense, transforming the landscape of healthcare into a sanctuary of sustainable wellness.

Safoora Rawoot (Second Year)

RHYMES AND RHYTHMS

में कौन हूँ

में कौन हूँ, आज भी खुद से यही पूछता हूँ,
जीवन की भूलभुलैया में रोज़ खुद को भटकाता हूँ,
गुज़रती हर रात को एक-एक करके गिनता हूँ,
दिल की तन्हाई में खोया, फिर भी आगे बढ़ जाता हूँ,
ना कोई है हमदम मेरा, ना मंज़िल है पास जिसे पाता हूँ,
कभी खुद को धोखा देता, फिर भी सच्चाई से जगाता हूँ।

अब जवाब वही है, जो बस मेरी आत्मा में है,
रास्ते की हर धूप-छाँव में खुदा की लीला बसती है,
हर आँसू में छुपी एक मुस्कान सी मुस्कुराहट है,
कदमों की अदाओं में अब एक नई चुस्ती है,
हर सुबह रंगों की कहानी फिर लिखी जाती है,
में कौन हूँ, मुझे मिला जवाब, खुद से यही पहचान है।

अभी बाकी है सफ़र, फिर भी कोई शिकवा नहीं है,
हर दर्द की दास्ताँ में अब कोई नया शिकवा नहीं है,
आशा का दिया जलता, दिल में विश्वास है,
खुद की पहचान पा ली, यही मेरी सबसे बड़ी कमाई है।

Siddhant Singh
(Second Year)

बारिश और हवा

रिमझिम बरसात है, खुशियाँ फिर जगाती है,
किसी की आँखों में बचपन की उमंग जगाती है,
बरसात की बूँदों में मिट्टी की खुशबू बसती है,
कहीं तन्हा दिलों में अमर-सी यादें रच जाती है
ठंडी हवा चलती, ताजगी की सौगात है,
कुछ के पंख खोलती, उन्हें ऊपर उड़ने देती है,
कभी दिल की धड़कन छेड़ती, लय फिर बजाती है,
बिखरे बादलों से आशाओं की बारिश लाती है।

Siddhant Singh
(Second Year)

मन की आवाज़

दिल कहे कुछ कर दिखाऊँ, पर डर से नज़रें चुराऊँ,
भीतर से उठे जो ज्वाला, उसे हर बार दबाऊँ,
बोलना चाहूँ सबके आगे, पर चुप ही रह जाऊँ।

हर चाहत में एक सवाल, हर सोच में उलझाव है,
कुछ कहने की हिम्मत है, पर लबों पे सन्नाटा भाव है,
मन की आवाज़ सुन लूँ मैं, यही असली चाव है।

भीतर की पुकार को मैं अब यूँ नहीं दबाऊँगा,

डर की दीवारों को तोड़, अब खुद को अपनाऊँगा,
जो दिल में है, वही अब दुनिया को सुनाऊँगा।

Siddhant Singh

(Second Year)

यात्रा

राह कठिन सही, पर बढ़ते जाना है,
हर चुनौती में छिपा कोई सबक पाना है,
हार मानना मंजूर नहीं, हमें हमेशा चलना है,
हर अँधेरी रात के बाद एक नई सुबह बनना है,
खुशी से मुस्कुराना सीखें, निराशा को छूना नहीं है,
संघर्षों के इस सफर में, खुद को और पाना है।

हर सुबह नई आशा, ज़िंदगी में रंग भरती है,
जो गिरते हैं उठ खड़े, हर अनुभव हमें सिखाती है,
आत्म-विश्वास हो साथ, तो डर को भी हराना है,
हर अँधेरे को मात देकर नया सूरज जगाना है,
मन में रखो विश्वास, मुश्किलों को पार करना है,
बढ़ते रहना है निरंतर, यही जीवन की कहानी है।

चरित्र

चरित्र वह नहीं जो दिखाया जाए,
चरित्र वह है जो निभाया जाए।
जब कोई देखने वाला न हो,
तब भी जो सही चुना जाए।

शब्दों से चरित्र नहीं बनता,

न ही ऊँचे दावों से पहचान मिलती है।

जो कर्म में सच्चा उतर आए,
उसी से असली छवि बनती है।

समय हर व्यक्ति को परखता है,

सुख में नहीं, संघर्ष में।

जो दबाव में भी झुक न जाए,
वही स्थिर रहता है अपने चरित्र में।

Siddhant Singh

(Second Year)

वायु

हवा जब पहली बार सीने में आती है,
तो जन्म लेते ही बच्चा रो जाता है।
उसी एक श्वास के संग जीवन मुस्कुराता है,
और वही अश्रु सबकी खुशी बन जाता है।

जब मन बोझिल हो, जब चिंताएँ घेर जाएँ,
और स्वयं से ही संघर्ष बढ़ जाए।
तब एक गहरी साँस वायु की पर्याप्त होती है,
जो भीतर का सारा भार चुपचाप हर जाए।

कभी क्रोध, कभी स्मृतियों का शोर होता है,
हृदय मौन रहकर भी बहुत कुछ कहता है।
तब वायु का एक झोंका ही पर्याप्त होता है,
जो स्पर्श कर गुजरता है और सब भुला देता है।

Siddhant Singh

(Second Year)

Silence Speaks Louder Than Words

When words grow tired and lose their way,

Silence finds what they can't say.

No noise, no show, no need to prove,

It speaks through calm, through what we
choose.

In quiet depths, the truth is heard,

Silence speaks louder than words

Siddhant Singh

(Second Year)

मैं जीना सीख गई

मैं सहना सीख गई,

अपना हर दर्द मुस्कानों के पीछे छुपाना सीख गई,

कौन रह... कौन न रहे,

पर खुद का हाल खुद से ही पूछना सीख गई।

कहीं कोई नाराज़ न हो जाए,

इस डर में सबको मनाते-मनाते थक गई,

पर मेरी नाराज़ग... मेरी टूटी आवाज़...

किसी ने न सुनी, तो चुप रहना सीख गई।

पहले लगता था

अगर ये शख्स चला गया तो क्या होगा मुझसे,

फिर जब वो सच में चला गया...

