

Pharmatab 2022

Pharmacy For Excellence



**Shree Vithal Education And Research Institutes
College Of Pharmacy,
Pandharpur**

Our Vision

To be nationally recognized for excellence in Pharmacy Education

Our Mission

To Impart value based Pharmacy Education and nurture research activities by inculcating personal touch and mutual respect amongst the stakeholders

Programme Educational Objectives (PEOs)

Are to produce graduates who:

1. utilize professional expertise to resolve and overcome problems in the field of Pharmacy
2. demonstrate leadership qualities and communication skills to work at individual level and as a team member.
3. inculcate ethical and social responsibilities as a trained health care personnel for professional growth
4. respond to emerging and demanding challenges of Pharmaceutical field with the ability of lifelong learning skills

Quality Policy

- ▶ By effective implementation of Teaching-Learning process.
- ▶ By establishing respectful and pleasant behavior with the Indian culture of Patience and Co-operation.
- ▶ By creating environment where students would like to learn.
- ▶ By providing ample opportunities for personality development.



Program Outcomes

1. **Pharmacy Knowledge:** Possess knowledge and comprehension of the core and basic knowledge associated with the profession of pharmacy, including biomedical sciences; pharmaceutical sciences; behavioral, social, and administrative pharmacy sciences; and manufacturing practices.
2. **Planning Abilities:** Demonstrate effective planning abilities including time management, resource management, delegation skills and organizational skills. Develop and implement plans and organize work to meet deadlines.
3. **Problem analysis:** Utilize the principles of scientific enquiry, thinking analytically, clearly and critically, while solving problems and making decisions during daily practice. Find, analyze, evaluate and apply information systematically and shall make defensible decisions.
4. **Modern tool usage:** Learn, select, and apply appropriate methods and procedures, resources, and modern pharmacy-related computing tools with an understanding of the limitations.
5. **Leadership skills:** Understand and consider the human reaction to change, motivation issues, leadership and team-building when planning changes required for fulfillment of practice, professional and societal responsibilities. Assume participatory roles as responsible citizens or leadership roles when appropriate to facilitate improvement in health and wellbeing.

6. **Professional Identity:** Understand, analyze and communicate the value of their professional roles in society (e.g. health care professionals, promoters of health, educators, managers, employers, employees).
7. **Pharmaceutical Ethics:** Honour personal values and apply ethical principles in professional and social contexts. Demonstrate behavior that recognizes cultural and personal variability in values, communication and lifestyles. Use ethical frameworks; apply ethical principles while making decisions and take responsibility for the outcomes associated with the decisions.
8. **Communication:** Communicate effectively with the pharmacy community and with society at large, such as, being able to comprehend and write effective reports, make effective presentations and documentation, and give and receive clear instructions.
9. **The Pharmacist and society:** Apply reasoning informed by the contextual knowledge to assess societal, health, safety and legal issues and the consequent responsibilities relevant to the professional pharmacy practice.
10. **Environment and sustainability:** Understand the impact of the professional pharmacy solutions in societal and environmental contexts, and demonstrate the knowledge of, and need for sustainable development.
11. **Life-long learning:** Recognize the need for, and have the preparation and ability to engage in independent and life-long learning in the broadest context of technological change. Self-assess and use feedback effectively from others to identify learning needs and to satisfy these needs on an ongoing basis.

पंढरीचा वास, चंद्रभागे स्नान आणिक दर्शन विठोबाचे,
हेच घडो मज जन्मजन्मांतरी मागणे श्रीहरी नाही तुजे ।



Our Trustees



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M.E. (Hyc Engg)
Educationalist
Chairman



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PROF. DR. B. P. RONGE
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Founder Secretary & Principal COE,
Pandharpur



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Entrepreneur



SHRI. S. B. RONGE
B.E. (Chemical)
M.B.A. (Marketing)
Entrepreneur



Dear Friends,

At the outset I would like to congratulate the team of college magazine to bring out Pharmatab-2022. Pharmatab is a result of team work, positive attitude, enthusiasm, co-operation and spirit of all the stake holders involved in the process.

I am confident about ability of my students in making success of Pharmatab-2022. However while displaying artistic qualities, my caution to my student friends is that they should not overlook academics, as academics is going to be the foundation of their career whereas other skills are going to support us in enjoying and bringing enrichment in career. So make sincere efforts to construct the building of career on strong foundation of academics supported by co-curricular and extracurricular activities.

We believe in discipline and unshakable commitment and are proud to witness the rich dividends obtained since the commencement of college.

The arduous task of bringing out the beautiful collection in the form “Pharmatab-2022” will be left incomplete without encouragement and appreciation. I congratulate the Principal and faculty members for their tireless efforts in accomplishing this task.

My best wishes are always with you.

Prof. Dr. B. P Ronge
Founder Secretary



— श्री. तानाजी संदीपान आलदार

पालकांचे मनोगत

एखाद्या गोष्टीची स्तुती करायाला शब्दही कमी पडतात. अशा अनेक गोष्टी आपल्या आवती भोवती असतात, त्यापैकीच एक म्हणजे 'श्री विठ्ठल एज्युकेशन अँड रिसर्च इन्स्टिट्यूट कॉलेज ऑफ फार्मसी, पंढरपूर!'

शिक्षणाचे धडे तर कोणतेही महाविद्यालय देते पण खऱ्या अर्थाने जीवण कसे जगायाचे आणि आपले भविष्य कसे उज्वल करायाचे हे विद्यार्थ्यांना SVERI शिकवते. येथे ज्ञानउपासने बरोबरच मानसिक आणि शारिरीक गोष्टींकडेही बारकाईने लक्ष दिले जाते. याचे उत्तम उदाहरण म्हणजे प्राणायाम उपक्रम.

मला आवर्जून येथे नमुद करावासे वाटते की, दरवर्षी शकडो विद्यार्थी 'कमवा आणि शिका' या महत्वाच्या योजनेचा फायदा घेतात. महाराष्ट्रात असा आगळा वेगळा उपक्रम राबवणारे हे एकमेव विद्यालय आहे. असे म्हटले तर ती अतिशोक्ती नसावी.

मी एक पालक या नात्याने श्री रोंगे सरांचे मनापासून आभार मानतो कि, त्यांनी ही शिक्षणरूपी कामधेनू SVERI पंढरपूर सारख्या ठिकाणी वसवली. जेवढी येथे इमारतीची उंची आहे तेवढीच शिक्षणाची गुणवत्ता आकाशाला गवसनी घालणारी आहे. म्हणून सोलापूर विद्यापीठात एक मानाचे स्थान या कॉलेजला लाभले आहे.

खरोखरच, मी स्वतःला बुध्दीमान आणि पाल्याला भाग्यवान समजतो की, त्याने अशा महाविद्यालयातून शिक्षण पूर्ण केले. ज्या महाविद्यालयाचे संपूर्ण महाराष्ट्रात अनन्य साधारण महत्त्व आहे.

जय हिंद!



Principal's Message

It gives me an immense pleasure to bring out the third issue of our college magazine "PHARMATAB-2022" to the readers. "PHARMATAB-2022" mainly focuses on the creativity and hidden talents of our students. "PHARMATAB-2022" provides virtual platform to the student community for synergizes the knowledge, vision, inspiration, resourcefulness and imagination. I hope the magazine will disseminate scientific and literary knowledge amongst the student community. I take this opportunity to congratulate our entire team which includes editorial staff and students on editorial board for their endless efforts, hard work and motivation to bring out this magazine.

I am thankful to students and teachers for their valuable contribution in the form of various articles for the magazine and also to the supporting staff for their continuous involvement and enthusiasm. I also express my sincere gratitude to our Honorable Founder Secretary Dr. Prof. B. P. Rongde for their support and faith on our capabilities.

I wish all the best for the success of "PHARMATAB-2022". My best wishes to the entire team of College of Pharmacy, Pandharpur for their overall progress.

Dr. Mithun Maniyar
Principal



Editorial Message

I gives me mammoth delight to put forth my earnest feelings for the annual magazine Pharmatab-2022. I feel proud and honored to be part of this beautiful creation.

I fly in the river of responsibility with three things; great courage, best wishes & organization. It gives me immense pleasure for bringing you such a beautiful creation in the form of 'Pharmatab 2022'.

