

Govt. College of Pharmacy, Amravati

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Editor

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Vision:

Journey towards the development of technical excellence among the students to make them globally competent pharmacists.

Mission:

To prepare Graduates

Globally competent pharmacist

With skills and attitude for creation of professional and social environment

To engage in life-long learning processes

Program Educational Objectives (PEOs):

To prepare Graduates

With a core and basic knowledge in pharmaceutical sciences

Competent to deal with pharmaceutical challenges for professional development

With integrity and ethics to become socially responsible pharmacist

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From the Principal's desk

Dear Students!! The Coronavirus (COVID-19) pandemic continues to evolve at a rapid pace. The long lockdown for the COVID-19 pandemic has closed colleges temporarily. But GCOPA is committed to your health and wellness as the top priority along with your academic success as well.

Our faculty members are taking all possible efforts to conduct online teaching by implementing various available techniques. Hence, I am sure that you are all making productive use of your time in learning and updating your knowledge.

Hope this GCOPA E-magazine 2020 issue representing distilled essence of student's inspired imagination will help to refresh for some time in this COVID-19 difficult period.

As Henry Adams said, "They know enough who know how to learn". With this note, I wish you all happy reading experience of this E-magazine-2020.

Dr. S. S. Khadabadi

SCIENTIFIC ARTICLES

MAJOR EPIDEMICS FACED BY WORLD TILL DATE

In the realm of infectious diseases, a pandemic is the worst case scenario. When an epidemic spreads beyond a country's borders, that's when the disease officially becomes a pandemic.

- ✚ **430 B.C.: Athens:-**The earliest recorded pandemic happened during the Peloponnesian War. As much as **two-thirds** of the population died.
- ✚ **165 A.D.: Antonine Plague:-**The Antonine plague was possibly an early appearance of smallpox that began with the Huns. The Huns then infected the Germans, who passed it to the Romans and then returning troops spread it throughout the Roman empire.
- ✚ **250 A.D.: Cyprian Plague:-**Named after the first known victim, the Christian bishop of Carthage, the Cyprian plague Possibly starting in Ethiopia, it passed through Northern Africa, into Rome, then onto Egypt and northward. There were recurring outbreaks over the next three centuries.
- ✚ **541 A.D.: Justinian Plague:-**First appearing in Egypt, the Justinian plague spread through Palestine and the Byzantine Empire, and then throughout the Mediterranean. Recurrences over the next two centuries eventually killed about **50 million people, 26 percent** of the world population.
- ✚ **11th Century: Leprosy:-**Leprosy grew into a pandemic in Europe in the Middle Ages, resulting in the building of numerous leprosy-focused hospitals to accommodate the vast number of victims. Now known as Hansen's disease, it still afflicts **tens of thousands** of people a year and can be fatal if not treated with antibiotics.
- ✚ **1350: The Black Death:-**Responsible for the death of **one-third** of the world population, this second large outbreak of the bubonic plague possibly started in Asia and moved west in caravans.
- ✚ **1492: The Columbian Exchange:-**As many as **90 percent** dying throughout the north and south continents. Upon arrival on the island of Hispaniola, Christopher Columbus encountered the Taino people, population 60,000. By 1548, the population stood at less than 500. In 1520, the Aztec Empire was destroyed by a smallpox infection. Research in 2019 even concluded that the deaths of some **56 million**
- ✚ **1665: The Great Plague of London:-**The huge increase in deaths during the Great Plague of London in 1665 and 1666. In another devastating appearance, the bubonic plague led to the deaths of **20 percent** of London's population. The worst of the outbreak tapered off in the fall of 1666, around the same time as another destructive event—the Great Fire of London.
- ✚ **1817: First Cholera Pandemic:-**The first of seven cholera pandemics over the next 150 years, this wave of the small intestine infection originated in Russia, where **one million people** died. British soldiers who brought it to India where **millions more** died. The reach of the British Empire and its navy spread cholera to Spain, Africa, Indonesia, China, Japan, Italy, Germany and America, where it killed **150,000 people**. A vaccine was created in 1885, but pandemics continued.
- ✚ **1855: The Third Plague Pandemic:-**Starting in China and moving to India and Hong Kong, the bubonic plague **claimed 15 million** victims. India faced the most substantial casualties, and the epidemic was used as an excuse for repressive policies that sparked some revolt against the British.

- ✚ **1875: Fiji Measles Pandemic:-**A measles outbreak, the royal party brought the disease back to their island, and it was spread further by the tribal heads and police who met with them upon their return. Spreading quickly, the island was littered with corpses that were scavenged by wild animals, and **entire villages died** and were burned down, sometimes with the sick trapped inside the fires. One-third of Fiji's population, a total of **40,000 people**, died.
- ✚ **1889: Russian Flu:-**The first significant flu pandemic started in Siberia and Kazakhstan, traveled to Moscow, and made its way into Finland and then Poland, where it moved into the rest of Europe. By the end of 1890, **360,000 had died**.
- ✚ **1918: Spanish Flu:-**The avian-borne flu that resulted in **50 million** deaths worldwide, the 1918 flu was first observed in Europe, the United States and parts of Asia before swiftly spreading around the world. Wire service reports of a flu outbreak in Madrid in the spring of 1918 led to the pandemic being called the "Spanish flu." By October, hundreds of **thousands of Americans died**.
- ✚ **1957: Asian flu:-**Starting in Hong Kong and spreading throughout China and then into the United States, the Asian flu became widespread in England where, over six months, **14,000 people died**. A second wave followed in early 1958, causing an estimated total of about 1.1 million deaths globally, with **116,000 deaths** in the United States alone. A vaccine was developed, effectively containing the pandemic.
- ✚ **1981: HIV/AIDS:-**First identified in 1981, AIDS destroys a person's immune system, resulting in eventual death by diseases that the body would usually fight off. AIDS was first observed in American gay communities but is believed to have developed from a chimpanzee virus from West Africa in the 1920s. Treatments have been developed to slow the progress of the disease, but **35 million people** worldwide have died of AIDS since its discovery, and a cure is yet to be found.
- ✚ **1999: Nipah virus:-** It was first recognized in 1999 during an outbreak among pig farmers in, Malaysia. No new outbreaks have been reported in Malaysia since 1999. It was also recognized in Bangladesh in 2001, and nearly annual outbreaks have occurred in that country since. The disease has also been identified periodically in eastern India. The case fatality rate is estimated at **40% to 75%**. The 2018 annual review of the WHO R&D Blueprint list of priority diseases indicates that there is an urgent need for accelerated research and development for the Nipah virus.
- ✚ **2003: SARS:-**First identified in 2003 after several months of cases, Severe Acute Respiratory Syndrome is believed to have possibly started with bats, spread to cats and then to humans in China, followed by 26 other countries, infecting **8,096 people, with 774 deaths**. China was criticized for trying to suppress information about the virus at the beginning of the outbreak.
- ✚ **2015: Zika virus:-** The Zika virus is spread mostly by bites from infected *Aedes aegypti* or *Aedes albopictus* mosquitoes. The latest outbreak began in early 2015 in Brazil, although the first cases seemed to have already appeared in 2014. One theory is that the virus arrived during the 2014 Football World Cup. In 2017, it was estimated that over **120 million** people in Brazil were at risk of Zika virus infections, compared to **32 million** people in Mexico and **29.5 million** in Columbia.
- ✚ **2019: COVID-19:** This photo taken on February 17, 2020 shows a man (L) who has displayed mild symptoms of the COVID-19 coronavirus using a laptop at an exhibition centre converted into a hospital in Wuhan in China's central Hubei province.
- ✚ On March 11, 2020, the World Health Organization announced that the COVID-19 virus was officially a pandemic after barreling through **114** countries in three

Farhin Khan
M.Pharm Second Year

STRATEGIES ADAPTED BY CHINA TO COMBAT COVID19



COVID-19 rapidly spread from a single city to the entire country in just 30 days. The sheer speed of both the geographical expansion and the sudden increase in numbers of cases surprised and quickly overwhelmed health and public health services in China. Up till, 17 April 2020, there were 82,692+ cases found and 4,632+ deaths occurred by Coronavirus.

But now the situation has been changed. Chinese hospitals overflowing with COVID-19 patients a few weeks ago, now have empty beds.

Here some important strategies adapted by China to combat COVID 19:

Speed and accuracy are the keys to identification and detection. Within a week of identifying the unknown virus, China successfully sequenced it and reported the genetic information to the World Health Organization (WHO). The rapid identification of COVID-19 allowed scientists around the world to immediately start developing test kits, treatment options and vaccines. One of the critical tools in controlling a major epidemic is having specific, reliable, accurate and fast detection methods to screen infected and non-infected people.

Make the right decisions at the right time, the right place, for the right people. The experience in China reinforced the importance of listening to science and public health experts during pandemic events. And overreacting is better than not reacting. China's unprecedented systematic and proactive risk management, based on collaboration between government officials and health experts, has proven to be effective in containing and controlling COVID-19. The timely release of disease-related clinical data to the public and WHO helped many around the world prepare for the spread.

Big data and information technology are important to avoiding a rebound. Hangzhou, where Alibaba is headquartered, was one of the first cities to use big data and information technology in the prevention and control of COVID-19. They named the approach "one map, one QR code, and one index." It's been two weeks since select businesses and organizations have been allowed to reopen to workers. Here are policies they implemented:

- Businesses reopened in several phases based on priorities. For example, healthcare-related facilities were allowed to open first.
- Restrictions were eased based on track records.
- Health QR codes were established for everyone in the city and everyone who entered the city. The green code allows you to move freely. The yellow code requires a seven-day self-quarantine. The red code requires a 14-day self-quarantine. The yellow and red codes can be turned green after the quarantine time.

Implementation of preventive measures in communities, schools, businesses, government offices and homes can influence the trajectory of this epidemic. In fighting COVID-19, everyone is equal. Everyone has the same responsibility and shares the same risk. COVID-19 is very contagious and capable of asymptomatic spread, so it's even more important to mobilize all of society and get everyone involved in the process. During an epidemic, it's advisable to avoid large gatherings and multiple person-to-person contacts.

China might have lost billions of dollars by essentially stopping all business, but in the end, this will have been a wise decision and correct action.

It is not too late to learn from China's efforts.

Those countries now in the early days of this pandemic are still capable of getting this under control. The ability to mobilize around our shared public health, saving lives, and global recuperation, are entirely within our reach.

If we are open to listening, learning, emulating, asking for support, and **acting**, we are extraordinarily well-positioned **today** (more than ever before in history), with the ability to instantaneously share information, make collective decisions, and harness technology.

The virus can be contained if the world collectively takes action, using tactics and technologies that we already know work. Panic is not useful, swift action is.

Whether governments and institutions have executed a consistent response or not, businesses do have the tools to meet COVID-19's secondary challenges. Our schools and communities are able to launch coordinated responses through organized, online dialogue. And we, as individuals, are both **capable** of and **responsible** for containing spread and emerging from it stronger, wiser, better equipped, and with renewed ingenuity.



Smita Mangire
M.Pharm Second Year

HAND SANITISER COMPOSITION AND ANTIVIRAL ACTIVITY

Hand sanitizer, also called hand antiseptic, hand rub, or hand rub, agent applied to the hands for the purpose of removing common pathogens (disease-causing organisms) or viruses. Hand sanitizers typically come in foam, gel, or liquid form. Their use is recommended when soap and water are not available for hand washing or when repeated hand washing compromises the natural skin barrier (e.g., causing scaling or fissures to develop in the skin). Although the effectiveness of hand sanitizer is variable, it is employed as a simple means of infection control in a wide variety of settings, from day-care centers and schools to hospitals and health care clinics and from supermarkets to cruise ships. Hygiene with alcohol-based sanitizer is encouraged in health, education and day-care facilities, workplaces and the home. The active ingredient of alcohol based sanitizer is ethanol or isopropanol at a concentration of 60% to 95%.

Types of hand sanitizer:

Depending on the active ingredient used, hand sanitizers can be classified as one of two types:

- Alcohol-based or
- Alcohol-free.

Alcohol-based products typically contain between 60 and 95 percent alcohol, usually in the form of ethanol, isopropanol, or *n*-propanol. At those concentrations, alcohol immediately denatures proteins, effectively neutralizing certain types of microorganisms.

Alcohol-free products are generally based on disinfectants, such as benzalkonium chloride (BAC), or on antimicrobial agents, such as triclosan. The activity of disinfectants and antimicrobial agents is both immediate and persistent. Many hand sanitizers also contain emollients (e.g., glycerin) that soothe the skin, thickening agents, and fragrance.

Effectiveness:

The effectiveness of hand sanitizer depends on multiple factors, including the manner in which the product is applied (e.g., quantity used, duration of exposure, frequency of use) and whether the specific infectious agents present on the person's hands are susceptible to the active ingredient in the product. In general, alcohol-based hand sanitizers, if rubbed thoroughly over finger and hand surfaces for a period of 30 seconds, followed by complete air-drying, can effectively reduce populations of bacteria, fungi, and some enveloped viruses (e.g., influenza A viruses). Similar effects have been reported for certain alcohol-free formulations, such as SAB (surfactant, allantoin, and BAC) hand sanitizer. Most hand sanitizers, however, are relatively ineffective against bacterial spores, non enveloped viruses (e.g., norovirus), and encysted parasites (e.g., *Giardia*). They also do not fully cleanse or sanitize the skin when hands are noticeably soiled prior to application. Despite the variability in effectiveness, hand sanitizers can help control the transmission of infectious diseases, especially in settings where compliance with hand washing is poor. For example, among children in elementary schools, the incorporation of either an alcohol-based or an alcohol-free hand sanitizer into classroom hand-hygiene programs has been associated with reductions in absenteeism related to infectious illness. Likewise, in the workplace, the use of alcohol-based hand sanitizer has been associated with reductions in illness episodes and sick days. In hospitals and health care clinics, increased access to alcohol-based hand sanitizer has been linked to overall improvements in hand hygiene.

How to use:

Waterless hand sanitizer provides several advantages over hand washing with soap and water. However, they are not effective if organic matter (dirt, food, or other material) is visible on hands.

1. Make sure all organic matter is removed from hands. All visible organic matter (for example: dirt) must be removed from hands prior to applying waterless hand sanitizer.
2. Apply a dime sized amount of waterless hand sanitizer to the palm of one hand or use a waterless hand sanitizer wipe.
3. Rub hands together covering all surfaces of hands and fingers.
4. Rub until waterless hand sanitizer is absorbed.

Benefits of hand sanitizer:

- Require less time than hand washing
- Act quickly to kill microorganisms on hands
- more accessible than sinks
- Reduce bacterial counts on hands
- Do not promote antimicrobial resistance
- Less irritating to skin than soap and water
- Some can even improve condition of skin.

Safety:

Agencies such as the World Health Organization and the U.S. Centers for Disease Control and Prevention promote the use of alcohol-based hand sanitizers over alcohol-free products. Indeed, the use of alcohol-free products has remained limited, in part because of WHO's and CDC's focus on alcohol-based products but also because of concerns about the safety of chemicals used in alcohol-free products.

Research has indicated that certain antimicrobial compounds, such as triclosan, for example, may interfere with the function of the endocrine system. Environmental contamination from triclosan is another concern. Disinfectants and antimicrobials also can potentially contribute to the development of antimicrobial resistance.

In 2014, mounting concerns over triclosan led authorities in the European Union (EU) to restrict the chemical's use in various consumer products in the EU.

Nilesh Jare
M.Pharm Second Year

THE STORY OF SANITIZER

The outbreak of COVID-19, the coronavirus, has the whole world on guard in a fight to prevent virus infection. Beyond the most effective prevention; stay home, wash your hands with soap and water for 20 seconds and avoid touching your face; using hand sanitizer offers an added protection. According to: WHO (World Health Organization): Hand sanitizer works great and is very effective at killing Bacteria, fungi and viruses. How do hand sanitizers work? Hand sanitizers work by dissolving the cell membrane of the bacterium and then denaturing the proteins that are essential to bacterial life. Sanitizers are type of antimicrobial that kills or irreversibly inactivates at least 99.9% of all bacteria, fungi and viruses (called microbials, microbiologicals, microorganisms) present on a surface. Most Sanitizers are based on toxic chemicals such as chlorine, iodine, phenol, or quaternary ammonium compounds and which (unlike some antiseptics) may never be taken internally.

In 1966, a student nurse named Lupe Hernandez first dreamed up the idea of hand sanitiser. The story goes that Hernandez realized alcohol delivered through a gel could clean hands in a situation where there was no access to soap and warm water. Lincoln L. Stevenson received US Patent 2,814,081 for a "Rapid Hand Sanitizer," which he described as "a device for quickly and efficiently rendering the hands sanitary." Similarly, US Patent 3,220,424 was issued to Warren W. Nelson in 1965 for a "Hand Sanitizer." Nelson's invention comprised a box with an opening for the insertion of a user's hands in "an open and outstretched condition whereby to expose substantially all of the skin area of the hands to the sanitizing fluid contained within the receptacle." The "complete submersion of the person's hands in the sanitizing fluid," regulated by "an electric and adjustable timer," provided the necessary sanitizing. There's also Sterillium, which the German company Hartmann claims was "the world's first marketable alcohol-based hand disinfectant" when it hit European shelves in 1965. It's made with glycerin and 75% alcohol. Still, others trace modern hand sanitizer back to Goldie and Jerry Lippman, the married couple that developed a waterless hand cleaner in 1946 for rubber plant workers who previously used harsh chemicals like kerosene and benzene to remove graphite and carbon black from their hands at the end of their shifts. This product was called as Gojo.