तो राख से खुद को फिर से उठाना सीख गई।

हर रिश्ता जैसे एक अधूरा वादा निकला,

हर उम्मीद जैसे धुएँ में खो गई,

कोई "हमेशा कहकर आधे रास्ते लौट गया,

और मैं वहीं खड़ी इंतज़ार करना छोड़ना सीख गई।

अब आँखें कम रोती हैं,

पर दिल हर रात चुपचाप टूटता है,

किसी को बताया नहीं जाता दर्द,

बस खुद के सीने से लगकर रोना सीख गई।

हर कहानी में सब अपना किरदार निभाकर चले जाते
हैं,

और खामोशियाँ आखिर में तुम्हारा हाथ थाम लेती हैं,

मेरी कहानी मुझसे है

ये भरोसा आँसुओं के बीच पाना सीख गई।

कोई आए तो मुस्कान दे जाए,

कोई आए तो ज़ख्म दे जाए,

पर दिल तो मेरा ही है...

ये मानकर खुद को ही जीना सिखा गई।

अब किसी पर निर्भर नहीं रहती,

किसी से उम्मीद नहीं रखती,

बस वहीं टूटकर, वहीं संभलकर...

मैं खुद को फिर से प्यार करना सीख गई।

नारी शक्ति

नारी केवल कोमलता नहीं, धैर्य उसकी पहचान है।

मौन में भी उसका साहस गूँजता है, वक्त की पुकार
पर स्वर बन वह खड़ी हो जाती है।

उसके कदमों से चलता है संसार,

उसकी कल्पना से बनते हैं नए युग।

आंचल में संस्कार सहेजती,
अदम्य हौसलों से इतिहास गढ़ती है।
बेटी बन कर अँधेरे में उजाला लाती,
माँ बन कर सपनों से संसार बुनती है।

स्वयं को पीछे रखकर,
दूसरों की उन्नति की राह दिखाती है।
नारी मौन उपस्थिति से ही,
हर क्षितिज को पूर्णता देती है।

टूटकर भी न झुकने वाली,
स्वयं में ही असीम शक्ति संजोए हुए है।
प्रेम के रंगों में रंगकर जीवन संवारती है,
ममता की छाया में नया संसार खिलता है।

पर जब चरित्र पर उठे उँगलियों की धार,
वह काली बनकर अन्याय की नींव हिला देती है।

यशोदा की ममता, राधा की भक्ति,
सीता का धैर्य, द्रौपदी का प्रबल उत्साह,
हर देवी का रूप नारी में बसता है।

इंदिरा का आत्मविश्वास, लक्ष्मी का वैभव,

हर रूप में देवी, हर रूप में शक्ति है।

नारी केवल अपना नाम नहीं,

अनंत अनुभवों की कहानी है,

हर अध्याय में बसती उसकी शक्ति है।

आखिर में, नारी ही शक्ति है।

Aastha Yadav

(Second Year)

जिसकी जरूरत हमें हो
उसे भी हमारी जरूरत हो ये जरूरी तो नहीं
कुछ चेहरे मुस्कुराते खूब हैं
उसकी वजह हमेशा खुशी ही हो ये जरूरी तो नहीं...!!

Samiksha Jalkotkar

(Second Year)

आ तुझे इस दिल की दास्ता सुनाऊ,
थोड़ी पहचान बताऊ; थोड़ा हाल जताऊ,
लोग पूछते हैं अक्सर नई मोहोब्बत के बारे,
कम्बख्त ये इश्क आज भी तुझसे है ये उन्हें कैसे
बताऊ!

Samiksha Jalkotkar

(Second Year)

तूने दिया कागज का फूल भी कुबूल है,
तुझसे हुई हर भूल भी कुबूल है...
तुझसे मिला जो; चाहे वो गम क्यों न हो,
तू मेरा हो तो तेरा हर जूलम कुबूल है..

Samiksha Jalkotkar

(Second Year)

जझबाट जुडे कुछ तुझसे युं
इन्हे तोड़ कैसे,
अपना बनाकर तुझको युं
अब छोड़ कैसे,
नफरत तो बोहोत है अब तुझसे
पर इतनी मोहोब्बत लुटाकर युं
मेरी इस पसंद से मुह मोड़ कैसे...

Samiksha Jalkotkar
(Second Year)

Lab Coat ke Peeche ki Kahaani

Lab coat pehne aaye the, hero-type ke
sapne lekar,
Pehle hi test ne bata diya—yahan nahi
chalta luck factor.
Syllabus itna lamba, raat chhoti pad jaati
thi,
Aur 'kal padh lenge' wali line, roz dhokha de
jaati thi.
Friends ke saath notes nahi, tension share
hoti thi,
Exam ke pehle library mein sirf saansein tez
hoti thi.
Viva se pehle definitions yaad karte
ghoomte rahe,
Andar gaye toh naam, dose, unit—sab
bhoalte rahe.
Lab mein girta solution, aur girta hua
confidence,
'Madam dekhengi' soch ke badhta hua
silence.

Ek chhoti si mistake, poora practical hila
deti thi,

Aur ek achha remark, poora din bana deti
thi.

Exams aaye toh duniya thodi slow lagti thi,
Har passing mark ek personal win hoti thi.

Results ke din dosti aur gehri ho jaati hai,

Kyunki yahan khushi bhi group mein hi
manayi jaati hai.

Haan thake bhi, gire bhi, khud pe gussa bhi
aaya,

Par inhi labs aur raaton ne humko thoda
strong banaya.

Aaj jo hum khade hain, who sirf luck ka khel
nahi,

Ye woh struggle hai jo lab coat pe pehni jaati
hai—dikhai nahi deti, par pehchaani jaati
hai.