I feel very happy due to warm response of students by their sweet articles.

The concept of arising magazine initially, seemed like to build garden in the desert. But our team started efforts in the path to attain goals. Our hard work and dedication was shaped by enthusiasm of all members into this wonderful form of 'Pharmatab 2022'. I feel great satisfaction with proud.

I express my gratitude to Hon. Founder secretary Prof. Dr. B. P. Ronge and Principal Dr. J.S. Patil who keep responsibility on my shoulder.

I am also thankful to the entire magazine committee member for their unlimited help.

I hope you will enjoy Pharmatab 2022 & be inspired.

Wishing you all for satisfied reading.

Ms Snehal Chakorkar
Magazine editor



Student Co-ordinator

I gives me immense pleasure and satisfaction to be a part of magazine Pharmatab - 2022

As magazine secretary, I experienced efforts behind design & creation of magazine.

I am thankful to Hon. Founder secretary Prof. Dr. B. P. Ronge sir of our institute.

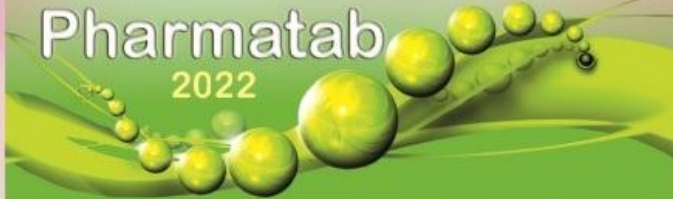
I hold got source of inspiration from Hon. Principal M.G.Maniyar sir.
I am thankful to all.

I come across the lot of author, poets and artists to unbelievable creation and decorating Pharmatab 2022

Finally, I put my gratitude towards the all my classmates, student council member, and our general secretary for their helping hands.

I have confidence this magazine will be fountain & source of inspiration. All readers will appreciate to us and try to forgive our shortcomings.

Magazine Student
Co-ordinator



OUR CAMPUS SVERI

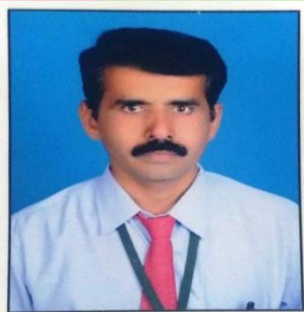
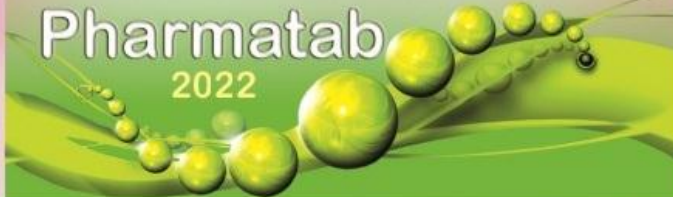
Hostel Report

Prof. Karan Patil

Chief Rector

Chief Rector It gives me great pleasure to present this report of activities in the hostel during the academic 2021-22. At present there are two Boys and two Girls hostel in the college premises. Around 1000 boys students and 1000 girls students are provided with hostel facilities. All hostels are provided with 24 hrs internet facility. The process for providing WiFi connectivity throughout campus is completed. Students are taking its benefit. Solar Water Heater facility is also provided in all the hostels. All the four hostels are equipped with modern equipment to fulfill is also provided in all the hostels. All the four hostels are equipped with modern equipment to fulfill requirement of the student and all facilities such as Mineral Water Plants, Water Coolers, 100KVA Generator, Mess, Canteens, STD booths, in house Gymkhana, English News Paper is provided to every room. Television set with DTH facility is also given to hostels for entertainment purpose, Lockers, Residential Doctor, Medical and General Stores, Beauty Parlor, Laundry, etc. facilities are also made available for students.

With the whole hearted co-operation-support of the students and staff members, we are successful in maintaining healthy, ragging free and cell phone free environment in hostel. Specially for girl's we are successful to create safe sound environment.



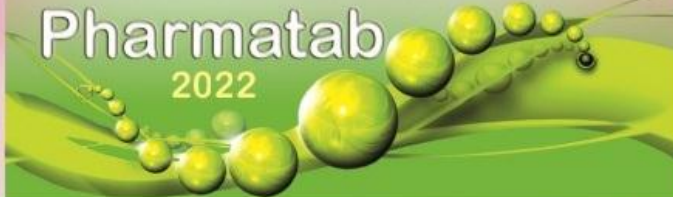
OUR CAMPUS

LIBRARY REPORT

Mr. D. V. Pore
Librarian

Library is the learning inspiration. The College has an enviable collection of more than 10144 most useful and acclaimed books in its well maintained library. The investment on books and journals has crossed the figure of Rs. 37,64,322/-.

| PARTICULARS | QUANTITIES ETC |
|-------------------------------|---|
| Total Library Area | 153 Sq. M. |
| Total No. of Titles | 1305 |
| Total No. of Books | 10144 |
| Total No. of Journals | 17 |
| Other e- Resources | 1) National Digital Library (NDL) , 2)Delnet Library Network , 3) Book Bank Facility 4)OPAC |
| e-Books | 244 |
| Personality Development Books | 359 |
| Competitive Exam Books | 94 |
| Total No of CDs | 85 |
| Total Library Investment | 37,64,322/- |



**OUR CAMPUS
TRAINING AND PLACEMENT CELL**

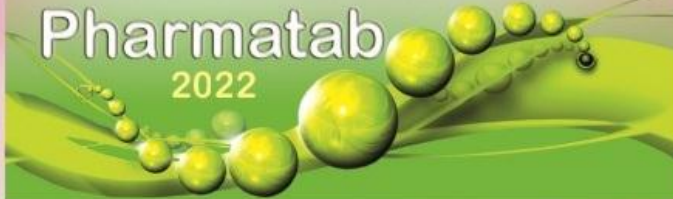
**Mr. P. A. Jadhav
Asst. Professor**

Our college has been a consistent topper in the list of campus placement records among private institutions.

It is proud that our graduates are highly rated by employers from industry and commerce in the private and public sectors.

Offering information, advice and support for job-seeking students responsibility at the university. The training and placement cell is provided with a s considered a primary well-equipped training room and separate rooms for interview and counselling.

| Placement | Number of Students |
|--|--------------------|
| Retail Pharmacist | 31 |
| Industrial Pharmacist (EPISOURCE, GEBBS health care solutions, TCS, Steriscience, Marksans Pharma Ltd) | 13 |
| Academics | 02 |
| Higher Education | 14 |



OUR CAMPUS

N.S.S. SPORTS

Mr. S. S. Chakorkar
Asst. Professor

National Service Scheme Report been conducted by our college. Our college team had started NSS activity by providing drinking Pharmacists are marching aggressively and successfully not only in field of pharmacy and life sciences but also in wide area of social services equally leading on social front to develop our country.

The dream of our former President Dr.APJ Abdul Kalam will come true and India will be powerful by 2020. To serve the nation through National Service Scheme on social front many activities have water to thousands of pilgrims who came for 'Ashadi Wari' as like every year. This year 50 students of our College has participated in the NSS special camp arranged at Mundhewadi in Pandharpur tahsil from 21- 03-2022 to 27-03-2022. In this camp, our students have conducted several awareness programs on Health, Hundabali, Corruption, Mahamari and Personal Hygiene. Our students also conducted "Gramswachata Abhiyan" and cleanliness of Temples and Dargah.

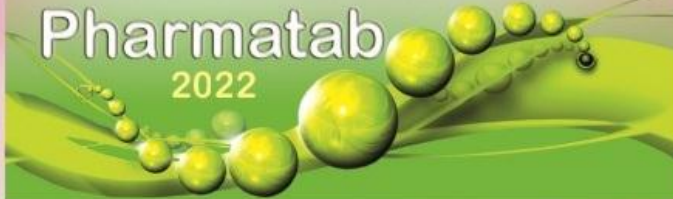
Medical Heath checkup camp is organized with the support of Dr. Snehal Ronge mam.