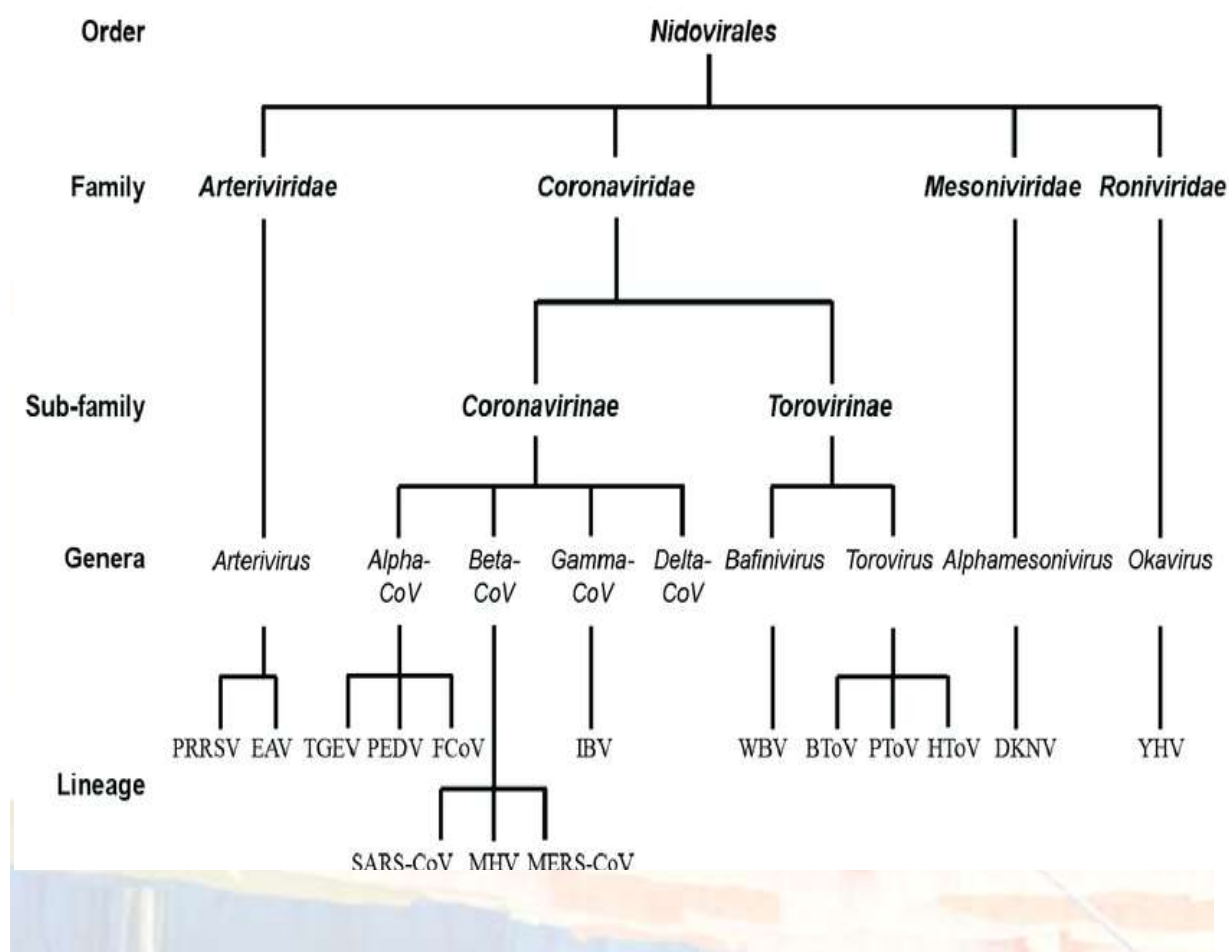
Why Sanitizers only kill 99.99% germs and not 100%? You may wonder to watch all TV advertisements of Soap/sanitizers claiming to kill only 99.99% and not 100%. This is because of the ability to resist by the Microorganisms. The resistance is present when actually the organisms are avoiding contact with the sanitizing Chemical because a biofilm is present. Bacteria such as *Escherichia coli*, *Salmonella* spp., *Listeria* spp., *Campylobacter* spp. and several others can produce Biofilms. This is why no one claims to kill 100% germs.

Yuga Patil
B.Pharm Third Year

CORONAVIRUS DISEASE (COVID - 19)

The global pandemic of novel corona virus disease 2019 (COVID-19) caused by severe acute respiratory syndrome corona virus 2 (SARS-CoV-2). This novel *Beta corona virus* is similar to severe acute respiratory syndrome corona virus (SARS-CoV) and Middle East respiratory syndrome corona virus (MERS-CoV); based on its genetic proximity.

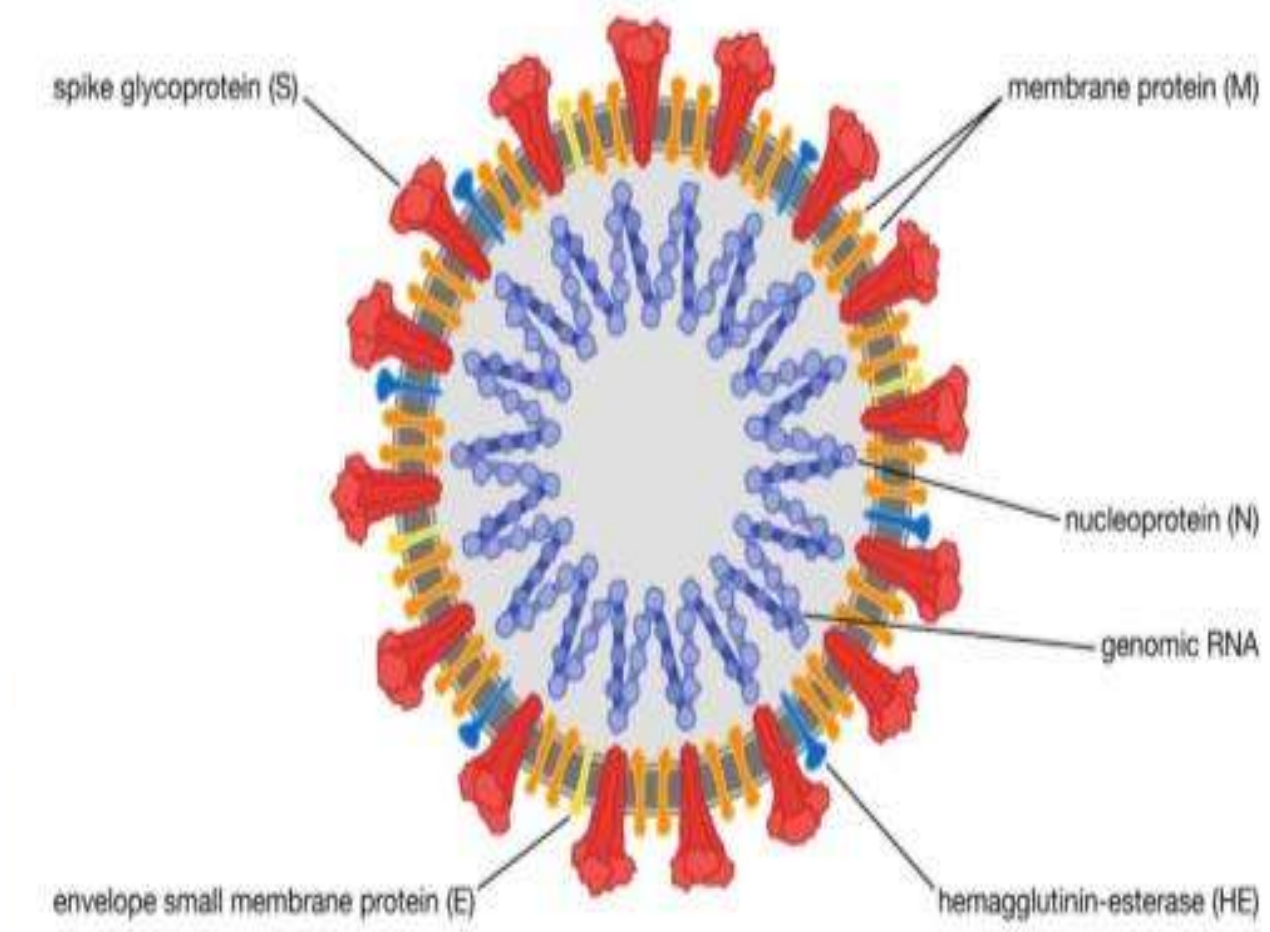
STRUCTURE OF SEVERE ACUTE RESPIRATORY SYNDROME CORONAVIRUS 2 (SARS-COV-2)



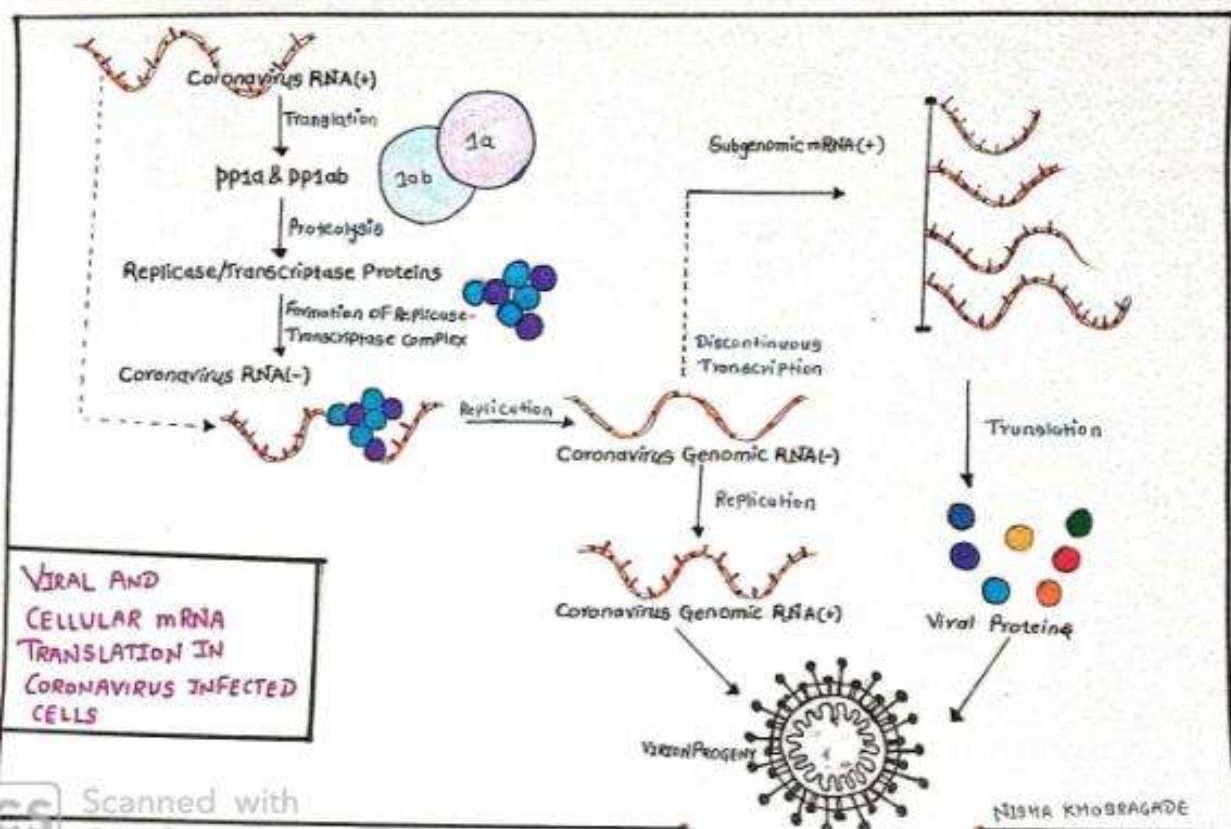
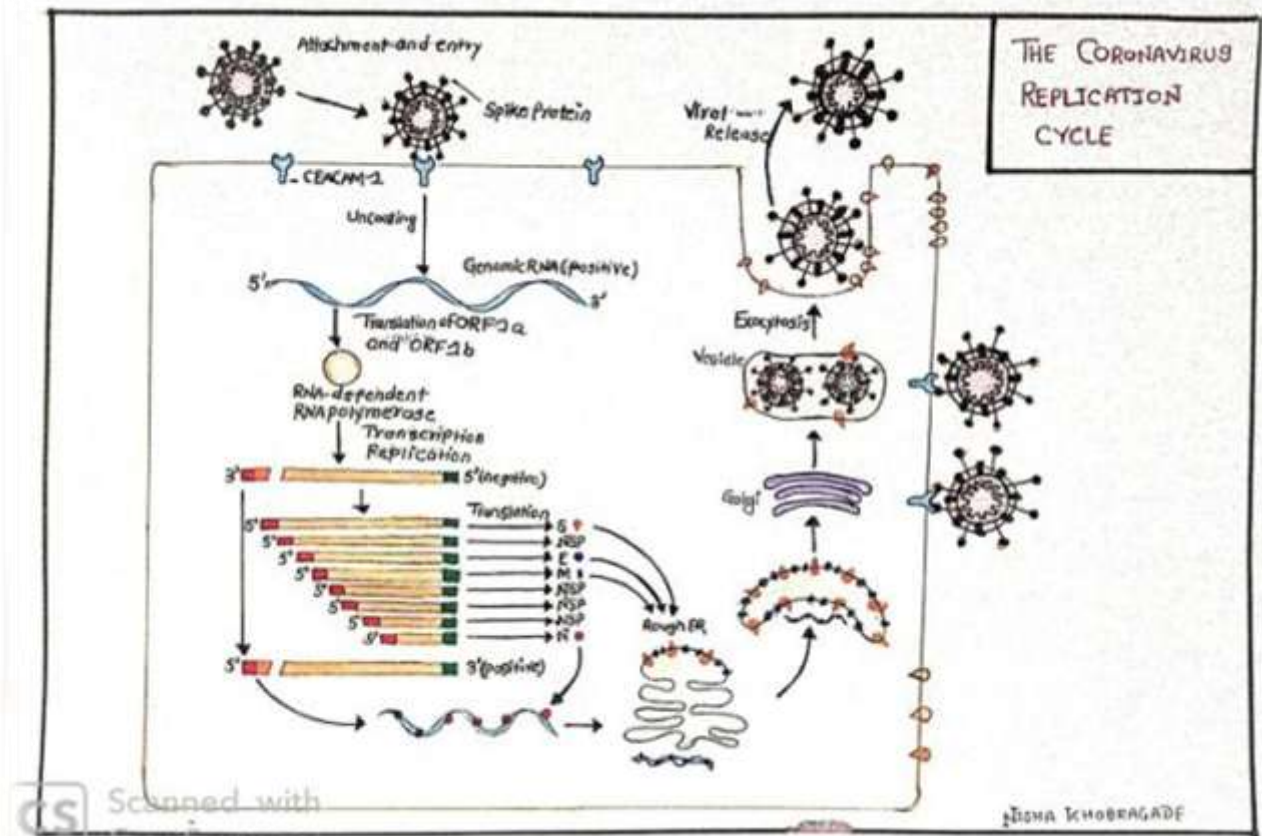
The Coronavirus Replication Cycle

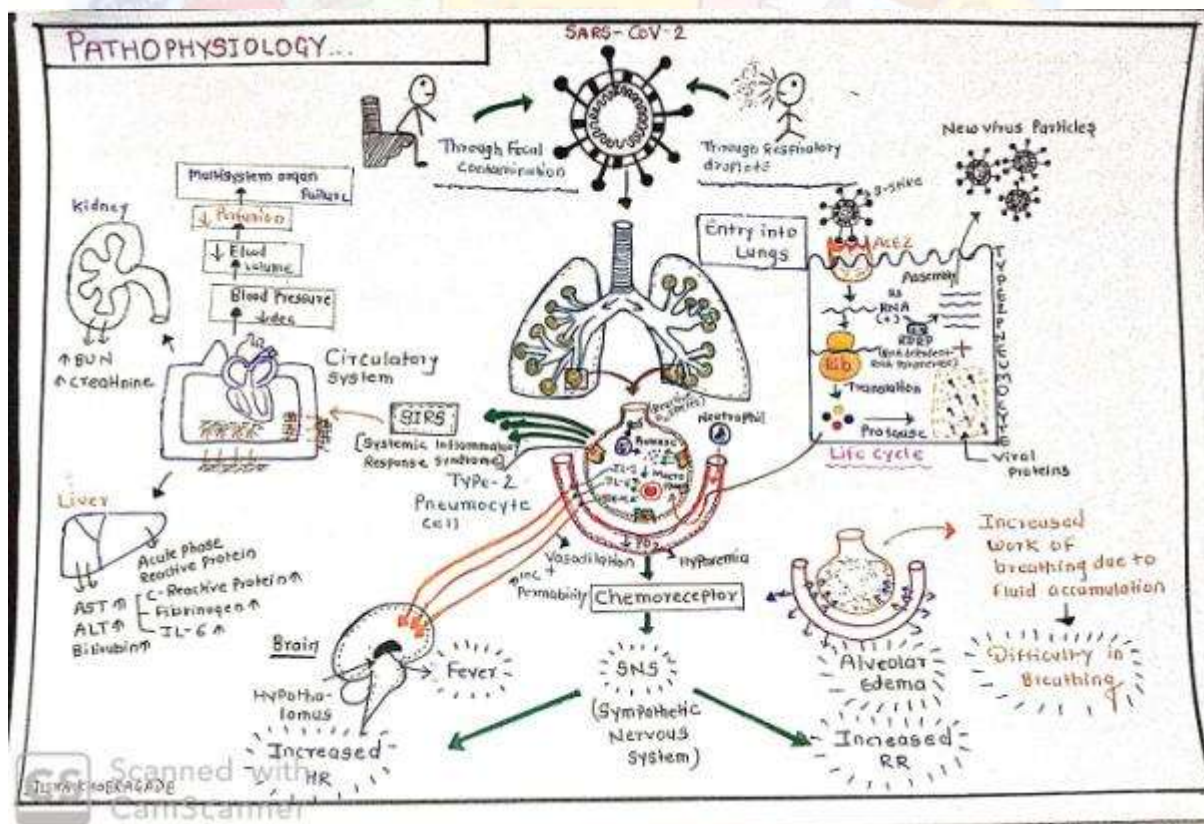
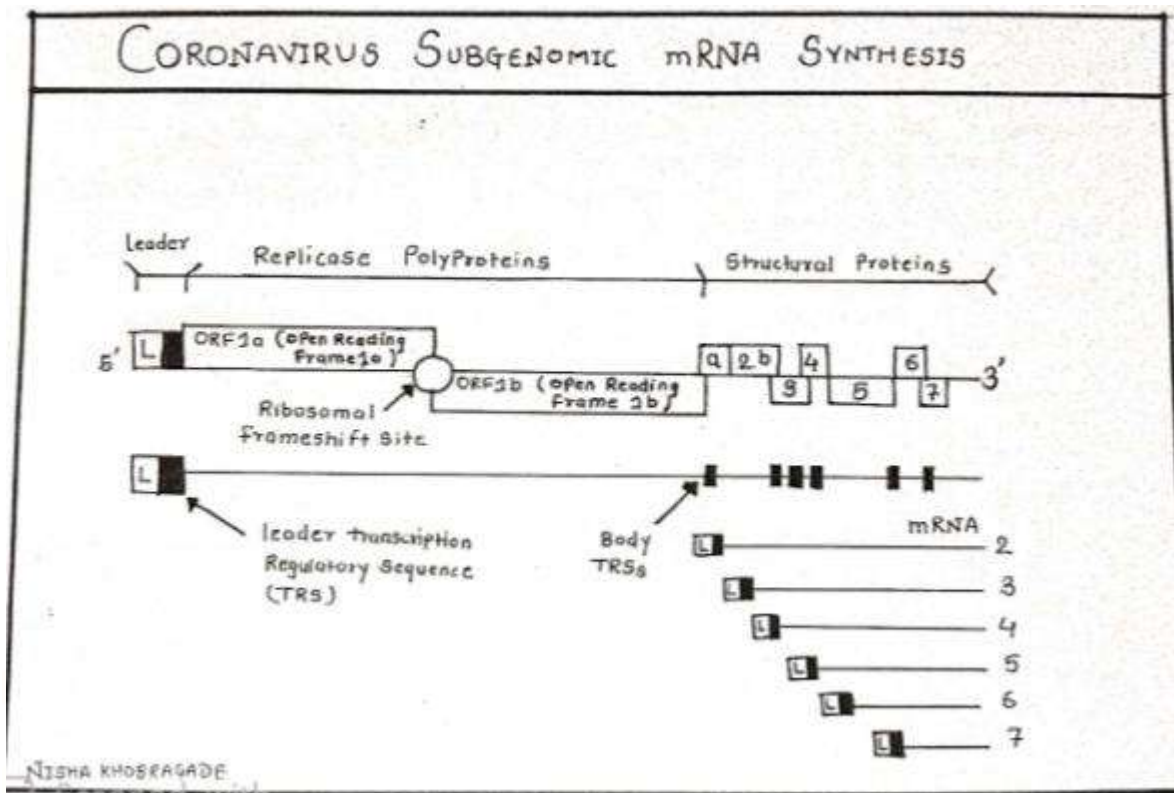
- Coronavirus – Large enveloped RNA viruses that causes severe acute respiratory syndrome (SARS) with a large RNA genome.
- Coronavirus Replication Entails
 1. Ribosome frameshifting during genome translation.
 2. Synthesis of both genomic and multiple subgenomic RNA species.