Apoorva Gajula
(Third Year)

सफ़र सुकून का

चलो निकल चलो कहीं,
खुले आसमान के नीचे,
बहती हवाओं के पीछे,
पहाड़ों की ओर, चहचहाती चिड़ियों के शोर ।
चलो निकल चलो कहीं।

चलो निकल चलो बरसते बादलों के साथ,
मचलते सागरों के पास,

नदियों की सरगम में मदहोश,
खिलखिलाते फूलों की खुशबू में बेहोश।
चलो निकल चलो कहीं।

चलो दूर चलो कहीं,
इस भारी होती ज़िंदगी के बोझ से,
इस बढ़ती हुई नोक-झोंक से,
अपनी खोई हुई खुशियों की खोज में।
चलो दूर चल के सो जाओ सुकून से,
इन वादियों की गोद में।
चलो निकल चलो कहीं।

चलो निकल चलो कहीं,
ये आसमान की सैर करते परिंदों को देखने,
खुद से खुद का हाल पूछने,
ये सरसराते पेड़ों की डालों पर बैठी चिड़ियों से बातें
करने,
खुद को फिर से सँवारने।
चलो निकल चलो कहीं।

Bhavesh Vishwakarma
(Second Year)

वसुधा पर बरखा का उपहार

बरसों बाद यह आनन्दित क्षण आया,
बादलों ने फिर दिल बहलाया।
चंचल हवाओं ने रुख है मोड़ा,
घटाओं ने अपनी चुप्पी को तोड़ा।
बरखा ने फिर सरगम गाई,

वसुधा को शीतल कर पाई।
बरसों बाद आनन्दित क्षण आया,
बादलों ने फिर दिल बहलाया।

बरखा ने शीतल बूँदों से,
धरा के कण-कण को भिगाया।
कोयल, मोर, पपीहा बोले,
मिट्टी ने अपनी खुशबू से सबको महकाया।
चातक ने अपनी प्यास बुझाई,
वादियाँ हरी चादर ओढ़ के आईं।
बरसों बाद आनन्दित क्षण आया,
बादलों ने फिर दिल बहलाया।

नवजीवन में हर्षोल्लास का बाघार लगाया,
खुशियों की भरमार ले आया।
पत्तों को आहिस्ते सहलाया,
चारों दिशाओं में खुशियों का साया।
रंगहीन बूँदों से अपनी इंद्रधनुष बनाया,
सबके मन को बहलाया।
बरसों बाद आनन्दित क्षण आया,
बादलों ने फिर दिल बहलाया।

Bhavesh Vishwakarma
(Second Year)

मैं और मैं

मैंने खुद से ही दोस्ती कर ली है आज,
अब नहीं लगती दुनिया के तनों की भरी आवाज।

मैंने सब से नाता तोड़ दिया,
खुद से खुद को जोड़ लिया।

अब आँखें शिकायत करती नहीं दिखती,
अब आँखों में सपने मरते नहीं दिखते।
खुद को अपनाया तो ज़िंदगी की हुई है नई शुरुवात,
ज़िंदगी की सबसे बड़ी जीत हुई है आज खुद के साथ।

मेरा स्वाभिमान ही मेरा गुरुर है ,
मैं जो हु, जैसा हु, मुझे मंजूर है।
कभी ये खामोशी मुझे डराती थी,
यही आज मुझसे कुछ कह जाती है।

ज़िंदगी में हुई हर हार सबक सिखाती है,
हार के बाद फिर उठ खड़े होना ही सच्ची जीत
कहलाती है।
मैंने खुद से दोस्ती कर ली है आज,
ज़िंदगी की नई शुरुवात हुई है आज।

Bhavesh Vishwakarma
(Second Year)

प्रलय का घोष

अपने साथ हुए क्षण-क्षण का प्रतिशोध लूँगा,
जब उतरूँगा समरांगण में, अपना कण-कण जोड़
लूँगा।

प्रेम और घृणा की बातें छोड़ दूँगा,
अब मैं अपना क्रोध दूँगा।

“त्राहिमाम! त्राहिमाम!” उनका रोम-रोम चिल्लाएगा,
अब केवल क्षमा नहीं, उनका दमन जल जाएगा।
समरांगण का कण-कण काँप उठेगा,
इस क्रोध की ज्वाला में उनका सब कुछ खाक होगा।
अपने साथ हुए क्षण-क्षण का प्रतिशोध लूँगा,
जब उतरूँगा समरांगण में, अपना कण-कण जोड़
लूँगा।

सज्ज हो जाओ, हे प्रियजनों,
अपने सारे मोह के रिश्ते मैं तोड़ दूँगा।
धूल लगा के समरांगण की माथे पर,
अपने बंधनों को मैं तोड़ दूँगा।
अब अति हुई है अति से अधिक,
अपना धधकता सीना खोल दूँगा।
अपने साथ हुए क्षण-क्षण का प्रतिशोध लूँगा,
जब उतरूँगा समरांगण में, अपना कण-कण जोड़
लूँगा।

Bhavesh Vishwakarma
(Second Year)

TIMELESS CLICKS



Riva Tombri
(Third Year)



Riva Tombri
(Third Year)



Yash Kadam
(Second Year)



Yash Kadam
(Second Year)



Riya Kadam
(Third Year)



Vrukshi Sankhe
(Third Year)



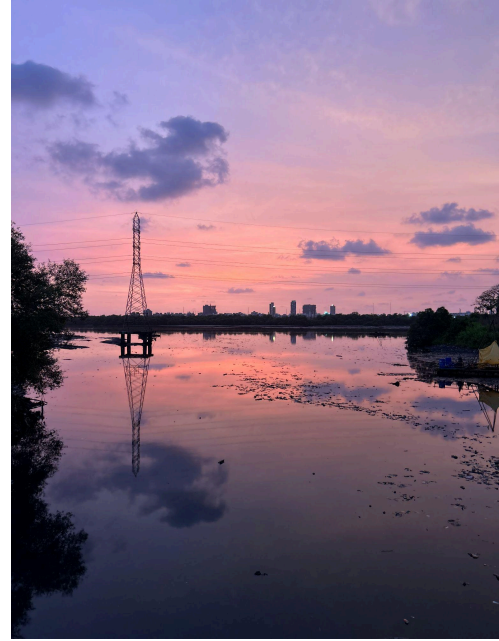
Yash Kadam
(Second Year)



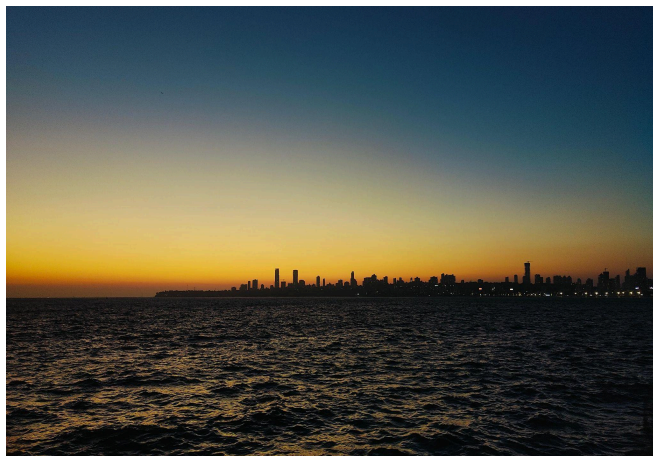
Yash Kadam
(Second Year)