OUR CAMPUS
Cultural Report

Mr. V. H. Gaikwad
Asst. Professor

The cultural activities enhance the confidence level of the students thereby allowing them to perform better. These activities develop the personality of the students and assist them in shaping a good career. In fact, students can also leverage the advantage of participating in various activities. To provide a platform for the hidden talents of the students, different cultural activities were celebrated. We started with "Republic date" on 26th January 2022. On the 08th march 2022 ; International women's day was celebrated with arrangement of Guest Lectures and functions. Shivrajyabhishek diwas was celebrated on 06th june 2022. To sum up the cultural section has maintained the same vigor and established the stamp of activeness.



Pharmacist Oath

I swear by the Code of Ethics of Pharmacy Council of India in relation to the community and shall act as an integral part of the health care team.

I shall uphold the laws and standards governing my profession.

I shall strive to perfect and enlarge my knowledge to contribute to the advancement of pharmacy and public health.

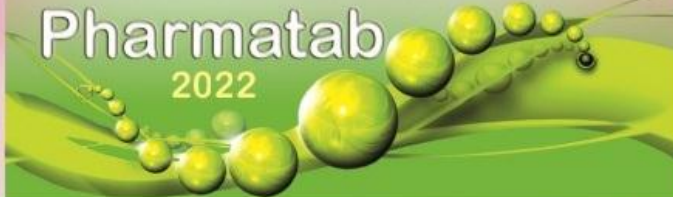
I shall follow the system, which I consider best for pharmaceutical care and counselling of patients. I shall endeavor to discover and manufacture drugs of quality to alleviate sufferings of humanity.

I shall hold in confidence the knowledge gained about the patients in connection with professional practice and never divulge unless compelled to do so by law.

I shall associate with organizations having their objectives for betterment of the profession of Pharmacy and make contribution to carry out the work of those organizations.

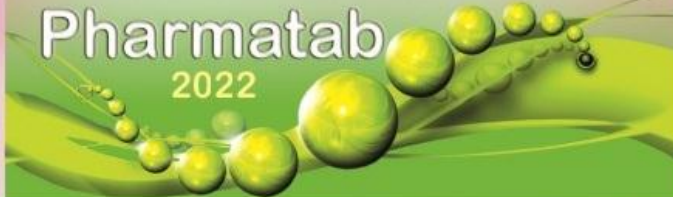
While I continue to keep this Oath inviolated, may it be granted to me to enjoy life and the practice of pharmacy respected by all, at all times!

Should trespass and violate this oath, may the reverse be my lot!



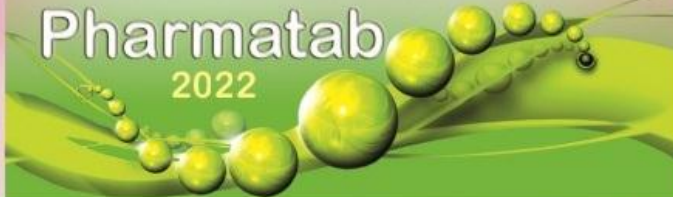
Board Of Governors

| Sr. No. | Names | Designation |
|---------|---|-------------|
| 1 | Dr. V. J. Kulkarni Anurag | Chairman |
| 2 | Mr. B. E. Khomne | Member |
| 3 | Mr. N. S. Kagade | Member |
| 4 | Mr. D. D. Ronge | Member |
| 5 | Mr. K. N. Tarkasband | Member |
| 6 | Dr. M. G. Maniyar | Member |
| 7 | Mr. R. S. Naiknaware | Member |
| 8 | Dr. R. Y. Patil | Member |
| 9 | Dr. A. S. Shedage | Member |
| 10 | Dr. B. P. Ronge | Member |
| 11 | Prof. C. B. Nadagouda | Member |
| 12 | Mr. D. S. Salvithal | Member |
| 13 | Mr. H. M. Bagal | Member |
| 14 | Mr. B. D. Ronge | Member |
| 15 | Mr. S. T. Raut | Member |
| 16 | Mr. Suraj B. Ronge | Member |
| 17 | Nominee of the University | Member |
| 18 | Nominee of the State Government-Joint Director, | Member |
| 19 | Nominee of the State Government | Member |



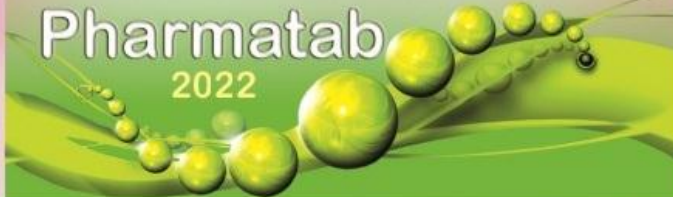
College Development Committee

| Sr. No. | Names | Designation |
|---------|----------------------|-------------|
| 1 | Mr. N. S. Kagade | Chairman |
| 2 | Mr. Tanaji Jadhav | Member |
| 3 | Dr. B. P. Ronge | Member |
| 4 | Mr. L.H. Dingare | Member |
| 5 | Mr. K. N. Tarkasband | Member |
| 6 | Mr. R. S. Naiknaware | Member |
| 7 | Dr. N. B. Pawar | Member |
| 8 | Mr. V. V. More | Member |
| 9 | Mr. S. S. Bhosale | Member |



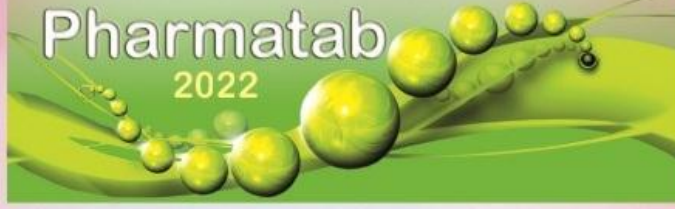
Our strength

| Sr. No. | Name of staff | Qualification | Designation |
|---------|----------------------|---------------|-----------------------|
| 1 | Dr. M. G. Maniyar | M.Pharm PhD | Principal & Professor |
| 2 | Dr. A. V. Landage | M.Pharm PhD | Professor |
| 3 | Dr. V. V. More | M.Pharm PhD | Associate Professor |
| 4 | Dr. P. K. Khule | M.Pharm PhD | Associate Professor |
| 5 | Mr. R. S. Naiknaware | M.Pharm | Assistant Professor |
| 6 | Ms. M. J. Khandekar | M.Pharm | Assistant Professor |
| 7 | Ms. S. S. Chakorkar | M.Pharm | Assistant Professor |
| 8 | Ms. S. A. Bahire | M.Pharm | Assistant Professor |
| 9 | Mr. V. R. Chakote | M.Pharm | Assistant Professor |
| 10 | Mr. P. A. Jadhav | M.Pharm | Assistant Professor |
| 11 | Ms. P. A. Patil | M.Pharm | Assistant Professor |
| 12 | Mr. A. A. Shaikh | M.Pharm | Assistant Professor |
| 13 | Ms. S. V. Shimple | M.Pharm | Assistant Professor |
| 14 | Ms. S. D. Toraskar | M.Pharm | Assistant Professor |
| 15 | Ms. V. S. Gaikwad | M.Pharm | Assistant Professor |
| 16 | Ms. S. D. Patil | M.Pharm | Assistant Professor |
| 17 | Ms. S. S. Ghule | M.Pharm | Assistant Professor |
| 18 | Ms. M. R. Deokar | M.Pharm | Assistant Professor |
| 19 | Mr. S. V. Kale | M.Pharm | Assistant Professor |
| 20 | Ms. S. S. Kulkarni | M.Pharm | Assistant Professor |