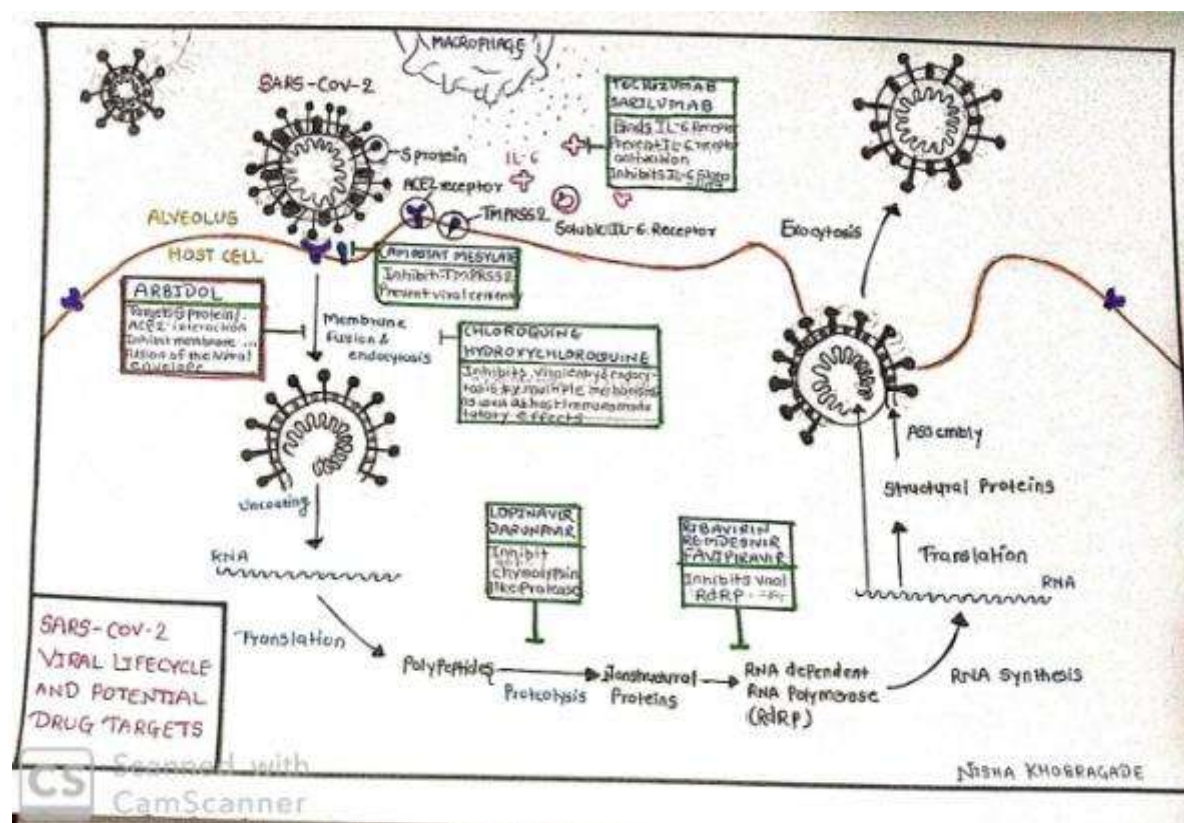
The hallmark of coronavirus transcription is the production of multiple subgenomic m RNA that contains sequences corresponding to both ends of genome.



- Coronavirus RNA genome size 30,000 nucleotides
 - Nonstructural Proteins that have a critical role in viral RNA synthesis.
 - Nonstructural proteins that is nonessential for virus replication.
 - RNA synthesis proteins / nonstructural proteins 2 (nsp2) and nucleocapsid protein (N) (Structural).
- Coronavirus utilize RNA dependent RNA synthesis to generate m RNA to be transcribed by the host genome.
- The RNA positive strand is used to make the enzyme, RNA – Dependent RNA Polymerase. RNA Positive strand replicated to RNA Negative.
- The RNA Negative strand used to
 - ✓ To make subgenomic RNSs by transcribing from the RNA Negative strand from multiple open reading frame (ORFs).
 - ✓ Make more RNA Positive via replication.
- Virion progeny is made via the secretory pathway (Rough ER, Golgi apparatus, and exocytose).







Investigational Agent with Possible Mechanism of Action in COVID-19

- Chloroquine and hydroxychloroquine**- Blockade of viral entry by inhibiting glycosylation of host receptors, proteolytic processing, and endosomal acidification. Additional immunomodulatory effects through inhibition of cytokine production, autophagy, and lysosomal activity in host cells. Hydroxychloroquine shares the same mechanism of action as chloroquine.
- Lopinavir/ritonavir** - 3CL protease (Viral protease inhibitor)
- Umifenovir (Arbidol)** - S protein/ACE2, membrane fusion inhibitor. (Disruption of viral envelope binding, prevention of viral entry).
- Remdesivir** - RNA polymerase inhibitor.
- Favipiravir** - RNA polymerase inhibitor
- Tocilizumab (Actemra)** - IL-6 inhibition- reduction in cytokine storm.

Nisha Harendra Khobragade
Pharm.D Fifth Year

THE NOVEL CORONA VIRUS COVID-19

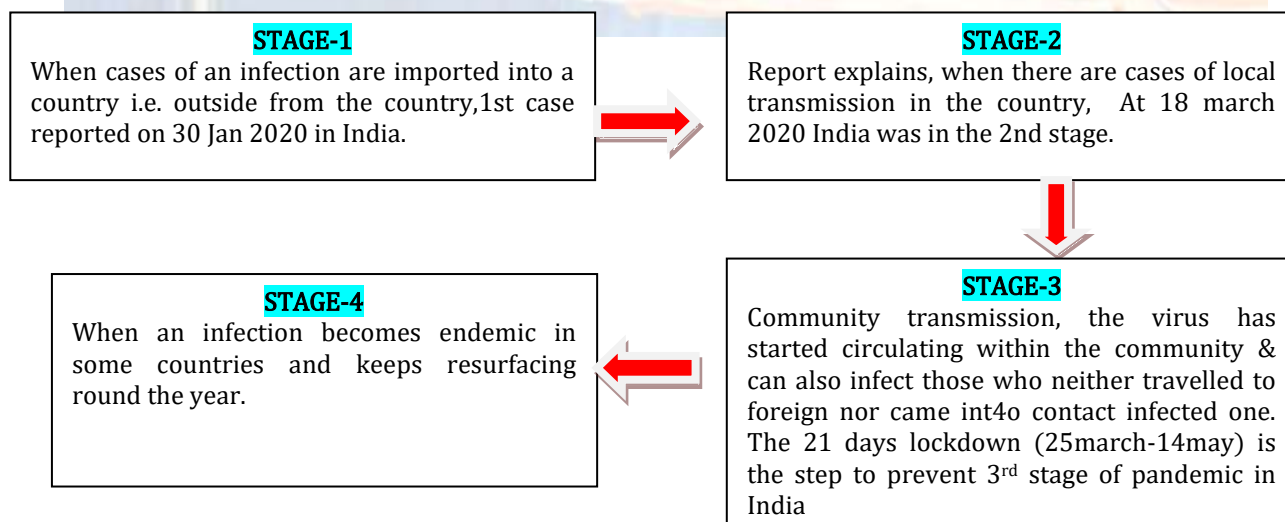
Introduction:

Coronaviruses are a family of viruses that can cause illness such as the common cold, Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). In 2019, a new coronavirus was identified as the cause of a disease outbreak that originated in Wuhan, Hubei Province, China in the beginning of December 2019. Coronavirus is one of the deadliest transmissible viruses in recent history. Every day lost in effective response means the looming danger of a surge in infections. India spends a paltry 1.28% of its GDP on health care, and that may begin to bite if there's a full-blown outbreak. Partial lockdowns in many cities - shutting schools, colleges, businesses and suspending some rail transport - proves that the government fears that community transmission of the virus might have begun. On 11 February 2020, the International Committee on Taxonomy of Viruses (ICTV) decided to name the virus as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), and the WHO finally decided to name the disease caused by this virus as COVID-19 (for Coronavirus disease identified in 2019).

History and Origin:

The coronavirus disease (COVID-19) has been identified as the cause of an outbreak of respiratory illness in Wuhan, Hubei Province, China beginning in December 2019. As of 31st January 2020, this epidemic had spread to **19 countries with 11,791 confirmed cases, including 213 deaths. 29th of March 195 countries with 679,013 cases, 31,771 death & 146,345 recovered.** The World Health Organization on 11th of March 2020 had declared it as a pandemic spread & a Public Health Emergency of International Concern. Pandemic is defined as "an epidemic which has spread over various countries or continents commonly affecting a large number of populations.

Stages of COVID-19: The first case of the 2019–20 corona virus pandemic in India was reported on 30 January 2020, originating from China. A pandemic has four stages of outbreak. When 'janata curfew' held on Sunday 22 March 2020, India was in Stage 2 of the pandemic according to the (ICMR) Indian Council of Medical Research. Countries like China, Italy and the UK have already reached Stage 3 of the pandemic, while India's containment plan had so far managed to keep that stage at bay.

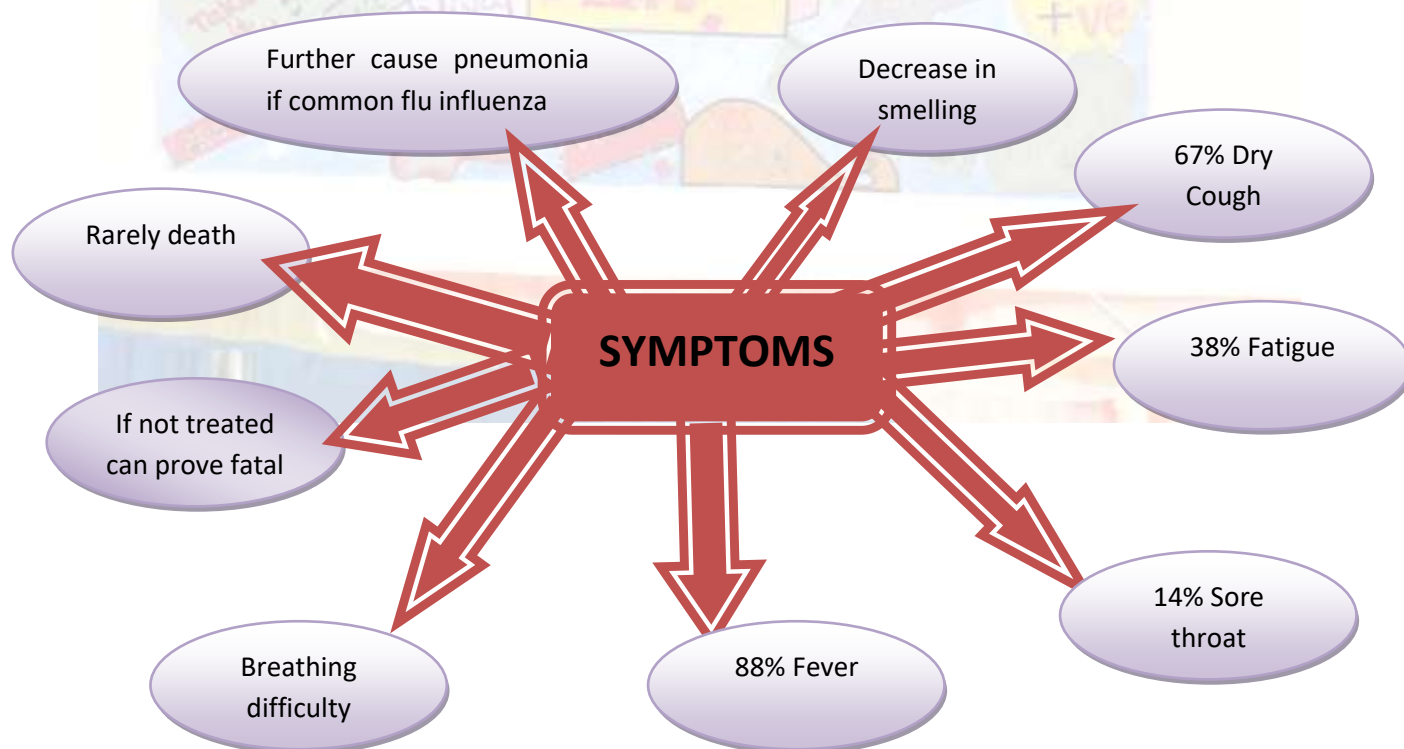


Mode of Transmission:

Direct contact with infected person, Respiratory droplets after sneezing and cough, Infected surface contact, Severity in older people especially in those who have conditions like asthma diabetes, heart diseases. Low rates of transmission through breast milk.

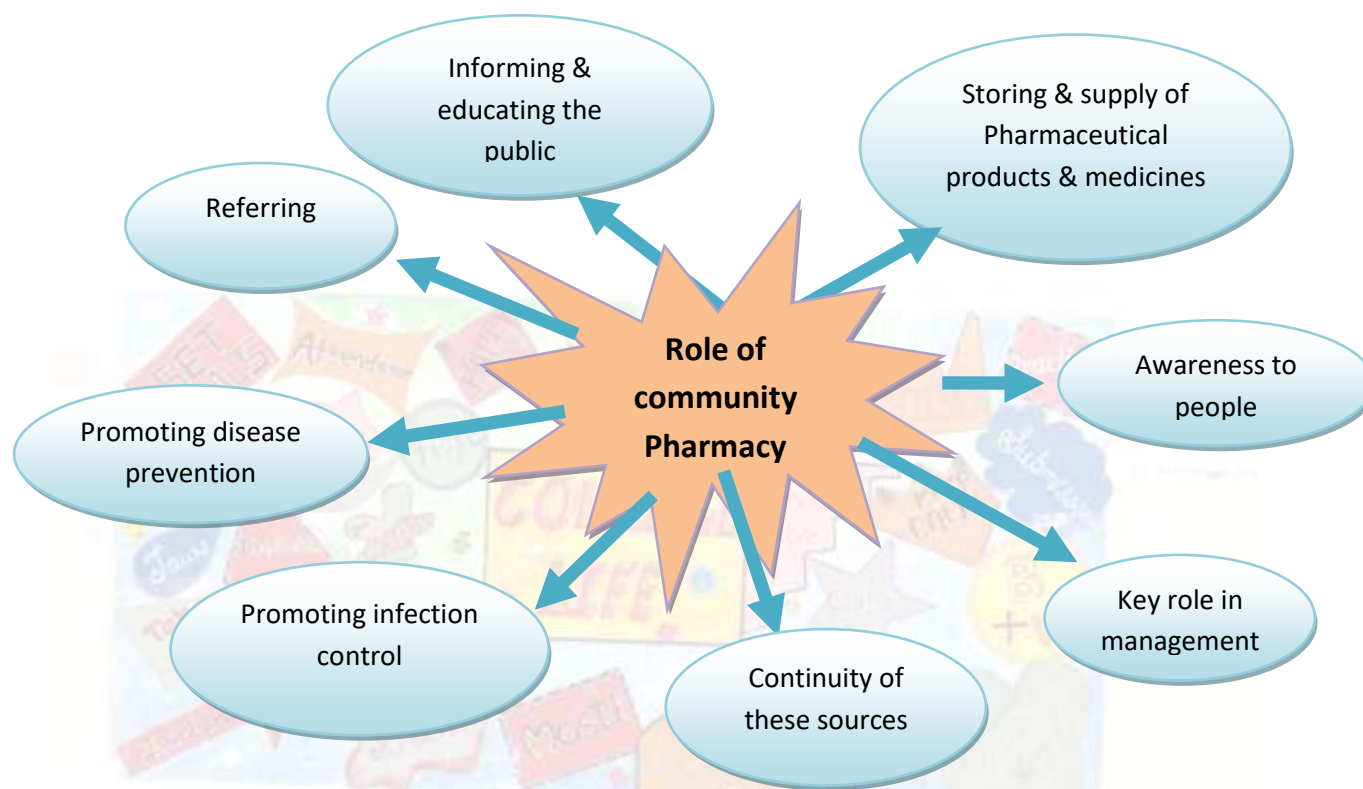
Diagnosis Tests

- A swab test: The lab will take a special cotton swab and collect the sample inside of the throat or and nose.
- A nasal aspirate: The lab will inject a saline solution into your nose, and then remove the sample with gentle suction.
- A tracheal aspirate: A thin, lighted tube called a bronchoscope goes into your lungs, where a sample will be collected.
- A sputum test: Sputum is a variation of mucus from your lungs that can be coughed out or sampled from the nose with a swab.
- A blood test: The collected sample will be analysed for the virus, either through a blanket test for all variants of the coronavirus (including regular flu) or through a specialised gene sequencing test that locates the marker for the novel coronavirus.
- Nucleic acid amplification tests (NAAT): confirmation of cases of COVID-19 is based on detection of unique sequences of virus RNA by NAAT such as real-time reverse-transcription polymerase chain reaction (rRT-PCR).