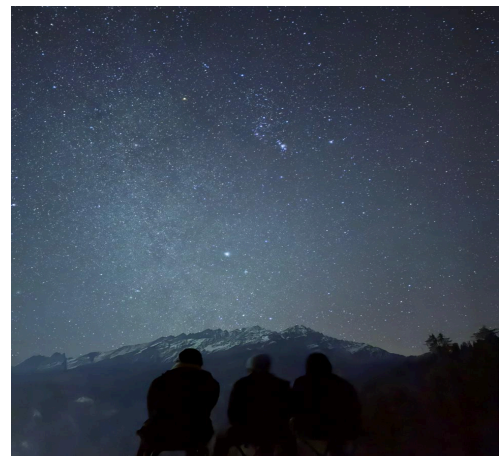
Yash Kadam
(Second Year)



Trisha Savla
(Fourth Year)



Vrukshi Sankhe
(Third Year)



Hamza Shaikh
(Second Year)



Divya Kawa
(Third Year)



Divya Kawa
(Third Year)



Riya Kadam
(Third Year)



Mihir Solanki
(First Year)

THE MINDFUL MIX

LAB RULES

The Untold Lab Rules — where precision meets panic and results are never guaranteed

- If it smells strong... don't smell it again just to "confirm"
- Never trust a colour change you didn't expect — it's either magic or a mistake
- Label everything. Your future self is not that smart
- "Just a little more reagent" has ruined more experiments than bad luck
- If it starts heating on its own... step back
- Don't act confident if you don't know what you did — the result knows
- Pipette like your marks depend on it... because they do
- One distracted moment = one entire practical gone
- If everyone else got a result and you didn't... welcome to character development
- Lab coat = protection, not a napkin (yes, we've all done it)
- Write observations immediately — memory is a scam
- Clean your apparatus... karma exists in practical exams
- If it worked perfectly the first time... you probably did something wrong
- If you didn't see it happen... it definitely happened when you looked away
- The one time you don't double-check the reading = the wrong reading
- "I'll remember this step" — biggest lie told in a lab
- Never celebrate before the final result... The lab has a sense of humour! It humbles you
- Borrowed apparatus will disappear exactly when you need it most
- The marker on glassware will fade... but your mistakes won't
- If you rush, the experiment slows you down anyway
- The instructor will come exactly when you're confused the most
- Lab doesn't test your knowledge... it tests your patience, luck, and ability to act calm under chaos

IF DRUGS COULD TALK...

- Paracetamol: "I fix symptoms, not the consequences that caused them."
- Ibuprofen: "I silence inflammation... but your kidneys are taking notes."
- Antibiotics: "Misuse me, and I'll come back useless when you actually need me."
- Cetirizine: "Your allergies are gone. Your personality... temporarily unavailable."
- Caffeine: "You're not awake. You're chemically convincing yourself you are."
- Insulin: "I do in seconds what your body forgot how to do."
- Antacids: "I neutralize acid. I wish I could do the same for your life choices."
- Laxatives: "Ignore me long enough, and I'll make this urgent."
- ORS: "I look basic. I'm not."
- Multivitamins: "I'm the apology your diet sends to your body."
- Morphine: "I don't remove pain. I'll make you forget it exists."
- Adrenaline: "If I'm here, something has already gone very wrong."
- Vaccines: "I teach your body using a controlled lie to prevent a real one."
- Steroids: "I solve the problem fast... and create new ones quietly."
- Sleeping pills: "This isn't rest. It's a controlled shutdown."
- Cough syrup: "Some of you need me. Some of you just like the feeling."
- Antidepressants: "I don't change your life overnight. I will make it survivable."
- Antihistamines: "Allergy gone. Brain running on low battery."

QUOTES

- The cost of procrastination is the life you could have lived. ~unknown
- Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. ~Mark Twain
- The trouble is, you think you have time. ~Jack Kornfield.
- The mind is its own place, and in itself can make a heaven of hell, a hell of heaven. ~John Milton (from the happiness advantage by Shawn Anchor)
- Comfort is the worst addiction. (Marcus Aurelius from meditations)
- Man is condemned to be free; because once thrown into the world, he is responsible for everything he does." — Jean-Paul Sartre (from Existentialism is a Humanism)
- There is a crack in everything, that's how the light gets in." — Leonard Cohen (from the song Anthem)
- Do not go where the path may lead, go instead where there is no path and leave a trail." — Ralph Waldo Emerson (attributed to his essays on Self-Reliance)
- We should accept [destiny] as we accept what the doctor prescribes. It may be a bitter pill, but we swallow it in the hope of health." — Marcus Aurelius (Book 5, Meditations)
- All things are poison, and nothing is without poison; the dosage alone makes it so a thing is not a poison." — Paracelsus (The "Father of Toxicology")
- Poisons and medicine are often the same substance given with different intentions." — Peter Mere Latham (19th-century Physician)

PHARMACY FACTS

India's Early Pharmacy Innovators

While iconic beverages like Pepsi and Coca-Cola were invented abroad, Indian pharmacists and chemists made foundational contributions to medicinal tonics and health formulations. In the early 1900s, pharmacists practicing in Bombay (now Mumbai) and Madras (now Chennai) pharmacies compounded herbal digestive tonics based on traditional Ayurvedic principles, blending Western compounding with Indian herbal knowledge. This laid the groundwork for India's integrative pharmaceutical practices.

Agatha Christie's Poison Expertise (Influence on Pharmacy Education)

Though British, Agatha Christie's background as a pharmacy dispenser during World War I (1914–1918) influenced generations of pharmacology curricula worldwide—including India's—by highlighting the importance of toxicology. Indian pharmacy education, aligned with international standards, has long included detailed study of poisons and antidotes, echoing Christie's realistic use of substances like phosphorus and arsenic in literature.

Historical Pharmacy Pioneers in India

Dr. K. N. Dastur (active early 1900s) was among the first Indian pharmacists promoting pharmaceutical manufacturing in India. In 1935, the Poona Pharmacy College (now Poona College of Pharmacy) was established—the first degree-level pharmacy institution in India—pioneering formal education and professional training for pharmacists.