List Of Non-Teaching Staff

| Sr. No. | Name of staff | Designation |
|---------|----------------------------------|-------------------|
| 1 | Mr. Pore Dhanaji Vithal | Librarian |
| 2 | Mr. Kulkarni Suhas Shrikant | Library Assistant |
| 3 | Ms. Pawar Kirti Yuvraj | Library Assistant |
| 4 | Mr. Bhosale Shirish Shankarrao | Sr. Clerk |
| 5 | Mr. Tagare Suhas Sahebrao | Sr. Clerk |
| 6 | Mr. Godase Akshay Appasaheb | Jr. Clerk |
| 7 | Mr. Naiknaware Somnath Madhukar | Lab. Assistant |
| 8 | Ms. Mali Dipali Nagnath | Lab. Assistant |
| 9 | Mr. Bandgar Navanath Shivaji | Lab. Technitian |
| 10 | Ms. Kumbhar Sujata Atmaram | Lab. Technitian |
| 11 | Mr. Pawar Yuvraj Sambhaji | Peon |
| 12 | Mr. Rakhunde Vivek Ramdas | Driver |
| 13 | Mr. Ubale Sagar Sajjanrao | Driver |
| 14 | Mr. Kamble Nilesh Shravan | Driver |
| 15 | Mr. Vithalkar Vilas Suresh | Peon |
| 16 | Mr. Havale Dasharath Dattatraya. | Peon |
| 17 | Mr. Chougale Sourabh Ashok | Peon |
| 18 | Ms. Sontakke Laxmi Rahul | Peon |
| 19 | Mr. Lengare Rohit Kashinath | Peon |
| 20 | Mr. Mhamane Atul Shivaji | Peon |



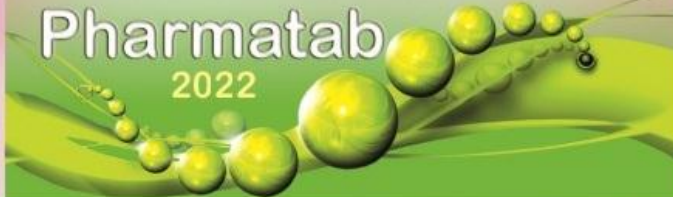
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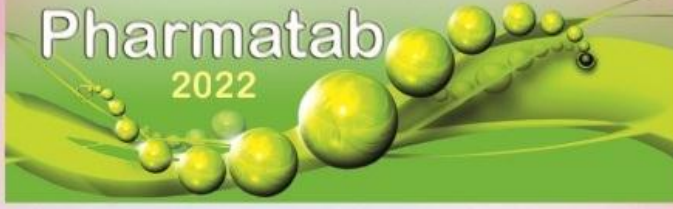
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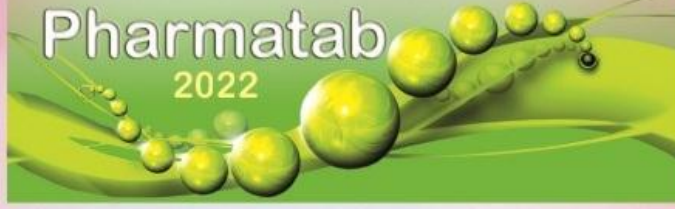
मराठी विभाग

आयुष्य आहे एवढा तेवढा चालायचा.....

आयुष्य आहे मग काय... येवढ तेवढ चालायचंच...
कधी हसायचा, कधी रडायचं.....
तर कधी आठवणीने भरलेल्या डोहान मनमुराद पोहायचं..
रोज उठायचं राब राब राबायचं.....
दमलेल्या तनाला घटकाभर लोळवयाच.....
परत उठून पळ पळ पळायच....
तवा कुठे सुकलेल्या घश्यान टिपूस पडायचा....
बांधावर बसून रुतलेला काटा काढत विव्हळत बसायचं...
काय आता...
आयुष्य आहे एवढा तेवढा चालायचा.....
पावसाची वाट बघत बघत भाजून निघायचं...
आलाच चुकून तर वाहून गेलेलं गोळा करत बसायचा...
लोडशेडींच्या खेळात रात्रभर जागायच.....
सगळ्यातुन सुटलो तर....
प्यापारी आहेतच मग भाव नाही म्हणून पिकविलेला धान
वावरातच सडायचा ...
तरीही रडत रडत म्हणायचे शेतकरी आहे वेच्या येवढ्या
तेवढ्यात नाही खचायचा.....
पुन्हा नव्या उमेदीने उठायचं....
आणि म्हणायचं आयुष्य आहे एवढा तेवढा चालायचा...

By. Lokhande Puja shamrao
(Final SVERT'S Year B. Pharmacy)



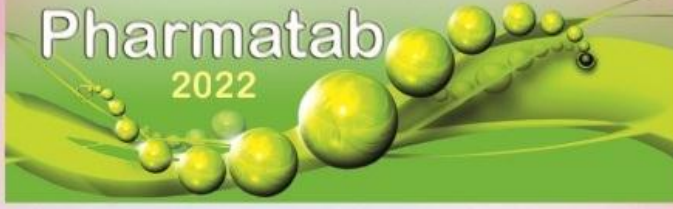


मराठी विभाग असे नसतेच काही

मिळवता येत नाही
असे नसतेच काही
प्रयत्नाने सततच्या
साध्य ते होत जाई ...
मला हे जमत नाही.....
असे नसतेच काही
समरस त्यात होता.....
सर्व उमजून येई
पचविता येत नाही
असे नसतेच काही
मनी ठेवता संयम
काळ उपचार होई
सोडविता येत नाही
असे नसतेच काही
सचोटी प्रयत्नांची.....
उत्तराप्रत नई
मिळवता येत नाही
मला हे जमत नाही
पचविता येत नाही
सोडविता येत नाही
असे नसतेच काही...
मनी ठरवले की, साध्य होते सर्वकाही.

अपूर्वा संजय जवंजाळ
(Second Year M.Pharm)





मराठी विभाग

मी चाललों शोधण्यास मला

मी चाललो शोधण्यास मला
कोण मी आणि मी कुठला
कुठून मी आलो
आणि कोणाच्या मदतीला
जिथे न कोणी गेले
तिथे मला जावेसे वाटते
जे न कोणी केले
ते मला करावेसे वाटते
मनात अनेक स्वप्नांच झाड आहे त्या
झाडाला फुले लागणार का जीवन जगणे
कशासाठी
जगण्याचा नवा अर्थ आता कळेल का?
दिशा आहे अनेक आता
नवी दिशा दिसेल का?
कस्तुरी मृगा सारखा पळत सुटलो
मला कोणी थांबवणार का?
सूर्य दिवसा तर चंद्र रात्री उगवतो
दोघेही येणार का?
एकत्र प्रकाश द्यायला
अशक्य ते शक्य करून
मी ही शोधणार स्वतःला

शामल शशिकांत गाडवे.
(Final yeat B. Pharmacy)

बाप

मुलांच्या जन्माच्या अगोदर पासून अखेर श्वासापर्यंत
जीवनाची योग्यप्रकारे वागणूक करणारा
हान पसरण्या आधीच हातात पैसे ठेवणारा एकमेव व्यक्ती
खेचून गेल्यावर आपुलकीने प्रोत्साहित करणारा
बाप

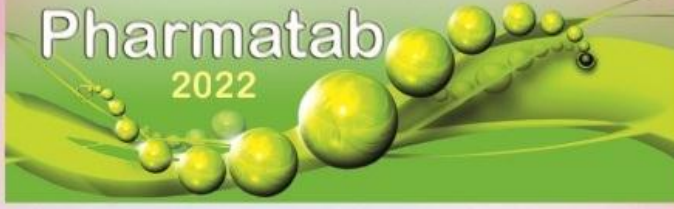
जीवनात अडचणी येऊ न देणारा काहीवेळेस आलेल्या
अडचणींना सक्षमपणे सामना करवणारा पाठीशी
नेहमी भक्कम साथीदार

स्वतःच अर्ध आयुष्य झिजवून मुलांचे संपूर्ण आयुष्य
शेज करणारा एकमेव व्यक्ती म्हणजेच बाप
बापाचे कर्तव्य सौंप नसतं

नेहमी अचूकपणे विचार करणारा सतत विचारत
बुद्धीकुशल तेज ठेवणारा
नं विचारताना सल्ला देणारा मित्रांसारखा
तर काहीवेळेस शिक्षकां सारखा
वेळोवेळी नियमितपणे कर्तव्य पूर्ण करणारा म्हणजेच बाप
बापाचे कर्तव्य सौंप नसतं

जीवनात कशाचीही कुमतरता नं ठेवतां
अनं सर्वईच्छा सदैव पूर्ण करणारा
साक्षात परमेश्वर म्हणजेच
बाप

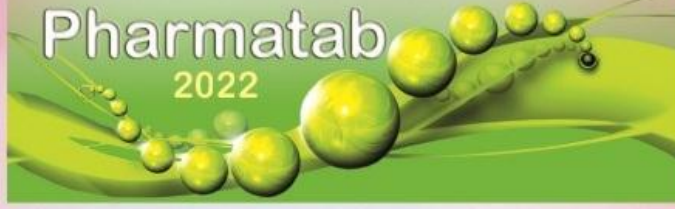
- किर्तना गाजुल.