ROLE OF PHARMACISTS:

Doctors, Nurses are trying their best to handling the patients & recovery. Pharmacists are in the frontline in the fight against the COVID-19 disease. They are doing everything in their power to support their patients, including in areas currently in lockdown. In this difficult situation it is important to maximize the use of community pharmacy practice to meet patients' needs and maintain continuity of services. Pharmacists are one of the first points of contact between the patients and the health care system and they play a key role in the identification and management of potential cases of Covid-19.

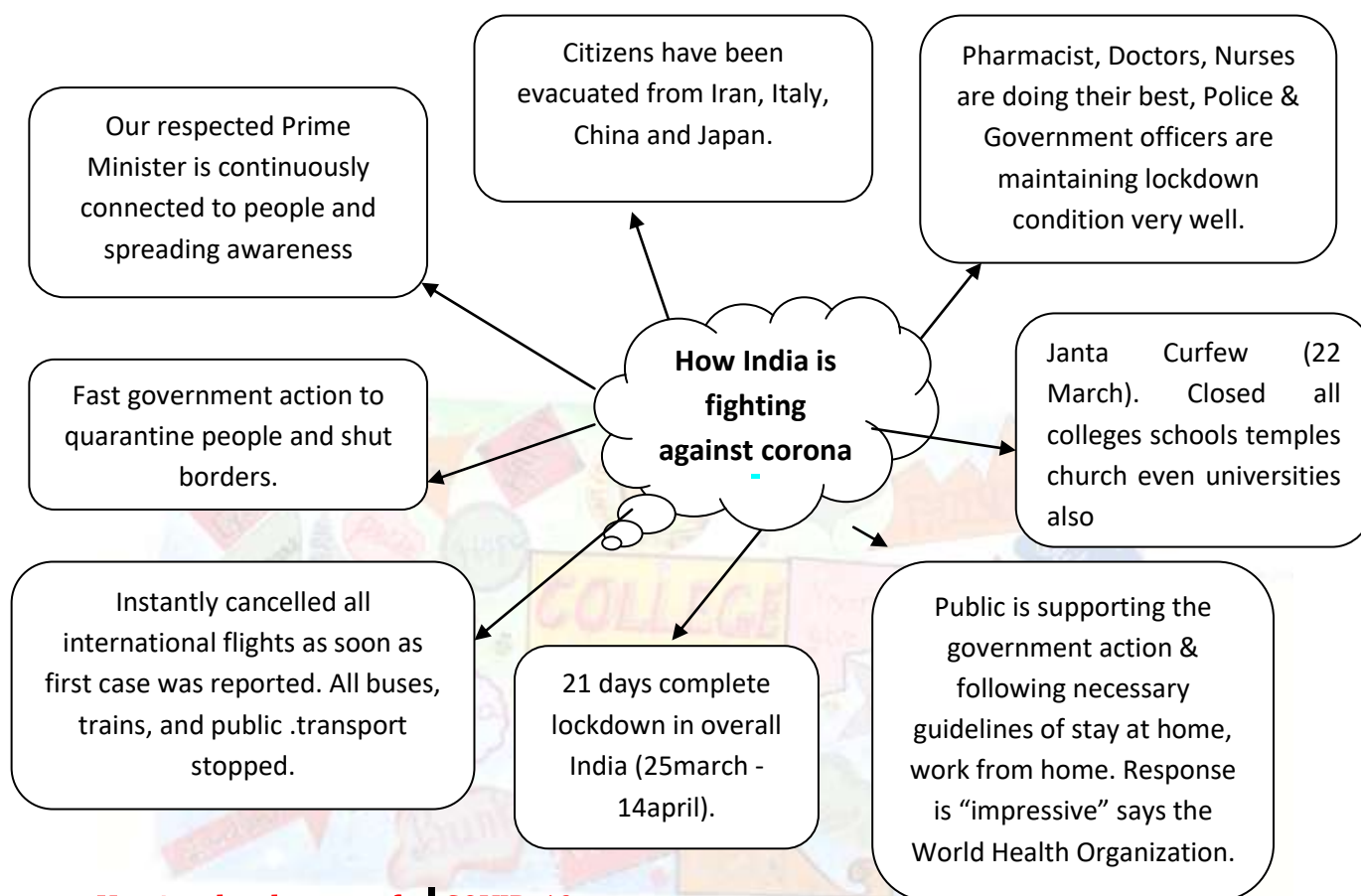
**Mistakes done by suffering countries:**

- ⊗ Medical workers must wear protective gear when dealing with patients.
- ⊗ Need to protect our medical staff.
- ⊗ Lack of resources and inadequate protection in Wuhan is what led to high rates of infection among medical professionals.
- ⊗ Officials in Australia said they did not believe there had been any human-to-human transmission of the virus in the country.
- ⊗ France and Spain have waited for too long before enforcing a lockdown.
- ⊗ Italy has failed to put together a comprehensive strategy of testing, tracking and self isolation, and these failures.
- ⊗ Seen elsewhere in Europe.
- ⊗ Avoidance of social gathering, parties, and market crowds.
- ⊗ Wuhan mayor admits that information was not released quickly enough.
- ⊗ Ignorance of people of Italy and Spain in initial case.
- ⊗ Mishandling of some of first cases contributing to hospital outbreak.
- ⊗ Instant lockdown was not taken and the flights was not cancelled which was the big mistake because of which many carrier & infected people travelled to the world.

⊗ Shortage of medical gear, mask, goggles & alc. based sanitizers.

How India is fighting against corona :

India is becoming the epicentre of the global fight against **Covid-19**. India is taking aggressive action at the public health level, and at the level of society to control, and suppress this disease.



Vaccine development for COVID-19 :

- **Pune-based Serum Institute of India (SII)**, world's largest vaccine manufacturer by volume, claims to have achieved a breakthrough in developing a vaccine for the dreaded coronavirus contagion by the year 2022 in the market. Serum Institute had partnered with the US-based biotech drug research company Codagenix to jointly develop a live-attenuated vaccine to fight the coronavirus.
- The Ministry of Science and Technology of the People's Republic of **China** has organised national key units to carry out joint research, and arranged five technical routes in parallel, including inactivated vaccines, recombinant genetically engineered vaccines, adenovirus vector vaccines, nucleic acid vaccines (mRNA vaccine and DNA vaccine), and vaccines made from attenuated influenza viral vaccine vectors.
- **Zydrus** said it is working on two approaches to develop vaccines, one is a DNA vaccine that is based on small portion of virus DNA to generate immune response and another is a live attenuated recombinant measles virus vectored vaccine against COVID-19.

✓ Do's :	X Don't:
<ul style="list-style-type: none"> Wash your hands regularly for 20 seconds, with soap and water or alcohol-based hand rub. 	<ul style="list-style-type: none"> Touch your eyes, nose, or mouth if your hands are not clean.
<ul style="list-style-type: none"> Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze. 	<ul style="list-style-type: none"> Touch on public places where is possibility of infections or objects which touched generally.
<ul style="list-style-type: none"> Avoid close contact (1 meter or 3 feet) with people who are unwell. 	<ul style="list-style-type: none"> Don't hug or shake hands for Greting
<ul style="list-style-type: none"> Stay home and self-isolate. 	<ul style="list-style-type: none"> Don't dispose napkin and tissue paper in open area.

CONCLUSION :-The current situation of 2019–2020 coronavirus pandemic demands global attention and action, 3.4% Mortality Rate estimated by the World Health Organization (WHO) as of March 3. However, the identification and confirmation of infection not only causes illness but also causes mental illness such as suicide thinking due to quarantine and isolation. However the Quarantine and isolation is only key to prevent spread of Virus. Recently Prevention is better because there is no appropriate and confirmed cure. However, improved coordination among basic and clinical scientists, pathologists, and epidemiologists also different techniques will offer new approaches to develop vaccine.



Nived R. Sahu
Aditya C. Kohekar
Parth M. Takey
Kishor R. Kaple
[B.Pharm Fourth Sem]



GENERAL ARTICLES

IS COVID-19 A BIOWARFARE- A MYTH OR WAR??

The world has been in a state of shock ever since the Corona virus outbreak happened. With over 219,338 cases and 8,969 deaths, COVID-19 outbreak has caused global panic. Despite the city of Wuhan, which happens to be the epicenter of the outbreak, quarantined and flights to China suspended, the virus has crossed international borders. Back home in India, 166 cases of corona virus have been reported so far.

Corona virus predicted in a novel- The eye of darkness written by Dean Koontz. Manish Tewari is an Indian lawyer and politician. He is a member of the Indian National Congress and represents Anandpur Sahib in the 17th Lok Sabha. He was the Minister of Information and Broadcasting from 2012 to 2014 and a Member of Parliament from Ludhiana from 2009 to 2014 also twitted about it.

Is really COVID-19 a biowar by china to lower their population, or an attack on India & America since because recently a war like condition was there between India and China? China backed only because America was with us but later started this biowar. In Italy the condition is so worsened that they have left patients to die because of lack of hospital/doctors.

Also China has put the covid19 patients in an isolated area and we do not know if the patients are getting treated or they have developed a vaccine and giving to patients.

Also a page from psychic Sylvia brown written in 2008 indicate the spread of virus in 2020

I do not say that what I am writing is true or not but there must be something behind the virus the government is hiding from us because nearly 15 day whole India is closed .What if the virus infects the patient, he/she is treated but later after some years virus becomes active after living in dormancy causing sever disasters .Only thing I can say for sure is stay safe & protected

Rushikesh Aswar
Pharm D Third Year



WHAT I LEARN DURING LOCKDOWN?

'Lockdown' a word which was never heard before and suddenly we were under lockdown which was hardly imagined by anyone of us. No airplanes flying in the sky, no trains running on the track, no roads filled with public and private transportation. Is that even true? Yes it is, because we have to fight a battle against a pandemic Covid-19 that has taken lives of many across the globe. And to stay indoors and maintain social distancing is the only tool available to control its spread and minimize the harm that it can cause.

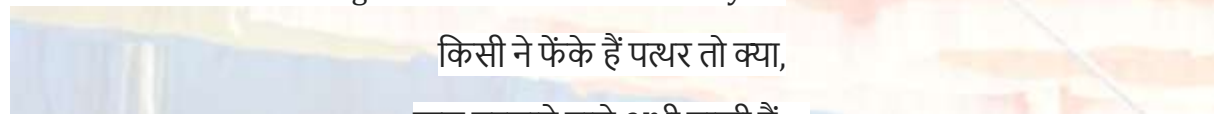
Lockdown proved to be challenging in many ways. But like it is said every coin has two sides, lockdown also gave us time to invest it in good deeds, to improve ourselves, to make good memories, it made us realize our social responsibilities and also to respect those who are the frontline warriors in this battle against covid-19.

Everyone has different experience during this lockdown period but what I learnt during this lockdown will probably be the answer of most of us. In this 21st era where we are all busy with our lives that we have no time to spend with our family, lockdown taught us the importance of having a family because things seem to be so easier when we are with our loved ones. We could feel the pain of the people who were away from their homes and tried so hard to be with their family. Some of them walked hundreds of miles to get back to their families.

It taught us the value and importance of food, where we were so unaware of the food we wasted. It taught us to stand with the under privileged and do our part of social responsibilities.

Also somewhere or the other it has made us think of the harm that we have caused to mother earth. We have been very careless towards nature which has damaged it to a great extent. But this worldwide lockdown has given nature the time to heal itself.

I learnt that no matter how worse the situation is humanity exists and we need to think humanly in every aspect of life. We come across thousands of people in life but important is to see goodness in everything. Although lockdown has taught us many good things but the number of problems encountered are no less. We hope and pray that it ends soon and life gets back to normal. Thank you.



किसी ने फेंके हैं पत्थर तो क्या,
फूल बरसाने वाले अभी बाकी हैं.....
ये मत समझो कि मर गए सभी के जज़्बात,
क्योंकि इंसानियत अभी बाकी है
इस मुल्क को तोड़ना इतना नहीं है आसां,
क्योंकि दिलों में 'हिंदुस्तान' अभी बाकी है.....

Amreen Qureshi
M.Pharm Second Year

CHANGING SOCIAL MEDIA TREND

Abstract: Social networking has been the biggest cultural shift since the industrial revolution, attracting millions of people, creating an ever-expanding social web, and revolutionizing the way we communicate. Although many changes have occurred since the fledgling steps of social networking and what it has evolved into today, improvement is a never-ending cycle. Thus, in this paper, additional methods will be explored to advance social networking overall. Most people spend a good part of their days on social media would not be an exaggeration. Not in today's world. Social media has become an integral part of people's lives and daily routines. Some are addicted to it so much that the first thing they do after waking up is to check their social media feeds.

Introduction: Social networking is becoming an exciting field of study, especially since it has been under the influence of many different trends. In this paper, the main trends of social networking will be addressed, including both events from the past, present, and future, and propositions as to new methods of improving future social networking. Given the importance of social media in consumers' lives, marketers and businesses flock to social platforms in the hope of connecting with their target customers. However, there is a content overload on social media and the competition is very high. It can be extremely difficult for you to stand out unless you have a clear social media marketing strategy.

Social Media Trends for 2020 and Beyond:

1. **Ephemeral Content Will Keep Gaining Popularity:** Ephemeral content is something that is available only for a short duration and disappears afterwards. Instagram and Snapchat Stories are perfect examples of this type of content. Today, people's attention spans are short and the way they like to consume content has also changed. This is why content formats like Stories have become popular. They are short, engaging, and addictive in a way that people can spend hours scrolling through one Story after another.
2. **Niche Social Platforms Will Perform Well:** Facebook and Instagram have long dominated social media as the largest and most popular platforms. However, in recent years, several other niche social media platforms have not only emerged but have significantly risen to fame. TikTok, for example, is one such platform that started in 2016 and immediately gained popularity among youth. B2B companies prefer LinkedIn for their social media initiatives, while the gaming community flocks to Twitch. There are several such alternative social media platforms that are gaining popularity and will continue doing so in 2020 and beyond.
3. **Instagram Will Remove Likes:** Instagram is one of the largest social networks and any major changes implemented here can shape the social media landscape. One such major change is the possibility of Instagram removing the likes feature for posts. Instagram has recently tested this proposal in a beta test and may soon apply this change globally.
4. **Social Commerce Will Expand:** Social media platforms like Instagram, Pinterest, and Facebook have long been used by brands to sell their products. Social commerce has become a new retail avenue for brands and this trend is only going to get stronger. Social commerce is well on its way to becoming a mainstream retail channel on par with other mediums like websites and offline stores.
5. **Video Content Will Dominate:** Video content is one of the most engaging forms of content and will soon dominate the social media a clear winner over all other types

of content. Whether it is short-form videos like those popular on TikTok or Stories or long-form content on YouTube, videos are the future of social media content.

6. **Influencer Marketing Will Continue to Soar:** Influencer marketing is not a new trend, but it is one that is going to stay for a while. Social media today is dominated by influencers who are getting paid exorbitant amounts to promote brands. The adoption of this trend can be seen from both perspectives. One can be seen by the sheer rise in the number of influencers on social media.
7. **More Regulatory Control and Legal Scrutiny:** While there are numerous benefits of social media, there are certain negatives that have come to light in recent years. Data privacy and security are two such issues that have made the headlines for social networks like Facebook.
8. **Higher Adoption of Augmented Reality:** Augmented reality enhances our reality by adding digital elements to it and changing the way things actually look. Social media platforms have found interesting use cases for this technology and have started leveraging it in recent years. Instagram, for example, uses augmented reality for its numerous photo filters.
9. **Increase in the Use of Social Media for Customer Service:** Social media has traditionally been a place for people to connect with their social networks and share photos and videos. However, those days are long gone and social media is now so much more than just that. It has become a retail platform, a product discovery platform, and now, even a customer service channel. A lot of brands have started recognizing social media networks as platforms for delivering customer service.
10. **User-Generated Content Will Continue to Be Popular:** Brands leveraging user-generated content is not a new trend but is a trend that is still going strong and will continue to do so. The only thing that has changed is the rate of adoption, with more and more marketers utilising UGC..
11. **The Rise of Social Media Communities:** While this is not something new, it is definitely something that is becoming more popular now than ever before. Social media communities are basically social groups that are created by brands to provide a networking platform for their customers. These are usually private groups that like-minded people can join to talk about their shared interests.