Ancient Indian Pharmacy Milestones

India's roots in pharmacy trace back over 2,000 years. The Charaka Samhita (~1st century CE) and Sushruta Samhita (~1st century BCE) are ancient texts detailing medicinal plant classification, drug preparation, dosage standards, and complex formulations—long before modern pharmacy emerged. These works influenced early pharmacy practices across Asia and underscore India's historical role in standardizing treatments.

Thalidomide and Indian Regulatory Response

The global thalidomide tragedy of the early 1960s prompted regulatory reforms worldwide. In India, the Drugs and Cosmetics Act (1940) was strengthened in 1964 and later amended in 1982, empowering the Central Drugs Standard Control Organization (CDSCO) to enforce stringent drug safety protocols. Indian pharmacists and regulators play key roles in clinical trials, approvals, and pharmacovigilance to prevent drug-related harm.

India's Blockbuster Medicines

While global sales records belong to drugs like Lipitor, India leads in generic manufacturing. In 1972, Cipla under Dr. Khwaja Abdul Hamied produced low-cost medications for tuberculosis and other diseases—revolutionizing access to treatment globally. Generics such as Paracetamol and Amoxicillin have become staples in Indian pharmacy dispensing, making essential medicines affordable for millions.

The Preventive Pharmacy Focus in India

Indian pharmacists increasingly emphasize preventive care. Through initiatives like community diabetes screening camps in Hyderabad (since 2015) and hypertension awareness drives under the Pharmaceuticals Without Borders movement, pharmacists educate communities on lifestyle changes (diet, exercise, tobacco cessation) to prevent chronic disease, aligning with national health goals like Ayushman Bharat (launched 2018).

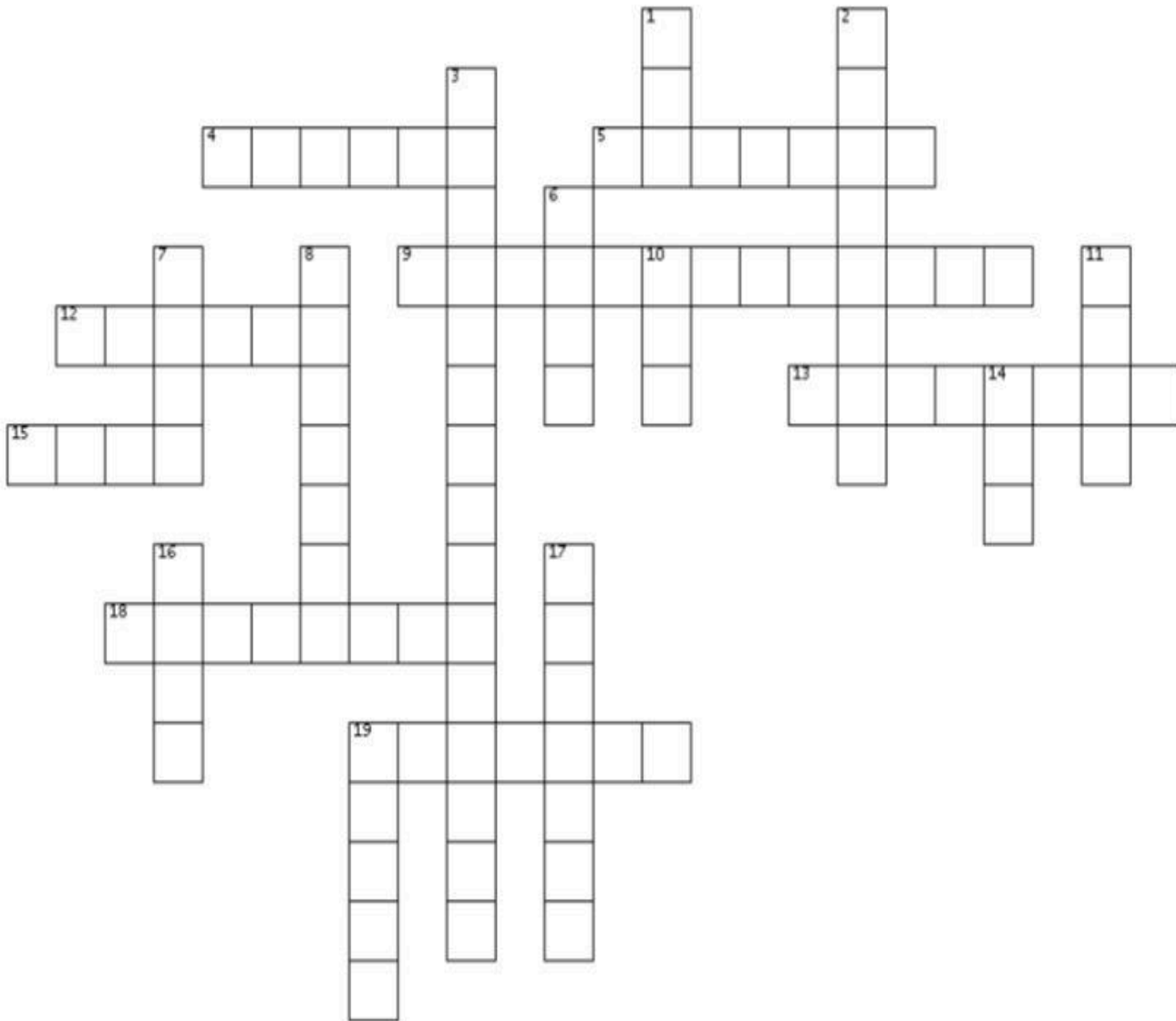
Pandemic Frontline Role

During the COVID-19 pandemic (2020–2022), Indian pharmacists were integral to vaccine storage, distribution, patient education, and antiviral dispensing. Institutions like the All India Institute of Medical Sciences (AIIMS) and Indian pharmaceutical associations incorporated pandemic response modules into pharmacy curricula, reflecting the profession's shift from dispensing to frontline public health engagement.

Changing Demographics in Indian Pharmacy

In recent years, pharmacy education in India has seen a significant rise in female enrollment. According to the All India Council for Technical Education (AICTE) data (2024), women constitute over 55% of pharmacy students nationwide, reflecting the field's appeal as a patient-centered, flexible, and impactful healthcare profession.