मराठी विभाग

आई मला जगायचंय... सुंदर जग बघायचंय ।..

आई, तुला प्रिय म्हणू का गं ? अग इकडे तिकडे कुठे पाहतेस ? मी अजून या जगात आलेली नाही तुझ्या पोटावर हात ठेव. आतून बोलतेय. तुझ्या काळजाचा तुकडा, तुझा एक अंश. मी नकोशी झाली का तुला ? आई आठव तो पहिला क्षण जेव्हा तुला समजलं तू आई होणार आहेस ! पूर्ण आकाश ठेंगण झालं होतं तुला, तुझ्या मातृत्वाचा सर्वांना देवा वाटावा असं पूर्णत्व तुला लाभणार होतं, माझ्या बाळाचं नाव मी हे ठेवणार, मोठेपणी त्याला डॉक्टर- इंजिनिअर बनवणार काही कमी पडू देणार नाही, त्यालामला जे सोमावं लागलं त्याची झळसुद्धा लागू देणार नाही सारे लाड पुरवणार.. एवढी सगळी स्वप्नं तू आणि बाबांनी पाहिली. मग अचानक तुमच्या मनात शंकेची पाल चुकचुकली, तो ऐवजी ती येणार असल्याचं कळलं आणि तुम्ही मला जगात येण्या अगोदरच संपवण्याचा निर्णय घेतला. का गं आई तुझं आईपण मातृत्व एवं संकुचित आहे ? तुझ्या पूर्णत्वाचा आनंद त्याच्या, तिच्या असण्यावर अवलंबून आहे. तुझा तराजू वर-खाली झुकू लागला. तुझ्या आई-वडिलांनी तुझ्या बाबतीत असा विचार केला नाही, याबद्दल आजी आजोबांचे आभार मानते. आई, काही घरामध्ये मलीच्या जन्माचं वाजतगाजत स्वागतटोने मिठाई बाजली जाते. "पहली बेटी धनकी पेटी अस भाजटी म्हणतात, कसविन कदाचित ते तुझ्याएवढे सुशिक्षित, श्रीमंत जमतील, पण त्यांच्या अक्षराविना व पैशाविना असलेल्या दुनियेत नक्कीच सुरक्षित आणि श्रीमंत आहेत.मी तुला नको असल्याचं कारण समजलं. ती त्याच्यासा रखा वंशाचा दिवा नसते, म्हातारपणाची काठी नमते. उतारवयाचा आधार नसते फक्त खर्च, आणि याशिवाय परक्याची धन असते. पण आई, टाच वंशाचा दिवा म्हातारपणी वृद्धाश्रमाची वाट दाखवतो.

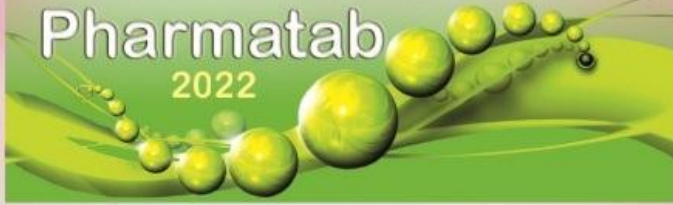


मराठी विभाग

घरी दारू पिऊन झिंगत येणारा तो असतो, महिना वार सांभाळण्यासाठी वारणी करणारा, म्हातारपणी नवरा- बायकोची नाशतूर करणारा (ज्या काळात केवळ नवरा-बायकोची एकमेकांना साथ हवी असते) तो आणि फक्त तोच असतो. याउलट आईची तब्येत् टिक नसल्यावर घर चालवणारी ती अगते. धाकट्या भावाच्या चुका पोटात घालून पाठीशी घालणारी ती असते. बाबांवर खर्चाचा ताण, नेको म्हणून प्रत्येक गोधीत काटकसर करणारी ती असते. लग्नानंतरसुद्धा आई-बाबांसाठी तिचाच जीव तुरतो. मोठ्या आवाजात काम केलं आयुष्यभर आमच्यासाठी असं विचारणारासुद्धा तो असतो. आणि सारी सासरी जाताना उंबरठ्यावर थांबून आई- बाबा भरपूर केलंत आमच्यासाठी असं डोळ्यात प्रेम साठवून मन मरून बोलाणारी तीच असते.आई-बाबा.....मला या जगात यायचंय. हे सुंदर जग पाट्रामचे माझ्या व तुमच्या आयुष्यात आनंदाचे रंग भरायचे आहेत. तुमचा बाबाच्या पाठीवर थोडा व्हायचंमं. आजीकडून छान छान गोष्टी ऐकायच्या आहेत, होला भावंडांबरोबर मस्तू करायची आहे आई !! तुला वचन देते, तुला मी जन्माशिवाय दुसरं काहीही मागणार नाही. खर्च वाढवणार नाही. खूप शिकून मोठी होईन, तुमचं नाव कमवेन. मला जन्म दिल्याचा तुम्हाला अभिमान वाटेल. लता मंगेशकर, किरण बेदी प्रतिभाताई पाटील, कल्पना चावला, सुनिता विल्यम्स या साऱ्या जणी तीच होत्या. तुझ्यासारखा त्यांच्या आई-वडिलांनी विचार केला असता, तर, आज साऱ्या जगाने त्यांना सलाम केला नसता. आई. फक्त हे आयुष्य दे . ते फुलवेन मी. त्याचा सुगंध साऱ्या आसमंतात पसरतेन, करशील ना माझ्यावर एवढे उपकारर ? प्लीज?

पल्लवी मुधाकर हाके.
(Final year Bpharmacy)

तुला नकोशी ती ।



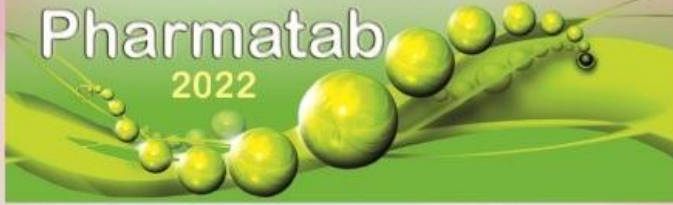
हिंदी विभाग

समय का घोड़ा

समय का घोड़ा नहीं
किसी से रुकता
नहीं रोक सकेना उसको
समय चलता ही रहता,
कोटे आए मुश्किल आए
किसी से न रुकता
समय समय का घोड़ा चलना जाए,
कोशिश करे तो मजिल
मिल ही जाए
यह घोड़ा थकता नहीं
समय का घोड़ा चलता जाए,
समय का घोड़ा चलता जाए
जीवन चलते रहना है
बचपन आए बुढ़ाप्पा आए
समय का घोड़ा चलता जाए
नहीं रोक सकेना उसको
परिश्रम करते रहना है
समय का घोड़ा चलता जाए.