Conclusion: These are some of the trends that will dominate the social media landscape in 2020 and beyond. Leverage these trends to your advantage and stay ahead of your competitors. Social media is a dynamic and competitive space and these trends can help you ace your social media game. So, keep abreast of the latest developments around these themes and use these for your social media initiatives.

Mukta Selokar
M.Pharm Second Year

ROLE OF WOMEN IN SCIENCE

You are too good

Women you are you are so strong
You know that sense of pride you belong
You make it happen with your will
You go beyond the things to fill
The love and passion that you share
And the way you have that care
You are a role model for people around
It's always the pure love that surrounds
Being a woman that you are
You are a super star!

Women scientists have become the objects of a new field of study in the academy. In the last fifteen years a whole new field of inquiry known differently as women and science," gender in science,". India is a land of many intelligent people who have achieved several inventions. Women in science have made their contributions from earliest times; however, they have not received due appreciation and recognitions for their inventions. They make critical contributions as actors in fields such as *science, information technology and medicine, in different capacities, such as researchers, teachers and practitioners*. Yet, women's full participation in the production of science and technology is an issue of social justice.

Women, throughout the world, are valuable human resources who need to be nurtured and given equal opportunity in the field of science and technology. For centuries, women have passed on their skills on how to manage water, forests and biodiversity; use and preserve medicinal plants; adapt and cope with environmental hazards in a changing climate and manage waste and sanitation. Harnessing women's local knowledge and skills is critical for protecting, sustaining and managing the environment and its resources. Women occupy key positions at the household, local and community levels and made significant contributions to science from the earliest times. Their involvement in the field of medicine has been recorded in several early civilizations.

An ancient Egyptian, Merit-Ptah (2700 BC), described in an inscription as "chief physician", was the earliest known female scientist named in the history of science. Natural philosophy in ancient Greece was open to women. Recorded examples include Agnodike, who predicted eclipses and Theano, mathematician and physician, who was a pupil of Pythagoras and one of a school in Crotona founded by Pythagoras, which included many women.

In India, women are traditionally represented as gentler, nurturing, sensitive and intuitive, obedient and self-sacrificing and though they are not considered as less intelligent, yet they are enormously perceived to be technically less skilful than men. Their emotional and nurturing qualities are stated to help them fulfill their roles as homemakers and caretakers of the family. In their behavior and way of life, they abided very much within the bounds of tradition, yet their scientific vocations made them different. Women's technological activity and power, recognizes her as important makers and doers of things whether in the kitchen or in factories. However, unlike their

male colleagues, who inspired admiration, women scientists' for the most part invoked curiosity, as they appeared remarkably traditional in their bearing, yet quite modern in their career pursuits.

Despite the constitutional guarantee for equal opportunity, unequal proportion and position of women in the sciences is a commonly noticed phenomenon in India, like many parts of the world. Until a decade ago, questions about the gender-technology relationships rarely obtained its consequence. "Women in Science", Women have played a very crucial role in the development of Science & Technology and their contributions in a nation building exercise cannot be ignored. Science and Technology are often considered to be the forte of men. Nevertheless, the contribution of women to the progress of these areas cannot be denied or disregarded.

There have been numerous gifted and far-famed women scientists in history who have made crucial discoveries and inventions in the world of science. Prior to the twentieth century, women scientists were virtually unknown. At best, early women scientists worked in the shadows of their male counterparts and faced tremendous barriers to gaining scientific knowledge and practicing their disciplines. From **Anandhi Bai Joshi** to **Jessy Thomas**, many of such women scientists have played a central role in modern science. However, success has not been easy for women who have been ostracised from the scientific enclave and often denied recognition of their accomplishments. Though, there is very little understanding of the role of social cultural context of practice of science in producing disparities.

In comparison to the modern period, women in science were unknown since the early period. This creates a need for examining the role of women's position in science from the early period.

Women have been occupying a high place of pride and honour in India during Aryan times. They have enjoyed symbolic respect and importance in many cultures. The earliest myths and religions have often placed women at *the beginning of technologies of agriculture, law and medicine*. There are two very notable goddess mentioned in the Rig Veda, viz., **Saraswathi** and **Sinivali**. **Saraswathi** is the first female physician in the history of ancient medicine in India. She worked with the celebrated physicians called the Asvins. She is stated to be the profounder of a formula of an oleaginous medicine (*Sarswati Ghrta*) for cure of sterility in women and seminal insufficiency in men. **Saraswathi** was revered by the physicians. Where **Sinivali** was either an obstetrician or a birth attendant, who worked with or side by side with **Saraswathi**. She seemed able to prevent miscarriage. A hymn reads: "Sinivali. O' Saraswathi hold the embryo". *Raka*, *Gunga* and *Anumati* are other medical goddesses. Care of the pregnant mother and child at birth are established practices since antiquity. It seems the pregnant woman herself is also provided knowledge on management of child birth. Married women are given instructions to learn management of child birth in emergencies.

In later Ayurvedic literature, we find the qualities of the birth attendant. *Midwifery or dhatrividya* is mentioned in ancient medical texts of Egypt, Mesopotamia, China, India and Japan. They deal with problems of pregnancy, childbirth and the immediately post birth stages. Though male physicians were interested in obstetrical and gynaecological problems, midwives in pre-modern cultures were generally women. Many cultures till

today retain the image of the “wise woman”, the healer, having access to natural and supernatural knowledge.

On a brief survey of women’s condition during Vedic age, the highlight was that women enjoyed equal rights in education, politics and property. The Vedic literature mentions the names of many eminent women philosophers. Lopamudra composed two verses, Ghosha the daughter of SagaKakshivam, a learned lady. She was the most outstanding of the twenty-seven Brahmadins who voiced Vedic wisdom through hymns. Several scholarly women like **Alpala**, **Indrani Silkata** and **Nivavari** were also famous during this period. Underscoring the fact that in the Vedic tradition, women were equal partners in what was held as the highest category of human activity in scientific and spiritual inquiry.

A passage from the Atarva Veda states that, “The knowledge a woman possesses is the completion of all study”. Girls, like boys were given equal education in the Gurukulas. Some women chose to utilise the opportunities available to them. One of the reputed philosophers of those times was **Gargi**. She participated in the philosophical congress convened by **King Janaka of Videhas** and challenged **Ya-j-Navalkya** with several unanswerable questions. For, there are occasional Vedic references to **Maitreyi**, **Vishvavara** and **Apala**, as earnest seekers of knowledge and worthy disciples of great Gurus.

Women have taken challenges at ease and are fast making their entries into the fields which were once considered to be men’s domain. The number of women scientists in National laboratories and research institutions has substantially increased. Women are today ahead in all walks of life; contributing their best for the country’s development. The abilities and competence of women in scientific fields like medicine, physical, chemical and biological sciences, agriculture and other applied fields were proved from time to time as family helpmeet to Independent Professional.

Women in India are now an integral part of every sphere of science be it research, trade, policy or education. They are competent, sharp and knowledgeable and being admired as contributors in the professional as well as social community groups. Science has much to offer to women and simultaneously women have much to offer to science. However, women’s representation in scientific fields has been historically low and we significantly have higher percentage of derailment at all points along the career continuum compared to men. One of the best ways to affect a reversal of this trend is to create a pool of women to enter the field, with more confidence to face the challenges.

Finally, I feel certain that the most dramatic changes will come in the priorities of science. The first benefits may be felt for women. The National Institutes of Health have recently been censured for failing to test the effects of medication on women. *Doctors have long prescribed aspirin a day as a preventive measure against heart disease. All those tests, however, were done entirely with male subjects, no one can say whether it is beneficial for women to take a similar dose.* But benefits will go beyond innovations in science directed primarily at women. Primatology, biology, and anthropology are three sciences that have been dramatically influenced by an influx of women. Our knowledge of nature has been transformed by their efforts.

Collected by-Sayali Jadhav
M.Pharm Second Year

HOW TO OVERCOME ANXIETY DURING LOCKDOWN?..

Issued in interest of public mind...



No need to be worried....!!

Let's talk this out....!!! To my isolated friends.....!!!

It is an anxious and worried place where we are all trying very hard to cope up with covid-19 crisis.

Yet there is no direct relationship of corona and mental health but lot of people are experiencing harsh outcomes regarding fear and anxiety. Its okay to be afraid about this stuff.

But if u are googling every itch and sneeze then my friend you are obsessing over it and it's time u need to really avoid endless corona coverage, keeping yourself updated is another thing but obsessing over news 24x7 might lead the breakdown due to lockdown..

So... What we need to do..

What should one do

Is there any way...?. To feel relieved even in this crisis...

What date is it..? What day?. Lost count..... Ah well me too.....



But.....????????????

Winston Churchill once said
 "If you are going through hell, keep going"
 That's pretty deep but it implies that you might be
 surprised with the outcomes. You may come as a
 stronger one.
 Difficult days don't last. It is our responsibility to
 see a silver lining in every situation and count the
 joy in every trial.
 I know this entire sound very cliché and
 impractical or may be possible in some sort of
 parallel universe but...



Welcome to the real world

Now to the class of 2020.

Exams are getting postponed and then the postponed date is getting postponed and we are pretty clueless at this point..so.....

- ✓ Reframe "I am stuck inside" attitude towards "I can finally focus on my home and myself"

- ✓ Call that school friends who reminds you of empty classroom and simpler times
- ✓ Rekindle that hobby u lost in 9 to 5 rush, sketch a scenery
- ✓ Move Do not stick. Make your cupboards, move your furniture, help in the kitchen, god is watching, do your bit



- ✓ Talk..... talk to your parents, siblings, and friend anyone you should check on and listen to their stories and tell them yours.
- ✓ Cook for mom, help dad in accounting, play and laugh a little.
- ✓ Love your closed ones your family.....you've been taking them granted for some time now. Take some longer time and describe what you love about them.. .don't shy away from emotions as it turns out we are on a deadline on this planet.....
- ✓ Start reading books..... Those you have abandoned, they are waiting for u to read them, stop ghosting them. We all know you are pretty, just don't touch your face every 2 minutes and life will be better for all of us.... As soon as you finish reading this go wash your hands. May be this is just another roadblocks.

- ✓ Stupidity of WhatsApp forward is endless ...check facts before u forward anything. Law's watching you..... Ironically in our country every issue somehow comes down to religion..... I am not here to debate that is right, who's wrong.... I am here to ask, is the right time to fight, really??
- ✓ For some out there, let go of the urge to grab a smoke, may be this lockdown will help you get out of the habit, let go of your indulgence, perhaps...



**We are gonna WIN
this fight.....**

No matter what anyone says we are gonna win this fight. There's no other way.....

Stay safe and don't let yourself get bored.. do something . And make yourself a colorful quarantine. Pray for the ones who are affected and the ones treating them..and

Don't let this be a story of how we fell
But a story of how we rose together. Hang in there buddy .we got this Love ..

**Snehal Dongare
B.Pharm Sixth Sem**



MENTAL HEALTH DURING LOCKDOWN

2020 its challenging year about the health to India. And challenging thing is COVID -19 (Coronavirus)an infectious disease. Day by day through social media,news channels we gets the updates of COVID -19.To fight against this disease Government declares lockdown for period of time. Due to lockdown socially we connect to peoples only through social media. It's impact on colleges, schools, corporate offices, some government offices, movie theatres and so on. Only daily needs are available.

Coronavirus has plunged the world into uncertainty and the constant news about the pandemic can feel relentless. All of this is taking its toll on people's mental health, particularly those already living with conditions like anxiety and OCD. So how can we protect our mental health?

"A lot of anxiety is rooted in worrying about the unknown and waiting for something to happen - coronavirus is that on a macro scale," agrees Rosie Weatherly, spokesperson for mental health charity Mind.

So how can we protect our mental health?

Limit the news and be careful what you read:

Reading lots of news about coronavirus may leads to panic attacks for people of emotionally weak. Having long periods away from news websites and social media it helps to manage anxiety. Limit the amount of time you spend reading or watching things which aren't making you feel better. Perhaps decide on a specific time to check in with thenews. There is a lot of misinformation swirling around - stay informed by sticking to trusted sources of information such as government and NHS websites.

Have breaks from social media and mute things which are triggering:

Trying time away from social media, watching TV or reading books instead.

- Mute key words which might be triggering on Twitter and unfollow or mute accounts
- Mute WhatsApp groups and hide Facebook posts and feeds if you find them too overwhelming.

Wash your hands - but not excessively

OCD Action has seen an increase in support requests from people whose fears have become focused on the coronavirus pandemic. For people with OCD and some types of anxiety, being constantly told to wash your hands can be especially difficult to hear. For a lot of people with OCD, getting better means being able to leave the house - so self-isolating can present another challenge. If we're forced to stay at home, we have lots of time on our hands, and boredom can make OCD worse.

Stay connected with people:

Staying in touch with those you care about will help to maintain good mental health during long periods of self-isolation. Strike a balance between having a routine and making sure each day has some variety.

For some people it might end up actually feeling like quite a productive or restful period. You could work through your to-do list or read a book you'd been meaning to get to.

Avoid burnout:

With weeks and months of the coronavirus pandemic ahead, it is important to have down time. Mind recommends continuing to access nature and sunlight wherever possible. Do exercise, eat well and stay hydrated. UK suggests practicing the "Apple" technique to deal with anxiety and worries.

- Acknowledge: Notice and acknowledge the uncertainty as it comes to mind.
- Pause: Don't react as you normally do. Don't react at all. Pause and breathe.
- Pull back: Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think. Thoughts are not statements or facts.
- Let go: Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.
- Explore: Explore the present moment, because right now, in this moment, all is well. Notice your breathing and the sensations of your breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell right now. Then shift your focus of attention to something else - on what you need to do, on what you were doing before you noticed the worry, or do something else - mindfully with your full attention.



Kalyani Kadam
M.Pharm Second Year



“मैं क्यों हूँ और कौन हूँ”।

I am from a generation which is so busy to figure out difference between feminism and pseudo-feminism that they forget that there is still a section in our society which is oppressed, oppressed so much beyond the limits of feminism and pseudo-feminism.

So हम सब भूल गये है कि many people are progressing but still एक sector है women का जो अभी भी वही पर है ...

मेरी भी एक आहुति उसी यज्ञमें.....

मेरी हिम्मत मेरा हौसला मेरी उड़ान देखकर पूछते है लोग अक्सर ,
मैं कौन हूँ, मैं क्या हूँ।

मैं क्यों इतनी बेहया हूँ।

मैं क्यों नहीं रह सकती सिमटकर।

क्यों मैं मचलती हूँ इन हवाओं में।

मेरे चेहरे पे ये हँसी क्यों है ?

क्यों नहीं मैं मौन हूँ ?

मेरा अस्तित्व क्यों है खिला खिला

क्यों नहीं मैं गौन हूँ?

All these years I have been ask like million times that why am I like this? I guess the question is targeted to all women that why they are like this?

I wish I could tell them that I m not made in me or any women is not made in her, she is the scuffle and hope of year long efforts that not just by women but men around to change the whole generation.

जो बीता इतने साल उन सब को बांध के कंधे पे दालकर चलती हूँ, मत पूछना ये गठरी कितनी भारी है,क्यों कि मेरी लड़ाई आज भी जारी है।

आज मैं सबको एक जवाब देना चाहती हूँ शायद उन जख्मों के कुछ हिसाब लेना चाहती हूँ।

जो किया सुना और देखा उतनाही बताती हूँ। आपके सामने औरत की एक तस्वीर नईसी बनाती हूँ।

घर घर जाकर औरत उसके हालातसे मिलकर आई हूँ।मैं कौन हूँ, मैं क्या हूँ, बस यही बताने आई हूँ, अपने साथ अपने प्रतिबिम्ब की एक झलक दिखाने आई हूँ।

मैं कौन हूँ मैं क्या हूँ सवाल अच्छा है, मगर अच्छाईका मोहताज नहीं।

क्योंकि, मैं वो हूँ जो युगों तक कुचली युगों तक रौंधि गई, आँख की शर्म बताकर चूले में औंधी गई।

मैंने कुछ नभी सहा मैं बरसो पुरानी लगी आग हूँ नई सी बोतल में वही पुरानी शराब हूँ।उम्र में थोड़ी कच्ची हूँ पर अब नहीं मैं बच्ची हूँ, देखा मैने असिफ़ा को अब और नहीं मैं अच्छी हूँ।

मैं चुप हूँ

मैं मौन हूँ

मैं पूरे नबका शोर हूँ

मैं कौन हूँ?

मैं मोम की गुड़िया नहीं, न वो सजावट का खिलौना हूँ।बरसो....बरसो से मैंने तराशा जिसे,मैं वो सपना सलोना हूँ। क्यों कि मैं वो नहीं जो दिखाई देती हूँ, मैं सिर्फ ज़हन में सुनाई देती हूँ और मेरीभी कुछ परते है

जीवनकी कुछ शर्तें है। मेरे ख्वाब सुनहरे है कुछ काले कुछ गहरे है। मेरी आँखें भूरी है पर इनमे चाकू छुरी है।

आँख मिलाके देखो तुम इनमे कितनी मजबूरी है। मैं आज यंहा कुछ कह दू तो देना मुझको तुम दोष नहीं, मगर मेरे अधूरे ख्वाबो का ये अंतिम विस्फोट नहीं।

मैं कौन हूँ?