DOSE OF KNOWLEDGE: CROSSWORD EDITION



ACROSS

4. Mammography screens for _____ cancer.
5. _____ is the digital backbone of India's National Tuberculosis Elimination Programme (NTEP), designed to support the country's mission to eliminate TB by 2025
9. Eye examination detects _____, a condition due to vitamin A deficiency .

12. The Nayi Pahal kit was rebranded as the _____ kit to improve cultural acceptance and promote the use of modern

contraceptives, often presented in a customized, reusable jute vanity bag.

13. _____ is the vector responsible for transmission of malaria, dengue, chikungunya

15. _____ diet is a balanced, heart-healthy eating plan designed to lower blood pressure and improve cardiovascular health.

18. Type 1 diabetes is also called _____.

19. A diet rich in _____ prevents kwashiorkor.

DOWN

1. _____ is a measure of body fat based on height and weight that applies to adult men and women.

2. Eradicated by vaccines worldwide

3. Hardening of arteries is called _____.

6. Spirometry helps diagnose _____.

7. Safe water initiative by UNICEF

8. Hormone deficient in diabetes is _____.

10. _____ vaccine prevents cervical cancer.

11. The WHO _____ is the world's first international, evidence-based public health treaty, adopted in 2003 to fight the global

tobacco epidemic.

14. India's routine shot schedule

16. The slogan "Prevention is better than _____" emphasizes healthcare awareness.

17. Deworming helps reduce _____ risk.

19. India's polio eradication drive

WORD SEARCH

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

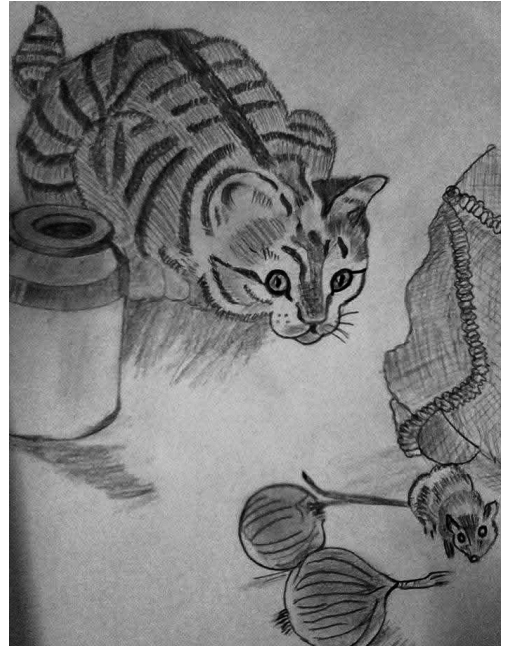
Word List:

ACCURATE, CHEMISTRY, COMMITMENT, COMPOUNDS, DOSAGE, ESSENTIAL, INTERACTION, KNOWLEDGEABLE, MEDICATION, PRESCRIPTIONS, PROFESSIONAL, RELIABLE, SAFETY, TOXICOLOGY, TRUSTWORTHY

THE ART SPACE



Huzaifa Lokkhandwala (Third Year)



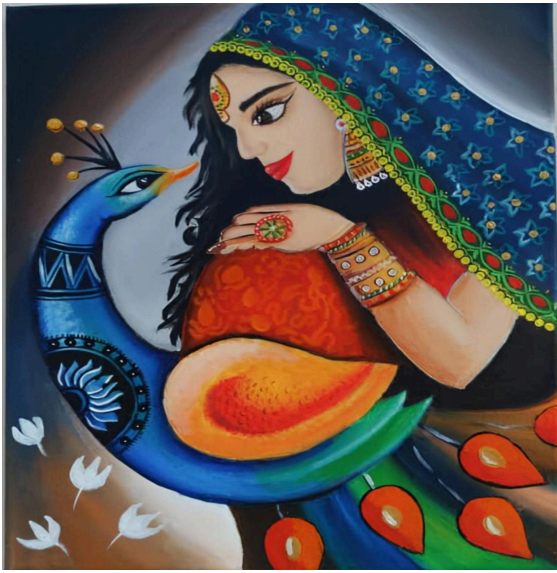
Bhume Patil (Third Year)



Apoorva Gajula (Third Year)



Apoorva Gajula (Third Year)



Samruddhi Kharuse (First Year)



Samruddhi Kharuse (First Year)



Atharva Khapare (Third Year)



Atharva Khapare (Third Year)



Nancy Babariya (Second Year)



Nancy Babariya (Second Year)



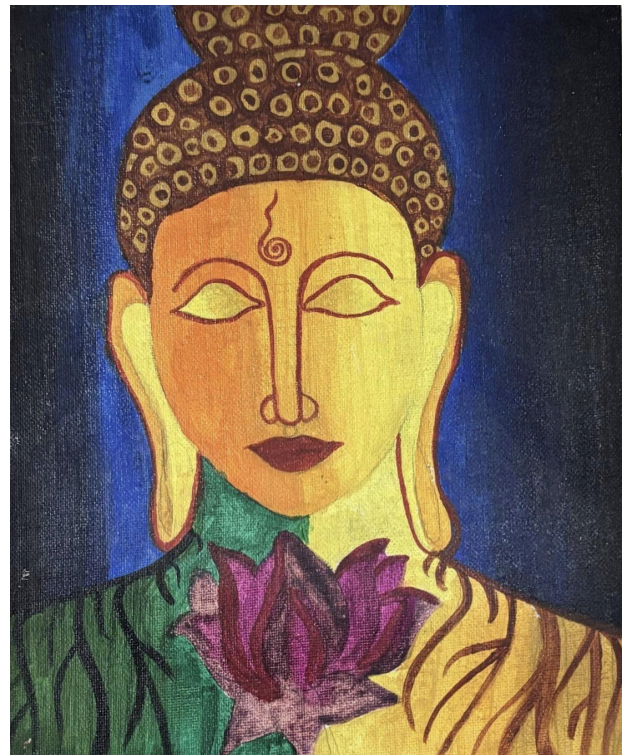
Samiksha Jalkotkar (Second Year)



Samruddhi Kharuse (First Year)