शरयू लक्ष्मीकांत कोकणे
(Final Year Bpharm)





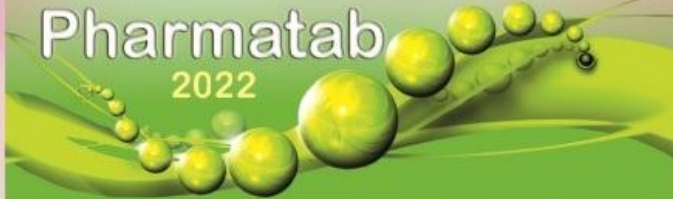
हिंदी विभाग

सपनों की उड़ान

तू कुछ कर अलग, तू कुछ बन अलग,
तभी तो नाम कमाएंगा !!!
सपनों का है यहाँ ऊँचा आसमान,,
तू कुछ सोच अलग इस दुनिया 'से,
भरना है तुझको लंबी उड़ान,
तभी तू ऊँचा बनपाएगा
"माना राहों पे आएंगी मुश्किले हजार,
तू संघर्ष कर, तू आगे बढ,
तभी तो सपना साकार कर पाएगा ।
"तू कुछ कर अलग, तू कुछ बन अलग
तभी तो नाम कमाएंगा !!
पंख होंगे तेरे भी मजबूत,
जब तू सपनों में साहस भर पाएगा "
तू गिर, नू हजार बार गिर, फिर से उठ खड़ा हो,
तभी तो सपनों में उड़ान भर पाएगा ॥
तू संघर्ष कर, आगे बढ,
तभी तो नाम कमाएगा ।
"जीवन में सफलता मिलेगी तुझे भी,
जब तू कर्म सच्चे से करते जाएगा,"
अगर करेगा कुछ हटके हम दुनिया से,
तभी तो खुद को अलग पहचान बनाएगा ।

आरती विनायक माने
(S.Y Mpharm)

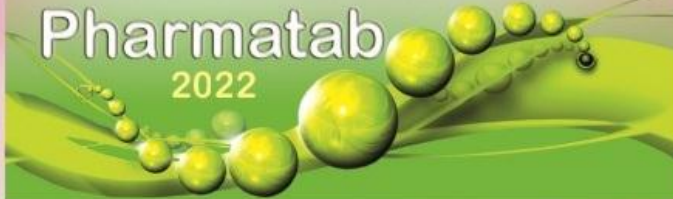




Scientific Section- English

Plastic eating bacteria ! Genetic engineering and environmental impact

Plastic eating bacteria could help to one day tackle that some of the 14 million tons of plastic offloaded into oceans every year. Plastic pollution leads to severe impact on marine ecosystems and can affect human health. For example, once plastic suffocates the ocean it & entangle animals, according to the International Union For Conservation of Nature. Microplastics are also ingested by many marine species that both preyed upon by other species and that we catch for food. Once ingested, microplastics can teach the tonic contaminants that have collected on their surface into the body of the organism that consumed it, according to the IUCN. Those toxins can accumulate and transfer up the food chain from marine life into humans, whenever we eat something that has been taken from the sea. According to the BBC Just 16% of all plastic produced is recycled to make new plastic. Scientists collected plastic bottles outside a recycling facility, and discovered that a species of bacteria was “eating” it’s way through them. Normally, bacteria spend their time absorbing dead organic matter, but Ideonella Sakaiensis has developed a test for a certain type of plastic called polyethylene tarp terephthalate CPET) [Genus: Ideonella, family :Comamonadaceae]. After analysing the bacteria, the scientist found that it produced two digestive enzymes called hydrolyzing PET or PETase, When these enzymes interact with PET plastic it breaks down the long molecular chain into the shorter chains (monomers) called terephthalic acid ethylene glycol.

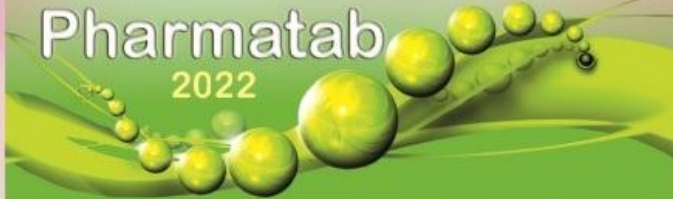


These monomers then break down further release energy for growth of the bacteria.

Following the discovery of plastic eating bacteria, many genetic scientists have experimented with *Ideonella sakaiensis* to improve its efficiency. One such research venture has been genetically engineering bacteria that are more efficient at enzyme production such as *E. coli*. And turn them into PETase factories. Researchers at University of Portsmouth have re-engineered PETase to Create an enzyme "Cocktail" that they say can digest six times faster. The scientists combine PETase with another plastic -eating enzyme called MHETase to form one super enzyme. This enzyme can also breakdown Polyethylene Furanoate (PEF) , Sugar based bioplastic.

Aarti vinayak Mane.
(S Y M.pharm.)





Edible water balls

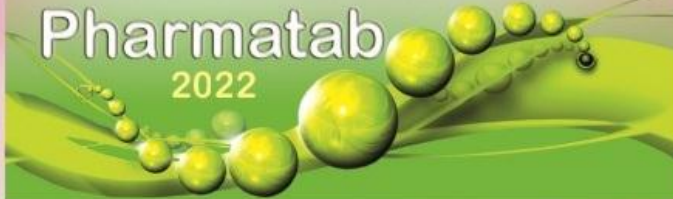
Now a days plastic pollution is One of the major to biodiversity including small sources like ponds, rivers & lakes upto large sources like osian and sea. One of the leading causes of this pollution is plastic bottles used for drinking water. AS we all know, water is essential for the life of every living organism including human beings. Because of lifestyle modification and development of tourism, plastic bottles are becoming more & more vulnerable for the environment & upcoming future of the world. Edible water balls are one solution to stop such disasters.

What are edible water balls ?

Edible water balls are called “water spheres” which are created by dipping frozen balls of liquid into an algae mixture that forms a membrane around the ice. The ice melts into liquid water & membrane, which is edible and biodegradable, forms a watertight seal around it.

Requirements for formulation -

Drinking water sodium alginate (seaweed), calcium Lactate. Brown seaweed is algae which are easily available; as India has the biggest seashore area. Sodium alginate is extracted from seaweed. which natural gelling agent when reacted with calcium to form calcium lactate produces gel like structure.



The gel structure is extracted carefully and pressed in long sheets. which inturn is used as Packaging material.

Future aspects:

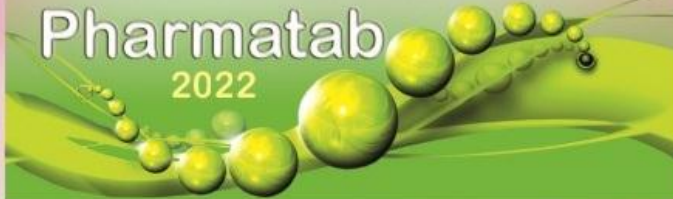
AS per health aspects sodium alginate & calcium lactate found non-toxic is to human health. seaweed is a source of iodine, iron, mg Vit B-2, Vit B9 and vit B-12. It can detoxify radiation.

Environmental aspects:

Edible water balls are easily & readily biodegradable. seaweed also helps in production of oxygen in land as well as in the ocean. Cost effective, economic as no packaging material is needed & due to biodegradability cost reduces required for waste management also Reduces. Thus edible water balls are one of better option/ substitute for packaged drinking water bottles.

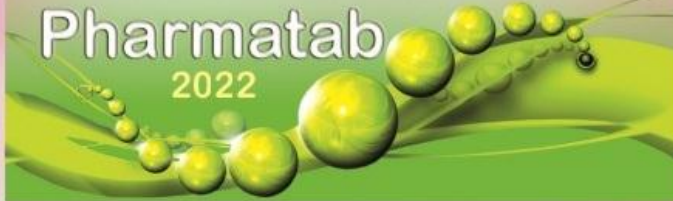
Ms Apoorwa jawanjal
(S. Y. Mpharm)





A new approach to research in pharmacy practice.

clinical pharmacy and pharmacy closely related healthcare disciplines of the Same field of study, which scientifically discuss the rational use of drugs for quality of life. The profession of pharmacy is classically practised in the three main areas of pharmacy, practice; community, Clinical, and. hospitals. It is generally accepted that the clinic for a pharmacy practitioner is not Confined to the hospital wards. Every place (even a Community pharmacy) where medication is used for the diagnosis and prevention and treatment of clinical conditions. That is considered to be the interface of pharmacist clinic and patient should Be cognized as pharmacist clinic. These fields are directly focused on important issues of patient care and safety. Gradual evolution of the role of a pharmacist from a drug- oriented to a patient-oriented responsibility needs the out spread of " health system related teaching and educating material and easily accessible evidence based research media in the present digital era. Peer reviewed journals still have a pivotal role for the correct delivery of pure knowledge and science for the healthcare profession. In contrast to the availability of much medical for medical practicals and also numerous journal items. For basic and laboratory-based pharmaceutical research, there are still quite a limited number of available peer reviewed journals that cover professional aspects of pharmacy.



The limitation increases the unacceptable gap between the Scientific aspects of the profession to what is practically done in the three aforementioned main areas of pharmacy practice. For many years the American journal year's pharmacy has been the leading communication medium for the clinical pharmacy practitioners in Canada and in the US, Certain other areas. However there is a problem with the trans-cultural difference between the nature and frequency of issues, which pharmacy practitioners are confronted with in other parts of the world.