मैं बारूद न गोली हूँ। मैं उसे चलाने वाले का हौसला जरूरी हूँ। क्योंकि मैं वह नहीं जो दिखाई देती हूँ मैं लबोसे सुनाई देती हूँ। और मैं देश का अभिमान हूँ मैं कल्पनाकी उड़ान हूँ। मैं कश्मीर की सुंदर वादी ही नहीं, मैं देशका रेगिस्तान हूँ। मैं मीरा की भक्ति हूँ मैं टेरेसाका सम्मान हूँ।

मैं नहीं राम की सीता, मैं वो दुख हूँ जो उस पर बिता। मैं द्रोपदी नहीं महाभारतकी, मैं उस अपमान का परिणाम हूँ। युगों युगों तक चलनेवाले औरत का तिरस्कार हूँ।

मैं कौन हूँ ?

तुलसीदास की कुछ लाइन्स थी, की ढोल, गवार, शुद्र, पशु और नारी ये सब ताडनके अधिकारी है (ये सब मारनेके लिए बने है) तो मैं कौन हूँ ?

तुलसीदास से कह देना उनकी सोच के आगे का जहा हूँ मैं। मैं वो नहीं जो खुदमें शर्मिदा हूँ, मैं खेलखिलाती हूँ क्योंकि मैं एक आजाद परिदा हूँ।

और सारे मौलवी सारे पंडित ये सब एक फ़साना है, सबसे पहला धर्म मेरा खुदमें ही खोजाना है।

मैं मंदिर का दिया हूँ।

मैं जंगल की आग भी।

अपने सारे ख्वाबो की पहली पहली परवाज भी।

आज अपमान के प्यालो में शराब भी पीती हूँ, चौसट में हारी हुई उस अबला की साड़ी भी सीती हूँ।

मैं कौन हूँ ?

मैं सिर्फ होली का रंग नहीं, मैं होलिका दहनकी आग हूँ।

क्योंकि मैं वो नहीं जो महबूब के होठोसे सुनाई देती है, मैं वो हूँ जो खुद को खुद की नजरों से दिखाई देती है। और मैं कोई खनकती चूड़ी नहीं, मैं वो ख्वाहिश अधूरी हूँ, मैं माँ के हाथकी पूरी नहीं मैं तेल में जलती मजबूरी हूँ। मैं पायल का शोर नहीं मैं चीख हूँ उन रातोकी, हाथोसे जिसने बड़ा किया (पापा), मैं ख्वाहिश हूँ उन आँखोंकी, आग में जलती जलती जो छोड़ गई मैं ख्वाहिश हूँ उस माँ की।

मैं दबी हुई आवाज हूँ, बिता कल, आज और एक ख्वाब हूँ।

मैं कौन हूँ ?

मैं साड़ी से छलकता बदन नहीं अपने आराम का लिबाज हूँ और मैं पुरानी रिवायतों की शाम नहीं एक नई सोचकी आगाज हूँ।

मैं कौन हूँ, मैं क्या हूँ?

और मेरा परिचय अधूरा रह जाएगा, अगर मैंने नहीं बताया कि मैं सारे जायज़ इरादों की एक नाजायज़ आवाज हूँ।

बरसो से जिसे मेरी माँ ने देखा उस का एक प्यारासा ख्वाब हूँ।

बिते काले कल का एक सुंदर से आज हूँ।

चहकती चिड़ियों में शायद एक लौता बाज़ हूँ।

पर मुझे महसूस करके देखो मैं सिर्फ एक जज़्बाद हूँ, मैं सिर्फ एक जज़्बाद हूँ।

भावना???

भावना! काय असतात? कशा असतात? का बरं असतात? असे प्रश्न नेहमीच डोकावत राहत असतील सर्वांच्या मनात ; पण कधी विचार केलाय का भावनांचा शोध घेण्याचा?

जेवढे सजीव पशु-पक्षी आणि मानव या भूतलावर आहेत त्यांना सजीवता, परिपूर्णता आणणारी गोष्ट म्हणजे “भावना”, हा तसा खूपच छोटासा शब्द आहे; परंतु यात एक प्रकारची गहनता आहे. हा शब्द सिमित बिल्कूलच नाही. माझ्या मते भावना म्हणजे इंद्रधनुसारख्याच असतात, जसे यात विविध रंगांच्या छटा असतात तसेच भावना पण विभिन्न छटांमध्ये पहायला मिळतात जसे की प्रेम, राग, मत्सर, लोभ, सुख, दुःख, पश्चाताप, विरह, भीती, काळजी इ. मानवी जीवनात या सर्व भावनांचा मेळ असणे आवश्यक आहे.

आता प्रश्न असा येतो की, भावनांचा मेळ म्हणजे काय? तर माणसाला भावनांवर प्रभुत्व असल पाहिजे, एक प्रकारचा बांध असला पाहिजे. कोणती भावना कधी, कुठे, कोणा व्यक्तीसमोर प्रकट झाली पाहिजे याच भान असलं पाहिजे. आपण भावनांना ताब्यात ठेवलं पाहिजे, भावनांनी आपणास नाही आणि हा भावनांचा खेळ हा वाटतो तेवढा सोपा नसतो. जर या खेळात आपण मेळ नाही साधला तर नको तो अनर्थ होण्याची शक्यता असते.

व्यक्ती तितक्या प्रवृत्ती हि म्हण तर सर्वांनाच माहितच आहे. याच उक्तीप्रमाणे व्यक्तीची भावना हि प्रत्येकांप्रती वेगळी असते, यातही भेदभाव असतो असे म्हणायला अपवाद नाही. उदाहरणार्थ, एखाद्या प्रती प्रेम असणे किंवा एखाद्याचा द्वेष वाटणे, राग येणे इ. आणि भावना या रंग बदलणाऱ्या सरड्यासारख्या असतात, त्या कधीही बदलू शकतात; जसे हि, एखाद्या वर जर प्रेम करत असलो तर त्याची कोणती तर गोष्ट खटकते आणि मग त्याचं परावर्तन रागात होत.

या भावना म्हणजे जरा अनपेक्षितच असतात म्हणा. काही भावना या क्षणिक असतात, तर काही दीर्घकालीन. क्षणिक भावना या दवबिंदूसारख्या असतात, त्यांचे अस्तित्व फक्त काही वेळेपुरतच राहत आणि मग हळू हळू त्या विलीन, पूसट होत जातात बाश्पासारख्या आणि याच्याच विरुद्ध या दीर्घकालीन भावनांचा राहत, या माणसांच्या मनात जसं मधमाशांचं पोळ राहत ना तस घर करून राहतात अन त्या मधमाशांसारखं सतत डोक्यात घोंघावत राहतात. पण हे सर्व माणसाच्या मानसिकतेवर अवलंबून आहे, की कोणती बावन हि क्षणिक ठेवायची आणि कोणती दीर्घकालीन ठेवायची.

काहीजण खूपच भावनाविवश राहतात, त्यांना भावनांवर नियंत्रण ठेवता येत नाही. अशा व्यक्ती या भावनेच्या भरात खूपच वाहून जातात. मला वाटत की, भावनाविवशता हे लाचारतेच लक्षण आहे. समोरच्या ज्या व्यक्तीला आपल्या भावनेचे मोल नाही तिथे नेहमी का जायच, आपल्या भावना या एवढ्या कवडीमोल पण नसतात की दुसरे त्यांची किंमत ठरवतील. काही लोक असे पण असतात की ते या भावनाविवशतेचा गैरफायदा घेतात आणि एखाद्या कळसूत्री बाहुल्या सारखे त्या व्यक्तीला वागवतात. म्हणून भावनांना थोडा आवर घातलेलाच बरा.

आता आणखी पण काही व्यक्ती असतात की ज्या भावना व्यक्त करू शकत नाहीत, त्या मनातच वारूळ करून बसतात आणि मग त्याचं ओझं आयुष्यभर वागवत फिरायचं, याला काही अर्थ नाही. कधी कधी भावनांना संथपणे वाहू दिलेलं बर पण अचानक उद्रेक करायचा नाही. भावनांचा उद्रेक हि ज्वालामुखीसारखा असतो म्हणलं तरी वावग ठरणार नाही कारण या अनियंत्रित लाव्हासारख्या असतात. त्यांना नियंत्रणात नाही ठेवलं तर अनर्थ हा अटळ आहे. जसे की, एखाद्याबद्दल

आपल्या भावना आपण स्वतः व्यक्त करू शकतो पण एखाद्यावर लादू शकत नाही. त्या भावना कितपत योग्य आहेत, हे आपल्यापेक्षा जास्त समोरच्या व्यक्तीच्या मानसिकतेवर आणि विचारसरणीवर अवलंबून राहत. मला असं वाटत की भावना या अगदी छोट्याशा रोपट्यासारख्या असतात, त्याला जसं खतपाणी घालू, वातवरण देऊ तशी त्याची वाढ होते तसेच ज्या प्रकारे आपण भावनांना खतपाणी घालू, वातवरण देऊ तश्याचा त्या मनात रुजत जातील.

(फार्म. डी. ५ वे वर्ष)

Poem/कविता



माणूसच आहे माणसासाठी

धावपळीचे जीवन
माणूस धावता पैशासाठी
आज कळले आम्हाला
माणूसच आहे माणसासाठी.....

मंदिरात गेलो मशीदीत गेला
गेलो देव शोधण्यासाठी
शोधता शोधता आज कळले
माणूसच आहे माणसासाठी.....

विसरलो होतो कुटुंबाला
विसरलो होतो गावाला
विसरलो होतो संस्कृती फक्त पैशासाठी
आज कळले आम्हाला
माणूसच आहे माणसासाठी
नको विसरु कुटुंबाला
नको विसरु गावाला
त्या पाश्चात्य संस्कृतीसाठी
आज कळले आम्हाला
माणूसच आहे माणसासाठी.....

आपली संस्कृती आपले राष्ट्र
आहे आपल्याच हितासाठी
विसरूया जात, धर्म, पंथ
कोरोना च्या लढाईसाठी.....

Aditya kohekar
B.Pharm Second Year

येळ आलीया

पाखरू झालंया मोठं
घरटं सोडायाची येळ आलीया

चोचीत दाना मागणं सोडून
भुरकन उडायाची येळ आलीया

सोडून माग लाड अन् जिह्वाळे
पंख पसरायाची येळ आलीया

कवापरित राहील तान्हुलं
बोट सोडायाची येळ आलीया

भल्या मोठाल्या या जगात
नशीब आजमावयाची येळ आलीया

आता घे तू भरारी
उंच उडायाची येळ आलीया

(स्वप्न,नोकरी,स्वतःची ओळख निर्माण करण्यासाठी प्रत्येकालाच आपलं घर सोडून जावं लागतं,काहींना तर देश सोडावं लागतं. ती एक वेळ,तो एक क्षण येतो प्रत्येकाच्या आयुष्यात, जिथे काही मिळवायला काही गमवाव लागत, त्यालाच अनुसरुन ही कविता.)

-Khushi V. Patil
B.Pharm Second year

बाप

बाप समजण्या आधी , साथ सोडून गेले
तो मरताना उरी , भार ठेवून गेले

दिवसा मागे दिवस सरत गेले
तुझ्या हाके साठी कान आटुन गेले

असतोच मनातही, मुक्या वेदनांचा जाळ
सलणार्या राजीत, अश्रु गोठुन गेले

रित्या घरात फिरे ,जागवत भास सारे
काजळ वेदनेचे ,काळ लावुन गेले

झकलेले खांदे अन् कणा ही तुटलेला
अखेरचा होता श्वास ,जीव वळुन गेला

तुझ्या कृपेस देवा, शरण आले होते
बेवारस तु सुध्दा, मला सोडून गेला

बाप समजण्या आधी, साथ सोडून गेले
तो मरताना उरी भार ठेवून गेले.



Sayali Jadhav

M.Pharm Second Year

माझे...बाबा

कुठेच नाही माझे...बाबा
करूनेचे तळहात पोरके...बाबा

आकांत श्वासात, शांतता कुजबुज टाळे माझे...बाबा
ना शुन्य आसपास, काळोख मावळे माझे...बाबा
असे जवळ तसे दुर भांबडे अंतराळ माझे...बाबा

कुठेच नाही माझे...बाबा
करूनेचे तळहात पोरके...बाबा

असेल आहे असणार, कुणी शब्द गाळले माझे...बाबा
अपराध असा परमेश्वराचा, का? तेज लोपती माझे...बाबा
अभेदय चौकट अश्रुंची, चित्र पुराणे माझे...बाबा

कुठेच नाही माझे...बाबा
करूनेचे तळहात पोरके...बाबा

Sayali Jadhav
M.Pharm Second Year

एक स्त्री...

मनातल्या भावना मनात ठेवते
दुसऱ्यांच्या आनंदात आनंदी राहते
अशी असते उदार मनाची ती
तिला आपण जाणतो म्हणूनी **एक स्त्री....**

कोणी तिला म्हणतं आई..
कोणी तिला म्हणतं ताई..
अश्या या जगात बनून राहते ती
आपल्या सर्वांची माई..
अशी असते उदार मनाची ती
तिला आपण जाणतो म्हणूनी **एक स्त्री....**

आशा निराशा कि तीही असल्या तरी
सर्वांसाठी करते धावपळ जि वापरी
अशी असते उदार मनाची ती
तिला आपण जाणतो नावाने **एक स्त्री...**

ती आहे सुगंध मातीचा
गंद फुलांचा जुई ,चाफ्याचा
निर्मळ छाया झाडाची ती
असो प्रिय स्त्री सोबतीशी
डोळे तिचे पणावती पाहता कुणाचे दुःख
करते ती माती जीवाची पाहण्या दुसऱ्यांचे सुखं

असे असोनिया खरे तिचे मन नेहमी झुरते
जसे वासरू नसल्यास गाय घाबरते
कितीही झाला त्रास तरी सहन करते जी
सावित्रीच्या रूपात जणू महालक्ष्मीच की
अशी असते उदार मनाची ती
तिला आपण जाणतो म्हणूनी **एक स्त्री...**

-संकेत बोबडे
बी. फार्म पहिले वर्ष

माझी बेस्ती...

ही आहे गोष्ट एका गोड नात्याची
 मी आहे एक आणि माझ्या मैत्रिणीची.
 ती मला जे जे केलं ते ते सांगते
 माझे दिलेले सर्व सल्ले ती मानते.
 भांडण कितीही झालं तरी ती भांडते
 पण सरांषाशी मला चूक समजून सांगते.
 अश्या या नात्याला काय मी वर्णू
 संकटांना आम्ही सहजपणे गिरवू.
 समजायचो आम्ही एकमेकांना वैरी
 बोलण्याने झालो एक गोड कैरी.
 गैरसमज होते तिचे माझ्याशी
 काही शब्दांनी केले सर्व नाहीशी.
 धावपळीच्या युगात कोणि नाही कोणाचे
 पण मैत्रिणीला माझ्या नाव आहे वेदांचे.
 सर्वाना मिळो अशी एक वाणि
 जिच्यामुळे होतील पूर्ण जीवनाची गाणी.
 ज्याला पण लाभली अशी ही नाती
 त्यालाच कडेल उर्जा स्त्रीजातीची.
 मैत्रिणीची छाया असते नेहमी टेस्ती
 इंग्लिश मध्ये म्हणतात तिला बेस्ती...
 इंग्लिश मध्ये म्हणतात तिला बेस्ती...

-संकेत बोबडे
बी. फार्म पहिले वर्ष



महापूर

फाटलं आभाळ, आला पुराचा ह्यो घाला,
थाटल्या संसाराला लागे कुणाचा रे डोळा...

घर गेली, जमीन गेली, गेली वाहून गुर ढोर,
थांबवू तरी कसा देवा हा आसवांचा महापूर...

बघुनी मृत्यूचा तांडव जीव झाला थरकाप,
फेडतुया ज्याची फळ, असं काय केल रे पाप...

लढतुया अजूनही, नाही झुकलीया मान,
मनामंधी जिवंत आहे आशेचा नवा गावं...

नको खोटी संवेदना, आता नको खोटी बात,
मांडाया मोडलेला डाव, हवी माणुसकीची साथ...

उगवण्या नवी सूर्य पहाट, पुन्हा उसळावी माणुसकीची लाट...
उगवण्या नवी सूर्य पहाट, पुन्हा उसळावी माणुसकीची लाट...



नितीन चेके (NVC)
बी. फार्म तिसरे वर्ष

शेतकरी राजा

शेतकरी राजा माझा कसा राबतो शेतात
खातो चटणी भाकर जगी जीवन कष्टात

कष्ट सारे त्याचे हाती जीवनात त्याच्या विसावा नाही
तरी माप हे पैशाचे हातामन्ही त्याच्या नाही...

ऊन वार्याशी खेळतो पाऊस पाण्याशी लढतो
पोसण्या जगाचे उदर उभ्या वादळाशी झुंजतो

किती सोसलंय त्यांन किती झालाय अन्याय
भूमिकेला बळीराजाच्या नाही मिळालाय न्याय

तोडण्या अन्यायाची दारं आता तो हि झाला खंबीर,
डावलुनी आत्महत्येची वस्त्र अजूनही लढतो झुंझार,
झुगारून आत्महत्येच खुळ कसा लढतो झुंझार...

नितीन चेके (NVC)
बी. फार्म तिसरे वर्ष



निर्भया

स्वकथित मर्द ते
काम नामर्दाचे केले...

विकृतीशी लढताना त्या,
निर्भयाला पुन्हा मरण आले.

माणसानेच माणुसकी आज,
भर रस्त्यात निर्वस्त्र केली...

नपुंसक समाजाची मानसिकता आज,
पुन्हा चव्हाट्यावर आली...

लचके तोडताना हरिणीचे,
हात त्यांचे का थरथरले नाही,

मनुष्य म्हणवणाऱ्या त्या निर्दयीना,
त्यांची माऊली का आठवली नाही...

कित्येक मेणबत्या लागल्या असतील,
फरक मेणबत्तीने पडेल का?

मेणबत्तीच्या त्या प्रकाशाने खरंच,
समाज सुधारेल का?