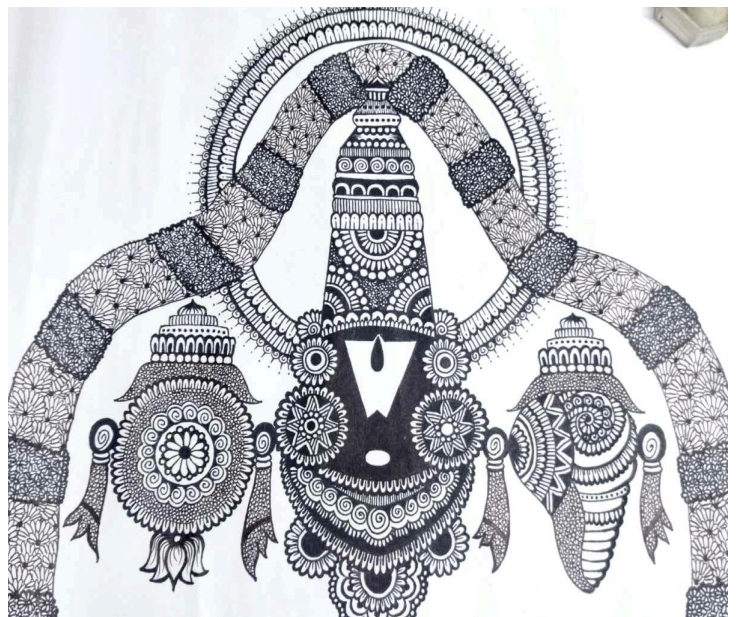
Samruddhi Kharuse (First Year)



Nancy Babariya (Second Year)



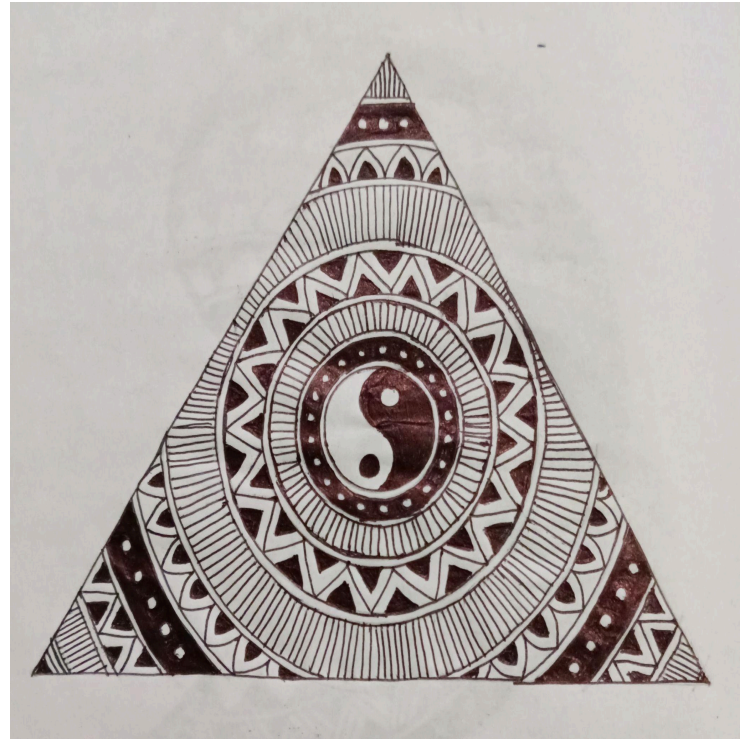
Nancy Babariya (Second Year)



Apoorva Gajula (Third Year)



Samiksha Jalkotkar (Second Year)



Samiksha Jalkotkar (Second Year)



Samiksha Jalkotkar (Second Year)



Samiksha Jalkotkar (Second Year)

FACES OF THE YEAR



FOURTH YEAR



THIRD YEAR



SECOND YEAR



FIRST YEAR

MEMORIES IN FRAME







List of Committees 2025–26

Statutory Committee

1. Governing Body

Members: Mr. Pankaj Bhujbal, Dr. Abha Doshi, Mr. Pramod Naik, Dr. Anuradha Majumdar, Dr. Pratima Tatke, Ms. Prachi Bhagat, Dr. Poonam Advani, Dr. Rashmi Srivastava, Dr. Vijaya Patil, Mr. Ashwin Rane

Coordinator: Dr. Vijaya Patil

2. College Development Committee

Members: Mr. Pankaj Bhujbal, Dr. Madhura Vaidya, Dr. Vijaya Patil, Dr. Abha Doshi, Dr. Rashmi Srivastava, Ms. Sheeja Koliyote, Mr. Yuvraj Thakare, Mr. Pranav Bhagat, Mr. Sagar Rawool, Dr. Nirmala Joshi, Dr. Mrinal Sanaye, Mr. Pratham Shah, Mr. Ashwin Rane

Coordinator: Dr. Madhura Vaidya

3. Internal Quality Assurance Cell (IQAC)

Members: Dr. Abha Doshi, Dr. Rashmi Srivastava, Ms. Sheeja Koliyote, Dr. Sonali Naik, Dr. Bhagyashri Joshi, Dr. Poonam Advani, Ms. Ashwini Pawar, Mr. Ashwin Rane

Coordinator: Dr. Rashmi Srivastava

4. College Grievance Redressal Committee

Members: Dr. Abha Doshi, Dr. Poonam Advani, Dr. Rashmi Srivastava, Dr. Sonali Naik, Ms. Priya Sawant, Mr. Ashwin Rane

Coordinator: Dr. Poonam Advani

5. Internal Complaint Committee

Members: Dr. Abha Doshi, Ms. Priyanka Jain, Dr. Madhura Vaidya, Ms. Sunanda Patil, University Member, Mr. Ashwin Rane

Coordinator: Ms. Priyanka Jain

6. Women's Grievances Committee

Members: Dr. Abha Doshi, Ms. Priyanka Jain, Dr. Madhura Vaidya, Ms. Sunanda Patil, Ms. Priya Sawant, Ms. Savita Mane

Coordinator: Ms. Priyanka Jain

7. Anti-Ragging Committee

Members: Dr. Abha Doshi, Dr. Bandoo Chatale, Ms. Sheeja Koliyote, Ms. Asavari Hadkar, Mr. Sunil Mohite, Mr. Ashwin Rane

Coordinator: Ms. Sheeja Koliyote

8. IIC / Incubation / EDC / IPR

Members: Dr. Abha Doshi, Ms. Vrushali Keer, Dr. Madhura Vaidya, Dr. Sindhu Menon, Dr. Bhagyashri Joshi