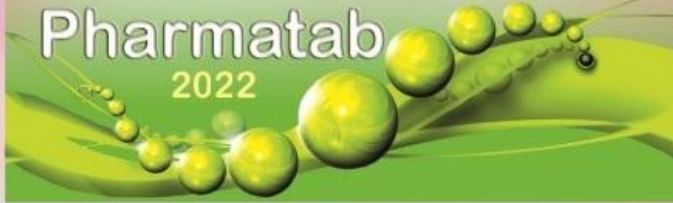
Arti Bhosale
(F Y Dpharm)



Mental Health COVID-19

The COVID-19 pandemic is a major health crisis affecting several nations, with over 720,000 cases and 33,000 confirmed deaths. Reported to date Such widespread outbreaks are associated with adverse mental health consequences. Keeping this in mind, existing literature on the COVID-19 outbreak pertinent to mental health was retrieved via literature a search of the pubmed database. Published articles were classified according to their overall theme and summarized. Preliminary evidence suggests that symptoms anxiety and depression (16-28%) self-reported stress (8%) are common psychological reactions to COVID 19 pandemic, and may be associated with disturbed sleep. A number of individual and structural variables moderate this risk. In the Planning service of such populations, both the needs of the concerned people and the necessary preventive guidelines must be taken into account. The available literature has emerged, from only a few of the affected countries, and may not reflect the experience of persons living in other parts of the world.

In conclusion, subsyndromal mental health programs are a response to the COVID-19 pandemic. There is a need for more representative research from other affected countries, particularly in vulnerable populations.



How it spread:" The virus can spread from an infected person's mouth and nose in small liquid particles when they cough, sneeze, speak sing or breathe. These particles range from large respiratory droplets to smaller aerosols. You can be infected by breathing in the virus if you are near Someone who has COUTD-19 by touching contaminated surfaces and then your eyes, nose and mouth.

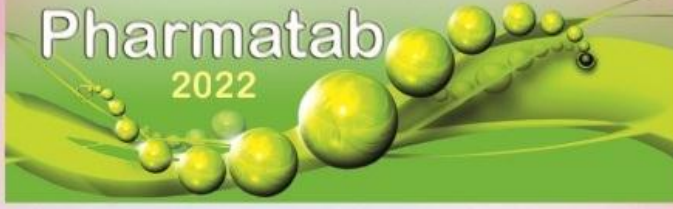
The virus spreads more easily indoors and in crowded settings.

most common symptoms: Fever, cough
Tiredness Loss of taste or smell.

Less common symptoms: sore throat. Headache, aches and pains, diarrhoea red or Irritated.

Name Ashvini Pitambar Yadav.
(F. Y. Dpharm)





"जंक फूडचे आरोग्यावरील घातक परिणाम: जाणून घ्या का आहे 'जंकफूड' आरोग्यासाठी घातक

वडापाव, पिझ्झा, बर्गर , समोसा, भजी, फ्रेंच फाईज, रोलस आणि रॅप्स या साऱ्या चमचमीत पदार्थांना 'जंक फूड' का म्हणतात हे तुम्हाला माहित आहे का ? याच फास्टफूड मुळे कित्येक लाखो लोकांच्या आरोग्याची हेळसांड होते. फास्टफूड अतिसेवनामुळे मानवी आरोग्यावर भयंकर दुष्परिणाम दिसून येत आहेत.

1 मधुमेहाची शक्यता वाढते

मधुमेह जडण्याच एक प्रमुख कारण म्हणजे 'फास्टफूड' सारख्या अपायकारी पदार्थांचा आहारात समावेश. जंकफूड मध्ये फायबरचे प्रमाण कमी असल्याने त्याच्या सेवनाने रक्तातील साखर वाढते. इन्सुलिनचे प्रमाण कमी होऊन मधुमेह जडण्याची शक्यता वाढते.

2. पचनाचे विकार वाढतात: जंक फूड मध्ये पदार्थ तळण्याचे प्रमाण अधिक असते. यामुळे अशा पदार्थातून आलेले तेल पोटातील आतल्या त्वचेवर साचते पित्ताची निर्मिती होण्यास मदत होते. यामुळे 'Gastroesophageal Reflux Disease' यासारखे पचनाचे विकार जडतात.

3. हृदयरोगाचा धोका संभवतो : जंकफूड मध्ये असलेल्या मेदामुळे रक्तातील बॅड कोलेस्टॉल वाढण्याची शक्यता अधिक असते. त्यामुळे हृदयरोगाची होण्याची भीती वाढते. रक्तपुरवठ्यामध्ये अडथळा निर्माण होतो. हाच अडथळा वाढल्यास हृदयविकाराचा झटका येण्याची शक्यता वाढते.

4. किडनीवर जंकफूडचे दुष्परिणाम : चिप्स, फ्राईज यांना टाळाच कारण या पदार्थांमधले वापरले जाणारे प्रक्रिया केलेले मीठ आरोग्यासाठी हितकारक नाही. अशाप्रकारच्या मीठा मुळे, लाळेचे स्त्राव व एन्झायमांचे प्रवाह वाढून 'जंकफूड' खाण्याची इच्छा वाढते. रक्तातील सारे घटक गाळून त्यातून विषारी व टाकाऊ पदार्थ बाहेर टाकण्याचे काम किडनी करते. त्यामुळे जंकफूडच्या सेवनाने थेट परिणाम मानवी शरिरावर होत असतो.

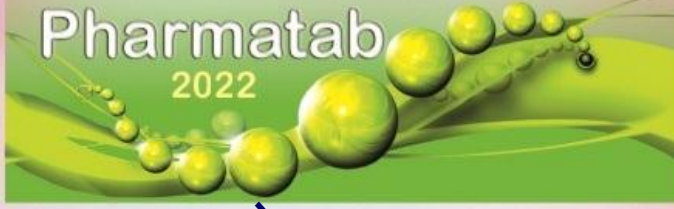
5. कर्करोगाचा धोका वाढतो, : जंक फूडमध्ये फायबर चा अभाव असल्याने पचनसंस्थेचा कर्करोग बळावण्याची शक्यता असते. "European Journal of cancer prevention" ने प्रकाशित केलेल्या अहवालानुसार, फास्टफूडमधल्या अतिरिक्त प्रमाणातील साखर व मेद यामुळे मोठ्या आतड्यांचा कर्करोग होण्याची शक्यता असते. अधिक प्रमाणात जंक फूड खाल्याने प्रोस्टेट ग्रंथींचा कर्करोग होण्याची शक्यता असते.

6. मेंदूचे कार्यावर दुष्परिणाम होतो : नुकत्याच झालेल्या संशोधनानुसार जंकफूडमधील 'बॅड फॅट्स' मुळे आरोग्यदायी मेदाचे कार्य विस्कळीत होते व शरीराला संकेत देण्याची प्रक्रिया मंदावते. मेंदूच्या कार्यात तीव्र कमजोरी दिसून येते. प्राण्यांवर केलेल्या संशोधनानुसार देखील जंकफूडच्या सेवनाने नवीन काही शिकण्याची ग्रहणशक्ती कमी होत आहे.

'म्हणूनच जंकफूडचे सेवन टाळा व या रोगांपासून दूर रहा!'