नितीन चेके (NVC)
बी. फार्म तिसरे वर्ष

Fine Art

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Shruti Iyengar
Pharm.D Third Year



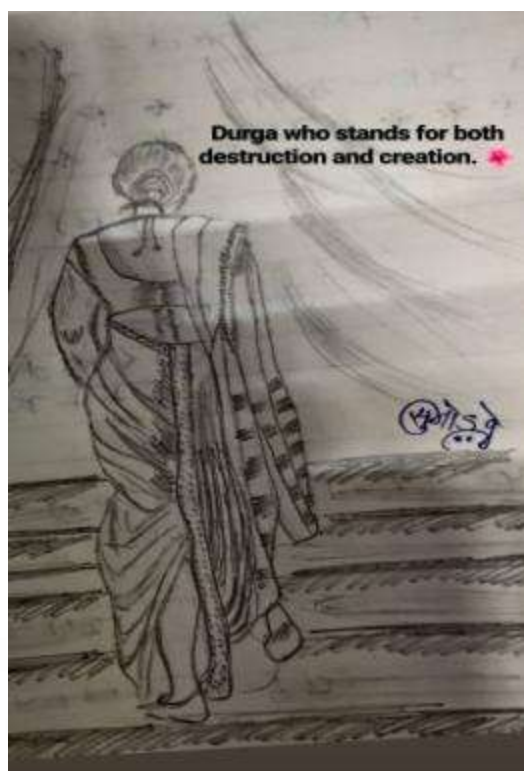
Shruti Iyengar
Pharm.D Third Year



Shruti Iyengar
Pharm.D Third Year



Shruti Iyengar
Pharm.D Third Year



Sunil Godwe
B.Pharm Sixth Sem



Sunil Godwe
B.Pharm Sixth Sem



Sunil Godwe
B.Pharm Sixth Sem



Sunil Godwe
B.Pharm Sixth Sem



Khushi V. Patil
B.Pharm Fourth Sem



Khushi V. Patil
B.Pharm Fourth Sem



Khushi V. Patil
B.Pharm Fourth Sem



Khushi V. Patil
B.Pharm Fourth Sem



Nisha Khobragade
Pharm.D Fifth Year



Nisha Khobragade
Pharm.D Fifth Year



Yuga Patil
B.Pharm Sixth Sem

GCOPA RANGOLIS



NSS ACTIVITIES





दि. २१/०६/२०१९ रोजी जागतिक योग दिनाच्या निमित्ताने महाविद्यालयाचे रासेयो पथक हनुमान व्यायाम प्रसारक मंडळाच्या मैदानावर सामूहिक योग या कार्यक्रमात उत्साहाने सहभागे झाले. तसेच महाविद्यालयात श्री श्री फौंडेशन अमरावती व रासेयो विभाग यांच्या वतीने सकाळी ७ वाजता जागतिक योग दिनानिमित्त योग प्रशिक्षण कार्यक्रम घेण्यात आला. या कार्यक्रमासाठी श्री श्री फौंडेशन च्या वतीने डॉ. साधना बोरखडे यांनी दैनंदिन जीवनात योगाचे महत्व व योग साधना यामुळे निरोगी शरीर, आकलन शक्ती, एकाग्रता इ. वर होणारे परिणामांबाबत सविस्तर मार्गदर्शन केले. योग्य ट्रेनर डॉ. साधना बोरखडे व सौ. रेखा सोलव यांनी उपस्थित रासेयो स्वयमसेवक व इतर कर्मचारी यांना योगाचे धडे दिले. यावेळी प्राणायाम, सूर्य नमस्कार, पद्मासन व इतर योग्य धडे देण्यात आले.



शासकीय औषधनिर्माणशास्त्र महाविद्यालय अमरावती येथील राष्ट्रीय सेवा योजना पथकाद्वारे दि. १५/०७/२०१९ रोजी भव्य रक्तदान शिबिराचे आयोजन करण्यात आले. शिबिराचे उदघाटन डॉ. सोमवंशी, अधिष्ठाता, पं. दे. मे. वै. म. अमरावती, डॉ. श्रीरंग ढोले, प्राचार्य, होमिओपॅथिक महाविद्यालय, अमरावती, प्रा. धनवटे सर, संचालक श्रद्धानंद संस्था,

अमरावती व महाविद्यालयाचे प्राचार्य डॉ. एस. एस. खडबडी यांच्या हस्ते फित कापून करण्यात आले. कार्यक्रमाची सुरुवात संत गाडगे बाबा यांच्या पवित्र स्मृतीस अभिवादन करून करण्यात आली. याप्रसंगी डॉ. शामसुंदर निकम, जिल्हा शल्य चिकित्सक यांनी शिबिरास भेट देऊन रक्तदात्यांना जास्तीत जास्त रक्तदान करण्याचे आवाहन केले. याप्रसंगी सर्व मान्यवरांनी रक्तदानाचे महत्व विशद केले. रक्तदान शिबिरात एकूण ५१ रक्तदात्यांची रक्तदान केले. हे शिबीर आयोजित करण्यासाठी रासेयो कार्यक्रम अधिकारी डॉ. कुंदन पाटील व रासेयो स्वयंसेवक यांनी अथक परिश्रम घेतले. सदर कार्यक्रमासाठी महाविद्यालयातील प्राध्यापक वृंद, शिक्षकेतर कर्मचारी तसेच विद्यार्थी वर्ग मोठ्या संख्येने सहभागी होते.



महाराष्ट्र शासनाचा महत्वाकांक्षी प्रकल्प ३३ कोटी वृक्ष लागवड मोहिमेअंतर्गत दि. ११/०७/२०१९ रोजी महाविद्यालयाच्या रासेयो विभागातर्फे वृक्ष लागवड व वृक्ष संवर्धन कार्यक्रम आयोजित करण्यात आला. यावेळी वृक्षारोपण व वृक्षसंवर्धन या विषयावर जनजागृती करण्याकरिता महाविद्यालय परिसर ते नवसारी मार्गावर वृक्षदिंडी काढण्यात आली. या वृक्षदिंडीत विविध औषधी व बिगर औषधी वनस्पती रॅलीतुन लोकांपर्यंत पोहचविण्यात आली. रॅलीचा समारोप महाविद्यालयात करण्यात आला व त्यानंतर

महाविद्यालयाचे प्राचार्य डॉ. एस. एस. खडबडी यांच्या हस्ते वृक्ष लागवड करून कार्यक्रमाचे औपचारिक उदघाटन करण्यात आले. रासेयो स्वयंसेवक यांच्या वतीने सुमारे १०० औषधी व बिगर औषधी वनस्पती कलमांची लागवड करण्यात आली. यावेळी रासेयो स्वयंसेवक यांना वर्षभर वृक्षांना पाणी घालण्याचे व जोपासण्याची जबाबदारी वाटून देण्यात आली. कार्यक्रम यशस्वीतेसाठी रासेयो कार्यक्रम अधिकारी डॉ. कुंदन पाटील, महिला कार्यक्रम अधिकारी डॉ. नाझमा इनामदार, डॉ. एस. एल. देवरे व इतर शिक्षक व शिक्षकेतर कर्मचारी यांनी सहकार्य केले.



राष्ट्रीय सेवा योजना, महाराष्ट्र शासन व संबंध आरोग्य संघटना यांच्या संयुक्त विद्यमाने आयोजित महाराष्ट्र तंबाखू व्यसनमुक्त सामूहिक शपथ कार्यक्रमात दि. ११. ०७. २०१९ रोजी तंबाखू व्यसनमुक्तीसाठी सामूहिक शपथ घेतांना स्वयंसेवक, विद्यार्थी व प्राध्यापक.....



दि. १५/०८/२०१९ रोजी तंत्र शिक्षण संचालनालयात, महाराष्ट्र राज्य येथील मा. संचालक डॉ. अभय वाघ यांनी महाविद्यालयास सद्विच्छा भेट दिली असता महाविद्यालयाचे प्राचार्य डॉ. एस. एस. खडबडी यांचे हस्ते सत्कार करण्यात आला. याप्रसंगी सहसंचालक डॉ. डी. व्ही. जाधव, प्राचार्य मोगरे व इतर मान्यवर उपस्थित होते.



आज दि. २ ऑक्टोबर २०१९ रोजी महाविद्यालयात महात्मा गांधी जयंती व लालबहादूर शास्त्री जयंती साजरी करण्यात आली. महाविद्यालयाचे प्राचार्य डॉ. एस. एस. खडबडी यांचे हस्ते म. गांधींच्या प्रतिमेस पुष्पहार अर्पण करून अभिवादन करण्यात आले. त्यानंतर रासेयो पथक, विद्यार्थी वर्ग, शिक्षक व शिक्षकेतर कर्मचारी यांनी महाविद्यालय परिसरात 'स्वच्छता अभियान' राबविले.



अमरावती शहरातील सर्व फार्मसी महाविद्यालये, केमिस्ट ड्रुगिस्ट संघटना, IPA स्थानिक शाखा व रासेयो विभाग यांच्या संयुक्त विद्यमाने दि. २५/०९/२०१९ रोजी जागतिक फार्मसिस्ट दिनाचे औचित्य साधून भव्य मिरवणुकीचे आयोजन करण्यात आले. मिरवणुकीची सुरुवात विद्याभारती महाविद्यालय येथून करून गर्ल्स हायस्कूल चौक, इरविन चौक, पंचवटी चौक, कोषागार चौक मार्गे काढून समारोप विद्याभारती महाविद्यालयाच्या मैदानात करण्यात आला. याप्रसंगी जिल्हा शल्य चिकित्सक डॉ. शामसुंदर निकम, जिल्हा केमिस्ट ड्रुगिस्ट संघटनेचे अध्यक्ष सौरभ मालाणी, IPA स्थानिक शाखेचे अध्यक्ष व पदाधिकारी, सौ. भरती मोहोकर, डॉ. एस. एस. खडबडी, डॉ. के. के. टापर, डॉ. सचिन दिघडे, डॉ. गणेश बंगाळे, डॉ. कुंदन पाटील व सर्व महाविद्यालयातील सन्माननीय प्राध्यापक मोठ्या संख्येने उपस्थित होते. मिरवणुकीद्वारे फार्मसिस्टचा आरोग्य साखळीतील समाजाकरिता असलेले महत्व विशद करण्यात आले.



आरोग्य विभाग (कुष्ठरोग), अमरावती यांच्या मदतीने महाविद्यालयातील रासेयो पथकाद्वारे स्वयंसेवक कुष्ठरोग निर्मूलन अभियाना अंतर्गत कुष्ठरोग संशयित यांचा घरोघरी जाऊन सर्वेक्षण करण्यात आले. याप्रसंगी डॉ. दामोदर

मॅडम व डॉ. अंकुश शिरसाठ यांनी कुष्ठरोग कसा टाळावा व कसा ओळखावा यासंदर्भात मार्गदर्शन करण्यात आले.



Induction Programme & Freshers Party: महाविद्यालयात बी. फार्म, फार्म डी, एम. फार्म च्या नवीन प्रवेशित विद्यार्थ्यांकरिता Induction Programme & Freshers Party चे आयोजन करण्यात आले. या तिन्ही वर्गांच्या विद्यार्थ्यांना Induction Programme मधून त्या त्या कोर्सविषयी कोर्से इंचार्जेद्वारे माहिती देण्यात आली. त्यानंतर फ्रेशर्स पार्टी(आगम २०१९) चे आयोजन करण्यात आले. याप्रसंगी कार्यक्रमाचे अध्यक्ष महाविद्यालयाचे प्राचार्य डॉ. एस. एस. खडबडी, प्रा. डॉ. नाझमा इनामदार व जिमखाना प्रभारी डॉ. कुंदन पाटील मंचावर उपस्थित होते. याप्रसंगी डॉ. कुंदन पाटील यांनी कार्यक्रमाचे प्रास्ताविक दिले व डॉ. खडबडी सर यांनी विद्यार्थ्यांना मार्गदर्शन केले.



आज दि. ३१/१०/२०१९ रोजी महाविद्यालयात "राष्ट्रीय एकता दिवस" साजरा करण्यात आला. कार्यक्रमाची सुरुवात कार्यालयात महाविद्यालयाच्या प्र. प्राचार्य डॉ. एस. एल. देवरे यांच्या हस्ते सरदार वल्लभभाई पटेल व श्रीमती इंदिरा गांधी यांच्या प्रतिमेचे हार अर्पण करून पूजन करण्यात आले. यांनंतर उपस्थित सर्व शिक्षक वर्ग व इतर कर्मचारी यांनी प्रतिमेचे पूजन केले. तसेच उपस्थित सर्व शिक्षक वर्ग व इतर कर्मचारी यांनी राष्ट्रीय एकता दिवसानिमित्त सामूहिक एकता शपथ घेतली. याअंतर्गत रासेयो कार्यक्रम अधिकारी डॉ. कुंदन पाटील यांनी रासेयो पथक व फार्म डी, बी. फार्म या शाखेतील विद्यार्थ्यांना त्यांच्या वर्गात व प्रात्यक्षिक विभागामध्ये सामूहिक एकता शपथ दिली व सरदार वल्लभभाई पटेल यांची जयंती यशस्वीरित्या साजरी केली.



आज दि. २७/०२/२०२० रोजी महाविद्यालयात 'मराठी भाषा गौरव दिवस' साजरा करण्यात आला. याप्रसंगी मंचावर अध्यक्ष म्हणून प्रा. डॉ. नाजमा इनामदार व रासेयो कार्यक्रम अधिकारी डॉ. कुंदन पाटील उपस्थित होते. कार्यक्रमाची सुरुवात राष्ट्रगीत गायनाने करण्यात आली. कार्यक्रमाचे संचालन कु. प्राजक्ता निधनकर या विद्यार्थिनीने केले. कार्यक्रमाचे प्रास्ताविक डॉ. कुंदन पाटील यांनी केले. त्यानंतर मराठी भाषेचे महत्व व संवर्धन या विषयावर वक्तृत्व स्पर्धा आयोजित करण्यात आली. या वक्तृत्व स्पर्धेत ११ विद्यार्थ्यांनी सहभाग नोंदविला. तसेच याप्रसंगी मराठी काव्यवाचनाचा कार्यक्रमदेखील घेण्यात आला. या काव्यवाचनात विद्यार्थ्यांनी आपली काव्ये उत्स्फूर्तपणे सादर केली. कार्यक्रमाचे आभार प्रदर्शन महेश कच्छवे या विद्यार्थ्याने केले. एकूण ८०-९० विद्यार्थी उपस्थित होते.





आज दि. २६ नोव्हेंबर २०१९ रोजी महाविद्यालयात 'संविधान दिवस' साजरा करण्यात आला. याप्रसंगी डॉ. बाबासाहेब आंबेडकर यांच्या प्रतिमेचे पूजन करून भारत देशाच्या संविधानाच्या प्रस्ताविकेचे सामूहिक वाचन करण्यात आले. याअंतर्गत रासेयो कार्यक्रम अधिकारी डा. कुंदन पाटील यांनी रासेयो पथक व फार्म डी, बी. फार्म या शाखेतील विद्यार्थ्यांना त्यांच्या वर्गात व प्रात्यक्षिक विभागामध्ये संविधानाच्या प्रस्ताविकेचे सामूहिक वाचन केले व संविधानाचे महत्व विशद केले. तसेच AICTE च्या निर्देशाप्रमाणे मा. पंतप्रधान यांच्या भाषणाचे थेट प्रेक्षपण विद्यार्थ्यांकरिता महाविद्यालयात आयोजित करण्यात आले.



श्री. शिवाजी संस्था द्वारा संचालित ट्रॅकर्स प्रकल्प, जिल्हा एड्स प्रतिबंध व नियन्त्रण विभाग सामान्य रुग्णालय, अमरावती व जिल्हा परिवहन कार्यालय यांच्या संयुक्त विद्यमाने आयोजित 'रस्ता सुरक्षा सप्ताह' च्या निमित्ताने 'बाईक रॅली' चे व आरोग्य शिबिराचे आयोजन दि. १५/०१/२०२० रोजी करण्यात आले. सदर उपक्रमाकरिता महाविद्यालयाच्या रासेयो स्वयंसेवकांनी उत्साहाने सहभाग घेतला. बाईक रॅलीची सुरुवात जिल्हा सामान्य रुग्णालय, अमरावती येथून डॉ. शामसुंदर निकम, डॉ. पद्माकर सोमवंशी, डॉ. अजय साखरे इ. यांनी हिरवा झेंडा दाखवून केली. रॅली इर्विन चौक ते मालवीय चौक ते पंचवटी चौक ते नागपूर मार्ग ते टोल नका, नांदगाव पेठ अशी काढण्यात आली. टोल नका, नांदगाव पेठ येथे रॅलीचा समारोप व आरोग्य शिबीर कार्यक्रम घेण्यात आला.