Coordinator: Ms. Vrushali Keer

9. Industry Institute Partnership Cell

Members: Dr. Abha Doshi, Dr. Bhagyashri Joshi, Ms. Sheeja Koliyote, Ms. Prachi Bhagat, Mr. Krutin Chaturvedi, Mr. Vaibhav Jain, Ms. Kirtida Desai, Ms. Dipti Samant

Coordinator: Dr. Bhagyashri Joshi

10. Academic Advisory Committee

Members: Dr. Abha Doshi, Dr. Arati Prabhu, Dr. Sonali Naik, Dr. Madhura Vaidya, Dr. Rashmi Srivastava

Coordinator: Dr. Sonali Naik

11. NEP Committee

Members: Dr. Abha Doshi, Dr. Rashmi Srivastava, Dr. Poonam Advani

Coordinator: Dr. Abha Doshi

12. SC/ST & Anti-Discrimination Committee

Members: Dr. Abha Doshi, Ms. Rupsa Seth, Dr. Bandoo Chatale, Ms. Sunanda Patil, Mr. Sunil Mohite, Mr. Ashwin Rane

Coordinator: Dr. Bandoo Chatale

13. EBC/OBC/Minority Cell

Members: Dr. Abha Doshi, Ms. Rupsa Seth, Ms. Priya Sawant, Ms. Sneha Kokate, Ms. Ashwini Pawar

Coordinator: Ms. Rupsa Seth

14. Scholarship Committee

Members: Dr. Abha Doshi, Ms. Priya Sawant, Ms. Ashwini Pawar, Mrs. Sneha Kokate

Coordinator: Ms. Ashwini Pawar

Academic and Administrative Committees

15. Program Committee

Members: Dr. Abha Doshi, Dr. Rashmi Srivastava, Dr. Poonam Advani, Dr. Madhura Vaidya, Ms. Sheeja Koliyote, Ms. Sunanda Patil

Coordinator: Dr. Poonam Advani

16. Admission Committee

Members: Dr. Abha Doshi, Ms. Priya Sawant, Ms. Ashwini Pawar, Mrs. Sneha Kokate

Coordinator: Ms. Priya Sawant

17. Attendance Committee

Members: Dr. Abha Doshi, Dr. Bandoo Chatale, Ms. Rupsa Seth, Ms. Sheeja Koliyote, Ms. Sunanda Patil, Dr. Bhagyashri Joshi

Coordinator: Dr. Bandoo Chatale

18. Examination Committee

Members: Dr. Abha Doshi, Dr. Rashmi Srivastava, Dr. Poonam Advani, Dr. Sonali Naik, Ms. Aushima Dasari, Mrs. Sneha Kokate

Coordinator: Dr. Sonali Naik

19. Discipline & UFM Committee

Members: Dr. Abha Doshi, Dr. Vijaya Patil, Dr. Sindhu Menon, Ms. Sunanda Patil, Ms. Rupsa Seth

Coordinator: Ms. Sunanda Patil

20. Library Committee

Members: Dr. Abha Doshi, Dr. Sindhu Menon, Ms. Priyanka Jain, Ms. Manisha Barve, Mr. Prashant Rane

Coordinator: Dr. Sindhu Menon

21. Purchase & Infrastructure Committee

Members: Dr. Abha Doshi, Ms. Vrushali Keer, Dr. Bhagyashri Joshi, Mr. Sanjay Katkar, Mr. Ghanshyam Kambli

Coordinator: Ms. Vrushali Keer

22. Seminar Committee

Members: Dr. Abha Doshi, Dr. Poonam Advani, Dr. Bhagyashri Joshi, Ms. Sunanda Patil

Coordinator: Dr. Poonam Advani

23. Placement Committee

Members: Dr. Abha Doshi, Ms. Priyanka Jain, Dr. Bhagyashri Joshi, Ms. Aushima Dasari

Coordinator: Ms. Priyanka Jain

24. Cultural Club

Members: Dr. Abha Doshi, Dr. Madhura Vaidya, Ms. Vrushali Keer, Mr. Gurunath Pednekar, Mr. Mahendra Suvare

Coordinator: Ms. Vrushali Keer

25. Sports Club

Members: Dr. Abha Doshi, Dr. Bandoo Chatale, Mr. Sunil Mohite

Coordinator: Dr. Bandoo Chatale

26. Social Media & Digital Committee

Members: Dr. Abha Doshi, Dr. Sindhu Menon, Ms. Vrushali Keer

Coordinator: Dr. Sindhu Menon

27. Alumni Committee

Members: Dr. Abha Doshi, Ms. Sheeja Koliyote, Dr. Bhagyashri Joshi, Dr. Vijaya Patil, Ms. Priyanka Jain, Mrs. Sneha Kokate, Mr. Gurunath Pednekar

Coordinator: Ms. Sheeja Koliyote

28. Institutional Social Responsibility

Members: Dr. Abha Doshi, Dr. Vijaya Patil, Dr. Sindhu Menon, Dr. Madhura Vaidya, Ms. Vrushali Keer, Ms. Rupsa Seth, Mr. Sunil Mohite

Coordinator: Dr. Vijaya Patil

29. IKS

Members: Dr. Abha Doshi, Dr. Madhura Vaidya, Ms. Vrushali Keer

Coordinator: Dr. Madhura Vaidya

30. Mental Health Club

Members: Dr. Abha Doshi, Dr. Rashmi Srivastava, Dr. Poonam Advani, Ms. Vrushali Keer, Dr. Sindhu Menon

Coordinator: Ms. Vrushali Keer

31. Domain Clubs

Members: (Various domain heads)

Coordinators: Pharmaceutical Chemistry – Dr. Poonam Advani

Pharmaceutics – Dr. Bhagyashri Joshi

Pharmacology – Ms. Sunanda Patil

Pharmacognosy – Dr. Rashmi Srivastava

32. Gender Sensitization Committee

Members: Dr. Abha Doshi, Ms. Aushima Dasari, Dr. Bandoo Chatale, Dr. Sonali Naik

Coordinator: Ms. Aushima Dasari

33. Animal Ethics Committee

Members: Dr. Abha Doshi, Mrs. Sunanda Patil, Ms. Rupsa Seth, Mr. Dattaram Bhure
Coordinator: Mrs. Sunanda Pati



MET

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