ननवरे स्नेहल प्रकाश
(F.Y. Dpharm)



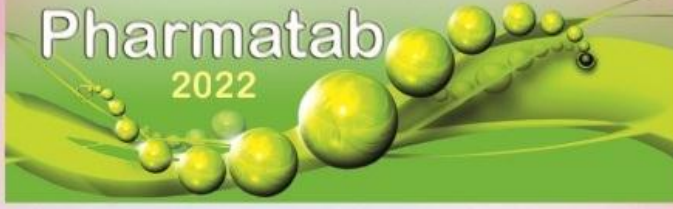


आरोग्य व आहार

आरोग्यम् धनसंपदा म्हणजे आरोग्य हीच संपत्ती, आरोग्याविषयी प्रत्येक व्यक्तीने सतर्क असायला हवे. आपले आरोग्य जपण्यासाठी कोणत्या चांगल्या सवयी असायला हव्या व कोणत्या गोष्टी टाळायला हव्या हे माहीत असणे आवश्यक आहे. चांगल्या आरोग्यासाठी महत्त्वाचे नियम,

- १ शरीराला आवश्यक आहे तेवढ्या प्रमाणात शुद्ध पाणी प्या.
- २ आहारात योग्य प्रमाणात कर्बोदके (carbohydrates), प्रथिने (proteins), जीवनसत्वे (vitamins), स्निग्ध पदार्थ यांचा समावेश करा.
३. जेवणाच्या वेळा ठरवा व त्या पाळा.
- ४ आहारात भाज्या व फळ यांचा समावेश करा
- ५ चांगली झोप घ्या.
६. योगा व प्राणायाम करा
- ७ ऋतूनुसार आहारात योग्य ते बदल करा
- ८ रासायनिक प्रक्रिया केलेले अन्नपदार्थ शक्यतो टाळा.
९. वजन नियंत्रित ठेवा.
१०. स्वच्छतेला वैयक्तिक व सामाजिक स्तरावर महत्त्व द्या.

हे नियम पाळल्यामुळे आपले आरोग्य व्यवस्थित राहते. आपला आहार योग्य असेल तर कोणत्याही पद्धतीच्या जीवनसत्वांचा अभाव होणार नाही. जेवण करताना मन एकाग्र असणे आवश्यक आहे. त्यामुळे आपल्या पंचइंद्रियांचा वापर होतो आणि अन्न व्यवस्थित पचन होते. आयुर्वेदानुसार आपण ज्या पद्धतीचा आहार घेतो त्याप्रमाणे आपल्या मनाचे गुण (त्रिगुण) (रंज, तम, सत्त्व बनतात). आहाराबरोबरच आपला विहार, म्हणजे जीवनशैली (लाइफस्टाईल) सुद्धा महत्त्वाची आहे.



आपल्याला असणाऱ्या सवयी आपल्या आरोग्यावर परीणाम करत असतात त्यामुळे चकीच्या सवयी असतील तर त्या बदलणे गरजेचे आहे. शारीरिक, मानसिक आणि बौद्धिक पातळीवर सद्द आणि हेल्दी रहायचे असेल तर योगा आणि प्राणायाम हे सर्वश्रुत आहेत. त्यासाठी आपल्या (लाईफस्टाईल) जीवनशैलीमधून वेळ! काढण गरजेचे आहे. आपली काळजी, आपल्याला स्वतः घेणे खूप महत्त्वाचे आहे. योग्य आहार विहार , दृष्टीकोन या सगळ्या गोष्टी मिळून चांगले आरोग्य बनते.

आकांक्षा शिंदे
(Final year, B.Pharmacy)



Painting Art Gallery



-- Dalavi Vinaya Valchand
B. Pharm (First Year)

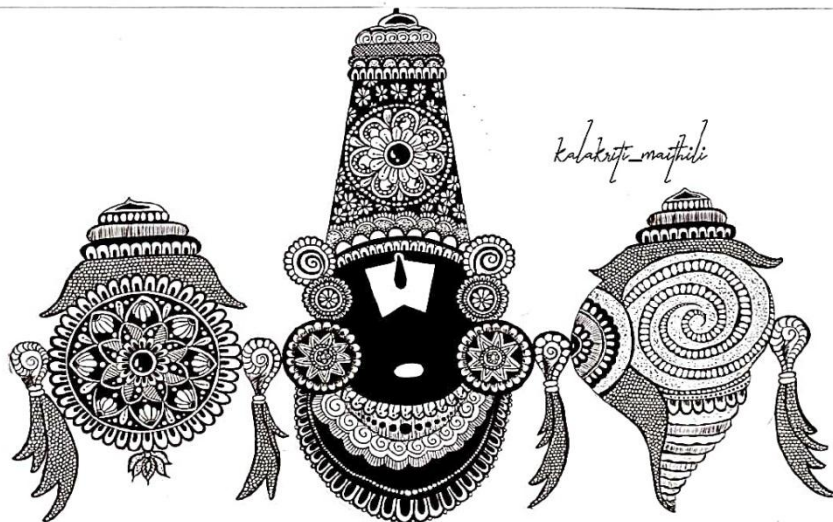
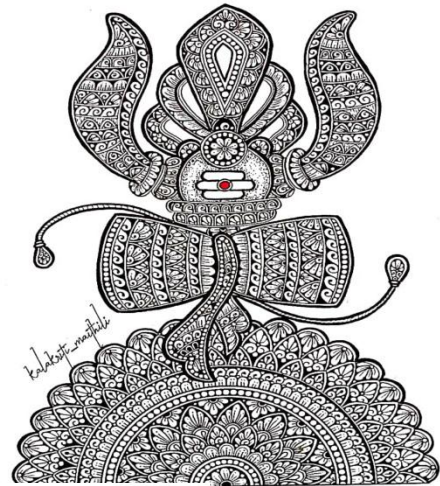


Sharayu Kokne



Pranali Jagdale

Mandal Art Gallery- by Maithili Shah



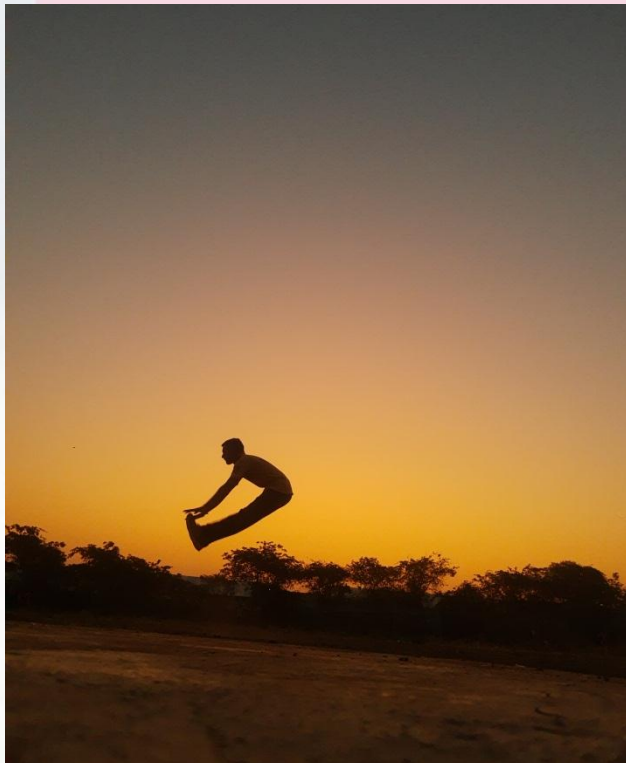
Photography



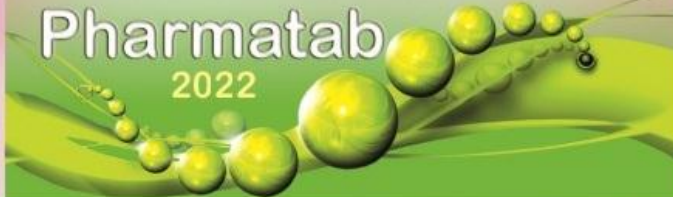
Jejas Patil



Sakshi Nagne



Sanket Khandare



GPAT Qualify Students

| | Name of student | Rank |
|-----|-------------------------------|-------|
| 1. | /Nagrle Kanchan Dhanappa | 1101 |
| 2. | /Kadam Geetanjali Laxman | 1101 |
| 3. | /Bhise Rutuja Rajaram | 1698 |
| 4. | /Jadhav Rutuja Satish | 2205 |
| 5. | Athawale Sushant Rohidas | 2391 |
| 6. | /Survase Kishori Kailas | 2687 |
| 7. | /Sarwade Shivani Shrikant | 2687 |
| 8. | /Bhosale Pratiksha Ramchandra | 3290 |
| 9. | Kshirsagar Rohan Nominath | 4766 |
| 10. | Pawar Yogesh Pandit | 10685 |
| 11. | Hadal Yogesh Anna | 11690 |
| 12. | /Jankar Harshada Gorakh | 30297 |
| 13. | /Lawate Varsha Arjun | 36588 |