राष्ट्रीय सेवा योजना विशेष शिबीर

शासकीय औषधनिर्माणशास्त्र महाविद्यालय अमरावती येथील राष्ट्रीय सेवा योजना पथकाद्वारे सात दिवसीय निवासीय शिबिराचे आयोजन मलकापूर ता. अमरावती येथे दि. ११/०३/२०२० ते १८/०३/२०२० ह्या दरम्यान करण्यात आले. शिबिराचे उदघाटन प्रा. डॉ. राजेंद्र गंजीवाले, प्राचार्य, औषधनिर्माणशास्त्र शिक्षण व संशोधन संस्था, वर्धा आणि श्री. उमेश अब्रूक, उपसरपंच, मलकापूर यांच्या प्रमुख उपस्थितीत करण्यात आले. या शिबिरात विविध दैनंदिन कार्यक्रम सकाळी प्रार्थना, श्रमदान, दुपारी बौद्धिक सत्र आणि संध्याकाळी सांस्कृतिक कार्यक्रम घेण्यात आले. शिबिरार्थींच्या श्रमदानातून जलयुक्त शिवार, स्वच्छता अभियान, आरोग्य विषयक जनजागृती आणि वृक्षसंवर्धन यासारखे प्रकल्प राबविण्यात आले. यात प्रामुख्याने जलयुक्त शिवार संकल्पनेअंतर्गत नाला खोलीकरण व रुंदीकरण करून दोन छोटे बंधारे बांधण्यात आले. तसेच स्वच्छ भारत अभियानाअंतर्गत श्रमदानातून परिसर स्वच्छता

करण्यात आली. तसेच उन्नत भारत अभियानांतर्गत सर्वेक्षण करण्यात आले. या शिबिरास ग्रामस्थांनी, समाजातील विविध मान्यवरांनी आणि प्राध्यापक वृंद शा. औ. नि. शास्त्र महा. अमरावती यांनी सदिच्छा भेटी दिल्या. याप्रसंगी मान्यवरांनी उपस्थित ग्रामस्थ व शिबिरार्थी यांना विविध शासकीय योजनांची माहिती दिली तसेच शिबिरार्थींनी केलेल्या श्रमदानावर समाधान व्यक्त केले. बौद्धिक सत्रातून स्पर्धा परीक्षा, भारतीय औषध जगत, कोरोना जनजागृती, जादूटोणा विरोधी कायदा आणि महिला सक्षमीकरण अशा विषयांवर विविध तज्ज्ञांकडून मार्गदर्शन करण्यात आले. समारोप कार्यक्रमाच्या दिवशी गावातून दिंडी काढण्यात आली यात शिबिरार्थींनी विविध घोषणा व पथनाट्य सादर करून लोकप्रबोधन करण्याचा प्रयत्न केला. या दिंडीत लोकसहभाग वाखाणण्याजोगा होता. समारोप कार्यक्रमास प्रमुख पाहुणे म्हणून मा. डॉ. सचिन दिघडे, प्राचार्य, औषधनिर्माणशास्त्र आणि संशोधन संस्था, बडनेरा उपस्थित होते. याप्रसंगी विद्यार्थ्यांनी आपले मनोगत व्यक्त केले. मनोगतातून त्यांनी शिबिराद्वारे त्यांच्या व्यक्तिमत्वात कसे बदल घडून आले याबद्दल भरभरून बोलले. या शिबिराच्या यशस्वी आयोजनाकरिता रासेयो कार्यक्रम अधिकारी डॉ. कुंदन पाटील, सहा. कार्यक्रम अधिकारी प्रा. डॉ. नाजमा इनामदार यांनी अथक परिश्रम घेतले. तसेच शिबिराच्या आयोजनात ग्रामस्थांचे विशेष सहकार्य मिळाले. कार्यक्रमाचे संचालन कु. पूजा सायनेरे व आभार प्रदर्शन कु. चैताली निमजे यांनी केले.



CULTURAL EVENTS



Annual Social Gathering

महाविद्यालयाचे वार्षिक स्नेहसंमेलन (PHARMAFEST-२०२०) दि. १२ ते १५/०२/२०२०च्या दरम्यान महाविद्यालयाच्या विद्यार्थी परिषदेमार्फत आयोजित करण्यात आले होते. स्नेहसंमेलनाचे उदघाटन महाविद्यालयाचे प्राचार्य डॉ. एस. एस. खडबडी यांचे हस्ते करण्यात आले तसेच याप्रसंगी मंचावर प्रा. नाझमा इनामदार, जिमखाना प्रभारी डॉ. कुंदन पाटील व विद्यार्थी परिषदेचे पदाधिकारी उपस्थित होते. स्नेहसंमेलनात विद्यार्थ्यांच्या सुप्त गुणांना वाव देण्याकरिता विविध क्रीडा स्पर्धा व सांस्कृतिक कार्यक्रमांचे आयोजन करण्यात आले होते त्यात विद्यार्थ्यांनी उत्स्फूर्त सहभाग नोंदवला. दि. १५/०२/२०२० रोजी या उत्साहपूर्ण कार्यक्रमाची सांगता करण्यात आली.



Inauguration



GPAT 2020 Toppers



Drama



Character Day



Teachers' day was celebrated on 5th September 2019 by the students. Fresher's Day was organized for new comers by students of B.Pharm, M.Pharm and Pharm.D. In Fresher's Party, Principal Dr. S. S. Khadabadi made aware about ragging and its issues. He insisted to strictly follow anti-ragging law and orders in college premises as well as in hostels or rooms. Various cultural programs in annual social gathering programs are organised by institute where students participated in dramas, dance, rangoli competition, fashion show, special character appearance, quiz, mimicry and one-minute show. Anand-mela was also organized by students with full enthusiasm. Principal Dr. S. S. Khadabadi inaugurated the function. Gymkhana in-charge Dr. Kundan Patil read details *Annual Report* of institute. Principal Dr. S. S. Khadabadi enlightened students with pharmacy education reforms. Students were motivated by distributing certificates and trophies of achievements in annual sports, cultural and academic activities.



ANNUAL SPORTS ACTIVITIES

Sports



Chess



Carrom



Volley Ball



Table Tennis



Cricket



Badminton

Students organized various sports events like table-tennis, chess, carrom, badminton and cricket. Students and faculty enjoyed annual sports event 2020.



Intercollegiate University **Badminton** Participants - Anurag Malani, Kaustubh Deshmukh, Rushikesh Aswar, Rahul Nagargoje



Intercollegiate University **Kabbadi** Participants - Aditya Pachpor, Anand Khode, Kushkumar Thakare, Om Wade, Manish Putran, Kailash Wadhwani, Ashutosh Burkule, Suarabh Raut



Intercollegiate University **Cricket** Participants : Maheshsinh Kachave, Aditya Pachpor, Sushil Patil, Somnath Bhure, Roshan Padwal, Pratik Murarkar, Yogesh Pawar, Shyam Khodve, Ganesh Deshmukh, Deep Sunkawar, Kaivalya Rudre, Anand Khode, Sridhar Kadam, Anil Salve, Saiprasad Bhand, Yash Bhele



WORKSHOP/TRAININGS/SEMINAR

DTE Sponsored STTP

Govt. College of Pharmacy, Amravati successfully organized DTE sponsored one week training program on topic entitled 'Artificial Intelligence in Healthcare: Opportunities and Challenges' during 20/01/2020 to 24/01/2020. The programme was inaugurated at the hands of Dr. M. A. Ali, Asst. Director, DTE, RO, Amravati and Dr. S. S. Khadabadi, Principal, GCOP, Amravati presided over a function. On this occasion programme coordinator Dr. K. S. Patil gave introductory remark. In keynote address Dr. Ali highlighted importance of AI and expressed that next decade will be of AI and congratulated coordinator for aptly choosing a theme. Around 23 participants from different Govt. and Govt. aided institutes were attended the programme. For this one week training programme renowned speakers expressed different dimensions of Artificial Intelligence in Healthcare as well as had thorough discussion on opportunities and challenges of this technology. On 24/01/2020 valedictory program was organized for this program Dr. Shamsundar Nikam, Civil Surgeon, District General Hospital, Amravati was present as chief guest and Dr. S. S. Khadabadi, Principal presided over a function. Dr. Nikam emphasized that upgradation of healthcare system through the technology is need of the hour for which doctors and engineers should work hand in hand which will benefit the society at large. In valedictory functions feedback session was also conducted here participants expresses how this programme benefitted them. The vote of thanks was expressed by programme co-coordinator Dr. B. V. Ghule and the programme was concluded.

Inauguration



Dr. C. N. Deshmukh: Artificial Intelligence- An Introduction



Dr. N. N. Inamdar: Advancing Drug Discovery via AI



Mr. Khalid Tumbi: Introduction to Machine Learning with some case studies on rational drug design



Dr. S. J. Dighade:



Dr. Suyoga Deshpande: Role of AI in Medicine



Dr. N. R. Kotagale: Intelligent Drug Delivery Systems



Dr. Atish Mundhada: AI: Past, Present & Future



Dr. S. A. Khan: AI in Drug Delivery



Dr. K. S. Patil: Tools of AI in Healthcare



Dr. B. S. Sathe: Internet of Medical Things



Dr. N. M. Mahajan: Robotic Jaw



Mr. Chetan Halani: Opportunities for Pharma students in Clinical Research



Dr. Santosh Bodhe: Objective monitoring for Disease sensing & Surveillance using AI(Through Skype)



Valedictory function



GCOPA Alumni Achievement



B.Pharm Alumni
Bhaves
Kshirsagar Batch
2017 received
"Gold Medal" in MS
program of subject
Pharmaceutics
from National
Institute of
Pharmaceutical
education and
research [**NIPER**],
Ahmadabad on 18
Jan 2020

STUDENT ACHIEVEMENTS

Academic Session 2019-20



Nived Sahu, Kishor Kaple won second prize in TECHLONS 2020 organised by P. R. Pote college of Pharmacy, Amravati



Nived Sahu, Aditya Kohekar shortlisted at Amravati District Level Avishkar-2020 competition Under UG Category



Nilesh Jare, Amreen Quereshi, Sayali Jadhav shortlisted at University Level Avishkar-2020 competition Under PG Category



Snehal Deshmukh Got first prize in paper presentation at KBC University sponsored National conference on Computer based Pharmacognosy at SSP College of Pharmacy, Chopda, Jalgaon

M.Pharm Toppers

M.Pharm Pharmacognosy			M.Pharm Quality Assurance		
Sem-I	Percent	Topper	Sem-I	Percent	Topper
Pranali D. Shahare	77.84	I	Ganesh Dhakane	69.7	I
Shivani S. Sakhare	73.84	II	Jyostna S. Malunjakr	69.2	II
Ajay R. Sahu	71.23	III	Laxman G Nevhal	65.3	II
Sem-III	Percent	Topper	Sem-III	Percent	Topper
Avantika Shirke	70.6	I	Sumit Jaiswal	73.7	I
Farhin Khan	70.1	II	Komal G. Waghmare	73.4	II
Amreen Qureshi	69.6	III	Amol Taktode	64.3	III

B.Pharm Toppers

B.Pharm Sem-I	Percent	Topper	B.Pharm Sem-II	Percent	Topper
Shubham R. Ramdham	75.70	I	Vaishali A. Bhone	79.16	I
Ashutosh S. Garad	71.56	II	Samruddhi Chavhan	75.58	II
Aditi R. Wadikar	71.31	III	Nived Sahu	75.31	III
B.Pharm Sem-III			B.Pharm Sem-IV		
Vaishali A. Bhone	75.66	I	Rajesh S. Lanke	75.14	I
Samruddhi Chavhan	75.58	II	Siddhi S. Malani	74.42	II
Vaishali Dhuppad	74.33	III	Dipali A Korde	73.14	III
B.Pharm Sem-V			B.Pharm Sem-VI		
Nilam R Bunde	74.76	I	Mrudul Harne	79.79	I
Ifra Naaz Sayyed A.	74.61	II	Kiran Wadwankar	76.35	II
Nilesh P. Gawande	74.46	III	Vaibhav Giri	74.06	III
B.Pharm Sem-VII			B.Pharm Sem-VIII		
Samiksha More	79.20	I	Sugandha Rohtagi	74.09	I
Mrudul Harne	73.30	II	Dipali Sonawane	71.6	II
Nikhil Dandge	72.7	III	Bhagwat Sirsath	70.11	III

Pharm.D Toppers

Year	Percent	Topper
Pharm.D First Year		
Gauri Uplenchwar	82.6	I
Praduman Pawar	77.8	II
Pragati Rathi	77.3	III
Pharm.D Second Year		
Prajkata Nidhankar	82.6	I
Shruti Iyengar	81	II
Tejal Umap	77.22	III
Pharm.D Third Year		
Pooja Panjwani	74	I
Guarav Damre	71	II
Prachi Khandelwal	70	III
Pharm.D Fourth Year		
Sanket N. Kadam	76.20	I
Saujay S. Bobade	74	II
Surbhi S Dhupad	73.5	III
Pharm.D Fifth Year		
Priyanka Katkide	74.20	I
Sunidhi Gaur	73.40	II
Snehal Lakhani	73.6	III

GPAT- 2020 QUALIFIERS



No	Name of Student	Marks	Rank
1.	Arvind Dhole	245	87
2.	Rekhansh Jain	211	351
3.	Kiran Wadvankar	206	449
4.	Sopan Sanap	203	482
5.	Abrar Khatib	199	574
6.	Rohini Dhokne	199	578
7.	Akanksha Likhitkar	194	678
8.	Rishikesh Sawarkar	191	734
9.	Mrudul Harne	190	765
10.	Nikhil Dondge	180	1106
11.	Vaishnavi Gole	176	1221
12.	Ankita Gawande	175	1266
13.	Rahul Patil	171	1444
14.	Datta Dhakne	170	1543
15.	Vaibhav Giri	169	1557
16.	Pankaj Gudape	159	2111
17.	Vaibhav Shingare	155	2359
18.	Sanjivani Gulhane	154	2469
19.	Anjali Jaiswal	151	2689
20.	Pankaj Joshi	151	2711
21.	Khushi Rode	151	2749
22.	Rutuja Wankhede	149	2921
23.	Sagar Hade	146	3217
24.	Shweta kale	144	3420
25.	Ashwini Kshirsagar	144	3431
26.	Anurag Sarkate	143	3556
27.	Atul Walthare	141	3695
28.	Radha Ingole	138	4156
29.	Kanchan Hiwe	135	4553
30.	Rani Bhagat	134	4651
31.	Lokesh Borse	121	6754
32.	Samiksha More	117	7752
33.	Pallavi Jawarkar	106	10446
34.	Karishma Khande	102	11709
35.	Sachin Yarkalwad	87	16752
36.	Kiran Pinjarkar	35	40532

Various Higher studies Competitive Exams Qualifiers



CAT 2019		
1	Mrudul Harne	53
2	Rekhansh Jain	41
3	Roshan Padwal	24
CSIR-NET 2020		
1	Payal Rabde	87
2	Vaibhav Giri	74
3	Mrudul Harne	57
4	Roshan Padwal	54
5	Radhika Ingole	53
TISS-NET 2020		
1	Mrudul Harne	51
ATMA Feb 2020		
1	Payal Rabde	484
2	Pooja Khadke	480
3	Shyam Doiphode	445
4	Tushar Raut	428
5	Sachin Yerkalwar	426
GATE 2020		
1.	Mrudul Harne	318

List of Websites which offers online certification courses

1. Swayam- <https://swayam.gov.in/>
 2. NPTEL- <https://onlinecourses.nptel.ac.in/>
 3. Mooc- <http://mooc.org/>
 4. Edx – <https://www.edx.org/>
 5. Coursera- <https://www.coursera.org/>
 6. Udacity – <https://in.udacity.com/>
 7. Udemy – <https://www.udemy.com/>
 8. Khanacademy – <https://www.khanacademy.org/>
 9. Skillsahre – <https://www.skillshare.com/>
 10. Harvard University – <https://online-learning.harvard.edu/>
 11. Ted – <https://ed.ted.com/>
 12. Alison – <https://alison.com/>
 13. Futurelearn – <https://www.futurelearn.com/>
 14. Web Development – <https://digitaldefynd.com/best-free-web-development-courses-tutorials-certification/>
 15. Digital Marketing – <https://digitaldefynd.com/best-free-digital-marketing-certifications/>
 16. ios app development – <https://digitaldefynd.com/best-ios-app-development-course-tutorial/>
 17. Open Learn – <http://www.open.edu/openlearn/>
 18. Future Learn – <https://www.futurelearn.com/>
 19. Tuts Plus – <https://tutsplus.com/>
 20. Open Culture – <http://www.openculture.com>
- Most of these courses are free to learn.



कोरोना ट्रैकिंग एप आरोग्य सेतु का कैसे इस्तेमाल करें?



Aarogya Setu

मैं सुरक्षित | हम सुरक्षित | भारत सुरक्षित

- ▶ आरोग्य सेतु एप **एंड्रॉयड और आईओएस** दोनों पर उपलब्ध है. इसे एप स्टोर के जरिये डाउनलोड किया जा सकता है.
- ▶ एप **हरे और पीले रंग** के कोडों में आपके **जोखिम के स्तर को दिखाता है**. यह भी सुझाव देता है कि आपको क्या करना चाहिए. अगर आपको ग्रीन में दिखाया जाता है और बताया जाता है कि **'आप सुरक्षित हैं'** तो कोई खतरा नहीं है.
- ▶ कोरोना से बचने के लिए आपको सोशल डिस्टेंसिंग को बनाए रखना चाहिए और घर पर रहना चाहिए.
- ▶ आरोग्य सेतु एप पर आप **'सेल्फ एसेसमेंट टेस्ट'** फीचर का इस्तेमाल कर सकते हैं. इस फीचर का इस्तेमाल करने के लिए ऑप्शन पर क्लिक करें और फिर एप चैट विंडो खोल देगा. इसमें **यूजर की सेहत और लक्षण से जुड़े कुछ सवाल** किए जाएंगे.

कोरोना के हेल्पलाइन नंबर अधिक जानकारी के लिये

1. **टोल फ्री नंबर:** 1075- यह कोरोना वायरस से संबंधित किसी भी सरकारी सहायता के लिए टोल फ्री नंबर है. यह नंबर केन्द्र सरकार ने जारी किया है.
2. कोरोना वायरस के लिए **राष्ट्रीय हेल्पलाइन नंबर:** 91-11-23978046
3. केन्द्र सरकार ने **व्हाट्सएप** पर एक **चैटबॉट** लॉन्च किया है जो सभी प्रश्नों का लाइव जबाब देता है. यह कोरोना वायरस महामारी से संबंधित अफवाहों को रोकने के लिए भी है. यह व्हाट्सएप चैटबॉट MyGov Corona Helpdesk है. +91 90131 51515 पर एक टेक्स्ट मैसेज भेजकर इसे एक्सेस किया जा सकता है.
4. **हेल्पलाइन ईमेल आईडी:** ncov2019@gov.in- अगर आप केन्द्र सरकार को मेल करके कुछ सलाह या सुझाव देना चाहते हैं तो यह मेल आईडी इस्तेमाल कर सकते हैं.
5. अगर आपको किसी तरह की **मनोवैज्ञानिक सलाह** की जरूरत है तो इस **हेल्पलाइन नंबर:** 08046110007 पर कॉल कर सकते हैं.